

TRENDY TIMES

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JANUARY 22, 2013 VOLUME 4 NUMBER 8

Nancy Millette Doucet Memorial Native Culture And History Lecture

As Koasek, the old "Place of the Pines" begins to prepare for its 250th anniversary, the regions Native American inhabitants would like to share some of their 10,000 year story with their friends and neighbors. On January 26th, at noon, at the old Church Building in Piermont, Tribal Officials will kick off a new series of stories about the Native Peoples of the area. The educational series, designed for aspiring history detectives of all ages is named for the former Koasek Chief, who re-

cently passed away. This month the tribe will begin at the beginning, discussing what it is to be an Indian in New England and the politics of Native identity, including the DNA study the Koasek participated in a few years ago, sponsored by the White Pine Association. Tribal Scholar, Fred Wiseman, will then discuss the discovery of the Abenaki homeland of New Hampshire and Vermont by the Paleo-Indians, and discuss some startling new archaeological discoveries



regarding their seafaring prowess, their remarkable Ice-Age housing, and hunting extinct animals such as mammoths and mastodons. Following a break, at which point refreshments will be served, the program will move on to the so-called "Red Paint" culture, and its remarkable legacy in the Connecticut River Valley and environment we will discuss the mysterious

local stone ruins that may or may not have been made by Ancient Abenakis, Europeans, or Farmers.

Lastly, we will discuss how the ancient inhabitants of the Connecticut River Valley interacted through trade and culture with a wider Native world that stretched from Northern Labrador to the Caribbean. The six-hour program will feature lecture,

panel discussions, films, and artifact displays, break times, as well as have plenty of time for question and answers. The Koasek Tribe and White Pine Association plan to offer more public programming in aboriginal history, politics, agriculture, ecology, and other subjects; to prepare themselves and the public for the upcoming summer, 2013's historical and cultural celebration

In case of inclement weather, the program will be rescheduled. There is no admission charge for the program. All are welcome to join us for all or part of the programming.

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Intermediate Maple Sugaring Workshop

February 23, 2013
The Rocks Estate
Bethlehem, NH
8:30 a.m. - Noon

Are you a hobby or backyard maple producer and thinking about upgrading or expanding your operation? Or are you new to this traditional

New England pastime and want to dive right in? Come to this hands-on workshop where the following topics will be covered: Sugarhouse design and safety; "Professional" evaporator designs and sizing; Tubing fundamentals; Filtering and canning options; Small/medium sized vacuum systems;

Sugarbush management and On-line resources and equipment suppliers.

This class will be in the sugarhouse and outside in the woods, so please dress accordingly. Weather permitting there might even be some sap to boil!

Registration is limited to

50 participants and the cost is \$15 per person. Online registration at <http://bit.ly/MapleSugaring> is encouraged as space is limited. Registering online will hold your space until payment is received. (You may register online and then forward a paper check or pay online by credit card or

electronic check.) For registration questions, contact Debbie Anderson (debra.anderson@unh.edu) at 862-1028. For questions about the program contact Dave Falkenham (dave.falkenham@unh.edu) at 787-6944 or Steve Roberge (steven.roberge@unh.edu) at 352-4550.

Slow Dancing In The Fast Lane

By Sheila Asselin

I will admit it; I am hopelessly out of date. My poor mind is like a computer with its circuits overloaded. Something is going to have to be sent to the memory dump before I can accommodate much more change. Take Bounce, please! When I first heard the name I wondered why someone would name their daughter "Bounce". Little did I know this was just the beginning? Now one-word names seem to be all the rage, we have Sade, Jewel, Pink and Lord knows what else. I think it started with Cher, who broke new ground with the one name bit. Now I just wish she had left that field unplowed.

One of my kids once asked me when they were in kindergarten if I had known

Martha Washington. Oh yes Martha and I were very close. She used to have me over for tea often. After the unfortunate business with dumping in Boston and the boycott, we had coffee. To show her how thoroughly modern I was I took a perfection salad to our little coffee cloche. Lime Jell-O with cucumbers and maraschino cherries. This sure put a damper on our friendship.

Can I help it if I still think an icon is a painting of a saint found mostly in Russian or Greek orthodox churches? That Spam is a form of mystery meat full of sodium or chemicals? That a hog is a slow animal with four trotters not a fast animal on an even faster animal with two wheels

and enough horsepower for a herd of mustangs? Yes I know running water refers to indoor plumbing not a babbling brook in the back yard. What do you think I am? Totally ignorant? Well maybe so.

I once had a job that involved driving from Warren to Plymouth every week day. One day I was driving along going the speed limit or maybe a little above but nothing too crazy. When I got to work the sassy kid who was following me and also worked there said. "I would have gotten here sooner but I got stuck behind a little old lady driver." I looked him straight in the eye and asked. "How do you think she got to be a little old lady?" There is a moral there somewhere.

January 22, 2013 Volume 4 Number 8 Not all Times are Trendy but there will always be Trendy Times

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In Vino Veritas – Bottle Nine

“In Wine There Is Truth – And Beauty”

By Robert Roudebush

Want to talk briefly about something other than standard wine today – something still in the spirits area?

Sure, like what?

Do you want to talk about, Port, Sherry, or Brandy?

Sure, let's talk about them both.

OK, but I'm talking three here – Port, or Sherry, or Brandy?

No, yeagh, but I don't know anything about either one of those two.

OK, one more time. We'll slow down. Would you like to talk about Port or Sherry?

QUESTION - What's the difference?

ANSWER— Getting somewhere now. Basically, one's sweet – that's Port, and one's dry, that's Sherry. . Genuine Port is made only in the country of Portugal. Easy to remember. There it is properly called OPORTO. Genuine sherry is made only in Spain. Those are the first differences. They are alike in one way – they both belong to a group of spirits called FORTIFIED. That means among other things, that they contain a higher alcohol percentage than naturally fermenting wines ever can.

Q – OK, port is made in Portugal. I got that. Give me more. Is Port even made from grapes?

A – You betcha it is. It is a special type of wine, called “made” wine, produced since about 1450. The most expensive are called VINTAGE PORTS. Here's the short story. It is certainly the most famous of all dessert wines – it is originally and properly a sweet, heavily fortified wine from a strictly limited district in a river valley of Northern Portugal. In most counties, no other wine may be sold as “Port” and even in the United States the name is to some degree protected. Lots of genuine Portuguese produced Port is bottled in England and lots of Port is drunk there – which is why some folks have the British connection when they hear the word Port. The domestic product – yes, we make a kind of port here in America – must be labeled American Port, from California, or New York State. All port shipped to the U.S. from Portugal must be labeled “Porto”, so you can tell the difference between ours and the real thing.

From America, or overseas, Port is a wine which owes it sweetness to the high sugar content of the grapes from which it is made. These, crushed, are put to ferment, like all wines, but at some carefully determined half-way point in their fermentation, the juice is

drawn off into casks or tanks which contain some amount of high-proof grape brandy – of course, this addition arrests the fermentation and the result is a wine of 19 to 21 percent alcohol by volume. And you still have your sweetness from the unfermented sugar. Standard wine alcohol volume ranges from as low as 9 or 10 percent to as high as 14 or 15 percent. Some of the really costly VINTAGE PORTO requires 15 to 50 years to reach their peak. They have to be decanted with great care.

Q – Sounds too much money for me probably. Other kinds maybe I could afford?

