

# TRENDY TIMES

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Email: gary@trendytimes.com  
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## Maple Sugaring... A Sure Sign Of Spring

By Marianne L. Kelly

"I just love the smell of syrup while it's boiling," said Linda Stoddard, who along with husband Bob owns the Blackmount Maple Farm in North Haverhill. "Bob started the business 50 years ago while still in high school," she added.

Blackmount Maple Farm produces 100-125 gallons of pure maple syrup each year and sells it at their farm and at Windy Ridge Orchards. They tap about 1,000 trees per year using a modern tubing method and are planning an expansion.

### ROOTS

Maple sugaring has a long tradition in Vermont and New Hampshire. According to an old Iroquois legend, a hunter returning home smelled something enticingly sweet over the open fire where his mate was boiling meat for their meal. This fluid, he later discovered came from sap that had been collected from a broken maple limb.

The Indians did not have the modern technology that today's maple producers enjoy, but theirs was for per-

sonal use as opposed to market profits. They made their sugar by cutting a slash in the maple tree and collecting the sap that dripped out. They hollowed out logs, filled them with the fresh sap, and then, added white-hot fieldstones that caused the syrup to boil. They boiled the sap through the syrup stage and ended with crystallized sugar that did not spoil when stored.

When the first European settlers reached American shores, the Indians traded their maple syrup and eventually taught them how to make their own. The settlers first adapted the Indian method of sugaring and later bored holes in the trees, inserting wooden or metal spouts and using metal buckets to catch the dripping sap.

The buckets of sap were carried on a shoulder yoke and poured into a heavy kettle attached to a pole over an open fire. The resulting product was extremely dark with the flavor of bark and ashes. These settlers made more sugar than syrup for the same reason as the Indians.

Maple sugar was the primary sweetener in the United States through the 1800s, and remained so until the cane sugar industry began in the Caribbean islands, making maple syrup more of a delicacy than a staple.



### SUGARING IN THE NORTH COUNTRY

In the past sap, the resulting syrup and other maple products were made primarily for personal use. When it became impractical for people to make syrup for themselves only, they went into business and sold it to local retail businesses and individuals. They tapped their trees and drove sleds pulled by horses and oxen into cold, snowy woods, and collected the sap in large metal tanks. About this time sugar houses equipped with newly invented evaporator pans that allowed more quality control, sprung up over sugaring areas. Large billowing clouds of smoke of boiling sap signaled the start of sugaring season.

A few folks still use this method of gathering and boil-

ing, but most have modernized their operations and use plastic tubing that conducts the sap from the trees to a central tank, where it is collected and trucked into the sugarhouse for processing.

Vermont is the nation's leading producer of pure maple syrup, with New Hampshire a close second. Many sugarhouses are open to the public during the season where they can watch the sap being boiled into pure maple syrup, taste some sugar on snow and, of course take some delicious syrup home. Those wanting to learn more can visit the New England Maple Museum in St. Johnsbury, VT.

Of all the wonderful, enticing flavors in the world, nothing quite compares to the flavor of pure maple syrup.





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**MAPLE OPEN HOUSE WEEKEND** will be March 24 & 25. This is the Eleventh annual event in Vermont while New Hampshire will be officially celebrating for the 17th consecutive year. Many local sugar houses take part in this weekend.

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# Merging Worlds

By Rebecca Ladd

Deep in the heart of a mountain in Haiti lays the village of Boily. The people of Boily have a 5.5 hour walk, over dusty trails and rocky roads to get to the nearest market or medical care; to get to what we would call civilization. The villagers, of whom there are about 800, live off the land, gardening and raising livestock.

In Boily is a woman named Redaline, she is 63 years old and her years of toiling in the rocky mountain soil show. Redaline raised all eight of her children by working the land. Two of her children ages 16 and 19 still live at home with her, along with her ten year old granddaughter. As with most Haitian families they continue to work together to support each other financially even after a child moves out and marries. Redaline reminds me of many old school New England farmers I know. She could find an easier way to live, but she loves her land. Her heart, her soul, her everything is in her land. She loves to garden on her land, seeing her hard labor turn into watermelons, pumpkins, tomatoes and plantain and her live stock of which she has very few, stay healthy

and productive.

My close friend here feels this way about her land. She works it, cares for it and loves it. Her land is another appendage, without it she would be lost; she would not be the wonderful person she is. I spend hours talking with her about gardening. We discuss the weather related to cutting hay and when to fertilize the fields. We talk of her land and livestock as we would a child, which needs to be cared for and tended. I know that if my Creole was better Redaline and I would have these same discussions. Her passion for her land was explained to me by her son, who has tried to get her to slow down, to lease some of her property to someone else to work. Redaline loves what she does and won't let anyone else work her land.

Lately things have been very difficult for Redaline. The work is getting more difficult for her and the soil is producing less, partly due to a severe lack of rain over the past eight months. She has to consider the distance to the market when she decides how much to plant, this distance greatly impacts her decisions. Have not spoken

directly to you the reader about what I do in Haiti. I am going to take the time to do it now. I help people start micro businesses; businesses that help a family realize a future. A business that helps them live a better life, a life out of poverty. I would like to give Redaline and her family a hand up, by helping them to start a business. For \$800.00 we can help them purchase a herd of goats. With ten female goats and two males they can start to make money the following year by selling the male offspring. This money will allow them to put food on the table, further their educations and receive medical care. On March 10th at the Piermont Congregational Church I am holding an all you can eat pancake breakfast to raise money for Redaline's business. I would be honored to have you there! Come fill your stomach, learn about what I do in Haiti and support Redaline's family move out of poverty. I hope to see you there. Please feel free to contact me about this or to engage me to speak to your group or organization. My number is 603.728.8949. [www.bercyhaitiandbeyond.wordpress.com](http://www.bercyhaitiandbeyond.wordpress.com)

# The Best Advice I Ever Got (Almost)

By Sheila Asselin

When I told her I was getting married my grandmother offered to give me good advice. Her secret for a happy marriage. Expecting some dark sexual secret I could hardly wait. The topic of sex never crossed her lips but I was almost sure it had crossed her mind. After all she did have four children. Imagine my surprise when she said "The secret to a happy marriage is keep a clean house!"

Having led a hard life physically she did not suffer whiners or hypochondriacs. Unless you were gushing blood or something was broken you got no sympathy from her. To add insult to injury she would offer to call a doctor for you. She gave you your choice. Did you want Dr. Carscaddon or Dr. Snodgrass? These really were their names. Would I make this up? Both were equally

competent. The joke was that these good doctors, Snodgrass and Carscaddon were our local veterinarians!

Always dust under the bed at the first sign of a fuzz ball. If you do not one will become ten by morning and it is all downhill from there. Why do you think they call them "dust bunnies"?

Inspired by her advice I decided to clean the refrigerator. I discovered a grey-green gelatinous mass in a Tupperware container. The bad news is I could not positively identify it although I knew it was either animal, vegetable, or mineral. That narrowed it down a lot. The good news is I think I have found the source of the eboli virus. Medical science will thank me.

Toward the back was a sippy cup half full of apple juice with the name MIKEY written on it. The only prob-

lem is Mikey is now a freshman in college.

What's with all these tiny packets of condiments saved from take out meals? There must be 100 of them. I know there are people starving in North Korea and Detroit. Ronald Reagan famously cited catsup as a vegetable but I wonder how many packets of mustard, soy sauce, catsup, pickle relish, grape jelly, or mayo constitute a meal. I would gladly donate them if I thought it would help.

