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OCTOBER 26, 2010 VOLUME 2 NUMBER 2

The Gallery Of The Warners

From Start To Finish, A Family Tradition

By Robert Roudebush

WELLS RIVER, Vermont - Clear-eyed and practical, Jan Warner nevertheless is up-front about feelings she may have on the day Warner's Gallery restaurant closes November 28 of this year – she may bawl like a baby.

"I've been married to the place for 31 years, it's been a good business, allowed me to provide good educations to my kids, some vacations. Life has been kind of fun and kind of stressful."

Warner's Gallery shutting down doesn't seem possible. The prime rib, the salad bar, the sinful dessert cart. Haverhill families like ours have been eating there for years, for birthdays, for special occasions, for 40th and 50th wedding anniversaries, as for my parents, for family Sunday brunches. Warner's was the site for the reception for the folks who attended my dad's funeral. Warner's would always be there.

Not much longer. On my first visit there many years ago I spotted an animated waiter with bright eyes, a beautiful singing voice and personality named Derek who treated my father with respect, my mother with elegant courtesy, and he spoke Spanish with her. He served us with style. For us, Derek was the face of Warner's for a long time.

And all that time, and to this day, with only one hot line assistant, in addition to prep and dishwashing crews, Jan Warner was behind the scenes, cooking, making it all happen over decades of commitment and discipline.

Times and situations change. Derek left the eatery about three years ago. Large group bookings diminished as entertainment budgets were cut. Even as Warner's was running ads asking people to come eat with them, closing plans were announced, in those same ads. "Auction 10/28 at 11am, and Target closing 11/28." The auction will be for only serious bidders – those able and willing to proffer a substantial cash advance – who

will bid on the whole package, "land, lock, stock and barrel" The Warner's name may be in negotiation too, for those who may choose to continue the business as a restaurant.

How did this happen, the start and the finish? Jan Warner spoke with a visitor several days ago, the whole time the phone close to hand as customer calls came in. She is a compact attractive woman who radiates good sense and determination. Her sense of humor has been tempered but not eliminated by hard realities. She got early and frequent practice in "getting the job done" as the eldest girl of 10 children in a family on welfare that meant working and a lot of the work was cooking for younger siblings. "The boys would eat almost anything, and if they didn't like it, I kept cooking until they did." One of her first jobs was as a waitress behind an Anoka, Minnesota drug store counter serving flavored sodas and hamburgers - "The counter was so high, I could hardly see over it. I dealt with that, and learned in time that I could bake pies at home and sell them there, to help out the family. I was running the counter before long."

After years of traveling with husband Bob, she found herself in East Ryegate in Vermont, on Rt. 5 and bought her first eatery, "Phil's Drive In", and over time she turned it from four tables and a counter to seating over 200 people - a dance hall and restaurant. There was a campground attached, and the buildnow transformed, continues under her ownership as Warner's Apartments, with a campground. She once owned the Lisbon Inn, too, when it was apartments with a restaurant.

In May of 1979 Jan bought the 50-year-old building that houses the current Warner's Gallery. It had been a dining place of one kind or another for years, on and off, with small rental cabins still out back. "The place was filthy, you should have seen the layers of old linoleum - we cleaned it up, my sister and I, and got rid of the

cabins out back." Seating space was more than doubled in 1996 when a wide side porch was converted to a large, two-section banquet facility, in time the scene of hundreds of special and large group occasions. To this day, the interior of the dining area is a "gallery", stocked with numerous antiques, wall hangings, and portraits, each item in the display a story of friends and times in Jan's history. None of those will be sold.

It has been increasingly hard to find, train and maintain long lasting help. And the last year has provided some sobering family events, enough to make Jan stand back and take stock. Earlier this year her husband passed. Later on in the summer, one of her daughters,

Tracy, "my good right arm", the good server with the long blond hair well-known to patrons, spent two months off work recovering from hip-replacement surgery. "I've always looked forward and planned ahead", Jan points out. "I began to realize I was healthy, but for how much longer? What would happen to this place if I was off for two months or more? I was missing time with my grandson because he's not of an age yet to understand why I had to go to work. I was missing sunsets, I had not even checked out the fall foliage this year. My mother's in California, got a sister in Pennsylvania. I had to be at work early each day, and stay late. I thought about all that, looked ahead again and saw a new picture."

The new picture includes

continuing her food interest by "going on the road", creating an off-premises catering business. She feels deep gratitude for all her loyal patrons over the years. She wants to do more volunteer work. Spend more time with relatives and family. Maybe travel in ways she's not been able to. She's still an active landlord with several rental units. Part of what she sees these days when she looks around is how well all her daughters and sons-in-law are doing. Tracy is newly married, just this month in the restaurant. She may be moving soon into more responsibility for Warner's Campground. Shellie is an accountant and works with husband Derek in promoting the "Jamaican Food Products".

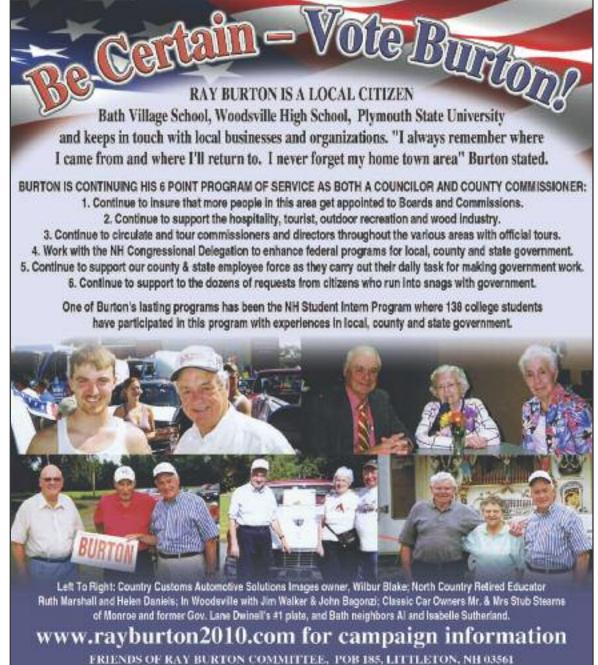
Jessie is the food service director at an upscale assisted living facility in Hanover, and Bobbie works as a drug and alcohol councilor in private practice and with young folks at the Lyndon Institute.

Jan's got a lot of sunrises ahead of her, and now, even some sunsets.

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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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By Gina M. D'Orazio

tax credits during the year?! Probably not until we sit down for our tax return preparation appointment. It is one of those "things" that I think most people don't consider until the possibility of qualifying for a tax credit is presented to us for consideration. So, rightfully so, you may be saying "Gina where are you going with this?"

Let me tell you about some tax credits that are available. These are some common tax credits that most individuals qualify for. I cannot stress enough to please consult with your tax professional to see if you are eligible for one or several of the tax credits.

- 1. Child and Dependant Care Credit - available for those who are working or seeking employment, and care for a child or dependant is required so that the taxpayer can retain gainful employment. The care expenses cannot exceed the taxpayer's earned income. The care expenses are limited to \$3,000.00 for one qualifying individual and \$6,000.00 for two or more individuals less excludable employer dependent-care assistance program payments.
- 2. Credit for the Elderly or Disabled – an individual may be eligible for this credit if (s) he was at least 65 years old at the end of the tax year or if they are retired due to a total and permanent disability.

How often do we consider 3. Education Credit - there are two education credits: Hope Scholarship which is \$2,500 per school year for 4 years of college. There are limitations to the Hope Scholarship.

> Lifelong Learning credit provides 20% of qualified tuition expenses paid by the taxpayer for any year the Hope credit is not claimed. There are limitations to the Lifelong Learning credit.

- 4. Child Tax Credit taxpayers who have a qualifying child(ren) is entitled to this credit of \$1,000.00 per child. A qualifying child is a child, descendent, stepchild, eligible foster child, sibling or decedents of siblings who are U.S. citizens whom the taxpayer takes a dependency exemption who is under 17 years of age at the end of the calendar year.
- 5. Adoption Credit is a nonrefundable credit and is allowed for qualified adoption expense under Sec. 23. Child must be under the age of 18 or physically or mentally disabled. There are adoption expenses that are excluded and those are surrogate parenting plan; violations of state or federal law; adoption of spouse's child and infant care supplies.
- 6. Retirement Savings Contribution Credit - A taxpayer may claim a credit for an eligible contribution to an eligible retirement plan. It is based on Gross Income and filing status. Inquire with your tax professional and provide them with your retirement savings information.
- 7. Residential Energy Credit a tax credit of up to \$1,500.00 to individuals for non-business energy property (i.e. residential doors and windows, insulation, furnaces). The credit is 30% of qualified costs. There is a lifetime credit of \$1,500.00 for improvements for the taxpayer's principal residence in the U.S. This credit is available for 2010 so save

- those receipts if you make any improvements and bring them to your tax professional for review and consideration for this credit.
- 8. Residential Mortgage Interest Credit - The interest on the home mortgage is the basis and the specified rate may not be less than 10% or greater than 50%. Put aside those statements you receive from your mortgage holder and have your tax professional review it at your appointment.
- 9. Foreign Tax Credit This tax is based on earned foreign income and the credit or deduction for taxes paid to other countries or U.S. Possessions. It would be wise to consult with a tax professional as you begin to earn the foreign income so you are aware of tax consequences/credits.
- 10. Earned Income Credit is a credit for individuals who have earned income and gross income below certain thresholds. The individual must have their principal residence in the U.S. for more than half of the tax year, be at least 25 years old but not over 64 years old and not be a dependant of another taxpayer. Upon review of the information, your tax professional will inform you if you qualify for this tax credit.

