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ST. PATRICK'S DAY

A Celebration And Harbinger Of Spring

By Marianne L. Kelly

Although winter still has its grip on us with feet high snow banks and freezing temperatures, the merriment of St. Patrick's Day celebrations and the coming end of the dark season ensures us that spring is almost at our doorsteps.

WHO WAS ST. PATRICK?

Who exactly was this patron saint of Ireland, whose life is a veritable mystery cloaked in myth and legend, yet whose name day is celebrated the world over?

Patrick or Patricus, his Roman name, was born to wealthy parents in Roman Britain in the fourth century. His father and grandfather were deacons in the church, but young Patrick showed little interest in religion. When Patrick was sixteen, raiders invaded his village, kidnapped him and sold him into slavery to a high chieftain in Antrim, where he tended his master's sheep for nearly 16 years. He had a dream urging him to flee from captivity to the coast, and after several failed attempts finally boarded a ship headed for Britain. While in Britain Patrick joined the Christian church and became a priest.

Patrick rose in the church to become a Bishop, but another dream and the pull of the Ireland he had come to

love tugged at his heart, and he returned to free the people from their native polytheism.

His years in slavery were an apprenticeship for his future. The learning of the Celtic language along with Druid rituals and customs, stood him in good stead when destiny and the infant Christian Church tapped him to convert the Druids to Christianity. He used familiar symbols such as the shamrock to teach the people about the Trinity.

Many myths and legends surround St. Patrick but the one that seems to have stood the test of time was his ridding Ireland of snakes. Scientists generally agree that snakes never inhabited Ireland, however, the belief of this so called miracle lives on in song and story.

In March, 461, after nearly 30 years of Christian evangelism, Patrick died and according to tradition was buried at Downpatrick. Many believe he died on March 17, and as the Irish emigrated to other countries, they took their history and celebrations with them along with this date.

ST. PATRICK'S DAY

Although we celebrate St. Patrick's Day in the United States with huge parades, marching bands, food,

drink and glad handing politicians needing to be seen, the original St. Patrick's Day was quite different.

The first St. Patrick's Day parade took place in New York City on March 17, 1762 with Irish soldiers serving in the English military, wishing to reconnect with their roots and fellow Irish soldiers serving in the army.

The next several centuries saw an increase in Irish immigration to our shores, prompting them to unite their smaller parades into the oldest and largest civilian parade, with more than 150,000 marching, dancing and singing through the streets of New York City. Their sheer numbers, despite the prejudice, stereotypes and discrimination their ancestors endured, endowed them with unprecedented political power that helped many political hopefuls get elected to office. Boston, Chicago and Philadelphia also boast St. Patrick's Day Parades numbering in the hundreds of

thousands.

Until 1996, St. Patrick's Day in Ireland was a religious day with Catholics required to attend Mass. However, the growth of tourism and the lure of tourist dollars changed a solemn religious observance to a celebration rivaling those anywhere in the world.

WEARING OF THE GREEN

Wearing green on St. Patrick's Day has its share of myths and legends.

Green recognizes the use of the shamrock by St. Patrick to explain the trinity to non-Christians. The popular "40 shades of green," is attributed to the lush clover that covers the entire country.

The wearing of the green also symbolizes the birth of spring. Irish legends tell us that green clothes attracted fairies and aided crops, while the ancient Celts called Ireland "Green Erin."

No matter your ancestry, everyone is Irish on St. Patrick's Day, so wear your



green and celebrate. Spring is almost here.

"May you always walk in sunshine, May you never want for more, May Irish angels rest their wings, Right beside your door."



Veterans Invited To St. Patrick's Day Parade



The Daniel K. Poling Chapter 992 Vietnam Veterans of America will be the lead formation representing Vietnam Veterans in the St Patrick's Day Parade in Boston, the largest in the nation. We are inviting all New Hampshire veterans to join us and march proudly, if you can't march and want to come we will arrange for you to ride.

We will rally at the parking lot of the VA Medical Center in Manchester at 9 am Sunday the 20th and convoy down to the parade site together. The parade line up will begin at 11:30 am. There will be an "Antique Duce and a half and two decorated pick up trucks to ride in" we will also have the VVA trailer. Those veterans who are capable of marching will have flags to pass out.

This is a great honor for New Hampshire veterans, so please come join us, this is our third year and we always have a bunch of fun. It's the coming home parade we never got. "WEATHER PERMITTING"

For more info call Sgt at Arms VVA 992 Carl Floyd (603) 774-2615.

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4-H Food Show Teaches Healthy Living Choices

"According to the Food Pyramid, what is considered a serving of fruit?" quizmaster Kathy Jablonski, Extension Educator intoned.

A buzzer lit up, the quiz bowl contestant said, "1 and ½ cups."

"You are incorrect." The question was repeated for the other team by Jablonski. One of the members buzzed in and got the correct answer, "One piece of fruit or ½ cup."

The quiz bowl, part of the 2011 Grafton County 4-H Food Show, demonstrated the 4-H'ers knowledge of food and nutrition information based on the MyPyramid.gov website, the 4-H project curriculum, and the Team Up for Nutrition Parent and Child newsletter series. 4-H'ers signed up during the event to participate in the rounds of questions, developed by Extension Educator Kathy Jablonski.

"We wanted to add another fun event to the Food Show. Using the buzzer board, thinking quickly and working as a team are all ways to find out what the 4-H'ers are learning about healthy lifestyle and wise nutrition choices", commented Ms. Jablonski.

Forty two 4-H'ers participated in the event held on Saturday, February 5, 2011, at the Haverhill Cooperative

Middle School. This year's theme, "Buy Local, Grow Local", inspired the young chefs to use a variety of locally produced products. To enter the event, youth work with their Foods Project leaders for 6-8 hours or more learning lessons about food preparation, safe food handling and nutrition. Each participant selects a menu, based on the year's theme, and prepares one or two items from the menu, depending on their age and division in the competition. They must prepare a menu and recipe cards, site the source of their recipes and use their culinary skills to create their food product. Youth are scored on presentation, menu selection and nutritional balance of the meal, nutrition knowledge, and the appearance and taste of their food item.

Each division named the top three winners, with each receiving a blue, red or white rosette. The judging for each division was a bit different with Juniors making one food item, and Intermediates and Seniors making two food items. As the age group of the division increases, more nutritional information is added for each member to know in preparation of the judge asking them questions.

For the Junior Division (ages 8-11), the winners were: First place, from the Little Oxbow 4-H club, Calvin Roy. He was awarded a set of mixing bowls courtesy of Littleton WalMart. In second place, Bath 4-H'er Madison Lewis won a \$15.00 King Arthur gift certificate and Little Oxbow's Adam Cataldo took third place and won a bag of flour, courtesy of King Arthur Flour. The judge for this division was Thomas McGuire, Principal, Monroe Consolidated School. Other juniors participating were: Justin Gall, Tanner Gaston, Lilah Flynn, Calvin Roy, Marek Upton, Wyatt Basch, Jess Hart, Zachary Farr, Madison Lewis, Therese Cataldo, Scott Hatch, Griffin Zuk, Adam Cataldo, Alexander LaFlamme, and Emily May.

In the Intermediate Division (ages 12 and 13), the following winners earned prizes: Cardigan Mountain Bobcats 4-H'er Arianna Carter took first place and won a cupcake decorating kit and pan, courtesy of Littleton WalMart. There was a tie for second place between Bob-O-Link's Madyson O'Shana and Grace Flynn, both earning a King Arthur gift certificate, courtesy of King Arthur Flour. Club mate Madeline Flynn followed by taking third place and earning a gift of King Arthur flour. Our Intermediate judge was Mike Simpson, Human Resources Director, Grafton County. Other intermediates participating were: Melenie Peters, Hope Cataldo, Alyssa Bach, Grace Flynn, Madyson O'Shana, Jaden Dalton, Tyler Gaston, Arianna Carter, Ryan May, Madeline Flynn, Jacob Geil, Monica Zuk, and Alaina Shelzi.

The Senior Division was judged by Sheriff Doug Dutile. First place was presented to Jasmine Walker of Bob-O-Link 4-H club. She won a cookie cutter set and pans, given by Littleton WalMart. Another second place tie between Littleton Raccoon's Jacob Dalton and Independent Member Jessica Beck was awarded King Arthur Flour gift certificates, courtesy of the company. Third place went to Cardigan Mountain Bobcats' Josh Maynard, earning a bag of King Arthur flour.

The Senior Cook Off had two contestants this year,



4-H'er Scott Hatch, Little Oxbow Club, waits patiently for his grilled cheese sandwich to be judged at this year's 4-H Food Show held at the Haverhill Cooperative Middle School. Courtesy picture from Barbara Dutile.

Amanda Geil of Monroe's Hunt Mountain 4-H and Catherine Flynn of Bob-O-Links 4-H in North Haverhill. Amanda earned top prize with her German themed dinner, complete with authentic costuming. Judge Zora Kinney, local caterer, was wowed by Amanda's exquisite presentation and impressive menu of eight food items. For winning first place, she was awarded a chef's knife and knife block, courtesy of Everything But the Cook in Woodsville. Catherine's menu of Italian dishes showed her range of talents and an excellent use of locally grown and produced ingredients.

A favorite feature of this annual event is the placemat and napkin contest. 4-H'ers can create a table setting, no paper allowed, to showcase their creative talents. Judge Jan Guyette of Lisbon decided on first place winners for each division: Senior Jessica Beck, Independent member; Intermediate Tyler Gaston and Junior Tanner Gaston, both of the Hunt Mountain 4-H Club. Other 4-H'ers participating were: Aidan Lewis and Madison Lewis of Bath, Calvin Roy of Little Oxbow 4H, Madeline Roy of Bob-O-Link Cloverbuds, and Arianna Carter of the Cardigan Mountain Bobcats.