Grandma is gone now to her just reward. Gone to glory. To that land where the dishes are always clean, the floors always mopped, and laundry always done. Because of her I have a semi-clean, semi-neat, could-be-a-whole-lot worse house. More importantly I have a happy marriage. Thank you Mama Moore for everything.

# Scholarship Available For Summer Camp Fun

Grafton County Conservation District is seeking applicants for the Jim Page Conservation Scholarship. This is a great opportunity for a lucky student who wants to attend a summer conservation camp! The scholarship will be awarded to a resident of Grafton County attending a camp based in conservation, natural resources or environmental education. The District will award a Jim Page Conservation Scholarship of \$300.00 to a deserving student of Grafton County towards a 4-H Camp or conservation camp experience. The application is easy to complete – just write a paragraph about why you want to attend camp! Recipients should be prepared to speak to the Grafton County Conservation District or a peer group (4-H, school) about their camp experience. Contact Pam Gilbert at Grafton County Conservation District, 603 353-4652, ext. 103, for application and information. Applications must be received at Grafton County Conservation District by April 15, 2012.

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

## Conservation Stewardship Booklets Available

Grafton County Conservation District (GCCD) is offering natural resource conservation stewardship materials to Grafton County fifth-grade students for

FREE! Each year the National Association of Conservation Districts (NACD) prepares educational materials based on a natural resource conservation theme. The theme for 2012 is Soil to Spoon! Any fifth-grade level school group or community group (scouts, 4-H, etc) may receive educational booklets for free, thanks to GCCD's commitment to fostering natural resource conservation in the next generation. In addition to the student educational booklet, we will also provide an educator guide with learning activities for teachers or leaders to use. The student booklet and educator guide contain activities to encourage students to think about our natural environment, how we get our food, and how our daily activities affect the world around us. Our food supply depends on healthy soil and clean water. Conservation stewardship calls for each person to help conserve these precious resources.

If a Grafton County fifth-grade group would like to re-

ceive these materials, please notify the Conservation District by March 23, 2012 by phone: (603) 353-4652, ext. 103 or email: pamelagilbert@nh.nacdnet.net. We will order the materials developed by NACD to encourage good stewardship of the soil, water, wildlife and all natural resources. In order to have adequate materials we will need to know the number of teachers or group leaders, the number of students participating for each group, and the correct mailing address. We will forward the materials to your school or community group when they arrive.

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# Backyard Poultry Flock Management

UNH Cooperative Extension will be hosting a Backyard Poultry Flock Management workshop on Wednesday, March 21, 2012, 6:00pm to 8:00pm in the Conference Room at the UNH Cooperative Extension Office in North Haverhill.

Whether you have an existing flock or are thinking of raising chickens for the first time, join Heather Bryant, Agricultural Resources Extension Educator, to learn more about poultry housing needs, coop designs, poultry health, feed require-

ments, broilers, layers, breed selection, and marketing eggs.

To register to attend this free workshop, please contact the UNHCE office at Grafton@ceunh.unh.edu or 603-787-6944. Note: Youth with an interest in the subject are invited to attend with an adult.

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

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# Legs

By Elinor P. Mawson

You have already read about my mother's remark about traveling with good legs. She knew whereof she spoke! Because of a family history and hard work as a young person, she developed arthritis in her twenties. It was amazing to me to find out that other kids' mothers didn't walk with a limp.

When she was 48, she had her first hip replacement. She was in the hospital in a body cast for a month and walked with an Australian crutch from then on. It never slowed her down. She did her housework, took care of the gardens (both vegetable (huge) and flower.) She even moved from a 16 room house

to an 8 room house 2 states away in the middle of the winter, and I never heard her complain.

After a couple more moves and huge amounts of house restoration, she had her second hip replacement. It was a disaster, and she had to have it re-done 3 months later. While in the hospital recovering from that surgery, she decided to have a knee replacement (on the other side), and came home, minus any Physical Therapy and went about her business.

When she was 55, she went back to teaching after a hiatus of 30 years. Although times had changed drastically in the interim, she didn't miss a beat.

She named her crutch Catherine, and went to work, did playground duty, and got all her students to do anything she asked of them. There was never a disciplinary problem because she could speak the language of even the naughtiest child. Everyone loved Catherine, and begged to "babysit" her. And someone was always stumping around the room with my mother's crutch in hand.

After another move and another house restoration--this time in her mid-seventies- she underwent her third hip surgery. This too, was a disaster since her pelvic bone was paper thin and

nothing more could be done. So she came home to a wheelchair, which she was to use the rest of her life.

Although all the doorframes were scratched, she loved her house and lived alone in her chair; she could transfer by herself and she had a caregiver who did her shopping and made her meals. In her mid-eighties she went blind quite suddenly; this, to her, was much worse than not walking. In fact, she said her most comfortable years were when she became wheelchair bound. Not being able to see took a lot more getting used to, but with the help of the Association for the Blind and books on tape, she soldiered on.

My mother died at 93.

I dream a lot, and my most recurring dream involves my mother. She is wearing high heels and is going up and down the stairs like everyone else. Sometimes she is wearing sensible shoes and taking us on a picnic in the woods. She is driving a model-t and using all the pedals. And she is walking just like you and me.

In my dream, I am saying, "Should you be doing that?" or "Do you want Catherine?"

I never get an answer from my mother. But even in my dream it is good to see her pain-free and getting around like I never had seen her before.

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# Don't Rescind The Local Sludge Ordinance

By Caroline Snyder Ph.D.

At Town Meeting, Haverhill citizens should reject the warrant article asking them to rescind their local sludge ordinance. The current local ordinance only applies to Class B sludge and specifically exempts Class A sludge, so local sludge generated in Woodsville, which contains virtually no industrial waste, can legally be applied in Haverhill. Rescinding the current protective ordinance and adopting the inadequate state regulations, could result in seriously and permanently damaging ground water, soil, livestock and devalue land.

The Federal Clean Water Act defines sewage sludge--(aka biosolids--as a pollutant. Biosolids quality depends on what industries discharge into sewers. 82% of land applied sludges are generated in industrialized urban centers. Such sludges contain a vast array of unmonitored and untested industrial chemicals, solvents, pharmaceuticals, detergents, hospital waste, superfund leachates, some of which are toxic and persistent, can leach into

ground water or be picked up by food crops.

The most recent national survey, testing biosolids samples from 74 sewage treatment plants that treated at least a million gallons of wastewater a day, found 27 metals, flame retardants, steroids, pharmaceuticals, antibiotics, polycyclic aromatic hydrocarbons, phthalates and many other contaminants in almost all samples.

Of the 600,000 chemical compounds in commerce today, most concentrate in biosolids. This survey covered only a few hundred. Only one sample was taken per facility, even though sludge quality can vary tremendously from hour to hour and day to day, depending on what an industrial user discharges at a particular time.

Under current New Hampshire and federal regulations a site can be spread repeatedly with sludge until persistent pollutants have accumulated to such high levels that many crops will no longer grow in the contaminated soil. Other crops will experience a 50% yield

reduction. This can happen any time between 25 to 50 years, depending on the soil, sludge quality, and the application rate. Meanwhile, if neighbors, animals, or drinking water are impacted, the land owner or farmer is liable for damages.