So at the end of the day (or tax year) save any and all information you receive that may assist in computing your eligibility for any of these tax credits. If you are unsure what to save then contact your tax professional at your earliest convenience so you are prepared at tax time. Take the time to figure out how you want to save your tax information - it can be as simple as placing all the information in a manila file folder or envelope, file box, shopping bag. It will make your tax return preparation appointment go more smoothly if you have all your information organized and with you.

Gina D'Orazio is owner of D'Orazio Bookkeeping in Littleton, New Hampshire. D'Orazio can be contacted by phone at 603-616-1601; or e-mail at doraziobookeeping@yahoo.com; or through her website at www.doraziobookkeeping.vpweb.com. You can also check out D'Orazio's Blogspot at www.dorazio bookkeeping.blogspot.com

Someone You Should Know

By Marianne L. Kelly



Rosemary Mangiapane -**Journey to Survival**

WOODSVILLE, NH -- Just over two years ago, Rosemary Mangiapane went through the terrifying diagnosis and treatment of stage two-breast cancer. A native New Yorker, Rosemary has called Barnet home for more than 25 years, and works at Cottage Hospital.

Rosemary lost her mother, a "fresh air kid," to breast cancer in 2000. Her brother-in-law succumbed to pancreatic cancer in April 2007, and in June, 2007, Rosemary learned she had breast cancer. She discovered a lump though selfexamination.

"Pay attention to your body, and any imperfections you see," she said. "My breast was changing shape. I watched it for about a month, and noticed a little bruise." Realizing "something's not right," she did a self-exam. She called her gynecologist who saw her within a week. "I knew it was cancer," she said. Her scheduled routine mammogram required more images.

"You have breast cancer" A biopsy showed a cancerous tumor, and nuclear testing showed the cancer was

in her lymph nodes. Rosemary, who religiously gets a yearly mammogram, was incredulous to learn that one year she was cancer free, and the next had stage twobreast cancer.

After thinking, "What do I do now?" she put her life into the doctors' hands. "That's what you have to do. Your life and choices are very limited, and for an independent person, very hard."

Rosemary credits her survival to her team of Cottage Hospital's doctors and nurses, and calls her journey a "humbling experience." "I also had the support of my family, which is most important of all."

Her husband, Joseph and daughters, Theresa, an x-ray technician at Cottage Hospital and Mariann, an x-ray technician currently studying for an advanced degree, were her main support. "My husband and Theresa came with me for the biopsy as Marianne had just started college. "I think it bothered them more than it bothered me."

A gamut of emotions

An emotional time Although she ensued. "knew" she had cancer, her shock at the confirmed diagnosis left her feeling numb. "After the numbness wore off, I realized I needed to count my blessings and put my life in order so I could fight this disease."

Her first thoughts were of her family. Fortunately, her children were grown. "I was pretty much able to take care of myself, but knew I would always have family support."

"People came out of the woodwork to tell me about their cancers. Years ago cancer was kept secret, but today we have a network of

'sisters and brothers' willing to talk." Rosemary got the best advice from a co-worker who told her, "It's a tough road, but worth it." A neighbor who did not survive advised, "When you are going through chemo, your resistance is low, and you need to keep yourself healthy." She learned to keep people away who had any illness, no matter how slight.

Treatment

Rosemary had a lumpectomy on the cancerous breast and a benign cyst removed from her left breast. A month later, she began chemotherapy. Her oncologist explained the cancer stages, and told her that hers was aggressive, and would be treated aggressively." He explained the negative aspects like organ damage. "I was lucky, I didn't experience that." He also told her she could die. "You have to hear that," said Rosemary," so you can decide if this is what you really want." Rosemary decided to "beat the cancer or die trying."

Rosemary had chemo sessions lasting five hours every three weeks. The first session found her "scared to death." She got through that session, but found succeeding treatments more intense. They affected her senses and coordination for the first couple of days. She felt nauseous and lost her hair. She bought hats and wigs, but the wigs "were me." She decided to stick with basic scarves and cap.

"My last chemo was a few days before Thanksgiving 2007, and I started radiation a little over a month later at the Norris Cotton Center in St. Johnsbury. Her last radiation treatment was Valentine's Day, 2008. She has been cancer free since, and her survival prognosis is at least 70%.

Life is sweeter

For Rosemary, life became sweeter and people dearer. "She stresses the importance of a yearly mammogram. "It saved my life." She advises cancer patients to keep a journal, tell their stories, and call Cottage Hospital's Cancer Support program.

There are special folks among us whose names no one, outside their families and friends will ever know. Each month we will introduce you to one. Eventually we will feature someone in every issue. Have a suggestion? E-mail: marianne@ safeharbourpress.com.

According to the American Cancer Society, 11 million cancer survivors will celebrate their birthdays this year.

Here's to many more and many happy returns!

Editor's Note: For the latest on self-examination check your physician, Cottage Hospital or go to www.breastcancer.org.

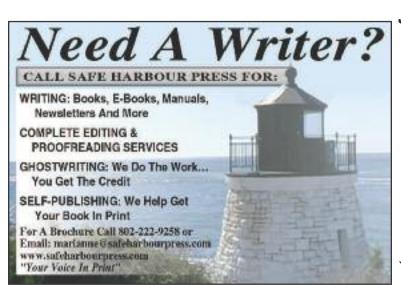
All Good Foods Cafe

Lisbon, NH 603-838-6800 **Renovating Starting** November 7th We'll reopen November 30th!

New Menu Coming Soon!

Correction:

We described Marcy Rushford as a Radiologist in our Cottage Hospital Breast Cancer Awareness month hospital. Her correct title is Director of Radiology and Rehabilitation. We regret any confusion.









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Classicopia Returns To Alumni Hall

the beautifully restored Alumni Hall in Haverhill on October 30 at 2:00pm. Classicopia is now in its 11th year of presenting great chamber music in the region, and is known for their special blend of educational information and powerful performances featuring musicians from around the nation.

The concert, "FOUR-HAND FANTASY", will feature pianists Philip Liston-Kraft and Daniel Weiser in a program that will include the great Fantasie by Schubert, Spanish Dances

Classicopia returns to by Moszkowski, Hungarian beautifully restored Dances by Brahms, plus mni Hall in Haverhill on Gershwin's exciting Rhapober 30 at 2:00pm. Classody in Blue.

Dr. Weiser has performed around the world and served as the 1996 U.S. Ambassador of Artistic Music, which included concerts in eleven countries in the Middle East and Asia, including Pakistan, Egypt, Syria, Thailand, and Israel. He has previously taught music at Dartmouth College and at St. Paul's School in Concord, NH. Mr. Liston-Kraft was a child prodigy who soloed at an early age with

the Boston Pops. After obtaining his undergraduate Music degree from Harvard, he subsequently got his Medical degree from Tufts, then returned to Harvard for Law School. He still continues to perform regularly and is also a professional ballroom dancer and teaches German as part of the Rassias program at Dartmouth College in the summer.

Admission is \$15 for adults and free for children 18 and under. Tickets are available at the door or can be reserved by calling 603-989-5500.



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lation Program.

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Reynolds, Travis Levreault (Vice President)

Jeanie Forrester has made meeting voters one-on-one in each and every one of the 31 towns in State Senate Dist. 2 the cornerstone of her campaign. The response and support has been overwhelming. On door steps and at events, voters agree that the overspending must stop and Concord politicians must go.

JEANIE FORRESTER IS THE NEW ENERGY AND NEW INTEGRITY WE CAN TRUST TO SHAKE UP CONCORD AND RESTORE OUR ECONOMIC PROSPERITY:

- Reduce state spending
- Create jobs
- Repeal new taxes
- Reject higher property taxes
- Represent us not special interests





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WWW.JEANIEFORRESTER.COM

Letter To The Editor

Jeanie Forrester is my choice to represent district 2 as state senator in Concord. I like her ideas, I like her plans and I am impressed with her campaign and background. Being a small business person herself, she is familiar with the types of problems small businessess have. She opposes unreasonable taxes, unnecessary spending and irresponsible borrowing. In the primary she hosted nearly a dozen public meetings, participated in other community events, old home days and parades. She also speaks with voters one on one and is still campaigning door to door nearly every day. Knowing the interests and problems of her constituents is the centerpiece of her campaign. I see a candidate that is interested in the peoples problems and solutions as a breath of fresh air. I'm tired of politicians only looking for power, glory, or personal gain. Without throwing names, I am sure you ALL know a few who need replacing. Jeanie is strong in her convictions that Concord has a spending problem and believes in ways that will put that problem under control. Jeanie has an undergraduate in political science from UNH and a M.B.A. from the Whittemore School of Business and Economics. She is also a former town administrator. Lets send someone FRESH to Concord, someone committed to working for the people who pay her salary, someone Concord hasn't had a chance to spoil yet. How about Jeanie Forrester??

> Bethany Ames Hebron, NH

Bethany,

One of my responsibilities as Editor of Trendy Times is to answer Letters to the Editor. Your letter, like others in this issue of Trendy Times is a letter in support of a candidate in the fast approaching election. While I greatly appreciate your letter, and applaud your support, I also ask that you, and others like you, who support a candidate, any candidate, in any election, to keep writing.

