**NEXT ISSUE: TUESDAY, SEPTEMBER 27** 

DEADLINE: THURSDAY, SEPTEMBER 22

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SEPTEMBER 13, 2011 VOLUME 2 NUMBER 24

# Nine Eleven: A Memorial, Not A Celebration

### By Gary Scruton

September 11, 2001 may seem like a long time ago to some. Most of us know of at least a few people who were not even born before that date. To others that date is etched in their minds like it was yesterday. A day that brought this country into a whole new state of mind.

The date can be compared to December 7, 1941, "A Date Which will Live in Infamy" as spoken by President Franklin Roosevelt way back then. Some of us also know people to whom that date may still feel like yesterday, though their numbers

have certainly shrunk over the years.

There are other important dates in the history of this country. July 4, 1776 (the signing of the Declaration of Independence), November 11, 1918 (now know as Veterans' Day, but was actually the signing of the peace treaty after World War I). Those dates both happened before any (except a very few) of us were born. Therefore their meaning is from what we learn from history, both during our formal education and from our social education.

Three out of four of these

dates are well know and well celebrated in today's United States. Pearl Harbor Day has become a day to lower the flag to half staff and remember, but little more. Veterans' Day has also become a day with limited observance. There usually are some small parades and solemn services put on by local veterans groups, but not a lot more.

July 4th is still a huge celebration and a date well remembered. It is, after all, celebrating the birth of a nation. It is a date that will always stay as the Fourth of July. It is also generally a date to think of all the good times and good people of this great country.

September 11th is the latest date to mark a significant event in the history of the USA. It was the date of a coordinated attack on citizens of this country. It took the lives of the people on board the four airliners. It took the lives of some of those working in the twin towers. It took the lives of service men and women and civilians working at the Pentagon. And it also took the lives of many first responders who rushed into the twin towers to save those affected.

The action of those first responders, some of this country's best people, is no less heroic than that shown

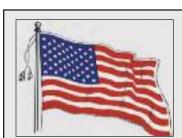
**Foxwoods Casino** 





by our military personnel on battlefields of today and years gone by.

That is the reason that nine-eleven is now etched in the minds of those who have lived through it. It is why in 2011, the 10th anniversary of this event, there have been many special observances. It is also the reason that his date will be taught to our children, our grandchildren, and their children and grandchildren. It is a date in history that should not be forgotten.



The Woodsville ceremony hosted by the Woodsville Fire Department on Sunday evening brought a crowd to Central Street that numbered several hundred spectators. There were also probably close to a hundred first responders who came from most of the neighboring towns as well as from Waterville Valley and the Lakes Region of NH. In all, over two dozen pieces of equipment were in the parade. Lined up two abreast during the ceremonies they filled Central Street all the way back to School Street.

Haverhill Memorial VFW Post #5245 led the parade and offered a gun salute in honor of 9.11.





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Moosilauke/Black Mountain in NH and VT hills from three separate locations. Open pastures and wooded areas allow for choices in building sites and power is either on the lot or nearby. Must see to really appreciate the peacefulness here!





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# The Vermont Bankers Association Offers Tips To Consumers Impacted By Tropical Storm Irene

Montpelier – For those who faced damage to their homes and businesses in Tropical Storm Irene, after the initial concerns of safety and meeting basic needs are met the next question is 'Now what do I do?', which given the circumstances can be overwhelming.

The Vermont Bankers Association offers the following recommendations to help customers deal with the financial challenges they are

- As soon as it is possible, notify your bank about your current situation and the impact Irene had on you and or your family.
- If you lost your personal

identification documents, such as your driver's license and birth certificate, communicate with the branch with which you normally do business as they are more likely to recognize you. If that branch is not operational, try to obtain some form of identification verification. Understand our intent is to prevent unauthorized access to your account.

Banks are committed to working with homeowners and businesses that need disaster assistance. If you have a loan payment that is due, contact the bank or your current loan servicer immediately and work with them to determine what relief measures are available.

If you have a safe deposit box in a branch that is closed, it may take a few days for the bank to transfer the box to another branch.

While tragedies like this are known to bring out the best in us as a community, unfortunately some people see it as an opportunity to take advantage of those who are vulnerable.

- Be cautious about providing personal or financial information. As always, you should not offer this information unless you initiated the inquiry or know who is requesting it.
- Work with people you

know or check references for repair work, especially if someone approaches you offering their services but requires payment in advance.

- If at all possible, avoid seeking financial solutions via the internet. You may find yourself in a situation where the financial assistance looks very favorable, but the terms and conditions vou agree to are not.
- Be aware of donation scams via email and phone calls. Scammers can create websites with logos of legitimate organizations and use them to gather your credit card information. Instead, ask the caller to send you in-

formation so you can mail a donation or go to the organization's web site via a search engine rather than the link. We recommend you give to organizations you know and can verify, such as the American Red Cross, Salvation Army or United Way.

The Vermont Bankers Association is a private nonprofit serving Vermont's banking community. VBA's mission is to promote an environment which fosters a vibrant banking community, thus supporting a prosperous Vermont economy.

"With Vermont's Banking Community, Vermont Pros-

### **Upper Valley Haven Requesting Volunteer Help From The Community** To Staff Its Food Shelf And More

WHITE RIVER JUNCTION, VT — The Upper Valley Haven, which provides shelter and education to those who are homeless, and food, clothing and support to anyone in need, needs volunteer support as summer ends and the community responds to the devastation from Irene.

We count on volunteers to stock the Food Shelf and help visitors get the food that they need; to work at the Reception Desk greeting all who enter; to keep our Clothing Room well organized; to help with childcare for children staying at the Shelter while their parents are taking part in learning activities; and to mentor children in our After School Program. In our Food Shelf alone it takes over 8 volunteers per day, plus staff, to handle stocking shelves and distributing food. Our Food Shelf is always busy (we serve up to 900 families per MONTH), and currently we are suffering without enough hands to

"For me, working in the Food Shelf has been the most rewarding, humbling, and educating experience I have had in quite some time. I didn't truly know the Upper Valley community until I spent some time working with those in desperate

need, and with others who give their time and resources to lend a hand of help."

What does being a Haven volunteer require? A little training, a commitment of time (once a week or once a month), the desire to be a community problem solver and the compassion to help others while suspending judgment.

If you can spare four hours per month or more to do life-changing work, please contact Laura Shelton, our Volunteer Coordinator: Ishelton@uppervalleyhaven.org, or 802.478.1805.







**RON DEROSIA** Owner/Technician

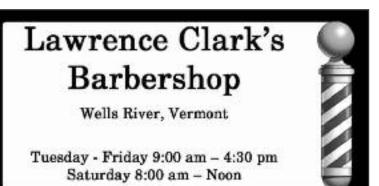
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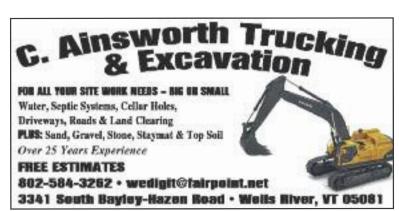
Questions? Please call Abigail Metcalf-Underhill 603-272-9005

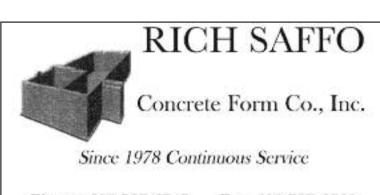
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THANK YOU FROM THE HEART

The Family of Frederick Michael Hatch would like to thank everyone who was so kind during the illness and passing of our loved one. It was a tribute to him to see how he had touched so many lives and in return so many true friends showed their love and respect for him during his last couple of months with us.

We want to thank those who traveled to South Hero for his funeral

and those who attended his burial service in Groton. A special thanks to Father Lively and Father Statz for their part in the services. Also, thanks to the Ladies of St. Rose of Lima for the lunch at the church and to Tuesdie Carbonneau for the refreshments after the burial service.

Your kindness was much appreciated for all who sent cards, made phone calls and kept Fred in your prayers. May God Bless You All.

Sean Frederick Hatch, Laurian Phetteplace, Marjorie Bone and Family Gilbert Daniels, Rachel Clough and Family



# Old Church Theater Concludes Season With One Act Plays

BRADFORD, VT: Old Church Community Theater announces the last of its 2011 slate of productions, "Another Evening of One Act Plays", beginning Friday, September 23 at 7:30pm, with additional shows Saturday at 7:30pm and Sunday at 4pm. The shows will also be presented the following weekend, Sept 30 through October 2 at the same times.

The One Act Plays offer comedy, farce and drama, and include two plays by local playwright-actor Chuck Fray, who is directing his dramas "Black Fear" and "The Last Double Play". The other

plays are "The Incompatibles" by Horace Holley, directed by Doug Coughlin, "Infant Morality" by Craig Pospisil, directed by Liane Allen, and "After Words, by Deborah Savadge, directed by Peter Richards.

2011 marks the 3rd year Old Church Theater has presented "An Evening of One Act Plays". Always enjoyable, the production features 5 plays and lots of actors in plots ranging from farce to thriller.

Appearing are Scott Johnson, Holly Bristol, Meghan Ballard, Leah Romano, John Hunt, Jennette DiFazio, Mark Alloway, Aaron Richter, Michael Counter, Brad Johnston, Ian Coleman, Diane Chamberlain and Miles Conklin.

More information may be found at www.oldchurch theater.org.