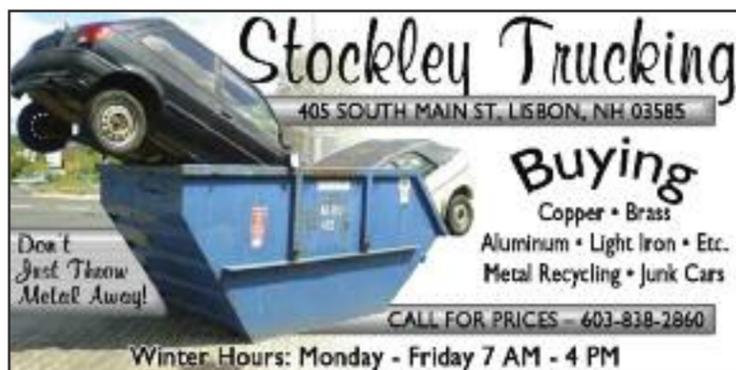
Towns not only have the right, but the responsibility to do what the current state rules do not do: protect their natural resources now and for future generations. Once a local ordinance is rescinded, a town loses all control of where the sludge comes from, what it contains, and how, where, and when it is applied.



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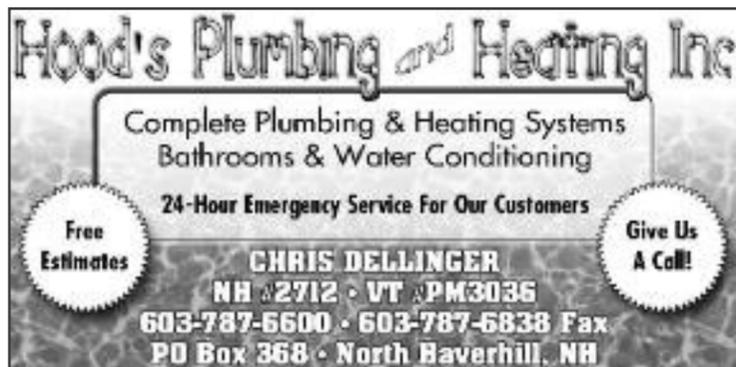


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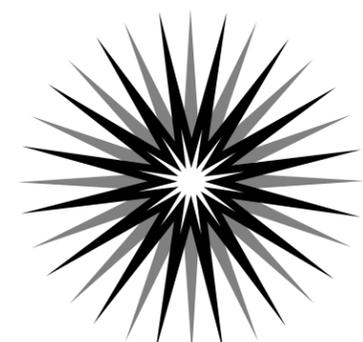
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# Calendar of Events

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## SUNDAYS

### CRIBBAGE TOURNAMENT

1:00 PM  
American Legion Post #83, Lincoln

### OPEN GYM

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

## MONDAYS/THURSDAYS

### NORTH COUNTRY YMCA AEROBIC FITNESS CLASS

6:30 PM  
Woodsville Elementary School

## WEDNESDAYS

### BINGO

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

## TUESDAYS

### FEBRUARY 21- MARCH 27

**POWERFUL TOOLS FOR CAREGIVERS**  
5:00 PM – 6:30 PM  
Department Of Health Conference Room 107  
Eastern Avenue, St Johnsbury

## THURSDAYS

### MARCH 8 – APRIL 5

**CRIBBAGE TOURNAMENT**  
1:00 PM  
Horse Meadow Senior Center, North Haverhill

### TUESDAY, MARCH 6

**VT TOWN MEETING DAY AND  
PRESIDENTIAL PRIMARY**  
Check Your Town For Times  
And A Ballot Box Near You

### 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, MARCH 7

**3 RIVERS BUSINESS ASSOCIATION  
MONTHLY MEETING**  
8:00 AM  
Woodsville Guaranty Savings Bank, Woodsville

### WOODSVILLE/WELLS RIVER 4TH OF JULY COMMITTEE MEETING

7:00 PM  
Clifford Memorial Building, S. Court St, Woodsville

### SATURDAY, MARCH 10

**ALL YOU CAN EAT PANCAKE BREAKFAST**  
7:30 AM – 10:00 AM  
Piermont Congregational Church

### ROAST BEEF DINNER

5:30 PM – 7:00 PM  
United Congregational Church of Orford, Main St

### 6TH ANNUAL KALEIDOSCOPE OF TALENT

7:00 PM  
Spaulding High School Auditorium, Barre

### COOKEVILLE CAFE MUSIC & TALENT SERIES

7:00 PM – 10:00 PM  
Corinth Town Hall, 1387 Cookeville Road

### SUNDAY, MARCH 11

**ANNUAL ANTIQUE APPRAISAL FAIR**  
1:00 PM – 4:00 PM  
Oxbow High School, Bradford

### GRAFTON COUNTRY REPUBLICAN COMMITTEE MONTHLY MEETING CLIFF HURST, CANDIDATE FOR NH STATE COMMITTEE VICE CHAIR

2:00 PM – 4:00 PM  
Haverhill VFW Hall, North Haverhill

### CRIBBAGE TOURNAMENT

6:00 PM  
Masonic Hall, 1938 Waits River Rd, Bradford

### MONDAY, MARCH 12

**ROSS-WOOD AUXILIARY UNIT 20  
MONTHLY MEETING**  
6:00 PM  
American Legion Home, Woodsville

### HAVERHILL SELECTBOARD MEETING

6:00 PM  
Morrill Municipal Building, North Haverhill

### TUESDAY, MARCH 13

**NH TOWN MEETING DAY**  
Check Your Town For Times  
And A Ballot Box Near You

### WEDNESDAY, MARCH 14

**VANISHING OF THE BEES**  
6:00 PM  
Bradford Public Library

### MONTHLY MEETING - ROSS-WOOD POST #20 AMERICAN LEGION

6:00 PM  
American Legion Home, Woodsville

### SATURDAY, MARCH 17

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

### SUNDAY, MARCH 18

**ABOVE THE NOTCH HUMANE SOCIETY  
FOOD TASTING EVENT**  
3:00 PM – 6:00 PM  
White Mt. School, Bethlehem  
*See article on page 9*

### TUESDAY, MARCH 20

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

### EMERGENCY FOOD SHELF

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

### WEDNESDAY, MARCH 21

### BACKYARD POULTRY FLOCK MANAGEMENT WORKSHOP

6:00 PM – 8:00 PM  
UNH Extension Service, North Haverhill  
*See article on page 4*

### SATURDAY & SUNDAY

### MARCH 24 & 25

**MAPLE OPEN HOUSE WEEKEND**  
A Participating Sugar House Near You  
*See article on page 1*

### MONDAY, MARCH 26

**HAVERHILL SELECTBOARD MEETING**  
6:00 PM  
Morrill Municipal Building, North Haverhill

### SATURDAY, MARCH 31

### WILD & SCENIC FILM ENVIRONMENTAL FILM FESTIVAL

6:00 PM  
Red River Theatres, Concord  
*See article on page 11*

### MONDAY, APRIL 2

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

### TUESDAY, APRIL 3

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

### EAT WELL & BE WELL VEGAN COOKING MADE EASY, PART 2

6:00 PM – 7:15 PM  
Seventh-Day Adventist Church, St. Johnsbury

### CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING

7:00 PM  
Morrill Municipal Building, North Haverhill

### WEDNESDAY, APRIL 4

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

### WOODSVILLE/WELLS RIVER 4TH OF JULY COMMITTEE MEETING

7:00 PM  
Woodsville Emergency Services Building

### MONDAY, APRIL 9

**ROSS-WOOD AUXILIARY UNIT 20  
MONTHLY MEETING**  
6:00 PM  
American Legion Home, Woodsville

**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, March 15th for our March 20th issue.**

# In Vino Veritas – Bottle Two

## “In Wine There Is Truth – And Beauty”

By Robert Roudebush

Regular TRENDY TIMES readers know that in this space we have covered - what wine is and how it is made – fermentation - how to get the wine you want anywhere you want it and anytime you want it - what genuine Champagne is and how Sparkling Wines are different and similar

See all the fun and knowledge you've missed if you haven't caught the previous issues? You can still catch up by reading previous issues of TRENDY TIMES on line at [www.trendytimes.com](http://www.trendytimes.com)

More questions about wine -

**WHY ARE WINES CALLED WHAT THEY ARE – IT'S CONFUSING** It is confusing, but it is even easier to be clear about how wines are named. Finish this chapter and you can begin to sound like a pro.