It is very important just before election time to make you opinion known so that others may be swayed to your way of thinking and therefore help elect the candidate of your choice.

But after the election it is also important to keep your voice being heard so that others will know how your choice is doing. It is important to keep those we elect on track. To be sure they follow thru on the election promises.

So, thank you for the letter. Please keep them coming.

Gary Scruton, Editor

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Letter To The Editor

I'm a small businessman here in the Lakes Region of New Hampshire and voted for the first time using an absentee ballot. My choices weren't hard for a few of the candidates running, especially for the two women vying for the District 2 State Senate Seat.

Prior to voting, I was determined to talk with Jeanie Forrester and Deb Reynolds. Jeannie and I spoke about the issues the week of the NH primary. She resonated with me with her stance on small business issues.

Small business carries lots of the water here in NH. We have one of the highest business profits tax in the nation. Jeanie suggested two things that could help lower the tax rate businesses like me pay on profits. Understand that if my profits tax is lower, I can use that extra money to hire more people. Adding jobs is a good thing for everyone.

Jeanie Forrester talked about scaling back the size of government to help reduce the tax burden. She also talked about adopting a program similar to what the state of Kentucky did in the 1980's to attract new business. Kentucky offered businesses a moratorium on their property taxes for up to ten years.

Ten days ago I got a campaign card in the mail from incumbent Deb Reynolds. At the bottom it had her phone number. I dialed the number and discovered it was *Tim*.

I'm a small businessman here in the wrong. Are you kidding me? What does tes Region of New Hampshire and voted that tell you about attention to detail?

After calling her state senate office, a staff person gave me the correct number. When Deb and I talked, her idea to help business was to expand broadband coverage. It even said that on her campaign mailing. My research indicates well over 90 percent of the state of NH has high-speed Internet coverage. Those places where no broadband exists are not particularly suitable for small business anyway.

What's more, after questioning Deb about cheaper alternative methods to get broadband to our outlying areas, she had no idea about using wireless technology. This is what Third World countries are now using because it's cheaper and can get the signal to people without poles and cables running up every back road.

After hanging up, my choice was clear. How could Deb Reynolds possibly handle complex issues on our behalf if she can't even get her phone number right? Add to that hitching her wagon to decades-old technology with respect to broadband access.

We need bright people with fresh ideas representing us in Concord. I'm anxious to see Jeanie Forrester win on November 2nd.

Tim Carter, Meredith, NH

Your letter is among several in this edition of Trendy Times that support various candidates. And after reading your letter it is obvious that you are not one of those normal letter writers. You have made a couple of points from personal experience after talking to both candidates. Thank you for taking the time to dig a bit to get information to better make your decision. And thank you for sharing the information with the readers of Trendy Times.

Gary Scruton, Editor





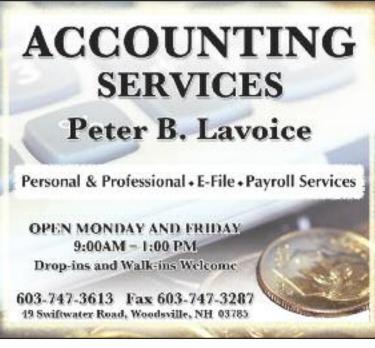
Blaze Of Glory

By Sheila Asselin

The rainbow colors of summer gently slide into fall Till fall is all ablaze Orange and red, Gold and purple, Brown and bronze and flame! Where were these vibrant hues in June When pinks and lilacs, Rose and ivory could make us happy?

They were always there Hidden under a facade of green Only to appear with time And patience and wisdom And the joy of waiting for their brief fiery glory. Perhaps we are like these colors Meant to burn our brightest as we near the end.









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The Times, They Are A Changing

Trendy Times got a birthday present recently. Well, not really a present, it's not free. But it came just past our first birthday. It's a new entrance sign at our 171 Central Street, Woodsville location. Along with our open flag we hope it will welcome many more people into our

small, but comfortable office.

Great thanks need to go to local sign maker and very creative artist Ray Rheaume owner and operator of Rapid Fire Design. Ray incorporated our clock logo into a sign that certainly has character.

The paper boy and the fancy iron work that holds up

the sign are thanks to the creative boys up at EZ Steel, on Route 302 in Bath. When you stop by take a look at the real twists and turns of the steel work.

In regards to the character on the top of the sign we realize that a name is needed. And that is good news for our readers. We are asking readers to offer up suggestions for a name. We will leave the suggestion box open for a few weeks and will announce the winner and the winning name in our November 23 issue.

Good luck and please be sure to have your thinking caps on tight.



The Amazing Steeple Man. One member of the crew that is working on the steeple at the South Ryegate Presbyterian Church. The church continues to raise money for the restoration fund for that historic steeple. Photo by Carolyn Darling.











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Letter To The Editor

My name is Kelley Monahan. I am the candidate who approaches the Grafton County Register of Deeds Office with the perspective of the public and professionals who use this office. Throughout my experiences in business and politics I have been consistently ahead of the curve on any issue put before me. My strong work ethic, integrity, technical, communication and managerial skills will serve the citizens of Grafton County well as the new Registrar navigates the challenges and transitions that are on the horizon for the Office of Register of Deeds. I am very committed to balancing the need to protect and preserve the historical records of this wonderfully rich county with the need to keep pace with the technological advances. I respectfully request the honor of your vote on November 2, 2010.

> Kelley Monahan Orford, NH

Kelley,

Thank you for your letter to the voters of Grafton County. It is always good to have a candidate put forth a reason to vote for them instead of how some candidates simply run down their opponents.

As in all political races Trendy Times will not endorse any candidate. Our job is to pass along the thoughts and views of the candidates and their supporters. The job of making a decision on who to support in the election is that of the voters. Every voter needs to take the time to educate themselves as to who is running and perhaps why they are running for a particular office. They also need to be confident that a candidate is qualified for the job at hand. It is this last item that can sometimes be tricky for certain offices at the County and even State level. There are still several elected positions that should require specific knowledge or a specific history. As it currently is formatted any person receiving sufficient votes can take an office for which they have no training or expertise. Therefore, all voters, please be sure to educate yourself about the candidates for every job. Be confident that those you vote for are ready for the position you wish them to hold. And above all, get out and vote on Tuesday, November 2, 2010.

Gary Scruton, Editor

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Letter To The Editor

To the Editor

In the last weeks, a letter was printed in the local papers stating that Chip Conquest was the type of representative that "wants to solve problems by throwing money at them and to keep raising our taxes." A quick check into the records reveals a different story:

Chip Conquest voted to REDUCE the state budget by \$250 million in his first term. Despite the current economic crisis, this was a balanced budget with no new broad based property, income or sales taxes.

In 2009 Conquest voted to LOWER

income taxes for all Vermonters and in 2010 he fought a proposed property tax increase.

Newbury, Topsham and Groton should be happy to have a representative who defies political stereotyping and has a very solid record of fiscal responsibility. This is why Chip Conquest will have my vote on November 2nd. What more could one ask but to have a representative who understands the difficulties of these times?

> Rob Rinaldi Editor/Publisher N-News Magazine Topsham Resident

Rob.

Nice, to the point, letter. Thank you for sending this letter so that it can be passed on to our readers.

As I have said in other responses, it is great for supporters to let their feelings be known. It is also important to keep up the information stream after the election.

In order to keep our elected officials on the path we as voters want them to follow, we must keep the information flowing to our neighbors, friends and fellow voters. One easy way is with letters like this and it is my pleasure to provide the space for these letters.

Gary Scruton, Editor

Letter To The Editor

It's almost time for those annoying phone calls asking people to please remember to vote for a specific candidate with a pitch as to why they are the best. You know the rap. You've probably been in the middle of dinner, just stepping into the shower or just sitting down to your favorite t.v. show or getting the kids to bed....and then the phone rings.

This year will be no different.....or will it? As chair of the Newbury Democrats I thought I should be lining up volunteers and trying to find some place to make calls from. Then I got a call from Rep. Chip Conquest (Groton/Topsham/Newbury) today. He says no way. He feels folks have been

bombarded from every direction and that too much of it has been negative and intrusive. He has asked me to scrap my plans and leave it up to the voters to decide if and for whom they will vote. Chip certainly marches to his own beat.

So out of respect for his wishes, I have scrapped my plans. We will not be calling. Please don't read this as a lack of enthusiasm on our part. We are simply following through on Chip's desire to give everyone a break. I hope I will not regret his decision, but it is, after all, his campaign at the end of the day.

Dave Nelson, Newbury Democrats

Dave,

As one of those voters who has received at least one of those phone calls, thank you, and thanks to Chip as well. There are times when being a bit different is a good thing. Always doing things the way they have always been done is not always the best path to follow.

To Chip as well as to all the other candidates seeking votes on Tuesday, November 2, good luck. And thank you for stepping up to serve the citizens.

Just please remember, all elected officials, we, the voters and citizens, are the ones you are serving.

Gary Scruton, Editor







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Letter To The Editor

This is and should be a concern to all who are living on Mother Earth, who is also known as Gaia.

I've been taking a greater look at our Mother Gaia and have been noticing just how much she does for us, how much she provides for us, protects and takes care of us.