Participating Cloverbuds (ages 5-7) were: Jessie Gall,

Delaney Smith, Lizzie Vaughan, Aidan Lewis, Cora Flynn, Madeline Roy, Alexis Bach, Elizabeth LaFlamme and Polly Currier. Cloverbud coach was Lindsay Bigelow of North Haverhill.

Grafton County 4-H appreciates the support of local sponsors for the event: Grafton County 4-H Leaders' Association, Everything But the Cook of Woodsville, WalMart of Littleton, WalMart of Woodsville and King Arthur Flour Company, Norwich, Vermont.

For more information about 4-H in Grafton County, contact the University of New Hampshire Cooperative Extension Office at 787-6944 or graffton@ceunh.unh.edu.

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Teacher Rattles Table In Class, Student Calls 911

Friends,

I submitted an article earlier about a teacher who dared to speak out in a "Lazy Whiners" blog. Although it is true that there are so many good young people in our school systems and in our society, they are too often overshadowed by those who are not. This is largely due to a lack of effective, consistent discipline, structure, and/or accountability within our schools or at home. In contemporary education, there are an increasing number of "educators" who are not teachers but merely presenters, of administrators mired in politics, of parents who believe their child is always right and always entitled to express himself in his own way at any time, and of students who have become increasingly rude, disrespectful, disengaged, and selfish.

Parents and educators need to be positive authorities. It is fine for a classroom educator to be friendly and engaging, but that educator needs to set standards and expectations and be consistent in their execution; administrators need to reestablish themselves as authority figures and to support their professional staff, doing that which is truly best for the educational and behavioral development of the student rather than that which is politically convenient or motivated; parents need to LISTEN to educators and be supportive and to help their child understand the importance of appropriate behavior and focused effort; and students need to realize that "NO" means "NO" and that when given direction they need to follow that direction, whether it is liked by them or convenient to them.

I support the "Golden Age" of education. Children need adults who care enough to create structure and maintain fair discipline. Children are NOT adults and should not be treated as though they are; they need to develop. To do this, adults need to BE responsible role models and do what is best for the child and NOT what is easiest for themselves.

Lee P. Mahle, Teacher (not presenter)

ATHERTON, Calif. — A California school teacher was placed on paid administrative leave after he rattled a table to get the attention of his math students, startling an eighth-grade girl who used her cell phone to call police.

Atherton police Sgt. Tim Lynch tells the Palo Alto

Daily News that officers went to Selby Lane School Tuesday afternoon because of reports a teacher was causing a disturbance.

Officers found a calm teacher with class in session.

The sergeant says the teacher's table-rattling startled a student and she used

her cell phone to call 911. He says other students in the class weren't bothered by the teacher's actions.

Redwood City School District deputy superintendent John Baker says the teacher was placed on leave because there was a police response.



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Haverhill Blessed

By Robert Roudebush

As naturally beauty-blessed as Haverhill is, even a flatlander sometimes finds himself starting to take it for granted. Shouldn't happen.

Blessed with beauty means great views so the only question is "Which is your favorite?"

Take a tour with me - compare notes. Don't care what kind of wheels you choose, or choose no wheels at all. Walk it. Boat it on the waterways when weather permits. A motor of some kind will make the tour faster, but maybe you don't want it fast.

Start with Swiftwater Road, moving uphill from Cottage Hospital - same route called Goose Lane by the time it reaches Bath at Mountain Lakes. Moving up from the Hospital, past the Pine Grove Cemetery, before High Pines, look left and take in the peaks of Gardner and Hunt Mountains, and further behind them, in Vermont, the range including Blue and Roy

Mountains - you might not know those names, but you know their beauty. Just as dusk steals the daylight and turns it into night - I've seen mist and clouds at that time and it's like I'm in high flight looking at another world. And I've experienced the same surreal view of sharp dark mountains interspersed with moonlit silver in Mexico, driving at night in an open jeep from the silver-mining town of Taxco back south to Acapulco. Scary trip but great views. Unforgettable. Of course, here, you can catch the same magic on the same road moving the other way, from Bath down to Woodsville - just look to the right.

Suppose you're driving down 116, Benton Road, from the French Pond Road intersection, say around 10 in the morning, beyond the Center Haverhill Cemetery and before you cross Clark Pond Road - there's that distant range of Green Mountains you see across

the river valley, so far away they're hazy violet in the distance. They remind my Mamita of the lower Andes mountain area in Colombia, South America where she was born and spent the first 30 years of her life. Talk about pleasant memories for her.

Talk about Clark Pond Road - get on that upward winding blacktop at Aldrich's and head past Budget Lumber up the hill - if those mountains in front of you don't grab you, you can't be grabbed. Of course, if you've made it to Clark Pond moving south from Woodsville on 10 before you reach Aldrich's, you've had the same view of those mountains tenfold. Tell me you didn't notice.

Haverhill is a meteorologically blessed area too. Some immense creative force - call it nature, call it God, call it the great swirling soup of chemical and molecular achievement, call it simple luck. It placed the Haverhill area at

the confluence of three fine rivers, in a rich green valley, between two old mountain ranges from two states.

By Devine accident or design, Haverhill escapes certain unpleasant conditions that plague other parts of the nation and the world. That's one reason my parents decided to build here. We don't usually endure whirly destructive winds common in the Midwest, or ocean-based bigger ones occurring further south around the Gulf of Mexico. Even when hurricanes do ravage the Atlantic seas near New Hampshire, they don't usually charge inland to us. Not often. And no economy-changing deep sea oil-well leaks. Thank you, whoever's in charge. We do get some serious flooding here in the spring, and even rarely in the fall, as we were just recently reminded at the end of 2010.

We hear about earth tremors from time to time near here but destructive

earthquakes and volcanoes are not typical parts of our past. And there are no tsunamis created from shifting tectonic plates as in Japan a few days ago. And we have more wet weather than droughts.

Thus far, even mankind has struggled to chip in a certain amount of physical and legislative effort to help keep the clean water clean, and clear air clear, and green trees abundant and continuing to operate as the land's own air-conditioners. Call that a blessing too.

There exist other beautiful areas, breathtaking views, and you needn't look far to find them, and that's the point. You needn't look elsewhere at all. They are all around us and they are OURS - no need to travel to another town, another state, another country, another world. We live with them, we live in them. Sometimes we all may need to be reminded to look again, to pretend we're seeing it for the first time. Kind of like a kid maybe. Maybe it's the feeling you don't talk about much, but the appreciation is gut-deep in you.

Back to the tour - find yourself on the Vermont side of the Newbury crossing, (OK - I cheated - we're in another state) and heading north on U.S. Route 5; just past the General Store and pull right into the back parking lot of the Newbury Congressional Church and there it is - nothing less than magnificent. Multiple layers of the White Mountains, the Presidential range among them, stretching far far away and so high, they are really purple, even in clear sun-drenched air, and below you the Connecticut River Valley, in all the abundant greenness of forest and mid-summer cornfields, ribbons of river and railroad steel snaking through below. Every home on that eastern side of the main road winding through Newbury has that view, at least a part of it. You can bet the homeowners there know it daily.

See what I mean? All this is just a start. Take your own tour, even if it's just in your head. Make your list of favorite views. Drop us a line. Do that email stuff. Leave us your phone number if you like. Maybe we'll tackle this expansive subject again with YOUR input. Call it, "Haverhill Blessed Again".

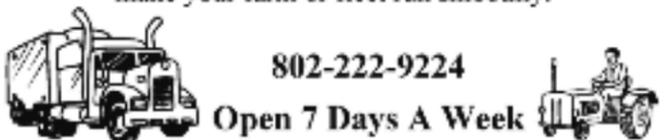


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From The Desk Of NH State Senator

Jeanie
FORRESTER

Dear Constituents,

There is a lot going on in Concord right now and I thought it would be helpful to give you an overview of what we've been up to in the Senate since January.

Many of the Senators ran on a platform of cutting spending and taxes. Thanks to the leadership of Senate President Peter Bragdon, the first order of business was to make cuts in the Senate budget. We cut the Chief of Staff's salary by 30 percent, hired fewer employees (at lower salaries) to replace outgoing staff, and instituted a one-year pay freeze for all legislative employees.

Initial legislation includes SB130, which passed the Senate on February 16, and repealed the gambling winning taxes; and SB170 which prohibits the taking or taxing of the JUA (Joint Underwriters Association) fund. We hope to initiate more tax cuts, but are being cautious. We want to make sure we don't dig ourselves deeper into the current \$900+ million deficit hole.

Several other important issues featured during campaign season included education reform, pension reform, creating a more business-friendly environment and balancing the budget. Thanks to the hard work of Senators Stiles and Rausch, an education formula and reform plan (SB183) was developed. This bill ensures towns and cities will neither lose nor gain funding dollars beyond their 2010 levels. There is also an educational constitutional amendment (CACR 14) in the works.

Senator Bradley has been working diligently with stakeholders on a pension reform bill (SB3) that will stabilize New Hampshire's Retirement System (NHRS). Presently the NHRS has a total unfunded liability in the pension and medical subsidy accounts of nearly \$4.75 billion.

There are multiple bills relative to creating a more business-friendly environment. One such bill is SB125 which modifies standards and burden of proof with respect to the business profits tax deduction for reasonable compensation for owners of partnerships, limited liability companies, and sole proprietorships.

Another business-friendly bill is SB155 (which I was the prime sponsor) an act relative to expense deductions. The bill aligns NH tax code with Section 179 of the federal tax code. This code was created to help businesses by allowing them to deduct the full amount of the purchase price of equipment up to certain limits. This will incentivize businesses to invest and grow.

Other bills of interest include: SB1, which repeals the evergreen clause mandate enacted in 2008. SB1 became law without the Governor's signature on March 1. Prior to the repeal, the law required public employee contracts continue automatically, including salary and benefit increases, during the interim between the expiration and agreement to a successor agreement. We moved this legislation quickly to ensure that local governments facing upcoming budgetary meetings and deadlines had time to prepare for the change. SB1 does not prohibit the inclusion of evergreen clauses if agreed to by both parties during the normal course of a contract negotiation. The state should not be mandating the terms of local contracts. This bill puts decision-making back in the hands of the local communities.

