

# TRENDY TIMES

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JUNE 12, 2012 VOLUME 3 NUMBER 18

## Farmers' Markets For All

### How to Get the Most out of your Farmers' Market Experience

By Heather Bryant, Regional Field Specialist, Food and Agriculture

#### Shop With The Chef!

#### Returns To The St. Johnsbury Farmers Market

The Caledonia Farmers Market Association and the St. Johnsbury Farmers Market welcome the return of the popular 'Shop with the Chef' series this summer. Local Chefs are volunteering to cook up something delicious, local and seasonal during the monthly event. Community members are invited to stroll through the market with the Chef to gather up local ingredients. The chef will then proceed to an outdoor kitchen set-up at the market and prepare a dish for people to sample.

This free event will provide an exciting and an additional tasty opportunity for community members to experience the farmers market. Our local food bounty is diverse, ever changing and growing. There are many different ways to prepare local foods and with a rotation of local chefs there will be new recipes and wonderful dishes each time.

#### Dates and Chefs are:

Saturday, June 16: Bob Brazil, personal Chef  
Saturday, July 14: Cindy Poginy, Paddy Cakes and Candy  
Saturday, August 18: Erin Papin, Dylan's Restaurant  
Saturday, September 15: Karen Monroe, Natural Provisions Deli  
Saturday, October 13: To be confirmed

The Farmers' Markets in Bethlehem and Canaan had their opening days over the recent Memorial Day Weekend. I confess I am a Farmers' Market junkie. I love visiting them, checking out all the new and unusual foods and products, meeting new farmers, and chatting with the ones I already know. Of course some of this is professional bias, but I still think there's something at the Farmers' Market for everyone, so I set out over the weekend to find out how to make the most of the visit.

My best advice is to make the Farmers' Market visit part of your leisure time rather than your weekly errand run. Errand runs lead to lists and the feeling you need to find specific items or stay on task so you get home before the ice cream melts. To fully enjoy the Farmer's Market you need to give yourself permission to check out products you've never seen before and chat with the vendors. So over the weekend I took my own advice and on my travels I

asked some vendors what they like to be asked at the market.

Huntoon Farm from Danbury likes to be asked questions that show the customer has done their research. That they understand for example that their booth represents a business which requires licensing or that grass fed beef tastes different from grain fed beef.

Hobbit Hill Farm from Wentworth likes to be asked open ended questions. For example, the question "what is your policy on the use of pesticides" allows for a much more complete answer than "are you organic".

Autumn Harvest Farm from Grafton gets a lot of questions about how to prepare different foods and especially likes to see young families who keep coming back asking more and more questions as they get more food adventurous.

My second piece of advice is to choose the Farmers' Market that fits your interests or whims of the day. Marilinne Cooper of WREN



Groton Growers Board member, Diane Frost (l) hands a gift basket of "goodies" to outgoing Market Manager Mary Berlejung (r).

explained that her organization runs two Farmers' Markets. The Bethlehem Farmers' Market focuses largely on crafts and the arts (although they do have omelets made with ingredients being sold in the market that week, along with baked goods, vegetables, goat cheese, and organic quail eggs) while the Berlin Farmers' Market focuses almost exclusively on fresh produce and local foods. If you go to Bethlehem only interested in

food you won't take the time to enjoy the live music or ask about soap felting. Each market has its own personality, and it can be lots of fun surveying them to find the one that fits you.

So the next time you find yourself looking for something relaxing to do outdoors on a beautiful day visit one of the markets on this list <http://www.nh.gov/agric/publications/documents/2012farmersmarkets.pdf> and feel free to ask some questions!

#### New Market In Woodsville?

There is a new attempt at getting a Farmer's Market set up and running in Woodsville. Richard and Marilyn Hastings, owners of J's Rainbow are offering free space to any interested vendor. That's right, a free space with power and water to any Farmer's Market vendors interested in making this project happen.

The day and even the time are still to be decided, based on the needs and wants of those who respond. Tentatively the market would be Wednesday, Thursday, Friday or Saturday and probably from 2-7 or 3-8 PM. Again this will be decided by those who want to take advantage of this offer.

The location is right on Central Street (Route 302) just east of the junction with Route 135. There is a good number of parking spots on both sides of the street and the Hastings will also work to get some signage out as needed.

If you have interest in making this new market a reality give them a call at 603-747-2255 from 10 AM to 8 PM to make arrangements.



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# GRANITE STATE OF MIND

By Rob Azevedo

## Lassoing Your Destiny

President Cummings, distinguished guests, parents, former wives, lovers and friends, I can't tell you how honored I am to be here today. (Applause)

On this momentous occasion, I wish to congratulate you all on completing what likely will be the most leisurely four years of your life. Indeed, I realize the rigors you endured at Candyland University. What with the pasta outages at the student condos and the quandary of which field hockey player to date, I feel your pain, even today, nearly twenty years after graduating from college.

Now, if you think I'm going

to launch into some heroic, heavy handed speech about how "I" "grabbed the world by the balls" or "took the streets by storm" after graduating from college, I won't because I can't. It never happened.

In fact, it hardly ever does. I was a colossal failure for years after college. Spun out on all levels -- over confident, under confident, naïve, wrapped up in a leather based fantasy -- I was unwilling to study the many phases that make up a successful work life. I simply continued to read my rebels and base my life off fiction. I even took to wearing an eye patch briefly. I was landscaping after all.

Then I worked in the credit office at a recording studio and pretended that I managed the "Hooters." That was prior to me working as an operator for a wireless company and after I started a backyard barbecue business in the winter of 96'.

This nonsensical approach to a working life went on throughout my 20's-- the jumping from job to job, having new ideas, quitting on old ones, then later quitting on the new ones.

Unfocused and out of life shape, I was a bloody rhythmless mess.

Do you see where I am going with all this, graduates?

I had NO game plan.

So, formulate one of your own. Please.

And I'm not talking about your grandparent's game plan or God forbid your parents game plan. I'm saying that you have before you, quite literally, the cleanest slate you'll ever witness. You have the ability, starting at sunrise tomorrow, to game plan your own destiny.

Might sound like cheese and crackers, but it's true.

Allow me to give you a good example of how to lasso your destiny.

I have a friend who played football throughout college. He was a fanatic, and not just for the blood sport aspects of the game. After college he wasn't willing to let go of his passion, so, he worked hard to land a job at any college coaching football, big or small. He found one, and went on to study the business of college football for a good ten years, one program at a time. First

as a position coach, then later as a coordinator. You can be sure that during those hungry years, my friend wished he was wearing Tom Landry's fedora on the sidelines, but he never wavered from his destiny.

He always showed up, always looked to the road ahead.

And that friend would eventually channel his destiny right into the Canadian Football League, where he is now, twenty years later, the head coach of the Winnipeg Blue Bombers, a championship contending team.

This story could hold true for any profession you seek. Want to make it on Wall Street? Then you better smile when you're humping the phones for two years before you become a cash cow. Same goes for bike builders. Tired of shining nuts all day at your uncle's garage? Think he's limiting you? You're wrong.

Now master them nuts!

And as for you artists. What to do with you? Individuality is what you savor most. I understand. You won't be defined, and replication is never an option. Then you'd better find a gig at a theatre, or a production company, or some art house where they need someone to answer phones, loop reels, sweep stages, stack books. You can mingle with your destiny, study it, make a little money, all while having your work be seen or heard or read, eventually.

And for those of you that truly have no idea what your passion is or how to even spell destiny, worry not. Your options are seemingly endless. Just find a job, any job, and make that job work for you. Discover your passion outside of work, in cars or women, bottle caps or lawn care. And when one of those "crazy ideas" that's always rattling around in your head starts sounding crazy enough to work, pounce on it. Call her Destiny and make her your own.

So, with that college graduates, I wish you nothing but strength, individuality, vitality and awareness. Tomorrow's sunrise waits with your destiny in hand. Now go and take bite, a big one, and let nothing hold you back.

Rob Azevedo can be contacted at onemanmanch@gmail.com

June 12, 2012 Volume 3 Number 18 Not all Times are Trendy but there will always be Trendy Times

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# You Are Invited To "The Uninvited"

By Gary Scruton

The cover of the playbill calls it a "Thriller". The 1944 movie version has been ranked among the best horror films ever. The players of the Old Church Theater did it justice on opening night in Bradford.

According to at least one on line source the film was one of the very first films to "portray a haunting as an authentic supernatural event." And though a play certainly differs from a film, the supernatural effect was still certainly there. With well timed sound and light effects, plus a few visual effects, especially at the culmination, there were chills running up and down many a play goers arms.



In a scene from Old Church Theater's newest show, the thriller-ghost story "The Uninvited" by Tim Kelly, Max reacts to a tarot card in a light-hearted scene before the haunting begins. L to R: Anna Lornitzo, Meghan Bullard and Jim Heidenreich. "The Uninvited" continues this Friday and Saturday at 7:30pm and Sunday at 4pm at Bradford's Old Church Theater on North Main St. For reservations and information call the box office 802-222-3322 or visit [oldchurchtheater.org](http://oldchurchtheater.org)

The opening night production began in a somewhat different manner for Old Church Theater. For one thing there were actors on stage even before "the curtain went up". That was followed by the director and a cast member having a conversation on stage in order to get some background laid, to cover the legalese (exit locations, no cell phones, etc.), and to lighten the mood a bit before the thrilling began.