From the land, she provides us with food to grow in our gardens. She provides the lakes, ponds and rivers which she allows us to use for swimming, fishing, boating and so much more. She provides the mountains for us to climb, the woods in which we can take a walk or go hunting and the land for our animals for farming. She provides us with the beauty in the changing colors of autumn leaves, to the spring green grass and the beautiful white snow of winter. She provides so much for us to use in the way of herbs for our health and teas, fresh fruits and vegetables. Without Gaia we would not have this, we would have no place to live and we would not have elements of earth air fire and water. We all need to take a good look at this and be very thankful that she is here to provide and protect us.

There is also another aspect we need to think of while we think of how much she does for us. Yes, she may have a responsibility to us to take care of us, but we also have a responsibility to her to take care of her. If we don't, she won't last forever. How can we expect her to take care of us if we are not doing our job taking care of her?

It makes me very sad when I've seen trash by the road sides or in the woods or have heard about the BP Spill's of oil. It makes me want to cry and causes my heart to ache. for she is our Mother and we need to take care of her.

We have started recycling on this earth and that is a good start, but more recycling needs to be done. For example, people who have ink jet printers could recycle there ink jet cartridges. If you live in the area, take your cartridges to Ross Business center in Wells River, VT. They have a box in their store that you can drop them in. Or, if you're going shopping, instead of using the store's plastic or paper bags, buy some recyclable bags. They're not all that expensive. I've found some anywhere from \$0.89 to \$0.99.

We could also write our Congressmen, Senators, and even the President asking them to bring in more green energy. We have used stimulus money for other things, why not for the one who is counting on us to take care of her. We could use wind and solar power that is affordable for all of us whether we are rich, middle class, or poor. We can design better cars with a better fuel then gas, for gas is not the best for our planet; it causes big pollution problems. There are many things that can be improved on so we do not cause as much pollution. No, I am not saying we can do away with everything that is bad for Gaia-Mother Earth, but we can all do our share, if we each do our part to help her, together we can protect and care for her. Another good idea to take care of her is to car pool to cut down on the traffic and air pollution in our carbon foot print.

I am not writing this because I think I am better then anyone else. I am writing this out of great concern for Gaia and out of great respect for her. I am sure at one time or another I too have littered and am guilty of that but I am now trying to do my best to take care of her and do my share to help her in anyway I can so she will be around for us and for future generations. I do hope everyone out there will also do the same. Please help take care of her. She is our Mother and we are all interconnected and part of this earth. She does not belong to us we belong to her. Thank You.

Bradley James Jr, Piermont NH

Bradley,

Nicely said and very timely as well. As we all prepare for the upcoming election and the winter season we sometimes overlook the basic do's and don'ts of living here on Earth. I too hate to see trash along the roadside and have joined with others in the past to pick up the roadside. It is one of the simplest of rules. Don't throw trash out your car window. Just wait until you reach your destination and put the trash in a garbage container. No extra work, no extra expense, just some common sense.

In regards to using something other than gas powered vehicles, I could not agree more. I believe there are such modes of transportation out there. They just need to be made more available to the average person and we will see the use of gas powered engines decline and the cleanliness of our air increase. In a perfect world it would happen today. In our real world we must simply work toward that end and do what we can for now. Gary Scruton, Editor



The Early Role Of **Sportsmen In Conservation** The History Of America's Natural Resources **(Part 2)**

By David Falkenham, UNH Cooperative Extension Grafton County Forester

By the 1850's the relentless expansion of the United States and the absence of regulation had left many of our treasured wildlife populations at or near extinction and much of our forestland had been clear-cut, developed, burned or turned into sheep pasture. By the 1860's sportsmen were questioning the sustainability of this expansion and what could be done to turn the tide for our nation's plundered natural resources. It wasn't until 1880 when a man named George Bird Grinnell realized that saving the nations wildlife would require vigorous, strong armed political action.

Born in 1849, Grinnell grew up in New York's Audubon Park. The park was the estate of the famous naturalist and painter John James Audubon. Young George Grinnell quickly befriended the Audubon family and spent hours of his childhood studying natural history with Lucy Audubon (John's widow) and hunting with her sons and grandsons.

Grinnell attended Yale and spent some of his life as a stock broker, but his passion revolved around natural history and wildlife and he actively followed his passion on many adventures. His travels took him out west where he mingled with the likes of Buffalo Bill Cody, George Armstrong Custer and even spent time buffalo hunting with the Pawnee Indians. It was his trips to the west, particularly to Yellowstone National Park, that helped Grinnell realize the perilous situation the nation's wildlife was in and he vowed to do something about it.

Fate would have it that in 1880 George Grinnell became the editor and president of Forest and Stream magazine, predecessor to today's Field and Stream. Under Grinnell's ownership the magazine established an aggressive conservation activist editorial tone and Grinnell effectively wielded the power of

politics and the pen to drive his conservation message to the American People.

In 1885 Grinnell met another avid sportsman and budding politician: a little known New York assemblyman named Theodore Roosevelt. After a rocky start, the two men forged a great friendship. It was an alliance that would shape wildlife conservation policy well into the 20th century.

In 1886, in response to declining bird populations, Grinnell created an association for the protection of wild birds and their eggs. This association was called...you guessed it, the Audubon Society. Yes, the Audubon Society was formed by caring sportsmen and the society's name-sake, John James Audubon, was an avid hunter himself.

In 1887, Grinnell and Roosevelt formed the nation's first powerful, sportsman based conservation organization, the Boone and Crockett Club. The Boone and Crockett Club is well known by sportsman today for its ranking and recording of North American big game species, however ninety percent of the club's budget is used for wildlife conservation and education efforts.

Using political muckrak-

ing tactics, the lobbying powers of the Audubon Society and the Boone and Crockett Club, and the growing fire power of Theodore Roosevelt, Grinnell blazed a path that saved Yellowstone National Park from the relentless force of economic development. This was the first landmark conservation victory of its time and it set the stage for land conservation efforts well into the future. Grinnell demonstrated the power of a responsible outdoor press in the fight to preserve wildlife habitat and his founding of the Audubon Society and the Boone and Crockett Club established important models for future conservation organizations and public policy.

Today the Audubon Society and the Boone and Crockett Club continue to lobby in Washington and raise money and awareness for the conservation of our wild resources.

After his death in 1938 Grinnell was hailed by the press as the "father of American Conservation". Whether you are a hunter, wildlife photographer, bird watcher or hiker, George Bird Grinnell deserves the admiration of anybody who enjoys the forests and wildlife that so abundantly surround us today.



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Combat Paper

By Janice Scruton



On Friday, October 15th I stepped into Haverhill's Alumni Hall to view a new exhibit called Combat Paper. I had no idea what to expect, nor did I have any idea the impact the exhibit would have on me. I glanced around the room and saw on the walls what appeared to be artwork. As I closed in on one of the first hanging pieces, I saw a long poem printed on thick textured gray paper. Reading the caption under the piece, I found that this particular piece of paper had been made from World War I uniforms that had been cut into fragments, pounded into pulp and formed/pressed into paper. Wow! What could those uniforms tell me if they could talk? What joys and horrors had they witnessed? I passed quietly to another piece, once again printed on recycled WWI uniforms. This poem was graphic and surprised me as I read words that I don't use in public. I mentally visualized the ugliness of war needed to justify the use of such violent words. Another poem begged for forgiveness, I could feel my eyes starting to tear up. (I later found out that some of these poems had been printed on the handmade paper using an old fashioned letterpress where the type had been set letter by letter and each letter printed actually embossed onto the paper.)

The color of the paper changed and started to vary at this point in the exhibit, these papers were made out of different uniforms. Again words were written, large and small, thick and thin, all defining an individuals' personal comment on war or the aftermath of war. One saying repeated itself over multiple canvasses proclaiming "We Are Not the Enemy". What was on this soldier's mind as he/she pounded their uniforms into pulp and cried out that we were not the enemy? More words, more paper (amazing how uniforms formed this paper, but the paper itself was far from being uniform), more thought provoking words, images and pictures.