To reserve seats call 802-222-3322 or email reservations@oldchurch theater.org.

To make an even more special night out, consider the "Dinner-Theater" option at Bradford's Colatina Exit: Just \$38.99 buys dinner and tickets for two! Just say "dinner-theater please" and they'll do the rest and get you to the show on time.

# LAWRENCE CLARK'S BARBERSHOP Interview with Lawrence Clark

By Lauren M. LoSchiavo

Approximately 20 years ago Lawrence Clark decided he wanted to become a Barber. His mother had been a Beautician and his father was a Barber. They both practiced at their shop on route 25 for many years. Even after retirement his mother would still see a select number of clientele on weekends. These were her most faithful clients.

After working nights and weekends in other positions, Lawrence made his decision. He went off to Barber School in Lewiston, Maine for 9 months learning all the skills

a Barber needs to be successful, then apprenticed under his dad.

When asked about the business, in general, Lawrence says that there seems to be more Cosmetologists than Barbers. There are less people practicing this art then there used to be and he would like to see it come back. He attributes this to the fact that hair styles have changed and that they are shorter now than they were in the Beatles (or 60's) era of his father.

If you are in need of a beard, moustache trim or a

haircut, come in to his shop. He has regular customers, but drop-ins are always welcome.

He is open from 9:00a.m. to 4:30p.m. on Tuesday, Wednesday, Thursday, and Friday. Saturday he is open from 8:00a.m. to 12:00p.m. Lawrence Clark's Barber Shop is located on Main Street in Wells River, Vermont – at the north end of The Happy Hour Restaurant.

BACK TO SCHOOL SPECIALS ON CUTS AND TRIMS ARE STILL AVAIL-ABLE.

Reservations

802-222-3322 · oldchurchtheater.org

137 North Main Street, Bradford, Vermont



# Fourth Annual L.E.A.F. Has Something For Everyone

By Marianne L. Kelly

BRADFORD, VT-It is no secret that our nation's resources are in trouble. The good news is more people are becoming aware of our finite energy supplies, are consciously trying to cut down on waste and consumption, and are considering alternative protocols to help conserve resources and put less stress on our planet.

This September 17th marks the fourth annual Local Energy & Agricultural Festival in Bradford. The festival and energy committees are subcommittees of the conservation commission chaired by Nancy Jones and Ed Wendell respectively. When talking about the LEAF festival, Jones emphasized that she is part of a group of local volunteers including, Bud Haas, Linda Ide, Mary and Ed Wendell, Nikki Darling, Brad Vietje, Amy Cook, Kathy Davidow, Sandy Price, Barbara Kukzyck, Methodist Church Pastor, Rev. Mary Clark and husband, Andrew, Congregational Church Pastor, Rev Karen Lipinczyk and husband. "These core people worked tirelessly on this and past festival projects to ensure their success," said Jones, "and deserve much of the credit."

"This event started around the same time that fuel prices began escalating," said Jones. "Its purpose was to arm and inspire people with information to show them they have choices and don't have to be victims," she added. "In previous years it was called the Local Energy Alternatives Festival. This year its name was changed to Local Energy and Agricultural Festival because of the emphasis on locally produced food and the connection between food production and energy." She noted that only five percent of our food is grown in Vermont with the rest being transported from outside the state. Rising energy prices = rising food prices.

### MUCH TO SEE AND DO

The multifaceted festival has several venues. "People can visit vendors under the big tents and talk to them about the renewable energy services they provide." The Pellergy Company, who recently installed a pellet-burning furnace in the Jean and

Reid Carlan house, will set up in front of the Congregational Church, and offer tours of the house. Environmental author, Bill McKibben is scheduled to deliver the keynote speech at Bradford Academy Auditorium at 4p.m. Mr. McKibben is the founder of the grassroots climate campaign, 350.org. This organization coordinated 15,000 rallies in 189 countries since 2009. Time Magazine called him, "the planet's best green journalist," and the Boston Globe, in 2010 said, "he is probably the country's most important environmentalist."

"The message is still the same," said Jones. "We have things that are already happening that weren't here four LEAF's ago, including the energy efficiency retrofits in the Bradford Academy Building, much of which was done by volunteers. "We're not helpless," she said. "We do have options, and people can tour the Academy to see for themselves."

This festival has many components including panel presentations in keeping pace with renewable energy and new trends in funding and technology, workshop type demonstrations, ongoing demos and tours of the Hydro Dam and Bradford Academy. Visitors can tour **Bradford Elementary School** to learn about their solar array and cafeteria gardens where they grow the food served to students and staff.

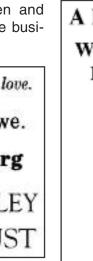
In addition, there will be movies about the plight of Lake Champlain, the vanishing of the bees and a screening and discussion of "Fresh," at The Old Church Community Theater. Also slated are panel presentation, on what it means to be green and growing a sustainable business, worm farming, green cleaners for home and health and more.

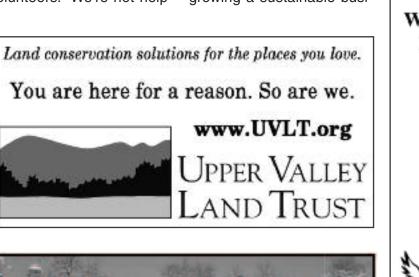
Food enthusiasts can take advantage of the Farmers Market that features locally grown produce, pies. bread, pastries, creatively flavored granola, fine quality crafts and more. You can also learn about gathering, growing and cooking local foods. Sean Kelly of A Sharp Edge will be on hand at the market to professionally sharpen your knives and scissors while you shop. Fifty percent of sharpening proceeds will be donated to help our farmers who suffered so many serious losses from Hurricane Irene.

As if this isn't enough, several area merchants are sponsoring a raffle for wonderful prizes donated by the following businesses: a \$200 gift certificate from Perry's Oil, a Newton electric powered lawn mower from Newton Lawn Mower, Vergennes, a solar powered shed lamp from The Solar Store, Groton, an end table from Copeland's Furniture, and men and women's Jac shirts from Hills.

Enjoy live entertainment throughout the day, and a "Sizzlin" Chicken Dinner at the Methodist Church at 5 p.m.

This year's festival promises to be fun and enlightening for the entire family. There is much to do and see, and much to learn about wisely using and conserving our resources, and the importance of buying from our local communities. For complete information on events and times, visit the LEAF web site at www.leafvt.org.











# Calendar of Events

This is a full page of Calendar of Events for local non-profits. Courtesy of Trendy Times.

Put **YOUR FREE** listing here!

