

TRENDY TIMES

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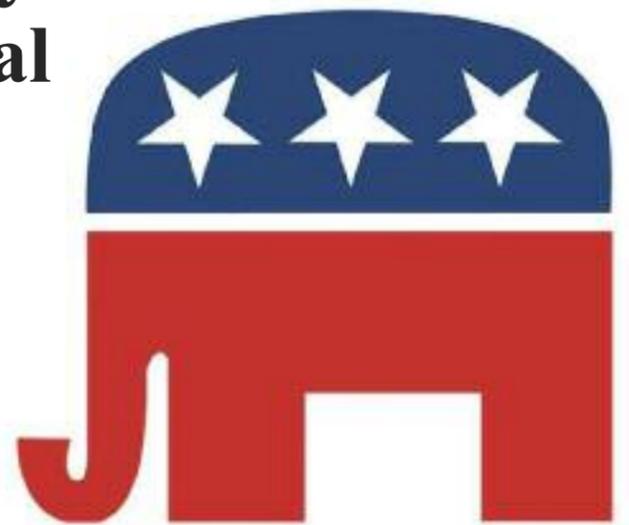
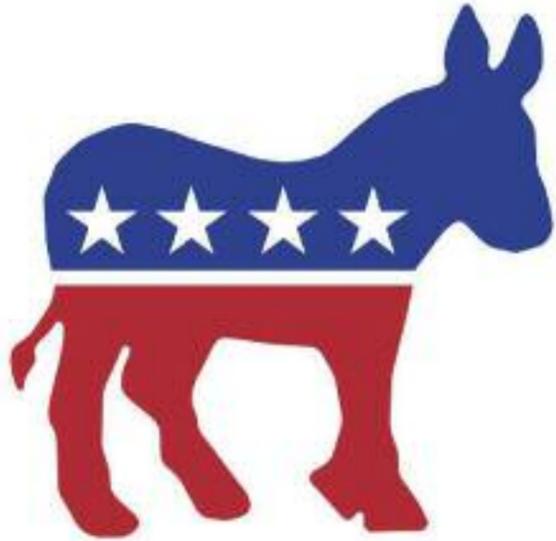
New Hampshire Presidential Primary

Tuesday, January 10

Vermont Presidential Primary

Tuesday, March 6

Do Your Duty Be Sure To Vote



The headline pretty much says it all. Be sure to vote!

The New Hampshire Primary on Tuesday January 10 is the latest installation of a long standing tradition that the Granite State has developed. It gives the voters of this state the opportunity to meet most, if not all, of the candidates who ask for votes. And that holds true even for those of us in the North Country. Several of the candidates have made it "North of the Notch" and one was even in Grafton County as late as Saturday, January 7.

Of course the Presidential Primary is a time that the entire nation focuses on New Hampshire. But it is the rest of the year (and the four years in between) that those of us who live in this area must look out

for our well being with state wide and local elections. In that vein we can be thankful that politicians are beginning to notice us. Come November of this year, not only will there be a Presidential election, but both New Hampshire and Vermont will be electing a governor. And there is already activity toward that end.

As of Monday, January 9 there will have been two announced candidates for governor in New Hampshire who have visited the Good Ole Boys and Girls. This group meets monthly for lunch and invites a speaker to each of those sessions.

In Vermont, Governor Shumlin will be the guest speaker of the Northeast Kingdom Chamber of Com-

merce later this month at their monthly legislative breakfast.

Of course this area also can boast of many good local elected officials. From select-board members to state representatives and even some larger state positions, the Upper Connecticut River Valley is well represented.

But please remember, this representation has taken place because the people of this area have demanded it. We demand it by being actively involved in the election process. So, no matter when you vote, or how you vote, just be sure to vote. Whether it is this Tuesday, or in March or in November it is your right and many would say your duty to vote!

Gary Scruton, Editor



A sure sign that someone of importance was in the room, was the number of photographers clicking away. These camera people along with those seated were in attendance at the Horse Meadow Senior Center in North Haverhill on Saturday, January 7 as the first in the nation Presidential Primary was entering its final few days.

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Vermont Governor Peter Shumlin Guest Speaker At January Chamber Legislative Breakfast

Vermont Governor Peter Shumlin will serve as the featured guest speaker at the Northeast Kingdom Chamber legislative breakfast on Monday, Jan. 30, at the St. Johnsbury House, 1207 Main St., St. Johnsbury.

Governor Shumlin will speak on his legislative priorities and budget issues before the legislature at the January forum. The governor is currently serving his first term in office and was a longtime legislator in the Vermont State Senate. The breakfast session will be moderated by

Gretchen Hammer.

The monthly programs provide area business people and residents an overview of the legislative session and concerns affecting the region. The public is invited to attend and encouraged to ask questions. The Northeast Kingdom Chamber organizes the monthly forums and will provide a brief legislative report.

The breakfasts are held the last Monday of each month, from 8 to 9 a.m. Please mark your calendars for the 2012 dates of Jan. 30, Feb. 27, March 26, April 30

and May 21 (tentative).

The legislative breakfast series is sponsored by the Northeast Kingdom Chamber, with sponsorship assistance from Community National Bank, MMIC, Passumpsic Savings Bank and Union Bank. There is a small fee to attend the breakfast.

For more details, contact the NEK Chamber at 2000 Memorial Drive - Ste. 11 (after Jan. 11), St. Johnsbury, VT 05819; call 802-748-3678; or e-mail at director@nekchamber.com.

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January Is National Hobby Month

Send Your Favorite Hobby Story Or Photo To Trendy Times For Our Hobby Special Tuesday, January 24

Send Submissions To:
 171 Central Street
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 or
 gary@trendytimes.com

Deadline For Submissions:
 Thursday, January 19
 at 5:00pm






Dale Carnegie® Training Returns To Littleton, NH

Littleton, NH, December 29, 2011 – The World Famous Dale Carnegie® Courses are returning to Littleton, announced recently by Tim Cook, franchise owner covering western New Hampshire and Vermont.

Dale Carnegie® Training has been helping organizations and people “Win Friends and Influence People” for almost 100 years. Among its graduates is legendary investor, Warren Buffet, who said in a BBC interview “I actually have the [Dale Carnegie Course] diploma in the office. And I don’t have my diploma from college. I don’t have my diploma from graduate school, but I’ve got my Dale Carnegie diploma there, because it changed my life.” Another famous graduate is Scott Adams, creator of the Dilbert cartoons, who said “I took the Dale Carnegie Course. It was life-changing. The Dale Carnegie method trains you to enjoy the experience of speaking to a

crowd. The point is that people can be trained to replace fear and shyness with enthusiasm. Every entrepreneur can use that skill.”

Lee Iacocca said “For the first few years of my life I was a shrinking violet.” Post-Carnegie Iacocca was the most visible American businessman of the 1980’s. The 1990 Fall Edition of Time Magazine named Dale Carnegie one of the 100 most important Americans of the 20th Century. Dale Carnegie was an early proponent of what is now called responsibility assumption.

Benefits to Participants:

- Recognize changes and the challenges that are coming
 - Discover what it takes to be a successful leader
 - Learn how to communicate and motivate more effectively
 - Build stronger relationships
- Cook commented “We

are living in interesting times and need to continually see how we can improve our processes and ourselves”. Dale Carnegie® Training includes 21st Century:

- Development of Effective Communication
- Improved Human Relation Skills
- Motivational Selling Skills
- Goal-Oriented Management
- Professional Development
- Improved Customer Relations

“There are many Dale Carnegie® graduates in the greater Littleton area, as the first class was offered in 1965. It has been a number of years since we offered the program in Littleton” said Cook. There are 2 courses scheduled to start in January 2012. For more information, contact our local Certified Trainer/Facilitator, Gerald H. Winn, with over 45 years of training, at 603-444-7781 or email Gerald@daletraining.com.

Dental Hygiene For Kids Is Molar Express Focus In 2012

LITTLETON — Building on its past successes, the Molar Express program of the North Country Health Consortium will concentrate its efforts in 2012 in its school-based dental hygiene program. During the last six years, Molar Express has provided over \$600,000 in free care to over 6,000 adults and children in Coös and northern Grafton counties who would otherwise be unable to afford dental care. A majority of the care involved teeth cleanings, fluoride treatments and preventive plans for school children, which were administered by the program’s dental hygienist.

“The time to start a life-long practice of dental care

is when our children are young,” said Nancy Frank, Executive Director of NCHC. “Regular cleanings are so important to good oral health. Molar Express brings the services of a hygienist right to the area’s schools so that children can receive the care they need without missing a day of school.”

Since it’s inauguration in 2005, Molar Express has worked closely with the DentaQuest Institute in Westborough, MA, to identify key strategies that have helped the North Country-based program meet its goals of improving the oral health of uninsured and underinsured children through the dental hygienist program.

“DentaQuest is highly re-

garded by the public health community,” said Frank. “They have a lot of evidence-based data that supports their recommendations that children who see a dental hygienist on a regular basis have better oral health and less tooth decay. Our goal in 2012 is to strengthen our dental hygiene program in schools to reach as many children as possible who would otherwise be unable to access regular dental care.”