Like most thrillers there is a certain amount of setting the stage before the chills begin. In this case that involved a real estate transaction, a near fatal fall, and a housekeeper's concern over

Whiskey (the cat). Of course, there were many other little twists and turns that the cast was able to negotiate in order to lead the audience down the road to the thrilling culmination.

The cast that was assembled for "The Uninvited" all have stage experience at OCT. But that experience ranges widely. From Maeve Cosgrove, a Thetford Academy sophomore (now junior) to Sheila Kaplow, who seems to have just what it takes to play Miss Holloway, first time director (at least at OCT) Chuck Fray pulled together all these wonderful pieces of a ten member cast to put on a show that truly was a thriller. Special shouts should go out to Pat Jansen who needed to keep the Irish coming out through many different scenes.

The bottom line is this: if you are looking for a night of laughs and light heartedness, don't go to "The Uninvited". But if you want to be engrossed in a plot, and entertained by some talented local actors, visit the Old Church Theater production June 15, 16 or 17. That is of course, if the spirit moves you.

To Place Your  
Ad Contact  
Gary at  
603-747-2887 or  
gary@  
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In a scene from Old Church Theater's newest show, the thriller-ghost story "The Uninvited" by Tim Kelly, Mrs. Jesup tells her new neighbors about the evil in their home. L to R: Mark Alloway, Gloria Heidenreich, Pat Jansen and Meghan Bullard. "The Uninvited" continues this Friday and Saturday at 7:30pm and Sunday at 4pm at Bradford's Old Church Theater on North Main St. For reservations and information call the box office 802-222-3322 or visit [oldchurchtheater.org](http://oldchurchtheater.org)

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# Groton Growers Farmers Market Welcomes New Manager

By Marianne L. Kelly

GROTON, VT—May 26 saw the start of the Groton Growers Farmers Market summer season, with market manager, Mary Berlejung passing the managerial torch after four years at its helm to Jennifer Bone of Bone Farm in Ryegate.

## THEN

In 2008, Mary and some friends started a fledgling Groton Growers Farmers Market on the porch of what is now The Solar Store on Route 302 in Groton. "We had one farmer supplying a little of her excess vegetables," said Mary. "Bread and maple syrup soon followed, and people just started coming," she added.

Today's market attracts vendors offering early greens and seedlings, seasonal produce, breads, pastries, preserves, fine quality crafts and more, and has become a popular shopping and lunch venue with locals and visitors.

According to Mary, the greatest challenge she faced was convincing people that they were getting

good value at the market for just a few pennies more than the supermarket, and teaching them how to prepare their fresh vegetables. "Today, our vendors teach customers how to prepare tasty, healthy food using two or three ingredients."

"Farmers Markets are catching on all over the state, with new markets springing up in Peacham and Bradford," observed Mary. She also noted that people are making a point of buying as much as they can locally, keeping dollars in their communities and benefiting local economies.

"The challenge for continued success of Groton Growers and local markets is for vendors and growers to bond together by helping each other improve their products, marketing efforts, and encouraging people to buy local, said Mary." Chuck Ross, Vermont's Secretary of Agriculture, who is trying to ease the regulatory burdens on small farms, declared, "The best way to save Vermont farms is to make them profitable,

as they are our life blood."

## NOW

Jennifer Bone accepted the manager's position with its accompanying responsibilities because, "As a farmer, it is my favorite way to sell our produce, at our best prices, and without a middleman we offer our customers prices comparable to supermarkets." Jennifer also noted the sense of pride she feels when placing food they grow that is full of life at its peak of freshness directly into a customer's hand. She also observed that lately the fear surrounding food recalls is making local farmers markets the place of choice for people, as they know where their food comes from.

She intends to continue the hard work that the Berlejung's and others put in to get Groton Growers "off the ground," by constantly seeking input from the community. "I want to gain more local support by asking people what they want from their local farmers and artists. "I hope to create a "food hub" where people can buy most of their gro-



Groton Growers long-time manager Mary Berlejung is shown passing the torch to the new manager, Jennifer Bone during a recent outdoor market.

ceries from local farms," said Jennifer, noting again their freshness, sustainability, improved health benefits as well as financial benefits to local communities.

## THE CSA PROGRAM

Groton Growers recently started a Community Supported Agricultural (CSA) program, as a way for consumers to support farms as they gear up for the season.

Consumers choose the dollar amount of products they wish to receive from the Bone Farm, The Gallusha Farm and other supporting vendors as the season progresses. Hooker Mountain Farm, for example offers shares of their chicken right

from the Market or at [hookermountainfarm.com](http://hookermountainfarm.com).

After choosing what they wish to spend, consumers pay a deposit and balance at the start of the season, and then pick up their produce as it becomes available from their chosen farms. Orders are packed and ready for pick-up each Saturday morning during the season. "We plan to offer winter shares as well, and hope to see this evolve into a year round multi farm venture," said Jennifer. People can also pre-order locally roasted coffee, organic stone milled flours, raisins, nuts, seeds and seed potatoes.

Groton Growers welcomes producers of local honey, beef, pork, lamb, fruit, pottery, and flowers with the admonishment that they must grow or make what they sell. "We also welcome local musicians with some extra time for an added air of festivity."

Mary and Jennifer believe that Groton Growers will continue growing as they increasingly get the word out, and people become more aware of the importance of supporting the growth and vitality of family farms.

"I invite everyone to visit us, see what we offer, eat and buy the freshest food available, and consider joining the CSA program at the market, or at [www.myfarmersmkt.com](http://www.myfarmersmkt.com). Watch your children safely play, as you meet new friends, or visit with neighbors over lunch at "Nana's Kitchen," challenge your palate with great flavors and even have your knives and scissors sharpened while you shop!"

The Groton Growers Market is located at the Groton Community Building on Route 302, and is open every Saturday, from 10-1.

See you at the market!

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# From The Desk Of NH State Senator

*Jeanie*  
**FORRESTER**

Dear Constituents,

In the last news column I shared with you what the legislative accomplishments in the first part of the session were. With the 2nd part of the session behind us as of last week, I will share with you accomplishments in 2012. This won't be complete, however, because we still will need to act on any legislation that the Governor may veto on June 27th.

From 2006 to 2010, state spending increased by over 24 percent at a time when our economy was stalling and unemployment was rising. Past legislatures financed this rapid growth through: one-time stimulus spending; bonding state operating expenses; and over 100 new taxes and fees.

In contrast, the current legislature refocused state government on its priorities while accounting for nearly \$400 million in federal funds not available this biennium

and over \$30 million in new debt services payments resulting from previous budgetary decisions.

We have kept this budget balanced despite a number of bumps in the road, primarily related to Health & Human Services issues and continued slow economic growth. These issues could have undone the work done to balance this budget and resulted in new taxes on our residents and businesses. However, because of the steady leadership by the legislature, the difficult decisions were made to keep our word to the state's taxpayers while ensuring the budget remained in the black.

Apart from the budget, which is something I think we can all be proud of, one of my proudest accomplishments was leading the way on protecting private property rights as it related to the Northern Pass project. House Bill 648,

which I co-sponsored with Representative Rappaport (the prime sponsor) and several others, faced an uphill battle in the Senate. But with persistence and teamwork, including bi-partisan support of many, many constituents, we were able to prevail and pass HB648 out of the Senate and onto the Governor to sign into law.

With the advent of Northern Pass, it became clear that our state does not have a comprehensive energy policy or a plan on how energy will come through our beautiful state. With that in mind, in October of last year I introduced legislation, SB361, that called for the creation of an interagency task force to study the feasibility of creating an underground energy corridor using existing state rights-of-way. That legislation has passed the House and Senate and now waits for the Governor's signature.

Other legislative successes include:

LLC Tax Reform – Small businesses are the backbone of New Hampshire's economy and previous attempts to qualify and tax the incomes of LLC owners had a negative effect on new entrepreneurship in the state. Legislative reforms

put an end to intrusive audits and ensured tireless small business owners were free to take a salary commensurate with the work they do.

School Funding – The legislature took major strides in solving two longstanding educational funding issues. First, we crafted a predictable funding methodology clearly tied to the number of students in a district that eliminated donor towns. Second, the legislature ended the building aid moratorium by establishing a program that allows the state to responsibly budget for these much needed projects while ensuring that every child is attending a school that is safe and up to code.

Keeping the Internet Tax Free – As word spread that the Department of Revenue Administration was attempting to tax access to the Internet, the legislature stepped in to prevent a tax increase on thousands of households. Information technology and telecommunications are bright spots in New Hampshire's economy and because of legislative action these services will not be stifled by a burdensome new tax.

Voter ID – Enacted long overdue reforms to protect the integrity of every vote. SB289 will require voters present a photo ID in order to receive a ballot but it contains a number of provisions to ensure no one will be denied the right to cast their ballot.

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 assistance—please call or email. If you'd like to get more frequent updates of what is happening in Concord or in the District, please subscribe to my e-newsletter by completing the subscription form on the home page of my website at [www.jeanieforrester.com](http://www.jeanieforrester.com).