A – Oh yeah. Look for something called LATE BOTTLED VINTAGE PORT, aged between two and four years. And there's another that pleases lots of folks called RUBY PORT – it is young fruity and attractive. Neither of these two cost too much. If you run across something called TAWNY PORT, it will have a lighter color and a brownish tinge. It is softer, lighter, more mature and can cost more.

Q – So, let's talk about Sherry, and keep it short, please. I need a glass of wine of some kind right now.

A – I know what you mean. You remember that true Sherry is made only in Spain?

Q – Got that. Go ahead.

A – Originally and correctly, Sherry is a pale-gold or amber colored fortified wine from a specific area in southern Spain, around the cities of Seville and Cadiz, if you are a map-looking kind of person. I am. Sherry gets its name from JEREZ, - pronounced Hair – EZZ - from

the city where it is made - “Sherry” is the anglicized pronunciation of that city. At its best, Sherry is beyond question the finest APERTIF wine in the world. It is deservedly the most famous. That word is pronounced Ah – Pair – TEEF – and it refers to any spirit taken before a meal to enhance your appetite. It is almost always dry. In fact, one famous maker and bottler of true Sherry is called DRY SACK. It has been prepared in different ways over the years for different markets, however, and can also be an admirable dessert wine too, which means sweet. Once again, just like Port, Sherry is what they call a “made” wine, not a naturally occurring one. And that means, just as in Port, Sherry could not be made without the addition of a high alcohol proof grape brandy to boost it's natural alcohol content of 13-14 up to 17-20 percent.

Q – OK, so Port is made in Portugal and tends to be sweet, like for after dinner, and true Sherry is made in Spain and is mostly dry, to drink before a meal. And you keep mentioning Brandy is used to make them both. What is Brandy? Keep this to the point.

A – Thought you'd never ask. Keep in mind that when you talk about wine, you are talking about fermentation generally. When you talk about hard liquor, you are talking about distillation at least in part. Brandy is a potable spirit aged in wood that is the product of some of BOTH of those procedures, distillation and fermentation. Famous brandies you've likely heard of include CO-



GNAC – KON – yack – and ARMAGNAC – AR-man-yack. Those names, Cognac and Armagnac, refer to the region of Southwestern France where they are produced. All brandy is obtained from the distillation of wine or a fermented mash of fruit. It can be produced in any part of the world. There is a great story I'll tell you sometime about how brandies ever came to be, - that's another column – but for now look for these letters on brandy bottles to help you

decide which you want – for example VSOP means Very Special Old Pale. This phrase, as well as the word RESERVE means the product has been aged in wood at least 4 and half years, and probably much longer. It's good stuff.

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

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Woodburn Report

By Senator Jeff Woodburn

This past weekend the North Country welcomed our new governor, Maggie Hassan, in a grand fashion at the Omni Mount Washington Hotel at the North Country Inaugural Ball. But this one was a little different than those in recent years. It was a distinctly local affair with much of the food coming from New Hampshire farmers. The idea was Governor Hassan's, but much of the work was done by the Farm to Restaurant Connection and Colebrook's Julie Moran.

Moran, who carts fresh, local food around the North Country in an outfit called North Country Farm Fresh Cooperative, is a well-known community leader and inspiring local food advocate. Local farmers -- Hatchland Farm, of North Haverhill, Meadowstone Farm, of Bethlehem, Otokahe Farm, of Jefferson and New Earth Organic Farm, of Colebrook are among the participants.

This is was a simple, yet remarkable gesture. I've long thought that many of our thorniest problems -- in health care, education, energy and the environment are

rooted in a failed agriculture policy built on centralization and industrialization of agriculture through price supports, construction of national highway system, and a one size fits all health inspection process that is committed to technology rather than hygiene. We are only beginning to know the true effect of this factory-produced, overly-engineered food.

There is tremendous energy and passion for locally produced food -- witness the growing success of our farmers markets and offering at the various businesses. My colleague, Rep. Rebecca Brown last year kicked off a local initiative called Keep Growing to encourage and assist local farmers.

There are many good reasons for taking responsibility for some of our food supply, but none more persuasive than the way it taste.

Sen. Jeff Woodburn
North Country - District 1
603.259.6878
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www.jeffwoodburn.com

January Is National Mentoring Month

January is National Mentoring Month, and to celebrate its Mentors, The Mentoring Project of the Upper Valley (TMP) hosted a "Mentor Appreciation Dinner", with the help and support of Colatina Exit Restaurant on January 15th. Friends and members of the greater Bradford Community came together to honor Bonnie Prouty, Donna Longnecker, Linda Tobin, Chris Crowley, Cindy Clemence, Steve Tucker, Tom Kidder, Alison Kidder, Holly McLure, Paul Jewett, and Marvin Harrison for their service and dedication as mentors to young people in our area.

TMP's Advisory Board member and musician Tony Mason added to the festive mood of the occasion with his musical renditions during the social hour preceding the dinner. Board President Drew Perry introduced board members, Russ Collins, Debra Edmands, Dave Cook, Teddy Mason-Sherwood, Sarah Swift and Justin Klarich, and on behalf of the Board he thanked the mentors for their time spent engaged in activities with their mentees.

Mentor Coordinator Nancy Jones presented the mentors with Certificates of Appreciation for their service ranging in time from "just beginning" to Bonnie Prouty to



Cindy Clemence (r) was honored at the recent Mentor Appreciation Dinner for over a year of service as a Mentor to a young person in The Mentoring Project of the Upper Valley.

Mentor Coordinator Nancy Jones (l) presented Cindy with her Certificate of Appreciation. Cindy and her 7th grade mentee have attended OHS Basketball games, Christmas Revels at the Hopkins Center and the VT National Guard Family Day & Picnic together, among various other activities.

six years for Marvin Harrison. She said that people wonder what mentors do, and explained that mentors expose their mentees to new and sometimes challenging experiences that broaden their perspectives and inspire self-confidence. The list of such experiences provided by these mentors ranged from hiking MT Mooselauke, to attending the VT Symphony Orchestra's

presentation of "Peter & the Wolf", to engaging in community service projects, to preparing a healthy meal and sharing it with friends.

Many of the activities engaged in by mentor/mentee teams are provided at no cost or at discounted rates by local venues. Attendees at the Mentor Appreciation Dinner also received a handout that recognized funders, donors and collaborators with The Mentoring Project, who have made this program possible. "We are very fortunate," said Jones, "to live in communities that generously give to improve the lives of our young people."

She added that "Research has shown that volunteer mentors can play a powerful role in reducing drug abuse and youth violence as well as boosting academic achievement. Mentors help to build young people's character and confidence, expand their universe, and help them navigate a path to success. Despite these benefits, however, the gap between the number of mentors and the number of young people who need a mentor continues to grow."

Recruitment of new mentors is another aspect of National Mentoring Month. You don't need special skills to become a mentor, just a willingness to give of your time, to listen and to engage in fun activities with a young person. Contact Nancy Jones at 439-3562 if you would like to apply to become a mentor.

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From The Desk Of NH State Senator



Dear Constituents,

The last couple weeks have been filled with meetings on the state of our economy—here in New Hampshire, New England, and the nation. We've also been receiving briefings from the various New Hampshire agencies and departments. The news is gloomy: low growth, rising costs, and reduced revenue.

In addition, the state could lose as much as \$32 million annually from the federal government if sequestration occurs (programs that are not exempt from sequestration include education, employment & training, non-mandatory social services, non-Medicaid programs, energy, environment, agriculture, national forests, justice, housing/community development, and defense).