Wines made in Europe, France in particular, are typically called by the geographic region where they are produced. You've heard some of these names, these geographic areas all your life. Champagne, for example, comes only from a specific geographic area in the northern part of France called Champagne. All the rest of those other bubbly wines are just “sparkling wine”, as good as some of them are.

You also recognize a wine name called Burgundy, from the central region in France called Burgundy. Burgundy can be red or white, by the way. Another of the “B” wines is Bordeaux, some of the most full-bodied red wines made and it is produced in the same-named area of southwestern France. And the third famous “B” wine is Beaujolais, (bo-zho-LAY) - the delicious light fruity red wine made... that's right, in the area of France called Beaujolais. It's an easy rule to remember.

**SO, WINES IN FRANCE ARE NAMED AFTER THE PART OF THE COUNTRY THEY ARE PRODUCED IN. HOW ABOUT WINES MADE IN AMERICA, HOW ARE THEY NAMED?** After grape types, or varietals.

**What's a varietal?** Another way of saying “grape type”. One of the most famous red wine grape types, or varietals, is Cabernet Sauvignon – (ca-bair-NAY saw-vin-NYAWN)

and that is also the name of the wine, from California, Oregon, Washington State. Lotsa times people just call it “Cab”. Another famous red wine varietal is called Merlot (mare-LOW) and you can guess what that wine is called.

Most wines everywhere happen to be blends of various grape types, but the wines in America are usually named for the predominate grape in the blend. I drank a wine the other day that was a blend of two major grape types. Sometimes such blends are referred to as “meritages”, and all it means is that there is a substantial percentage of more than just one grape type in the wine. The label on the bottle will tell you just exactly what amount of what grape is in the wine. What I drank recently was called “Chardonnay/Chenin Blanc”, 51% and 49% respectively. It was pleasing, a little dry and a little sweet at the same time. So, of course there are the white grape varietals, like Chardonnay, pronounced just the way it looks, which makes a dry white wine called just that – Chardonnay. Sometimes people just call it “Chard”. And you've heard of the varietal called Riesling - that is what the sweet wine made from it is called too. The Pinot Grigio grapes produce a crisp white wine by that name. Other red wine varietals and

the wines made from them include Zinfandel and Syrah, and my favorite, Pinot Noir.

**How about other countries, how do they name their wines, by geographic area or by grape type?** Sometimes, it is a combination of both, and yes, this can be confusing. It makes you pay attention, if you care to learn.

Wine naming and labeling laws differ from country to country. The Germans are renowned for having the most precise labeling and naming guidelines in the world, and the Italians for having the most bizarre. This is where “proprietary” naming comes in – “proprietary” means the people who make the wine can call it anything they like, especially in Italy. Crazy, those Italians, crazy about wine, and they make some of the best in the world and a lot of it. They don't have to name the wine for the geographic area it is grown in, and they don't have to call the wine after the grape it is made from. Sometimes the labels reflect both place-name AND grape type, and sometimes they reflect neither.

This is the best argument I can think of for you to go to the trouble to have a pen and paper at the ready every time you drink wine, any wine, from anywhere, in any restaurant or in your own



home. You could even do this note-taking job these days on little hand-held computers I know. More experienced wine tasters call this process “tasting notes”. Everything you drink you will like OR not like, or something in-between.. Write the name down. Make a note that you like it or don't. Write down in just a few words why you like it or don't like it.

**Are you kidding with this writing things down process, making a note or two?** Not really. If you want to learn, you need to take notes unless you have a photographic memory. It's easy. Do it like this.

EXAMPLE ONE – “Drank some German Riesling tonight - it said ‘Piesporter Michelsberg Spatlese’ on the tall green bottle. Didn't like it. Too sweet.” You probably

won't drink that again, won't waste your money on it.

EXAMPLE TWO – “Drank some American Cabernet Sauvignon red wine today – it said ‘Beringer’ on the bottle. Didn't like it. Too dry.” And you probably won't drink that again, not waste your money

HOW ABOUT THIS THIRD EXAMPLE – “Drank a little red wine called ‘Beaujolais Villages’ this afternoon – the label said ‘Jadot’ from France. Loved it. Soft and fruity and easy to drink. I want some more.” Now, that's a wine you will buy again because you remember it because you wrote it down.

(Editor's Note – Roudebush functioned as a wine specialist for years in the restaurant business and submits occasional pieces about the wonderful world of wine)

Let's Keep Our Local Sludge Ordinance  
Vote **NO**  on Article 2

Article 2 is deceptively worded.

- › To rescind our local ordinance and only adopt the state rules will NOT adequately protect public health, wildlife, soils, surface waters, and ground water as Article 2 claims.
- › Adopting the state regulations is NOT adopting by reference a Health Ordinance as Article 2 claims.

**Under Article 2 we would loose all control of where industrial waste containing Class B sludge was generated, what it contains, how, where and when it could be spread.**

- › The state sludge management policies are the most lenient of any state. Under these regulations sludge can be stockpiled for 2 years during which time contaminants (not just metab, but re-activated pathogens, endotoxins and persistent organic chemicals) can enter your groundwater or a neighbor's well causing serious health consequences.
- › 50 NH towns have local ordinances like ours to prevent potential catastrophes.

Under our local ordinance, local Class A sludge produced in Woodsville, can be used in Haverhill.

Vote **NO**  on Article 2  
To retain local control over our local sludge and our local spreading practices.

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## Flatlander Foreign Auto Opens In Haverhill

Haverhill, NH -February 16, 2012- Flatlander Foreign Auto LLC opens in Haverhill. Robert Dube, formerly of Nashua, NH opens Flatlander Foreign Auto LLC in Haverhill. Bob has a wealth of experience with all makes and models of vehicles, specializing in foreign auto diagnostics. He hopes to bring his extensive knowledge to people currently traveling out of the area to have their foreign cars serviced.

With a career spanning 30 years, Bob has honed his skills working 22 years at the largest independent foreign

auto repair facility in Nashua. He, then, worked at a Nissan/ Honda/Isuzu/Kia dealership before moving here from the "big city" 7 years ago. After a few years at Carroll Concrete in Lebanon doing heavy equipment repair, Bob moved to Gerrish Honda. Most recently, he has worked at Hood's Plumbing in North Haverhill, while he built his garage in Pine Park.

Flatlander Foreign Auto LLC is a testament to Bob's work ethic with amenities for him to do his job well and for his customers to relax in a pleasant surrounding, with a

comfortable waiting area complete with Wi-Fi, great views and a nice neighborhood for a stroll, if you so choose.

