

TRENDY TIMES

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NOVEMBER 9, 2010 VOLUME 2 NUMBER 3

A Letter Between Brothers

Editor's Note:

The following letter was written from one brother to another. The receiving Brother (Tom) was my father-in-law who passed away in 2009. Harry stills lives in Massachusetts. Both brothers, along with their parents, immigrated to the United States from England when the boys were still quite young. They arrived in New York two days after the stock market crash of October 1929. Both brothers became citizens of the United States so that they could serve overseas for their adopted country during World War II.

Please note that there is one section of this letter that is rather graphic and could be inappropriate or difficult to accept for some readers.



Harry and Tom Parkington

October 10, 1944
3rd Army
France

Dear Tom,

Just a few lines to you on your 25th birthday. Thought I'd forgotten, no man! I know it isn't your happiest birthday Tom, but don't worry we'll make up for it when we get home. What say we both go out and celebrate our pass birthdays. OK? It's surprising to me how fast we grew up it doesn't seem yesterday when we were both hell raising young kids down in good old Silvermine. A lot of water has gone over the dam since then Tom but we've always been the devoted brothers from that kids age on. Remember how we used to play soldiers with Dick Platt? Never dreaming that someday we would have to take part in the real thing. Yes here we are both together in the Army but yet so far apart.

It's not play now! Live cartridges in our belts, in fact my rifle never has an empty chamber. Sometimes when I carry my grenades I think back to the days when we used to carry cherry crackers for grenades and I just think that it's a play in a bigger way. But then when I see death on all sides of me then I know it isn't play anymore. It's funny Tom but after seeing and being near some casualties you just lose all like for the enemy. I sometimes

seen a boch (sp?) with his head split open and perhaps his guts hanging out, but all the feeling for them is lost and you don't seem to mind it a bit. I guess it's just getting used to it though. Now being under shell fire is something different, brother that's something no one can get used to. When we hear one coming we just hit the ground and pray and wish we could burrow ourselves down deeper in the earth. The ground bursts aren't too bad but when they start using air bursts then it's really time to worry. Some guys are lucky as hell though. I saw a shell hit a truck about 75 yards away, blew the dam thing all to hell. During a lull in the barrage I made a dash for better cover and a minute later a

fellow hit the ground along side of me. He sure was a funny sight, covered from head to foot with black oil. He had been standing about thirty feet away from the truck when the shell hit, he had taken cover behind some oil drums. Dirty all right but he didn't mind that. One of his buddies had gone up with the truck, not as fortunate as he. See? Some guys are born lucky. Right now I think four of my buddies and I are the luckiest guys on earth though. Think I'll skip that for now. Right now things are a little easier, and sort of resting eyes. Close enough to hear our artillery pounding away. Yipes, we never can tell when we'll be up there again, may be the middle of this night for all I know. The

other night I woke up and found my buddy not there. Come morning I found out that his squad had gone up ahead of the infantry and a little engineering. Came back in the late morning, asked Bill how things were. The usual reply from any of our boys "Little bit of fireworks". "We're all here though".

Am I the lucky guy though! The other week picked up a jerry lantern. Burns diesel oil in it but it's working fine and enables me to catch up on my letter writing. Don't worry, I've got things tight as a drum, no

chance for a light leakage. Getting tired as hell Tom so I guess I'd better close. Again, I wish you a Happy Birthday.

The more I've been looking at those swell snapshots you sent me the better I like them. Sure was grand of you to send them to me. Thanks. Did you notice in the enlargement of you and I was reversed? I noticed that right away. Trying to pull the wool over my eyes. Ha ha.

Good night brother dear and God bless you.

Your loving brother,
 Harry

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AMERICAN LEGION
VETERANS' DAY PARADE
Thursday, November 11, 2010
11:00 AM
Central Street, Woodsville
 Guest Speaker:
Dr. Linda Lauer, US Navy (Retired)
 Parade starts at Bond Auto, marches to the monument on Central Street for a ceremony, continues to the Ray Burton Bridge and then to the American Legion Home on Ammonoosuc Street.
 All are welcome to attend and show your American Spirit!

Dull Day

By Sheila Asselin

The other day I awoke in my comfortable bed in my warm house. I had slept soundly undisturbed by sounds of gunfire, bombing, screams of terror or sirens from various ambulances, fire engines or police cars attempting to bring some sort of order out of chaos. In the bathroom the toilet flushed and the shower gave hot water. I had plenty of soap, so much that I can toss the small bar I get in hotels.

After dressing I got in my car. It started immediately. Drove to the intersection. There was no checkpoint there with armed guards. I was not asked for my identification papers. No one told me that because of my gender, color, ethnicity, religion, caste, or political affiliation (take your pick) I could not proceed. No one scolded me for not wearing a veil or forbade to drive because I was a woman. Went to store to use the ATM and pick up the morning paper. It had a variety of local and national papers to choose from representing a spectrum of political opinions. I was not mugged as I exited the store cash in hand.

Selecting from a mind boggling array of merchandise I did my shopping. In the parking lot my car was just

as I had left it. It still had all four tires, had not been vandalized and no one had smashed the window in an attempt to steal. I got in and no one jumped from the back seat and tried to hijack.

When I arrived home no one had set fire to my house in my absence because they did not approve of my lifestyle. No one had strangled my cat even though he is pure black.

While putting up the groceries I had to juggle to make everything fit. How many millions of people in the world would love to have that problem? I washed the vegetables and made coffee with water I knew was clean and safe to drink. I did not have to walk to the town pump to get it.

After supper my husband had over 100 TV channels to choose from. Some amusing, some uplifting and educational, some pure drivel, but ours free to select.

Not very exciting is it? All just too ordinary. In fact it is downright boring. Just another dull day in the north country. If this is boring I will take it.

In fact I say "Thank God for boring". The alternative is just too horrible to contemplate!



Local Responders Attend Homeland Security Training

Emergency Responders Sharon L. McCallie-Steller and Marcia Leete-Darby, from Cottage Hospital, recently completed Homeland Security training at the Center for Domestic Preparedness (CDP), located in Anniston, Alabama. The CDP is operated by the United States Department of Homeland Security's Federal Emergency Management Agency and is the only federally-chartered Weapons of Mass Destruction (WMD) training facility in the nation.

Sharon McCallie-Steller expressed that, "attending this training gave me an opportunity to learn valuable information that our community will need in an emergency. The opportunity to meet other emergency responders from around the country and learn from them, as well as the expert instructors, was a huge benefit. The training was intense and I had to overcome some personal challenges to pass all of the requirements. I am so proud that I am part of a large group of Americans doing all we can to be prepared to respond in our communities. I would encourage any police officer, firefighter, EMS professional, or hazmat technicians, to contact the Department of Homeland Security about the many courses they offer.

Marcia Leete-Darby agreed and added that the training was amazing. Mar-

cia took over as leader of the Decon Team at Cottage Hospital a year ago and feels that this course gave her the extra confidence she needed. She explained that, "the entire training and experience was top notch and I look forward to passing along what I learned to my team. I was able to meet people from all over the country and came away with a very strong, proud feeling to have been able to be a part of it all.

The CDP provides federally-funded, interdisciplinary training for emergency responders in Mobile Training Teams (MTTs) across the United States and the U.S. Territories, for 10 response disciplines: Emergency Management, Emergency Medical Service, Fire Service, Governmental Administrative, Hazardous Materials, Healthcare, Law Enforcement, Public Health, Public Safety Communications, and Public Works.

Resident training at the CDP's campus in Anniston, Alabama, includes healthcare and Public Health training at the CDP's Noble Training Facility, the nation's only hospital facility dedicated to training hospital and healthcare professionals in disaster preparedness and response.

A number of resident training courses culminate at the CDP's Chemical, Ordnance, Biological and Radiological Training Facility, the

nation's only facility featuring civilian training exercises in a true toxic environment, using chemical agents. The advanced hands-on training enables responders to effectively prevent, respond to, and recover from real-world incidents involving acts of terrorism and other hazardous materials.

Responders participating in CDP resident and non-resident training courses are selected from the nation's 11 million emergency responders. The training ensures that responders gain critical skills and confidence to be better prepared to effectively respond to local incidents or potential WMD incidents.

Information about CDP training programs can be found at <http://cdp.dhs.gov>. Visit the News & Media tab of the site to download images, share CDP training articles, and find out what others are saying about CDP training. For more information regarding CDP facts and photograph requests, contact Shannon Arledge, Public Affairs Specialist, at 256-847-2212, or email pao@cdpemail.dhs.gov.

Cottage Hospital is a 25 bed, critical access hospital serving the beautiful Upper Connecticut River Valley. For additional information regarding Cottage Hospital and any of our services visit us on the web at www.cottagehospital.org or call (603) 747-9000.

HAPPY THANKSGIVING
FROM THE STAFF AT SHILOH'S

WE WILL BE CLOSED THANKSGIVING DAY

THANKSGIVING WEEK WE WILL BE SERVING
Baked Apricot Chicken • Kahlua Candied Yams
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Traditional Turkey Dinner

Shiloh's will also be having a
gingerbread house contest for Christmas!
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By Elinor P. Mawson



Several years ago when the state passed a law prohibiting individuals from disposing their trash in the local dump, our friend Bill was outraged.

"I am NOT going to pay a dollar a bag for getting rid of my garbage", he announced to one and all. "They" aren't going to tell ME what to do!" So he surreptitiously got himself a burn barrel and placed it behind his garage.

But meanwhile the bags of trash kept mounting up in his back hall, until he could hardly maneuver himself to get out to his yard.

One night he left the door ajar by mistake and somehow a small raccoon came in search for his dinner and found the way in. What a lovely meal he enjoyed! He ate and ate until he could eat no more. Then he tried to leave.

Somehow during his voracious search for a good meal, one of the bags got dislodged from the pile and latched the door. The raccoon was fit to be tied! He tore each of the bags apart looking for an escape. There was

no end to his vicious attempt to leave his eating place. Paper goods, garbage, and just about everything else you could think of was strewn around the small space. Every bag was shredded.

When Bill and his wife awoke the next morning they discovered the mayhem in their back hall. They couldn't believe the mess! And atop the pile was the small raccoon, who, after his hearty meal and his wild anxiety to leave, was so tired he just fell asleep.

Bill opened the back door from the outside, and tried to wake up the animal, but apparently it was sleeping the sleep of the damned because it was hours before it woke up and found his way out the door.