This is the reality that our new Governor faces as she begins to craft her budget, which will be presented to the House and Senate in approximately three weeks (February 15th). The Governor has asked the state agencies to reduce their budgets, but we've already seen requests for increased funding that will be hard to fulfill. As with the last budget, we expect there will be many difficult choices to be made and priorities will need to be set in order to balance the next budget.

Along with hearings on the budget, Senators have been receiving appointments to various statutory and study committees. So far, I've been named to 11 which include: Economic Development Advisory Committee, NH Land and Community Heritage Board of Directors, Public Water Access Advisory Board, NH-Canadian Trade Council, Health & Human Services Oversight Committee, Governor's Commission on Alcohol and Drug Abuse Prevention, Intervention, and Treatment, Public Higher Education Study Committee, NH Economic Development Fund Review Committee, Fiscal Committee, Scenic and Cultural Byways Council, and the NH College Tuition Savings Plan Advisory Committee.

Standing committee meetings have also begun this past week and one committee I serve on, Public &

Municipal Affairs, met for the first time last Wednesday to hear two bills. After reading the bills then talking with various constituent groups prior to the meeting, I expected that our meeting would be relatively quick. I was wrong.

The first bill, SB12, relative to the protection and preservation of significant archeological deposits, lasted almost 1 ½ hours as we heard testimony from those who opposed the legislation. The bill authorizes a planning board to take action to protect and preserve significant archeological deposits in conjunction with its exercise of subdivision or site plan review. We heard from an environmental company, a contractor, and an organization representing contractors about how this would negatively impact development in communities. On the other side, we heard from preservation organizations, legislators, and others about how important it is to enable planning boards to be able to protect important archeological remains. Although this legislation was less than ½ page long, for some the potential far-reaching consequences were quite concerning, thus the time spent discussing this legislation was lengthy.

The second bill, SB11, relative to water resources utility districts, and numbering 5 pages, lasted about 20 minutes. This bill permits municipalities to establish water resources utility districts and to enter into intermunicipal agreements for the establishment of such districts. The

legislation was brought forward at the request of the towns of Stratham and Exeter.

Both bills were heard but not acted on (that is, we did not take a vote on whether to pass the bill or not). In both instances, Senator Boutin, the Chair of the Committee, directed those who opposed and supported the bills to get together and work out language that would satisfy the concerns presented.

While things have been busy in Concord, being available to constituents is equally important. Since the beginning of the year I've had the opportunity to meet with the Selectboards in three of the 27 communities in my District. With three counties (Merrimack, Belknap, and Grafton) stretching from Tilton to Haverhill, there are some common themes and, as you would expect, some unique to each community. In Tilton, residents and Selectmen voiced their concerns about the condition of the roads. In Wilnot, the Selectmen were in the beginning stages of their town budget. In Danbury, we talked about wind turbines.

As I did in my first term, I will continue to engage other stakeholder groups including small business, education professionals, health care/social services, and young adults. I am working with Plymouth State University students to survey constituents on issues; I've arranged two health care insurance panel presentations in Meredith and Plymouth so small businesses can learn more about how the Affordable Care Act will impact them; I'm arranging the 3rd annual breakfast meeting with school superintendents in February; and I'm working with the Commissioner of Labor on at least two job fairs for District 2.

The highlight of being your Senator is serving you

and 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 able to help with--please call (271.2609 [o] or 279.1459 [h]) or email me at jeanie@jeanieforrester.com.

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January 19, 2013

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Saturday, January 26th, Noon- 2:00PM
Free 250th Anniversary Celebration
Informational Lunch!
Newbury Congregational Church

Be part of the 250th Celebration team! Are you interested in being a Re-Enactor, Photographer, Parking Attendant, Event Assistant, or contributing your own special skills? Help a little or help a lot!

Thursday, January 31st, at 5:00PM
Celebrating 250 Years of Best-Sellers
at Baldwin Memorial Library, Wells River
Book Discussion Group beginning with
The Autobiography of Benjamin Franklin

Sunday, February 10th at 2:00PM
"Auctioneering in NH and VT"
Court Street Arts at Alumni Hall,
75 Court Street, Haverhill
Auctioneer Archie Steenburgh discusses auctioneering in Haverhill and Newbury as it relates to the history of the towns.

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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!

SATURDAYS

FREE BLOOD PRESSURE CLINIC
10:00 AM – 12:00 Noon
Littleton Fire Station

SUNDAYS

SOFTBALL CLINIC
1:00 PM – 3:00 PM Elementary aged girls
3:00 PM – 5:00 PM High School girls
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 INTERVAL AEROBICS CLASS
Winter Session Through April 6th
6:30 PM
Woodsville Elementary School

TUESDAYS

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

UCC EMERGENCY FOOD SHELF
4:30 PM – 6:00 PM 802-584-3857
Wells River Congregational Church

PLYMOUTH AREA CHESS CLUB
6:00 PM – 8:00 PM
Pease Public Library, Plymouth, NH

WEDNESDAYS

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

THURSDAYS

ONE-ON-ONE CRIBBAGE ROUND ROBIN
12:45 PM
Horse Meadow Senior Center, North Haverhill

PLYMOUTH AREA CHESS CLUB
7:00 PM – 9:00 PM
Starr King Fellowship,
101 Fairgrounds Road, Plymouth

THURSDAY, JANUARY 24

**READINGS BY LOCAL HISTORIAN
LARRY COFFIN**
7:00 PM 802-439-5338
Blake Memorial Library, East Corinth

BOOK CLUB FOR WRITERS
7:00 PM
Haverhill Corner Library
See article on page 7

FRIDAY, JANUARY 25

**ST. JOHNSBURY PLAYERS
"SUNSET LIMITED"**
7:30 PM
Catamount Arts, St. Johnsbury
See article on page 9

SATURDAY, JANUARY 26

**6TH ANNUAL VINTAGE
SNOWMOBILE RACE**
10:00 AM
Rt. 302, North of Lisbon

FREE 250TH CELEBRATION LUNCH

12:00 Noon – 2:00 PM
Newbury Congregational Church, Newbury
See ad on page 5 and article on page 11

NATIVE CULTURE & HISTORY LECTURE

12:00 Noon
Old Church Building, Piermont
See article on page 1

ST. JOHNSBURY PLAYERS "SUNSET LIMITED"

2:00 PM
Catamount Arts, St. Johnsbury
See article on page 9

CASINO NIGHT

6:00 PM – 10:00 PM
Boys & Girls Club of the North Country, Lisbon
See ad on page 9

SUNDAY, JANUARY 27

MILES AND MILES OF MUSIC
1:00 PM – 5:00 PM
Richard E Clifford Memorial Building
65 South Court Street, Woodsville

FEMI KUTI CONCERT

7:00 PM
Twilight Theater, Lyndon State College
See article on page 8

MONDAY, JANUARY 28

**NORTHEAST KINGDOM CHAMBER
LEGISLATIVE BREAKFAST**
8:00 AM – 9:00 AM
St. Johnsbury House, 1207 Main Street

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

BOOK DISCUSSION
7:00 PM
Groton Free Public Library
See article on page 7

BOOK DISCUSSION
7:00 PM
Haverhill Corner Library

WEDNESDAY, JANUARY 30

**READINGS BY LOCAL HISTORIAN
LARRY COFFIN**
7:00 PM 802-333-4716
Fairlee Public Library

THURSDAY, JANUARY 31

**THE AUDIOBIOGRAPHY
OF BENJAMIN FRANKLIN**
5:00 PM
Baldwin Library, Wells River
See ad on page 8

SATURDAY, FEBRUARY 2

SNOWMOBILE RADAR RUN & POKER RUN
10:00 AM – 2:00 PM
Across From Aldrich Store, North Haverhill
See article on page 15