Dube has a proven track record of prompt, efficient, thorough service. He has kept his costs down to be able to pass savings onto his customers. With a hourly rate of \$45, Bob stands by his motto, "Fast, fair and fixed right!"

Flatlander Foreign Auto LLC is located at 114 Pine Park in Haverhill, minutes off Route 10. Call (603)989-3335 for an appointment or for additional information.

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The 72nd Annual Cohase Lions Club A. P. Hall / T. Borden Walker Northern Amateur Basketball Tournament ended on Sunday night, February 26th, much the same way the whole tournament went, overtime. A total of four overtime games were played in the double elimination format, including two that went to double OT. The eventual winners, Barre Wood, won their first game, then lost, their second game. That meant they had to play and win three times on Sunday to take the crown. Congratulations on "running the gauntlet".



The Bath Village School basketball teams would like to thank Riggie Electric and the Happy Hour Restaurant for their help in purchasing their new uniforms. Back: Kyleigh Lamarre, Madison Lewis, Aime Dauphine, Billy Green. Front: Ethan Riggie, Leah Rutherford, Emma Sulham, Hannah Romprey, & Orin Ilsley



The First Congregational Church of Haverhill called its latest minister during a meeting following his service at the church on Sunday, February 26. The Rev. David Norling (third from right) is shown with his wife (fourth from right) and members of the church's search committee.

# Culinary & Wine Tasting Event

The Above The Notch Humane Society is happy to announce that some fourteen local chefs will be participating in their Culinary & Wine Tasting Event on Sunday March 18th in the Great Room of the White Mountain School on Profile Road in Bethlehem, NH. The chefs come from many local establishments and will be prepar-

ing some fine appetizers and entrees for those attending to sample. There will also be several varieties of wine to be tasted and tested. All of these products are being donated by the chefs and their businesses.

The event will run from 3:00 until 6:00 PM and will also feature Katie Rose with live entertainment. Plus the

Humane Society will have some of their beautiful creatures on site. There will also be a cash bar on site. The \$30.00 event fee will be used to support the No Kill

Animal Shelter run by the Society. Advance tickets can be purchased at the Littleton or Lancaster branches of the Woodsville Guaranty Savings Bank, or at Root

Restaurant in Bethlehem. For more information or to reserve your ticket call Richard Larcom at 603-823-9053 or email: rwlarc@gmail.com

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Rebates (February Incentive) ~~(\$980.00)~~  
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2.75%, 75 mos., 0 down, for qualified borrowers



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March 6, 2012 Volume 3 Number 11

**Car Talks – Timing Belts & Chains**

*By Mike Lavoie*

*(Editor's Note – This fourth submission for TRENDY TIMES is from ASE Certified Master Tech Mike Lavoie, owner/operator since 1980 of Lavoie's AutoCare Center in Haverhill. Mike was recognized in 2006 with the nationwide honor of NAPA ASE Tech of the Year. He says he has no problem with the word "mechanic" because "they have always been the person who can fix things". The AutoCare Center he now runs was begun by Mike's Dad Joseph in October of 1949)*

proper operation of any vehicle. It needs replacing at specific times, as recommended by the car manufacturer.

**SO WHAT'S A TIMING CHAIN?**

A timing chain has the same job as a timing belt, turns the camshaft, but due to the material it's made from, steel, they are much more durable and normally last the life of the engine.

**WHAT'S A CAMSHAFT?**

That's a lot of "what is" going on here. Really, you don't know?

**REALLY, I DON'T KNOW. HEY, THIS IS A QUESTION AND ANSWER COLUMN. THE QUESTION IS**

**WHAT'S A CAMSHAFT. WHAT'S THE ANSWER?**

Ok, here we go. It's an engine shaft fitted with cams, called lobes. In internal combustion engines with pistons, the camshaft is used to operate valves. It consists of a cylindrical rod running the length of the cylinder bank with a number of oblong lobes protruding from it, one for each valve. The cams/lobes force the valves open by pressing on the valve, or on some intermediate mechanism as they rotate. Springs on the valves return the valves to their closed position. This is a critical job and can have a great impact on an engine's performance at different speeds

**I GOT MOST OF THAT BUT I DON'T REMEMBER EVER SEEING A CAMSHAFT I GUESS I WOULDN'T SEE ONE UNLESS I WAS WORKING INSIDE AN ENGINE, RIGHT?**

That's it. The key parts of any camshaft are the lobes. As the camshaft spins, the lobes open and close the intake and exhaust valves in time with the motion of the piston. It turns out there is a direct relationship between the shape of the cam lobes and the way the

engine performs at different speeds.

**SO WHERE DOES THE TIMING BELT OR CHAIN COME INTO THIS PICTURE?**

Ok, the crankshaft turns the belt, and the belt turns the camshaft. You do know what a crankshaft is right?

**OF COURSE I DO. WHAT DO YOU THINK I AM, MECHANICALLY IGNORANT? KEEP GOING.**

Right. The belt turns the camshaft and it all has to be in perfect TIME so that the pistons and valves never come into contact – that happening means a very expensive repair. These belts are to be replaced at intervals. The belt can also drive the water pump, so on many vehicles, the water pump should be replaced at the same time. I have seen water pump failure cause the timing belt to fail – this is because the timing belt has ribs that keep it in time and with an inoperative pump, this belt can't move the way it should in relationship to the crank and cam and severe damage can occur.

The camshaft and the crankshaft have marks on them that must align per-

fectly. This is extremely important otherwise the valve timing will be off and even one tooth off, or one cog off, can cause engine performance problems, from lack of power to poor fuel economy. The belts themselves can become cracked and broken just due to heat and wear. These symptoms could be noticed after a timing belt may have jumped a tooth or jumped a cog or been installed improperly. When a belt breaks, the engine will not start – this condition is usually distinguished by the sound of the engine spinning much more quickly than normal and that is because no compression is being built up in the cylinders. So, it's pretty important to follow the maintenance schedule for your vehicle.

**ANYTHING ELSE?**

It is also vital to keep the oil changed at regular intervals –so of course this means the proper oil type and viscosity and always clean –camshaft operation can be affected adversely by improper oil pressure or dirty oil. Some older engines required the chain tension to be checked and adjusted manually. I feel strongly about keeping oil changed using a quality oil in all engines – this is an inexpensive means of protecting all engines.

**WHAT ELSE TODAY?**

Always something else. Last time we talked a little about big critters, cows - lifting them out of high water with a wrecker. This time we talk a little about smaller critters. I would like to pass on a new trick that was shared with me by a very good customer Laura Richardson to keep mice out of your vehicle. Take a small piece of sponge and dip it in essential oil of peppermint that you can get at a health food store. Put that dipped sponge into the engine compartment, or in the passenger compartment of the car or truck itself to keep the mice away. We have seen a lot of damage to vehicles this past fall and winter and Laura overheard me explaining the damage to a customer and passed on her hint. Why don't you try this and let me know how it worked for you? Any car stories that include animals are OK.

March 6, 2012 Volume 3 Number 11

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

**WHAT'S A TIMING BELT?**

A timing belt is the belt that turns the camshaft, or camshafts, depending on the design of the engine. It's pretty important to the

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Trendy Threads	UNH Cooperative Extension - Grafton County	WYKR 101.3 FM
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# The Wild & Scenic Film Environmental Film Festival

The New Hampshire Rives Council is proud to be hosting The Wild & Scenic Film Environmental Film Festival, one of the largest environmental film festivals in North America. Please join us at the Red River Theatres in Concord, NH on Saturday, March 31, 2012 and plan to make a difference while watching short films you won't see anywhere else. The Wild and Scenic Environmental Film Festival works with environmentally conscious groups across the country to host four venues as a way to reach out to their communities and bring together diverse audiences. The goal is to use film to inspire activism.