### MONDAYS/THURSDAYS

NORTH COUNTRY YMCA WALKING CLUB

6:30 PM

Woodsville Elementary School

### **TUESDAYS**

### **COMMUNITY FARM WORK DAYS**

4:00 PM - 6:00 PM

NEK Community Farm, Old Center Road

### **WEDNESDAYS**

### **BINGO**

6:30 PM

Haverhill Memorial VFW Post #5245 North Haverhill

### **THURSDAYS**

#### PEACHAM FARMERS' MARKET

3:00 PM – 6:00 PM Rain or Shine Academy Green, Peacham

### **SATURDAYS (9/17 – 10/21)**

### **FARMER'S MARKET**

9:00 AM - 1:00 PM

Behind The Star Theatre, St. Johnsbury

### **TUESDAYS (9/13 - 10/4)**

### WATERCOLOR CLASSES

1:00 PM – 3:00 PM Beginners 5:30 PM – 7:30 PM Advanced

Alumni Hall, Haverhill

See article on page 10

### WEDNESDAY, SEPTEMBER 14

HAVERHILL RECREATION YOUTH LEAGUE SOCCER SIGN-UP

5:00 PM – 7:00 PM

Morrill Municipal Building, North Haverhill

### MONTHLY MEETING -

ROSS-WOOD POST #20 AMERICAN LEGION

6:00 PM

American Legion Home, Woodsville

### HAUNTED BRADFORD: GHOSTS, SPIRITS & SUPERSTITIONS

7:00 PM

Bradford Academy Auditorium 172 North Main Street, Bradford

### THURSDAY, SEPTEMBER 15

**ANNUAL CHICKEN PIE SUPPER** 

5:00 PM - 7:00 PM

South Ryegate Presbyterian Church

### OPEN HOUSE & FREE COMMUNITY DINNER

6:00 PM – 7:30 PM

St. Johnsbury School

### FRIDAY, SEPTEMBER 16

"OLAS" MUSICIANS & DANCERS

7:30 PM

Landaff Town Hall

# FRIDAY & SUNDAY SEPTEMBER 16 & 18

**SECOND ANNUAL FILM SLAM** 

7:30 PM

Bradford Academy, Main Street

### **SATURDAY, SEPTEMBER 17**

3RD ANNUAL LISBON FLEA MARKET

9:00 AM - 2:00 PM

North Main Street, Lisbon See ad on page 16

### LOCAL ENERGY & AGRICULTURE FESTIVAL (LEAF)

9:00 AM - 6:00 PM

North Main Street, Bradford
See ad and article on page 5

### **HOME BAKED GOODS, CRAFTS & PLANTS**

9:00 AM - 1:00 PM

Christ Covenant Anglican Catholic Church Creamery Street, Marshfield

### 50 YEARS OF BRINGING YOU THE HEAVENS ABOVE

10:00 AM - 10:00 PM

Fairbanks Museum & Planetarium 1302 Main Street, St. Johnsbury

### FAIRLEE COMMUNITY CHURCH BENEFIT DINNER & DANCE

5:00 PM Dinner

7:00 PM - 10:00 PM Dance

Orford Masonic Hall

### PIKE DAYS CHICKEN BBQ

5:00 PM – 7:00 PM

Pike Hall, Pike

### **SUNDAY, SEPTEMBER 18**

PANCAKES & SAUSAGE BREAKFAST

7:00 AM – 8:30 AM

Pike Hall, Pike

### ANNUAL NORTH HAVERHILL FAIR PICNIC

12 Noor

North Haverhill Fairgrounds

See ad on page 13

### **TUESDAY, SEPTEMBER 20**

**NH STATE VETERANS COUNCIL** 

REPRESENTATIVE

8:00 AM – 12:00 Noon

Woodsville American Legion Post #20

### FRIDAY, SEPTEMBER 23

AN EVENING OF ONE ACT PLAYS

7:30 PM

Old Church Community Theater, Bradford See ad and article on page 4

### SATURDAY, SEPTEMBER 24

**HOME BAKED GOODS, CRAFTS & PLANTS** 

9:00 AM - 1:00 PM

Christ Covenant Anglican Catholic Church Creamery Street, Marshfield

### See ad on page 8

SATURDAY, SEPTEMBER 24

14TH ANNUAL CROSS VERMONT TRAIL

**FALL FOLIAGE BICYCLE RIDE** 

Kettle Pond, Groton State Forest

FALL FESTIVAL OF THE ARTS 10:00 AM - 3:00 PM

9:30 AM

Main Street, Lisbon

#### 9TH ANNUAL PUG SOCIAL

10:00 AM - 4:00 PM

Top Notch Field, Mountain Road, Stowe See article on page 9

### **BIKING FOR BOOKS - 10 OR 28 MILE RIDE**

11:00 AM

Peacham Library

See ad on page 13

### BENEFIT DINNER FOR PETER FOSTER

5:00 PM – 7:00 PM

Piermont Village School

See ad on page 3

#### **SPAGHETTI SUPPER**

5:00 PM & 6:00 PM

Haverhill Congregational Church Parish House

### PINE GROVE GRANGE BOOSTER NIGHT

6:30 PM

Bath Town Hall

### **AMERICAN VIRTUOSO**

7:00 PM

Alumni Hall, Haverhill

See ad on page 15

### AN EVENING OF ONE ACT PLAYS

7:30 PM

Old Church Community Theater, Bradford See ad and article on page 4

### **SUNDAY, SEPTEMBER 25**

AN EVENING OF ONE ACT PLAYS

4:00 PM

Old Church Community Theater, Bradford See ad and article on page 4

### MONDAY, SEPTEBMER 26

HAVERHILL SELECTBOARD MEETING

6:00 PM

Morrill Municipal Building, North Haverhill

# TUESDAY, SEPTEMBER 27 CABOT FALL FOLIAGE DAY

8:30 AM

Various Locations In Cabot

### **THURSDAY, SEPTEMBER 29**

PEACHAM FALL FOLIAGE DAY 9:00 AM

Various Locations In Peacham

### PLACE YOUR EVENT FOR YOUR TOWN, SCHOOL OR ORGANIZATION AT NO CHARGE.

Submit your entries by:

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

Deadline for submissions is Thursday, September 22nd for our September 27th issue.

# Fall Tour Highlights Local **Conservation Projects**

The Grafton County Conservation District, in cooperation with the USDA Natural Resources Conservation Service, is sponsoring a Fall Tour of Conservation Projects on Friday, September 30th. Several site visits are planned to demonstrate wise use of our natural resources and local conservation practices. These projects are the result of cooperative efforts of local landowners, Grafton **County Conservation District** (GCCD), Natural Resources Conservation Service (NRCS), UNH Cooperative Extension and other agencies. The Fall Tour will start at 9:30am at Trescott Company main gate, formerly Hanover Water Works, on Trescott Road, Hanover (Wheelock Street becomes Trescott Road at the Grasse Road intersection, headed toward Etna). Everyone is welcome to join us for a site visit or the entire day. Plan to bring a bag lunch. The Fall

Tour will be held rain or shine dress for variable weather, and plan on moderate walking through fields and woodlands. Please call Pam at (603) 353-4652, ext. 103 if you plan to attend or for more information.

The Fall Tour will start at 9:30am at the Trescott Company main gate located on Trescott Road, Hanover. Invasive buckthorn was first discovered in the pine plantations on the Hanover Water Works property. Because the reservoirs located on the Trescott Company lands supply water for Hanover and Dartmouth College, traditional chemicals used to combat invasives cannot be used. Trescott Company has received technical and financial cost-share assistance through a Wildlife Habitat Incentives Program (WHIP) agreement with NRCS to implement invasive control using hand pulling and mechanical means, and tree

planting to restore wildlife habitat. Consulting foresters John O'Brien and Jeff Smith will discuss the long-term plan for invasive control, and successes and challenges faced at the water company property.

Our second stop will be at Acorn Hill Farm in Lyme Center. Acorn Hill Farm is an organic vegetable owned by Dr. Janine Weins. In addition to selling fresh vegetables at their Lyme Center farm stand, Acorn Hill Farm also supplies fresh produce to Alice Peck Day Memorial Hospital and Harvest Hill residents. Through an Environmental Quality Incentives Program (EQIP) pilot program NRCS offered costshare assistance to producto install season extension high tunnels. Season extension high tunnels can extend the local fresh produce market season, improve soil and plant health, reduce use of pesticides to

control leaf diseases and increase yields. The newly constructed high tunnel at Acorn Hill Farm was produced by Four Season Tools and can be moved along a track. A rolling high tunnel can allow a cool season crop like spinach to be started outside while tomatoes are growing inside the high tunnel. Then the high tunnel can be moved over the spinach when the tomatoes are finished, allowing rest periods or cover crops to improve soil health. We will eat our bag lunches at Acorn Hill Farm.

After lunch at Acorn Hill Farm, the group will meet at the Dartmouth Skiway parking lot @1:15pm, and travel to the Mascoma Headwaters Project. NRCS has been collecting data at the Mas-

coma site for 16 years to further study hydric soil indicators, and for accurate identification and delineation of wetland boundaries. Ongoing research measures and records air temporations soil temperature at various and moisture, and other information. Recorded data is later analyzed to better understand wetland characteristics and behavior, and the function and value of wetlands. In 2001 GCCD received grant funding from NH of DES to financially assist with extensive soil mapping, equipment upgrades and onset of growing season information at the Mascoma site. NH NRCS Assistant State Soil Scientist, Joe Homer will share many insights learned from this longterm project.

# **Attention ATV Operators**

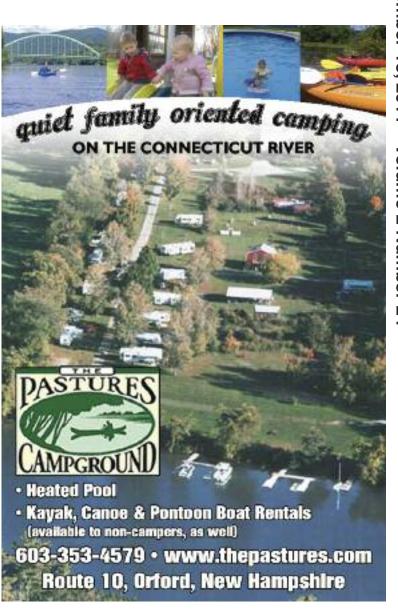
The Grafton County Farm will be having a timber operation during the months of September and October, 2011. For the safety of all citizens using the County Farm,

ATV use will be prohibited in the areas of the timber sale operation and signs will be posted throughout the operation. Access via ATV will still be permitted in areas where

there is no timber operation happening. This timber operation will be concluded by October 21, 2011 and regular access will be permitted on October 22, 2011.







Not all Times

# Looking For Volunteers Who Wish To Make A Difference

By L. Roberson

habilitation? Is it possible for convicted criminals to truly change their ways? Are inmates simply cold-hearted or

North Haverhill – What is re- could there be something more there that causes these individuals to commit the crimes they do? The Crossroads and Decisions course

(formerly know as Thresholds and Decisions) believes this to be true, and is now looking to reach out into the community for new volunteers who share a similar belief.

Crossroads and Decisions is a five-week intensive course offered to sentenced inmates at the Grafton County Department of Corrections (G.C.D.O.C.). The program is made up of a group of trained, committed community volunteers who use a professionally developed, structured curriculum. The mission of the program: To give inmates tools for decision-making versus reacting which they can use during their remaining time in the facility as well as when they return to the community to live and work.

Since 1990, this program has helped hundreds of incarcerated men and women servina time at G.C.D.O.C. learn the necessary skills to become more productive members of the community. "I used to let others make up my mind for me; now I do it myself. It gave me more confidence, which showed in my interviews and helped me to obtain a job within the first two weeks of my release," says Cheryl Stark, a graduate of the program's fall class of 2007. She adds, "The people that run the program are the best, and I thank them for giving me a better future!"

Who are Crossroads and Decisions volunteers? They are dedicated folks of all ages from Vermont and New Hampshire. Why volunteer your time? To make a difference in someone's life. To help incarcerated individuals learn to think before they react, therefore decreasing the probability of their returning to jail. To increase the former inmates' chances of success upon their release back into the community.