MONDAY, FEBRUARY 4

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

TUESDAY, FEBRUARY 5

**NH STATE VETERANS COUNCIL
REPRESENTATIVE**
8:30 AM – 12:00 Noon
Woodsville American Legion Post #20

10TH ANNIVERSARY ANNUAL MEETING/PRESSURE'S ON

7:00 PM - Friends of Lincoln Library
Jean's Playhouse, 10 Papermill drive, Lincoln

CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING

7:00 PM
Morrill Municipal Building, North Haverhill

WEDNESDAY, FEBRUARY 6

**3 RIVERS BUSINESS ASSOCIATION
MONTHLY MEETING**
8:00 AM
Woodsville Guaranty Savings Bank, Woodsville

THURSDAY, FEBRUARY 7

4TH OF JULY COMMITTEE MEETING
7:00 PM (NOTE CHANGE OF DATE)
Woodsville Emergency Services Building

SATURDAY, FEBRUARY 9

**GREEN MT. UNITED WAY'S
"BOWLERS UNITE"**
1:00 PM – 3:00 PM 802-229-9532
Twin City Lanes, Barre, VT

SUNDAY, FEBRUARY 10

AUCTIONEERING IN NH & VT
2:00 PM
Court Street Arts at Alumni Hall, Haverhill
See ad on page 5

MONDAY, FEBRUARY 11

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

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

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Deadline for submissions is Thursday, January 31st for our February 5th issue.

Haverhill Corner Library Schedules Short Story Discussion

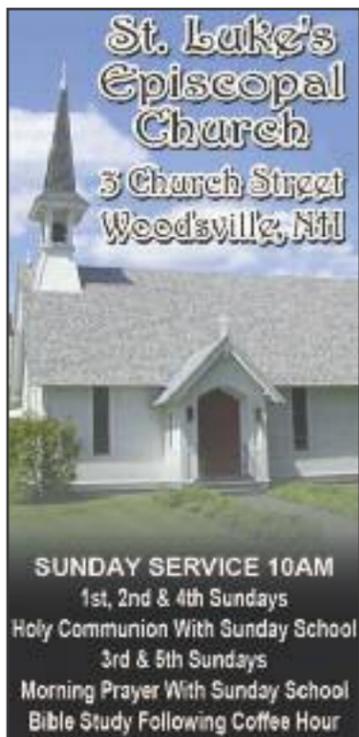
HAVERHILL, NH—The Haverhill Corner Library will hold a Book Club for Writers discussion on Thursday, January 24, the library has announced. The discussion will focus on stories by Alice Munro and William Trevor, both regularly named by critics as among the very best short story writers at work today.

Participants will discuss "The Moons of Jupiter" by Alice Munro and "Sitting with the Dead" by William Trevor. The discussion will begin at 7:00 PM at the library, and will be free and open to the public. Copies of the stories are available from the library in advance.

Canadian Alice Munro has won the Man Booker International Prize and has three times won Canada's Governor General's Award for Fiction. She has been hailed by Cynthia Ozick as "our Chekhov," and is described by the Guardian as "a perennial contender" for the Nobel Prize in Literature. Her fellow Canadian Margaret Atwood says, "Among writers, her name is spoken in hushed tones." She has published thirteen collections of short stories, most recently Dear Life (2012).

William Trevor is an Irish author of novels and plays, but is best known for his short stories. He is a member of the Irish Academy of Letters and has won the Whitbread Award three times. He has described the short story as "the art of the glimpse . . . its strength lies in what it leaves out just as much as what it puts in, if not more." His most recent book is the novel Love and Summer (2009). Though he has lived most of his life in England, he considers himself to be "Irish in every vein."

Book Club for Writers is a fiction discussion program that



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meets four times a year. Discussions are open to all, and focus particularly on questions of craft and technique that will interest writers and aspiring writers. Created by the New Hampshire Writers' Project, Book Club for Writers is sponsored locally by a fiction writing group that meets weekly at the Haverhill Corner Library.

The next Book Club for Writers discussion will be held on Thursday, April 25 and will feature "The Bloody Chamber" by Angela Carter and "Travels with the Snow Queen" by Kelly Link.

For more information, call the library at 603-989-5578.

Upcoming Programs At The Groton Free Public Library

Monday, Jan. 28, 7:00pm -- Book Discussion of "A Tree Grows in Brooklyn" by Betty Smith. "The story of young, sensitive, and idealistic Francie Nolan and her bittersweet formative years in the slums of Williamsburg has enchanted and inspired millions of readers for more than sixty years (book jacket)." This group meets the 4th Monday of every month, and all are welcome!

Saturday, Feb. 9, 10:30am -- SAM (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 and a snack.

Tuesday, Feb. 12, 7:00-9:00pm -- Groton's "Nifty Needles" Group will begin meeting the 2nd Tuesday of every month from 7-9pm. Evening is geared towards quilting, but knitters, rug hookers, and needle artists are welcome to come and join us for inspiration, techniques, and camaraderie! Facilitated by local master quilter, Mary Schilke.

Every Wednesday, 1:00-3:00pm -- Crafts & Conversation. Join us with your ideas and projects-in-process -- or -- just join us!

All of our programs are free and open to the public. For more information about any of our services, find us on Facebook (Groton Free Public Library) or contact Anne: grotonlibrary@fairpoint.net, 802.584.3358.



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Not all Times are Trendy but there will always be Trendy Times January 22, 2013 Volume 4 Number 8



Brettton Woods. Among the some 400 North Country Friends of NH Governor. Maggie Hassan's Inaugural Ball was I-r Councilor Ray Burton, State Senator Jeanie Forrester, and Former Franconia State Representative Katherine Taylor. and State Senator Lou D'Alessandro



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Baldwin Memorial Library
Wells River, VT
Book Discussion Group

beginning with:
The Autobiography of Benjamin Franklin

Thursday, January 31 at 5:00 p.m.

All are welcome! Books are available to borrow from the library.
Ask librarian for complete list of the selections for the rest of the year.



NEW LISTING - WOODSVILLE, NH - For the family that appreciates living space, this 2200 sq.ft. home features 2 baths and 4 bedrooms with detached garage. Many features make this an excellent value, sun porch, bar room / man cave, huge modern eat in kitchen, office, formal dining room, large living room, bath on both 1st and 2nd floor. Comes with pellet stove, wood stove and fully applianced. 2 car detached garage. \$109,500.

HAVERHILL, NH - Log Ranch - featuring , open concept Living Room/Kitchen, cathedral ceiling, skylights, Kitchen offers many cabinets and pantry closet, 3 bedrooms, wrap deck and 2 sliders overlooking a section of the lake, finished family room in lower level. Lot 0.67, Canoe from the front yard to the beach and other amenities that Mt. Lakes offers, Year Round or Vacation Home. \$164,900.

NORTH HAVERHILL, NH - Just out of town with mountain views, ranch-style home on a 14 acre with town water and 2 car garage. Large living room, kitchen and dining room, 2 bedrooms and possibly a 3rd bedroom /den/office. Terrific Opportunity. \$109,500.

HAVERHILL, NH - NEW LISTINGS IN MOUNTAIN LAKES - LOTS - 0.55 Ac's, nice location, level, wooded \$8,000, Opportunity to own a Waterfront lot 0.90 Ac's, \$30,000. Enjoy the lake and the amenities of Mountain Lakes.