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our editors to respond.*

## Anonymous Proposal Spurs Church Fundraising!

Bradford, VT - June 1, 2012- A long-time supporter of the Old Goshen Church in Bradford, Vermont, has offered to make an anonymous donation of \$500.00 to this year's steeple restoration project, if three (3) other contributions in the same amount are re-

ceived by the church before the end of August 2012. The purpose of this plan is to meet an estimated shortfall of \$2000 for the steeple project, which includes replacing broken clapboards and deteriorated shiplap. Donations may be made to The Old Goshen

Church, Inc. c/c Van Darby, Clerk, 3904 Goshen Road, Bradford, Vermont 05033. A heartfelt thank you to all those who have already contributed. Visit us on the web at [www.theoldgoshenchurch.org](http://www.theoldgoshenchurch.org) or call 802-222-4401

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# Calendar of Events

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

## SUNDAYS

### CRIBBAGE TOURNAMENT

1:00 PM  
American Legion Post #83, Lincoln

### OPEN GYM

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

## MONDAY/THURSDAY

### NCYMCA WALKING CLUB

6:30 PM  
Woodsville Elementary School  
Every week until next September.

## TUESDAYS

### BREAKFAST BY DONATION

8:30 AM – 10:00 AM  
Horse Meadow Senior Center, North Haverhill

## WEDNESDAYS

### BINGO

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

## THURSDAYS

### ONE-ON-ONE CRIBBAGE ROUND ROBIN

1:00 PM  
Horse Meadow Senior Center, North Haverhill

## TUESDAY, JUNE 12

### LUPINE FESTIVAL'S ANNUAL SWING & SWEETS

7:30 PM – 9:00 PM  
Indian Head Resort, Lincoln

## WEDNESDAY, JUNE 13

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

6:00 PM  
American Legion Home, Woodsville

### "VOICES IN THE HILLS" BOOK READING/SIGNING

6:30 PM  
Groton Library

## THURSDAY, JUNE 14

### FLAG DAY CEREMONIES

6:00 PM  
American Legion Home, Woodsville

### "VOICES IN THE HILLS" BOOK READING/SIGNING

7:00 PM  
Tenney Library, Newbury

### BATH LIBRARY BOOK CLUB "BEL-CANTO"

7:00 PM  
Bath Library  
*See article on page 20*

### HAVERHILL HISTORICAL SOCIETY PROGRAM

7:00 PM  
Ladd Street School, Haverhill  
*See article on page 10*

## FRIDAY, JUNE 15

### THE UNINVITED

7:30 PM  
Old Church Theater, Bradford  
*See ad on page 3*

## SATURDAY & SUNDAY JUNE 16 & 17

### FRANCONIA'S ANNUAL LUPINE FESTIVAL OPEN-AIR MARKET

10:00 AM – 4:00 PM  
Over 30 vendors & local businesses with Artisan Demonstrations, Luncheon Entrees Available  
*See ad on page 7*

## SATURDAY, JUNE 16

### FATHERS DAY PULLING EVENT

10:00 AM  
North Haverhill Fairgrounds  
*See ad on page 8*

### OLD FASHION BBQ

5:00 PM – 7:00 PM  
American Legion Post #83 Facility, Lincoln

### PULLED PORK, BBQ CHICKEN & MORE DINNER

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

### JEFFERSON ROAD BAND CONCERT

6:00 PM – 8:00 PM  
Railroad Park, Woodsville

### DANCE TO REMINISCENTS

7:00 PM – 11:00 PM  
Moose Club, Rt 2, St. Johnsbury  
*See ad on page 7*

### THE UNINVITED

7:30 PM  
Old Church Theater, Bradford  
*See ad on page 3*

## SUNDAY, JUNE 17

### SAPSUCKER SUNDAY BIRDING SERIES

7:00 AM – 9:00 AM  
Northwoods Stewardship Center  
East Charleston, VT

### FATHERS DAY PULLING EVENT

10:00 AM  
North Haverhill Fairgrounds  
*See ad on page 8*

### CELEBRATE THE GREAT OUTDOORS

3:00 PM  
Horse & Hound Inn  
*See ad on page 7*

### THE UNINVITED

4:00 PM  
Old Church Theater, Bradford  
*See ad on page 3*

## MONDAY, JUNE 18

### HAVERHILL SELECTBOARD MEETING

6:00 PM  
Morrill Municipal Building, North Haverhill

## TUESDAY, JUNE 19

### 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, JUNE 20

### FRONT LINE FRENCH - FREE WORKSHOP

8:00 AM  
St. Johnsbury House

### DINING FOR A CAUSE

**BENEFITS SECOND CHANCE**  
5:00 PM – 9:00 PM With Downloaded Coupon  
Ninety-Nine Restaurant, Littleton

## FRIDAY, JUNE 22

### BOATING SAFETY COURSE PRE-REGISTRATION DEADLINE

Actual Course Is July 1 & 2  
Groton State Park Nature Center

## SATURDAY, JUNE 23

### GARDEN TOUR & TEA

10:00 AM – 3:00 PM  
*See article on page 14*

## SUNDAY, JUNE 24

### MILES & MILES OF MUSIC JAM SESSION

1:00 PM – 6:00 PM  
Railroad Park, Woodsville

## FRIDAY, JUNE 29

### BENEFIT BOOK SIGNING BY LARRY COFFIN

11:00 AM – 2:00 PM  
Local Buzz Cafe, Bradford

## SATURDAY, JUNE 30

### UNDERSTANDING YOUR FOREST

8:30 AM – 4:30 PM  
Northwoods Stewardship Center  
East Charleston, VT

### PADDLE MAKING & CANOE POLING CLINIC WITH RAY REITZE

8:30 AM – 4:30 PM  
Northwoods Stewardship Center  
East Charleston, VT

## SUNDAY, JULY 1

### PADDLE MAKING & CANOE POLING CLINIC WITH RAY REITZE

9:00 AM – 1:00 PM  
Northwoods Stewardship Center  
East Charleston, VT

## MONDAY, JULY 2

### GOOD OLE BOYS MEETING

12:00 Noon  
Happy Hour Restaurant, Wells River

### HAVERHILL SELECTBOARD MEETING

6:00 PM  
Morrill Municipal Building, North Haverhill

**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](mailto:gary@trendytimes.com)  
**Deadline for submissions is Thursday, June 21st for our June 26th issue.**

# Buckle Up In Your Truck

"Buckle up in your truck" is a message police in Haverhill and Lisbon hope to ingrain in the minds of pickup truck drivers and passengers through a campaign to raise awareness of the risk people take when they choose not to wear seat belts.

Haverhill and Lisbon police have received grants from the New Hampshire Highway Safety Agency to implement the "Buckle up in your truck" initiative. They are two of four communities in the State, along with Epping and Lee involved in the effort, according to Howard Hedegard, the Highway Safety Specialist at the Injury Prevention Center at Dartmouth-Hitchcock.

The campaign involves posting signs and banners along roadways, handing out bracelets and other items emblazoned with the Buckle Up in Your Truck message and surveying truck drivers and passengers to see if it makes

an impact, Hedegard said. He said the idea is to make people see the message multiple times.

There is no law in New Hampshire requiring people ages 18 and up to use seat belts. Hedegard said that makes it even more important to educate people about buckling up. He said people in pickup trucks have the lowest overall seat belt usage.

Although the overall seat belt usage rate is 75% in New Hampshire, seat belt usage rates for pickup truck drivers and passengers in 2011 was only 50%.

Authorities believe there are several reasons for the low belt use by pickup truck drivers and passengers. Hedegard said most drivers believe that they will never be involved in crashes, that the majority of pickup truck drivers are men who have an overall lower seat belt usage rate than women and that

many believe that pickup trucks are indestructible. The reality is that anyone can be in a crash at anytime and that, although newer vehicles are increasingly designed to be safer, these safety design features have minimal value when a vehicle occupant is not restrained.

Also, people driving larger vehicles, such as pickups or SUVs, may feel safer, but statistics show a higher incidence of ejections in crashes involving pickup trucks. He said trucks have larger windows than other vehicles, and Hedegard noted that they have higher rollover rates than other types of vehicles.

According to the Brain Injury Association of America, about 1.4 million people suffer traumatic brain injuries each year in the United States. About twenty percent of those are due to motor vehicle crashes.

Hedegard said there are

more than 600 admissions into brain injury rehabilitation facilities each year in New Hampshire. A significant number of these admissions are because of injuries that occur in motor vehicle crashes, he said.

Studies by the National Highway Traffic Safety Administration of 2008 crash data shows that 67 percent of pickup truck drivers killed in crashes were unrestrained compared to 61 percent for

SUVs and 48 percent for vans and passenger cars. Similarly, 65 percent of passenger fatalities in pickups involved failure to use a seat belt, compared to 59 percent for SUVs, 53 percent for vans and 46 percent for passenger cars, according to the NHTSA.

Hedegard also noted that motor vehicle crashes are the leading cause of death for people under 34 years of age.

Be safe. Buckle up in your truck.

## Backwards Prouty Ride

By Peter A. Heilemann

For several years I have worked with the Cohase Lions Club of Woodsville helping at the Stop-And-Go #6 in Woodsville for the Annual Prouty Ride. These gentlemen (and I use the word cautiously) offer nourishing snacks, revitalizing fluids, fresh fruit, First Aid, a perpetual Cribbage game as well as bicycle repairs for the 1000's who participate in the Prouty.