To prepare volunteers to teach the tools and skills that the Crossroads and Decisions program is based upon, a free training session will be offered on October 8, 2011 from 9 am - 3 pm at the North Haverhill Methodist Church, North Haverhill, NH. Lunch will be provided.

Please contact Kinder at 603-787-6998 or email her at jankinder@charter.net to register for the training session. You can make a difference!

Pre-registration

Not Required



### 2nd & 3rd SHIFT PRE-PRESS TECHNICIAN

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# Cottage Hospital Walk/Run Fundraiser

By Gary Scruton

Cottage Hospital of Woodsville continues to be a very integral part of the local community. Through their several fundraisers each year the Cottage Hospital staff and volunteers provide entertainment and exercise, as well as a means for gift giving from those in the area.

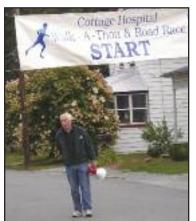
Because the date for this year's Cottage Hospital 5K walk and 8K Run was on September 11th, there were a few tweaks made to the event.

The most obvious was that a portion of the proceeds from this year's event are to be added to the Elizabeth Barry Scholarship Fund. The fund has always been used to assist members of the community who are looking to further their education in the field of nursing. Those who wish to proceed in the field of EMT or other such avenues can now also apply for educational assistance.

And there was plenty of fundraising going on this year. The top individual gathered some \$2,000. pledges. The top fundraising teams, from companies with under 20 employees, also topped that \$2,000. mark. And the top fundraising organization with over 20 people was Cottage Hospital itself. Their total was not yet definite but was quoted to be in the \$5,000 to \$6,000 range. Major congratulations to all of those who took the time to gather funds, and many thanks to those

who opened their wallets to make the contributions.

Another part of the closing ceremonies specific for this year was a short speech Haverhill Selectboard Chairman and former Haverhill Memorial VFW Post #5245 Commander Wayne Fortier. He reminded all present of the specific times and numbers from September 11, 2001, along with some of the numbers and dates since then. He also praised those first responders who rushed into the twin towers on the fateful day in an effort to rescue those trapped, care for those injured, and retrieve those who were initially killed.



Cottage Hospital employee and volunteer Don Staple-feld with bullhorn in hand called the walkers and later the runners to the starting line at the intersection of High Street and Smith Street. The route included a circumnavigation of Cottage Hospital befre traveling down Melody Lane and returning to the Woodsville High School Campus



The banner that marked the starting line for this year's 5K walk & 8K run was available for all participants to sign at the end of the event. It was announced that the banner will be sent to New York City in memory of 9-11.



The bottom line for this annual event was another fun day of fund raising, exercise, and remembrance.



Keynote speaker Wayne Forter was also a participant. He ran the 8K with his daughter as a warm up for the Marine Corp Marathon that he plan to run later this fall.



Sandy Gaston, daughter of the Rev. Dr. Howard and Donna Gaston, will be speaking on her mission trip at the Presbyterian Church of Barnet. She has just returned from an 11 month long mission trip around the world with Adventures in Missions. She and 80 others traveled to 11 different countries and worked with misand church organizations. Some of the countries where she served the Philippines, Malaysia, Cambodia, India, Nepal, Rwanda, and Romania. She will be sharing some photos and experiences at the Presbyterian Church of Barnet on the 18th of September at 10:00 am and at 11:00 am she will show photos of the trip.

Everyone is invited to attend. The Presbyterian Church of Barnet is located at 279 W. Main St., Barnet, VT. For additional information please call 633-2309.



Green Mountain Pug Rescue would like to invite the public to our 9th Annual Pug Social to be held at Top Notch Field, Mountain Road, Stowe, VT on Saturday, September 24th from 10 AM to 4 PM, sponsored by Petco Foundation. The first event will be starting at 10:20 AM. Admission \$10.00 Adults and \$5.00 Kids under 12. All proceeds go to help medically needy pugs of the rescue. Rain or shine. Bring chairs and shade. There will be a rescued pug alumni parade, great pug race, best wrinkles contest, curliest tail contest, pug costume contest, pug kissing contest, best pug trick contest, oldest pug at social, pug who travelled the farthest to the Social, crap raffle, silent auction, door prizes, 50/50 drawing, pug health information, nail trimming with money to GMPR, pug cafe and vendors. No selling of pugs allowed. For directions, lodging information or more information visit www.gmpr.org or call 802-626-8280.







# TRENDY STREET

### By Ronda Marsh

### **Chocolate Coconut Cake**

Here is a very old recipe from my mother's recipe box. Well, actually, if I tell the truth, it's not quite a recipe box. It's a bunch of clippings, recipe cards, pieces of lined paper and torn pages from magazines (some of which I'm sure came into her possession during long periods of time spent waiting in doctor's offices when we were kids!) These smudged and wrinkled little tidbits of cooking wisdom are very valuable to me; they are the relics of my childhood, of a time when the entire family sat around the table at 5 p.m. every single day and ate and talked and laughed and argued. I may be naive, but I can't help but think that many of the problems with today's youth could be solved by something as simple as reinstating the concept of daily family meals. Unfortunately, dining as a family unit now seems to be the exception, rather than the rule...relegated to holidays and special occasions, if at all.

Enough proselytizing; Back to the cake! I remember it well; it was often requested by my older sister, who loved anything coconut. One year, she asked for it for her birthday, which my mom was more than happy to do, but we were all speechless when the very first cut revealed the recipe card itself, baked

2 cups flour
2-1/2 teaspoons baking powder
3/4 teaspoon salt
1/3 cup shortening
1 cup sugar
1 egg

inside the cake. Apparently, at some point in the assembly, one of us younger hooligans might have been responsible for the incident, but that's all I'm saying about that! I still smile every time I see that muddied and discolored old card...to me it's priceless. I've updated the original recipe a bit; after all, in the 1960's, my mom used a hand-crank egg beater to make her cakes, and she had to contrive a double boiler for melting chocolate. How much easier cooking has gotten in just the last 45 years; no telling what kitchen innovations we'll see in the next 45, but you can bet I'll still be making this old cake...it's ageless!

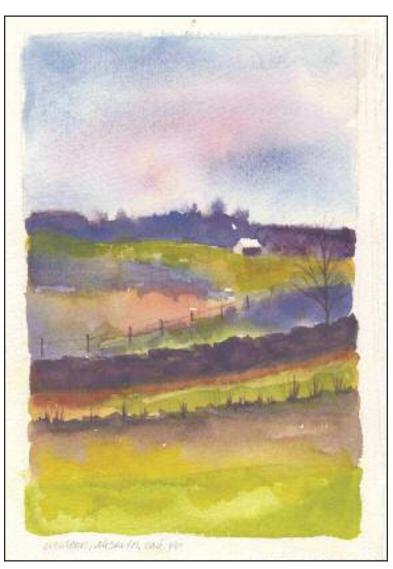


1 cup, less 2 tablespoons milk 1/2 teaspoon vanilla 1/2 teaspoon lemon extract 1-1/3 cups shredded, sweetened coconut 1/4 cup hot water 1/2 cup semi-sweet chocolate chips

Preheat oven to 375°F. Grease and flour an 11X7 inch baking pan (I use baking spray with flour in it...a great time saver). In a bowl, sift together the flour, baking powder, and salt. Set aside. In a large mixing bowl, use an electric mixer to cream the shortening and sugar. Add the egg and extracts and beat well to combine. Add the sifted dry ingredients to the egg/sugar mixture in three increments, following each addition with a third of the milk. Beat until well combined. Pour half of the batter into the prepared pan. Place the chocolate chips in a microwaveable bowl, and microwave 30 seconds on high. Stir and repeat, until chocolate is almost melted. Stir until melted and smooth. Add the coconut and hot water and stir until the coconut is completely coated and water is absorbed. Top the cake batter in the pan with half of the coconut mixture as evenly as possible. Spread the remainder of the cake batter on top of the coconut layer, and then top with the remaining coconut. Bake 35 minutes on middle rack of oven, or until a toothpick inserted in center of cake comes out clean. Remove cake from oven and allow to cool in the pan. Cut in squares to serve.



# New Watercolor Classes Start This Fall At Alumni Hall



Artist Kristine Lingle will be teaching watercolor classes and one-day workshops this fall at Alumni Hall in Haverhill, NH. For more info, visit www.alumnihall.org or 603-989-5500.

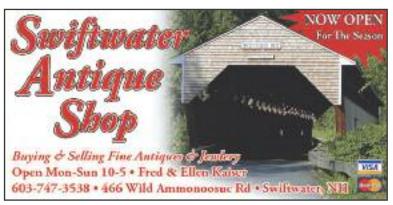
Artist Kristine Lingle will be teaching a four-week watercolor class for beginners and advanced beginners this fall on Tuesdays, Sept. 13 -Oct. 4 at Alumni Hall in Haverhill. Two class times will be offered: Beginning in Watercolor from 1-3pm and the Advanced Beginners class from 5:30-7:30pm. Participants will learn to use watercolors effectively and learn techniques including wash, wet-in-wet, dry-brush, negative painting and other special effects. Students will learn to create and sketch a balanced composition, as well as how to mix colors and values.