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Nigerian Superstar Femi Kuti And His Afrobeat Orchestra To Play Lyndonville Concert January 27th



Getting back to the essence of Afrobeat is the central aim of Nigerian superstar and three-time Grammy nominee Femi Kuti, the reigning king of the groundbreaking musical form invented and made hugely popular by his legendary father, Fela Kuti. This potent and influential musical form creates a big band sound rooted in native African harmonies and rhythms. Through its 14 or more musicians on stage, playing multiple guitars, percussion, trumpets, saxophones, trombones, and vocals. Afrobeat mixes a variety of musical elements, including soul, jazz, a hard-driving funk, West African highlife, fiery rock 'n roll licks, and a spontaneous outburst of exuberant chants and call-and-response singing. Femi Kuti's 14-piece band The Positive Force also includes wildly gyrating African women dancers, creating an infectious energy and sound that becomes a force to be reck-

oned with.

Kingdom County Productions and Lyndon State College will present Femi Kuti and The Positive Force in its only northern New England concert at 7pm, Sunday, January 27th at the Twilight Theater at Lyndon State College. Tickets are now on sale at the Catamount Regional Box Office or by calling 802-748-2600. Online sales and information are available at KingdomCounty.org.

Femi Kuti got his start as part of his father's band but he set out on his own after his father's death in 1997. Larger-than-life Fela Kuti was recognized worldwide as a pioneering musical innovator and political maverick on a continent ravaged by poverty, corruption, and the legacy of colonialism. The hit Broadway play, "Fela" is based on Fela's music and his turbulent but indelible life story. Femi Kuti has found new voice for his father's social message but, not satisfied to live in Fela's

shadow, he has advanced and amplified Afrobeat and given it new meaning and musical range, bringing it into the 21st century. Femi Kuti has enlisted a range of musical collaborators on his albums, include U.S. stars Common, Mos Def, and Jaguar Wright. The Kuti sound has influenced scores of musicians worldwide, including David Byrne (The Talking Heads), Brian Eno, Branford Marsalis, Paul Simon, and the American-based Afrobeat band, Antibalas. Threads of Afrobeat can also be found in hip-hop.

The January 27th Femi Kuti concert is produced by Kingdom County Productions (KCP) and Lyndon State College working in association with Catamount Arts and a host of local individual, business, and media sponsors. For more information or to make arrangements for group or student sales, contact KCP producer and artistic director Jay Craven (jcraven@marlboro.edu).

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St. Johnsbury Players Present Cormac McCarthy's Sunset Limited

St. Johnsbury Players' third production of their 2012-13 season is Cormac McCarthy's *Sunset Limited* at Catamount Arts, January 18, 19, 25 and 26. McCarthy, the author of *No Country for Old Men*, *Suttree* and *The Road* is one of our greatest living writers today.

On a subway platform in New York City, an ex-con from the South named Black (Noah Fink) saves the life of an intellectual atheist named White (Nathaniel Wayne) who wasn't looking for salvation. Now, the reformed murderer-turned-savior ventures to offer salvation of another kind, bringing the failed sui-

cide victim back to his Harlem apartment for an articulate and moving debate about truth, fiction and belief. White is disillusioned and disenchanted by the modern world. Black had an epiphany after a nasty knife fight in the penitentiary and discovered a faith that he now wants to share with others, or at least with White. "The light is all around you but you don't see nothing but shadow. And you're the one causing it. It's you. You're the shadow! That's the point!" Black points out to White. Black begins in control, but it quickly becomes clear that the nonbeliever is much

more secure in his convictions than the believer. And when White goes on the attack, his nihilism steamrolls his opponent. "I long for Darkness. I pray for death, real death." White claims.

Is Black a guardian angel or just a sinner looking for redemption? Was White really saved, or is he stuck in a kind of purgatory? Issues of life, death, and the nature of the universe and God abound in the play, leading to an ending that is both dark and hopeful at the same time, all the while carried by McCarthy's gift for language and verbal acrobatics.

Sunset Limited is di-

rected by Jason Scherer, produced by Erika Scherer and features set design is by Bill Taxter. *Sunset Limited* is produced through special arrangement with Dramatists Play Service and is sponsored in part by Passumpsic Savings Bank, Union Bank, and Community National Bank.

Curtain times are on the 18, 19 and 25 are 7:30 pm, and 2pm on the 26th. Tickets are \$10 for adults and \$7 for students and seniors. Tickets are available in advance through the Catamount's box office and website; or at the door on the performance days. Seating is by general admission and limited. Please arrive early for the best selection of seating. Group discounts are available for groups of 10 or more. It should be noted that *Sunset Limited* contains language and themes that are intended for adult audiences,



it is not appropriate for children. For more information contact 802-274-1833 or find us on Facebook.

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Local Businessman Elected Into National Industry Leadership Role

Mark Elliott, vice president of Coventry Log Homes located in Woodsville, NH was recently elected to the Log Homes Council (LHC) Steering Committee. The LHC Steering Committee is comprised of five leaders in the log home industry voted into position by the LHC membership. The purpose of the LHC Steering Committee is to ensure the long-term viability and vision of the LHC by providing guidance and navigation strategies to and for the overall membership. Each steering committee member is assigned oversight of a specific aspect of the LHC.

Mark Elliott said, "This past summer Congress recognized the important role log homes have played in our history and with the steady increase in consumer interest in



Mark Elliott pictured on the left with Jeff Elliott, president of Coventry Log Homes, Inc.

log homes as new construction our future certainly looks bright. I am honored to play an integral role in the log home industry as a Steering Committee member and I look forward to moving the industry

forward."

Learn more about Coventry Log Homes at www.coventryloghomes.com or go to the Log Homes Council's website at www.loghomes.org.

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How I Got My First Job

By Elinor P. Mawson

It was a Monday morning in April, and I was busy doing the laundry in my Easy Spindryer. Clothes were in piles on the floor, my baby son was making unhappy sounds upstairs, and a knock came at the door.

A well-dressed gentleman was standing on the porch. "How do you do, Ma'am," he said, "I am the Superintendent of Schools in Derry and I have come to offer you a job."

I didn't know what to say. I had sent out letters of interest to several superintendants in Southeastern New Hampshire, hoping to get applications for teaching jobs for my husband and myself. I had not expected to be interviewed in my own living room.

"I can't sign a contract without talking it over with my husband," I said.

"Where is your husband?" the man asked.

"He is teaching in the school up the street," I replied.

"Then," he announced, "I will go and see what he says."

While he was gone, I shut down the washing machine, rescued my son from his crib, and changed my clothes into something more appropriate. The man soon returned,

showing me a contract signed by my husband. "I am offering you a job teaching 8th grade English", he announced. "Between the two of you, you will be making \$7400 a year." (It sounded wonderful).

So I signed. The man went away.

After finishing up our business and moving South, we looked forward to our new jobs. Our son was going to be watched by his great aunt, we had (what we thought) was a good place to live, and we looked forward to buying our first new car.

On the day before school started, I drove to my new school. "Where is the 8th grade classroom?" I asked.

"Oh," said the Principal. "You aren't teaching the 8th grade. You will be teaching fourth grade right here in this classroom!"

"But I am not qualified to teach fourth grade," I gasped. "I don't know anything about the curriculum."

"That's all right," he replied. "Just read your manual."

The next morning, I met my class. There were 34 of them. There was nothing in any manual that told me how to manage a heterogenius

group whose IQ's ranged from 68 to 150. I had no idea what they knew or didn't know. The only saving grace was the fact that they were good kids who really didn't give me a hard time because I didn't know anything about them.