Here's the info: 31st Annual Prouty, July 13 and 14 - Bike, Walk, Row Against

Cancer [www.TheProuty.org](http://www.TheProuty.org) I have been conflicted with the desire to work the SAG #6 tent in Woodsville AND still be able to ride raising money for The Prouty! Facing me was the absurd option of DRIVING to Hanover to ride my bike for 25 miles and then DRIVING back to Woodsville!?! Now there is a solution! This year I am looking for some riders who would be willing to do a 'Backwards Prouty Ride'.

I plan to 'work the tent'

until 9AM. Then I will ride my bike from Woodsville NH to Bradford VT along Route 5. At Bradford I will turn around and ride BACK to Woodsville on Route 5. This is approximately 30 miles and gets me back at 12 Noon to help finish the SAG #6 stint for the day.

Would anyone like to join me?

If so, please e-mail me at [pete03785@gmail.com](mailto:pete03785@gmail.com) or call my work cell: 603-667-5450.

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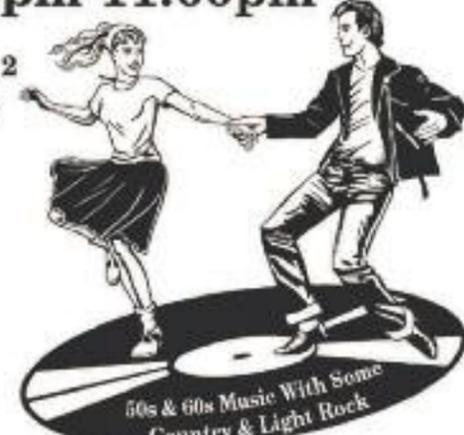
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**7:00pm-11:00pm**

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 June 16-17: Dow Field, Franconia - 10am-4pm  
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Not all Times are Trendy but there will always be Trendy Times

June 12, 2012 Volume 3 Number 18

# CENTURY 21 WINN ASSOCIATES Pre-Licensure Real Estate Class II Update

By Lauren M. LoSchiavo

Gerald Winn has been teaching these pre-licensure courses for close to 40 years and is committed to teaching real estate with the major focus on the legal, moral, social and ethical obligations an agent has to the clients they serve. Some of you may recall reading the Real Estate class, 4 part series, published in Trendy Times several issues ago. Each article was a brief encapsulation of the "Changes in Real Estate" obtained through class participation and attendance by this author.

The first group of class members was comprised entirely of individuals who had never sold a property as a licensed agent. Much of what was taught in the class were not so much changes in the laws governing real estate transactions as it was emphasis on adhering to those laws and practicing real estate in a much more open environment with the client. There are things you must disclose as an agent representing either the buyer or the seller and those

you are not allowed to share, by law. Knowing the difference is the key and it involves a great deal of time and paperwork, significantly more than most real estate agents would like. The class members, being new to the profession, felt that by learning the full disclosure process from the very beginning; it would not be difficult for them to embrace this improved method of sales.

For those agents who have been in the field for many years, not necessarily so. The attitude that is prevalent still and has led to much bad press is "make a quick sale with the least amount of paperwork." I attended Winn's last class to gauge feedback from these agents who had completed the course. Overall they agreed that even though the transaction is more complex, they would be more confident knowing that by fully disclosing each and every item required by law, they could reasonably avoid any litigation arising from failure to do so. This in turn would result in

more satisfied clients. They also concluded that with the right property improvements, they could buy or sell a home fairly quickly and save the client time and stress.

This speaks volumes to the changes in real estate. The fact that these seasoned real estate veterans would take the time to change and re-learn the right way to conduct these transactions, is commendable. If you know any of the following individuals, please take a moment to extend congratulations for their efforts: Terri and Joe Bukartek, Peter Fink, Alan Corliss, Matt Tellier, Robert Johnson, Colin Trahan, Alice Hunt, Mindy Lagasse, Mike Hogan, Jerry Hamanne, Timothy Summers, Kim DiMarzio, Kinsley Gibson. Thanks are also in order to Gerald Winn for his time and efforts to ensure that the Real Estate profession remains an honorable one.

For more information about the Real Estate Course, or to speak to a licensed agent, contact Century 21 Winn Associates, located on 69 Meadow Street, Littleton, NH (603) 444-7781, or visit their site: [www.century21winn.com](http://www.century21winn.com)

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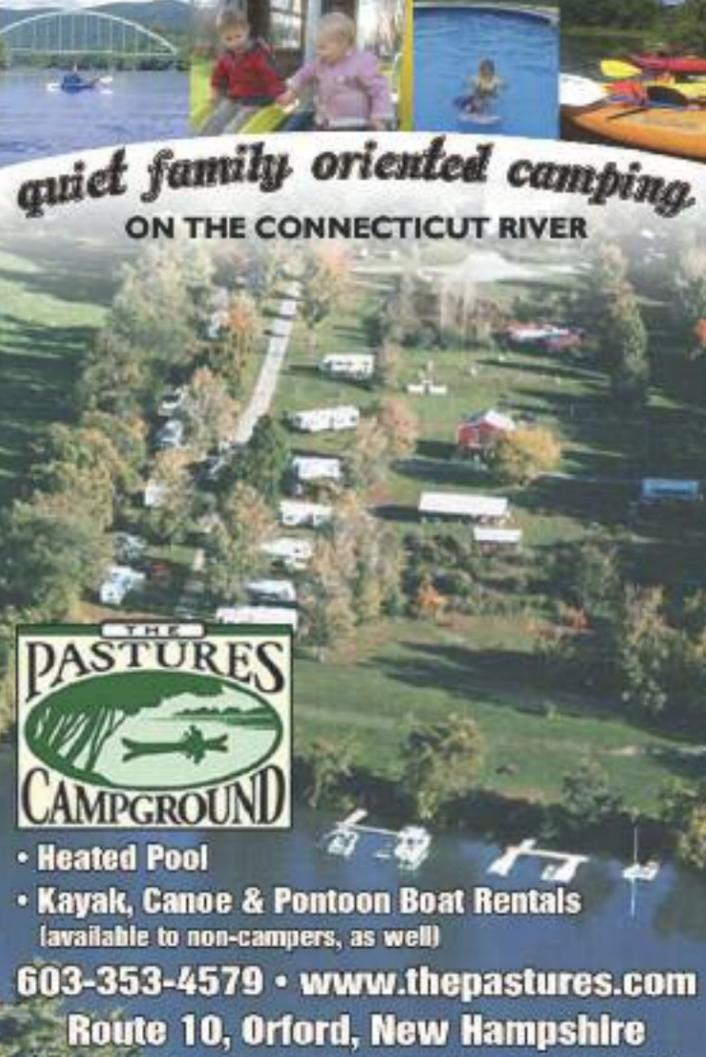
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# What's New In Newbury?

By Gary Scruton

More than two years have gone by since David & Eileen McKnelly purchased and took over the Newbury Village Store. In that time nothing has changed, but many things have changed.

The look and feel of the store, first opened in 1840, remains. From the very wide wooden front steps to the checkerboard tile, to the post and beam construction of this historic building, all remains as it has been, friendly, inviting, a real home town store.

At the same time, many things have changed. The most recent being an addition on the rear of the store, recently christened "The Newbury Cafe". The cafe has a \$1,000,000.00 view thru the several windows that allow the morning sunrise over the New Hampshire mountains to really shine. During the rest of the day the daylight enhances the atmosphere of the small but comfortable area. Seating numbers about 30 with various tables and chairs. The walls are adorned with some memorabilia of the store's history, plus a couple of more recent additions. There's even a shadow box that will house such things as knick-knacks and lost keys.

The food also does a lot to enhance the experience. The deli has been well known for great sandwiches and fresh made salads for some time. With the addition of the Cafe they are also now serving full meals every day. For breakfast you can try an eight ounce Black Angues New York Strip Steak plus eggs, toast and coffee for less than nine dollars. Lunch time also allows guests to order at the deli counter, then go around the corner to the cafe to wait for the freshly prepared food to be ready. Evening meals are also now on the menu. And those evening meals will very soon include stone cooked pizzas. The new ovens are due in any time now and the Cafe will begin offering fresh made pizzas with your favorite toppings six days a week.

The Newbury Village Store has also acquired a first class liquor license. This allows them to serve beer and wine at the cafe. Four taps for beer and an extensive wine selection encourage many to sit back and enjoy a glass or two with enjoying the view or conversing with friends.

The McKnellys believe in

local. That belief is evident by the items on the shelves. You can purchase Thunder Ridge beef, Slick's ice cream, Cabot chesses, and McKenzie meats, to name a few. Plus they feature as many local beers and wines as they can find. In fact three of the four beer taps are Vermont brews. They also carry a nice selection of Vermont and Newbury T-shirts, hats & sweatshirts.

Another thing that is high on the list of priorities for David & Eileen is to empower their team members. They meet with every staff member once or twice a week. This way any issues can be quickly remedied and

input or feedback always has a short route to travel.

Every small country store strives to do all they can for the neighborhood. The Newbury General Store is trying to expand that neighborhood and invites all to step up to the deli to place your order, and then take a seat in the "The Newbury Cafe" enjoy the view and enjoy the company.

The Newbury Village Store opens at 6 AM Monday thru Saturday. They remain open until 8 Monday thru Thursday and until 9 on Friday & Saturday. Sunday hours are 7 to 7. The cafe closes a half hour before store closing six days a week and at 4 PM on Sunday.