It took even more hours for Bill and his wife to clean up their back hall and package the contents into plastic trash bags. It cost \$20 to dispose of it the "Vermont" way.

I never heard him complain about the cost. And he never mentioned the burn barrel again, either.

Ross-Wood Post #20 Announces Speaker For Veterans' Day

Veterans' Day 2010 is Thursday, November 11. The traditional Veterans Day parade in Woodsville will step off at 11 AM from Bond Auto Parts on Central Street. The marchers will continue to the monument on Central Street. At that point a brief ceremony will be held including the speaker of the day, Dr. Linda Lauer.

Dr. Linda Lauer is a native of northwestern Pennsylvania. She received a Bachelor's Degree in Education from Clarion State University in 1970, and went on to receive her Ph.D. in chemistry from Duquesne University in 1975. Immediately after graduation, she enlisted in the U.S. Navy and entered Navy Officer Candidate School in Newport, Rhode Island. After graduation from OCS, she was assigned to the U.S. Naval Academy as a chemistry instructor, and was serving in that position when the first women were accepted into the service academies in July 1976. In 1978, she received orders to Recruit Training Command Orlando, where she served as a Recruit Division Officer of one of two female recruit divisions. While at RTC, her division was the first to assign male company commanders to lead female recruit divisions. Following her resignation from active duty in late 1979, Dr. Lauer joined Lockheed Martin Electronics and Missiles,

from which she retired as a Senior Group Engineer and Manager of the company's Materials Evaluation Laboratories. She moved to Bath, New Hampshire in 2006.

Following this ceremony the parade will continue to the Ray Burton Bridge on Route

135 for a brief ceremony before ending at the monument located at Ross-Wood Post #20 American Legion, on Ammonoosuc Street.

Members of the public are very much invited to attend and enjoy the proceedings.



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Ross-Wood Post #20 American Legion UPCOMING EVENTS



Thursday, November 11 VETERANS' DAY PARADE 11 AM

Central Street, Woodsville, NH
Ray Burton Bridge, Route 135
Post Home, Ammonoosuc Street

Thursday, November 11 Texas Hold 'em Poker Tournament

\$60 Buy-in includes \$10 Bounty
7:00 PM - No Re-buys
Cash tables available from 5 PM



Friday, November 12 3rd Annual Turkey Raffle

6:00 PM
You could win a 14-16 lb. Turkey for just \$1.



The Post Home is located at 4 Ammonoosuc St., Woodsville, NH
For more information about any events contact Commander Gary Scruton 603-747-2887

Happy 100th Birthday

May the Lord bless you always, as you bless others.



Centurion
Mrs. Eunice Collins
November 14, 2010

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

November 9, 2010 Volume 2 Number 3

What Does 2,000 Calories A Day Look Like?

By Lisa Ford, Program Associate, UNH Cooperative Extension, Nutrition Connections Grafton County

Pull out a package of food from your kitchen cabinet, refrigerator, or freezer and take a close look at the Nutrition Facts label. Towards the bottom of this panel, following the asterisk (*), is written: "Percent Daily Values are based on a 2,000 calorie diet". Your personal values may be higher or lower than 2,000 depending on your caloric needs.

Calories, food energy, are a measure of the energy that food supplies to the body. They are also a measure of the energy used by the

body. When the energy supplied by the foods we eat matches the energy expended in daily activities, we maintain a steady weight.

The information contained on the food label provides recommended intakes for important nutrients. Amounts for total fat, saturated fat, cholesterol and sodium are expressed as upper limits. Try and keep your totals for the day equal to or under the amounts listed. Amounts for total carbohydrates and dietary fiber are averages for a 2000 calorie diet.

Percent daily values do not change from one product to the next. They also appear on the Nutrition Facts panel of most foods. Use this information to guide you in your food selections.

Do you know what a nutritious 2,000 calorie diet might include? 2,000 calories serves as a standard reference point which approximates the calorie needs of many adults. In real life, on a day to day basis our needs and intake will probably vary.

Consider this food for a day:

Breakfast-
• 1 hard cooked egg; 2 slices of whole wheat toast and a small apple

Snack-
• low fat plain yogurt (8 oz.) and a pear

Lunch-
• sliced turkey (2 oz.) and cheese (1 ½ oz.) sandwich on whole wheat bread with lettuce and tomato (1/2 cup), carrot and celery sticks (1/2 cup),

Snack-
• 2 graham crackers and a cup of skim milk

Dinner-
• baked skinless chicken (3 oz) with brown rice (1 cup), spinach salad (1 cup) topped with sliced cucumber (1/2 cup) and peaches (1/2 cup)

Totals for the day: 2 ½ cups of fruit, 2 ½ cups of vegetables, 3 cups of milk, 5 ½ ounces from the meat & bean group and 6 ounces from the grain group.

Keeping in mind that in addition to balancing energy in and out, healthy eating means striving to eat foods which provide all the nutrients we need, along with achieving energy balance. When thinking about the sample menu, ask yourself the following:

- Would this amount of food leave you feeling hungry or fill you up?
- How do the portions mentioned compare to what you would normally eat?

- Which meal of the day is your largest? Your smallest?
- Do you skip meals? When and Why?
- Are your meals colorful? (Skittles and M&M's don't count.)
- Would you eat the sample menu or would you make substitutions?
- Do you eat meatless meals or meals in which meat is stretched by using other ingredients?
- What type of milk do you use?
- Do you pay attention to the calories and nutritional information in the beverages you consume?

Consider whether or not you would like to make a change in your daily eating pattern. If so, what would you change and how would you do it?

There is a lot of information on a Nutritional Facts label. This is only one small piece of the information given.

Additional information can be located at:

<http://www.fns.usda.gov/tn/Resources/foodforday.pdf>

<http://www.fda.gov/food/labelingnutrition/consumerinformation/ucm078889.htm>

(Adapted from Christine Parrish, Program Associate, UNH Extension Program, Cheshire County)

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No Santa? Think Again!

By Marianne L. Kelly



Susan Metz and Bruce Bishop - Operation Santa Claus

BRADFORD, VT—Whatever you do, please don't tell the folks at Operation Santa Claus or area families who receive a visit from him each year there is no Santa. They'll never believe you.

According to Bruce Bishop, Chairman of Operation Santa Claus and Oxbow High School Guidance Counselor, this organization has been serving towns in the Orange East Supervisory Union area for about thirty-one years. "Although everything happens here," said Bishop, "it is not an Oxbow project." People in Orange East communities gather each year at Oxbow to sort and pack gifts that "Santa" delivers to the area's low-income children.

THE BEGINNING

Bishop credits Bradford resident Larry Coffin with starting Operation Santa Claus. Coffin, working from his home, asked Bishop if he wanted to get involved. Bishop agreed and began filling stockings. As Coffin prepared to retire, Bishop

took on more responsibilities, and finally about eighteen years ago became Operation Santa Claus's chairman.

COMMITTEES

Bishop oversees five committees that make up Operation Santa Claus. They include Selection, Packing, Shopping, Books, and Arts & Crafts. "The people on these committees have been here a long time and know their jobs. Some committees consist of just one person" They also have "a lot of outside folks" who help. "Connecticut River Academy helps with packing food baskets. Merchants bank donates storage space so we can shop year round and get the best deals. The folks at Wells River Savings Bank do a lot of the shopping, and help with packing," said Bishop.

The Selection Committee, chaired by Guidance Counselor Susan Metz reviews each volunteer application for serviceability, and rarely turns anyone down. "Sometimes we have to say no," said Bishop. "If we turn

anyone down the most likely reason is the person is using another service or they live out of our district," said Metz. "If someone is out of our district, we try to give them a list of places in and around their district that could help them," she added.

YEAR- LONG PROJECT

Operation Santa Claus is a yearlong project. Committees are appropriated a set sum and stay within that budget while shopping for appropriate gifts. The Main Committee determines the budget for each committee.

"We meet in late October," said Bishop, "and send letters of solicitation to potential donors, as well as applications to parents in our database. We used to buy generic gifts for each child, but in the past, few years have asked parents to state their child's preference on their application. We also give them a dollar figure, and ask that they stay within that budget."

"It can be very sad," said Bishop. "Sometimes a child may want nothing more than a new pillow." They turn down higher ticket items like computers and other electronics, because of budget considerations.

Every application is numbered with age group and desired gift of the recipient. "Student X might want a DVD. If it fits our price range, we buy it and tag it with the

recipient's application number," said Bishop. "Every child in our database gets a specifically requested gift."

Operation Santa Claus has two types of shopping nights. "The shopping we do as an entire group, and the second at the Oxbow store, where all the gifts are returned and sorted by volunteers who make sure that each child receives their requested gift. "High priority" families may also receive blankets, pillows, extra food, games and toys from the "store" at Oxbow. Children ages 18 months through 15 years are eligible for the program.

They maintain privacy via an application number and sticker, and the only family data revealed is the sticker matching the application. The shopper knows their child's preferences but not his or her identity.

"We have a lot of people who donate hand crafts," noted Bishop. He cited an example of someone who makes stuffed animals. "If they are making one or two, they might make a third and donate

it to us." People who knit or crochet through the year donate hats, mittens, gloves and other items to the program.

The group accepts donations of used toys. "They are not the primary gift, but we use them to add to the package." Toys should be user friendly and not too tattered or torn. "However," said Bishop, "We have a group of people who can repair stuffed animals with minor sewing or perhaps a new eye." They do not accept guns or toy soldiers.

Food baskets include kid friendly items like pasta, spaghetti sauce, and soups. "The holidays put stress on families for extra food, especially with kids on vacation or not in school," said Bishop. Last year the Colatina Bakery donated "a whole pile of bread".

Anyone wishing to donate to Operation Santa Claus should call Bruce Bishop or Susan Metz at (802) 222-5214. Both are quick to point out that there is no deadline, and they accept last minute donations.

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*Thank
You*

The Groton United Methodist Church would like to express sincere thanks to all those who assisted with the recent "New Beginnings" project.

Special thanks to Woodsville Guaranty Savings Bank and Wells River Savings Banks for their generous monetary donations that made this program possible. Also a large thanks to Ross Business Center for the assistance with the brochure.

It was because of these businesses that "New Beginnings" was able to provide some thirty children in the Blue Mt. Union District with new clothing to start their new school year. Clothes included shirts, pants, a fall jacket, underwear, socks and even shoes.