We limped through the year. Somehow I managed to get the students into reading groups, they learned their multiplication tables and we had spelling bees. But June came all too soon, and I knew I would miss the people who had taught me a lot more than I had taught them.

There was no time when I bemoaned the fact that I had been a victim of "bait and switch". And it was only after I went through the interview process for my next job that I realized that it wasn't the way things like that are done. The Superintendent committed something very unethical when he went into another school to get a contract signed. But that was a long time ago. I have to say that it is probably better the way they do things now.

But I bet that man who got 2 warm bodies for the price of a trip to the North Country that Monday morning, figured he had done one of his finest coups.

Not all Times are Trendy but there will always be Trendy Times
 January 22, 2013
 Volume 4 Number 8

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Mistakes To Watch For... At Different Stages Of Life

As an investor, how can you avoid making mistakes? It's not always easy, because investing can be full of potential pitfalls. But if you know what the most common mistakes are at different stages of an investor's life, you may have a better chance of avoiding these costly errors.

Let's take a look at some investment mistakes you'll want to avoid when you're young, when you're in mid-career, when you're nearing retirement and when you've just retired.

When you're young ...

Mistake: Investing too conservatively (or not at all) — If you're just entering the working world, you may not have a lot of money with which to invest. But don't wait until your income grows — putting away even a small amount each month can prove quite helpful. Additionally, don't make the mistake of investing primarily in short-term vehicles that may preserve your principal but offer little in the way of growth potential. Instead, position your portfolio for growth. Of course, stock prices will always fluctuate, but you potentially have decades to overcome these short-term declines. Since this

money is for retirement, your focus should be on the long term — and it's impossible to reach long-term goals with short-term, highly conservative investments.

When you're in mid-career ...

Mistake: Putting insufficient funds into your retirement accounts — At this stage of your life, your earning power may well have increased substantially. As a result, you should have more money available to invest for the future — specifically, you may now be able to "max out" on your IRA and still boost your contributions to your employer-sponsored retirement plan, such as your 401(k), 403(b) or 457(b). These retirement accounts offer tax advantages that you may not receive in ordinary savings and investment accounts. Try to put more money into these retirement accounts every time your salary goes up.

When you're nearing retirement ...

Mistake: Not having balance in your investment portfolio — When they're within just a few years of retirement, some people may go to extremes, either investing too aggressively to try to make up

for lost time or too conservatively in an attempt to avoid potential declines. Both these strategies could be risky. So as you near retirement, seek to balance your portfolio. This could mean shifting some of your investment dollars into fixed-income vehicles to provide for your current income needs while still owning stocks that provide the growth potential to help keep up with inflation in your retirement years.

When you've just retired ...

Mistake: Failing to determine an appropriate withdrawal rate — Upon reaching retirement, you will need to carefully manage the money you've accumulated in your IRA, 401(k) and all other investment accounts. Obviously, your chief concern is outliving your money, so you'll need to determine how much you can withdraw each year. To arrive at this figure, take into account your current age, your projected longevity, the amount of money you've saved and the estimated rate of return you're getting from your investments. This type of calculation is complex, so you may want to consult with a financial professional.

By avoiding these errors, you can help ensure that, at each stage of your life, you're doing what you can to keep making progress toward your financial goals.

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

Free 250th Celebration Informational Lunch!

On Saturday, January 26th, from noon until 2PM learn how you can be part of the 250th Celebration team! Are you interested in being a Re-Enactor, Event Assistant, Parking Attendant, Photographer or contributing your own special skills? Help a little or help a lot! Be a part of Newbury's grand 250th celebration! Lunch is "on the house"

at Newbury Congregational Church, Newbury VT.

On May 18, 1763, a charter was obtained through New Hampshire land grants for the town of Newbury, later to become part of Vermont. General Jacob Bailey was the primary grantee and is honored as the founder of Newbury. <http://www.celebrate250.org>



More 250th Information

The Haverhill/Newbury 250th celebration kicked off with a successful New Year's Eve Ball at the Clifford Building in Woodsville. Around 130 attended the event that featured a wonderful buffet dinner and decorated cakes for dessert.

Music for the evening was provided by the big band sounds of "Swing North". By the second song of the evening the dance floor was filled and stayed that way during most songs

the rest of the evening.

The committee received many comments and compliments on the evening including the decorations, photo opportunities, the food, and even the individual dance cards handed out at the door.

This was only the first of many events that are scheduled for 2013. Other events on the agenda include; monthly lectures alternating between the two towns regarding the history of the

neighboring communities, a Founders' Day on May 18, the date of the original charters, Wednesday, May 22 will see the arrival of the American Veterans Traveling Tribute which will be set up at the North Haverhill fairgrounds and be open to all thru Monday, May 27.

Other planned events include a Railroad Day and historical tours. For more details check out www.celebrate250.org

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The 250th logo adorned the top of two delicious cakes that provided dessert to the New Years Eve revelers.



The buffet featured a wide variety of taste that seemed to please everyone in line. Photo by Joy Michelson.



Shannon Young of Young's Photography stands alongside as Bob and Dawn Dean of Bath get their picture taken in an antique sleigh. This was just one of many unique touches at the New Years Eve Ball

Letter To The Editor

Sheila Asselin's "Minor Annoyances" in the 1/8/13 issue had me chuckling and nodding in agreement, especially the one about business people using their children in commercials. I thought I was the only one who felt that way. Along the same line, the business owners who believe they are being clever by acting foolish in their own commercials just make me want to shop elsewhere. Of course, we're all different. Where one person sees idiocy, another person sees hilarity.

Sheila's witty descriptions of her other annoyances are wonderful and she sure lightened my mood for the day. Good job and thank you!

Linda Duxbury, Newbury VT

Linda,

Thank you so much for the comments on Sheila's article. She certainly has a unique view on many issues and is proud to offer her remembrances on her life. As Editor I always get a pleasure when reading her submissions. It is Sheila and others who take the time to write such articles that help make Trendy Times what it is. Let me publically thank all of these writers again.

Gary Scruton, Editor

LETTERS

(and even some real words)

From The Editor

TERM LIMITS:

Most anybody who has email has probably seen a petition going around regarding term limits for our US Senators and Representatives. The email usually also contains requirements for our elected officials to abide by all laws, participate in Social Security, and various other matters that generally make a lot of sense to us common folk. To this point all those petitions have done pretty much nothing.

Here is my personal

opinion. Like so many big problems, we need to solve this one in small pieces. Let's simply enact term limits! Nothing more, nothing less. Two terms in the US Senate and you are done. That's twelve years. Four years longer than any person can serve as President. That should be long enough to get done what you really wanted to do. Plus it allows the next person to come along and offer his or her ideas.

In the US House, let's stay with the twelve year limit. It does mean six terms, but as a somewhat less powerful

position than that of Senator, the holder of the seat may need more terms. But still twelve years as an elected official before either moving up to the Senate or going home, should be plenty.

There are plenty of other issues that seem to pop up with these two chambers of our government, but let's start with just this one first. Term limits. An idea that has been around for many years, and that maybe now can be brought to the American people to vote on as the next Amendment to our Constitution.

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MARION LOUISE PARADIE



North Haverhill, NH – Marion Louise Paradie, 84, died Monday, January 14, 2013, at the Grafton County Nursing Home, North Haverhill, NH surrounded by her family.

She was born in Braintree, VT, October 5, 1928, a daughter of Hillie and Grace E. (Thompson) Rabtoy.

Marion had worked for 25 years at the Lisbon Shoe Shop and retired from the Cottage Hospital in Woodsville where she worked in the

housekeeping department.