Lingle will also be leading one-day workshop, The Colors of Fall - Painting the Autumn Landscape on October 1 from 10 - 3pm. This "en plain air" workshop will be held at a nearby mountaintop retreat, where participants will be learning landscape

techniques. This workshops allows for ample individual instruction and subject matter.

Kristine Lingle earned a BFA in Art Education from UMass Amherst, and has been teaching art to students of all ages for over 20 years. She currently teaches art at Littleton Studio School and Granite State College. Her collages and paintings have been exhibited locally and in Northern Virginia and Washington, DC. Kristine coordinates the Gallery at WREN and organizes the Wings program for children. Her blog is www.paintinginpajamas.blogspot.com.

All levels of ability are welcome. The cost for the course is \$50 and the workshop is \$35 and includes lunch. Toregister or for further information, visit www.alumnihall.org, email-info@alumnihall.org or by phone at (603) 989-5500.



Not all Times are Trendy but there

### **Cottage Hospital Employee** Of The Quarter



Luana Wilson-Reynolds has been chosen as Cottage Hospital's Employee of the Third Quarter for 2011. Luana joined the Cottage Hospital Team in July of 2008 as a Patient Access Registrar in the Admitting Department.

A co-worker nominated Luana for this honor stating, "...It is my pleasure to recommend Luana Wilson-Reynolds for the Cottage Hospital Employee of the 3rd Quarter. I first met Luana on my first day on the job in March of this year. Luana took the time to talk to me about how I prefer to learn new processes and worked with me at my pace to ensure my training would be effective. With her guidance, I was able to quickly pick up the registration process and felt comfortable enough to register patients on my own by the second day. It isn't just Luana's training and resourcefulness that makes her an outstanding coworker. It is her positive personality and encouragement of a positive office/community culture. I often hear Luana talking about volunteering for hospital and community events. When she talks about these events you can hear the passion and excitement in her voice. This showed when she volunteered to help out and be part of the Cottage Hospital's Annual Variety Show. Finally, Luana has not only made me feel welcomed at the hospital, but in the community as well. She is often telling me about local events and makes a point to mention events that she thinks would interest me."

Luana expressed that, "It was an honor and a surprise to be nominated. It was even more so to be chosen as Employee of the Quarter. It is a good feeling to have so much support from my peers. What I like about my job is working with the people here at Cottage Hospital. We are small enough that we can get to know each other some, and are able to work as a team, with our common goal of quality, patient care, and excellent customer service. The best part about my job is meeting and greeting

our patients. I have a chance to meet many new people, and get to know the ones that come frequently. Not many who sit at my desk are here because they want to be, and I feel it is my responsibility to make the start of their experience here at Cottage Hospital as comfortable and smooth as possible."

Luana explained that a friend had initially interested her in moving here to the North Country. What keeps her here is the small town atmosphere, the beauty of the White Mountains and the peacefulness. One of Luana's favorite spots is The Beaver Pond off the Kancamagas Highway, where she likes to hike out to the rock. Luana's hobbies and interests include Spelunking through the Lost River Gorge. She does a lot of walking, and hiking, loves to be outdoors, and likes to garden. Luana loves anything that comes from the earth, and is taking herbalism classes and using and making herbs medicinally. She also practices some aromatherapy. Luana is very active in her church and serves there as a Deacon, serves on many committees, and enjoys singing in her church choir. Luana likes to listen to music, and attend many local band concerts, and also enjoys doing volunteer work for Cottage Hospital, as a supportive employee, and also as a member of the community. She spends much of her free time with her Grandson's and their Mom. They to attend functions community. around the Luana's older Grandson Dvlan loves to Spelunk in Lost River caves with her. They also just like being outside together, sometimes just hiking about their yard or simply playing. Luana expressed that she is expecting a Granddaughter in September from her Daughter, and will be spending some time helping her out."

A party was held in Luana's honor in the hospital dining room. In addition to a cake, Luana received a check from the hospital and a special parking space reserved for the Employee of the Quarter.

# **NH DRED Commissioner** George Bald Visits Lisbon To Talk Business

LISBON - Lisbon Main Street, Inc. hosted a business roundtable discussion with N.H. Resources and Development Economic Commissioner George Bald September 6. Intended to acquaint local business with the resources available through the DRED offices, the meeting covered a wide range of subjects, among them the inclusion of Lisbon in the DRED website property listings and an explanation of the "New Hampshire Advantage," which, according to Bald has more to do with the workforce that makes its home in New Hampshire than some other factors.

In recruiting new businesses to New Hampshire, Bald says despite the fact that southern states may offer large cash and tax break incentives, many choose to move to the Granite State because of our highly skilled workers.

"And when it comes to jobs, we have to remember that it's not just the worker who's affected by job creation, but the whole family that benefits," Bald said.

Despite the national economy, the N.H. unemployment rate is relatively low. He also pointed out the



Left to right: Lisbon Selectman David Trahan, LMS Board President Florence Webb, Lisbon businessman Peter Nightingale, Town Administrator Regan Pride, and NH Department of Resources and Economic Development Commissioner George Bald

synergy that exists between the state's natural, environmental resources and business in N.H. Bald said the basic approach DRED takes in strengthening business in N.H. is to focus first on helping existing businesses to remain here and expand their businesses, and then to look elsewhere to recruit business. He acknowledged it is the same tactic taken with the Main Street Approach to re-energizing downtowns.

"Next to Maine, New Hampshire is the second most forested state in the U.S. and it is the reason why, in addition to paper, and heating energy, we have a \$1 billion industry in forest products," he added.

LMS representatives asked Bald for help getting Lisbon "on the map" with respect to promoting the community as a business and tourist destination.

President, and Bette Liveston will continue serving as board Secretary. Robert Moore of Lisbon remains Treasurer. tors meets monthly and oversees the

The Lisbon Main Street board of direcdowntown revitalization efforts that are supported by both public and private funds. With an annual budget of approximately \$40,000, the organization works through four committees - Organization, Design, Promotion and Economic Restructuring toward the revival of downtown Lisbon.

LISBON - Lisbon Main Street, Inc., held its annual meeting September 7, welcoming two new board members, Judy Boulet of Landaff and Diane Lafond of Lisbon. Florence Webb, in her second year on the board, was elected President, after serving with Regan Pride as co-chairs since Roger Ginque retired as president earlier this year. Reelected to each serve another three-year board term were Bryson Yawger of Lyman, Mark Winter, Lisbon, and Regan Pride, Lisbon. Pride will serve as Vice





1st & 3rd Saturday

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### Reiki Retreat Reiki is an ancient hands-on healing art, which supports the body's ability to heal itself. Roiki promotes deep relaxation and helps release physical and emotional blockages (pain). Barbara L. Smith, Reiki Master Teacher 802-757-2809 or vtreikiretreat@yahoo.com 90 Farm St., East Ryegate, VT 05042

# <sup>12</sup> Director Of MISS CALIFORNIA And MISS NEW YORK USA® Unveil Extreme Makeover For MISS NEW HAMPSHIRE USA® Pageant

Actor/Producer Keith Lewis to Blend Hollywood Fashion with New Hampshire Style

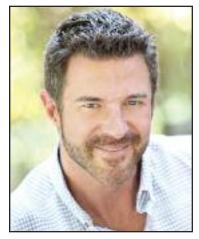
Manchester, NH - Donald Trump's MISS UNIVERSE® Organization has announced that this year's MISS NEW HAMPSHIRE USA® Pageant is getting an extreme makeover. K2 Productions, which directs the California and New York pageants will also produce the MISS NEW HAMPSHIRE USA® Pageant. The company promises to take New Hampshire's pageant to a higher level, introducing a chic and contemporary production – in music, program and fashion. This year's New Hampshire pageant will be held November 25-27, 2011 at the Radisson in Manchester.

"We're taking a new look at a traditional idea and revitalizing it," says K2 Production's Keith Lewis, co-executive director of MISS NEW HAMPSHIRE USA. "We plan to bring this pageant into a new era with the high energy, fashion and style of a New York City runway show. Our experience revamping the MISS CALIFORNIA USA Pageant helps us understand how to bring contemporary and professional changes to the New Hampshire pageant."

K2 Productions has had tremendous success producing the California pageants and grooming young women to compete at the MISS USA national pageants. Lewis said Miss California titleholders have been top 15 finalists at MISS USA every year since K2 took over seven years ago. "We also had three runners-up in the Miss USA pageants; and our team

trained Miss California, Alyssa Campanella, who went on to capture the current Miss USA title," added Lewis.

Young women in New Hampshire ages 13 - 26 who want to be trained exclusively by a professional team, and have opportunities to win scholarships and prizes, are encouraged to participate in this year's MISS NEW HAMPSHIRE USA and MISS NEW HAMP-SHIRE TEEN USA pageant, the official preliminaries to the prestigious MISS USA and MISS TEEN USA pageants. This year there will be over \$300,000 in prizes and scholarships. Some prizes go to all the competitors and many go to the top five. The winner gets to do appearances that sometimes pay





K2 Production's Keith Lewis, Co-Director of MISS NH USA; Current Miss NH USA, LacyJane Folger. Photos provided by K2 Productions.

between \$1,000 and \$3,000 per booking.

Recruitment for MISS NEW HAMPSHIRE USA is currently underway; President of Chase the Crown, Inc., the official recruitment and marketing company for K2 Productions, Erik DeSando, can be reached at erik@chasethecrown.com; 310.709.1259. And for more information on qualifications and the application process, please visit: http://missnewhampshireusa.com/appl y.html.