SB148 provides that a resident of New Hampshire shall not be required to obtain, or be assessed a fee or fine for failure to obtain, health insurance coverage. This bill also declares that the attorney general should join the lawsuit challenging the constitutionality of the Patient Protection and Affordable Care Act. SB52 is in response to the much publicized SB500 from last session. This bill grants discretion to the parole board in cases of early release of prisoners and parole violation sentencing under SB500.

Finally, the budget. As you probably know, the Governor presented his budget on February 15th. His budget must balance state spending and projected revenues. The House Finance Committee, which traditionally uses the Governor's budget as a starting point for its work, is in the process of crafting their version of the budget.

Once the full House approves the Finance Committee's budget, it passes over to the Senate. The goal of the Senate Finance and Ways and Means committees is to create a framework for a realistic state budget that lives within our means and does not raise taxes or implement new fees.

The House and Senate versions are then resolved during a Committee of Conference (this is a joint committee of the legislature which is appointed by, and consists of, members of both chambers to resolve disagreements). Their goal will be to present a final budget for House and Senate approval in mid-June. Once approved by both chambers, the budget heads to the Governor's desk for signature into law.

Aside from committee work, session, and meeting with constituents, I sent out a Constituent Survey to my e-newsletter list asking for input on a variety of issues. If you are interested in participating in the survey, log onto my website at www.jeanieforrester.com and go to the homepage for directions. If you'd like to subscribe to our e-newsletter, visit the website and complete the subscription form.

There is a lot of information about bills in this newsletter! I encourage you to call or email if you have questions. You can also visit the NH General Court website (gencourt.state.nh.us) to learn more.

As always, I want to hear from you. If you have a concern you'd like to share, an event you'd like me to attend, or a problem you think I might be able to help with--please call or email.

Your Senator from District 2
Jeanie Forrester
March 11, 2011

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REPORT TO THE PEOPLE 2011 Ray Burton, Executive Councilor



Writing this report to the citizens of District One is always an interesting undertaking to try to condense on one page a quick look at where your NH State government might be headed in 2011 and the years ahead.

There have been significant changes in the membership of the Legislature and Executive Council at the NH State House. This coupled with a serious lack of money to accomplish basic needs as currently being delivered will certainly present challenges for NH House and Senate members. My suggestion is to stay in close touch with your local Senators and House Members. To find your local State Senator and House Members go to: <http://gencourt.state.nh.us/house/members/wml.aspx>. Another good source for information is your local library or Town/City Clerks Office.

This is the planning year for the 10 year transportation plan. Highway, rail, aviation, and public transportation projects are all a part of the hearing process that the five Executive Council members will be holding. Hearings are

held in each of our Districts. Local information from the area regional planning commissions is key to having successful projects included in the proposed plan which is delivered by law to the Governor's desk by December 15, 2011 and then by law to the NH House and Senate by January 2012.

I cannot emphasize enough the urging of local citizens to volunteer for the dozens of volunteer boards and commissions which the Governor and Council are required to find individuals to serve on. For a list of those commissions go to: <http://www.sos.nh.gov/red-book/index.htm>. If you are interested in serving send your letter of interest and resume to Jennifer Kuzma, Governors Office, 107 North Main St., Concord, NH 03301. Tel: 603 271-2121.

There are three District Health Councils in District One that meet 3 times a year to hear directly from the Commissioner of Health and Human Services. If you are interested in being added to this list send your email address to me at ray.burton@myfairpoint.net.

As always, my office has a supply of NH Constitutions, official tourist maps and other information about the Executive Council. I am always available to speak with local groups.

It is an honor to represent your region.

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CHOOSE YOUR WORKSHOP: Be Ready For Spring

FRUIT TREE PRUNING WORKSHOP

How do I decide what to cut off my fruit tree and what to leave? Do I need to prune differently this year after last year's big frost? Do I prune fruit trees differently than wildlife trees?

Semi-retired UNH Cooperative Extension Fruit Specialist, Bill Lord, will answer these questions and more during the Fruit Tree Pruning Workshop on Saturday, March 19, 2011 from 10:00 a.m. to 12:00 p.m. at The Rocks Estate, in Bethlehem, NH.

This free workshop is being presented by UNH Cooperative Extension and will be hosted by The Rocks Estate. The Rocks Estate is the Society for the Protection of New Hampshire Forests' North Country's Conservation and Education Center and,

among other things, has nearly 200 fruit trees managed for both fruit production and wildlife. Come to learn about pruning and feel free to stay after to see more of The Rocks Estate and learn about maple syrup production. Please dress accordingly as this is an outdoor workshop.

For more information or to register please contact the Grafton County UNH Cooperative Extension office at (603) 787-6944 or grafton@ceunh.unh.edu.

For any special arrangements including physical access, or other accommodation requests, please contact Heather Bryant, Extension Educator, at 787-6944. Ten working days are needed to facilitate special needs requests.

BACKYARD POULTRY FLOCK MANAGEMENT WORKSHOP

Are you thinking about raising chickens for the first time? Come to this UNH Cooperative Extension workshop to find out what you need to know before you get started.

The workshop will be held on Wednesday, March 23, 2011 from 5:30 p.m. to 7:30 p.m. in the UNH Cooperative Extension - Grafton County conference room, 3855 Dartmouth College Highway, North Haverhill, NH.

This workshop is free of

charge.

Please register in order to reserve your space by e-mailing grafton@ceunh.unh.edu or phoning (603) 787-6944.

For any special arrangements including physical access, or other accommodation requests, please contact Heather Bryant, Extension Educator, at 787-6944. Ten working days are needed to facilitate special needs requests.

APPLE GRAFTING WORKSHOP

Join us on Tuesday, March 29, 2011 from 5:00 p.m. to 7:00 p.m. in the conference room at the UNH Cooperative Extension - Grafton County office, 3855 Dartmouth College Highway, North Haverhill, NH 03774 for a workshop on grafting apple trees.

Bring your own knife and scion (twig from your favorite apple tree) to this hands-on workshop. Bill Lord, a semi-retired UNH Cooperative Extension Fruit Specialist will walk us through the theoretical and practical steps to grafting fruit trees. We will provide a dwarf rootstock for each participant.

For more information or to pre-register please contact the Grafton County UNH Cooperative Extension office at grafton@ceunh.unh.edu

or (603) 787-6944. Space is limited to 20 participants. There is a \$5.00 per person registration fee.

For any special arrangements including physical access, or other accommodation requests, including the ability to pay, please contact Heather Bryant, Extension Educator, at 787-6944. Ten working days are needed to facilitate special needs requests.



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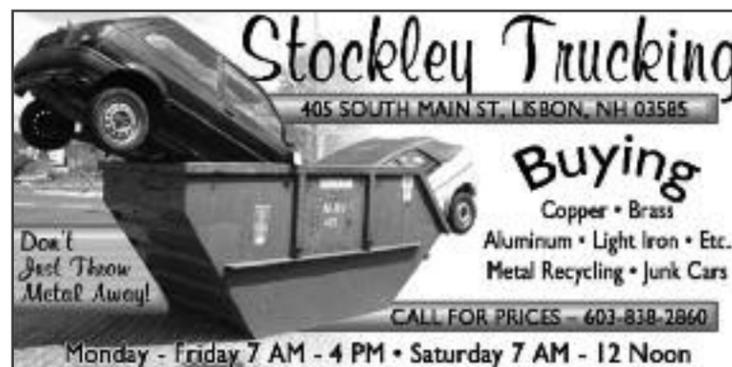
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One Of Haverhill's Traditions

By Gary Scruton



The Haverhill Hawk seems to be keeping an eye on the assembled voters of the Town of Haverhill. Total number was estimated to be slightly over 100. No ballot votes were taken during the evening, therefore no real count was taken.



Shawn Bigelow has his proposed amendment all written out as required. His suggestion to add \$15,000 back into the operating budget received plenty of support and brought the figure back to the numbers used for the past hand full of years.

Like so many traditions there are some things that remain the same and there are some aspects that change from year to year. Town meeting in Haverhill is one such tradition. As Haverhill approaches its 250th anniversary the long standing tradition of Town Meeting took place on Tuesday, March 8, 2011.

As tradition has been for many, many years voting took place during the day for those elected positions requiring a written ballot. This included a new member of the Selectboard, two new Supervisors of the Checklist (one position was actually contested) and a new Trustee of Trust Funds. (In this case there was no one listed for this job but Marie Bigelow received six write in votes. That was more than any other person received and she was therefore elected.)

There was also voting for a new member of the Haverhill Cooperative School

Board. Scott Moody won that race by a mere thirteen votes over Michele Reagan. This certainly demonstrated that every vote counts. Of the 267 total votes cast some twenty voters chose neither of those listed.

During the evening meeting there were some other traditions continued. One was a fairly recent tradition where all rise for the pledge of allegiance to the flag followed by a short prayer. Both of these now take place due to a town vote a few years back. Another tradition that continued was the fairly low turn out of voters. Estimates had only about one hundred residents in attendance to go thru the nineteen article warrant and spend more than three million dollars. That number just represented the regular operating budget for the town. The bottom line number was actually increased by \$15,000 on an amendment offered by North Haverhill Precinct Commissioner and volunteer fire

fighter, Shawn Bigelow. The money was specifically added to bring the amount given to each of Haverhill's three fire departments to \$20,000 for fire truck purchase. This number had been reduced by the selectboard in their preparation for the annual meeting. The discussion went back and forth from the front table to the audience for several minutes before the amendment passed. The full budget of \$3,124,566 passed by a voice vote that was to be the only non-unanimous vote of the evening.

The next two articles passed with no debate. They were followed by the recycling agreement with Newbury article which only saw a small amount of discussion before passing.