Since this was opening night, one of the Combat Paper Project founders was on hand along with a veteran to tell us a bit more about the project and why it was so important to them as well as to other vets. Jon Turner (former US Marine served 3 tours of combat duty, 2 of those in Iraq), started by reading poems that he had written after his active duty tours. He spoke of his pain in re-entering society as we know it, his own personal wars with drugs and alcohol as he tried to shield himself from the horrors of having "lived war". Drew Cameron served one tour of duty in Iraq and together they



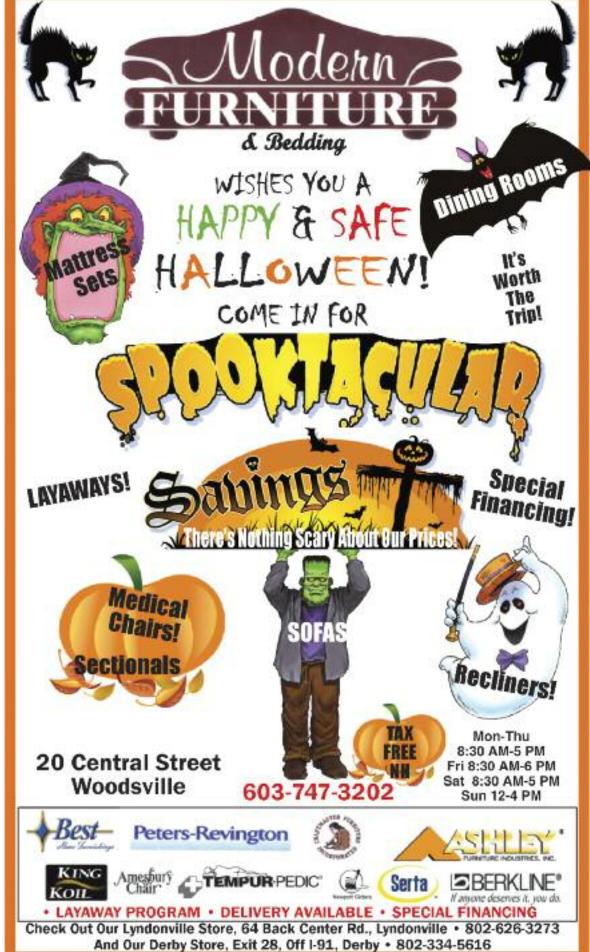


explained how the project had come about in an effort to help veterans get on with their lives. This is a quote from their website (www.paperproject.org) "Through papermaking workshops veterans use their uniforms worn in combat to create cathartic works of art. The uniforms are cut up, beaten into a pulp and formed into sheets of paper. Veterans transformative the process of papermaking to reclaim their uniform as art and begin to embrace their experiences in the military".

These two young men are dedicated to their work and obviously care deeply about their fellow veterans who suffer from Post Traumatic Stress Disorder and other illnesses that add obstacles to their

quest for normal daily living. They have worked with veterans from WWII, Korea, Vietnam, up through and including Iraq and Afghanistan. Although I didn't necessarily agree with all that they said, they did make me really think. I'd never thought of it before but suddenly I wonder how my Dad's WWII tour in Panama affected his life. He talked about the army and his army buddies with love, reverence and respect, but he never once talked to me about his time in Panama. His brother Harry was stationed in France and was known to brag about having seen General Patton from a distance, but he also never spoke about the war itself (except in a letter I recently found that he had

written to my father from France). Two other uncles who served in Europe during WWII talked freely about the honor of serving their country but never about what they had seen there. The same goes for my friends that were in Vietnam. Drew Cameron. Jon Turner and all those that contributed to the exhibit of Combat Paper made me more conscious of war and the effects of war on others than I had ever acknowledged. I thank them for sharing this deep part of their pasts with me. I'd also like to thank the Haverhill Memorial VFW Post #5245 for helping to fund this exhibit and Alumni Hall for hosting it. The Combat Paper Exhibit continues through October 30th.



Pumpkin, Squash Or Gourd?

By Heather Bryant, Extension Educator, Agricultural Resources

Halloween right is around the corner and for me it brings to mind giant pumpkin contests, squash soup, jack-o-lanterns, and gourds.

Did you know that most qiant pumpkins are actually winter squash? Cucurbita pepo is the species that gives us baking and jack-olantern pumpkins - it also gives us some of our sum-

mer squash and gourd varieties. But it's Cucurbita maxima that gives us giant winter pumpkins and squash. For simplicity sake, though, we'll just call them all pumpkins.

Pumpkins have a fascinating history that may go back thousands of years. The array of varieties we grow today all began as a

wild gourd that is native to Mexico. Generations of Native Americans domesticated and bred it with the goal of obtaining earlier, larger and sweeter fruit (like the tomato, we think of pumpkins as vegetables but botanically they are fruit). By the time the Pilgrims arrived in Massachusetts, the pumpkin had already traveled there from Mexico and become an important food item for Native Americans. The Pilgrims even wrote a song about it, "We have pumpkin at morning, and pumpkin at noon. If it were not for pumpkin, we would be undoon".

Explorers and traders took pumpkin seeds back home and today, they are grown on every continent except Antarctica. Here in the U.S. you can find them in pies, soups, and beer. In Italy they are used as stuffing for ravioli and the Japanese eat them battered and deep fried. In addition to the fruit, the seeds and flowers are edible, and in Madagascar and China the young leaves are used as cooked greens.

And what about the Jacko-lantern? Who first thought of that? The British and Irish have been carving lanterns out of vegetables for centuries, but the first mention of carving pumpkins lanterns for Halloween wasn't until the mid 1800's and it happened in North America.

Whether for food or decoration, the pumpkin has carved a place for itself in our agricultural economy. Researchers at Penn State estimate pumpkin that production in the U.S. is worth 150 million dollars an-

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nually. According to the 2007 census of agriculture, here in New Hampshire we grow 633 acres of pumpkins a vear.

So if all this makes you want to go out and get a pumpkin to carve or cook, here are a few things to keep in mind. For jack-o-lanterns you want something with a sturdy green or dark greenish brown stem. If the stem is light brown or yellow it may fall off or indicate a possible disease issue which would limit the lifespan of your jacko-lantern. If you want pie, you are looking for a "pie" or "sugar" pumpkin. The jack-olantern varieties often aren't sweet enough for a good pie. Alternatively, you could just buy a large winter squash and have enough for soup and a pie that will taste just like pumpkin.

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Haverhill Police Department Honors And Promotes It's Own

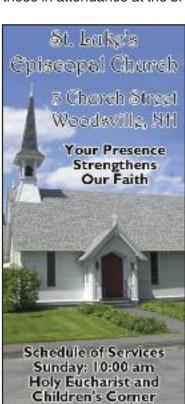
By Gary Scruton



Police officers are called on to perform a wide variety of tasks. This is true when it is a part-time one man force, as in many small towns in this area. It is also true with large municipal or state police forces. And the same can be said for the full time forces in medium to large towns, such as the Haverhill Police Department. In all cases calls for help come in for everything from complaints about dogs to traffic accidents, to missing persons or possible murders.

On the evening of October 12, 2010 the job at hand for members of the Haverhill Police Department was to stand tall and receive recognition. It began with a Meritorious Unit Citation presented by the Haverhill Select Board. The citation recognized the Department for the quick action in solving the Christopher Gray murder of two years ago. It was noted that within 24 hours of receiving the call about the disappearance of Gray, two individuals were arrested and in jail. Shortly thereafter two more individuals were also arrested and all four were later convicted and are currently serving jail time.

The citation was read to those in attendance at the bi-



weekly select board meeting Select Board Chair Wayne Fortier. In accepting the award for the force, Chief Cecil Smith pointed out that at the time of the incident he was not only out of town, but out of country, and even on a continent. different praised his officers for the work they did as individuals as well as a team. He also pointed out that every officer has the authority and ability to take a call and proceed in a professional manner to bring any incident to a close.

After the Select Board presentation Chief Smith, the officers present, as well as friends and family moved their festivities to the gymnasium of the Morrill Municipal Building. At that point the Chief continued with additional awards to

his officers. The Chief began by stating that these awards were long overdue. He then turned to the longest serving Haverhill Police Officer. Part time officer Ron Fourner was recognized for some thirty years of dedicated service with the Haverhill Pollice Department. It was also pointed out that when Ron graduated the Police Academy, it was class #30. Ron is also a part time officer with the Grafton County Sherriff's Department and recently took on a position with the Grafton County Corrections Department. He manages to fit all this in while also working full time at Grafton Motors in Woodsville, a business owned by his family for many, many years.









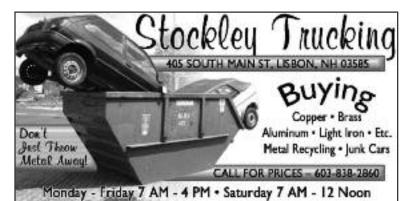
All other officers on the force also received recognition for specific incidents where they have excelled in the performance of their duties. These awards ranged from being certified instructors, in some cases in several disciplines, to good conduct awards. Chief Smith also reminded those present of specific incidents where each officer had excelled.

The last officer to receive an award was Sargeant Byron Charles. His awards included a Leadership Level 2 award. This is particularly important when combined with the fact that as of November 1, 2010 Sgt. Charles will be elevated to the position of Acting Chief of the Haverhill Police Department. Chief Smith is retireing as of October 31. Though he has not been Chief for a long time he has decided to retire in order to spend more time with his family and to pursue a different career path.

Sgt. Charles has been

tapped by Town Manager Glenn English to take over this lead position for several reasons. One reason is the twelve years of service to the Haverhill Police Department. Due to his longevity with the department he is very knowledgeable about the Town of Haverhill and its workings. This is an important part of the position of Chief. It should also be noted that the position is Acting Chief. This distinction is being made in order to allow both Sgt. Charles and the Select Board time to be sure this is a good fit. Obviously Sgt. Charles has not been in such a position before and therefore a trail period was felt to be the best way to proceed.

This all means that the members of the Haverhill Police Department will again be facing a new situation. If they respond as well as they have in the past, this should become a smooth transition with little notice to the general public.



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OBITUARY — LEONA IRENE FOOTE



Warren, NH - Leona Irene Foote, 82, died on Thursday, October 21, 2010 at the Grafton County Nursing Home in North Haverhill, NH after a brave struggle with Alzheimer's.

She was born on Trussel Road in Thetford Center, VT, April 23, 1928, the daughter of Harry and Helen (Savery) Paige. She grew up in Thetford Center attending Thetford schools and graduated from Thetford Academy in 1946. One week later, on June 14 she married the love of her life, Claude Robie Foote of Piermont, NH.