"We are very pleased about this announcement of recent changes to the MISS NEW HAMPSHIRE USA Pageant," said Lori Harnois, Director for the New Hampshire Division of Travel & Tourism Development. "High-caliber events like these attract a significant number of visitors to our state, and also serve to showcase the wonderfully talented people from New Hampshire."

According to Keith Lewis, the pageant seeks to recognize and celebrate the uniqueness of New Hampshire, and involve as many vendors and sponsors inside the state as possible. One of the New Hampshire designers already on board is BRAVO Boutique of Concord – which has designed gowns for every occasion for 23 years.

Lewis said, "This year's pageant seeks to empower women to be recognized for their internal as well as exter-

nal beauty – to give them their own distinctive approach and technique."

Uniform-like sashes and swimsuits are being eliminated this year in favor of individual clothing styles that compliment the figures of the women, for a more natural presentation, according to Lewis, whose goal is to inspire the contestants to recognize that their outer attractiveness is a manifestation of their inner confidence and sense of worth.

Another addition to the MISS NEW HAMPSHIRE USA Pageant, like California, will incorporate social media; "The Social Network Awards" will be awarded to participants who gather the most votes on their Facebook and Twitter accounts.

LacyJane Folger, current MISS NEW HAMPSHIRE USA, said, "Having the chance to compete in such a prestigious pageant was the opportunity of a lifetime. After K2 Productions took over the pageant, the guidance I received from Keith Lewis and his team was invaluable. They helped empower me to become a more poised and self-assured woman who felt beautiful from the inside out. This year's contestants will receive this type of instruction right from the start."

The winner of the MISS NEW HAMPSHIRE USA Pageant will go on to compete in the MISS USA Pageant, the precursor to MISS UNIVERSE.



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# It's National 4-H Alumni Month



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

Out there in our communities there are some folks who pledged their heads to clearer thinking, their hearts to greater loyalty, their hands to larger service, and their health to better living, for their club, their community, their country and their world.

They're our 4-H alumni. September has been declared "4-H Alumni Month" by the National 4-H Council.

I'd like to tell you about a few of these folks. They are hidden gems, sparkling with talent, the backbone of community serving organizations and all around good folk.

You'll find them in all walks of life: storekeepers, teachers, carpenters, nurses, woodworkers, newspaper editors, farmers, salesmen, seamstresses, to name a few.

Take one of my friends, for instance. When we were introduced it was through our husbands and another organization we work with to serve youth. One day she asked what I did for a living. She told me she was a 4-H sheep project alum. A few days later she called and asked if there was a "deserving 4-H'er who needed sheep shearing equipment". A week or so later, the still working equipment in pristine condition was passed on to our sheep club for the members to use.

There's the anonymous donor who funded supplies for a week long special project group because she "wanted to give back to an organization that taught me how to work with people". Then she volunteered her time as well to work with a 4-H'er one on one.

Then there was the question put to me one day "Do you have any kids keeping bees?" A few phone calls, an e-mail introduction, and an "old" beekeeper passed on his equipment to a family with three new beekeepers. The "new" beekeeper sisters said "We have so much honey...."

One year, a local carpen-

ter volunteered to work with the members of a 4-H club to design and build horse show jumps to take to the fair. Yep, you guessed it. He is an alumna. The club continues to use the jumps in lessons and events.

There is a family with three adult sisters who are actively involved leaders with a longstanding 4-H club. Often times throughout the year, everyone in their family has to schedule family time around 4-H time because they're all so busy helping current 4-H'ers finish projects for county events. As 4-H alumni who went into three different career areas, they all attribute their 4-H experiences with giving them the skills they needed to succeed. They remain involved with planning and advisory committees to see to it that current 4-H'ers are availed the same opportunities they had in their youth in our county, in our state and in our region.

One gentleman voluntarily maintains the milking equipment at the fair. He showed dairy cattle as a youth, taught at an out-ofstate university and has helped numerous dairy judging teams throughout the years. He is also a key player, no pun intended, in our annual fundraising golf tournament because he believes in the skills and leadership development he learned as a 4-H'er and wants to see those skills in our youth of today.

There's the engineer that became a screened leader so he could work with the 4-H'ers in his children's club on science activities. They meet on a regular basis and do hands on science that relates to real life engineering situations. "4-H taught me responsibility. If I can just teach a little bit of that to these kids...."

Then there is the North

Haverhill Fair. Did you know the fair originated as a way for 4-H members to showcase their projects? The current Fair Association continues to honor that tradition, making it one of the best places for 4-H'ers to showcase their talents in livestock shows and general 4-H project work. 4-H'ers can do demonstrations or action exhibits or a style show, show off their livestock and other projects. Almost all of the current Board members were 4-H members, or are currently 4-H leaders, helping out with various 4-H programs during the year or are the parents (or grandparents) of a current 4-H'er.

There are so many more stories. My heart grows every time I hear a story, see a smile, read a note from these folks who received so much from the 4-H program that they continue to give back to it today. They believe in the power of youth and that all youth need to learn life skills, after all, 4-H helped to make them who they are today. They are adults who exemplify the life skills we hope all 4-H'ers learn: independence, mastery, generosity, and belonging. They are who they are, in part, to the community of caring called 4-H that was a part of their formative years. They are our alumni and I thank them for continuing to "Make the Best Better."

For more about 4-H Youth Development, visit our website at: http://extension.unh.edu/. Friend us on Facebook, check out the Grafton County page, ask to be placed on our events calendar mailing.

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

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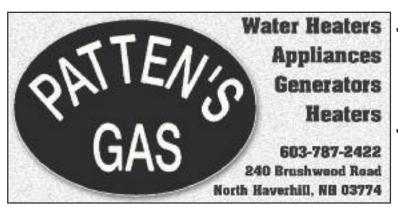
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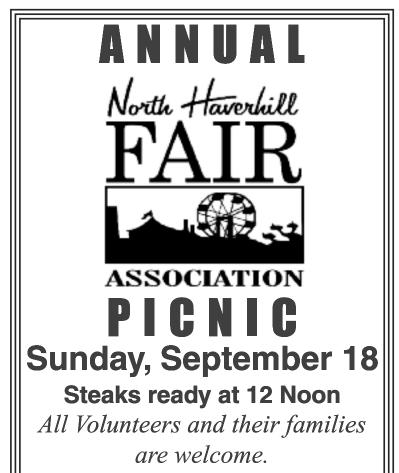












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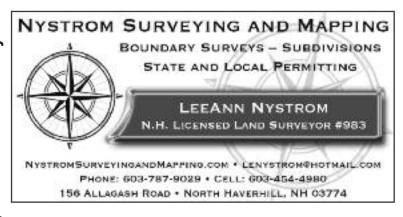
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# Yard Sale Heaven

### By Elinor P. Mawson

I envision Heaven as an eternal Yard Sale.

There are good signs with the address in letters large enough to read. No matter what time it is, the merchandise is for sale. Items are organized, and clean and at a fair price. And of course, once I have made my purchase, there is plenty of room at home to accommodate yet one more item in my collection.

Unfortunately, most yard sales don't follow the heavenly ideals. Many ads proclaim "no early birds" which is all silly nonsense to my mind. My money is as green as the next guys, and if I happen to be going by your sale before the appointed time, and see something I want--for goodness sake, SELL IT!!

Your signs need to be visible and specific. Use arrows if necessary. Don't make your sign on copy paper--use cardboard, plywood, --anything that won't fold up in the wind or fall apart during a sudden rainstorm. And PLEASE take the

sign down when your sale is over!

Make sure that all your merchandise is for sale. I have been to so many sales when something is out on the table,but when I ask, it either isn't part of the sale, or someone thinks they want it, or nobody can agree on a price. Try to make up your mind about everything you want to sell.

I know that you want to get rid of the items that are taking up room in your house. Some have been in the cellar or garage and might be dusty or have dead insects in them. Some things might be dirty or smell musty--and these are a turn off for most buyers. If they are left over at the end of sale day, you have to deal with them yet another time. So get them as clean as you possibly can--and if you have to donate them to the Mason's or the Senior Center, those people will be glad you took the time.

Display as many things as you can on a table or something with some height. It is difficult for some people to bend over a box of "stuff" and try to sort through it all. And to give your article the best shot at selling, it needs to be easy to see and pick up.

Please don't put an antique chair on your lawn to attract buyers--unless you want it to be sold.

Have plenty of change on hand--quarters and dollar bills. Don't sell anything for less than a quarter! Imagine how many items you have to sell for a dime to make a dollar.

Be realistic. If you have something that is worth \$100 the chances of your selling it for that are very slim. Negotiate if you have to, but don't try to sell it if you can't take less.

Have a free pile and add to it often during the day.

Enjoy yourself! It is wonderful to be unburdened of things you don't need or want anymore.

If there is an afterlife and a heaven, I want to be there with my fist full of dollar bills, good legs, and waiting to see what is around the next corner--that I can't be without.

# From The Desk Of **NH State Senator**



Dear Constituents,

Many thanks to all of you for sharing your thoughts on the various pieces of legislation that the Senate had to consider on Wednesday. September 7 (veto day).

As your Senator, I take my job seriously and realize that I can't do it well without your help. It is my responsibility to listen to my constituents (on both sides of an issue), consider input from experts, take into account my core beliefs, and then cast my vote accordingly.