The next several articles broke from tradition somewhat. The amount asked to be raised for many of these items has simply been a part of the overall operating budget for many years. This

year the Selectboard made a decision to allow the voters to have more of a say regarding those several items.

Articles 10 & 11 heard almost no discussion and quickly were passed.

Article 12 was an appropriation of \$10,000 for Alumni Hall. Several residents came forward to speak in favor of this historic building turned cultural center. This article joined the list of those being passed unanimously.

The next two articles also passed with little or no comment from those gathered at the school.

Then came Article 15 and another amendment designed to increase the amount of money being raised by taxes. This time the subject was the Horse Meadow Senior Center in North Haverhill. With permission of Moderator Doug MacDonald, two of the staff, who were non-residents, spoke to the crowd to give an update of the work being done. After a bit more discussion the amendment and the article both passed.

The next three articles also raised funds for various non-profit groups and passed without much discussion.

The final article of the warrant normally is used to thank budget committee members, selectboard members and often others who

deserve such attention. In 2011 the attention was mostly directed to the controversial Northern Pass project. Selectboard member and NH State Representative Rick Ladd had created, and passed out to those in attendance, a resolution supporting the Selectboard's position that more study needs to be done on this project. It further suggested that the developer pay for the study and use the North Country Council to carry out the study. Once more there was some discussion, a few questions, and in the end a unanimous vote by the residents of Haverhill who were present.

The entire meeting took about ninety minutes and moved along at a reasonable pace. A second gathering of the same nature will take place on Thursday, March 20th at 7:00 PM when once again the voters of Haverhill will meet. This time the subject will be the Haverhill Cooperative School District's annual operating budget. In another break from tradition the school budget was not published in this year's Town Report as the Schoolboard was still unsure of the state funding that will greatly affect the budget and therefore the tax rate. Copies of the budget are now available at the SAU office in North Haverhill and will undoubtedly be available on the night of March 20th.

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

March 15, 2011 Volume 2 Number 11

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“MARCH FOR MEALS” CAMPAIGN

Helping Homebound Seniors Throughout The Northeast Kingdom

The Area Agency on Aging for Northeastern VT announced today that it will join with the Meals on

Wheels Association of America to participate in the national 2011 “March for Meals” campaign. The Agency’s “March for Meals” events will include activities at most senior meal programs in the Northeast Kingdom.

“During these tough economic times, the food and human contact we provide to seniors in this region of the state is needed more than ever,” said Ken Gordon, the Agency’s Executive Director. “We need the community to come out and support our

senior meal program. Our clients are counting on us. We can’t let them down.”

“March for Meals” is a national campaign conducted during the month of March, initiated and sponsored by the Meals on Wheels Association of America (MOWAA), to raise awareness of senior hunger and to encourage action on the part of local communities. Senior nutrition programs across the United States promote “March for Meals” in their local communities through public events, partnerships with local businesses, volunteer recruitment and fundraising initiatives.

“Our Meals on Wheels programs are on the front lines every day in the battle against senior hunger,” said MOWAA President and CEO

Enid Borden. “March for Meals is a time when communities can come together to stand with their local Meals on Wheels programs and support our mission to end senior hunger in America by the year 2020.”

The problem of senior hunger in America is getting worse. Research suggests that six million seniors in America face the threat of hunger. Meals on Wheels supporters can take an online pledge at mowwa.org/pledge – vowing to work towards the eradication of senior hunger in the world’s richest nation.

Senior meal programs operate in almost every community in America. Together these local programs provide more than a million meals each day to elderly citizens

who cannot shop or prepare meals for themselves. Here in the Northeast Kingdom, senior meal providers served over 160,000 meals last year to frail seniors and disabled adults.

Please take a moment to support the local senior meal program in your area. Write a check, donate your spare change in one of the many “March for Meals” coffee cans you’ll see on the countertops of area merchants during the month or, better yet, volunteer your time to support this worthwhile cause. Volunteer drivers are always needed.

For more information, call the Area Agency on Aging for Northeastern Vermont at 748-5182, 334-2190 or via the Senior HelpLine at 1-800-642-5119.

March 15, 2011 Volume 2 Number 11

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Ross-Wood Post #20 American Legion of Woodsville was proud to recently host the District 8 Junior Oratorical competition. Two students from the Haverhill Cooperative Middle School participated and advanced to the state competition. District 8 Judge Advocate David Victor is shown here giving instructions to Elizabeth Stoddard and Christopher Charles before they began their prepared talks about a specific section of the US Constitution. The second round of the competition was a short discussion of a serenate portion of the Constitution. Both students receive Savings Bonds as prizes for their participation.

Twin State Humane Society: What's Happening

First of all we would like to thank the family of Hazel Clough for the donations in her memory.

The March 2nd spay/neuter clinic was a big success with 44 animals taken care of that day. The May 4 clinic is already full. Applications for the July 6 clinic are being taken on line at www.twinstateshs.com. If anyone does not have a computer they may contact their local library or Sr. Center for applying on line. The remaining dates for clinics for this year are July 6, Sept 14, and Nov 9. Animals must be 6 mos old.

3RBA Scholarship

The last week of winter includes St. Patrick's Day. In honor of the green spirit of St. Patrick the 3 Rivers Business Association is using this week to raise some green in support of their scholarship fund. Scholarships have been given out for several years to deserving students who are going on to pursue business degrees.

This year the association has Pots of Gold out in many local businesses. These are on counters awaiting donations from shoppers, customers or anyone who would like to help in this worthwhile endeavor.

Many members of the association are also making donations themselves. There are also several who are featuring in store specials. And there are even some who are doing both. In all cases they ask that you help out and add to the fund in order to assist those deserving students.

Thursday, March 17, 2011
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St. Patrick's Day Special

Corned Beef & Cabbage
 Served With Carrots & Potato Soup
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Bowl of Corned Beef & Potato Soup \$7.29

Plus Shiloh's will donate one dollar toward the 3 Rivers Business Association Scholarship Fund for every customer on St. Patrick's Day, Thursday, March 17th. Pot of Gold also on display all week.

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Putting The Cart Before The Horse And Loving Every Minute Of It

By Sheila Asselin

Sometimes I lie awake at night and ponder on life's imponderables.

A mammal with webbed feet and a duck's mouth, the duck billed platypus is an animal that was obviously put together by a committee. The front never let the back know what it was doing.

Why DO fools fall in love? If we can have shortening in our recipes why can't we have lengthening? Imagine how convenient it would be to just add a bit of lengthening when you have unexpected guest. The casserole for four would suddenly feed a dozen.

Should Weight Watchers' motto be "A waist is a terrible thing to mind"?

Why does the toast always land butter side down on the floor?

Isn't it true that a bureaucracy is the closest thing in this world to eternal life? That is because bureaus are self propagating at a rate that would put rabbits to shame. The bureau has cabinets enough to furnish an apartment building and government can only move in one direction. MORE. Maybe we should table some of this.

If you go into a dark closet, shut the door, and snap a Necco wafer does it spark? Do try this at home.

Have you noticed lately that politicians, the male ones anyway, have taken to wearing pastel colored ties? Does this indicate a kinder

mellow government? Or are these just the ties that try men's souls?

Climb every mountain, ford every stream, follow

every rainbow and you will end up with nothing to look forward to.

Gosh, I miss George Carlin!

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Ryegate resident Leon LaVaude is shown receiving the 2010 New Agent of the Year Award and the Life Sales Leader Award from Executive Vice President Mark Pfaff of the New York Life Company at the Annual Awards Banquet in Burlington Vermont on February 4, 2011.

2011 North Haverhill

The calendar says it is still winter, but there is still plenty of planning going on for upcoming summer events. And one piece of the entertainment puzzle that so many have come to expect is now set.

The North Haverhill Fair has announced that on Saturday, July 30 at the Thayer Stage, one of the top groups in country music will show their stuff. Gloriana, a two guy, two girl group, with their hit song "Wild at Heart" will begin their performance at 8:00 PM. They will also feature songs such as "Wanna Take You Home" from their soon to be released second album. Glorianna is country, but they also take inspiration from Fleetwood Mac the Beatles and many others. As always at the North Haverhill

Fair your admission price of \$10 will not only get you thru the gate, but also let you see Gloriana and all the other shows, demonstrations and competitions scheduled. That schedule continues to be filled out, but a couple of other favorites are already set. The return of the T-Bar-T Rodeo on Thursday night is assured. The cowboys and cowgirls really enjoyed the improvements made to the McDanolds Arena for them last year. And they hope to have many more ropers and riders in 2011.

Other long time favorites at the McDanolds Arena will include demolition derbies, the 4x4 pull on Sunday and the tractor pulling on Saturday. Also planned again this year are plenty of animal pulling events at the Bishop

Arena. Oxen on Wednesday and Thursday, ponies on Friday, and horses both Saturday and Sunday.

One new favorite that is scheduled to return for its second year is the North Haverhill Idol contest. Last year saw almost twenty participants on Thayer Stage on Thursday evening vying for the top prize of recording time at a professional studio. This year will see similar rules with another great group of talented singers ready to perform.

One major difference for the general public at this year's North Haverhill Fair will be entering the fairgrounds. New roads have been installed into the Hatch property just north of the fairgrounds. It means that all general admission

www.notchab

CELEBRATE

St. Patrick's Day and help the Scholarship Fund.

Participating businesses will have a "Pot of Gold" ready for your donation. Most locations will have "Pot of Gold" available March 14 thru 19, 2011. Also many businesses will be making their own donation as well as offering specials.