Currently, the Molar Express sees children in 17 schools in Coös and Grafton counties.

NCHC is a rural health network based in Littleton that collaborates with health and human service providers serving northern New Hampshire, including the region’s five hospitals. Learn more at nchnh.org or call (603) 259-3700.

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Weatherization Basics Workshop Available Free To Homeowners

**Jan. 14 Workshop In Haverhill, NH
First Of 40 In The "Button Up NH"
Workshop Series**

Executive Councilor Ray Burton, Grafton County UNH Cooperative Extension and local business sponsors, Foggs Hardware and Polar Solar will be the first to host a "Button Up NH" workshop in the state's latest series of weatherization workshops to storm the state. It will be held in North Haverhill, NH on Saturday, January 14th.

The new and updated workshop known as Button Up 101: A Workshop in the Basics of Home Energy Savings will be held at the UNH Cooperative Extension Meeting Room at the Grafton County Complex Administrative Office Building from 10:00am – 11:30am. Attendees will be eligible to enter a drawing for energy-saving prizes. This event is free and open to the general public. The snow date is scheduled for Saturday, January 21st at 10:00am. The snow cancellation will be announced on WYKR.

Forty workshops organized by UNH and its partners are planned for residents across the state through March, each tailored to people who are seeking to make their homes more comfortable and energy efficient. Some of the forty workshops will be "201"s and cover more advanced energy solutions.

Presented by certified energy professionals, this "101" workshop will provide area residents with information and techniques to save money on home energy use. The workshop is free and open to the public, thanks to funding provided by the N.H. Office of Energy and Planning from the American Recovery and Reinvestment Act.

"Home heating prices are predicted to rise another 10 percent this season and be more expensive next season. Button Up will help people guard against fuel price increases," says Denise Blaha, UNH Program Coordinator. "Participants will learn how to undertake basic air sealing & insulation techniques, where to find technical and financial resources, understand sources of energy waste and easy do-it-yourself conservation measures to reduce fuel and electricity use that will save money and make homes

more comfortable throughout the year."

In addition to the workshop, residents will be able to receive personalized assistance to energy related questions and get guidance from advisors through the process of implementing an energy reduction project, such as air-sealing an attic or basement.

For more information on attending a Button Up N.H. workshop or getting a jump start on saving money on energy this winter, visit <http://myenergyplan.net/buttonup>.

Button Up NH is a UNH collaboration with Clean Air-Cool Planet, Plymouth Area Renewable Energy Initiative (PAREI), UNH Cooperative Extension, and the Lakes Region Community College. Companies or organizations interested in hosting a future workshop can contact Denise Blaha at 862-3785 or denise.blaha@unh.edu.

For More Information about the North Haverhill workshop contact: Sandra Jones, Plymouth Area Renewable Energy Initiative at 603-536-5030. For directions to the Grafton County Administrative Building visit: www.extension.unh.edu. The building is a large brick building with white pillars, (attached to the Nursing Home) and faces Route 10.



"No Soul For You!"

"I want to feed your souls today!"

Those were the exact words of my boss some 72 early hours ago, my time. And what a morning it was in Fairlee, Vt. Crisper than crisp with the sound of dry leaves crunching, the smell of butter burning and the vision of leather, calf-high boots kicking.

Yum.

And, what with it being a Friday morning and all, I felt Armstrong hard on my two-hour drive from Manchester, killing me some Waylon all the way.

Don't know how October treated you all but it beat the bag out of me. Good and thorough and in silence, too. I didn't lose power for a week, break out in eczema or bring a date to an armed robbery. But whatever October did to make me feel like I'm stuffed like cheese was about to be expunged ... briefly.

At first when the memo went out that a mandatory, company-wide meeting was taking place in Fairlee, a good many of us figured cuts were coming. Reimbursements are down, deductibles are up, and, sure, the \$10 artesian pizza is out there, but who can fill their rattler these days without going into hock?

But a collective sigh of relief came over the staff when the boss became emotional right off the bat at introductions. Not the guilty, "I'm about ready to dump 60 of you at the street corner with a can in

hand" type of manufactured emotion, But sincere, pride-swelled emotion. The kind that keeps you squinting when you don't want your co-workers seeing you getting choked up.

The boss thanked us for our hard work, our commitment to him, to one another, to his father's vision and to the very business we conduct. No cuts in sight, kids.

"In fact, let's get right to the raffle prizes."

From there I sat and listened for the first time to an inspirational speaker do his thing, a man from Lubbock, Texas, named Dr. Gary Schwantz.

Let the soul feeding begin.

First we took a personality test. Love them. Such an easy forum to feed one's faltering ego. Sure, I'm dependable! adventurous! opportunistic! Check, check, check. What are the other choices? Daring, conceptual, inventive. Bang! Bang! Bang!

We then piled into our personality pools. I got a couple looks from a biller and tech that said, "Gross, I'm not really like that greasehead, am I?"

Never mind, I was deep into Dr. Schwantz encouragement. He was sorting out the cycles of fantasy, control and resistance for us. He explained that, by missing the little things in life, you can

fracture the whole life experience.

Forget about that big job down the road; think about the job at hand. Fold that towel. Enjoy it. Don't rush through it.

We then sat and enjoyed a Thanksgiving dinner. Heaping plates of fresh, sliced turkey, salad and rolls were served. Reaffirming chatter about the possibilities of change and redemption was shared among selected co-workers over coffee and pie.

Then we got back to business. More prizes, more thanks, more feeding of the soul.

Dr. Schwantz polished off the day by asking a few simple questions: "Did you all enjoy the cornbread gravy at lunch? What did you think of the Kaiser rolls?"

Wha, huh? Cornbread gravy? What the hell's a Kaiser roll?

See, as inspired as I was throughout the morning, I was still a stiff at heart. More dismissive than dependable. Less procedural than tender. I missed the corn bread gravy and I must have licked the fork clean of it.

Now I have to lick the curb.

It was a test and I failed.

No soul for you!

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Silent Auction & Raffle Winners
Announced at 7:30pm
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ADMISSION BY DONATION



By Ashley Scruton

Sherlock Holmes: A Game Of Shadows

PG-13

I must start this review in an odd fashion. I must ask for forgiveness for being absent for so long. But it comes with a wonderful explanation as my family has recently added a healthy baby girl to our midsts. And as we have a two and a half year old already my plate has been a little too full

for movies rated more than PG. However now that things have settled more into place the reviews should be coming much more frequently.

Now, though, to get this review started. And oh how it started the new year off with high expectations! Since it was released into theatres in

late December it was one of the last to come out in 2011. Placing the bar for all of the upcoming movies of 2012 at a fairly high standard, "A Game of Shadows" thrills and continues to keep the Sherlock Holmes legacy alive.

As a sequel there is an automatic opinion formed, by most, of the movie before even having seen it. Usually for the negative, and a lot of times those opinions are right. And then there are movies like this. A sequel that surpasses the first, at least in my opinion. Robert Downing, Jr. and Jude Law really put their all into this movie. The love of the characters was a bit more evident in this film, as I think that they were more comfortable with them and had time to grow into the roles while working on this film.

Of course the characters weren't the only things developing. The plot truly thickens in this mysterious tale involving ambassadors, gypsies, and a wedding that might give

a few engaged women nightmares. But sticking to their guns.. Holmes and Watson, a few gypsy friends and the other Holmes, embark on a mystery that is full of twists and turns, as well as moments of pure confusion. Even for Sherlock. It's a lot of work finding a gypsy bomb maker, stopping the largest war in history from occurring and of course trying to make his best friend regret getting married.

Pulling out all the stops for this gripping adventure there is nothing left out. As with the first, the humor and one liners thrown around constantly are exactly as you would expect best friends, who may in fact hate each other deep down inside, to act. The story is a wonderment of who-done-it's and trying to figure out the end of this story is quite Holmes-worthy. Even the filming of the movie is a bit of a mystery as the slow action scenes are so stunningly well done it's enough to very

nearly rival the movie 300. There hasn't been another movie I would feel comfortable making that comparison with until now.

So with all the true mystery of Sherlock Holmes and Dr. Watson "A Game of Shadows" is one for the ages. A truly brilliant masterpiece of a movie to finish 2011. Though I usually have some sort of thing to say about a movie that could make it unwatchable for some I have nothing this time around. If you like Sherlock Holmes you will adore this movie. If you even remotely enjoyed the first one, or those from the past, you won't be able to get enough of "A Game of Shadows". And as there haven't been rumors yet of a third I plan to watch this particular film until I'm good and sick of it, which I can't imagine will be soon. With all of the films from 2011 I have to say "Sherlock Holmes: A Game of Shadows" is by far one of my favorite movies, Scrutonized.