20th Memory Tree

North Haverhill United Methodist Church
North Haverhill, NH

Purchase a light bulb in Memory of a friend or loved one. A \$5.00 donation per name will light a White Bulb on the tree through the Christmas Season. The lighting and reading of the names will take place on Nov. 28th the First Sunday of Advent. To purchase a bulb contact Jan Kinder at 603-787-6998 or by completing the form below.

MAKE CHECKS PAYABLE TO
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Accepting memory tree bulbs purchases until Christmas.

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Amount _____

Ad Sponsored By Mountain Milk North Haverhill, NH

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, NOVEMBER 10

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

THURSDAY, NOVEMBER 11

VETERANS' DAY PARADE
11:00 AM
Central Street, Woodsville
See ads on page 1 and 3

TEXAS HOLD 'EM POKER

5:00 PM
American Legion Home, Woodsville
See ad on page 3

FRIDAY, NOVEMBER 12

3RD ANNUAL TURKEY RAFFLE
6:00 PM
Central Street, Woodsville
See ad on page 3

SATURDAY, NOVEMBER 13

DELICIOUS BREAKFAST
7:30 AM - 10:00 AM
Orford Congregational Church

CHRISTMAS BAZAAR

9:00 AM - 2:00 PM
Bath Congregational Church

ANNUAL HOLIDAY BAZAAR

9:00 AM - 3:00 PM
Waits River Valley School, East Corinth

24TH CHRISTMAS CRAFTS IN THE COUNTRY CRAFT FAIR

10:00 AM - 3:00 PM
Monroe Town Hall

4TH ANNUAL WILSON GLOBE GEOGRAPHY BEE

1:00 PM
Oxbow High School, Bradford

TUESDAY, NOVEMBER 16

MOTHER GOOSE READING SERIES
4:30 PM - 6:30 PM
Boltonville HeadStart, Wells River
See article on page 16

NH STATE VETERANS COUNCIL REPRESENTATIVE

8:00 AM - 12:00 Noon

SATURDAY, NOVEMBER 20

ANNUAL CHRISTMAS BAZAAR
11:00 AM - 2:00 PM
Peacham Congregational Church

MONDAY, NOVEMBER 22

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

WOODSVILLE/WELLS RIVER 4TH OF JULY COMMITTEE MEETING

7:00 PM
Woodsville Emergency Services Building,
Woodsville

SUNDAY, NOVEMBER 28

20TH MEMORY TREE LIGHTING
North Haverhill United Methodist Church
See ad on page 6

WEDNESDAY, DECEMBER 1

**ANNUAL 3 RIVERS BUSINESS
ASSOCIATION MEETING**
6:00 PM Meal
7:00 PM Meeting
Happy Hour Restaurant, Wells River

FRIDAY, DECEMBER 3

HARLEM ROCKETS BASKETBALL
6:30 PM
Haverhill Cooperative Middle School

SAN DIEGO'S AIANA STRING QUARTET

7:00 PM
Alumni Hall, Haverhill

SATURDAY, DECEMBER 4

PANCAKE BREAKFAST
8:00 AM - 10:00 AM
Monroe Town Hall

SUNDAY, DECEMBER 5

LIGHTING OF THE "MEMORY TREE"
4:00 PM
Monroe Village Church

MONDAY, DECEMBER 6

GOOD OLE BOYS MEETING
12:00 Noon
Happy Hour Restaurant, Wells River
Public in invited.

TUESDAY, DECEMBER 7

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

CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING

7:00 PM
Morrill Municipal Building, North Haverhill

WEDNESDAY, DECEMBER 8

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

FRIDAY, DECEMBER, 10

PINE HILL SINGERS
7:00 PM
Alumni Hall, Haverhill

WHENEVER DATE

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

Submit your entries by:

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Deadline for submissions is Thursday, November 18, 2010 for our November 23rd issue.

Gateway Sports: Newest Wells River Business 7

By Gary Scruton



felt like they took forever. The Federal Firearms license then took even more time.

Next was the preparation of the property itself for the new venture. Again, because of the firearms, there were several extra steps to be taken. Extra security measures were one of the biggest items. This included bars on the windows, extra strength on the doors, and without a doubt a solid security camera system. And the one they chose has plenty of bells and whistles so that any abnormalities that take place will show up on tape and be ready to be used for prosecution.

In regards to the money, Gary and June would certainly not claim to be rich, but they do own the building where the shop is now open. And with June's successful real estate business, Placey Associates, they have a good foundation on the knowledge needed to run a business. It should also be noted that June will continue to operate Placey Associates along with fellow broker Peter Conrad.

Next would be product. Gary has been collecting firearms for many years. He also had a good selection of fishing equipment, which he doesn't seem to have the time to use any more. Plus Gary is ready and willing to purchase

used items or to put them on the shelf on a consignment basis. The bottom line is that the small, but packed store has plenty to choose from. There are hunting rifles, pistols, ammunition, fishing tackle and even a pair of handmade rifle storage cabinets.

One other important decision that must be made before opening a new business is: "What will the name of this new venture be?" In the case of Gateway Sports, Gary and June decided to go with an old, but well known symbol from the twin villages of Woodsville and Wells River. It is the arch that spanned Route 302/Central Street near what is now Fogg's Hardware and Shiloh's Restaurant. The arch came down sometime in the 1960's, but before that it stood proudly welcoming all those who passed to the "Gateway to the White Mountains" or "Gateway to the Green Mountains" depending on which direction one was travelling. Not only the name of the store, but also the signs and even the business cards and price tags feature a replica of that old arch.

With all of their parts lined up, Gary and June opened Gateway Sports in Mid-October. The Open House was set for the following Saturday, and many boxes of hot dogs later, the pair had seen several hundred potential customers. Those hundreds included many who came into the shop past the originally planned open hours. It was simply a matter of making sure all who wanted, had the chance to see what all the fuss was about.

Now that things have calmed down a bit Gary is holding more regular hours, though that still means seven days a week during the current deer hunting seasons. And when those seasons are gone there will soon be ice fishing, then spring hunting seasons, followed by summer fishing. And the cycle will continue.

So whether you are a long time enthusiast or need a place to get you started, the gateway to hunting and fishing sports is Gateway Sports in Wells River with proud (though somewhat exhausted) owners Gary and June Griswold.

It's an age old question for any person planning to open a brand new business. "What is the best time of the year to open the doors?" Quite often that answer comes about not by a planned date, but by the time when all the pieces come together. Those pieces include such things as permits, property, money and product. It is the lucky ones who have all of those items come together so they can open just in time for their biggest season.

Depending on whether you are in Vermont or New Hampshire there are a different set of permits to be acquired. And if you happen to be in the right business, you just may need Federal, State

plus local permits. Such was the case with Gary and June Griswold, proud owners of the newly opened Gateway Sports in Wells River. Being sellers (and buyers) of firearms, there were more than normal preparations that needed to take place before the open flag could go out and they could hold an Open House.

First there were local permits for opening any new business. The small building where the shop is located, on Railroad Street in Wells River, has seen many different types of businesses over its one hundred year existence. So getting the local and state permits were fairly straight forward even if they

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Letter To The Editor

To The Editor

Thank you to who ever picked up the dozens of cans and bottles which were strewn along Route 5 between Wells River and Newbury villages last week. I noticed them when driving that route on Wednesday morning. I shook my head in dismay and made a mental note to return on the weekend to pick them. Instead, on Friday morning I smiled when I saw that some one had already done so.

Was it the town road crew or some civic minded person(s) or someone wanting to cash in on the returnables. Whoever it was – thanks.

In Vermont Green-Up is not just a single Saturday in May.

Hope Hutchinson
Wells River

Hope,

I join you in the applause for whomever it was that took care of the litter. It is occasions like this that renew the faith in our fellow humans. As I have said before, it is a pretty simple rule: don't throw anything out of the window of a moving vehicle. Just keep it until you get where you are going and then throw it away.

I trust this letter, and the good words from Hope will encourage others to keep Vermont Green!

Gary Scruton, Editor

Letter To The Editor

Dear Editor,

Thank you to all of the voters of State Senate District 2 who made their voice heard by voting in Tuesday's election. I greatly appreciate the opportunity to serve you as your next State Senator and look forward to working hard on behalf of the people and small businesses of all the 31 towns of District 2. Many thanks also to Senator Reynolds for her service to the people of District 2 for the last 4 years.

Since April, when we officially began this effort, we've run a positive, grassroots campaign that involved our family and friends, old and new. I could not have been successful without the time, advice, and help these folks tirelessly provided. I can't thank you all enough!

I've learned so much by knocking on doors, meeting with local leaders, attending community events and hosting campaign

Jeanie,

First let me congratulate you on your election. I will also echo your thanks to Deb Reynolds for her service to the District.

Secondly, I would like to thank you for the positive campaign. I do not believe I am alone in saying that way too many other campaigns were way too negative.

Now that the campaign and the election are over, the really hard part will soon begin. That is the keeping of promises. I hope that you, as well as all the other successful candidates, remember what they said during the campaign, and do their best to follow through with those promises. You are the elected representatives of the voters and citizens of this area. So along with keeping promises, remember also to stay in touch and keep the public informed of progress, lack of progress, or even when things are going backwards.

Gary Scruton, Editor

meet and greets all to connect one-on-one with voters. I have heard your message loud and clear--that it's time for fiscally disciplined leaders committed to focusing on restoring economic prosperity here in New Hampshire. I wholeheartedly reaffirm my pledge to listen to your ideas on how to achieve this end, to be accessible, and to always remember it is you, the people of District 2, that I represent.

Just as in the campaign, please call me at 279.1459 or email me at jeanie@jeanieforrester.com with your concerns, suggestions or advice. With the election past us, we are committed to collecting all the campaign signs ASAP. If you have a sign (or see one) that needs to be picked up, please call me.

Sincerely,
Jeanie Forrester
Meredith

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Connecticut Valley Snowmobile Club



It is hard to believe but
Winter is almost here again

and our club has started work details to get our trails back in shape for this season and we can use your help. We meet every Sunday from 8:00 AM until noon for work projects. We meet by the groomers at TC's old location on Main Street in North Haverhill. We have a lot of trail projects to get done and would like to have any help we can get.