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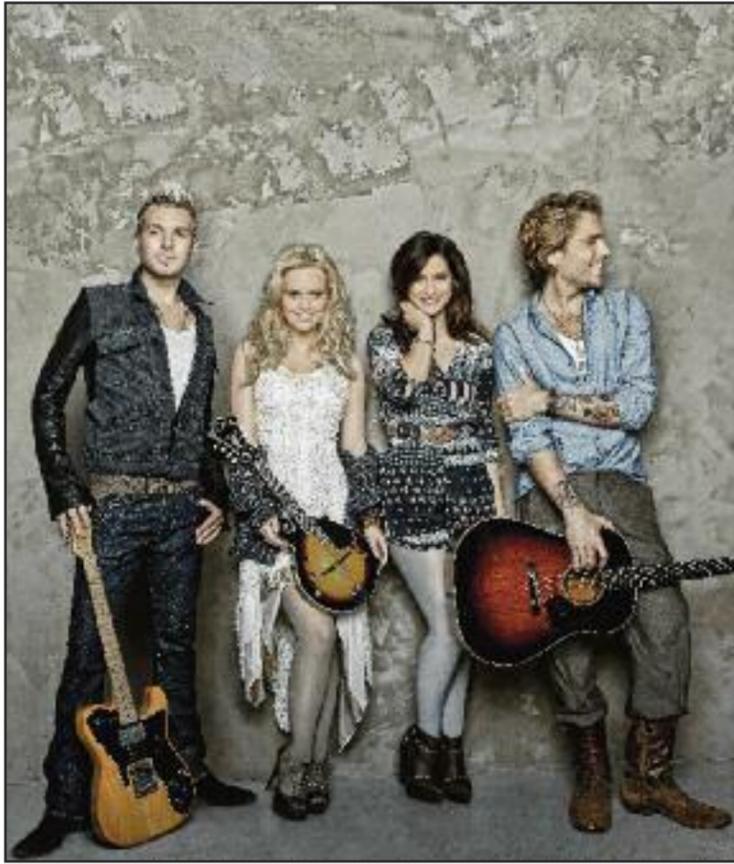
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attendees will enter the parking lot from Route 10, park their vehicle and then proceed to a walk thru entrance. The move is anticipated to eliminate traffic jams, and make entrance to the fair easier and smoother for everyone. Those who are camping at the fair, showing animals, or otherwise participating, will continue to use the current entrance by the Arthur Clough ticket booth.

Many other announcements are expected in the weeks and months to come before this year's edition of the North Haverhill Fair on July 27, 28, 29, 30 & 31. To get current information check the website at www.nohaverhillfair.com or become a fan on Facebook, or keep a eye on your local newspaper.



American Legionnaire Maurice Anderson of Bath, New Hampshire, recently announced his candidacy for 2011-2012 New Hampshire Department Vice Commander. Of this, Mr. Anderson says, "It would be an honor to serve our American Legion as Department Vice Commander. I maintain the importance of working together for a stronger American Legion family and for more beneficial proactive community involvement."

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Financial Peace University Returns To Danville

In May, the West Danville Methodist Church is sponsoring another session of a financial course called "Financial Peace University" (FPU) and is hoping that you might help us promote it.

FPU (www.daveramsey.com/fpu) is a Biblically based, 13-week video-driven study that teaches families how to beat debt, build wealth, and give like never before. This course is open to the public, and membership kits are available through the church at a discounted rate.

FREE PREVIEW: April 16, 2011 ~ 9:00 am at the West Danville Methodist Church
CLASS BEGINS: May 7, 2011 ~ 9:00 am at the West Danville Methodist Church

The first time we coordi-

nated this program, we had 4 families complete the whole course. During the 13 week period, the group improved their financial situation by more than \$15,000. Each family put at least \$1000 in the bank for emergencies and paid down or completely paid off their debt. Our own family has paid off over \$7350 in debt in 14 months from working the FPU plan.

Course participants purchase a lifetime membership kit to FPU, but there is no profit for the local church or the coordinators. Audio and video clips are also available upon request. Please contact us if you have any questions; by phone at (802) 748-9486, (802) 535-4769 (cell) or by email at fpu@westdanvilleumc.org.

The Long Ride

By Elinor P Mawson

Jean has always liked horses.

But it wasn't until her twenties that she decided to take lessons and really learn how to ride.

Of course she had to drive 60 miles to get the lessons she needed, and go after work at that, with her riding clothes in the passenger seat.

Jean even took her vacation once at a dude ranch in upstate New York. She had a wonderful time until the horse shied away from a hole in the ground, and Jean did not.

She found herself on the ground with a very painful ankle, but her fellow riders had to put her back on the horse so she could get back to the ranch--this was before cell phones, and there was no "On Star".

Eventually Jean got to

the hospital and x-rayed, and even had surgery to repair her badly broken ankle. Since it was in a cast, she had the horrible realization that she wouldn't be able to drive home to Maine.

When she called her father, he had just arrived home from a 3-day conference--he was tired and crotchety because, like at all conferences, the nights were late and he had enjoyed every one of them. But he called the bus company who said that if he could get there in 20 minutes, they could take him within a few miles of the dude ranch. Not having time to eat or change his clothes, he made it to the bus just in time.

The ride seemed to take forever. Not being able to sleep on the bus, Jean's father was in an even more dire mood when he and Jean

finally met up the next morning. He really needed some sleep and definitely some food.

Meanwhile, Jean was getting more and more homesick. She was miserable and anxious, so when her father appeared, she cried, "Let's GO!"--so off they went.

She held the map and rode shotgun. At one point a crease in the map led them quite a few miles out of their way. At another point, her father thought he saw a huge ship in a field. Just as Jean thought he was hallucinating, she looked closer and saw that it wasn't a field, it was the St. Lawrence Seaway. They both breathed a sigh of relief.

They breathed another one when they finally got home. Jean didn't say so, but I bet they both enjoyed a hearty meal and slept the clock around.

Oddly enough, her accident didn't stop Jean for liking horses, and she continued to ride for several more years.

March 15, 2011 Volume 2 Number 11

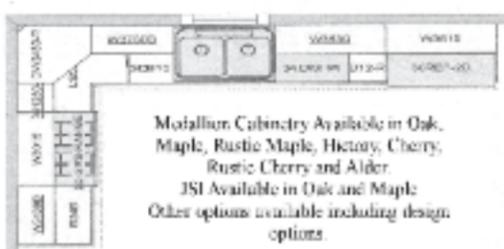
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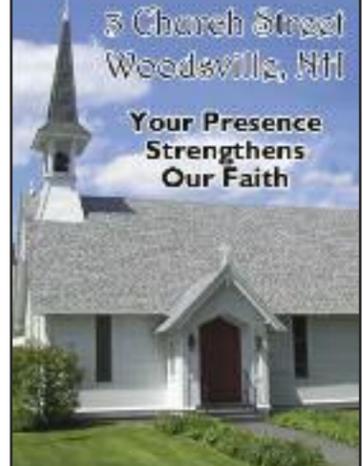
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Scholarship Available For Summer Camp Fun

Grafton County Conservation District is seeking applicants for the Jim Page Conservation Scholarship. This is a great opportunity for a lucky student who wants to attend a summer conservation camp! The scholarship will be awarded to a resident of Grafton County attending a camp based in conservation, natural resources or environmental education. The District will award a Jim Page Conservation Scholarship of \$300.00 to a deserving student of Grafton County towards a 4-H Camp or conservation camp experience. The application is easy to complete – just write a paragraph about why you want to attend camp! Recipients should be prepared to speak to the Grafton County Conservation District or a peer

group (4-H, school) about their camp experience. Contact Pam Gilbert at Grafton County Conservation District, 603 353-4652, ext. 103, for application and information. Applications must be received at Grafton County Conservation District by April 15, 2011.

The Jim Page Conservation Scholarship Fund was established by Grafton County Conservation District in honor of Mr. Page's commitment to resource conservation. Jim Page was a life-long resident of Grafton County, and served his country as a geologist for the U.S. Geodetic Survey, and as a staff sergeant during World War II. He returned to Benton in 1950 where he established and managed Page Hill Farms on land settled by his great-grandfather. Jim served his community as Selectman, Moderator and Planning Board member. He was also active in land and forest conservation and was instrumental in developing a comprehensive land use plan for Grafton County through the Grafton County Conservation District. Jim was a District Supervisor for 20 years. Grafton County Conservation District accepts donations to the Jim Page Conservation Scholarship Fund solely for the purpose of distributing conservation scholarships.

CONSERVATION STEWARDSHIP BOOKLETS AVAILABLE

Grafton County Conservation District (GCCD) is offering natural resource conservation stewardship materials to Grafton County fifth-grade students for FREE! Each year the National Asso-

ciation of Conservation Districts (NACD) prepares educational materials based on a natural resource conservation theme. The theme for 2011 is Forests for People – More Than You Can Imagine! Any fifth-grade level school group or community group (scouts, 4-H, etc) may receive the educational booklet for free, thanks to GCCD's commitment to fostering natural resource conservation in the next generation. In addition to student educational booklet, we will also provide an educational guide with learning activities for teachers or leaders to use. The student booklet and educator guide contain activities to encourage students to think about our natural environment, and how our daily activities affect the world around us. Our security depends on healthy soil and clean water. Conservation stewardship calls for each person to help conserve these precious resources.

If a Grafton County fifth-grade group would like to receive these materials, please notify the Conservation District by March 25, 2011, by phone: (603) 353-4652, ext. 103 or email: pamela.gilbert@nh.nacdnet.net. We will order the materials developed by NACD to encourage good stewardship of the soil, water, wildlife and all natural resources. In order to have adequate materials we will need to know the number of teachers or group leaders, the number of students participating for each group, and the correct mailing address. We will forward the materials to your school or community group when they arrive.

Wonders of Nature: New Hampshire's Natural Communities Presentation Featured at GCCD Annual Meeting

Linda Brownson, NH Coverts Cooperator, and Grafton County Conservation District Supervisor will deliver the Speaking for Wildlife presentation, Wonders of Nature: A Photo Gallery of New Hampshire's Natural Communities at the Grafton County Conservation District (GCCD) Annual Meeting. The 2011 Annual Meeting will be held April 7th at the Common Man Inn, 231 Main Street in Plymouth, NH. The evening activities will start at 6:00PM with a social hour followed by a generous buffet dinner, presentation of annual awards, and the Natural Communities presentation. The cost of the evening, including buffet dinner is \$25/person. Contact Pam at (603) 353-4652, ext. 103 for registration information. Please join us for a celebration of natural resource conservation in Grafton County. The meeting is open to the public.