EARLY LITERACY CLASSES

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1/19, 20 – 'Unparalleled'
1/26, 27 – 'Limitless Possibilities'
2/2, 3 – 'Celebrate This Day'

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– M. Prem Rawat

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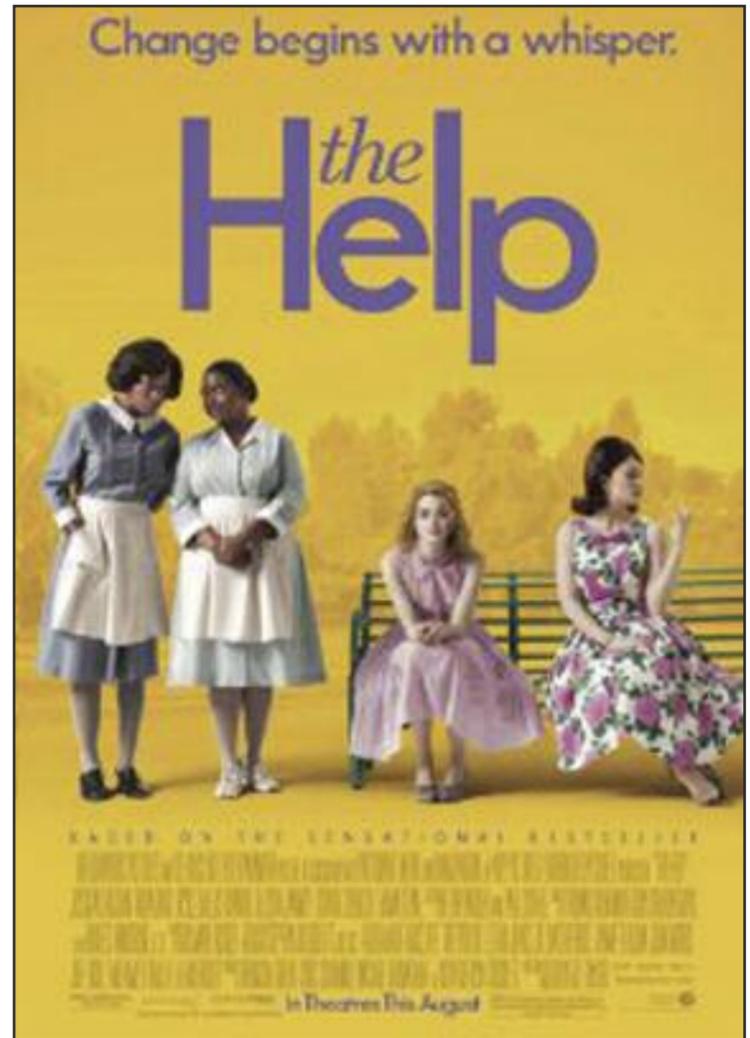
Celebrate Martin Luther King Day Free Screening Of The Award Winning Film - The Help

Members of the public are invited to honor the memory of Dr. Martin Luther King, Jr. by attending a free screening of the award winning book and film, "The Help." The film will be shown on Monday, January 16th at 1:30 pm at the Catamount Arts building located at 115 Eastern Avenue in St. Johnsbury and is offered without charge. A discussion will follow the presentation of the film.

Sponsors for the event are the Neighbor to Neighbor AmeriCorps program of the Area Agency on Aging for Northeastern Vermont and Catamount Arts. Additional information about the event can be obtained by calling the Agency on Aging at 748-5182 or 1-800-642-5119.

The film chronicles the intersecting lives of white and black women in Jackson, Mississippi in the early 1960s and illustrates the remarkable changes in civil rights and race relations that have taken place over the past fifty years.

"The Help" is also a fitting commemoration of the



work of Dr. King. The national holiday we celebrate commemorates his life and

work, and honors his national and international contributions to world peace through non-violent social change. Dr. King's vision of America challenges each of us to recognize that America's true strength lies in its diversity of talents.

For more information about the event, please contact the Senior HelpLine at the Area Agency on Aging at 748-5182 or 1-800-642-5119.

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Lisbon Stump Jumpers Ready For 5th Annual Vintage Snowmobile Race

LISBON – The Lisbon Stump Jumpers Snowmobile Club is putting the final touches on its upcoming January 28, 2012 Annual Vintage Snowmobile Race. It will be the fifth vintage race the club has organized and held in the fields along Rte. 302 just outside of Lisbon village on the way to Littleton, and with each year they have done their best to fine-tune what quickly became a premier sporting event in the North Country. One thing that has not changed is the impressive \$1,000 grand prize for first place in the Super Stock Race, and the prize is sweetened this year with a new lap leader bonus paying out an additional \$10 to each lap leader. There is a new 10-lap Two Up (male/female) Race, and spectators will also have a chance to watch local business and community leaders and politicians race around the course in the new Ray Burton Invitational Race. The Club is expecting 175 vintage snow machines (1975 and older) and as many as 1,200 spectators. The Little Grille is sure to be a draw as a new vendor, and along with the other great food and merchandise concessions, the day-long event is poised to provide competition and fun for all ages.

The primary co-sponsors this year are Crosstown Motors and Littleton Chevrolet, together covering the \$1,000 Grand Prize in the Super Stock Race, \$500 for 2nd Place, and \$250 for 3rd place as well as trophies. Lap leaders will receive a \$10 lap leader bonus during

the 60 lap race. Gooden took the idea from stock car racing, something he started at the age of 10. "I thought it would be a good incentive. Someone ahead for the whole race might break down at the end but still get money for leading laps," says Gooden. Last year one racer led for 35 to 40 laps and broke down and went home with nothing. He could have gone home with \$350 to \$400 if there had been a lap leader bonus. Now, there is a new incentive to enter the popular feature race and get at least \$10 for leading once.

The support for this thing keeps surprising me," says Gooden. "People are so enthusiastic." Gooden has also noticed that fewer old snowmobiles are ending up in junkyards, because people are recognizing they can be salvaged especially for the annual vintage racing event.

Race co-chair Joe Wiggett and Executive Councilor Ray Burton, a strong advocate and supporter of the outdoor recreation industry in Northern New Hampshire and sponsor of the official Snowmobile Informational Tour, are working on the list of invited "local celebrities" who will be participating in the 5-lap Ray Burton Invitational Race. The race will be for fun, and winners will receive a trophy, not cash. So far they have a commitment from James Graham, President of

Woodsville Guaranty Savings Bank, Peter Crosby President of the Passumpsic Savings Bank, Executive Councilor Ray Burton, State Senator John Gallus, State Representatives Lyle "Rusty" Bulis and Edmond Gionet, Rep. Edmond Gionet, Ronnie Lyster of Littleton Chevrolet, and Wendell Jesseman of New England Wire Technologies.

Advertisers could purchase space in the race program until the end of December, but advertisers may purchase space on the course fence up to race day. This year's vintage race will start at 10 am, and races include Fan-Cooled Twin Open, Fan-Cooled Twin-up to 340cc, 50 Plus, Powder Puff, Two-Up Race, Pro-stock, Single Cylinder Pure Stock, Single Cylinder Super Stock, Youth (13-17), and the Ray Burton Invitational. All races pay cash and trophies, except for the Two-Up and Burton Invitational. Admission to the event is \$5, and handicap parking is available. There is plenty of parking, and riders can take the Corridor 5 of the NH Trail system right to the site. The proceeds from the race will be used to pay the local share of a new groomer and maintain the Club's 130 miles of trails. For more information go to www.lisbonstumpjumpers.org or contact Brad Gooden at 603-838-6383 or Joe Wiggett at 603-838-6059.

The Woodsville - Wells River Rotary Would Like To Announce The 2012 Speech Contest

Each year our District sponsors a Speech Contest at our District Conference in the spring. The contest starts at the Club level and encourages local high school students to prepare and present a five minute speech on a limited set of Rotary topics selected. Any High School Student (or High School Aged Home Schooled Student) is eligible.

Contestants will have the opportunity to win up to four prizes.
 Round #1 - Prize \$100.00
 Round #2 - Prize \$150.00
 Round #3 - Prize \$250.00
 Round #4 - Grand Prize - \$500.00

The Presentation of the Speeches will be on January 10th at the Woodsville - Wells River Rotary Club meeting held at the Happy Hour Restaurant in Wells River, VT at 6pm.

You can find information at the Guidance office of Oxbow High School, Woodsville High School, BMU School, Lisbon Regional School or St. Johnsbury Academy or contact Maria Ryan at 603-747-9244 or by email at [ssteller@cottagehospital.org](mailto:sssteller@cottagehospital.org). The District Speech Contest Chair is Ed Saulnier who may be reached by email at edsaul@alum.wpi.edu.