Here are the results of the session:

SB3: The Senate voted (19-5) to override the Governor's veto. SB3 made comprehensive changes to the retirement system. Retirement reform legislation was already in the budget bill (HB2), so the vote was just a confirmation of the Senate's support for SB3.

I voted to override the veto because retirement reforms are necessary for the long-term sustainability of the system. The reforms ensure a viable retirement system for current and future pensioners, provides stability and prevents the skyrocketing growth of retirement rates.

SB57: The Senate successfully voted (17-7) to override the Governor's veto. SB57: 1) increases the maximum percentage of interest allowed to be charged by title loan lenders annually; 2) reduces the number of additional pay periods for which a lender may allow a title loan to be renewed and; 3) requires a borrower whose title loan has been renewed to or town clerk and present that language necessary to pay at least 10 percent of the valid photo identification, ofloan's original principal bal-

ance at the time of renewal.

I voted to override the veto because SB57 allows an individual to choose whether or not to use a title loan to meet a short term financial need.

Individuals know how to act in their own best interest and should be allowed to determine if title loans are appropriate for their needs.

SB88: The Senate voted (17-7) to override the Governor's veto. SB88 includes language for: 1) physical force in defense of a person; 2) producing or displaying a firearm or other means of self-defense; 3) eliminating minimum sentencing and; 4) adding civil immunity for certain firearm use.

I voted to override the veto because currently there is an undue burden to retreat from deadly force.

SB91: The Senate voted (17-6) to override the Governor's veto. SB91 prohibits municipalities from requiring automatic fire suppression sprinklers in certain dwellings and leaves the choice to the homeowner.

I voted to override the veto because homeowners should have the freedom to decide for themselves if they want to install a sprinkler system.

SB129: The Senate voted (7-17) and failed to override the Governor's veto. SB129 requires that a voter present a valid photo identification to vote in person. Votwithout photo identification may vote by provisional ballot, provided that they subsequently appear in person before the city ver's license suspension or revocation, a waiver issued by the Secretary of State, or an affidavit of religious exemption. This bill also requires that the Secretary of State pay the cost for a nondriver's picture identification card upon presentation of a voucher to the Division of Motor Vehicles.

I voted to sustain the Governor's veto. The Secretary of State and most town officials supported the original language of this legislation (photo ID) and I voted in favor of the bill. The House then added provisional ballot language which created logistical problems for towns. With the knowledge that we would introduce a better version of photo ID legislation in the next session, I changed my vote and supported the Governor's veto.

SB154: The Senate voted (15-9) and failed to override the Governor's veto. SB154 makes extensive changes to the comprehensive shoreland protection act. This bill also repeals New Hampshire's regional greenhouse gas initiative (RGGI) program for controlling carbon dioxide emissions. The bill clarifies how money in the greenhouse gas emissions reduction fund may be used.

I voted to override the Governor's veto because I believe that RGGI does not truly address our greenhouse gas issues. If we, as a country, are serious about reducing greenhouse gas emissions, we should be mandating stronger environmental controls. though this bill is dead, reforms for shoreland protection are in effect because the language was put into HB2, which passed into law.

SB198: One additional piece of legislation was introduced on veto day.

The Governor sent a letter on 9/6/11 to Senate President Bragdon informing him achieve the assumed savficial documentation of dri- ings from two changes to

Health and Human Services' program eligibility was inadvertently omitted from HB2. The Governor requested "the Senate introduce and pass legislation making technical changes to current law so the budget can be implemented as passed." The Senate voted 19-5 to pass SB198.

October 10 begins the filing period for new legislation in the Senate. There are several pieces of legislation that I will be working on in-

cluding HB648 (which **15** strengthens private property rights) and SB155 (businessfriendly legislation on 179 expense deductions).

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

Your Senator from District 2, Jeanie Forrester





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**Cowie Hill Graphics** 

By Ray Burton

**Report To The People Of** 

**Council District One** 

The New Hampshire Secretary of State William Gardner has issued newly printed copies of the NH State Constitution.

This small 33 page document includes the photographs of the Governor John Lynch, the five members of the Executive Council, and

the Leaders in the Legislative and Judicial Branches of NH State Government.

This publication includes the (1) Index to the Constitutional Provisions, (2) New Hampshire State Constitution, (3) How a Bill Becomes Law and (4) a History of the New Hampshire State House.

Those of you who have an interest in this document and would like to have a copy please let me know. Ray Burton

338 River Road Bath, NH 03740 tel: 747-3662 ray.burton@myfairpoint.net It is a pleasure to serve you.

# **Bird Brain**

By Sheila Asselin

One morning two robins, Robin Williams and Robin Hood, were out looking for worms. Robin Williams was a family bird with a quirky sense of humor. Robin Hood was a single bird who loved nothing better then to steal bird seed from Wal-Mart and pass it out to birds a bit down on their luck. Despite their different life styles they were birds of a feather and great friends.

Robin Williams stated that he had never seen a baseball game in person (or rather in bird). "Let's go for it!" crowed Robin Hood. "The Blue Jays are playing the Orioles in Baltimore tonight." Good idea. They decided to skip the Raptors game because neither one of them wanted to be dead ducks. They gobbled a few more tasty worms as they knew they would need lots of protein for the arduous flight to Baltimore.

Robin Williams was somewhat henpecked but he screwed up his courage and went to tell his wife. As it so happened she was sitting on four robin's egg blue eggs and not in a very good mood. "All right," she said. "But you better be back before these children hatch. It better not be like the last time!" "Yes, dear" he chirped, gave her a peck on the cheek and flew away.

They picked up the gulf stream and were soon in Baltimore. I was a very exciting game. Both teams were great at catching flies! The only disruption came when a woodpecker tried to chew on the opposing teams bat and had to be ejected from the game by the umpire who was a wise and impartial owl. One team could only score goose eggs so lost. In the end the bird's team won.

After the game Robin Hood wanted to do a little free flight. He had heard about this club called Birdland and it sounded like a great place to pick up chicks. It was expensive and you could not go there for just chicken feed but he thought it would be worth every kernel. Robin Williams was afraid to ruffle any feathers with his wife and wanted to fly straight home. He thought if he did not she would fly the coop and take the children with her.

On the way back he managed to find a couple of especially juicy worms to take to his wife as a peace offering. This smoothed over any ruffled feathers and soon they were billing and cooing as if he had never left. In a few days they became the proud parents of four perfect fledglings. Robin Williams had something to really crow about.

Robin Hood briefly considered married life but not now. Not while the single life was still such a lark. Still the two birds remained fast friends forever.







# Lisbon Main Street Flea Market

LISBON -Lisbon Main Street will host its 3rd annual Flea Market on North Main Street in downtown Lisbon, Saturday, September 17, from 9 am to 2 pm. Rain date is October 2. The market will take place in the New England Wire Technologies parking lot on the west side of the street. For that one day the Farmers Market also will set up at the same location. Nonprofit organizations are welcome to participate as well as crafters, and Lisbon Main Streetvolunteers will be selling baked goods.

The setup fee is only \$10. Registration forms are available at the Lisbon Main Street office, 25 Central Street, 603-838-2200, or by email at lisbonmain street@roadrunner.com

"It's an American tradition as old as the settling of Manhattan where the early Dutch settlers regularly held a 'Vlie Markt.' In French the flea market was once called 'marché aux puces', or the



Dick Bronson of Landaff helps set up the Grange table at the 2010 Lisbon Main Street Flea Market in downtown Lisbon.

market where one acquires fleas. We don't anticipate fleas, but we expect to have a wonderful market. We've had a great turnout the last two years, and judging from the phone calls and emails, we expect this to be another fun event with lots of variety of items for sale," said Ruth Taylor, Lisbon Main Street, Inc.'s executive director.

Proceeds from the market are used to support the activities of Lisbon Main Street's downtown revitalization efforts, including the summer concerts, downtown banners, façade grants to new businesses, flower barrels and economic development projects.



# Egg Quality Schools Being Offered For Small, Mid-Sized Growers

DATELINE -- The demand for local foods is driving more farmers in New England to start or expand egg enterprises on their farms. For a profitable and successful egg enterprise, the quality of the egg -- inside and out -- is important.

To help ensure that success, Egg Quality Schools are planned at two locations for farmers in New England with small scale or mediumscale egg enterprises. The daylong schools are sched-

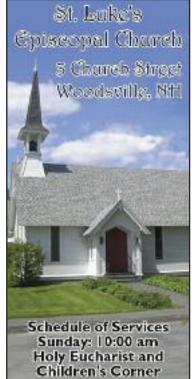
uled from 8:00 a.m. to 4:00 p.m. in North Haverhill, New Hampshire on Thursday, October 6, and in Grafton, Massachusetts on Friday, October 7, 2011. Class size is limited to 20 participants in each location. Sponsors for the schools are Northeast Sustainable Agriculture Research and Education (SARE) and the Cooperative Extension Systems of the New England land grant universities.

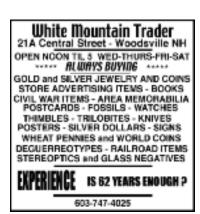
The purpose of the schools is to equip producers with skills and knowledge to help their hens produce the highest-quality eggs for their customers. Extension poultry specialist Kenneth Anderson from North Carolina State University will be the lead instructor for the two schools.

A SARE-funded professional development grant is

making the egg-quality schools possible.