The new Newbury Cafe.



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*Haverhill Recreation Summer Paddling Program director Leslie Ramsay checks the water temperature at Long Pond during the first paddle of the season. Several more day and evening paddles are planned.*

# Haverhill Garden Club Names Scholarship Recipient

Samantha Jo Clifford, daughter of Richard and Tammy Clifford of North Haverhill is the 2012 recipient of the \$500 Haverhill Garden Club Scholarship. Miss Clifford, a talented photographer, is a member of the National Honor Society and the National Art Honor Society. She has interned with NH Fish and Game, working with watershed biologist and educator Judy Tumosa calculating the population of insect life and Brook Trout, one of the only fish native to New Hampshire. She has plotted trees in the Bath town forest, worked on the NRI (Natural Resources Inventory) for Bath, and volunteers for 'Trout in the Classroom,' a program to raise Brook Trout and Salmon eggs to juveniles, then stock them to local rivers. Her favorite quote is by a Lakota Chief: "Man's heart away from Na-



*Samantha Jo Clifford receives the Haverhill Garden Club Scholarship from Betty Gray, Club President, at Woodsville High School's Class Night, June 7th. Photo courtesy Haverhill Garden Club.*

ture becomes hard." The Woodsville graduate will study environmental science at Granite State College in the fall.

given to one area student who will further his/her study of horticulture, agriculture, forestry or environmental science. Congratulations Samantha!

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## Haverhill Historical Society Program Features Disgraced Civil War General

HAVERHILL, NH—The Haverhill Historical Society will sponsor the presentation "Hero or Coward? The Story of General Fitz John Porter" the Society has announced. The program will be offered on Thursday, June 14 at 7:00 PM at the Ladd Street School, and will be followed by a book signing. Admission is free and open to the public.

The illustrated lecture will be presented by Dr. Kimberly Alexander and Dr. Dane Morrison. They will describe the career and controversial court martial of Civil War General Fitz John Porter (1822–1901), a native of Portsmouth, New Hampshire who was the sub-

ject of a politically-charged prosecution following the Union's defeat at the Second Battle of Bull Run. Porter spent the next sixteen years seeking to restore his name and reputation.

Drs. Alexander and Morrison trace Porter's story with the help of newly uncovered print sources, images, and artifacts. The lecture is based on their book, co-authored with Richard Schubert, *Hero or Coward? The Story of General Fitz John Porter*, published last year by Blue Hill Press. Copies of the book will be available for sale after the program.

Dr. Kimberly S. Alexander is adjunct professor of history

at the University of New Hampshire; Director of Client Relations of TheBranchCreative; and past Chief Curator at Strawberry Banke Museum. Dr. Dane A. Morrison is Professor of Early American History at Salem State University; author of *A Praying People: Massachusetts Acculturation and the Failure of the Puritan Vision, 1600–1690*; and editor of *American Indian Studies: An Interdisciplinary Approach to Contemporary Issues and Salem: Place, Myth, and Memory*.

For more information, visit the Society's web site at <http://HaverhillHistoricalSociety.blogspot.com/>

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# Josh Thompson: Next In Line For Stardom? <sup>11</sup>

The entertainment line up is now complete for the 68th annual North Haverhill Fair. Josh Thompson will fill the Friday evening concert slot that has seen past artists such as Blake Shelton, Keith Urban and others as they started up the ladder.

Josh Thompson has been around the music business long enough to be releasing his second album this year. "Comin' Around", the title track from that new compilation has already found its way to the music charts and will be sure to be a hit on Thayer Stage on Friday, July 27. Josh's first album, on which he wrote or co-wrote every song, included top 10 hit "Beer on the Table" and Top 15 cut & title track "Way Out Here".

Originally from Wisconsin, Josh grew up working with his father in the concrete business before turning his attention to music. His song writing and performances show his roots and allow him to connect with his hard working fans. It all adds up to another great evening of music.

Jana Kramer will be the featured artist on Saturday night at the North Haverhill Fair. With her current top 20 song "Why Ya Wanna" still climbing the charts, there's no telling what the future may hold for the talented

artist.

Thayer stage will also have music on Wednesday night of the fair as local grown drummer Matt Musty returns for a second year. This time he brings pop songwriter Tom Glynn. The music is sure to be entertaining.

Thursday night will see a wide variety of music on the stage. The third year of North Haverhill Idol will begin at 6:00 PM with the preliminary round. The top ten will face off beginning at 9:00 PM for the final crown. This year offers a new bonus to those entering the contest. The top ten artists will be invited back for an Encore on Sunday. Those that accept and perform on Sunday will receive a special thank you. Details on entry are available at [www.nohaverhillfair.com](http://www.nohaverhillfair.com)

Of course there is much more than Thayer Stage to entertain fair goers at North Haverhill Fair. The McDanolds pulling area has a special New York Tractor Pullers Association show on Thursday evening. It is their only New Hampshire appearance this year.

Wednesday & Friday nights will bring the ever popular demolition derbies to the clay area. Wednesday is 6&8 cylinder cars, then a separate mini van division. Friday night is reserved for

four cylinder cars. The area is cleaned up and there is a classic tractor pull starting at noon on Saturday, plus the 4x4 Truck Pull on Sunday. The area will also highlight a zero turn lawnmower competition where the challenge is to drive clean and quick around a course without knocking over the cones.

The Bishop Arena is another popular venue with activities every day of the fair. Oxen are front and center on Wednesday and Thursday. The ponies do the pulling on Friday. And the week is finished with several classes of horses on Saturday and Sunday, with the Free-for-All capping off the fair Sunday at 4:00 PM.

Fiesta Shows returns again this year with old favorite rides and the promise of something new. Ride specials happen on Wednesday, Thursday and Sunday.

Be sure that you save some time to take in the exhibit at the Maple Museum, the fine arts and crafts that have been brought in for judging, the art and photography show with entries from almost every age group. Plus all the 4-H entries that earn blue, red and white ribbons. Of course there are also plenty of animal shows. Beef, steers and dairy cattle, plus sheep, goats and even a dog show.



Friday entertainer for the 2012 North Haverhill Fair will be Josh Thompson whose singles include "Beer On The Table" and "Way Out Here". Check [www.nohaverhillfair.com](http://www.nohaverhillfair.com) for more details.

If you want a place to sit while the little ones entertain themselves, or are entertained by various happenings, then be sure to visit the Adventure Tent and neighboring Barnyard Pals.

These are just some of the events at the North Haverhill Fair. For a full schedule check out the web site at [www.nohaverhillfair.com](http://www.nohaverhillfair.com). You can also be a friend on Facebook.



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Adam and Hope Cataldo of North Haverhill, members of Little Oxbow and Bob-O-Links 4-H Clubs, respectively, modeled garments they made at the State 4-H Activities Day. The event was held June 2, 2012, at the University of New Hampshire.

# Students Can Register Now For STEM-Health Summer Camps

LITTLETON — Looking for a different kind of summer camp this year? For the fourth year, students who have completed 7th or 8th grade are invited to explore Science, Technology, Engineering and Mathematics with a Health Careers twist (STEM-Health Camps) in Littleton, Colebrook, and Berlin. STEM-Health camp in Berlin is for girls and boys entering grades 6-8.

“These summer camps are a fun way to introduce students in Coos and Grafton counties to the many career opportunities available in the health care field, everything from orthopedics and dentistry to veterinary and elder care,” said Nancy Frank, Executive Director of North Country Health Consortium.

Attendees will explore various health career options by participating in hands-on activities, including First Aid and vital signs, using state-of-the-art simulators, along with workshops and field trips. The cost for Littleton and Colebrook is \$75, which includes lunch and snacks. Space is limited so early registration is essential.

The Northern New Hampshire Area Health Education Center (NNHAHEC),



Student Sammi Daniels was a participant in the 2011 STEM-Health Camps.

a program of the North Country Health Consortium, is collaborating with the Hugh J. Gallen Career & Technical Center to sponsor the 9 a.m.-3 p.m. STEM-Health Day Camp at Littleton High School from July 16 to 20, and collaborating with the Colebrook School District to sponsor the 9 a.m.-3 p.m. STEM-Health Day Camp at the Colebrook Elementary School from August 6 to 10. Funding is provided in part by the Neil and Louise Tillotson Fund of the New Hampshire Charitable Foundation.

To register for the Littleton and Colebrook camps, log onto [www.nchcnh.org](http://www.nchcnh.org) (click on AHEC, Health Careers, Summer Camp) or call Francine Morgan, AHEC program Coordinator, at (603) 259-3700, ext. 232, for

an application.

The Berlin camps are held June 25-29 in collaboration with White Mountains Community College and will take place on the Berlin campus. To find out more about the Berlin STEM-Health camps and cost, contact Jody Camille at (603) 752-1113, Ext. 3019 [orjcamille@ccnh.edu](mailto:orjcamille@ccnh.edu).

Watch a YouTube video of the 2011 camp at <http://www.youtube.com/NNHAHEC>.

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

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# OBITUARY – FLORENCE CALLAHAN

PLATTSBURGH Florence Callahan, 95, formerly of Lake Forest Drive, Plattsburgh, NY, passed away Saturday, June 2, 2012 at Meadowbrook Health Care Facility. She was born in Exeter, NH, April 10, 1917, the daughter of William and Lillian (Burke) Callahan. She attended St. Joseph's Grammar School and St. Joseph's Girls High School in Manchester, NH for her elementary and high school education.