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

January 10, 2012 Volume 3 Number 7

Calendar of Events

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

SUNDAYS

CRIBBAGE TOURNAMENT

1:00 PM
American Legion Post #83, Lincoln

OPEN GYM

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

MONDAYS/THURSDAYS

NORTH COUNTRY YMCA AEROBIC FITNESS CLASS

6:30 PM
Woodsville Elementary School

WEDNESDAYS

BINGO

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

THURSDAYS

JANUARY 19 - FEBRUARY 23

HEALTHY PEOPLE, HEALTHY PLANET:
CONNECTIONS BETWEEN OUR HEALTH
& THE ENVIRONMENT
6:30 PM – 8:00 PM
Bradford Public Library

TUESDAY, JANUARY 10

NH PRESIDENTIAL PRIMARY
Check Your Town For Times
At A Ballot Box Near You

UPPER VALLEY BEE CLUB MEETING

7:00 PM – 9:00 PM
Westshire Elementary School
Rte 113, West Fairlee

WEDNESDAY, JANUARY 11

MONTHLY MEETING -
ROSS-WOOD POST #20 AMERICAN LEGION
6:00 PM
American Legion Home, Woodsville

THURSDAY, JANUARY 12

EARLY LITERACY CLASSES
6:00 PM – 7:00 PM
Fairlee Public Library
See ad on page 4

SATURDAY, JANUARY 14

WEATHERIZATION BASICS WORKSHOP
10:00 AM – 11:30 AM
UNH Cooperative Extension Meeting Room
North Haverhill
See article on page 3

WINTER FARMERS MARKET

10:00 AM – 2:00 PM
Bradford Elementary School Cafeteria

SATURDAY & SUNDAY

JANUARY 14 & 15

JUNIOR HIGH BASKETBALL TOURNAMENT
1:00 PM
Blue Mountain Union School, Wells River

MONDAY, JANUARY 16

FREE SCREENING OF "THE HELP"
1:30 PM
Catamount Arts Building, St. Johnsbury
See article on page 4

HAVERHILL SELECTBOARD MEETING

6:00 PM
Morrill Municipal Building, North Haverhill

DICKENS DISCUSSION SERIES

7:00 PM
Haverhill Corner Library
See article on page 7

TUESDAY, JANUARY 17

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

EMERGENCY FOOD SHELF

1:00 PM – 2:30 PM
Wells River Congregational Church

THURSDAY, JANUARY 19

CRIBBAGE TOURNAMENT
1:00 PM
Horse Meadow Senior Center

EARLY LITERACY CLASSES

6:00 PM – 7:00 PM
Fairlee Public Library
See ad on page 4

SATURDAY, JANUARY 21

GROTON GROWERS COMMUNITY MARKET
10:00 AM – 2:00 PM
Groton Town Hall Gym

MISSION FOR MOLLY BENEFIT DINNER

5:00 PM – 7:00 PM
Haverhill Cooperative Middle School
See ad on page 3

HALL JUNKET, BRING YOUR INSTRUMENTS

7:00 PM
West Newbury Hall

SATURDAY & SUNDAY

JANUARY 21 & 22

JUNIOR HIGH BASKETBALL TOURNAMENT
1:00 PM
Blue Mountain Union School, Wells River

THURSDAY, JANUARY 26

TWIN STATE HUMANE SOCIETY
CAT SPAY/NEUTER CLINIC
Limited number clinic
Stonecliff Animal Clinic, Bradford

CRIBBAGE TOURNAMENT

1:00 PM
Horse Meadow Senior Center

EARLY LITERACY CLASSES

6:00 PM – 7:00 PM
Fairlee Public Library
See ad on page 4

SATURDAY, JANUARY 28

VINTAGE SNOWMOBILE RACE
10:00 AM
Rte 302 - North of Lisbon
See article on page 5

WINTER FARMERS MARKET

10:00 AM – 2:00 PM
Bradford Elementary School Cafeteria

MONDAY, JANUARY 30

CHAMBER LEGISLATIVE BREAKFAST
8:00 AM – 9:00 AM
St. Johnsbury House, 1207 Main Street
See article on page 1

WEDNESDAY, FEBRUARY 1

3 RIVERS BUSINESS ASSOCIATION
MONTHLY MEETING
8:00 AM
Wells River Savings Bank

THURSDAY, FEBRUARY 2

CRIBBAGE TOURNAMENT
1:00 PM
Horse Meadow Senior Center

EARLY LITERACY CLASSES

6:00 PM – 7:00 PM
Fairlee Public Library
See ad on page 4

MONDAY, FEBRUARY 6

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

THURSDAY, FEBRUARY 8

EARLY LITERACY CLASSES
6:00 PM – 7:00 PM
Fairlee Public Library
See ad on page 4

THURSDAY, FEBRUARY 9

CRIBBAGE TOURNAMENT
1:00 PM
Horse Meadow Senior Center

THURSDAY, FEBRUARY 16

CRIBBAGE TOURNAMENT
1:00 PM
Horse Meadow Senior Center

SATURDAY, FEBRUARY 18

CT VALLEY SNOWMOBILE CLUB RADAR RUN
10:00 AM – 2:00 PM
Across From Aldrich's Store, North Haverhill

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Oysters On The Halfshell Clams On The Beach

By Robert Roudebush

The clams on the beach were washed up on Hampton Beach where the seagulls and I fought over them. The birds mostly won - there were more of them and I don't fly as fast. The oysters on the half shell were on plates in various restaurants in Provincetown and I usually won those disputes. My favorite version was called Russian Oysters and that meant that I only got 5 instead of half-a-dozen. Each was topped with sour cream and real caviar - probably Russian caviar from the price I paid. I got them at Napi's. Sit at the bar and ask for "George" a great bartender, and look around at all the interesting people as you enjoy your oysters and a fine light dry French wine called "Sancerre"

The clams on the beach came with sand and saltwater garnish and the only price I paid was vigorous walks up and down the sand. I don't go to Cape Cod or Hampton Beach very often. I've made the two-location trip twice in the last seven years, each time in March, which means I've done it twice in 65 years.

Cape Cod curves like a scorpion's tail out of the mainland up and north into the Atlantic - and the tail end of dry land where scrub brush and sand dunes rule is Provincetown.

The semi-circle of blue water between the Cape and the rest of Massachusetts is Cape Cod Bay. If you like the taste of a lobster stew..." Singer Patti Page, a long time ago. I do like the taste and that's a fine place to get it.

The narrow streets and small houses today and for many years past are home to a lively artists' community year round. That means there's an artsy-fartsy crafty crowd living there. "P-town" depends heavily on summer tourism, and welcomes diverse lifestyles. Residents are an intoxicating blend of money and madness. Conservative money and liberal madness. Whale-watching excursions and pleasant sea voyages southward to Martha's Vineyard and Nantucket are available in season. Some of the best eating on the east coast can be found in all levels of restaurants, which is why I go there.

It's pretty expensive to do just about anything

there so I go only Off-Season- when almost no one else is there. Eateries are less crowded, the chefs and waiters under less strain. There are more dining specials at lower prices. The Beds and Breakfasts still open during the slow season cost less. This change-of-pace journey was made possible for me when family members covered some of my family obligations, a friend offered to cover my job, and one set of family in particular allowed me to use their time-share for a week or so. Free is even better than off-season rates. Thank you Michelle and Joelson, and thank you LaWanda and Peter, and thank you Karen.

Before I got to Massachusetts I took that little side journey to Hampton Beach, driving the Forester south down I-93, cutting east off of the interstate onto Route 101, and following that all the way to Ocean Boulevard - the Subaru and I facing the Atlantic Ocean in all its expansive roaring beauty, 75 feet away. To my right was Ashworth By The Sea, 295 Ocean Boulevard where I stayed for a couple nights. A less-corporate choice was directly across the street to my left at 315 Ocean Boulevard, called Kentville On the Ocean.

All the off-season benefits that work in P-Town apply at Hampton as well. Kentville features funkier, more fun rooms, an off-beat friendly staff, and larger, walk out balconies, right on the ocean, no room service or pool. (1-800-992-4297) At the Ashworth, a spacious room normally costing \$189.00 in season - queen bed, microwave, refrigerator, flat-screen big TV with cable, large tiled bathroom, balcony right on the beach, I got for half-price. I had to bargain a little. I was first offered the room for \$150.00, asked for a better price, was offered \$120.00, began to walk out the door and was stopped by

the following phrase, "Sir, we have a special just today for \$82.50." Special enough for me. That hotel, by the way is large, well-run, clean and features a heated indoor pool, convention areas, an excellent year-round upscale restaurant and coffee shop - (603-926-6762)

From the second floor, I could see the entire stretch of walkable beach, stretching out to my right and left, complete with dark shiny rocks that appear only at lowest tide. Between low and high tides, four hundred feet of sand appear and disappear. Clad in black Neoprene wetsuits, young surfers appeared most afternoons, making the most of small vigorous waves. In the mornings sun rise was spectacular. One night it snowed and the beach the following morning looked more like the Arctic Ocean than the Atlantic.

I had so much peace in off-season Hampton Beach that I hated to leave but I did, reconnecting south to I 93, then I 95, right through Boston, then connecting to state road 3 and finally to US Route 6 once you've crossed the Cape Cod Canal - all the way up the narrow land mass to its terminus, Provincetown. What did I do? As little as possible. The friendly time-share people had communicated to me that this (very early spring) was the ideal time for a "do nothing" vacation" and they were preaching to the choir.

I did restaurants when I was not cooking for myself. Sleeping late and going to bed early. Walking on the beach, alone. Reading on the beach, alone. No phone calls. No computers. I had a cell phone because Michelle and Joelson gave me one. Very little TV.

For me, that was a welcome change of pace and that's what vacations are supposed to be.

Haverhill Corner Library Announces Dickens Discussion Series

Haverhill, NH—The Haverhill Corner Library will celebrate the bicentennial of the birth of Charles Dickens with a winter book discussion series featuring his works, the library has announced. The series will begin with a discussion of *The Pickwick Papers* on Monday, January 16 at 7:00 PM; the other titles to be discussed are *David Copperfield*, *Bleak House*, and *Great Expectations*.