Club memberships can

be downloaded from the club web site at www.ctvalleysnowmobileclub.com. The website will also keep you informed on things our club is doing such as Poker Runs and Radar Runs. If you have the time, keep checking it out for updates.

Club Officers for this year are as follows: President Jay Waterhouse, Vice-President Jeff Keith, Secretary/Treasurer Barb Dutile, Public Relations Ron Fournier, Trail Master Ed Paige, Trail Administrator Theresa Paige, Hospitality Mary Hutchins, Membership Tim Clough, Fund Raising Coordinator Jeff Keith. The Directors are: Mike Clough, John Putnam, Lee Waterhouse and Michael Aremburg.

PLEASE remember that when our trails open again for the season to RESPECT the landowners who allow us to use their land to enjoy our hobby. What you pack in on your sled PLEASE take it back out with you. Please stay on our marked trails and if you see a problem on one of our trails, please get in touch with a club member so we can correct it.

I hope that everyone has a good and safe snowmobile season.

Ron Fournier, Connecticut Valley Snowmobile Club

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"definitely worth the trip"

Uplifting Fall

By Robert Roudebush

Several weeks ago, I got reminded - fall does it for me like no other season.

Of course I like the other seasons too, each in their own way - you've got no choice but to find something good about each one or it gets to be a pretty long 12 months. That's a yearly challenge anywhere you live with the full four seasons.

Spring makes things grow and get hopeful green and healthy a youthful foolish rush. "My lord," you say, "it's all beginning again, the life-flow, like liquid magic, the sap in trees and the blood in people. The rest of the year is impossible without spring.

So, here comes summer, the lazy crazy hazy days of. Summer brings heat and humidity - (yes, even in New Hampshire - remember the just past summer? I do.) Even that nasty stuff, day after day, is useful to make us aware of how other seasons are appreciated. Any other season is longed for and spoken well of - each one a treasure to be lusted after like a lottery win. Summer serves its needs brutally and dependably. It can cost a lot too.

Winter is a frigid forewarning - the final cold waits for us all. Don't forget it. The arctic cold air makes us bundle up and inspires many of us to cook storable amounts of comfort food - stews, soups, casseroles, maybe invite people over to share a warm house and whatever comfort you can offer against the bleak weather. You are so glad about your stove or fireplace and the trouble you took to lay in the wood you cut or gathered. Winter makes me most notice those folks worse off than me. There are a lot of them, especially in these last couple of years. When you can, it's a

fine time to snuggle and feel secure. As the aged Indian Chief Ten Bears told the Kevin Costner soldier character in "Dancing With Wolves", "The older a man gets, the more he appreciates the fire in front of him." Amen to that. Blankets take on added meaning; thick carpets feel great on the feet. Winter can be comforting. I've had better quality love affairs in the cold months, sincere words spoken and meant, promises pledged and intended. Winter bonds. It's all about survival.

And of course fall - the season that does it like no other. Other people say that as well so it's not just me. That time of year resonates in crispy crunchy tones, the fallen colorful leaves underfoot, the pungent funky smell of life gone to ground. Hunters stalk for food in an age-old tradition of bringing meat to the fire. Fall LOOKS good - makes the spirit spring to alertness. Trees bare black limbs against a vacant grey sky, bushes get naked, the breezes go from refreshing cool to flat-out chill, summer annuals give it up for good now, and their death somehow invigorates me. They are dying and I'm reminded that soon, sooner now than before, I will die too. My spirit may end, my flow of blood and air and thought will cease, my intake and output will shut down. But not today. Not tonight. Not

tomorrow. Probably not the next day. But sooner than ever before. Inevitably, it will be my final fall. But not yet.

That's the best thing about fall, that's what it's for. To remind me I'm not forever. If I have possessions to appreciate, if I have work that needs doing, if I have people to thank, if I have family or friends or loved ones to tell I love them, right now is a pretty good time. Now. This is the reminder. Fall is the quick kick in the butt from someone you trust and respect saying, "Hey boy, it ain't that bad, it could be worse, remember that and let people know you care!"

I'm a spiritual person, if not religious, and clear fall days (even rainy ones) are the days when spirits, past and future, embrace me and swing my spirits around in joy and discovery. Breathing is easier, eyes are clearer, laughter is more available, no one is too hot or too cold and complaints are down. Ask any person who labors in the service industry during this time of year - waiters, store clerks, tellers in banks - they'll confirm how the weather affects the ease or difficulty of the jobs they are paid to do.

My lord, have mercy, grant me the fall so that I may know my worth, my value and my future.

Fall does it for me and I need it done.



October Stork Report

Child One:

Sex of Baby: Male
Name of Child: Thaddaeus Wheeler Rives
Birth Date: October 8, 2010
Hometown: Woodsville, NH
Delivering Physician: Dr. Aaron Solnit
Parents' Names: Karianne & Josiah Rives
Siblings Names: Chloe Rives

Child Two:

Sex of Baby: Male
Name of Child: Colin Jay Lackey
Birth Date: October 6, 2010
Hometown: Newbury, VT
Delivering Physician: Dr. Melanie Lawrence
Parents' Names: Stephanie Jerome & Clinton Lackey
Siblings Names: Casey Lackey

Child Three:

Sex of Baby: Male
Name of Child: Arthur John Ronald Hall
Birth Date: October 19, 2010
Hometown: North Haverhill, NH
Delivering Physician: Dr. Sarah Young-Xu
Parents' Names: Elizabeth Goodrich & Stephen Hall

Child Four:

Sex of Baby: Female
Name of Child: Aniyah Rose Paquin
Birth Date: October 22, 2010
Hometown: Lisbon, NH
Delivering Physician: Dr. Steve Genereaux
Parents' names: Cady Nunn & Chris Paquin

Child Five:

Sex of Baby: Female
Name of Child: Izzabella Chloe Marcus
Birth Date: October 24, 2010
Hometown: Woodsville, NH
Delivering Physician: Dr. Steve Genereaux
Parents' Names: Alexandra Marcus & Robert Hannett
Siblings Names: Big Brother Logan

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HCMS JAG

Induction & Installation



On Wednesday evening, October 27, Haverhill Cooperative Middle School hosted the initiation of its JAG (Jobs for America's Graduates) students. JAG is a national program with over 700 chapters in high schools and community colleges across the country. Haverhill hosts one of only two JAG middle school chapters in New Hampshire. JAG teaches organizational, leadership and communication skills, as well as providing community service opportunities. At Wednesday's ceremony, students took the JAG pledge and the elected JAG officers

were installed into their positions. Pictured from left to right: Brenden Dube, Lynnze Hollis, Joseph Rodger, Dallas Moulton, Joseph Sargent, Jacob Clifford, Nicole Frizzell, Elizabeth Stoddard, Ariel Hood, Eric Spears (JAG Specialist), Samantha Colbeth, Ceiarra Dion, Wyatt Safford, Shayleigh McClintock, and Dorothy Gallagher. Not pictured: Tommy Dube, Dayne Lalmond, Catherine Frost, James Hurley, Kaitlyn Hamilton, Michael Marro, Ty Hannett, Maximilian Martel, Rebecca Apigian, Jeremy Enboden, Richard Partington, and James Bayer.



By Ronda Marsh

Ronda's Favorite Strata

DELICIOUS

STRATA POSSIBILITIES

Look at the picture. Look at it very well. Isn't it puffy, golden and pretty? Believe it or not, all that's required to make a basic Strata recipe is eggs, cheese, bread, a little mustard and milk. Beyond that, you can tailor the ingredients to suit your individual likes. Neat, huh? In case you've never heard of Strata, it appears to have originated in the kitchens of Italy, many years ago; a simple dish created from the most basic foods. The name "Strata" is derived from the way ingredients are structured in layers, prior to pouring a savory custard over the whole thing and allowing it to soak for at least several hours before cooking. The bread acts like a sponge, and takes in all the flavors, offering them back up to your taste buds once they're all browned, cheesy and slightly crunchy on top.



Although it's commonly served here in the U.S. as a fancy brunch dish, I often make it for dinner...after all, how many people do brunch on a regular basis?! The recipe I offer here is with the combination of ingredients I happened to have on hand, but don't let that curb your imagination. At the end of the recipe, I'll offer a few

suggested pairings, or, you can just take what your refrigerator and pantry have to offer and create your own masterpiece of ingenuity, much like that long-ago originator of the first Strata. And like her, I'm willing to bet that you'll be pretty pleased with the looks and taste of what you've created. Enjoy!

- 5 or 6 slices of bread (any kind of bread is fine) cut into cubes.
- 1-1/2 cups grated cheese (I used some sharp cheddar & some pepper jack)
- 1/2 onion, diced
- 1-4 oz. can of sliced mushrooms, drained
- 1 medium zucchini, sliced in thin rounds
- 1/4 pound deli ham slices, diced
- 1 Tablespoons olive oil
- 1 Tablespoon butter
- 4 eggs
- 2 cups milk
- 1 teaspoon mustard (I like Dijon)
- 1/2 teaspoon black pepper
- Paprika, for garnish

Spray or grease an 8X8 ovenproof casserole dish. Lay in half of the bread cubes evenly over the bottom of the dish. Sprinkle with half of the grated cheese. Set aside. Heat the oil and butter and sauté the onion, mushrooms, zucchini, and ham until onions are translucent and vegetables are slightly browned. Spread the mixture evenly in the casserole, then top with the remaining bread cubes and cheese. In a bowl, whisk the eggs, milk, mustard and pepper. Pour over the casserole; cover with plastic wrap and refrigerate at least 3 hours before baking (overnight is perfect!) Remove casserole from refrigerator 1/2 hour before baking, remove plastic wrap and sprinkle with the paprika. Preheat oven to 375°F. Bake Strata for 45 to 50 minutes, or until puffed and golden. Test for doneness by inserting a table knife near the center. If it comes out clean, it's done. Allow to rest about 5 minutes before plating. Serve with your favorite salad for a complete meal.

Some pairing ideas: Smoked cheddar cheese, bacon, and mushroom. Swiss cheese, ham, and spinach. Monterey Jack, sun dried tomatoes, and mushroom. Gruyere cheese, diced red pepper, and hot or sweet Italian sausage. Pizza Strata – Mozzarella cheese, diced seeded tomato, and diced pepperoni.