The New Hampshire Rivers Council is the only statewide conservation organization dedicated to the protection and conservation of New Hampshire rivers. Since its' founding as the New Hampshire Rivers Campaign in 1989, the Council has worked to educate the public about the value of the state's rivers, designate

rivers in the state's protection program, and advocate for strong public policies and wise management of New Hampshire river resources.

This year's festival is even bigger and better than the last sold out show. A matinee is being offered with a craft activity for kids. The recommended age for the matinee is 6 to 10 years old, but would be enjoyed by all. One parent is admitted free with the purchase of an \$8 children's ticket, or two children are admitted for \$12. Space is limited for the craft activity, so get your tickets early. The evening portion of the show begins at 6 PM. Tickets to the 5 PM reception are available with a New Hampshire Rivers Council individual membership and one movie ticket for only \$30 or two tickets and a family membership for \$40. Individual tickets to the evening movies are \$10 each.

For further information and tickets visit [www.NH.Rivers.org](http://www.NH.Rivers.org) or [www.RedRiverTheatres.org](http://www.RedRiverTheatres.org). This is a great opportunity to become a New Hampshire

Rivers Council member, support our state's rivers, enter to win great prizes, and have a fun and educational evening of viewing eight short movies spanning the world, celebrating rivers, nature, and the good work that people are doing to inspire us all. Special thanks to our many local sponsors and partners that are making this event possible including Vanasse Hangen Brustlin Inc., Checkmate Workforce Management Solutions, Comprehensive Environmental Inc., Forest Bell Environmental, Truslow Resource Consulting, Headwaters Hydrology, naturesource communication, Delta Dental, Rymes Propane & Oil Inc., Henry's Market, Concord Cooperative Market, Green Concord, Hermanos Cocina Mexicana, and Stonyfield Yogurt.

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## GRANITE STATE OF MIND

By Rob Azevedo

# Sudden Death And Its Cruel, Cruel Heart

This time last year, I was 10 pounds lighter, a few bucks richer, and my father's death was fresh as it gets. Just days old. The heartache was intense, I remember; the kind that flows from your eyes, your mouth, your skin, your chest.

The whole world is moving around you, but you can't stop staring at the floor.

For weeks I milked the sadness of his passing down to the root. I smelled his smoky breath on my face when I watched anything with Al Pacino in it. I reached for my cell phone more than once to call him and check in. I saw his face in my dreams, badgering me, saying, "Look at you. Forgot all about me already, didn't you?"

Good times, good times.

In the weeks that followed, I walked into numer-

ous clients' offices wet-eyed, having wept my way down Route 101 to the coast. I stopped listening to Stern. Stopped cranking Bruce. Stopped... well, I didn't stop doing that, but I thought very seriously about it.

It was bad.

Cancer took my father and bent him in half. Cut him to pieces. Torched his mind, body and soul. But it also, thankfully, allowed our family time to understand our father as best we could, to sympathize with his past, celebrate his successes, and dissect the anger and bluster that made him who he was.

Although I wish I could sink a row of venomous teeth into the neck of cancer, I'm glad that it took its time to kill my father. At least you gave us that, you loveless, filthy animal.

It wasn't until recently that I started to appreciate the way my father died. Sure, he was amputated and rode harder than a wild Palomino, but he died anything but suddenly. Sudden death doesn't grant that kind space for contrition and resolution.

Just ask my dear friend, Louie, and his beautiful sister, Lori.

Two weeks before the one-year anniversary of my Dad's death, Louie's father up and died on him. Boom, like that. No warning. No kiss to the forehead. No goodbye.

Damn.

And the only thing you can do when that deal goes down is grab your buddy by the shoulders. Don't bother philosophizing; he can't hear you. Fetch his beers, light his smokes, offer him a chew,

just let him marinate his way through this terrible ordeal.

Hell, if he needs to sit on your lap, let him.

Sudden death is a meaner death. It seemingly curses out everyone in the room except the person dying. It offers no cushion, no flex time before an illness is revealed and the real conversation begins. It's just BAM, I'm outta here.

Rude, if you ask me.

Louie's old man died with his head on a bed pillow, under the covers, maybe in bed pants and a t-shirt, probably dreaming about dropping a three-pointer on some sad sack from Oyster River back in the '60s.

In that sense, it was a wonderful way to go. A quick jolt, then light. Next thing you know, "The Case" is talking love songs with Frank and Whitney on a cloud of pudding somewhere.

Nice, for him and only him.

Like anyone who has lived through someone dying suddenly, you only wish you had the chance to say "good-bye." I mean, it is the proper thing to do, is it not? Within that good-bye, a million sorrows can be cured. Resentments wiped clean.

Chains cut loose. But no, no, no, sudden death is a mean-eyed cat, a slippery, passive-aggressive form of death.

It knows what it's doing and it never pays its tab.

Louie never got the chance to be stuck in traffic for hours with his father on the Zakim Bridge, heading into Mass General for blood tests. Those moments, though filled with strife and anxiety, would have allotted Louie the time to tell his father just how much he loved him. And vice-versa.

His sister, a stoic and gutsy woman, was robbed of the opportunity to serve her father, to wipe his mouth clean of disease, to shop for him, to comfort him, to question him on why he chose to tie the knots in their relationship so tightly.

So, the next time you decide to lean on the old adage of "I hope I go in my sleep," think hard on that vision and consider those you'll leave behind, aching only for the chance to say "good-bye," to say, "No matter what, I love you. I've always loved you."

Trust me, Louie and Lori would likely choose amputation over a lifetime of unanswered questions.

Contact Rob Azevedo at onemanmanch@gmail.com.

## Letter To The Editor

Commenting on the upcoming warrant article to be voted on at the polls on election day of town meeting night, in March. - the discontinuation of the Town Manager position for the government of Haverhill.

Of course this issue concerns our current Town Manager, Glenn English, the only person to hold that title since the town voted it into existence many years ago.

There are people who know Mr. English better than I do, and there are many who don't know him as well as I do. I know him well enough to have worked with him in various capacities over the last eight years because I have served on several boards, both planning and zoning, both in Mountain Lakes and the town of Haverhill itself. We have not always agreed on every issue. Who does? I have also had occasion to just seek his help or ask for information as any Haverhill resident might do.

I have always found him more than willing and able to be of service. I call him a straight shooter. I can understand how a reasonable man might interpret Glenn's communication style as "abrupt", but I am not one of them. The way Glenn deals with inquiries from me has always been well-informed, helpful and to the point. He takes time out of his day to discuss matters with me when I walk into his office without previous notice. I appreciate such honest dealings, and wish more people handled themselves that way.

Should we keep the Town Manager system of governing? That's a different question than "Is Glenn English doing a good job?" I don't see anything wrong with either of them.

Robert Roudebush  
Mountain Lakes, North Haverhill, NH

*(Writer's Note: Although this letter to the editor is written by Robert Roudebush, who is a contributing writer to Trendy Times, this letter was not solicited - it was neither encouraged nor discouraged.)*

Robert,

As I do with all of your contributed articles, I thank you for your time, talent and thoughts. The question of Town Manager or no Town Manager in Haverhill is of very large importance, in my opinion. It is the current form of government that the voters of Haverhill have twice decided that we, as residents of Haverhill, should have. The question, as you point out, should not be about the person in the seat, but rather a question about the seat itself.