The book discussions will be held at the library and will be free and open to the public. Copies of the books will be available to borrow in advance.

Born February 7, 1812, Dickens was one of the most famous and popular writers of the Victorian era. The son of a clerk who was sent to prison for debt, Dickens spent part of his childhood working ten-hour days in an effort to help support his family. When the family's fortunes improved somewhat, he was able to obtain an education and eventually began a working as a journalist. His first novel, *The Pickwick Papers*, became a popular phenomenon while still being published

as a monthly serial, and his career as a fiction writer was firmly established.

Dickens wrote some of the best-known works in English literature, including *Great Expectations*, *A Tale of Two Cities*, *Oliver Twist*, and *A Christmas Carol*. His public readings of his work were extremely popular, and he made a series of reading tours throughout Great Britain and two in the United States. Today, he is remembered particularly for his colorful characters, vibrant prose, insightful humor, and concern with social issues.

"The bicentennial of Dickens's birth is an opportunity to reflect on his lasting contribution to English literature," notes John Landrigan, a library trustee. "His books have not only been consistently popular since his own time, they have also inspired numerous adaptations that have kept his stories and characters in front of readers in a variety of forms."

For more information, visit the library's web site at hliba.blogspot.com or call 603-989-5578.

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Littleton Native Opens Riverside Engineering, P.C.

LITTLETON, NH - With experience gained through working on dozens of local development projects and a familiarity with the region after growing up in New Hampshire's North Country, James F. McMahon III now offers civil design and environmental permitting assistance through his new company, Riverside Engineering, P.C. "My goal is to be a local resource, providing technical expertise close to home for people looking to develop properties, as well as municipalities that need to upgrade their infrastructure, while maintaining historic and aesthetic integrity," McMahon said. A 1999 graduate of Littleton High School, McMahon received his bachelor's degree in civil engineering from the Wentworth Institute in Boston and his master's in civil engineering from the University of New Hampshire. While a student, he worked at Yeaton Associates and after earning his degrees, he returned to Littleton and worked Provan & Lorber and Horizons Engineering. "I came back to the area to be close to my family," he said. Ten years after graduating from Littleton High School, McMahon had a hand in the design plans



for the Littleton High School Career Technical Center and prepared the design plans for the expansion of Ammonoosuc Community Health Services in Littleton. McMahon's portfolio of projects is diverse, and includes everything from the permit and design of residential developments to providing permitting assistance for construction and enhancement of ski trails, golf courses, dams and he's even provided on-call expertise and observation to help property owners in Bretton Woods deal with a 2,000-foot long ice jam along the Ammonoosuc River.

Licensed in New Hamp-

shire, as well as Maine and Vermont, McMahon provides one-on-one consulting for each client throughout the design and permitting process. "We are here to help," he said, "We offer professional services that will help everyone from homeowners navigate the design process to guiding towns and cities through the permitting process on their way to making improvements in their communities."

For more information, contact McMahon at Riverside Engineering, P.C. at 603-481-1420 or via the company website, www.RiversideEngineeringPC.com

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Paul & Melissa Graves

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Shirley Grimes & family
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Patti Severino
Abra Stefanos

In Memory Of

Marion Adams
Diane Marie Rowe, Denise Lynn Smerdon Rowe, Seth Conrad, Maurice Bedard.

Seth Conrad
Emily Brooks
Mary Thompson, John Conrad, Linda Conrad, Kaitlyn Conrad, Tom Conrad,
Seth Conrad
Kaitlyn Conrad, Tom Conrad, John Conrad, Abe Conrad, Kathryn Conrad
Bill Coon
Dick's Parents, Henry & Esther Eastman; Lil's Parents, Sherman & Alvina Godbout
Robert Foote, Elmer Warriner, Lena & Charles Foote, Ethel & Alvin Prusia,
Dean Prusia
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January 10, 2012 Volume 3 Number 7

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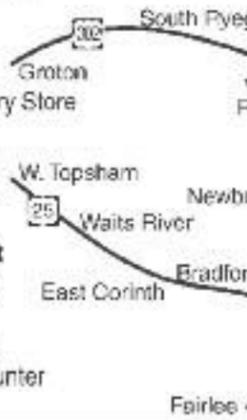
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Where Will Always Be Trendy Times

January Is National Mentoring Month



you'll be amazed by how much you'll get out of the experience.

Recent studies have shown that close connections with mentors can foster improvements in an adolescent's ability to connect with others, especially their parents, and that a good mentoring relationship instills hope and positive expectations.

It takes one person to make a difference in the life of a child. You can be that person. Visit www.mentorprojectuv.org to learn more.

January is National Mentoring Month and the Advisory Board of The Mentoring Project of the Upper Valley (TMP) is hosting a Mentor Appreciation Dinner on January 18th to honor its dedicated mentors, some of whom have been a mentor to the same local youngster for at least 5 years. Tickets to the Dinner at the Perfect Pear Café are available from TMP Board President Drew Perry, at A Notch Above Auto, or from TMP Board Members - Russ Collins, Debra Edmands, Justin Klarich, Dave Cook or Tony & Teddy Mason-Sherwood. TMP Mentors Kevin Lawrence, Paul Jewett, Marvin Harrison, Chris Jacobs, Ceil Furlong, Tom Kidder, Alison Kidder, Cindy Clemence, Holly McLure, Matt Whitcomb, Cindy Crawford and Steve Tucker will be honored at this event to celebrate their commitment and service to young people in our area.

launched its annual campaign, so anyone wishing to support The Mentoring Project may send a tax-deductible contribution to TMP at PO Box 237, Bradford, VT 05033. Donations to The Mentoring Project help to provide salary for a part-time staff person, help to cover insurance costs and provide trainings for mentors and activities for mentor/mentee teams.

Anyone interested in becoming a mentor to a youngster, should contact Mentor Coordinator, Nancy Jones at 802 222-1624. To be a mentor, you don't need special skills, just an ability to listen and to offer friendship, guidance and encouragement to a young person. And

TMP has also recently

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Martin Luther King, Jr. Day**



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January 10, 2012 Volume 3 Number 7

Car Talks – Towing & Recovery

By Mike Lavoie

(Editor's Note – This third submission for TRENDY TIMES is from ASE Certified Master Technician Mike Lavoie, owner/operator since 1980 of Lavoie's AutoCare Center in Haverhill. In 2006, Mike was awarded the nationwide honor of NAPA ASE Technician Of The Year, country-wide recognition from industry professionals. He says he has no problem with the word, 'mechanic', "because they have always been the person who can fix things." Mike knows his way around tow technology - he holds certification Level 6-7 from WRECKMASTER certifying agency, the highest you can obtain, as well as certification from the TOWING AND RECOVERY ASSOCIATION OF AMERICA and has received recent award-level recognition from the American Towman Association. The AutoCare Center he runs now was begun by Mike's father, Joseph, in October of 1949)

LET'S TALK ABOUT TOWING AND RECOVERY. THEY'RE DIFFERENT, RIGHT?

There are differences. T'is the season for a possible tow. You could need a tow for a vehicle that won't start, or because of some mechanical problems, but for now let's talk about an accident or mishap due to bad weather - like a condition that may have been caused by bad road conditions, or the lack of those good snow tires we talked about last time in this space. The complexity of your situation will dictate the type of tow truck you need for recovery.

I DID INVEST IN A SET OF FOUR NEW SNOWS FOR THIS WINTER RECENTLY, BUT WHAT YOU HAVE DESCRIBED COULD STILL EASILY BE ME OR MY NEIGHBORS. HOW ABOUT AN EXAMPLE?

If you are sitting on top of a culvert you may need a tow truck that lifts the vehicle and then pulls the vehicle clear without further damage. In the industry, this is what is called a WRECKER - Here's another example - if you have gone over a steep embankment, you may also need a wrecker, again, where an angle-lift is necessary. Most wreckers have two winches so they are capable of lifting and pulling the vehicle in trouble at the same time. This is where the wrecker has the advantage over the other standard type of tow equipment.

WHAT IS THAT CALLED - I'VE SEEN THEM AROUND A LOT.

It's called a ROLL-BACK or FLATBED or CAR-CARRIER type of tow truck. These are the ones you see with the vehicle on the long back bed, and they are used primarily for break-downs and vehicles that may be just stuck in a snow bank.

NOT EVERY OPERATOR WHO PROVIDES SERVICE FOR TOWING AND RECOVERY IS TRAINED TO THE SAME LEVEL OF SKILL, RIGHT?

Right. The experience and training that tow operators have varies widely - like with various people in most jobs - and one aspect that's

important is that the operator is able to effectively utilize either type of equipment, wreckers or flatbeds, to their full potential, know which type is the right type for the job. Such specialists are well-trained and certified by recognized certifying organizations. If a towing job needs to be done for the State Police, for example, the tow operator needs to hold recognized certification before they can take such a job. I know that when you are in a bad situation, one where you need help, you may not be able to know these facts about all the potential tow operators who may be available. You might not know their exact qualifications - so you might go with the recommendations of the authorities at the scene. They will usually know who they have seen work and know who is trained and can do the job safely and professionally.