The cost to participate is \$45, which includes reference materials, hands-on skill building, lunch and refreshments. The egg quality school schedule and registration forms are available online at http://umaine.edu/poultry/. To register or to request special accommodations contact Richard Brzozowski, University of Maine Cooperative Extension at 207-781-6099, or richard.brzozowski email @maine.edu. You can also visit the events calendar at extension.umaine.edu. **UMaine Extension programs** are open and accessible to all in accordance with program goals. To provide adequate time to respond to your request please provide as much notice as possible.







# FROM SAIGON TO THE SEINE AND BACK 17

### By Robert Roudebush

By the fall of 1968 at the age of 20 I was in the Navy in Vietnam, working on the banks of the Saigon River, wearing a flack-jacket and carrying three weapons. By the spring of '69 I was in France, in Levis and an unbuttoned shirt, playing on the banks of the Seine River, not a weapon around. I was still in the Navy. Paris was one stop on my around-theworld tour, with emphasis on European locations. The two situations are connected because Uncle Sam gladly picked up nearly the whole travel tab.

I WAS NOT AN OFFICER. not even a high-ranking enlisted man. I was an E-5, what the Navy calls a second-class Petty Officer. I happened to be the highest ranking enlisted rate in the administrative duties of the small command I served in a Communications Yeoman. I wrote the orders for any one at our advisory unit who traveled in-country or out of it. I read the travel bulletins from the Bureau of Naval Personnel carefully, and understood what they allowed and did not allow and how I could use them legally and ethically to do something I had never done before and have not done again.

UNCLE SAM WAS OFFER-ING "basket leave" (extra vacation time) to any sailor who would volunteer for another tour - either 6 months or a year - in Vietnam. And the carrot offered was the government would fly you anywhere in the world for your time off, and fly you back. Most military people on that deal flew home to family in the USA. I wanted to do something different. I volunteered for another tour.

AFTER SOME RESEARCH (no internet in those days) I came up with - I would fly out of Saigon east across the Pacific Ocean and via the United States to London, England, and wander around Europe for a month on my own money. I would end up in London again, and fly out of London back to Saigon, the OTHER way, continuing east, making a complete trip around the world, with stops on the return trip in New Deli, India, Tehran, Iran, and Bangkok, Thailand. On the first long leg of the trip out of Vietnam to New York City, I also worked in stops at San Francisco, Kansas City, Missouri, and New Haven Connecticut.

THOSE EXTRA STOPS COULD BE ARRANGED because the Navy figured your 30 days of extra leave didn't start until your arrival on destination - Londonand the month ended on your departure from there. All the rest of the time, getting there, and getting back, was called appropriately, "travel time". While Uncle Sam paid the whole commercial air fare, or agreed to fly me on existing military flights, the airlines themselves agreed to build in extra stops along both legs of the trip if I paid them extra from my own pocket. Uncle Sam looked the other way, grateful for more volunteer bodies in the

FIRST STOP LONDON, then south across the English Channel to Paris - from there down into Italy, Rome, then back up north to Florence and Venice. Then further north up through Salzburg and Vienna Austria into Germany, all the way north then into Copenhagen, then a train/boat/ferry south and west out of Denmark and across the North Sea back to England, a short jaunt up into Scotland, and ending up back in London.

WHEN I FIRST LANDED IN LONDON, a couple of coping lessons came fast. Find the cheapest lodgings available quickly in any town I came to, usually located near the train station - such lodgings were called Youth Hostels or "Pensiones". Two or three bucks a day got me a single bed and use of a community bathroom. They charged extra, about 25 cents, if you took a shower. Lesson two, travel cheap, by train usually, not first class where businessmen and prosperous Americans on EurailPass stayed but in "segunda classe", on battered red leather. Lots of kids and women and working men with web bags full of fruit and sausages and long, hardcrusted loaves of bread and wine and everybody ate and laughed a lot. I had a lot of fun just getting from one place to another. I conserved my money and spent it in restaurants with good food and better wine and on music and special events in each famous and not so famous city I came to. I often traveled in my uniform -

helped me pass borders and get through customs with less hassle, and sped things up at ticket counters. It also started interesting conversations with complete strangers, some of which I recall to this day, more than forty years ago.

I NOTICED THAT CERTAIN PEOPLE DURING TRAVELS were regularly offering to buy me meals, too, both women and men, singles, sometimes couples, usually much older people, nearly as old as I am now. They were nice and smiled a

lot, inviting. I was young then, slim, dark-haired, charming and looked pretty good in my Navy Whites. I typically accepted the meals with gratitude, and accepted nothing else, outside of good conversations where I could learn something I did not know.

MY FAVORITE CITY OF THEM ALL I was single and full of vim and vigor, with a healthy appetite for all of life's delights, and I had a roving eye. Bangkok, Thailand, without a doubt. The city also had some pretty good of food too.-

# Sen. Forrester To Host "Thank You" Constituent **Spaghetti Dinner**

(Meredith) Sen. Jeanie Forrester, R-Meredith, will host a free spaghetti dinner on Thursday, September 29th at the Horse Meadow Senior Center in Haverhill from 5 p.m. to 7 p.m.

"This free event is a great big "thank you!" to my constituents for their support. I am pleased to be hosting this event at the Horse Meadow Senior Center because it is the perfect place for family and friends to gather," said Senator Forrester.

This event is free and open to the public. There will also be a free raffle for a flag that has been flown over the United States Capitol.

"The focus of my campaign and now my first year as your state senator is to listen and be accessible. This event is just one more way I am continuing this focus all while having a little fun too," added Senator Forrester.

RSVP's are appreciated by September 27th. 279.1459 or email at jeanie@jeanieforrester.com to RSVP. For more information, www.jeanie visit forrester.com.





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# By James Paradie

# **Come Meet The Devil Moundsville Penitentiary** Moundsville, West Virginia

In Moundsville, West Virginia there is a gothic style prison by the name of Moundsville Penitentiary where for more than one hundred years it held society's worse. Countless suicides, deaths, and executions were just another day in the bird cage at the prison, but who could blame them? Was it their guilt of committing the crime or was it because this prison was no country club? The latter would be more suitable. Riots, stabbings, beheadings, and even a man being boiled in a pot until his skin peeled off were just some of the evil deeds that were brought on to the inmates. You have suicides, you have deaths, and all that negative energy are what makes a place a class A haunting.

The first thing you will notice is that Moundsville Penitentiary is large. The city literally grew up around this center, dark icon. Well over a thousand men found their final resting place inside the walls of this place. Some were hung in the gallows, some were electrocuted and found out why they called it "Old Sparky", others were killed by their fellow inmates. Some of the inmates couldn't take it though and killed themselves. This earned Moundsville the (dis)honor of being on the Department of Justice Top 10 Most Violent Correctional Facilities list. Let's find out why.

On an episode of Travel Channel's Ghost Adventures, the crew of Zak Bagans, Nick Groff, and Aaron Goodwin take a tour with a former inmate of the prison who's seen hard time and just about any type of cruelty that more than one average human being has ever seen in a life time or wants to for that matter. He recalls one story of when there was a riot in the mess hall where a rat (a tattletale into a pot of baked beans and an inmate stood on the lid so he could not get out. The pot got so hot that the meat peeled off the man's bones. The tour continued, although the stomachs of everyone (viewers included) were twisted, the next part was a sad one for the former convict. They went to a friend of his who was murdered in the cell. The man knelt down next to the bed, putting his hand on it, and with tears said that he could remember what his friend was screaming that night. "Don't let me die...Don't let me die!" And they killed him, but the friend, named Ray, killed five or six guys while he was in prison, but as the GA Crews quest tour guide said, "We was in prison, you had to do what you had to do."

Another former inmate is quite famous and still sticks around the prison. Only problem is he's not alive, he's very much dead. His name is R.D. Wall and he was killed in the bowels of the prison. While alive, he worked in the boiler room, keeping the boilers fired up and going, and also did some work in the tool room. Problem for Wall though was that he was known as a snitch. As we found out earlier in the article Moundsville inmates didn't take too kindly to those types. They cut off their fingers with dull shivs and then they severed his head completely off. Wall died, but some say he's still working the boilers and sometimes takes a casual stroll outside. He's also reported to be connected to the first ghost sighting. In the 1930's, the guards would spot an inmate walking outside by the wall at the maintenance area. The guards would sound the alarm that a prisoner was trying to escape, but when the guards got to where they saw the inmate, no one was there,

in the prison) was put right and none of the inmates were missing from inside. His face has been spotted in the area where he got killed, just his face, and no body.

A shadow figure is seen walking the corridors of the prison and has even been photographed. Another scary story is that an older couple was seen walking inside the prison one day and he came out screaming that his head was on fire. When they observed closer they saw a cut on his head from side to side. The same man who saw the older gentleman's cut on his head, also caught an EVP (or Electronic Voice Phenomena -"Spirit voices") that said, "Come meet the devil."

On the walls of this prison lie the etchings and testimonies of the inmates. Some that say, "Why Must Everything Die?", "True Love is Suicide", and "The Reaper is Watching You!" It looks like the reaper was watching and that you found out that everything does have a resting place and for some it's inside the grey, decaying walls of Moundsville Penitentiary. Dare to come and meet the devil?

Resources:

Ghost Adventures Episode: "Moundsville Penitentiary"

Get more scares at scaredsheetlessncn.blogspot.com Enter if you dare.

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











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