November 9, 2010 Volume 2 Number 3

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



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Groton Growers Market Begins Winter Season¹¹

By Marianne L. Kelly

GROTON, VT—The Groton Growers Market has become a summer fixture in the little park on Route 302, across the street from the space (now Artisano) where it originated. “There were three of us who hoped that someone would come into that space and turn it into a general store. We talked about a coop store and decided to try an indoor farmers market in 2007-2008,” said Mary Berlejung, current manager of the Groton Growers Market. The general store concept never materialized, but over the past few years the Groton Growers Market, has attracted locals and visitors alike.

Now in its second winter season at the Groton Town Hall gym, adjacent to the firehouse on Route 302, this market continues to attract those wishing to buy local quality

produce, baked goods and crafts. The free coffee that is offered encourages people to meet and visit with friends and neighbors they might not otherwise see, and browse the products offered by more than a dozen vendors.

Berlejung, a retired dietitian says their main competition comes from other farmers markets. “Farmers markets are in such demand that sometimes the farmers cannot keep up with the demand and there are many more than there were just a few years ago. The Groton area has a very sparse population

and doesn't draw the numbers of people that St. Johnsbury and others can with their larger area populations.”

Visit the market any third Saturday of each month from November through May, and browse through the wide array of products at reasonable prices. The vendors grow or produce everything they sell. There is something for everyone at the Groton market.



geous hand knitted wool socks, beautiful, functional wood products, holiday crafts and more.

Tempting cooking aromas lead you to The Bistro or Nana's kitchen where you can purchase a fresh, hot lunch, then sit down and enjoy it in the café. Coffee and tea are always available.

The Groton market also offers free workshops. Past workshops included lessons in compost making, do-it-yourself winterizing, bread baking and various crafts.

“There is truly something here for everyone,” said Berlejung. “People are more careful with their money, yet should compare prices and

value they get at the market with those of their local supermarket. Here they are guaranteed that everything they buy is fresh, and when they purchase something, they are talking directly to its producer.”

“This year our popular holiday market is on Saturday, November 20. Chocolate and other specialty vendors will be here to help you shop for your Thanksgiving table and buy some quality Christmas gifts,” said Berlejung. “Our markets are unique community events,” she added.

The Groton Growers Market takes place every third Saturday November through May at the Groton Town Hall gym on Route 302, from 10 a.m.-2p.m. There is ample parking, and everyone is welcome!

For more information call Mary Berlejung at 802-584-3595 or email grotongrowers@gmail.com.

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



Mrs. Bailey's Class



Mrs. Leete's Class



Mrs. Brown's Class

The Great Dictionary Give-A-Way

Pemi Valley Pomona Grange #18 in conjunction with the North Haverhill Girls Club recently presented dictionaries to the third grade students of teachers, Rose Bailey, Debbie Brown and Nancy Leete at Woodsville Elementary School. This is an ongoing project which the Grange has sponsored throughout New Hampshire for the last ten years with financial help of other local community groups.

The books were given out by Miss Ida Hutchens of Wentworth representing Pemi Valley Pomona Grange #18, Mrs. Jeanne Horne of Haverhill who is a member of both the Baker River Grange #290 and the North Haverhill Girls Club and Sheila Asselin, Vice President of the North Haverhill Girls' Club. Hutchens and Horne are also members of Baker's River Grange.

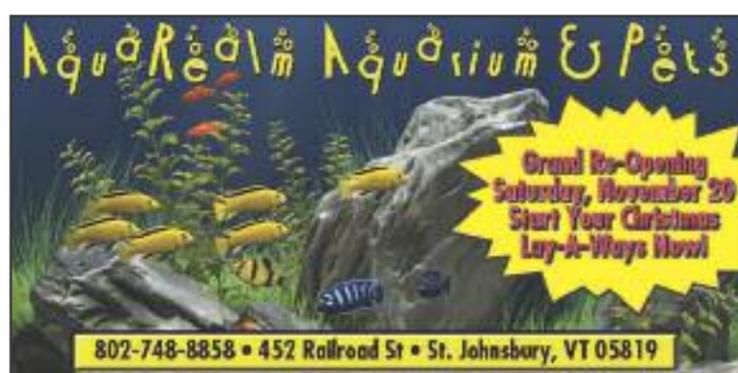
Miss Hutchens gave a brief talk to each class

explaining that the Dictionary Project was financed by several organizations. Seeing the third graders puzzled looks she made looking up the word “finance” their first assignment. The students eagerly started looking in their books for such items as the longest word in the world, 1909 letters. Other information such as US presidents, maps, Declaration of Independence, Constitution and periodic tables is useful long after elementary school.

Miss Hutchens is a long time educator having taught

at Brattleboro School for the Deaf for 30 years and at Crotched Mountain before that. Mrs. Horne has worked in the Haverhill school system since 1972 and at the Woodsville Elementary School for 5 years and is on a first name basis with both teachers and students. Because so many members of the North Haverhill Girls Club are teachers, retired teachers or school administrators, education of the young third graders and the not so young (scholarships for high school graduates) is a favorite cause.

November 9, 2010 Volume 2 Number 3



802-748-8858 • 452 Railroad St • St. Johnsbury, VT 05819

Sales Department Expanded At Coventry Log Homes

Mark Elliott, vice president of Coventry Log Homes in Woodsville, NH said, "We have a unique and popular product and have been able to stay very busy producing hundreds of log homes each year and even though the housing industry has seen a slump over the last few years, we have seen our business grow. We are pleased the expansion has resulted in hiring Kris Still and Jeremy Elliott to join our experienced sales team consisting of Deb Simano, Juanita Belyea and Richard Titorenko."

Coventry Log Homes from an extensive Real Estate background. She currently holds her Vermont RE License and has been a member of the Board of Realtors for five years. She claims there is nothing more rewarding than putting someone in their dream home! Born in Houston, TX, she moved to Barnet, VT after years in Scottsdale, AZ, where she competed and won a three year reign as Mrs. Arizona Globe for a cause that raised funds to help support Abused Women and Children Centers. She shares a lake home with

Arthur and four of her five children, Kylie, Brayden, Sam and Kristian. Her oldest daughter, Sean, is attending Illinois Art Institute in Chicago. "I am so proud to be working for Coventry and I enjoy the relaxed and comfortable family atmosphere and respect and share the beliefs and integrity that the company embraces."

Jeremy (Buck) Elliott comes to Coventry with over 14 years of retail experience, five of which he operated his own sporting goods store. The past few years Jeremy has been back in the building industry mainly building Coventry Log Homes. This experience will serve him well at Coventry. Following in his civic-minded grandfather's footsteps, he serves as a selectman for the town of Benton, NH where he and his wife, Audrey, reside. He is passionate about the sport of hunting and fishing and has been certified by the state of NH as both a hunter and bow hunter education instructor



he also serves on the board of directors for the Ammonoosuc Valley Fish & Game Club as well as being on the Pro Staff for Mountain Hollow Game Calls since 2000. About working at Coventry, Jeremy said "I am excited to be a part of the Coventry Log Homes Team and I look forward to helping people make their log home

dreams become reality." Coventry Log Homes is an industry leader in log homes, they produce and deliver factory direct, pre-cut, high quality packages affordably priced all over North America and have even delivered homes to such places as Hawaii, Ireland and an Island just off the coast of Australia.



For some reason, Economics Man was never as popular as the other super heroes

By Owen Davie

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“As Yer Men And The Lads In Ireland Are Sayin’...”

By Brion Moore O'Blarney & Shuran Behan Malarkey

May the road rise to meet you

May the sun shine warm upon your face

May the rains fall soft upon your fields

And, until we meet again, may God hold you in the palm of his hand

(Editor's note - The Irish mix wit and wisdom the way they do whiskey and water, and to the same intoxicating effect. Irish wit is an art form that can be sage, silly, insulting, or profound, even gentle, as it is above. But it is always entertaining. The writers remind me to remind you that much of what appears here comes directly from THE WEE BOOK OF IRISH WIT AND MALARKEY by Sean McCann and Paul Ryan.)

Some Basics Of Beginning A Healing Program

DETOXIFICATION FASTING BLOOD CLEANSING

I have touched upon the importance of food combining, detoxification, food sensitivities often in this column, to continue on your path to better health understand that "fall-cleaning" is essential for a healthy winter season. Environmental toxins, secondary smoke inhalation, alcohol, prescription and pleasure drug abuse, "hidden" chemicals and pollutants in our food that cause allergies and addictions, caffeine overload, poor diet, junk foods and daily acid-causing stress, are all becoming more and more a part of our lives. All of these things result in great strain and depletion to the immune system which eventually results in debilitation and serious disease. Lowered immunity has become a prime factor in today's "civilization and opportunistic" diseases, such as Candida Albicans, Chronic Fatigue Syndrome (EBV), Cancer, Lupus, AIDS...

In the past, detoxification was used either clinically for recovering alcoholics/drug addicts, or individually as a once-a-year "spring cleaning" for general health maintenance. Today, detoxification

is becoming more and more necessary not only to health, but for the quality of our lives, surrounded as we are by so much involuntary toxicity. Optimally, one should seriously cleanse and detoxify the body 2-3 times a year, especially in the Spring, Summer and early Fall, when the body can get an extra boost in this effort from sunlight and natural vitamin D.

A good detoxification program should be in three stages:

CLEANSING REBUILDING MAINTAINING

The first step is to cleanse the body of waste deposits, so you won't be running with a dirty engine or driving with the brakes on. All disease, physical and psychological, is created or allowed by the saturation and accumulation of toxic matter in the tissues, throwing defense mechanisms off, and vitally out of balance. Many years of experience with body cleansing have convinced me that a moderate 3-7 day juice/tea fast is the best way to release toxins from the system. Shorter fasts can't get to the root of a chronic or major problem. Longer fasts upset body equilibrium more than

most people are ready to deal with except in a controlled, clinical situation.

A well-thought-out moderate fast can bring great advantages to the body by: cleansing it of excess mucous, old fecal matter, trapped cellular, and non-food wastes; and by "spring cleaning the pipes" of uncirculated systemic sludge such as inorganic mineral deposits.

A few days without solid food can be a refreshing and enlightening experience about your life style. A short fast increases awareness as well as available energy for elimination. Your body will become easier to "hear". It can tell you what foods and diet are right for your needs, via legitimate cravings such as a desire for protein foods, B vitamins or minerals, for example. Like a "cellular phone call", this is natural biofeedback.