Each year, GCCD presents our Cooperator of the Year and Forest Steward of the Year awards to deserving landowners and/or forest professionals who have demonstrated stewardship of their land through use of best management practices, and outreach to the community. GCCD is pleased to an-

nounce Chet Walker, Jr. and Walker Farm Dairy Products, LLC will be awarded the 2010 Cooperator of the Year award. The Walker family has been farming in the Bristol/Alexandria area for more than 100 years! Our Forest Steward of the Year honor will be presented to the New Hampshire Timberland Owners Association, also celebrating 100 years of resource conservation leadership in the NH forest community.

The Wonders of Nature: A Photo Gallery of New Hampshire's Natural Communities presentation shares New Hampshire's natural beauty through the lens of Natural Heritage Bureau ecologists and photographers Ben Kimball and Dan Sperduto. Featuring photos of rare and special plant communities and habitats throughout the state, you'll learn new ways to look at natural landscape and where you can visit some of New Hampshire's unique places. The Speaking for Wildlife Project is a volunteer effort of UNH Cooperative Extension, the NH Coverts Project and NH Fish & Game, with funding provided by the Wellborn Ecology Fund of the NH Charitable Foundation.



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



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March 15, 2011 Volume 2 Number 11

Cottage Hospital February Stork Report

*Cottage Hospital is pleased to announce
the following births for February 2011.*

Amanda Riggie & Steve Loud Jr., and big sister Caitlyn of Woodsville, NH proudly introduce Brooke Mackenzie born February 14, 2011. Delivery Physician was Dr. Fay Homan.

Scott & Stephanie Miller of Campton, NH proudly introduce Brady Everett born February 12, 2011. Delivery Physician was Dr. Sarah Young-Xu.

April & Vincent Biletdeaux and siblings Zachary & Dasia of Monroe, NH proudly introduce Gage DePaul born February 8, 2011. Delivery Physician was Dr. Melanie Lawrence.

Crystal & Don Hitman and big sister Haley of Lisbon, NH proudly introduce Alexa Ann born February 6, 2011. Delivery Physician was Dr. Fay Homan.

Christine Shepardson & Johnnie Simpson Jr. and big brother Koby of Woodsville, NH proudly introduce Kiarra Rai born February 27, 2011. Delivery Physician was Dr. Aaron Solnit.

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Calendar of Events

TUESDAY, MARCH 15
**NH STATE VETERANS COUNCIL
REPRESENTATIVE**
8:00 AM – 12:00 Noon
Woodsville American Legion Post #20

WEDNESDAY, MARCH 16
**QUESTIONS OF FAITH:
DESSERT & DISCUSSION**
6:45 PM
First Congregational Church, UCC
Haverhill Corner

THURSDAY, MARCH 17
**HAVERHILL COOPERATIVE SCHOOL
DISTRICT ANNUAL MEETING**
7:00 PM
Haverhill Cooperative Middle School

FRIDAY, MARCH 18
TEEN TALENT PARTY
7:00 PM – 10:00 PM
Robert Clifford Memorial Building, Woodsville

**ELIZABETH COOK - INTERNATIONAL
COUNTRY MUSIC STAR AND GRAND
OLE OPRY REGULAR**
7:30 PM
St. Johnsbury Auditorium

SATURDAY, MARCH 19
FRUIT TREE PRUNING WORKSHOP
10:00 AM – 12 Noon
The Rocks Estate, Bethlehem
See article on page 6

**SILENT & ORAL AUCTION AND
PENNY SALE**
10:00 AM Doors Open
Our Lady Of Perpetual Help Church,
Upper Plain, Bradford

**ROSS-WOOD POST #20
BIRTHDAY PARTY**
5:00 PM
Woodsville American Legion Post #20
See ad on page 19

ST. PATRICK'S DINNER
6:30 PM
Our Lady Of Perpetual Help Church,
Upper Plain, Bradford

SWEET JAMM
7:00 PM – 10:00 PM
Alumni Hall, Haverhill

**BELLYQUEEN -
SEARCH FOR THE EMPRESS**
7:30 PM
Alexander Twilight Theater,
Lyndon State College

SUNDAY, MARCH 20
ST PATRICKS DAY PARADE
11:30 AM
Boston, Mass.
See article on front cover

**NORTHERN PASS
INFORMATIONAL MEETING**
1:00 PM – 4:00 PM
Haverhill Cooperative Middle School

MONDAY, MARCH 21
HOW TO IMPROVE BRAIN FUNCTION
10:00 AM or 6:00 PM
1274 Main Street, St. Johnsbury

**BOOK DISCUSSION -
DAISY MILLER BY HENRY JAMES**
7:00 PM
Haverhill Corner Library

TUESDAY, MARCH 22
**STARTING YOUR OWN BUSINESS
WORKSHOP**
9:00 AM or 12:00 Noon
Wells River Savings Bank, Bradford

WEDNESDAY, MARCH 23
FREE COMMUNITY MEAL
5:00 PM – 7:00 PM
St. Luke's Parish House, Woodsville

**BACKYARD POULTRY FLOCK
MANAGEMENT WORKSHOP**
5:30 PM – 7:30 PM
Grafton County Office, No. Haverhill
See article on page 6

**QUESTIONS OF FAITH:
DESSERT & DISCUSSION**
6:45 PM
First Congregational Church, UCC
Haverhill Corner

MONDAY, MARCH 28
HAVERHILL SELECTBOARD MEETING
6:30 PM
Morrill Municipal Building, North Haverhill

TUESDAY, MARCH 29
APPLE GRAFTING WORKSHOP
5:00 PM – 7:00 PM
Grafton County Office, No. Haverhill
See article on page 6

WEDNESDAY, MARCH 30
**QUESTIONS OF FAITH:
DESSERT & DISCUSSION**
6:45 PM
First Congregational Church, UCC
Haverhill Corner

FRIDAY, APRIL 1
APRIL FOOLS DANCE
8:00 PM – Midnight
Robert Clifford Memorial Building, Woodsville
See ad on page 9

MONDAY, APRIL 4
GOOD OLE BOYS MEETING
12:00 Noon
Happy Hour Restaurant, Wells River
Public is invited.

TUESDAY, APRIL 5
**NH STATE VETERANS COUNCIL
REPRESENTATIVE**
8:00 AM – 12:00 Noon
Woodsville American Legion Post #20

**CONNECTICUT VALLEY SNOWMOBILE
CLUB MONTHLY MEETING**
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Morrill Municipal Building, North Haverhill

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Deadline for submissions is Thursday, March 24th for our March 29th issue.

A Walk In The Woods – March 1, 2011

By David Falkenham, UNH Cooperative Extension Grafton County Forester



I took a hike this past fall along the Benton trail, up the northwestern shoulder of Mount Moosilauke. As I approached the summit a strong wind was roaring out of the south-west stinging my face and bringing tears to my eyes. The day was crystal clear and there was not a cloud in the sky. Fortunately for me there was not a soul in sight. The solitude of the mountains is humbling, but of course I am never alone. Charging over the rocks of the mountains and through the trees in the forest there will always be a black lab in my life.

From the barren summit the view was incredible. To the north and east are the Kinsman and Franconia ridgelines. To the south is the Hubbard Brook Experimental Forest. As I look west I see Mt. Clough, Blueberry, Jeffers, Sugarloaf and Black Mountains and beyond that the Connecticut River valley and North Haverhill.

There was a time when all of this scenery around me was considered "the lands nobody wanted". The hill-sides were stripped of trees through indiscriminant logging by the lumber barons and sparks from logging railroads started many fires, scorching thousands of acres that I now looked at. Exactly 100 years ago on March 1, 1911 President William Howard Taft signed into law The Weeks Act, giving the federal government

the authority to purchase these lands, and thus, the White Mountains National Forest was born.

By 1908, the rabid efforts of President Teddy Roosevelt and Gifford Pinchot to protect the nation's forests and rivers from over-logging and development were taking slow effect. Heavy floods were causing severe erosion problems on the treeless landscape causing millions of dollars in damage. The floods and erosion were not only causing property damage but industries which were dependent on hydro power were suddenly realizing the need to protect forests in order to protect the nation's water supplies.

Between 1905 and 1911 The Society For the Protection of New Hampshire's Forests (110 years old this year), The Boone and Crockett Club, The Appalachian Mountain Club and other organizations lobbied Con-

gress to craft a bill to protect these lands. Their savior came from an unexpected source; republican congressman John Wingate Weeks.

Weeks, a businessman and native of Lancaster, New Hampshire (one of the hometown boys) was upset by the damage that the logging, fires and floods were causing in his beloved White Mountains of New Hampshire. He was challenged by then Speaker of the House, Joseph Cannon, to "frame a forestry bill which you as a businessman, are willing to support".

With support from the Society for the Protection of New Hampshire's Forests and other groups, Weeks introduced a bill in 1908 proposing that the federal government purchase lands near the headwaters of navigable streams, recognizing the importance streams and rivers had to national commerce. After nearly three years of amendments and filibustering the Weeks Act was signed into law on March 1, 1911. The act gave the federal government the power to purchase private land in order to protect the headwaters of rivers and watersheds in the eastern United States and called for fire protection efforts through federal, state and private co-

operation. The Weeks Act led to the birth of the White Mountain National Forest and has protected nearly 20 million acres of national forest throughout the east.

As I descended Mount Moosilauke the sun was setting, creating long shadows in the last of the golden autumn light that absorbed me as I walked through the forest. Sometimes I worry about

the future of our forests, but it is good to know I have history on my side.