She enjoyed the simple qualities that life offers; nature and wildlife, and horses grazing in the pastures. Marion, in her spare time, enjoyed playing cards, doing word searches, crocheting, reading, playing bingo, and visiting with friends and family.

Marion was predeceased by her husband, Roy E. Paradie on February 4, 2008.

Survivors include her five children, Deborah L. Trisman and husband Harry of Englewood, FL, Wendell A. Smead, Jr. of Manchester, NH, Douglas P. Smead and Nana of Germany, Joyce E. Thompson and husband Paul of Newbury, VT, and Diane Rail and friend Jim of Pamona Park, FL; seven

step-children; 10 grandchildren, 17 great grandchildren, and 1 great great grandchild; and several nieces, nephews and cousins.

Calling hours were Friday, January 18, from 6 to 8 PM at the Ricker Funeral Home, 1 Birch Street, Woodsville, NH.

A graveside service will be on Friday, May 10, at 2 PM, at the South Lawn Cemetery, Piermont, NH.

Memorial contributions can be made to the Grafton County Nursing Home, 3855 Dartmouth College Highway, North Haverhill, NH 03774.

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

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

MADELINE BELLE

BULLARD



Woodsville, NH – Madeline Belle Bullard, 89, died January 14, 2013, at the Grafton County Nursing Home, North Haverhill, NH.

She was born in Haverhill, NH, October 16, 1923, a daughter of William and Mary (Pike) Powers. Madeline was a graduate of Woodsville High School Class of 1941. A lifelong area resident, Madeline worked at the Grafton County Home first in the kitchen and later as a nursing aide and retired after 30 years in 2003.

Madeline loved being with her family and was a devoted grandmother to her two grandchildren, Carol and Jason, and to her three great grandchildren, Collin, Griffin, and Maya.

Madeline was predeceased by her husband Willard Bullard on December 23, 1976, her son Isaac Darling in 1966, her sister Jessie Kendall, and her brother

William Powers.

Survivors include her two daughters, Susan Leonard and husband Dana of Glencliff, NH, and Vicki Darling of Reno, NV, two grandchildren Carol Paronto and husband Brad of Manchester, NH, and Jason Leonard of Scottsdale, AZ, and three great grandchildren Collin, Griffin, and Maya Litke all of Southington, CT, along with nieces, nephews and cousins.

There will be no calling hours.

A graveside service will be on Thursday, May 23, 2013 at 2 PM in Pine Grove Cemetery, Woodsville, NH.

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

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

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(Steve Miller, Fly Like An Eagle Lyrics)

By Donna Lee, 4-H and Master Gardener Program
Coordinator, Youth and Family Team

As I reached the half century mark this past year, I found myself asking the age old question, "where does the time go?" This was always something that I heard come from the mouths of those who were much older than me, so I never really paid attention to the saying... until now.

As the year 2013 takes off running, I find myself quickly sprinting to try and catch up. It wasn't until a few weeks ago that I realized the issue of time (or lack of it), is something that crosses generational lines. This revelation happened during an interview process of one of our Grafton County 4-H members, Madeline Flynn. Madeline was one of several 4-Hers who was going through the resume and interview process in order to be able to attend National 4-H Conference and Congress. With her permission, I'd like to share her thoughts

on time management.

"As the second oldest of seven homeschooled children I have to overcome some uncommon challenges with my 4-H projects. For example, in order to complete my duties as club secretary for Grafton County Teen Club, or even write this resume, I must coordinate computer time with my siblings. I also have to manage my time with a high volume of 4-H project areas and a self-directed high-school level course load. Despite these challenges I regard my participation in 4-H as worth the extra effort."

I don't know about you, but I find these thoughts from a 15 year old to be incredibly encouraging. Her wisdom to recognize the everyday challenges of prioritizing and managing time is an inspiration to me. As I face new job duties, volunteer tasks, and family responsibilities, I would like to thank all of the

Madelines out there who remind us that what we are doing is "worth the extra effort".

For helpful tips about managing your time visit the University of Kentucky Cooperative Extension website at <http://www.ca.uky.edu/agc/pubs/fcs7/fcs7101/fcs7101.pdf>, The Successful Person's Guide to Time Management.

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Herbs For Colds & Flu

Staying healthy in flu season seems to be on everyone's mind. Many are calling and emailing for herbal advice and there are multiple answers. Herbal therapy can be effective in overcoming many kinds of infections. As anti-bacterial agents, herbs contain powerful natural substances to flush and cleanse the lymph glands, allowing the body to process out harmful pathogenic wastes. Herbs are effective internally in overcoming both acute and chronic infections, also effective externally as poultices or compresses, to draw out poisons or infection through the skin.

Herbal anti-biotic compounds are also beneficial when used in conjunction with other therapeutic herbal formulas to increase their potency, especially at the beginning or acute stages of an illness. Success has been particular in cases of oncom-

ing colds and fever, swollen glands, bronchitis, inflamed lung and chest ailments, heavy post-nasal drip, low grade throat and sinus infections and "hanging-on" infective conditions, where the body can't seem to "get over" a problem.

Herbal anti-viral compounds have had notable success against the strong, destructive viruses that cause many of today's serious illnesses. Severe flu and viral infections such as AIDS, HPV and viral warts are becoming increasingly widespread in America as air and soil pollutants, chemical foods and preservatives, over-use of drugs and generally poor nutrition lower our immune defenses. These progressively powerful viruses do not respond to medical anti-biotics, and many people have been prostrated for weeks, unable to overcome them. Herbal anti-viral combinations have

been effective when anti-biotic drugs were not.

Anti-fungal combinations are beneficial in cases of chronic athlete's foot, thrush and nail fungus. Fungus conditions are often caused or aggravated by poor enzyme function, (sometimes a result of too much caffeine in the diet) and the lack of friendly intestinal flora in the digestive tract. Herbs can effectively address both of these needs, with the concentrated strength to remedy the problem more rapidly than dietary methods alone.

Anti-bacterial herbs include: Echinacea Roots, Black Walnut Hulls, Goldenseal, Chaparral, Myrrh Gum, Garlic, Turmeric, Pau De Arco, Elecampane.

Friendly flora & enzyme precursors include: Acidophilus powder, Aloe Vera, Chlorella, Spirulina, Barley Grass, Wheat Grass.

Anti-viral herbs include:

St. John's Wort, Lomatium, Comfrey Root, Echinacea Roots, Garlic, Osha Root, Astragalus Root, Myrrh Gum, Pau De Arco.

Anti-fungal herbs include: Black Walnut Hulls, Barberry Bark, Vhaparral, Tea Tree Oil, Garlic, Goldenseal Root, Myrrh Gum, Wormwood, Mathake.

Do you have a cold or the flu? Here are the differences.

Colds and flu are distinct and separate upper respiratory infections, triggered by different viruses. (Outdoor environment, drafts, wetness, temperature changes, etc. do not cause either of these illnesses.) The flu is more serious, because it can spread to the lungs, and cause severe bronchitis or pneumonia. Beginning stage symptoms for both can be very similar. Both colds and flu begin when viruses, that (unlike bacteria, cannot reproduce outside host cells) penetrate the body's protective barriers. Nose, eyes and mouth are usually the sites of invasion from cold viruses. The most likely entry target for the flu virus is the respiratory tract. Colds and flu respond to different treatment.

The following brief Symptom Chart can help identify your particular condition. I saw this on a waiting room wall.