In the early years, they worked and lived on logging jobs in the area. Leona and Claude lived briefly in Haverhill, NH, Newbury, VT, Piermont, and Center Harbor, NH before buying the Foote Farm, a family farm for five generations, in Warren, NH in 1952, where they lived the rest of their married life.

Leona was a fiercely loyal and loving matriarch to her family. She took excellent care of her family and loved to cook, sew, and knit for people she cared for.

Leona was a hard worker. When young, she did camp laundry, baby sat, and as a teenager she spent summers cooking for a family on the Ridge in Orford, NH. All her married life she opened her home to boarders and hunters. As a farm wife, she also picked up and delivered milk cans on her way to Hatch Dairy in Plymouth, NH. When her children were in high school she went to work as a cook and dietician at the Glencliff Home for the Elderly until her retirement after 20 years.

Leona was an excellent business woman who did all the books for the farm, Claude's logging business, and their successful sugaring business. Leona was most proud of earning the prestigious Carlisle Trophy from the NH Sugar Makers Association for the best maple syrup in NH.

Leona was devoted to

her community. When her children were young, she was a Girl Scout leader and was involved in the PTA. She was a 50 plus year member of the Minerva Temple #40 of the Pythian Sisters in Warren, and held local and state offices. She had been a member of the Warren United Methodist Church since 1953 and was active in the Christmas Club and the Women's Fellowship. She was involved with many Town suppers over the years that raised money for good causes. She was a proud alumna of Thetford Academy, attending many alumni weekends and founder's days. Around 2004, Leona was a very active member of the family support group for Operation Iraqi Freedom, based out of Plymouth, NH, when her grandson was deployed.

Leona's zest for life lead her to compete in horse and mule riding competitions and dog racing, travel to 48 States and 5 Canadian Provinces, and to be the first woman to ride a snowmachine to the top of Mt. Moosi-She was also a lauke. successful hunter.

She was predeceased by her parents; two brothers, Alvin Paige and Edwin Paige; and her son-in-law, Ralph Harlow.

Survivors include her husband of 64 years, Claude R. Foote of Warren, NH; a daughter, Jeanne I. Harlow of East Thetford, VT; a son, Charles A. Foote and wife Nancy of Glencliff, NH; six grandchildren, Jonathon Foote and wife Wanda of Wentworth, NH, Heather Sackett and husband Chuck of Warren, Wanda Vaughan and husband Jeff of East Thetford, Christine Busby and husband Paul of East Thetford, Drew Foote and wife Joye of Rumney, NH, and Buck Foote and wife Jen of Ashland, NH; four step grandchildren, Jamie Weikert of Bozeman, MT, Jeffrey Weikert and wife Melissa of Crestview, FL, Shannon Weikert of Florence, SC, and Jean Taggart of Medfield, MA; nine great grandchildren; a special niece Kim Cole and husband Bucky of Wells River, VT, whom she helped raise as a baby and stayed close to until her last days. She is also survived by two sisters-in-law, Lois Paige of Thetford Center, VT and Louise Kimball of North Haverhill; as well as many nieces and nephews. She is survived by two special young men, considered grandsons, and their families, Dan and Mike Clark of Warren.

There will be no calling hours.

A funeral service will be on Monday, October 25, 2010, at 1 PM, at the Warren United Methodist Church, Warren, NH, with Rev. David Moore officiating. Burial will follow in the Warren Village Cemetery.

Memorial contributions may be made to the Minerva Temple #40 of the Pythian Sisters, c/o Mrs. Marlene Wright, Warren, NH 03279 or the Grafton County Nursing Home Activities Fund, 3855 Dartmouth College Highway,

North Haverhill, NH 03774.

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

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



Pumpkin Whoopie Pies

Okay, folks: It's time to admit to ourselves that summer is long gone. The shorts and tank tops have been packed away, replaced by turtlenecks and sweaters, and even the leaf-peepers have retreated back from whence they came. This can only mean one thing; it's the perfect time of year for anything pumpkin. I mean it; from mid-October until December first, I seem to gravitate toward pumpkin desserts, which is why this recipe is such a timely one. Unfortunately, when I actually made these for the first time, it was back in September, when buying a can of pumpkin was a virtual impossibility. I had no idea the USA had been experiencing a pumpkin shortage, due to a poor crop in 2009. Not easily deterred from my goal, I decided to try the recipe, substituting a buttercup squash. After all, a pumpkin is just a breed of winter

squash, right? So I steamed the squash whole in my microwave (first piercing it several times with a skewer to avoid a squash explosion), then seeded it and scooped out the flesh of one half. It was the perfect amount and it was cooked to perfection. In other words, it worked PERFECTLY! Although pumpkin is once again readily available, this is all good info to be armed with, in the event another pumpkin shortage should occur. This recipe is made simple, thanks to the use of a pouch of sugar cookie mix. In fact, it is so fast and easy to make, you might find yourself creating these repeatedly, long after the traditional pumpkin season has passed!

1/3 cup butter, softened 2/3 cup powdered sugar 1/2 teaspoon vanilla

1 pouch (1 lb 1.5 oz) Betty Crocker sugar FILLING: cookie mix 1 tablespoon all purpose flour.

1/2 cup canned pumpkin (not pumpkin pie mix) 1/3 cup butter, softened 2 teaspoons ground cinnamon

1/4 teaspoon ground nutmeg 1 egg

Heat oven to 375F°. In large bowl, stir together cookie mix and flour. Add remaining cookie ingredients; stir until a stiff dough forms. Drop dough by rounded tablespoons (I used a small scooper) 2 inches apart on parchment lined cookie sheet. Should make 36. Lightly press tops with floured fingertips to flatten slightly. Bake 8 to 10 minutes or until set. Cool 2 minutes then remove from the cookie sheet to a rack to cool completely. In a medium bowl, beat filling ingredients with electric mixer until light and fluffy. For each whoopie pie, spread about 2 teaspoons of filling on bottom of a cooled cookie. Top with second cookie, bottom side down; gently press together. Store tightly covered in refrigerator (they'll keep very well for up to a week.) Sprinkle with additional powdered sugar just before serving. Makes 18 whoopies.

NOTE: Here's another way to serve these pumpkin gems: Replace the marshmallow filling with a scoop of the softened Maple Walnut Ice Cream from the last "Trendy Kitchen" column, roll the edges in finely chopped walnuts, then re-freeze for a drop-dead delicious ice cream sandwich...WOW!

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National Physical Therapy Month

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intervention, and educate

people with the intent to im-

National October is Physical Therapy Month, and a great time for us to recognize the Physical Therapists and Physical Therapy Assistants at Cottage Hospital, who work with folks from all walks of life and people of all

at Cottage Hospital are health care professionals who work to help you achieve and maintain mobility and quality of life without surgery or prescription medicine. They can also help you to recover your mobility after surgery or when an injury has occurred, tailoring a plan of care to meet each individuals' needs, helping you to move forward so that you can get back to daily living.

Physical Therapists, with their extensive education,

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prove fitness and overall health. Physical Therapy Awareness Month, sponsored through the American Physical Therapy Associa-The Physical Therapists tion, is celebrated nationally, with this years' theme being celebrated at Cottage Hospital: Move Forward: Physical Therapy brings Motion to In recognition of all the ways Physical Therapy contributes to society's

The Physical Therapy department at Cottage Hospital is open Monday-Friday from 7-5:30. To schedule an appointment, please call 603-747-9311.

To find out more about Physical Therapy and how it might help you, visit the American Physical Therapy Association's Web www.apta.org or call and speak directly to a physical therapist on staff at Cottage Hospital: 603-747-9311.



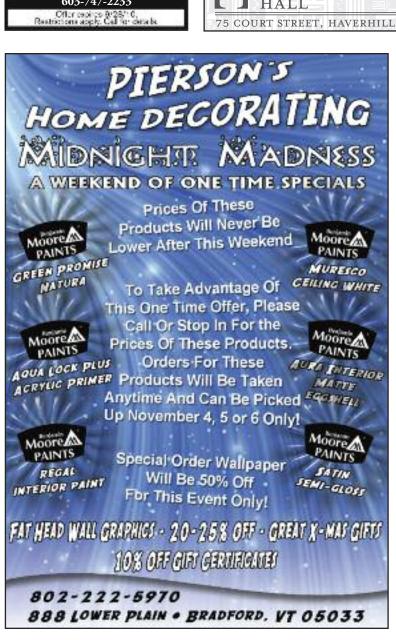
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WYKR



Science, Engineering & Technology

4-H Arts **And Crafts Jamboree**

Want to have a fun day with your children? Want to make some crafts with them? Visit the Grafton County 4-H Arts and Crafts Jamboree, Saturday, November 6, 2010, 9:15 a.m.-2:00 p.m. at the Monroe Town Hall. The public ments including dietary, physis invited to attend.

Here is how it works: The event is geared for children ages 5-18 to make crafts. Three sessions of crafts are offered. Crafters will have tables set up and samples of the craft that will be made. After the opening ceremony and directions are given, youth can sign up for the crafts they wish to make. Each child pays the crafter for the materials of the craft, prices range from \$.25 for some quick crafts to \$5.00 for a more complicated craft. Participants can complete each of the items within the hour session. Finishing time is available at the end of the day.