Fasting works by self-digestion. During a cleanse, the body in its infinite wisdom, will decompose and burn only the substances and tissue that are damaged, diseased or unneeded, such as abscesses, tumors, excess fat deposits and congestive wastes. Even a relatively short fast can accelerate elimination from the liver, kidneys, lungs and skin, often

causing dramatic changes as masses of accumulated waste are expelled. Live foods and juices can literally pick up dead matter from the body and carry it away.

You will be very aware of this if you experience the short period of headaches, fatigue, body odor, bad breath, diarrhea or mouth sores that commonly accompany accelerated elimination. However, digestion usually right away as do many gland and nerve functions. Cleansing can also help release hormone secretions that stimulate the immune system, and encourage a disease preventing environment. In a couple of weeks the body

will start rebalancing, energy levels will rise physically, psychologically and sexually, and creativity will begin to expand. You will start feeling like a "different person" – and of course you are.

Outlook and attitude have changed, because through cleansing and improved diet, your actual cell make-up has changed.

YOU REALLY ARE WHAT YOU EAT.

In addition to fasting, many herbs work to balance blood sugars, blood pressures, cleanse the liver, colon and lymphatic systems; and also kidneys/urinary. Call, stop by the Shoppe or email for personal concerns.

Melanie Osborne is the owner of Thyme to Heal Herbs and practices on Route 302 in Lisbon, NH. She has been in practice since 1991. She is certified in Therapeutic Herbalism through the Blazing Star Herbal School in Shelburne Falls, Massachusetts. Much of her work is private health consultations, teaching herbal apprenticeships and intensive herbal workshops, Reiki I, II & III into mastership. In her shoppe, located in Lisbon are over 200 medicinal bulk herbs, teas and customized capsule formulas, all created on premise. Still room for Apprentices for 2011, call or email today.



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The Day My Husband Broke His Toe

By Elinor P. Mawson

It happened when he was in a hurry getting ready for work. He took the corner into the bathroom too close, and after many loud exclamations and a few vernacular expressions, we both looked at his little toe. It was perpendicular to his foot. "OK" I said, "Let's call the doctor."

We also had to call work and tell them of the accident. A broken toe may sound like nothing, but only if it belongs to someone else. The doctor sent us for x-rays, so off we went to the local hospital--since I had to drive, that meant we had to also bring our 4-year old son.

The waiting room at the Emergency Department was virtually empty, and our small son had a wonderful time playing with a set of blocks that were on a small table. When his father came out of x-ray and we left the building, I was surprised that our boy didn't make more of a fuss about leaving the toys.

We had only left the parking lot when I looked in the rear-view mirror and saw our little one playing happily in the back seat--with the blocks!! I turned right around.

We entered the Emergency Department a lot noisier than when we had left. Our son was protesting mightily about having to give up the blocks and refused to apologize to a very mollified lady. She stammered that she was glad that they had been returned so other little children could play with

them; there were more protestations at a high decibel as we went out the door.

There was quite a conversation on the way home about taking things that don't belong to us, and I hoped that it was a good lesson learned.

I dropped off my husband at home and continued on to visit a friend of mine who lived on a mini-farm with sheep, hens, and several dogs and cats. My son got out of the car with a whoop and was off and running into the yard with kids and animals. I related to my friend about the broken toe and the block incident. (She thought it was funny).

About an hour later, on our way home, my son took an egg out of his pocket. When I questioned him, he said he had gotten it from the hen house. We turned around again.

This time, he knew the drill. Very unhappily he took the egg back to the farm and gave it to my friend. She thanked him kindly and said the hen would be happy to get it back. This time I made him apologize. (She still thought it was funny but tried not to smile).

I also made him tell his father about the egg. He got another sermon about taking things that didn't belong to him, even if it is from a hen.

Oh--my husband's broken toe?? He had to cut the side out of a fairly new pair of shoes so he could work the next day. I think he was glad to go.



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FOR SALE

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WOODSVILLE, NH: First floor apartment 1 bedroom, \$675 everything included. Second floor apartments 1 bedroom, \$650/month everything included. For more info contact Vickie Wyman at All Access Real Estate. 603-747-3605 12.07

CENTRAL STREET, WOODSVILLE: 2 bedroom 2nd floor heated apartment in quiet building. Water, sewer, trash removal, snow plowing also included. Non-smoking building, small pets negotiable. \$700 per month. Security deposit, good references, application required. Call 603-747-3870 or 603-747-3942 for appointment. 12.21

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KITCHEN ASSISTANTS: National Able Network, Senior Community Service Employment Program. 20 hours per week. Must be 55 years old, a New Hampshire resident and be income eligible. If interested, please contact Deb at the Horse-Meadow Senior Center, No. Haverhill, NH 603-787-2539. 11.23

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Have A Happier And Healthier Holiday Season

By Deb Maes, Extension Educator, Family & Consumer Resources

My daughter works at a large department store in Maine. She spent Halloween night taking down pumpkins and ghosts and putting up decorations for Thanksgiving, Christmas and New Years. There we have it, the holiday season it officially upon us!

Unfortunately for many of us, Halloween is the start of several weeks of unhealthy eating. We just finish up the candy corn and chocolate bars and we start making our shopping list for Thanksgiving dinner. Once the turkey meal has been eaten, it's time for shopping, decorating houses and holiday parties.

I have a proposal to make. Let's make a November resolution to make the holiday season healthier for our families, our bodies and our pocketbooks.

Let's start with the seasonal menus. Traditional recipes call for lots of sugar, fat and salt. With a few changes, many of your traditional recipes can be made healthier without sacrificing the flavor you and your family have come to expect.

You can reduce sugar in a recipe by at least a third without noticeable changes in flavor. Consider cutting any salt in your recipe by half. Look for lower sodium products when buying staples for your meals. Instead of regular milk products, purchase those made with reduced fat. You get to keep the nutritional content but lose some of the calories. If you are invited to a party, offer to bring a healthy choice, such as a black bean, corn and salsa dip to go with baked tortilla chips.

If you are making a family

dinner, consider roasting some root vegetables with a light coating of oil and fresh herbs. You don't have to eliminate desserts, but consider using a graham cracker crust for your pies. Try something new and offer fresh fruit as one of the dessert options. Make a trifle using angle food cake, fruit packed in light syrup, and low-fat pudding. It looks very elegant and tastes even better.

The holiday season usually is full of parties. Plan to eat your fill of fresh vegetables. Don't use plates, put your food on a napkin you will take less. Drink plenty of water, tea or coffee instead of high calorie drinks. You can still have fun without eating so much that you feel uncomfortable.

What about keeping our bodies in shape? The holiday season can put an additional 7 to 10 pounds on many of us. Then we spend the rest of the winter trying to lose the added weight. Plan to get some exercise most days of the week. Before hitting the dessert table, start a new family tradition and take a short walk before eating again.

If your normal workday doesn't leave much time to exercise, at least start parking further from the door. When shopping, stop looking for the spot closest to the entrance. If you are going to a mall try walking the length of the mall to check out the stores and sales before starting your shopping.

Consider seasonal activities; sledding with the kids, cross country or downhill skiing and even strapping on a pair of skates. In the same way you search for the perfect present to give a loved

one, search for ways to make sure you get some exercise every day. Remember, the more you exercise, the more food you can enjoy.

Finally, consider keeping your budget healthy. Before you shop, identify who you need to buy presents for, determine how much you have available to spend and what you want to buy. It has been a tough year financially for families and retailers, so look for sales. Some stores advertise that they will match or beat a competitors price so be sure to ask.

Watch your wallet and your purse. Some people consider it their "job" to steal from you. Don't flash your credit cards or your cash you

can become a target. If you carry a handbag, consider using one with a strap that goes across your body, not one that can be easily slipped off your shoulder. When shopping, bring along only the cards you plan to use.

Keep track of your spending. It's easy to slide a credit card through a machine, but the bills will arrive in January make sure you aren't surprised. Protect your credit card number. Don't lend your card to anyone, and don't sign a blank credit card slip.

If your cards are lost, notify the card issuer immediately. Follow up any phone call with a letter to the issuer with the details.

I recommend that you

make copies of the front and back of your cards to store at home in a safe place. This way you can find phone and account numbers quickly if you need them.

Finally keep good records. Save your receipts so you can compare them with your bill when your statement comes. If there is a problem, contact the company immediately.

There you have it. Small changes on how you can eat healthy food, incorporate exercise into your busy life and spend your money responsibly. The holiday season can be stressful for many people. With a little extra planning and preparation you can master the season, not let it overwhelm you.

Radiologic Technologists Increase Awareness By Celebrating Their Profession

Woodsville, NH - Cottage Hospital celebrates National Radiologic Technology Week® to honor the hard work and accomplishments of its Radiologic Technologists.

The Radiology Department will recognize technologists the week of November 7-13, 2010. The celebration happens each year during this week in recognition of German physicist Wilhelm Conrad Roentgen, who discovered the x-ray on November 8, 1895.

Cottage Hospital Radiology Technologists perform a variety of imaging proce-

dures including diagnostic Radiology, CT, Bone Density (DXA), Fluoroscopy, MRI, Nuclear Medicine, Digital Mammography, Echocardiography, and Ultrasound.

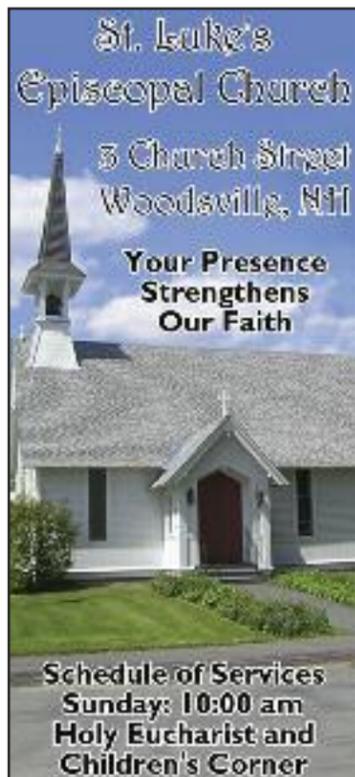
Many of the Hospital Radiologic Technologists have been part of the Cottage family for more than twenty years and have witnessed the growth of the department and rapid advances in imaging technology. These technologists work with some of the most innovative equipment in the medical field to help identify pathologies, plan and administer treatment, and

restore patient health. National Radiologic Technology Week was created by the American Society of Radiologic Technologists in 1979. More information about the profession, the celebration and the Society can be found at www.asrt.org.