In 1938, she earned a teaching certificate in elementary education from Plymouth Normal School. She continued her education at the University of New Hampshire and in 1945 earned her bachelor's degree in elementary and early secondary education and, in 1952, her masters in administration and supervision. She loved teaching and continued advance studies at SUNY Plattsburgh, the University of Minnesota and Catholic University in Washington, DC. She was a member of NEA, Kappa Delta Pi Education Honor Society and other educational organization.

She joined the faculty at Plattsburgh State in 1951 as a seventh grade teacher in the Laboratory School (Campus School). She taught seventh, eighth, and ninth grades until 1967 when she was promoted to associate professor of education. After leaving the Campus School she taught a variety of education courses. She was much loved by her many students and relished their frequent visits, phone calls and notes well after her retirement in 1986. Throughout her career, she served on dozens of committees, participated in great variety of workshops and steadfastly continued her work with several area schools. She was named as a member of Outstanding Educators of America in 1975.

Before coming to Plattsburgh, she taught in one-room rural schools in Landaff and Hillsboro, NH. She was principal for eight years at the Grade School in Woodsville, NH. She was pleased to be honored when

her 8th grade students at Woodard dedicated their yearbook to her in 1955, long after she had moved to Plattsburgh. The above picture was taken from that yearbook. She taught shop, coached basketball, softball, and baseball for both boys and girls while teaching in NH. She continued that legacy for a few years at the Campus School.

Callie referred to herself as "one of life's lucky people." She had a wonderful family, a happy growing up time, forty-eight years in a career she loved and many, many great friends. She was proud of her Irish heritage – first generation Irish American on her father's side and second generation on her mother's side. Florence responded to several names – Buddy and Auntie were family names. During college and her New Hampshire years, she was known as Kelly. In Plattsburgh, it became Callie, a name given to her by a special young friend, Christopher Stangoni. To her students she was Miss Callahan, Miss C or Coach.

She co-authored several articles on elementary education. In 1989 for the college centennial, she wrote a book on the history of the Campus School entitled "The Training School of Many Names." For 15 years after her retirement, she was very active in Literacy Volunteers. She had many great experiences with students from China, Peru, Greece, Jamaica, Lebanon, the Ukraine as well as many local students. She also worked the United Way, was a member of Friends of the Library, SCPH Auxiliary, YMCA Seniors, and other organizations.

Callie was a charter resident of Lake Forest Senior Living Community. She initiated and continued to write a column for the newsletter for the 11 ½ years she lived there – always emphasizing the positive side of life. She missed her many friends when she moved to CVPH because of a fall that limited her independence. She stayed in touch through her web TV and always appreci-

ated those who visited and sent notes.

She was predeceased by her parents and sister, Marjorie Callahan Nolan and her husband, Robert, of Sandwich, MA. She is survived by her loving nephew and godson, Robert Nolan, his wife Susan, their son David and his wife Kim, their daughter Jennifer Boggs and her three children Nathan, Kaitlin and Michael.

Callie cherished her "adopted" family – the Frank Nardellis. She formed a lasting friendship with Anna during their teaching years and took pride in the successes of daughter Teresa Nardelli Goodsell, husband Christopher, daughters Sophia and Francesca of Walpole, MA.; son, Frank, his wife Shana, daughters Annalin and her namesake, Callie of Livonia, MI.

She was blessed with dear friends Simone and Robert Lutz, Margot Zeglis, cousin Mary Ellen Reilly, other cousins, friends and former colleagues and students.

Many of Callie's friends remember her as an independent, clear-minded and caring person. She used to say, "I would rule the world if you would let me." It was not in her plans to lose her independence, but she wished to thank all of the people who showed her compassion during her stay at CVPH Skilled Nursing and Meadowbrook Health Care Facility.

The Brown Funeral Home, 29 Broad Street, Plattsburgh is in charge of services. She will be buried with her parents at Mount Carmel cemetery at the discretion of her family. At her request, there will be no callings hours or funeral service. In lieu of flowers, memorial contributions may be made to the Florence C. Callahan Endowment Fund at SUNY Plattsburgh to assist Education students. Arrangements are entrusted to Brown Funeral Home, 29 Broad Street, Plattsburgh, N.Y. 12901 (518) 561-3980. Online condolences and memorial candles may be offered at [www.brownfuneralhome.com](http://www.brownfuneralhome.com).

# OBITUARY

## JOSEFINA IRAGORRI ROUDEBUSH



North Haverhill, NH – Joseфина Iragorri Roudebush, 90, of Mt. Lakes, died June 5, 2012 at Cottage Hospital, Woodsville, NH following brief illness.

She was born in Popayan, Colombia on March 19, 1922, a daughter of Arcadio and Ismaelina (Cordoba) Iragorri. Mrs. Roudebush came to the United States in 1952 and became a citizen in 1954.

She married Samuel I. Roudebush on August 22, 1952 and he predeceased her on January 10, 2005.

With her husband Sam, she moved to Mt. Lakes in 1987 from New Haven, CT. She volunteered at Cottage Hospital, was a member of Round the World Women, an International Women's Club at Yale University, and was a former member of Prospect Country Club in Connecticut. Joseфина also attended St. Joseph's Catholic Church in Woodsville.

Survivors include three sons Samuel T. Roudebush and wife Sally of Gales

Ferry, CT and Fairfax, VA, Peter V. Z. Roudebush and wife LaWanda of Davenport, IA, and Robert E. Roudebush of Mt. Lakes, NH, and a daughter Susan R. Williams of Norfolk, VA; eight grandchildren and 4 great grandchildren; a sister Nora Barerra of Levittown, NY; a niece Nora Iragorri and a nephew Michael Iragorri, along with other nieces and nephews.

Calling hours were held Friday, June 8th from 6 to 8 PM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH. A prayer service and family reflection was offered at 6:15 PM.

A Mass of Christian burial was celebrated on Saturday, June 9th at 1 PM in St. Joseph's Catholic Church, 15 Pine Street, Woodsville, NH with Father Jeffrey Statz officiating. Burial will be in Jordan Cemetery, Waterford, CT at a later date.

Memorial contributions may be made to Cottage Hospital Auxiliary, PO Box 2001, Woodsville, NH 03785.

For more information or to sign an online condolence, please visit [www.rickerfh.com](http://www.rickerfh.com)

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

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June 12, 2012 Volume 3 Number 18

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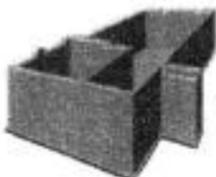
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## First Annual Garden Tour And Tea

The Cohase Chamber's First (annual) Garden Tour and Tea will be held on Saturday, June 23, 2012. Several of the area's loveliest gardens will be open to the public in towns along both sides of the Connecticut River from Fairlee and Orford, to Haverhill and Newbury. A garden is a personal expression of beauty, and a variety of gardens reflecting the diverse styles and tastes of their owners will be included this first year. Among the host gardens on this year's tour- an impressive

hosta collection anchors one, and a formal garden with stately statuary and benches another. Extensive gardens surrounding a classic brick home on the edge of a river meadow will be showcased, and a couple of lovely perennial gardens in country settings will be included, one on a Vermont dairy farm. The self-guided tour will start in Orford, NH, where visitors can check in near the town common and pick up maps and tickets, as well as discount coupons from several local garden-related busi-

nesses who are conveniently located along the tour's route. This year's event is sponsored by Frost Gardens, Piermont Plant Pantry, North Haverhill Agway, Blackmount Equipment, The Studio of Betty Johnson Gray, and Odell Insurance.

All the gardens will be open for visitors from 10 AM-3 PM. A highlight of the tour will be an Afternoon Tea in the gardens of Betty Johnson Gray in Haverhill at the Bliss Tavern, facing the Haverhill Common. Hot and cold teas accompanied by delicious treats can be enjoyed in this charming garden from 1:00-3:00 PM and is included in the tour admission of \$20 per person. Proceeds from the tour go to the Cohase Chamber's many community projects. For more information please contact Anne Dall at 603-353-4620, or aneedall@yahoo.com, or go to www.cohase.org

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invest automatically, you're essentially taking a spending decision "out of your hands." And as you see your accounts grow over time, your investment discipline will be self-reinforcing.

\* Long-term focus — There's never any shortage of events — political crises, economic downturns, natural disasters — that cause investors to take a "time-out" from investing. Yet if you head to the investment sidelines, even for a short while, you might miss out on some good opportunities. By investing automatically each month, you'll maintain a long-term focus.

\* Potential for reduced investment costs — If you invest the same amount of money each month into the same investments, you'll automatically be a "smart shopper." When prices drop, your monthly investment will buy more shares, and when prices rise, you'll buy fewer shares — just as you'd probably buy less of anything when prices are high. Over time, this type of systematic investment typically results in lower costs per share. Furthermore, when you invest systematically, you're less likely to constantly buy and sell in-

vestments in an effort to boost your returns. This type of frequent trading is often ineffective — and it can raise your overall investment costs with potential fees, commissions and taxes. (Keep in mind, though, that systematic investing does not guarantee a profit or protect against loss. Also, you'll need the financial resources available to keep investing through up and down markets.)