I would urge all voters of Haverhill to take the time to go to the polls on Tuesday, March 13. They will be open from 8:00 AM until 6:00 PM at the Morrill Municipal Building. This one questions alone is well worth your time and effort to be sure your voice is heard.

Also on the ballot this year is a question regarding sludge in the town of Haverhill. (See article on page 5). Again, please find out about this issue before you vote.

Remember also that the annual town meeting will reconvene that evening at 7:30 at the Haverhill Cooperative Middle School, to vote on many other vital issues for the town of Haverhill for the ensuing year.

Gary Scruton, Editor

## Letter To The Editor

We write to express our support for retaining the Town Manager position in Haverhill and to urge our fellow citizens who desire impartiality and fairness in government to do the same. Although relatively new (since 2009) to the area as voting, full-time residents, we have been following Haverhill politics since building a house here in 1991.

We are seasoned enough citizens to reasonably assert that (1) the Town Manager position is the generally accepted model for professional, unbiased, management of public resources in our form of government; (2) because the Town Manager's authority is fact-based and not easily compromised through political pressure, the management decision-making is more likely to be transparent and earnest; and (3) since the establishment of the position in Haverhill, the professional management has yielded tangible benefits to the town including attracting investment even in the face of a declining economy.

We glean from others' letters and some articles that there is dissatisfaction with the demeanor of the present Town Manager which seems to have confused the question of whether the position of Town Manager is

beneficial with whether the incumbent gets along with everyone. Personalities aside, we believe it is important now more than ever to retain the position, particularly in the current environment of virulent pettiness and special interests that impede solving serious problems across the spectrum of political entities nationwide at all levels.

We need to be sure that Haverhill's Town Manager will be evaluated on the basis of accomplishments in the face of budgetary constraints and economic realities and not on whether some people think he is gruff or impatient. (If personality counts so much, when the time comes to choose the next Town Manager, we can seek candidates who are both technically qualified (as the incumbent is) and also "kinder and gentler.")

In order to maintain stability and "stay the course" of sound management, we urge our fellow voters to focus on the value of the position and not the personality of the person who currently holds it. In short, we believe fairness and good management trump "warm and fuzzy" every time.

Sincerely,  
Patricia A. and Daniel J. Brady, Jr.

Patricia & Daniel,

Thank you for the expression of your opinion on this important matter. Thank you also for being involved in the process of town government.

Gary Scruton, Editor

## Letter To The Editor

Dear Haverhill Tax Payers,

On Tuesday, March 13, 2012 during the day, you will be asked to vote on Article III: "Do you favor continuation of a Town Manager Plan as now in force in this town?"

We need to vote YES on this Article III.

The town manager form of government has done a lot to improve our town and saved the taxpayers a lot of money.

I hear that a lot of people would like to get rid of Glenn English because of this attitude towards people that disagree with him.

Glenn will be retiring soon because of his age and lengthy service for the Town of Haverhill.

Now, this is not the way to get rid of a Town Manager and replace him with a Town Administrator.

The Selectmen do not have the time or the knowledge to manage a Town Administrator.

So please, will you pass this on to your friends and neighbors.

Yours truly,  
Edward C. Patten

Ed,

*This is the third letter received and printed in this edition of Trendy Times regarding this question. As I said to the others, thank you for your time and efforts and opinion. You make a couple of points here that others have not. Thank you.*

Gary Scruton, Editor

## Letter To The Editor

To the Editor,

The Bradford Conservation Commission supports the Vermont Working Lands Enterprise Investment Bill (S.246/H.496) that is currently being considered in the VT Legislature. We support it because it recognizes the people who work on the land as entrepreneurs and business owners, and because it acknowledges that agricultural and forest product businesses that are tied to the land or that create value-added products have specific challenges in the current financing system.

The conservation of the working landscape is a high priority for Vermonters, and Vermonters need to recognize that the working landscape depends on a strong forest and farm economy. The working landscape benefits all Vermonters, and we hope our Legislators will work hard to find the needed funds for this important economic development program.

We appreciate our Legislators who have been working on and championing this bill. To learn more about the VT Working Lands Enterprise Investment Bill, go to [www.vtworkinglands.org](http://www.vtworkinglands.org).

Bradford Conservation Commission  
Bradford, Vermont

Dear BCC,

*Thank you for the update and information about this important piece of legislation. It is assuring to know that such organizations as yours are around and willing to speak as a group to such matters.*

Gary Scruton, Editor



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# Sea Buckthorn Berry Benefits

Sometimes an herb just amazes me! According to the "infamous" Dr. Oz's introduction and research from many sources, these are a few of the benefits of Sea Buckthorn berries. Sea buckthorn, a plant which produces the orange-colored sea buckthorn berry, and is grown primarily in the mountainous and colder regions of China, Russia and Canada, is rapidly becoming popular throughout the world for the hundreds of potential benefits it provides, both nutritionally and medicinally. Whether taken internally, in the form of a juice, tea or supplement, or applied topically to the skin in oil, lotion or cream form, sea buckthorn is beginning to earn a reputation as a "super fruit" for its ability to both heal and prevent a wide array of illnesses and conditions.

\* **Acne:** The anti-inflammatory agents in sea buckthorn, such as quercetin and salycins, together with the immune boosting fatty

acids mentioned above, work in harmony to help address the 3 main culprits of acne: immune system (rich in vitamin C), hormone imbalances and chronic inflammation.

\* **Anti-aging:** Rich in vitamin A and vitamin E, sea buckthorn can help reduce the appearance of wrinkles and retard premature skin maturation.

\* **Chemotherapy:** The flavonoids in sea buckthorn can help cancer patients recover more rapidly from the effects of radiation and chemotherapy treatment.

\* **Cardiovascular benefits:** Sea buckthorn is rich in unsaturated fatty acids, including omega-3, omega-6, omega-7 and omega-9 oils, which experts believe can significantly help improve heart health and drastically reduce a person's risk for heart attacks and strokes.

\* **Cell repair and rejuvenation:** Studies show that sea buckthorn can aid significantly in

the repair and rejuvenation of the body's cellular structure.

\* **Cerebral health:** The fatty acids, flavonoids and carotenoids found in sea buckthorn not only help reduce the risk of stroke, they promote overall brain health and memory.

\* **Cholesterol control:** The flavonoids and essential fatty acids in sea buckthorn help to increase the good cholesterol (HDL) in your blood and reduce your risk of conditions such as coronary heart disease and stroke. Also, phytosterols reduce the amount of cholesterol that you take in during meals.

\* **Fatigue:** Sea buckthorn is rich in many important vitamins such as vitamin C and vitamin E, and can help reduce some of the more common symptoms of fatigue such as low energy and muscle tension. Sea buckthorn may even help promote a more restful night's sleep.

\* **Gastrointestinal health:** Sea Buck thorn seed oil is an effective treatment for gastric ulcers as it normalizes the output of gastric acid and helps to reduce inflammation in the stomach and other gastrointestinal organs.

\* **Hypertension or high blood pressure:** Extracts from all parts of sea buckthorn – bark, juice, leaves and oil – can be effective in treating high blood pressure. Its essential fatty acids help to lower blood pressure, and some research suggests that increasing flavonoids (which are abundant in sea buckthorn) intake also benefits hypertension.