Cottage Hospital is a 25 bed, critical access hospital serving the beautiful Upper Connecticut River Valley. For additional information regarding Cottage Hospital and any of our services visit us on the web at www.cottagehospital.org or call (603) 747-9000.

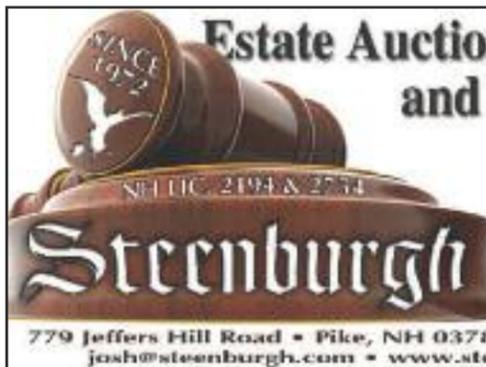
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Not all Times are Trendy but there will always be Trendy Times

November 9, 2010 Volume 2 Number 3

16 Baldwin Memorial Library Wells River, VT

Wells River - Everyone has heard how important it is to read to your child, but sometimes it's hard to know where to start or what to do when that child is not ready to sit still. Beginning with Mother Goose is a series of three free workshops for parents that help answer those questions. The series will run on Tuesdays, November 16, 23, and 30 at the Boltonville HeadStart located at 3344 Rt. 302 in Wells River, just west of P&H

Truck Stop. Co-sponsored by the Baldwin Memorial Library, these workshops will give parents ideas for fun activities to help children get ready to read. Each workshop will run from 4:30 to 6:30 pm, and a light meal will be served. Participants will also receive several children's books and a music CD to keep. More information is available from Librarian Peggy Hewes at 802-757-2693 or wells_river@vals.state.vt.us.



NORTH HAVERHILL, NH - Barbara Louise Foote, 90, formerly of Cedar Lane, died on October 21, 2010, at the Grafton County Nursing Home in North Haverhill, NH. Barb was born in Boston, MA, on January 29, 1920, to Philip and Angeline "Anne" Mitchell Dearth of Piermont, NH. She was a graduate of Bradford

OBITUARY BARBARA LOUISE FOOTE

Academy in Bradford, VT. She married Floyd J. Foote on October 17, 1940.

For many years Barb worked as a nurses' aide at the Grafton County Nursing Home. A couple of Barb's pleasures were caring for other people and keeping her house spotless. She was as passionate about caring for people as she was about keeping the house clean. When her children were young, the barn attached to the home caught fire and she woke the boys to have them clean the house before the firemen entered!

She was predeceased by her husband, Floyd J. Foote on March 9, 2004 and a son, Sherman Foote on October 17, 2008.

She is survived by two sons, Winston Foote of Salisbury, CT and Wayne Foote and fiancé Tammy Norway of North Haverhill; five grand-

children, Mark and his wife Louise, Patrick, Whitney, Heidi, and Tanya; and a daughter in law, Rose Foote of Franklin, NH.

There were no calling hours.

A graveside service was held on Friday, October 29, 2010, at 1:30 PM at the Horsemeadow Cemetery, Horsemeadow Road, North Haverhill with Pastor Susan Ellery of the North Haverhill United Methodist Church officiating.

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

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

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

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SETH TYLER CONRAD



video games, particularly "Call of Duty," online with his brothers and his cousin, Chris.

Seth was predeceased by his paternal grandfather, John M. Conrad, Jr. on January 28, 1987, his maternal grandfather Dale V. Ramsay on March 2, 2010, his uncle Thomas M. Conrad on September 28, 2005, and his cousin Kaitlyn R. Conrad on July 25, 2001.

He is survived by his parents Phil and Kim Conrad of Pike; two brothers, Tyson Conrad of Tilton, NH and Ethan Conrad and wife Jessica of Penacook, NH; his paternal grandmother, Betty Conrad of Pike; his maternal grandmother, Estella Ramsay of Warren, NH; many aunts, uncles, and cousins; and his dear friend Marcia Belyea of Bath, NH. He is also survived by numerous close friends, colleagues and acquaintances.

Calling hours were on Tuesday, October 26, 2010, from 5-8 PM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH.

A memorial service was held at the Bethany Congregational Church, Pike, NH on Wednesday, October 27th, at 1 PM with Rev. Jane Wilson officiating, and Rev. Steven Semerino assisting. There will be a private, family burial at a later date.

Seth would appreciate memorial contributions to the Twin State Humane Society, c/o Cathy Mauer, Daniels Road, Pike, NH 03780.

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

For more information or to offer a message of condolence, please visit www.rickerfh.com

BATH, NH - Seth Tyler Conrad, 25, died unexpectedly on October 22, 2010.

Seth was born in Haverhill, NH on April 19, 1985, to Philip R. and Kimberly P. (Ramsay) Conrad.

He was a graduate of the Class of 2003 from Woodsville High School and attended New Hampshire Technical Institute in Concord, NH.

He worked for Orion Wire in North Haverhill, NH in shipping and receiving as well as with information technology. He also worked with previously for Steenburg Auctioneers.

Above all, Seth loved his family and their special family gatherings. He had a great passion for pets, especially German Shepherds and cats. He enjoyed outdoor activities such as swimming, off-roading and motorcycling. He loved watching all of the New England sports teams, reading, playing cards and playing

REGINALD AVERY MINSHULL



NEWBURY, VT - Reginald Avery Minshull, 87, died at Cottage Hospital in Woodsville, NH on October 23, 2010.

Reginald was born in Haverhill, NH, on April 15, 1923, to William Albert and Florence (Avery) Minshull, Sr. He served in the US Army during World War II from Feb. 24, 1943 until Jan. 4, 1946 and was a member of the Army National Guard until his Honorable Discharge in 1955.

He worked as a self-employed building contractor and as a carpenter for other contractors in the area.

Reginald belonged to the Ross Wood Post #20 of the American Legion in Woodsville and the Haverhill Memorial Post #5245 of the VFW. He was an avid reader and outdoor enthusiast who loved wildlife and walking in the woods. He was a

builder and craftsman, well known for his great birdfeeders and birdhouses. He will be missed by all who knew him and admired his gentle manner. He will be remembered for his commitment to his country. Most of all, he will be remembered for his infectious laugh.

He married Fernwood Aremburg in 1950 and she predeceased him in 1960.

He was also predeceased by his two brothers, Richard Minshull on January 11, 2003 and William A. Minshull, Jr. on July 22, 2007.

He is survived by his caring and devoted sister, Elizabeth Santaw of Ryegate, VT; several nieces, nephews, and cousins; and long-time friends Phyllis Vogel and Janet Frazier, both of Newbury.

Calling hours were on Friday, October 29, 2010 from 6 to 7 PM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH.

A funeral service was held on Saturday, October 30, at 10 AM, at Ricker Funeral Home with his nephew, Robert Minshull officiating. Burial followed in Oxbow Cemetery in Newbury.

Memorial contributions may be made to the Norris Cotton Cancer Center, Dartmouth Hitchcock Medical Center, One Medical Center Drive, Lebanon, NH 03756.

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

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

**Altrusa Club Of Meredith
15th Annual Festival Of Trees**

The Altrusa Club of Meredith is planning a spectacular Festival of Trees to celebrate the 15th annual Lakes Region holiday season event. The event will be held December 2-5 at the Waukegan Golf Club, located on Waukegan Rd. in Center Harbor. The Altrusa Club of Meredith is grateful to our hosts, the Hale family, for their generosity and continued support.

The Festival Silent Auction and Gala, Thursday, December 2, 5:30-8:00 PM, will open the 3 day event. Guests will enjoy the picturesque New England Barn setting featuring the huge rustic fireplace and bidding on many great items contributed by area businesses. Pat Kelly, a Lakes Region favorite, will be on hand as Master of Ceremonies. Enjoy music, hors d'oeuvres and desserts, and a wine and beer cash bar. The Noel Shoppe will feature a book signing with local author and illustrator, Karel Hayes. Beginning November

8, tickets will be available at the Greater Meredith Chamber of Commerce, Cackleberries Garden and Gift Shop in Meredith, and Fashion Forward in Moultonborough. Pre-purchased tickets are \$12.00 and \$15.00 at the door. Make your holiday sparkle with a spectacular tree from the 'Tis the Season Raffle. Tickets will be for sale during the Festival.

From Friday, December 3 through Sunday, December 5, visitors may view the beautiful trees that have been contributed and decorated by area businesses, nonprofit organizations, individuals, and families. Altrusa distributes all donated trees through area Christmas funds and other outreach organizations following the Festival. Trees will be available for viewing on Friday, December 3 from 2:00-8:00 PM; Saturday, December 4, 9-5 PM; and Sunday 11-5 PM. Admission is the same as in past years: \$3.00 for adults and free for children 5

and under. In addition to viewing the exceptional collection of uniquely decorated trees, visitors can enjoy tasty treats, purchase products made by local artisans in The Noel Shoppe, and take chances to win fabulous raffle baskets.

Something new this year: The spirit of Christmas comes alive in "A Wish to be a Christmas Tree" by Colleen Monroe, the magical tale of an evergreen tree who wishes to be a beautiful Christmas tree. Children 3-8, in their pj's, are invited to bring their favorite adults and visit the enchanted Woodland Cabin for story time. Pre-registration is suggested for either the 5:00 or 7:00 PM readings as space is limited. Admission is \$3.00. Children 5 and under are free.

All proceeds from the Festival benefit the Inter-Lakes Christmas Fund, the Moultonborough Santa Fund, area food pantries, and other Altrusa initiatives.

The Altrusa Club of

Meredith, Leaders in Service, is grateful for the past support from the Lakes Region community. Your participation has made the Festival of Trees a great success and has benefited many families in need. Please help us bring the magic of this special sea-

son to others this year.

Individuals, families, clubs and local businesses are encouraged to enter a tree, donate item for the auction or become a sponsor. Please Contact Hilda Schmidt, hildacschmidt@hotmail.com or call 603-253-7166.

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Army Service Rifles Getting Big Upgrades

From Stars and Stripes

BAMBERG, Germany -- Calling it "the biggest overhaul of service rifles in nearly 50 years," the Army soon will send Soldiers to Afghanistan with new M4A1 carbines.