This "Walk in the Woods" is dedicated in memory of Jewel, my four legged forest colleague. I don't think the Weeks Act was written for dogs, but the old girl sure got a lot of mileage out of it in her 14 years. "May your spirit forever soar over the White Mountains of New Hampshire".

SUMMER JOB POSITIONS

Haverhill Recreation is looking for an Assistant HARP Director for the summer day-camp program. July-August. Applicant must have strong communication and interpersonal skills and be willing to implement and oversee programs while staying on budget. Job duties include staff training, scheduling and supervision of both staff and campers. Close contact with parents, discipline of campers when necessary and meticulous record keeping a must. Qualifications include at least four years experience working within a camp or educational setting which included the planning and implementation of programs. Previous supervisory experience, management skills and knowledge of public recreation programs preferred.

Haverhill Recreation is also accepting applications for Lifeguards and HARP summer counselors. Hours are not guaranteed but based on the number of registered day campers.

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SCARED SHEETLESS

By James Paradie

Haunted Legends: Alcatraz – San Francisco, CA

It was home to some of the most notorious gangsters of the prohibition era, the likes of George "Machine Gun" Kelley, Alvin "Creepy" Karpis, and Al Capone have all spent time on "The Rock", better known as Alcatraz. Everyone, from kidnapers, to murderers, have all called Alcatraz home at one point. Even though its been closed since 1963, some of the former inmates who died within the walls still remain.

A brief history of the famous West Coast prison: It was discovered in 1775, when Spanish explorer Juan Manuel de Ayala charted San Francisco Bay and named this tiny speck of land, La Isla de los Alcatrazes, or translated in English, "Island of the Pelicans." At this stage of age, it had little to offer, but that would soon change. The U.S. Army saw this island as an ideal location for a military base. By 1853, they had built the military fortress with long range cannons, four 36,000 pound, 15 inch Rodman guns with the power to sink any invading ship which posed a threat to "The Rock." But only one cannon was shot it its history...and missed its target. Decades later, Alcatraz would soon turn into what it's now known as...

Because of it's isolation from the rest of civilization, the island would soon be considered for a new role-a prison. 1861, Alcatraz got its first inmates from the Civil War and then the Spanish-American War in 1898. By 1912, construction started for a three story cell house, and by the 1920's it was already full. Harsh conditions, severe diets that included the inmates being given only bread and water, wearing a twelve pound ball and chain on their ankle, and solitary confinement were

enforced on those who violated the rules. Buckingham Palace? Not here. In its twenty-nine year history, there was thirty-six escape attempts. But twenty-three were caught, six were shot and killed, two men drowned in the icy cold waters of San Francisco Bay, and two of the other men caught were executed by gas chamber in San Quentin in California State Prison.

No wonder with all the blood, sweat, tears, broken bones, shattered minds, and twisted souls that were locked within the confines of one of America's most famous prisons would be such an ideal home for some of the spirits of the damned that still lay condemned to this island. This prison does have a history of activity and we're going to explore just some of these spirits who still call Alcatraz their domain:

Al Capone's Ghost:

Perhaps one (if not THE) most famous gangster of the 1920's make or break, kill or be killed, prohibition era. Al Capone (1899-1947) served almost seven years in Alcatraz, but his memory lives on and strangely it's through song. The sound of a banjo playing no less, and the reason some speculate it's the ghost of Capone is because back when he was in the prison, he, along with other inmates, started a prison band that he played the banjo in. Now, decades later, the sound of a banjo can be heard playing within the prison walls.

Cell 14D:

One of three of the solitary confinement cells in Alcatraz, but it could be better known as the layer of the beast. This is where some of the roughest, toughest, men with no fear would go in there...just to cry

for help. Guards would laugh it off, not take in account that the prisoner's plead for help were legit as this block was notorious for claims of ghostly activities. On one such occasion, the guards would wish that they would of listened to the pleads of help.

In the mid-1940's, a former guard of Alcatraz recalls locking an inmate in the hole, but seconds later he heard screaming coming from inside the cell. Again, taking it as just an excuse to get out, they ignored him. The next day, after the screams finally withered to nothing, they opened the cell to find the inmate dead with a look of terror frozen in his face. The convict was yelling about a beast with yellow eyes was locked in the cell with him the night before.

Still years later, ghost hunters, guards, and the likes have said that 14D gives off an intense feeling when your in there for a few minutes. They even said that it can be smoldering hot inside that jail, but it's always cold in that cell. If you decide to go to Alcatraz, stay in Cell 14D: bring a jacket, so you won't catch a cold. And then bring a priest...cause you just never know.

"Island of the Pelicans" or "Island of Lost Souls"? You decide, but Alcatraz will forever be haunted, both in the blood that was spilt and the ghosts who are still incarcerated within it. Until next time, this has been another Scared Sheetless. Happy Hauntings Graveyard Disciples.

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Herbs To Overcome Cancer & Degenerative Disease

The natural healing world has concentrated intensely on cancer and degenerative diseases such as M.S., muscular dystrophy and lupus in the past few years, and has learned much about how to deal with these often unnecessary killers. Even though today's statistics show that 30% of all Americans will contract some kind of cancer in their lives, new evidence is indicating that 90% of all cancer, and most degenerative disease, is environmentally caused and therefore preventable.

These diseases are opportunistic, attacking when immune defenses and bloodstream health are low or toxic. Most are caused or aggravated by poor nutrition. Accumulated nutrient deficiencies develop over a long period of time – too many refined foods, fats, and red meats; too little fiber, fresh foods, and food-source vitamins and minerals. These deficiencies eventually change body chemistry. The immune system cannot defend properly when biochemistry is altered. It can't tell its own cells from invading toxic cells, and sometimes attacks everything, or nothing, in confusion. Many cancers re-

spond well to nutritional improvement.

Degenerative diseases seem to make the body crave deficient de-mineralized foods; starving them out feels like any drug withdrawal. The fight against this isn't easy, but as healthy cells rebuild, the cravings subside. They also seem to live and grow in the unreleased waste and mucous in the body. Avoid red meats, pork, fried foods, sugars, caffeine and preserved or colored foods of all kinds, and foods sprayed with heavy pesticides. They deprive the body of oxygen use, and provide little or no usable nutrition for building healthy cells and tissue. These foods clog the system, and vital organs cannot cleanse enough of the waste to maintain health. Also avoid continuous use of antacids. They interfere with enzyme production, and the body's ability to carry off heavy metal toxicity.

LOVE YOUR LIVER!! It is the main organ to keep clean and working well. The liver is a powerful chemical plant in the body that can keep the immune system going, healthy red blood cells forming, and oxygen in the bloodstream and tissues.

A viable answer to these conditions seems to lie in promoting an environment where cancer and degenerative disease can't live; and where inherent immunity can remain effective. These diseases do not seem to grow or take hold where oxygen and minerals (particularly potassium) are high in vital body fluids. Vegetable proteins and amino acids in the body allow maximum use and assimilation of the body oxygen and minerals. Regular exercise is almost a "cancer defense" in itself, as it also enhances oxygen use, and accelerates passage of material through the colon. Herbs are very effective against cancer and degenerative disease, both as part of a healing and control program, and as a preventative against recurrence.

It is vitally important to follow a concentrated program when addressing these diseases, incorporating several aspects of natural healing. Diet, exercise, enemas, vitamin therapy and herbs all need to be coordinated for there to be remission. A concerted effort is necessary for at least six months to a year. Don't become discouraged, no matter how many times you must return to the beginning juice and raw foods diets. Many people have beaten these "incurable" problems. Success is very possible.

Degenerative disease is often created or allowed by the accumulation and satura-

tion of toxic matter in the body, throwing defense mechanisms and vitality out of balance. Liquid fasting for detoxification is a well-documented therapeutic method that works particularly well in reversing disease of this kind. The success of this technique acknowledges the intelligence of the human body as a self-healing entity. An elimination fast, especially with alkalizing juices and herbs allows the body in its wisdom to decompose substances and tissue that are damaged, diseased or unneeded, such as abscesses, tumors, and congestive wastes, etc.. Fasting also seems to release immune-stimulating hormone secretions which augment the infection and disease-fighting process.

WHY THE LIVER? As the largest organ in your body, the liver is directly or indirectly involved in every physiological process that occurs. What this means to you is that nothing happens in your body without your liver's involvement. Just some of the jobs that your liver performs are fat metabolism, blood sugar level maintenance, inactivating hormones and regulating sex hormones, digestion, assimilation, blood filtering (at a rate of 1500ml per minute), bile production, creation of immune substances, nutrient storage, and probably most important, filtering and neutralization of toxins leading to removal. In fact if your liver

stopped the detoxification processes you would poison yourself from your own metabolic activity.

Before getting into specific remedies, it is important to note that while the liver has a natural ability to regenerate itself, this may become impaired when the liver is damaged or overburdened, so it is essential to liver health that you nourish the liver properly and decrease the toxic load to it.

Burdock Root: nourishes and tonifies the liver while promoting secretions, moderating blood sugar swings and loosening gallstones.

Chickweed: calms and soothes an irritated or overactive liver and restores and revitalizes hepatic circulation.

Dandelion Leaf & Root: activates, restores, cleanses, energizes, cools, and nourishes the liver. These broad actions make it useful for hepatitis, liver congestion, jaundice, damage from chemicals, drugs or alcohol and a diet high in rich or fatty foods

Milk Thistle Seeds: protects against chemical induced liver damage, balances liver enzymes, increases activity of liver protecting anti-oxidants, lowers risk for developing hepatitis, partially corrects alcohol liver damage.

Oregon Grape Root: a strong blood purifier and liver organ cleanser with the ability to release stored iron into the bloodstream for stronger blood and immune defense.

Yellowdock Root: a rich source of herbal iron, particularly effective for liver, gallbladder, spleen and skin disorders.