\* **Liver:** Clinical trials have shown that sea buckthorn can help normalize liver enzymes and immune system markers in those with inflammation or cirrhosis of the liver, and may help prevent the harmful effects of many substances high in toxicity.

\* **Menopause:** Sea buckthorn is a natural lubricant and helps to relieve vaginal dryness that may occur during menopause.

\* **Skin diseases:** Several studies have investigated sea buckthorn's ability to treat conditions such as acne, dermatitis, eczema, skin lesions and rosacea. Its skin-healing abilities are due to its high essential fatty acid, flavonoids, protein and vitamin content.

\* **Sun Block:** Sea buckthorn naturally absorbs the sun's harmful UV rays which can cause skin damage and may lead to skin cancer.

\* **Wound and burn healing skin rejuvenation:** Palmitoleic acid, which is just one of the fatty acids produced by sea buckthorn, is a naturally occurring substance in the skin. Thus, sea buckthorn has proved very effective in the treatment of wounds, burns dermatitis and even cancers of the skin.

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Watch for MORE Top Ten Reasons Soon!

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 workshops, Reiki I, II & III into mastership. In her Shoppe located in Lisbon are over 250 medicinal bulk herbs, tinctures, teas and capsules, all made on premise. 603-838-5599 [thymetoheal01@yahoo.com](mailto:thymetoheal01@yahoo.com)

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## The Haunted Mansion Disneyland Anaheim, California

No, I'm not pulling your leg. The Haunted Mansion at Disneyland's Anaheim resort is...haunted. Yes, a fake haunted mansion is really a haunted fake haunted mansion (If your brain just exploded from an aneurysm, I apologize). Call it truth in advertising, there has been numerous stories about the famous ride being a place for more than just fake specters and ghosts, but a host to many real ones. The ride opened in the summer of 1969 and though that means the ride is forty-three years old now, the animations are timeless and really show why Disney is a magical place to go and experience.

For those who haven't had the joys of riding the ride at either its California or Florida counterpart, the ride goes (without giving away too many details): you get in these carts (also known as "Doom Buggies") and it's basically a tour through a haunted mansion where this scary narrator takes you through a journey of fright through haunted ballrooms to spooky graveyards. The ride

isn't really all that bad and actually had me laughing through it while I was a child riding the one in Florida (course this was after my grandfather told me to scream back at the ghosts, which helped). But what about the real haunted history?

There is one story about how a man crashed his single pilot plane into a lake nearby the park. Some employees have said that this man, known as "the man with the cane", has settled in the Haunted Mansion. He is seen mostly at night, after park hours. Another man, known as "The man in the tuxedo", this shadow figure type spirit actually caused a ride employee to quit her job, because it spooked her so much. She was standing by where the visitors exit the ride and there's a mirror where she can see when riders are coming up behind her. She kept on seeing a shadow, but when she checked there was no one there. She then stated that she felt a cold presence and a hand on her shoulder.

Death at the mansion? Yes. Actually there has been

a real life death at this attraction. Attraction deaths are sad, but common accidents, and the Disneyland Haunted Mansion is no stranger, but only one such death has happened. One night, two teenagers were riding the ride, and they came to this point called "The Séance Room." Basically it's a room where this woman's face inside a crystal ball is conducting a séance and all these items are flying around the room. One of the boys wanted a closer look, so he got out of the doom buggy and walked along a walkway. What he did not realize though, was that there's a gap and he ended up falling fifteen feet to his death.

If you're planning a trip to Disneyland, remember the ghost you're screaming at may not be just an illusion after all. Until next time, this has been Scared Sheetless. Happy hauntings, graveyard disciples.

Resources: [theshadowlands.net](http://theshadowlands.net)

For more scares go to [scaredsheetlessnccn.blogspot.com](http://scaredsheetlessnccn.blogspot.com)

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Phone 603-747-2887 • Fax 603-747-2889  
[gary@trendytimes.com](mailto:gary@trendytimes.com)  
[ads@trendytimes.com](mailto:ads@trendytimes.com)  
 171 Central St. • Woodsville, NH 03785  
 Tuesday – Friday 9:00am - 5:00pm

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By Ronda Marsh

# Crepes Quebec

Are you curious as to what "Crepes Quebec" are? Let me start by explaining what they are NOT. They are not the fancy, pale, almost translucent and paper-thin French Crepes Suzette, lovingly folded into triangles and draped with a flambéed orange sauce, created by a master pastry chef in a restaurant in Montreal or Paris.

Those are very nice, of course, but these ain't that. These are more of a country or peasant version, still thin and delicate, but allowed to brown a bit, and meant to be consumed as a main meal, with plenty of REAL maple syrup and perhaps with a side of sausage or ham.

Word on the street is that our unusually warm winter



has prompted an early sugaring season, with some sugar makers already gearing up for their first run. Keeping that in mind, now is the perfect time to break out the syrup and try some crepes.

I have literally been making these all my life, as has my mother, her mother before her, and her mother before her. My maternal ancestors were of hearty Scottish/Canadian stock, who lived and raised families in the remoteness of northern Quebec. Crepes were a staple meal, served often, especially during the Lenten season, which coincided with spring, when both maple syrup and eggs were plentiful. Today, in the age of readily available groceries, I make them all year long, just

because I adore them. Unlike my ancestors, I have a non-stick skillet, which makes the process much easier than the heavy cast iron fry pans of yesteryear. I also have come up with an actual recipe, instead of having to depend on the appearance of the batter to determine if you need a little more flour or a bit more milk.

People are often intimidated by crepes, but in actuality they are much easier to manage than traditional pancakes, which are bulkier and sometimes difficult to manipulate. Because the batter is quite thin, it will readily flow to coat the bottom of the skillet. As the edges of the crepe begin to cook and dry, you will be able to lift it to check the bottom for doneness. When you observe a few golden brown spots developing, flip the crepe and cook the other side. I keep a plate close by to place the finished crepes on, and another plate to act as a lid and keep the crepes warm as you cook. You can also place them in a low temp

oven, if you wish. Remember that the first one you cook will always be the worst one...the pan will become more seasoned as you go and you will develop a rhythm. When you're ready to eat, you can stack and butter several crepes before bathing them in syrup, or, you can roll them up then cut them into "rags". Serve them for breakfast, brunch, or dinner. Crepes Quebec is a simple, sturdy meal, as satisfying and delicious today as it was 100 years ago!

- 4 eggs
- ¼ teaspoon salt
- 2 cups flour
- 2¼ cups milk
- ¼ cup (½ stick) melted butter or margarine, plus more for swabbing the skillet.

Whisk eggs & salt. Add flour and milk alternately until smooth and incorporated. Add butter and whisk till smooth again. Allow to sit for at least 25 minutes before using, to allow the gluten to develop a bit. At this point, the batter can be refrigerated for up to 24 hours before using. When ready to cook, whisk the batter to reincorporate the ingredients. Preheat a 10" nonstick skillet over medium-high heat and brush lightly with melted butter. Using a 1/4 cup measure, pour batter into the pan, while holding the pan and tipping it to cover the bottom. Replace pan on the heat and allow crepe to cook for a minute or so, before lifting the edge of the crepe to check the underneath for doneness. When a few golden spots appear on the bottom, flip the crepe and cook the other side. Remove crepe to a plate and cover to keep warm. Repeat with remaining batter, brushing pan with butter between each crepe. Serve crepes with plenty of syrup and butter, along with sides of bacon, ham, or sausage. This makes enough crepes for 4 adults.

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