Here's a good example of needing expertise on the job. One of the most important factors to consider when towing a vehicle is to know what exact location to con-

nect to. This procedure done incorrectly can be responsible for large amounts of damage. Over the years, I have seen some pretty extensive damage where someone connected to a vehicle in the wrong place. And too often, this is just a nice person trying to help out, but they just were not experienced.

I BELONG TO A MOTOR CLUB, ONE OF THE BIG ONES, BUT I HARDLY EVER USE IT - HOW DOES THAT WORK?

Different clubs have different rules but some general procedures are shared across the board. 24/7 coverage is standard. Typically, the motorist in trouble calls the club from phone information on their cards. The club dispatches help from their list of participating service providers and the cost is covered under the terms of the membership the motorist holds. The motor club dispatcher takes into account who the nearest provider could be to keep distress and down time to a minimum. Other factors of course come

into play - weather and road conditions. Response time of course depends on call volume and location of the motorist in need. If the motorist in trouble ends up using a "non-contracted" tow service, the various clubs' rules differ on reimbursing out-of-pocket expenses to the motorist. Best to check with your club for specifics on that policy before you have to deal with them during a breakdown. It is quite all-right for a motorist in need to ask the dispatcher about the qualifications of a tow service provider.

ANY UNUSUAL RECOVERY JOBS YOU CAN TALK ABOUT?

I have on two different occasions been called in to rescue cows from high water where I assisted the farmers by lifting the animals using a special harness provided by the farmers - that gave a good feeling to all of us when the animals were safe. Neither cow, however, belonged to AAA. They let their memberships lapse. The cows both utterly forgot to pay their premiums.



Gardening Challenges

By Heather Bryant, Extension Educator, Agricultural Resources

Like many people, I inherited a perennial flower bed when I moved a year ago. The great part was that the garden was full of colorful, well established plants, and they got to that stage without any research or labor on my part. The challenging part was that since I hadn't chosen them I didn't know what some of them were. So, in order to care for them, I had to first identify them. I asked a landscaper friend and I visited a website hosted by the University of Vermont www.uvm.edu/~pass/perry/ which had a really helpful photo library. Once I identified the unfamiliar ones, it was an easy matter to look them up and find out what kind of care they need. I was very pleased to discover that whoever planted them did a beautiful job of choosing low maintenance, attractive plants. I thought I had all the

bases covered.

Then we had unusually warm weather in November and December and I discovered that two of my plants, a daylily and a sedum, were starting to sprout. An early warm spell in the spring will often cause perennials to start to sprout too early, but it is much less common in the late fall/early winter.

It turned out, that too little mulch combined with lack of snow cover and sunny warm days conspired to fool my plants into thinking it was spring. Of course with the cold snap of the first week of 2012 the sprouts are almost certain to die back. Since my plants are already established they should be fine. Established perennials tend to have significant energy reserves stored in their roots, which will see them through. However, repeated cycles of sprouting and dying back can kill young

or weakened plants.

Cathy Neal, UNH Cooperative Extension Ornamentals Specialist, suggests adding mulch now to prevent further sprouting and then removing it in the spring so any decomposing plant material from the sprouts will not have an opportunity to cause disease. She also said "Cutting the branches from your Christmas tree and using them to cover your perennial beds is a timely way to recycle your tree right now."

Challenges aside, the flowers were beautiful last year and well worth the time and effort to care for them. For more information on a variety of gardening topics please visit our publications page extension.unh.edu/resources/category/Home_and_Garden or to get specific questions answered call our toll free information line at 1-877-EXT-GROW.

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A Warm Thank You Note

I wanted to have this letter sent out last month following the 4 successful coat drives, but the craziness of the season got the best of me demanding my attention be spent on more important things, the 'Dear Santa' letters of my 8 little granddaughters. I don't know where or how to begin to thank everyone involved in the coat drives that we ran this last Nov-Dec. We gathered almost 400 'gently used' or new coats that were then donated to Operation Santa Clause in Bradford, VT and Upper Valley Haven.

First, I thank Sherri Lewis Wood and her foundation One Warm Coat for their excellent guidance on how to run a coat drive. Their mission is that everyone who needs a warm coat can get one in his or her hometown, easily, free of charge. Secondly I thank Mary and Ed Wendell at Hill's 5 & 10 in Bradford, VT, Theresa Moore at the Dartmouth Bookstore in Hanover, NH, Aletta Chapman Traendly at Chapman's Country Store in Fairlee, VT and Storme Odell, Odell Insurance Company and the Interchurch Council, made up of the Bradford United Church of Christ, The Bradford Methodist Church, The Lady of Perpetual Hope of Bradford, VT and The Piermont Church of Piermont, NH. All of these people enthusiastically donated their time and energy in making these drives the success that they were.

Last but not least a big thank you goes out to all of you who donated coats, your generosity is inspiring. One woman, in Florida for the winter, immediately upon receiving her church bulletin announcing the coat drive sent a coat up to go in the donation box. Another man, a father of two young children,

came into Hill's 5 & 10 and purchased a new children's winter jacket to go into the collection, closely following the storyline in the book 'Helping Santa: My First Christmas Adventure with Grandma' that we published in October, which was my inspiration to do this in the first place. It is a story which fully encompasses the spirit of Christmas and reassures us that we never have to stop believing in Santa Claus.

I also want to say a word of appreciation for Sara Kobylenski, Executive Director, and Jennifer Horton Fontaine, Director of Community Services and all the volunteers and staff of the Upper

Valley Haven and also for Bruce Bishop and the students of Oxbow High School who run Operation Santa Claus in Bradford, VT. I find it very reassuring to realize that if I fall on hard times, there are folks in my community who will be there to help me out.

This year I really got to feel like Santa Claus delivering all those coats. Being a part of these drives and feeling everyone's enthusiasm was infectious and made this, for me, one of the best holidays ever.

To all of you a big THANKS!
 Carole Kitchel Bellew
 Managing Director, Bunker Hill Publishing

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12 What's In Your Genes*

By Sheila Asselin

When I was in the eighth grade our history teacher Miss Pilquist (that really was her name and I have the yearbook to prove it) was a great devotee of genealogy. For our first assignment she told us to research our ancestors and write what we could find. She hit pay dirt as just about everyone came up with a Lord So and So, a famous pioneer, great inventor, etc. hanging on their family tree. What a great discovery! I was sorely tempted to write that I came from a long line of peasants on both sides but dared not do it. Miss Pilquist would not have been amused. Miss Pilquist was seldom amused and this definitely would not have done it. So I kept my fat mouth shut and managed to come up with an ancestor who had fought at Gettysburg (on the

Union side.)

Years later when I started to research genealogy in earnest it was a whole different story. North Carolina where I was born did not start keeping birth records until 1912. Knowing I would not be able to find my grandfather's birth certificate I decided to do it in reverse and look for a death certificate. He died in 1919 in the great flu epidemic which swept the world after World War 1. The certificate said "inflammation of the lungs". Mother's name Frances Moore. Father's name -- mother never married. Great!

Undeterred I looked for my maternal grandfather. From church records I saw where he had married my grandmother in the Catholic Church in 1909. Later in 1914 he married another

woman in the Methodist church never bothering to divorce my grandmother. My mother's youngest sister Helen was born in 1916. That rascal! So one grandfather was a bastard and the other was a bigamist! Thanks for asking!

Such are the perils of genealogy. We all have noble heroic ancestors. We all have our share of horse thieves, cattle rustlers, and used car salesmen too. Apparently it DOES take all kinds!

So by all means look up those characters who did all that biblical begetting. And finally there was you. Delve long and deep and find all you can. If some turn out to be bastards or bigamist just don't say I did not warn you,

*mine say Levi-Strauss

Groton Historian Needs Your Help



Vermont, I need your help on a project I am working on for the Groton Historical Society. In the early 1900's two Grotonians by the name of Earnest F. Clark and Robert A. Davidson established and incorporated with the State of Vermont a Company called Groton Electric Company. They installed the first electric lights in December 1909.

This power came from a new Generating Plant (Unit #12) which is shown in the accompanying picture. This provided electric power to the lower part of the Town. Power Generating #13 was located on the meadow across from the Bobbin shop owned by Doug French (now Northeastern Log Homes) This was a brick building that was supplied by water from a Penstock that came from up above the old iron bridge. This penstock ran under the road (Route 302) through the pasture of my Grandparents, Fred and Virginia Frost, and into the pasture of David and Marion Hall. The unit supplied power to the upper part of Groton and Westville.

Over time Groton Electric

Public Utilities Corporation and then changed hands again to become PeoplesHydo Electric Vermont Corporation. In December 1944 Green Mountain Power abandoned both Units #12 and #13, the penstock was dismantled and most easements were returned to the land holders.

Your help is needed in any information you might have or know about these two units. I am doing this to increase our history of how power was provided to our town. Any help you can give me would greatly be appreciated. Although I live in North Carolina now, Groton will always be home and I am proud to research this project. With your help we can add to our history. Thank you in advance for your consideration in this matter.