Upgrades to the M4 include a more resilient barrel, ambidextrous controls and a full-automatic setting. Add better ammunition, and Soldiers will have a more lethal weapon to fight insurgents, according to Program Executive Office Soldier, which introduced the improvements. The new carbines are expected to be integrated into the force starting next year.

Soldiers in Afghanistan expressed enthusiasm about the improvements, especially the ability to shoot on fully automatic.

"That would be sweet. You could definitely get more

lead downrange," said Sgt. Aaron Billington of the 10th Mountain Division at Kandahar Air Field.

Billington, 26, of Syracuse, N.Y. -- who is on his first deployment to Afghanistan, but also served in the Sadr City neighborhood of Baghdad in 2004 -- wasn't worried about the extra 5 ounces of weight that comes with the more resilient barrel. The new barrel was needed to sustain the higher rate of fire when the weapon is used in fully automatic mode.

He said the heavier barrel could improve accuracy and give the weapon better stability.

"What we have found with Soldiers is that when you give them that capability, they are OK with adding a little bit of weight," said Col.

Douglas Tamilio, the PEO Soldier project manager for weapons.

Spc. Jake Barnhill thinks Soldiers will have to carry more ammo as a result.

Going fully automatic would definitely give each Soldier more firepower, Barnhill said. But being in a firefight will also use ammunition more quickly.

Today's Soldiers carry 210 rounds into combat. That's a problem easily solved, said Barnhill, another 10th Mountain Soldier.

"Just up the size of our basic load," he said.

Not everyone is convinced that the upgrades are necessary.

Adding full-automatic fire mode to the M4 is a huge mistake, said Staff Sgt. Lincoln Dockery, a combat engineer stationed in Bamberg.

"The whole purpose of having riflemen is to accurately engage the enemy," Dockery said. "With full auto, Soldiers will stop aiming and

just point, shoot and hope, like the enemy does."

Tamilio, an infantry officer, said it's up to leaders on the ground to ensure Soldiers are trained on when to use the full-auto option.

And Army officials said the ability to fire on full-automatic is less about a higher rate of fire than providing a consistent trigger pull in both the semi-automatic and fully automatic modes -- something Soldiers had requested.

Better bullets

The upgrades to the carbine are not the only thing making the M4A1 more effective.

In July, the Army began issuing new ammunition because Soldiers complained that the old M855 round was not effective at close range. Enemies often would endure several bullet strikes before falling.

But the M855A1 has been designed with more stopping power, no matter the enemy's distance, Tamilio said.

"The problem with the [old] M855 round was that it was yaw dependent," he said, meaning the bullet flew in a straight path at close range, lowering its efficacy. If the round is tilted when it strikes the target, it causes the round to break up more quickly, making it more lethal.

"You need the round to fragment to create a large wound cavity when exiting the body," Tamilio said.

The M855A1 fragments more consistently than the old round, Tamilio said.

The improvement of the more than 500,000 M4s in the Army's inventory will be broken down into three phases and will take four or five years, Tamilio said.

Most of the troops who will receive the initial push of M4A1s will be in units preparing to deploy, Tamilio said. But the weapons and upgrade kits can be sent to Afghanistan for Soldiers if need be, he said.

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Happy Birthday United States Marines

By George Clark

Sitting in Tun Tavern, on King (or Water) Street in Philadelphia, John Adams and the Marine Committee, after daily debate at the State House (now Independence Hall), worked out the purchase of ships, wrote Rules for the Regulation of the Navy of the United Colonies, established a "Naval Pay List," and drafted a resolution which, enacted by Congress on 10 November 1775, created the Continental Marines:

Resolved, That two Battalions of Marines be raised consisting of one Colonel two lieutenant Colonels, two Majors & Officers as usual in other regiments, that they consist of an equal number of privates with other battalions; that particular care be taken that no person be appointed to office or enlisted into said Battalions, but such as are good seamen, or so acquainted with maritime affairs as to be able to serve to advantage by sea, when required. That they be enlisted and commissioned for and during the present war between Great Britain and the colonies, unless dismissed by order of Congress. That they be distinguished by the names of the first & second battalions of American Marines, and that they be considered a part of the number, which the continental Army before Boston is ordered to consist of.

From that time to this, two hundred thirty-five years, what has become the United States Marine Corps, the smallest of the nations four military organizations, has earned a reputation for courage, ability, perseverance, and Fidelity, far exceeding its modest numbers.

During the early years, the Corps supplied U. S. Navy ships with "soldiers of the sea" for stability aboard ship, and

most importantly, a landing force when citizens ashore needed rapid assistance. When the Twentieth Century arrived, trouble came on every sea and land, and the wars became larger. The nation had become imperialist, now holding islands and lands in the Pacific which our Navy was required to maintain control of.

The Corps was, as they had several times in their history, assigned duty with the U. S. Army in 1917. Over they went to France and served notably in the Second Division (Regulars) with their Army comrades. The Germans, as indicated by their writings, were impressed, and at the famous Battle for Belleau Woods, labeled Marines Tefelhunden (Devil Dogs). One German officer wrote home "They are animals, they kill anything that moves." So were the French impressed. They awarded the Marine Brigade the highest honor: a Croix de Guerre for the entire unit, the Fourragère.

Between the two World wars, Marines were used to impose the nation's will on several smaller American nations, but all the while, maintaining their own integrity. As a unit, the Corps recognized where the next war would be fought, and prepared, by developing a superior amphibious landing technique. When the war came, the entire nation was badly unprepared, and several naval and military forces were to pay for that lack of preparedness. The Navy went down at Pearl Harbor, the Army in the Philippines, and the Marines, notably at all places. They did make a few courageous stands: Wake Island, where less than four hundred Marines with a few Army and Navy comrades,

stood off a huge Japanese naval force which landed upwards of 10,000 soldiers. The Japanese paid a price for that small island. Estimates vary but have been as high as half their manpower and several ships sunk. Nearing Christmas, officials in the U. S. asked if there was anything the Marines wanted and a wise guy Marine answered "Send us more Japs." Of course, he wasn't serious; they already had enough to satisfy them.

Anyway, the Marines, supported by the U. S. Navy, and at times along with their Army comrades, crossed the Pacific in many bloody campaigns, which they ALWAYS won. The enemy was defeated after which the president decided there were too many Marines and cut their budget until they bled. Then, a few years later he decided to go to war, and both the Army and Marines had to scramble for forces to fight back the North Koreans. Fortunately, the Marines managed to scrape together a complete division in a few weeks and went over there and solved a few problems. With a new president that war was soon over and budget cuts were again instituted.

For some reason, our nation's leaders (read presidents) decided that the United States would solve all problems, worldwide, militarily, if necessary. So, neither the Marines, nor Army, nor Navy, nor Air Force, and their subsidiaries, have had a moment's peace. They have had to serve in "every clime and place where they could take a gun." Consequently, we have continued to suffer losses, always our best and brightest, of course.

At any rate, the Marines

are and have been serving in the mid-east for many years now. They began as a force to fight on ships, then from ships on land, in which they developed a supremacy, finally now they serve as a second army, which is a shame. At one time they were, and still should be, a specialist force to solve modest problems anywhere, at any time, rapidly. If I interpret my readings correctly, even the generals in the Corps are beginning to realize they have gone astray. If only the nation's appointed leaders



would begin to realize that and stop these wars which gain us nothing and go on forever.

The U. S. Marines have served the nation conspicuously since its founding and will continue to do so, regardless of mistaken civilian or military leadership.
SEMPER FIDELIS

Marine Corps Birthday Celebration

Fred R. Ferton, GYN/SGT

Pride and cockiness are marks of a Marine! A belief in self, a confidence in fellow Marine, and an almost emotional belief in the Corp.

The most important contribution the Marine Corps has made to our nation is not that it has fought and won battles. Rather, it's most contribution is that it makes Marines, instills them with extraordinary mettle, and returns the great majority to civilian life with qualities of confidence, determination, leadership, and a winning spirit that gives strength to our national character.

These "once a Marine, always a Marine" citizens never abandon the pride instilled in them for, or identification with, the Corp.

For any of those Marines there will be a meeting and informal mess on Wednesday, November 10, 2010 at the American Legion Hall, in St. Johnsbury, VT at 7:00 PM. All former and retired Marines in the North Country and surrounding areas will be there.

The "Jar Heads" gather tougher to "shoot the bull" with each other for an hour or so. Then a release from the Commandant of the US Marine Corp is announced. Next will be the cutting of the birthday cake. The cake is cut, with a Marine ceremonial sword, by the oldest Marine present and the first piece of cake is given to the youngest Marine present.

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Pumpkins, Pumpkins Everywhere! Pumpkin Light, Pumpkin Bright, The First Pumpkin I See Tonight...

By Marianne L. Kelly



said Kelly, "People came from as far away as Florida with their kids to this event."

It was about this time that the Wrights and the Glaudes decided it was high time to bring back Halloween...and so they did.

"We were only going to carve 60 pumpkins, but somehow that snowballed to 256," said Kelly.

All the pumpkins were anonymously donated.

Fifteen family and friends working from Monday through Saturday carved intricate designs of ghosts, bats, scary faces and anything else imaginable into the pumpkins. They reserved a row carved with military carving in tribute to our troops in Afghanistan. "We really wanted to bring the spirit of Halloween back," said Kelly and Belinda. The Pumpkin Gang, thrilled with their success, hopes to make this an annual event.



BRADFORD, VT—Plateau acres in Bradford, home to an eclectic group of children, parents and senior citizens is sometimes described as a village within a village. Halloween weekend saw between 275 and 300 assorted goblins, witches, ghosts, dinosaurs, clowns and other trick or treaters descend on this sleepy village as they came to see the 256 hand carved lighted pumpkins displayed on the Wright's property. As if this spectacular show wasn't enough, these Halloween revelers were invited to enjoy an outdoor fire, hot cocoa, and a variety of cookies and treats.

THE PUMPKIN GANG

The hosts of this event call themselves "The Pumpkin Gang," and include Plateau Acres residents, Kelly and Jeff Wright and friends, Belinda and Dave Glaude.

It all started on a Columbus Day weekend two years ago at the White Haven Campground in Wentworth, NH. The campground holds an annual trick or treat weekend for kids. That year Dave carved 30 pumpkins in five hours for the event. "This year,"

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