Clearly, automatic investing offers some major advantages to you as you seek to build wealth. Of course, if you're contributing to a 401(k) or other employer-sponsored retirement plan, you're already automatically investing because money is taken out of your paycheck at regular intervals to go toward the investments you've chosen in your plan. But by employing automatic investing techniques to other vehicles, such as an Individual Retirement Account (IRA), you can continue your progress toward your long-term goals, including retirement.

So, do what it takes to become an automatic investor. It's easy, it's smart — and it can help you work toward the type of future you've envisioned.

This article was written by Edward Jones for use by Kim Shillieto, your Littleton Edward Jones Financial Advisor.



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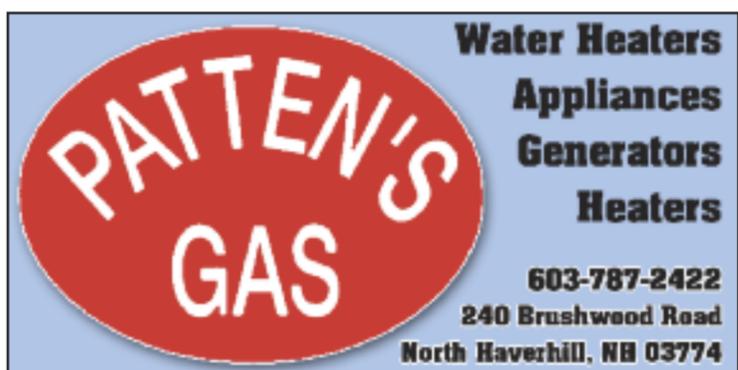
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# Car Talks – Wheel Bearings

By Mike Lavoie

**QUESTION** – “So, Mike, I’ve been hearing some things lately about wheel bearings, that they are pretty important and can be expensive.”

**ANSWER** – Right on both counts. It’s what I’ve been seeing a lot of too, lately, bad wheel bearings.

**Q** – “I know nothing about them”.

**A** – Right, that’s why you come to me. That’s my business, glad to fill you in. Wheel bearings have changed from the old days where the bearings were packed with grease by a mechanic after the bearings were cleaned, normally after a brake job or if the mechanic thought they were loose, or after a certain number of miles. Those older bearings were tapered and there was an inner and an outer bearing, and a seal that would be replaced when the bearings were cleaned and repacked.

**Q** – “OK, so bearings are different now than they used to be, fixing them is different than it used to be. I love history. But what do wheel bearings actually

do? Why are they important?”

**A** – A wheel bearing is exactly what it sounds like. It’s a bearing for your wheel. It’s a bunch of steel balls held together by a metal ring, which is called a race. There are many different styles of bearings, but all are very similar and all do the same job. They help something spin with very little friction, like a wheel, turbine or a carnival ride. A wheel bearing on a car is a set of ball bearings that support the wheel and ride on a metal shaft which is called an axle shaft. The wheel bearing is located at the hub, the hub is located at the center of your wheel – when you are looking at a wheel on a car, the hub is located where the lug bolts come through the wheel.

**Q** – “I’m with you.”

**A** – Surprised to hear that. Wheel bearings are used on all kinds of vehicles from bicycles to aircraft and they all perform the same job – they allow the wheel to spin freely. Made of hardened steel in most cases, and able to stand a lot of abuse, wheel bearings have two worst enemies – heat and water.

Heat caused by lack of lubrication can destroy a wheel bearing, as can water that penetrates the sealed bearing.

Today, the bearings are much different than they used to be – they are a sealed unit which sometimes includes a hub and thus may be called “hub and bearing”. Most wheel bearings manufactured today are sealed bearings. They come from the factory pressed together as an assembly, front race, bearing set, center race, bearing set, and outer race with seals on both front and rear race. Bearings are sealed from the elements, water and debris that also seals in high temperature wheel bearing grease. When the seal is broken or damaged, the wheel bearing will fail and start making noise. But they now do a lot more than just allow the wheel to spin easily. They also can include a sensor for the anti-lock brakes, a sensor which allows for the speed of the wheel to be monitored. And it is also how the car’s traction control is monitored and controlled. I’ll explain.

**Q** – “All right Mike, now keep it simple.?”

**A** – I know the routine with you. The speed sensor send signals to the computer – the computer is programmed so that if the right front tire is spinning – this would be on a

front wheel-drive vehicle – the computer, through the anti-lock brakes, will apply the right front brake. This allows the power to transmit to the left front wheel that is not spinning. If this all sounds quick, it is. So quick that the driver will only feel and hear the actuation. And all this is only one reason that these type of bearing assemblies are expensive and can be difficult to remove on certain vehicles. Never forget the rust and corrosion caused by our extreme weather conditions, as well as the problems associated with road salt. It has been my experience that the recommendations of the parts people to use only the best quality replacement bearings are correct in this case. They last longer than the less expensive ones which are made of less durable components, and they have better warranties. As with most everything in the automotive business, you get what you pay for.

**Q** – “So, how do you know you’re headed for trouble with these things?”

**A** – One problem is you might NOT know – the noise that is made when a bearing goes bad is pretty minimal to start with and then gets progressively louder. One of the ways that you can tell if trouble is coming, if you experience a certain level of noise, is this way – while driving,

turn to the left and right SAFELY and under control and listen for a noise change. I’m talking a very gentle sway here, just a shifting of weight from one side to the other to check the resulting noise increase. Bearings can also be checked, of course, when the vehicle is on a lift – the mechanic will feel for a certain looseness, and the wheel may be turned and monitored for noise. And another problem is that this telltale noise can be masked during driving by the noise of aggressive snow tires or badly worn tires. I have seen what seems to be a lot of bad bearings this spring while changing tires and road testing vehicles – there is no specific reason I can explain except that most vehicles now tend to have high mileage and the bearings are just wearing out.

*(Editor’s Note - This fifth 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.*

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# Paranormal Unity What It Means To Me

I've been hearing a lot about "Paranormal Unity" lately and even though I don't have the complete grasp of what it means as a whole, I'm going to make a guess: My guess would be that it means that no matter what we do, no matter how much evidence we have, no matter how many millions of stories are out there, we just can't win them all. And no matter what, there's going to be those who simply put their fingers into their ears, shut their eyes, and not listen. See no evil, hear no evil. There are those who just don't want to listen and it's almost like nails on a chalkboard for them to even take a moment and rationalize the possibility of their being life after death. And where does the paranormal unity talk come from? We got to stick together.

I've believed in spirits for a very long time. Do I believe in every story that I read? I keep an open mind about it, but I got to be there to fully believe in it. But they are those that no matter how much evidence there is out there, they simply just won't believe in it. There are those who are "hardcore believers" and "hardcore non-believers." A skeptic doesn't technically not believe in it. They are on the fence, basically. Whereas there are those who are non-believers that no matter what evidence you have they still won't believe you. Some just don't want to listen to us and those who don't probably think we are a bunch of liars just seeking our fifteen minutes of fame.

Channels like A&E, Travel Channel, SyFy, Discovery, and History (who have or had paranormal programs in the past) are not going to just pick everyone's story just because it sounds cool. No, they want evidence, so they don't look deficient. That doesn't mean what you see on TV is absolutely real, because we all know that isn't true and sometimes, yes, you can get shows that put a little or too much Hollywood in it, but that's their fault. It is not

the fault of those who actually have a story that could change the face of what we don't know and what we could find out. This world is a strange place, because think about: We still have places on Earth we haven't even explored yet. We only know so little about what lays at the bottom of the oceans. We only use 10 percent of our brain's capacity (though this has been debated for many years). We don't know what our own galaxy holds (are we the only intelligent forms of life out there?). We are still a young breed of the evolution of life, so we still got a lot to learn about ourselves, about our surroundings, and about what frontiers we still haven't explored yet. What we could find when we do could be extraordinary.

Paranormal is also a relatively young science that will take decades before it can be mastered. Right now, it's just a fine art that people take interest in. People took interest in Sebastian Bach or Picasso, but it took years and years before they saw it for what it was, an escape into a reality we don't know about. But there's just some of those who believe that it shouldn't be in our lives at all. One person, who sent me some hate mail not that long ago, said, it's a product of the devil and I am doing the devil's work for participating in it. Well, it's not like I have a sacrifice on a stone table while waving an Oracle bone over the body. I go in there with equipment that's too expensive for me to afford; I go in and basically talk to myself. Yes, from a third person's point of view I guess I do look like a goon, but I'm trying to see what's out there. I've had a few weird experiences in my life that's made me believe that maybe our loved ones are still out there in the great beyond. Maybe there's some lost souls who need help crossing into whatever plain of spiritual reality there is out there. If none of those ideals exist, then it simply gives one

hope. Hope is a blanket of solitude; it gives us comfort even when the odds are against us. If it's hopeless, then it doesn't mater, because if nothing exists after we pass on, then at least we had that comfort until we breath our last breath. I guess it just takes the knots out of our stomachs as well.

The one thing that I will not bring myself to is to suspend my belief in spirits. I've had way too many experiences and witnessed a vast amount of marvels that leads me to believe that something lies ahead of us when our time is up. That maybe this isn't IT, that maybe we do get to see our loved ones and spend the rest of eternity with them. On several occasions, during a glass swirling session (where we use a drinking glass to make contact with spirits - think of an Ouija board with just the planchet and no letters. Usually we ask what's a yes and what's a no, we most of the time get the same response). We asked if there's an afterlife and it made a figure eight, which means eternal life. Could all of us be moving the glass or is something else moving it?