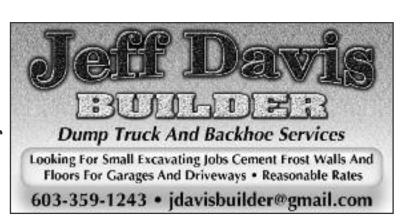
A sampling of the crafts available are: Fly-tying, Needle Felting, Tin Can knitting,

Beaded Strawberry Suncatchers and Psychedelic Hacky-Sack Bean bags!

Lunch and snacks will be on sale to benefit the Hunt Mountain 4-H Club of Monroe.

For any special arrangeaccess, or other accommodation requests, including the ability to pay, please contact Kathleen Jablonski, Extension Educator, at 787-6944. You may also write her at 3855 Dartmouth College Highway, Box 5, North Haverhill, NH 03774 email her or Kathleen.Jablonski@unh.edu Ten working days are needed to facilitate special needs requests.

All programs sponsored by UNHCE are consistent with pertinent Federal and State laws and regulations on non-discrimination regarding age, color, handicap, national origin, race, religion, sex, sexual orientation, or veteran's status.





Saturday, November 6, 2010 9:30am — 3:30pm

Woodsville United Methodist Church 9 Maple Street • Woodsville, NH

Silent Auction · Candy Table · Crafts Sunday School Table · Jewelry Table · Books Children's Table · Christmas Table White Elephant Table · Refreshments

Contact Priscilla Sherburne at 603-747-2375

Calendar of Events

MONDAYS/THURSDAYS **NORTH COUNTRY YMCA AEROBIC FITNESS CLASS**

6:30 PM

Woodsville Elementary School

MONDAYS

THE AMERICAN DREAM: **MYTH OR REALITY**

1:00 PM

Horsemeadow Senior Center North Haverhill

WEDNESDAYS

BINGO

6:30 PM

Haverhill Memorial VFW Post #5245 North Haverhill

WEDNESDAY, OCTOBER 27

TRICK OR TREAT STREET EVENT

6:30 PM - 7:30 PM Grafton County Nursing Home North Haverhill

THURSDAY, OCTOBER 28

TEXAS HOLD 'EM POKER TOURNAMENT

4:00 PM Doors Open

Ross-Wood Post Home, Ammonoosuc St., Woodsville

FRIDAY, OCTOBER 29

A RETURN TO SALEM'S LOT (FILMED IN NEWBURY, VT) RATED R

7:30 PM

Newbury Town Hall

SATURDAY, OCTOBER 30 **ALL YOU CAN EAT**

PANCAKE BREAKFAST

7:30 AM - 9:30 AM

Piermont Congregational Church

PSYCHIC FAIR

10:00 AM - 4:00 PM Orange East Senior Center, Bradford

CLASSICOPIA

2:00 PM

Alumni Hall, Haverhill See article on page 4 and ad on page 15

SUNDAY, OCTOBER 31 TEEN DANCE

7:00 PM - 10:00 PM

Clifford Memorial Building, Woodsville

MONDAY, NOVEMBER 1 **GOOD OLE BOYS MEETING**

12:00 Noon

Happy Hour Restaurant, Wells River Public in invited.

TUESDAY, NOVEMBER 2 **ELECTION DAY**

8:00 AM - 7:00 PM Your Local Polling Place

BE SURE TO DO YOUR PART

NH STATE VETERANS COUNCIL REPRESENTATIVE

8:00 AM - 12:00 Noon

Woodsville American Legion Post #20

VETERANS & AUXILIARIES – SPECIAL **COMPLIMENTARY PANCAKE & COFFEE**

8:30 AM Breakfast

9:00 AM Presentation by Oxbow Chapter of D.A.R.

Horse Meadow Senior Center, Haverhill

CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING

Morrill Municipal Building, North Haverhill

WEDNESDAY, NOVEMBER 3 **3 RIVERS BUSINESS ASSOCIATION MONTHLY MEETING**

8:00 AM

Woodsville Guaranty Savings Bank, Woodsville

FRIDAY, NOVEMBER 5

FALL FAIR

5:00 PM - 7:00 PM Wells River Congregational Church

SATURDAY, NOVEMBER 6

RUMMAGE SALE

8:00 AM - 12:30 PM Presbyterian Church, South Ryegate

BOTTLE DRIVE (REFUNDABLE BOTTLES AND CANS)

9:00 AM - 1:00 PM

Presbyterian Church, South Ryegate

FALL FAIR

9:00 AM - 1:00 PM Wells River Congregational Church

RUMMAGE SALE

9:00 AM - 1:00 PM

Haverhill Congregational Church

NORTH COUNTRY YMCA 14TH ANNUAL CLOTHING DRIVE

9:00 AM - 3:00 PM

Woodsville Elementary School

FALL BAZAAR

9:30 AM - 3:30 PM Woodsville United Methodist Church See ad on page 16

SUNDAY, NOVEMBER 7 **AUTHOR SARA WILLIS DISCUSSION MULTIPLE SCLEROSIS, KARMIC**

MEMORIES AND THE GOOD DOCTOR 3:00 PM

Wells River Library

MONDAY, NOVEMBER 8 ROSS-WOOD AUXILIARY UNIT 20 MONTHLY MEETING

6:00 PM

6:00 PM

Ross-Wood Post Home, Ammonoosuc St., Woodsville

HAVERHILL SELECTBOARD MEETING 6:30 PM

Morrill Municipal Building, North Haverhill

WEDNESDAY, NOVEMBER 10

MONTHLY MEETING - ROSS-WOOD POST #20 AMERICAN LEGION

American Legion Home, Woodsville

WHENEVER DATE

Place your event for your town, school or organization at no charge.

Submit your entries by:

Phone: 603-747-2887 • Fax: 603-747-2889 • Email: gary@trendytimes.com

Deadline for submissions is Thursday, November 4, 2010 for our November 9th issue.



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

October 26, 2010 Volume 2 Number 2

Routine septic pumping can save you thousands in repairs!

Bort Back Before Wo To The Or

GIME US A CALLL

¹⁸ A "Special" Thank You To Wells River Savings Bank

Woodsville, NH – The Elisabeth M. Berry, M.D., Health Careers Scholarship was created by the Cottage Hospital Board of Trustees in memory of Dr. Berry and her many years of service to Cottage Hospital. Providing our community with skilled, qualified hospital employees is a primary concern for us all and another step in assuring the continued good health of the people in our community.

Each year the scholarship holds a raffle to assist community students. This year Cottage Hospital and the Elisabeth M. Berry Scholarship Committee would like to extend a special thank you



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to Wells River Savings Bank. In addition to purchasing several tickets, they donated their \$250.00 prize back into the fund. We want to recognize a strong community partner in Wells River Savings Bank.

The scholarship is available to all local community members furthering their education in the healthcare field. For more information please contact Cottage Hospital or your local guidance office.









Science, Engineering & Technology

Grafton County 4-H Leaders' Association Awards Scholarships to Two Outstanding 4-H Members

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

Rebecca Page and Sarah Carter were the recipients of the 2010 Grafton County 4-H Leaders' Association scholarship.

Rebecca is the daughter of Glen and Robin Page of Haverhill. She has been a 9 year member of the Haverhill Corner Clovers 4-H Club, who served in all of the leadership roles of the club during her membership. In addition, Rebecca was President of the Grafton County 4-H Teen Club. In her 3 year

tenure as a member of the Grafton County Extension Advisory Council, served as Secretary. Throughout the years, Becca served as Master of Ceremonies at county events and attended State Activities Day for action exhibits, public speaking and fashion review. She is a graduate of Thetford Academy and is currently a freshman at Champlain College majoring in radiology.

Sarah Carter is the daughter of Thomas and Candace Carter of Canaan.

Sarah is currently a freshman at South Dakota State University, majoring in animal science. She has been a 4-H member for 10 years in West Canaan Lilacs/Cardigan Mountain Bobcats Club and the Upper Valley Livestock Club. During her 4-H career, she has held all of the offices in her club. She has excelled in the beef project, garnering many awards in the local, state and regional levels. Sarah is a graduate of Mascoma Valley High School.

Letter To The Editor

On Thursday Oct 14, I saw something that disturbed me for 2 or 3 reasons. Reason one was because it made me feel something I never felt before. I felt that way because I wasn't taking any action against an attitude I knew I hated and I wasn't defending myself and my state when I knew I should be. Reason two was because I wasn't making my feelings known to you (the public) because what happened to me happened (at least in some sense) to you too. Reason three was because I had a hard time believing I had allowed myself to BE CONTROLLED THAT WAY and did nothing but complain to friends (behind closed doors). I am usually a better fighter than that.

I was born and raised in NH, never lived anywhere else, never wanted to. "LIVE FREE OF DIE " has always meant something special to me. I am not a party person but I don't like democrats in charge of a historically republican state. (my state-NH) and I hope the republicans and

independents like me will go to work and do something about it. (How about VOT-ING, People?) For the last 4 years, myself and ALL NH gun owners have been victims of prejudiced thinking. Our state laws and both constitutions have been violated by our elected officials (both locally and in Concord. I know there is at least 1 lawyer involved). What is their excuse for not knowing what our laws REALLY say? If I had the kind of money lawyers charge, this would have been settled in court at a great expense to someone. Because I don't have the means, I lose and my state loses. Well, we don't need to lose the election too. Please do not give Deb Reynolds, Suzanne Smith and their democrat friends a free hand in NH any longer. Jeanie Forrester, Henry Ahern, "Skip Reilly are all much better choices. They are true NH people. They love and honor our way of life. How about you? Will we take NH back or give it away again?