You can contact me at:
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January 10, 2012 Volume 3 Number 7

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

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OBITUARY

MILTON LEROY VANNORDEN



Woodsville, NH – Milton Leroy VanNorden, 77, died December 28, 2011 at his home, following a period of failing health.

He was born in Chelmsford, MA, November 21, 1934, a son of Lemert and Mary (Colbeth) VanNorden. "Van" served from June 1956 to June 1958 in the United States Army. He married Joanne Wilkins on August 31, 1969.

For 25 years Van was a long haul truck driver for the former St. Johnsbury Trucking Company. Then, he

worked for Currier Trucking in Lancaster, NH. Later, Van was a bus driver in the Haverhill Cooperative School District; first with Clough Transportation and then for ten years with First Student. He worked at McDonalds in Woodsville for four years, including their opening day. He is a member and former Deacon at the Wells River Congregational Church. For over 25 years, Van was well-known for playing Santa Claus in the area.

He was predeceased by his parents and a brother, Richard VanNorden.

He is survived by his wife of 42 years, Joanne VanNorden of Woodsville; his children, Kevin VanNorden and wife Nicole of Woodsville, NH, Michael VanNorden of Woodsville, Robert VanNor-

den and Karen and Susan; granddaughters, Paige and Kathleen; a great granddaughter; two sisters, Esther Greenwood and Ruth; and several nieces and nephews.

Calling hours were held on Wednesday, January 4, 2012 from 6-8 PM, at Ricker Funeral Home, 1 Birch Street, Woodsville, NH. A brief Prayer Service followed the calling hours. Burial will be in the spring in Pine Grove Cemetery, Woodsville.

Memorial contributions may be made to Woodsville Emergency Services, 4910 Dartmouth College Highway, Woodsville, NH 03785.

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

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

OBITUARY — VIOLA MAE GRENIER



Woodsville, NH – Viola Mae Grenier, 95, died December 27, 2011 at the Grafton County Nursing Home in North Haverhill, following a period of failing health.

Vi was born in Bath, NH, October 8, 1916, a daughter of Arthur and Leona (Noyes) Young. She was a graduate of Bath High School, Class of 1934 and from the Concord College of Business in 1939. Vi worked as a bookkeeper at the Laconia State School and as a stenographer for the Exeter, NH Manufacturing Company. During World War II, she served with the WAVES and was stationed in San Pedro, CA, where she was in charge of personnel records for enlisted men. She served from May 1944 to March 1946 receiving her Honorable Discharge as a Yeoman First Class. For many years following, Vi was a legal secretary for the former Harold K. Davison Law Firm and later at Dearth Insurance Agency, both in Woodsville. A gifted seamstress, she enjoyed sewing and needlework and taught sewing to 4-H classes for many years. She was a member of Ross-Wood American Legion Post # 20 and Auxiliary of Woodsville where she served as the Auxiliary secretary for more than

50 years. Along with her sister, Zellene Burt, they altered and repaired the uniforms for McLure's Student Band, and in recent years she was a volunteer with the local RSVP.

Vi was married to Frederick J. Grenier on June 12, 1948 and he predeceased her on February 25, 2010. She was also predeceased by her sisters, Isabelle White, Elsie Willis on January 4, 1999, and Zellene Burt on March 21, 2004.

Survivors include a daughter Cheryl Garside and husband Jeffrey of Fair Haven, NJ and a son Michael Grenier and wife Delia of Concord, NH; four grandchildren, Timothy, Christopher, Kimberly, and Amie; and four great grandchildren Emily, Ashley, Logan, and Olivia;

and several nieces, nephews, and cousins.

There will be no calling hours.

The funeral service was held on Friday, December 30, 2011, at 11 AM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH. Spring burial will be in Pine Grove Cemetery, Woodsville.

Memorial contributions can be made to the American Legion Auxiliary Scholarship Fund, c/o Mrs. Nancy Partington, Legion Auxiliary Unit #20, 4 Ammonoosuc Street, Woodsville, NH 03785.

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

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

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More Secrets To Anti Aging

January 10, 2012 Volume 3 Number 7

Boosting Immunity
Against Age-Related Disease: One of the main causes of aging is reduced immune response that puts the body at risk for disease causing stress and environmental toxic reactions. The immune system is ever-watchful, constantly searching for alien substances (antigens) that don't belong in our bodies. It can deal with a wide range of pathogens-viruses, fungi, bacteria and parasites. It can even recognize potential antigens, such as drugs, pollens, insect venoms and chemicals in foods, and malignant cells and foreign tissue, such as transplanted organs. Factors influencing reduced immune response are emotional stress, prolonged use of antibiotics and cortico-steroid drugs, glandular malfunction, usually the result of poor diet and nutrition, allergies, food and otherwise, staph infections, some immunization shots, environmental and heavy metal pollutants, and radiation. Building immune response with herbs and lifestyle is a good preventative measure for those in their golden years to protect themselves against disease.

Anti-oxidant Herbs include: Rosemary, Ginkgo Biloba, Reishi Mushroom, Maitake Mushroom, Astragalus Root, Alfalfa, Hawthorn Leaf, Flower & Berry, Ashwaganda Root.

Adaptogen Herbs for Resistance include: Bee Pollen, Royal Jelly, Panax Ginseng Root, Pau D'Arco Bark, Alfalfa, Suma Root, Schizandra Berry, Siberian Ginseng

Root, Fo-Ti-Tieng Root.

Super-food Herbal Sources include: Barley Grass, Alfalfa, Royal Jelly, Bee Pollen, Kelp, Parsley Root & Leaf, Aloe Vera, Chlorella, Spirulina.

Enzyme Therapy Herbs include: Dandelion Root & Leaf, Milk Thistle Seeds, Licorice Root, Nettles, Green Tea, Oregon Grape Root, Aloe Vera.

Addressing Cataracts & Macular Degeneration: Age-related macular degeneration (AMD), affects 9 million Americans and is the leading cause of blindness in the elderly. Lifestyle factors greatly influence vision as we age. Liver malfunction, environmental pollutants, or a poor diet can cause eye damage, especially free radical damage, so a diet rich in antioxidants makes a lot of sense.

The carotenoids lutein and zeaxanthin, like spinach, kale, and collard greens, reduce the likelihood of getting (AMD) by up to 45%. Cataracts are the leading cause of impaired vision in America affecting over 4 million people. Even though cataract surgery is successful today, most operations have to be repeated in 2 to 5 years. Herbs are good choices for boosting your eye care because they can deliver highly absorbable carotenes, vitamin A, minerals and anti-oxidants very efficiently. Natural therapies can even arrest and reverse early cataracts. Reducing sugar intake, refined foods, pasteurized dairy, and red meats is also important as these foods slow metabolism

and form crystallized clogs.

Eye Specific Herbs include: Eyebright, Rosehips, Chamomile, Bilberry Berries, Ginkgo Biloba, Fennel Seeds, Aloe Vera, Turmeric, Kelp & Sea Vegetables.

Alpha & Beta Carotene Sources: Spirulina, Kelp & Sea Vegetables, Aloe Vera, Bilberry, Nettles, Elder Flowers, Red Raspberry, Bee Pollen, Garlic.

Sugar-Regulating Herbs include: Royal Jelly, Bee Pollen, Dandelion Leaf & Root, Mullein, Cedar Berry, Parsley Leaf & Root, Licorice Root, Wild Yam Root, Gymnema Leaf.

Counteracting Alzheimer's Disease: Alzheimer's has become the most common form of senile dementia resulting in the loss of memory and almost every mental function. The brain develops "neurotic plaques" which consist of degenerating nerve terminals, and other brain material. There is hope for treating Alzheimer's disease nutritionally, especially with certain herbal remedies that can help correct the deficiencies triggering memory loss, and can neutralize free radicals preventing further cell damage. Certain herbs like ginkgo biloba, can be very beneficial for people with cerebral-vascular insufficiency. A vegetarian diet with fresh foods, high fiber, whole grains and cultured products is thought to prevent many forms of senile dementia (meat eaters are more likely to develop dementia than people who are vegetarians). Oxygen therapy and chelation therapy

are very helpful in oxygenizing and detaching the plaque cells, showing marked improvements in the symptoms of dementia.

Brain Nutrients & Choline Sources include: Gotu Kola, Ginkgo Biloba, Kava Kava Root, Bee Pollen, Royal Jelly, Schizandra Berry, Fo-Ti-Tieng Root, Wood Betony, Sarsaparilla Root, Panax Ginseng Root.

Silica Source, Mineral-Rich Herbs: Horsetail, Kelp, Sea Vegetables, Oatstraw, Nettles, Barley Grass, Dandelion Root & Leaf, Carrot Powder, Alfalfa, Irish Moss.

Essential Fatty Acids Brain Nutrients include: Evening Primrose Oil, Flax Seed Oil, Borage Seed, Chlorella, Kelp, Dulse, Spirulina, Barley Grass, Fennel Seed, Burdock Root, Dong Quai Root.