A COLD PROFILE LOOKS LIKE THIS:

- Slow onset.
- No prostration.
- Rarely accompanied by fever and headache.
- Localized symptoms such as runny nose and sneezing.
- Mild fatigue and weakness as a result of body cleansing.
- Mild to moderate chest discomfort, usually with a hacking cough.

A FLU PROFILE LOOKS LIKE THIS:

- Swift, severe onset.
- Early and prominent prostration with flushed, hot, moist skin.
- Usually accompanied by high (102-104 degree) fever, headache and sore eyes.
- General symptoms like chills, depression and body aches.
- Extreme fatigue, sometimes lasting 2-3 weeks.
- Acute chest discomfort, with severe hacking cough.
- Sore throat occasionally.

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

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Man Child

It was Christmas morning when that same filthy virus that has attacked so many of us over the last few weeks took hold. Before my kids even came charging down the stairs to see what Saint Nick had brought them, I knew the day was doomed.

Every muscle was melting. Every head hair stung. And that hacking cough that never provided the right amount of phlegm trailed me like a reckless night on Rt. 99 in Malden.

I may as well had been wearing a pink onesie and a pair of knitted boots.

Sorry, that's just what happens when I get sick. I fold up like a child, whine constantly, and bathe in a river of negativity. My mind, literally, goes black, as if someone shut out the lights on my masculinity.

Cross-eyed and drenched to my thighs, I tried to be excited for my children, my wife, as they opened their gifts.

"Your turn, Daddy. Open something."

"Nah, nah. I'm good." I told them, as I curled up into the fetus position on the hassock with one eye poking out from under a heavy blanket. "I'll be fine. I'm okay."

Could I be more pathetic? Of course I could, says all men in general. If there is one thing we recognize about our biological makeup is this: we as men are the wimpiest of all wimps when we get sick.

And by sick I mean a cold, or the flu, or the aches in gen-

eral.

I don't know what it is about you women. Not only do I adore you, but I admire your toughness when it comes to being sick. I remind my wife of this often. I say to her, "Remember a few days after you gave birth to Leo and you were feeling all worn out and blue?"

"Yes," she usually says. "You told me to go for a run and take a shower. 'You'll be fine.'"

"Exactly. And you did." I say. "You were a machine!"

"It's called post partum, dummy."

"Still. You're a machine!"

Then, within minutes of opening her last Christmas present, my young daughter, now looking more haggard and gray than her old man, was struck down by the virus as well. Boom, just like that.

So, while my wife and son ventured to the Bay State to enjoy a day of turducken, my kid and me ached our way through the holiday, pilled up on Advil, covered in perspiration, watching every bad Christmas movie TBS had to offer.

Crawling my way into the bathroom, I managed to lift my head long enough to catch a glimpse of my sagging face in the medicine chest. "It's over." I whispered to the slab of ham hock staring back at me. "I just know it."

I was in deep. Thick with a temperature hovering near 100 and with a definite respiratory infection, the worm in

me began to turn. I forgot my past, denounce the future and resist all memories of spring.

It's been a good run, I thought.

"Daddy," I heard my daughter say weakly. "I'm just so thirsty."

"I know, baby. I know." I shouted from the bathtub. "But I'm just so cold."

Returning to the living room, I expected to find my daughter racked out on the couch or hacking up into one of the hundred soggy tissues sprawled across the carpet.

Instead, she was in the kitchen, toasting a bagel, opening a jar of peanut butter, and pouring some orange juice.

I looked at her in awe. I'm 42, she's 11, and for all I know, Wordsworth was right when he said, "Child is the father of man." (Thanks, Mr. Harrison).

All eighty pounds of her loaded her bagel and juice into one arm, then reached down into the freezer and pulled something out.

"Here, have a popsicle, Daddy." she said, jamming one into my gut as she passed me in the hall. "It'll make you feel better. 'You'll be fine.'"

Rob Azevedo can be reached at onemanmanch@gmail.com

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By Ronda Marsh

North Country Italian Chicken Soup

Here we are, smack-dab in the middle of another North Country winter. The excitement and bustle of the holidays are past, and it is still a mighty long ways until we see even the beginning vestiges of springtime. So what do we do? Some of us embrace the winter weather wholeheartedly, while others just hunker down and wait it out. Either way, we long for food that is nourishing, comforting, and soul-warming. This recipe surely qualifies on all counts and ranks high among the tastiest soups I've ever encountered. Now, I've made brothy soups, and I've made creamy soups, but this is the only one that incorporates the best aspects of both methods. I got the idea from a PIONEER WOMAN recipe, where she finished an otherwise traditional chicken soup with a good glug of heavy cream. Since I had some cream on hand (leftover from Christmas), and some boneless chicken breasts, I decided to give it a go. At this time, I will admit to you that I really didn't expect to love the finished product as much as I did. I will also readily admit that I ate the whole pot by my-



self, over the course of a couple days (shhh...don't tell anyone!). It just seemed to get better and better and before I knew it, it was all gone. Not to worry; I have another pot going as I write this!

Hearty enough for a meal, with great flavor and just a tiny kick from a bit of jalapeno pepper, kids and adults alike will enjoy this soup. It really doesn't matter if they're just in from a day of sledding, skiing and snowmobiling, or if they prefer to cuddle close to the woodstove reading their favorite novel. This soup will warm you up – body and soul!

- 2 Boneless/skinless chicken breasts
- 4 cups or so of chicken broth (I use "Better Than Bouillon")
- 1 large onion (half diced; half left intact)
- 3 stalks celery (2 stalks diced; one cut into two or 3 chunks)
- 3 carrots, diced
- 1/2 red or green bell pepper, diced
- 1 jalapeno pepper, seeded and finely diced (use more or less, as you like)

- 1 tablespoon dried oregano
- 2 tablespoons butter
- 1 tablespoon olive oil
- 1 (14-1/2 oz) can diced tomatoes, undrained
- 1/2 to 3/4 cup dry pasta of choice (macaroni, ditalini, noodles, farfalle, etc.)
- 1/2 cup heavy cream (Half & Half will work, too.)
- Grated or shaved Parmesan cheese
- Salt & pepper to taste

In a medium-sized pot, place the chicken and broth (enough to cover the chicken), the half of the onion that was not diced, the stalk of celery, broken into chunks, and a little salt and pepper. Bring to a boil; then reduce heat and simmer for 1/2 hour. Remove from heat and allow chicken to cool in the broth to almost room temperature before taking it out and shredding or cutting into bite-sized pieces. Set the cooked chicken aside and strain the broth into a bowl. Place the pot back over medium heat; add the butter, oil and oregano. Dump in the diced celery, carrot, red or green pepper, jalapeno, and onion. Cook, stirring occasionally, until carrot is almost tender and onion is translucent. Add the chicken broth back into the pot, as well as the can of diced tomatoes with their juice. Once everything comes to a boil, add the pasta, and stir to separate. Continue to cook, stirring frequently, until the pasta is cooked (8 to 12 minutes). Add the cream; adjust seasonings and serve, topping each individual bowl with plenty of Parmesan. Makes 4 generous servings.

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L to R: Ted Fodero (Rotary), Chuck Leonard (Rotary), Gov. Maggie Hassan, Jim Nagle (Rotary – 2013 Fishing Derby Chairman), Sen. Jeanie Forrester and Betsey Donovan (Rotary)

CONCORD – Sen. Jeanie Forrester, R-Meredith, joined members of the Meredith Rotary today for the annual presentation of the first ticket to the Great Meredith Rotary Fishing Derby to Governor Maggie Hansen. The event was held in the Governor and Council Chamber at the Statehouse and marked one of the new governor's first official acts.

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