Gene Chase, Hebron, NH

Gene,

I also was born and raised in New Hampshire. I also urge all citizens to be registered to vote and to exercise that right next Tuesday, November 2.

Both Vermont and New Hampshire will elect a governor. Vermont will elect a new one, New Hampshire has a choice of re-election or choosing a new leader. Both states also have a US Senate seat and US House seats up for election.

Along with those there are a wide variety of other positions to be filled. Those include local Representatives, State Senators, plus other county positions. Each and every seat is important not only to the person running for that seat, but also for those voting for or against each of those candidates. Remember these are the people who will crate and/or execute new and existing laws that form our way of life. This election like every other election is more than which party in is power. It is about who governs us, the citizens of these great states and this great country.

So please, one and all, VOTE ON TUESDAY, NOVEMBER 2ND. It does matter to me, to you, and to everyone else.

Gary Scruton, Editor



Halloween Edition Ghost Legends: Bloody Mary

It's not just a cocktail, it's - a condemned spirit. This also a universal ghost legend. We're going to explore the myth of Bloody Mary.

I'm sure many who are reading this have heard about this legend at sleepovers or around the campfire, but for those who don't know, I think it's time you found out: Imagine yourself standing in front of a mirror, with either one or two candles, and chanting to yourself, "Bloody Mary, I killed your baby!" Suddenly, something comes out of the mirror and scratches your face or something much worse.

There's many different versions to this: Some say you can just simply say, "I believe in Mary Worth", or "Kathy, come out!" Some say you repeatedly say, "Bloody Mary" and each time you say it, you say it louder and louder.

For those who are confused, Bloody Mary is a mirror-witch. She is summoned, but only comes to the ritual doers mirror. But, she's said to be a vicious, maniacal spirit which legend states will either violently scratch your face, drive the person insane, scratch your eyes out, pull you into the mirror to live with her, or death itself.

The ritual was most popular in the 1970's during girls' sleepovers, but men are known to try the rituals themselves. One story indicates that a girl tried the ritual and said at the end, "I don't believe in Mary Worth" and she fell and broke her hip right after. Pure coincidence? Maybe give it a go yourself?...I think not.

The most important part besides the candles and the chanting, is the mirror. Most use a bathroom mirror, because generally they are large enough to make the ritual work. Other dark rooms with large enough mirrors also work.

Why a mirror though? It could be because some families, after someone departs from this life they usually cover all the mirrors. This is because some believe that mirrors are portals between this world and the afterlife. The belief was that if the spirit caught a glimpse of itself in the mirror it would be trapped in the house forever also has ties in with the Devil's Toy Box - a six sided mirror that some religions such as Wicca believe attract dark spirits, but are also used to get rid of them, because the spirit can't stand the sight of itself. Apparently, in Bloody Mary's world she doesn't have any mirrors as she is said to be dark and evil.

The identity of just who the legend is named after is a mystery; it could of been Queen Mary I of England who was known to have a vicious side of her as she was also referred to as Blood Mary, reason being is that she was said to kill young woman to bathe in their blood to preserve her youthful appearance. Some say she is a witch who was killed hundreds of years ago for practicing dark magic (some say she was burned to the stake, others say she was hanged) and comes back for revenge; or a woman named Mary Worth of more of a present time who was in a car accident and was disfigured. Who knows? That's what makes legends so intriguing...the darkness

covers the truth like a mask which maybe it's more safe not to foretell it's real identity.

Do not fear Bloody Mary? I wouldn't say so; she's also been known to snatch people in the darkness near any given mirror without a ritual. Other then that...

Have a happy and safe Halloween and remember, stay away from mirrors! Until next time, Happy Hauntings!

Sources: http://www.snopes.com/horrors/ghosts/bloodymary.asp http://www.halloween-website.com/bloody_mary.htm

Want to contact me?: E-Mail: scaredsheet lessncn@hotmail.com Facebook search: Scared Sheetless or The NEPI Paranormal Experience Website: http://scared sheetlessncn.blogspot.com/

James Paradie is a paranormal columnist who has been seen in such newspapers as the Northcountry News. Littleton Record, White Mountain Shopper, Trendy Times. His stories can also be seen on paranormalnews.com where he is a regular contributor.

BE SURE TO VOTE TUESDAY, NOVEMBER 2, 2010 **Every vote counts!**



Bradford Public Library One 19 **Of Fifteen Vermont Libraries** To Receive Winnie Belle **Learned Grant Award**



Patti Brown and her daughter at the Bradford Public Library story hour.

The Bradford Public Lirecently received \$1500.00 from Vermont Public Library Foundation (VPLF) and the Winnie Belle Learned Fund. The Winnie Belle Learned Fund was established by Dr. Burnett Rawson in honor of his benefactress Ms. Winnie Belle Learned, a Vermont educator, with the goal of helping Vermont libraries develop services to foster literacy, love of learning, critical analysis, and art and science programs.

intellectual exploration children and teens.

Thanks to the Winnie Belle Learned Grant the children's room shelves and programs are rejuvenated and thriving at the Bradford Public Library! The new books help support popular programs such as the weekly toddler story hour, monthly Spanish/English story hour, Book Mobile Services and school-aged





Grafton County 4-H Awards Night



The annual County and Garden Program Awards Night were held on Friday, October 8, 2010 at Blackmount Equipment in North Haverhill. The event culminated several 4-H programs including the Gardening Program, County Medals, and the Window Display contest. The evening also hosted the beloved giant pumpkin, giant sunflower, and vegetable/pumpkin carving contests.

This year's giant pumpkin 1st prize winner weighed in at 162 lbs and was grown by Jes-

Clovers. Second place went to Catherine Flynn of Bob-O-Link 4-H with her 72 lb beast, and 3rd place went to Derrick Nadeau of All Seasons 4-H for his 61 lb pumpkin. The winner of this year's giant sunflower contest was Catherine Flynn, whose flower measured 19 inches across. For the first time in the history of the contest there was a 4-way tie for second prize, with each sunflower measuring exactly 18.5 inches! Those tied for 2nd were Erva Barnes of All Seasons 4-H, Jessica Beck of

Mikayla Clifford of Cardigan Mtn. Bobcats, and Grace Flynn of Bob-O-Link 4-H.

In the pumpkin carving and decorating contest, Julia Fox of Cardigan Mtn. Bobcats won for Best 4-H Theme, Catherine Flynn received the ribbon for Best NH Theme, Alyssa Bach of Bath 4-H received an award for her Funniest creation, and Jake Geil of Hunt Mtn. took home the award for Most Original. In the vegetable carving and decorating contest, Wyatt Basch of Bath 4-H received the award for Best NH Theme, and his sister Melenie Peters, also of Bath 4-H, received the award for Funniest. Grace Flynn, of Bob-O-Link 4-H took the award for Largest Vegetable with her impressive carrot. Congratulations to all of our special contest winners!

Our Blackmount Equipment sponsored vegetable garden program had a record In the Senior division, Erva Barnes took home the 3rd place ribbon, Marcello Shelzi of Cardigan Mtn. Bobcats received the 2nd place award, and Sophie George of Helping Hands 4-H was our first prize winner. In the Intermediate division, 3rd place was awarded to Mikayla Clifford, 2nd place to Madeline Flynn of Bob-O-Link 4-H, and we had a tie for 1st place between Alaina Shelzi and Chase Clifford, both of Cardigan Mtn. Bobcats. In our Junior vegetable division we had two winners: Grace Flynn received the 2nd place ribbon and Gabriel George received the 1st place rosette.

In the flower garden program, sponsored by the Green Thumb, we had Senior Sophie George receive the top rosette for her division. Her sister, Olivia George, took home the 1st place award in the Intermediate division. Junior flower garden 3rd place went to Tyler Anderson of All Seasons 4-H, 2nd place was awarded to Julia Fox, and 1st place went to Elizabeth Jones of Cardigan Mtn. Bobcats.

Cloverbud gardeners were recognized with a special gift from sponsor and 4-H leader Marilyn Fuller. Mrs. Fuller also judged and sponsored the Garden Journal contest, whose winners this year were Jessica Beck, Ben Jones, and Elizabeth Jones, a brother and sister pair from Cardigan Mtn. Bobcats.

A big congratulations goes out to all who participated in these 4-H programs. The ribbons and prizes only begin to reflect the accomplishment your hard work, creativity, and perseverance Special thanks deserve! goes to our sponsors: Blackmount Equipment, the Green Thumb, Marilyn Fuller, and an anonymous sponsor. We are grateful for your continued generosity and commitment to our 4-H youth in Grafton County.



A moose visitor at the campground Sunday Morning 10.10.10 of Columbus Day Weekend. She was here for about 50 min. Started up on 302 then down 112 to Scooter's to play golf, then decided to walk right through the campground. All the campers couldn't believe it. I told them I had to get up really early to go get the moose and bring it here. Photo by Scott Solinsky.





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sica Beck of Haverhill Corner Haverhill Corner Clovers, number of gardens entered. Radio Flier & Northwest NH Country NASCAR® Sprint Cup Racing is on your first choice for country music, and your all time favorites !!!

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