Slowing Wrinkles & Gray Hair: Aging skin texture occurs when collagen becomes hard and cross-linked with neighboring collagen fibers, preventing it from holding water and maintaining elasticity. It collapses on itself, forming a kind of fish net below the surface of the skin, seen as wrinkles. The cause of cross-linking is free radical damage. Free radicals attack skin cell membranes, collagen and elastic proteins, resulting in dry skin and sagging skin contours. Healthy hair is a mirror of both good nutrition and common-sense, daily care. Hair consists of protein layers called keratin. In healthy hair, the cell walls of the hair cuticle lie flat like shingles, leaving hair soft and shiny. In

damaged or dry hair, the cuticle shingles are broken and create gaps that make hair porous and dull. Skin and hair problems are often the first indication of nutritional deficiencies. Herbs have been used for centuries to maintain and improve the underlying vitality needs of healthy, youthful skin and hair.

Anti-oxidants for anti-wrinkle effects: Sage, Rosemary, Aloe Vera, Reishi Mushrooms, Evening Primrose Oil, Wheat Germ Oil, Grapeseed Oil, Alfalfa.

Phyto-Hormone Source Herbs include: Panax Ginseng Root, Ashwaganda Root, Damiana, Sarsaparilla Root, Licorice Root, Wild Yam Root, Burdock Root, Black Cohosh Root, Dong Quai Root.

B Vitamin Source Herbs: Brewer's Yeast, Royal Jelly, Bee Pollen, Parsley Leaf & Root, Dong Quai Root, Thyme, Burdock Root, Kelp, Sea Vegetables, Dandelion Root, Red Raspberry.

Each selected category represented here list herbs to implement their qualities into your body. Compounding herbs is the best approach to receiving all benefits, as this assures that primary and secondary symptoms are addressed, and herbs that are catalysts/transporters can complete the mission. Compounding herbs is the specialty here at Thyme to Heal Herbals.

Blessings for a Happy 2012.

Melanie

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Melanie Osborne is the owner of Thyme to Heal Herbals 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 250 medicinal bulk herbs, teas and capsules, all made on premise. 603-838-5599 thymetoheal01@yahoo.com

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Scary People

The Blood Countess

Elizabeth Bethory

Warning: What you're about to read is real and may be too scary for those of young or weak at heart. You have been warned.

She bathed in the blood of virgins to keep her young look and according to records killed an estimate of 650 women. She's Elizabeth Bethory, the Blood Countess of Hungary, and one of the most frightening figures in history. Can anyone be born evil or perhaps was she taught to treat others harmfully? Her early years may be the cause of why she turned out the way she did.

She was born on August 7th, 1560 to a wealthy and powerful Hungarian family. Her family history provides that black hearts run in her family: her aunt, Klara, used to enjoy torturing female servants. At a young age, Elizabeth eye-witnessed the execution of a gypsy who was sewn in the stomach of a live horse and left there to die. At the age of eleven, her family arranged her to be married to Ferenc Nadasdy. They would then wed when she was fifteen in 1575. You'd think she would just settle down in a nice castle in the mountains. Yeah, so did Vlad Dracula (the real one), and look what he did. She didn't settle down and in all honesty compared to Dracula, he was a savior saint.

Elizabeth loved to punish the servants, if she was to hit you with a large club, that was her on a good day. Most of the

time, if you were a servant in her kingdom of blood and misery, she would stick needles in your upper and lower lips, flesh, and under the fingernails. She would also have her servants dragged out during a cold day, left in the snow, while she poured cold water onto them until they froze to death.

She also had an entourage of disciples, who took no pain or pity in the victims they punished. One such member, Anna Darvulia, a mysterious woman who had Elizabeth wrapped around her finger, taught the countess new torturing techniques. But after Darvulia died when Elizabeth was in her 40's, it made her even more reckless. One night, she had a servant drag a woman into her room while she was in bed. She then proceeded to bite her cheek, and then she took a chunk off the woman's shoulder off, and other parts that I will keep PG.

The beginning of the end for Bethory was in 1611 when allies of her harm doings were convicted. There trials stated that they "only" killed between fifty or sixty people. But that proved to be false when a fifth eyewitness, pleading for mercy of one of her friend's, gave forth a journal found that was handwritten by Elizabeth herself. All known killings were on this journal and the total came to an astonishing 650 poor souls. The prosecutors didn't feel so compelling. Here's how the five were exe-

cuted: the first two accomplices had their fingers cut off one by one, their bodies thrown into a blaze to burn; another younger accomplice was too young and had fewer crimes against him, so he was quickly beheaded; another one was executed but it is no specified how.

Elizabeth, though the cruelest of her blood craving followers, was only convicted to "Castle Arrest." On 1614, at the age of fifty four, she was discovered face down, and dead. I guess that's where that old saying is true, "What goes around, comes around" and death came to the one who thought she was death herself. Her so called bloodlust didn't keep her alive, because like other cruel dictators before and after her, they were only born to fail.

Sources: http://www.whataslacker.com/backdoor/elizabeth_bathory/ - I am no slacker, but this website had a lot of useful information on our bloodlust Scary People candidate.

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By Ronda Marsh

The "Original" Whoopie Pie Recipe

Okay, okay...so I have no solid evidence that this is actually THE original Whoopie Pie recipe; you got me there. But, I do know for a fact that this recipe is very old, and is probably similar to the first Whoopies ever made, as it came from my mother's older sister (who, if she was alive, would be 103) and who lived in Maine, where the Whoopie Pie is rumored to have originated. She came for a visit in the early 1930's, whipped up a batch, and my family has been making and eating them ever since.

I recently got a phone call from my nephew in Montana, whereby he commenced whining and complaining that in the West, they have no concept of what a Whoopie Pie is, and although he was able to buy a version of what one bakery labeled as a Whoopie Pie, it turned out to be just chocolate sheet cake stamped out in a round shape, with canned frosting sandwiched between it. It seems that one of the key filling ingredients, Marshmallow Fluff, is not even marketed in most western states, so creating a true Whoopie Pie is just not going to happen there. \$2.00 poorer and unhappy with the Whoopie imposter, he

pleaded for a shipment of the real thing. Not willing to endanger my title as "The Best Aunt in the World", I acquiesced and managed to ship the Whoopie Pies in time for him to enjoy for Christmas. I made him promise not to go back to that bakery and show them what a true Whoopie looks and tastes like; after all, why torture them with something they can't possibly have?! Fortunately, Marshmallow Fluff is very common here, and most of us in the East have it sitting in our cupboard, so with very little time or effort, and sans the involvement of the U.S. Postal Service, you, too, can experience "The Original Whoopie Pie"!!



Whoopie Pie Filling:

- 1/2 cup vegetable shortening
- 1 cup sugar
- 1 egg
- 1 cup whole milk
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/3 cup cocoa powder

- 3/4 cup vegetable shortening
- 1/2 cup marshmallow fluff
- 3/4 cup confectioner's sugar
- 1 teaspoon vanilla extract
- Dash of salt

Preheat oven to 425°F. In a large bowl, cream the shortening and sugar with an electric mixer. Add the egg and beat well. Sift the dry ingredients. Measure the milk and add the vanilla to it. Incorporate about a third of the dry ingredients into the shortening/egg mixture, followed by a third if the milk/vanilla mixture. Beat to incorporate, and then repeat until all ingredients are well mixed. Drop the batter by rounded tablespoons (I use a small scooper for this) a couple inches apart onto parchment lined cookie sheets (If you do not have parchment, use an ungreased cookie sheet, but make sure it is not a dark colored one, or they'll scorch). Bake for 7 minutes, until Whoopies are domed and bounce back when lightly touched on top. Allow to rest on the cookie sheet for a minute before removing to a wire rack. Make the Whoopie Pie Filling, by combining all ingredients in a bowl and beating with an

electric mixer until smooth and fluffy. After the Whoopies are completely cooled, spread 1/2 of the finished Whoopies with a generous gob of Whoopie Pie Filling, and top with the other halves. Remember to wipe all evidence of the chocolate

and cream from your face before attempting to explain to your family why there are only 6 Whoopie Pies left from a batch of 12!

These keep very well, when individually wrapped in waxed paper and stored at room temperature.

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A Very Bradford Christmas

By Marianne L. Kelly



BRADFORD, VT--Christmas Day 2011 marked the 16th year that the Bradford Congregational Church opened its doors and the Bradford community opened their hearts to people who might otherwise spend Christmas Day alone or find themselves travelling through unfamiliar territory.

Bradford residents, as well as people from surrounding towns and beyond were treated to a sumptuous feast coordinated by Bradford's Linda Moore, her husband, Gary and their exceptional team of volunteers who prepared, cooked and served generous portions of turkey and ham with all the trimmings, homemade rolls and a variety of homemade pies.

People enjoyed their din-

ner at festively decorated tables covered with pristine white linens, fine china, silverware and sparkling glasses.

Those who were unable to attend the dinner had Christmas meals delivered to their doors, and rides to and from the banquet were provided by the volunteers. According to Linda, they served three hundred plus dining room and takeout meals.

The banquet takes place every Christmas Day from 12-2, at the Bradford Congregational Church. All are welcome, and there is never a charge.

Thank you Linda, Gary and your team of "elves," for making this day special for those who might otherwise be forgotten.

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