To make a long story short: The only way to find out if there is life after death is something the vast majority of us are not looking forward to---Death itself. Some of us believe in spirits, some of us believe in a Heaven and Hell, and some just simply put their fingers in their ears and shut their eyes. I say, do what works for you. But do some research and maybe go on an investigation or two. Just because you've never had an experience doesn't mean it doesn't exist. Because millions of people have, and if you want to know who they are, just go out into the streets and ask, "Do you believe in ghosts?"

For more scares, enter if you dare at scaredsheetlessncn.blogspot.com you can also email me at scaredsheetlessncn@hotmail.com Feel free to do either or both. Thanks for reading.

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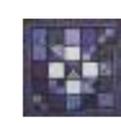
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# A Memorable Graduation

By Sheila Asselin

My eighth grade graduation was one for the books. I was going to the school for children of American forces in occupied Germany after WWII in Bremerhaven. There were 9 boys and only 3 girls in my class. We three girls were Norma, chubby and plain, Sherri, cute and petite, and me.

A few words about Sherri. She was an early bloomer to say the least. All the boys followed her around like lovesick puppy dogs. It was a time

when fuzzy angora sweaters were the height of style and Sherri had a sweater for every day of the week and every color of the rainbow. Believe me she was the last person who should be wearing such a garment. She was stacked like a you know what. To add insult to injury Norma and I were late bloomers and worrying if we were ever going to bloom at all.

We decided to wear pastel dresses, Sherri in pink, Norma in yellow, and me in a Jonathon Logan dress I had gotten mail order from the States in robin's egg blue. Norma and I went shopping for three nosegay bouquets with long ribbon streamers to match our dresses. Sherri had something better to do but we got a pink nosegay for her too.

The speaker at our graduation was John J. Mcloy, the U. S. High Commissioner for Germany. No, he did not

come up to Bremerhaven just to speak at our graduation, but since he was sailing home in a few days he figured "Why Not?". This junior high school graduation might be an amusing gig. Certainly it was a change from prosecuting war criminals. We all looked pretty innocent.

The meanest kid in our class was Spike Barr, king of the whoopee cushions and ink balls (like spit balls but they did more damage). I do not remember his real name but Spike suited him. Think a 13 year old James Cagney attitude and all. But even so there was no comparison between his and Goring and we felt the Commissioner could handle it.

So there we sat in the front like three flowers. Pink, yellow and blue and listened to words of wisdom from a top government official. One flower in full bloom, two hoping to bloom someday!

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June 12, 2012 Volume 3 Number 18

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

# JUSTOOLS CONSIGNMENT

## Interview With Kory Pinard

By Lauren M. LoSchiavo

Anybody out there love tools? If you do, this is the place to come. Kory had the great idea for this unique business after his father passed away. His Dad had accumulated 100's of tools over the years and Kory, a former Contractor, found that he had many duplicates. With 150 or so of his own merchandise, JusTools Consignment was born. Soon people were coming in with tools of their own and asking Kory to sell them.

JusTools Consignment has many varieties from the antique to the very modern. If the consignee and Kory are unsure of what price to place on the item (or in some cases what it is and what it was actually used for), he will go online, research and find it. If that is unsuccessful he will visit Home Depot and/or Lowes until he finds the exact or close facsimile

to the tool and can be priced accurately. This can sometimes be very time consuming, but he thoroughly enjoys doing it. Kory is always adding inventory through various methods such as garage sales, Craigslist, and new clients, so if you don't see what you are looking for, stop in again. Aside from being a Teacher at Littleton High School, Kory also has a background in the tool industry and worked for a company in California. This experience has lent itself well to his new business venture.

There is no other business, outside of Massachusetts and Connecticut, quite like JusTools Consignment. This IS NOT a pawn shop. You can expect to receive the highest possible price for your tool based on research and customer demand. If a tool is not purchased within a

reasonable amount of time, you will have the option of lowering the price or picking it up. Sometimes a piece of broken equipment will be purchased for its parts alone, so you may want to think again before throwing away that old table saw! Tools that have outlived their usefulness are recycled – both the metal and plastics.

JusTools Consignment will accept hand and mechanic as well as larger power tools such as floor sanders and table saws. Now that you know about JusTools Consignment, hopefully this will inspire you to clean out that basement, garage or barn and find the hidden treasures within! Kory would like to expand sometime in the near future as he is quickly outgrowing his current space, under the Littleton Bike Shop.

Visit JusTools Consign-

ment Monday-Friday 3:30-5:30, Saturday 9-5, Sunday 11:00-3:00. (Please note that on the day of the Farmer's Market, store hours will coincide with this weekly event). JusTools Consign-

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## Fostering A Furry Friend

I have had the privilege of fostering several dogs from the Above the Notch Humane Society. Allowing one of these dogs to come into a home environment can help that dog become more adoptable. Dogs come to the humane society for various reasons. Some are strays; some dogs are given up due to moving, death of an owner, etc. We do not always know the dog's history. Having the dog in a home allows us to learn the behaviors of that dog and pass that information on to potential adoption families. Any behavioral issues can be overcome through training before the dog is adopted.

As much as the dog benefits from living in a home environment, I feel I have benefited as well. I have been given true companionship and love from them. Some of the dogs are "couch potatoes" they are content to just sit with you and enjoy your company. Some are more active and love a long walk or playing catch in the yard. One question I am often asked "is how do you not become attached to the dog, how can you give them back?" My answer is I do become attached, and these dogs will always have a special place in my heart. I am able to give them back because I know by doing this I know I can help foster more

dogs. More dogs get an opportunity to get away from the kennel and experience what life is like in a home environment.

If you are interested in getting involved the Above the Notch Humane Society as a foster family you can fill out an online application at [www.atnhs.org](http://www.atnhs.org). Before fostering, some things to consider include: do you have other pets already living in the home? If so, do they get along with dogs? Are there children in the home? How many hours will the dog be left alone? Do you have ad-

equate space in the home? Is there a fenced in yard? All dogs are up to date on vaccinations and are in good health before being placed in the home. All dogs are spayed or neutered. You can foster long term or even short term. I often foster on weekends when I will be at home. This allows me to spend quality time with the dog and really get to know them. Fostering is one of the many ways you can make the difference in life of a dog, who knows he may just become your new best friend.

By Tandra Gearhart



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

June 12, 2012 Volume 3 Number 18

# Bath Public Library

The Bath Library Book Club will be discussing "Bel Canto" by Ann Patchett on Thursday, June 14th at 7PM in the Bath Library. The story takes place at a lavish birthday party - set in South America. Suddenly, gun-wielding terrorists take the entire party hostage. Slowly, unexpected bonds form between the terrorists and hostages. Books may be picked up at the Bath Library, hours are Tuesdays and Thursdays 9:00am to noon and 1:00pm to 6:00pm and Saturdays 9:00am to noon. Anyone with an interest in reading and conversing about books is welcome to attend. For information please contact the library at 603 747-3372 or email bathlibrary@together.net.



By Ronda Marsh

## Perfect Green Beans

I have a long-standing love/hate affair with green beans. Here's what I hate: Canned beans (except to use in Three Bean Salad), as they taste tinny and reek of sodium. Frozen beans, because they are pretty much tasteless and often cook up kind of rubbery. Fresh beans that are too large so they contain big, hard beans inside, or have the strings that you have to pull off each one or risk flossing your tonsils with every bite. Now here's what I love: Fresh little garden green beans, the skinnier and longer the better (like the Haricots Vert the French are so fond of), cooked to perfection and simply dressed. As you can see, my "dislike" list is much more extensive than the "like" list, so I guess that makes me a picky green bean eater, and as such, I've struggled to come up with a cooking method that ensures a great bean every time. I believe I've finally done it, by initially using just a small amount of water so the



beans steam rather than boil, and then, as the water evaporates, the pat of butter in the pan infuses and coats everything to create a simple sauce. If you're not a big garlic fan, you can eliminate it from the recipe altogether, or if you like a more subtle garlic flavor, you can remove the clove at the end of the cooking time. I personally like how mild and mellow the garlic becomes from the cooking process; it really sort of melts into the sauce with only a slight mashing. What's great about this recipe is that the same basic technique can be used for a variety of different vegetables. Try it with carrots, eliminating the garlic and adding a tablespoon of honey or maple syrup to the cooking liquid. Or maybe try asparagus or broccoli and at the end, squirt in a little lemon juice. I have never had this method fail me, and the silky butter sauce that results makes your veggies pretty as well as tasty!

- 1 pound green beans, washed and ends snapped
- 1/2 cup water
- 1/2 teaspoon salt
- 1 Tablespoon butter
- 1 whole peeled garlic clove

In a skillet with a cover, bring the water, salt, butter and garlic to a boil. Add the beans, cover with the lid and reduce heat to a simmer. Cook until the beans are slightly underdone for your taste, then remove the lid, toss the beans around and finish cooking uncovered, allowing the liquid in the pan to mostly evaporate until the beans are done to your liking and coated with a light sauce. Mash the garlic clove with a fork against the bottom of the skillet and toss everything to combine; adjust seasonings and serve. Serves 4.

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