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 herbal workshops, Reiki I, II & III into mastership. In her shoppe, located in Lisbon are over 200 medicinal bulk herbs, teas and customized capsule formulas, all created on premise. 603-838-5599 or thyme.toheal01@yahoo.com

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Science, Engineering & Technology

Prudential Spirit Of The Community Award

By *Kathleen Jablonski,*
Extension Educator for 4-H Youth Development

For the last two years, Hope Cataldo of North Haverhill has spent a day of her winter break helping with the Kids to Kids Project at the Grafton County Nursing Home. Hope and Mrs. G, a resident, worked side by side all day to complete a fleece quilt. Mrs. G would pin, Hope would stitch, Mrs. G would unpin. Together they stitched row by row, until the quilt was done. Hope didn't take it home, Mrs. G didn't keep it. It was sent to the Department of Human Service, Child Welfare Division, in Littleton to be given to a child going into foster care. (By the way, they had about 20 other 4-H'ers and leaders helping that day who created a total of 10 quilts...but that's another story....)

It's just one of the many things that Hope Cataldo does that earned her the Prudential Spirit of Community Award for Grafton County 4-H in 2010. In January, Kathy Jablonski, Extension Educator, learned Hope

had earned a special citation, it read:

"Certificate of Excellence: Hope Cataldo has demonstrated exceptional initiative in service to the community, and has therefore been designated one of the top student volunteers in New Hampshire."

The Prudential Spirit of the Community Awards program recognizes top middle level and high school volunteers in each state and the District of Columbia.

"The recipients of these awards vividly demonstrate that young people across America are making remarkable contributions to the health and vitality of their communities," said John R. Strangfeld, Chairman and CEO of Prudential Financial. "In recognizing these students and placing a spotlight on their volunteer service activities, we hope to motivate others to consider how they can also contribute to their community."

Last fall, one of Hope's 4-

H leaders encouraged her to enter the contest for the county award. Hope has been doing missionary work with her church for many years. She wrote about her efforts to provide overseas missions with things they need and has gotten other youth and family members to help her. In addition, Hope is part of the KIP Team at Haverhill Cooperative Middle School (Kids in Prevention), plays sports and is an active member of Bob-O-Links 4-H Club in North Haverhill.

At eleven, Hope is already beginning to develop the leadership skills that make her an active and vital part of the community where she lives. Grafton County 4-H congratulates Hope on this achievement.

For more information about 4-H in Grafton County New Hampshire, please contact the University of New Hampshire Cooperative Extension Office at 787-6944, email: graffton@ceunh.unh.edu or find us on Facebook.

Personal Memory Writing Workshop

White Mountains Community College – Littleton Academic Center – is pleased to offer a Personal Memory Writing Workshop in three sessions on Thursday evenings – 6:30 p.m. to 8:30 p.m. on April 7, 14 and 21, 2011.

In this workshop, we will explore memories inspired by the power of personal photographs and the stories that go with them. In this supportive and encouraging environment, students will write together and learn more about themselves. It is a way to record, share and make meaning of each persons; intriguing lives. Writing, memory and the art of storytelling. Come on in and sit down with us!

Instructor: Becky Cummings is an enthusiastic

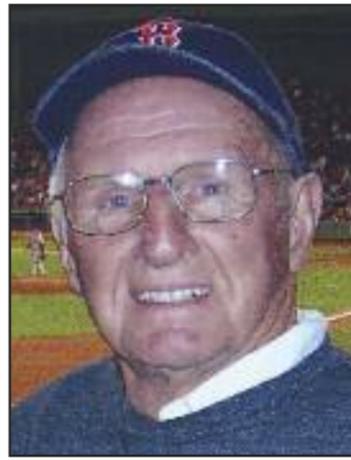
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VICTOR ALBERT ROY



Woodsville, NH – Victor Albert Roy, 82, of Park Street, died on Friday, March 11, 2011 at his home following a brief illness.

He was born in Bath, NH, February 18, 1929, a son of Elie O. and Germaine (Lamarre) Roy. Victor graduated from Woodsville High School, Class of 1947 and worked for his parents on the family farm for nine years. He later worked on the Castello Farm in Bath for ten years. Victor was a rural mail carrier for eleven years and a letter carrier in Woodsville for 20 years with the US Postal Service. After retiring from the Postal Service he worked for Butson's and Shaw's Supermarket in Woodsville for 19 years. Victor and Jean have wintered in Ocala, Florida since 1990. Victor was a communicant of St. Joseph's Catholic Church in Woodsville and St. Joseph's Holy Name Society. He was also a member of the Pine Grove Grange of Bath. For several years Victor coached Little League baseball and basketball and was a member of the Woodsville Recreation Committee. He also served on the Haverhill Cooperative School Board while his children were in school in the 1970's and 1980's.

He married Jean Mitchell on October 2, 1954.

He was predeceased by a sister, Rita R. Lackie, and; three brothers, Fernand J. Roy, Martin L. Roy and Paul

E. Roy.

Survivors include his wife of 56 years, Jean M. Roy of Woodsville; five children, Michael Roy and Ann Duffy of Monroe, NH, Theresa and Donald Wolfgram of Ocala, FL, Timothy Roy and Lisa Lavoie of Littleton, NH, John Roy and Sue Wallace of Dover, NH, and James and Gail Roy of Bath; twelve grandchildren; two great grandchildren; twelve siblings, Louise Forcier and husband Gerald of Falls Church, VA, Irene Guilmette and husband Alan of Milford, CT, Patrick E. Roy and wife Barbara of Putnam, CT, Roger O. Roy and wife Mary Jane of West Haven, CT, Ann-Marie Dauphinais and husband Eugene of Lebanon, NH, Bernard S. Roy and wife Betty Ann of Newbury, VT, Ernest A. Roy and wife Louise of Bath, Camille L. Roy and fiancé Melissa of North Haverhill, NH, Philip J. Roy and wife Patricia of Woodsville, Richard M. Roy and wife Sandra of Woodsville, Norman D. Roy and wife Joyce of Bath, and Clement M. Roy of Woodsville; along with numerous nieces, nephews and cousins.

Calling hours were held on Sunday, March 13, from 7 to 9 PM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH.

A Mass of Christian Burial was celebrated on Monday, March 14, at 11 AM, at St. Joseph's Catholic Church, 15 Pine Street, Woodsville with Father Jeffrey Statz, officiating. Spring burial will be in St. Joseph's Cemetery, Bath.

In lieu of flowers, memorial contributions may be made to St. Joseph's Catholic Church, 21 Pine Street, Woodsville, NH 03785.

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

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

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By Ronda Marsh

Nana's Maple Cream Pie

If you know my mother, then chances are you know her as "Nana", which is the name given to her by her first grandchild well over forty years ago. As time has passed and successive grandkids and great-grands have arrived (along with scores of accompanying in-laws and acquaintances), that moniker has become more recognizable than her real name, "Veronica", ever was. Now, at almost 90 years of age, Nana is not able to cook as prolifically as she once did and serves as more of an assistant to me, but she always has plenty of advice and expertise to dispense as we work our way through a recipe. This pie of hers is my absolute favorite. I make it for every holiday, as well as in between. Because we are entering sugaring season, I figured it to be a perfect time to share this with you. Nana says it originated from a newspaper clipping she collected years ago; a winner in a maple themed cooking contest. If you like maple, I guarantee you'll love this. It's smooth, creamy and luscious beyond compare. One word of advice: Be sure to cook the filling long enough after the egg is incorporated, so that it is very



thick, otherwise you might end up with maple soup. I find a full two minutes of cooking and stirring is about right. Also, I have a little bag of "Nutty Maple Sugar" from the Mapled Nut Company of Montgomery, VT that makes the absolute perfect finish for this pie. It was a gift, so I don't know where it can be purchased, but if you ever see this product, it makes a wonderful crunchy topping.

Whereas it's March, and sugaring season is in full swing, I heartily encourage you to use that as sufficient reason to make this pie. You'll be very, very glad you did!

- 1-3/4 cups whole milk (divided)
- 1/4 cup cornstarch
- 3/4 cup plus 1 tablespoon real maple syrup, divided

- 1/4 teaspoon salt
- 2 egg yolks, slightly beaten
- 2 tablespoons butter (no substitute)
- 1 (8 oz.) container of Cool Whip

Blend 1/4 cup of milk and the cornstarch in a saucepan. Add remaining milk, 3/4 cup of syrup and salt. Cook over medium heat, stirring constantly, until mixture comes to a boil. Remove from heat and stir 1/4 cup of hot mixture into yolks, to temper. Return yolk mixture to saucepan, stirring to combine all. Continue cooking, stirring constantly until very thick (about 2 minutes). Remove from heat and add butter. Blend well. Cool thoroughly, stirring once or twice, to prevent any "skin" from developing. Fold 1 cup of Cool Whip into the cooled filling. Turn mixture into a pre-baked pie crust. Add 1 tablespoon maple syrup to remaining Cool Whip, and frost pie. Garnish with chopped walnuts, or shaved maple sugar, if desired. Refrigerate at least two hours before serving (but overnight is best) to allow filling to set up.

Animal Science Day - We Bring Science to Life!

University of New Hampshire Cooperative Extension 4-H Youth Development program in Grafton County proudly announces Animal Science Day - We Bring Science to Life! Learning stations are offered to all youth ages 8 – 18 years old on April 9, 2011 from 9:00 am to 2:45 pm at the Grafton County Farm, 3855 Dartmouth College Hwy, N. Haverhill, NH. Each youth will take part in general livestock learning stations in the morning. There will be a working steer demonstration by Taylor Morris. In the afternoon, five species specific stations will be offered so youth can meet the animals and have a firsthand learning experience. Please bring a bag lunch and we will provide the drinks. To register, please contact the



Kyle Boutin, a member of the Vermont Working Steer Club, is shown here with the working steers.

Extension office at 603-787-6944 or email becky.colpitts@unh.edu by April 1st at 3:30 pm.

For any special arrangements including physical ac-

cess or other accommodation requests please contact Becky Colpitts at 603-787-6944. Ten working days are needed to facilitate special needs requests.

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