

TRENDY TIMES

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MARCH 19, 2013 VOLUME 4 NUMBER 12



Saturday, March 30: Welcome Home Vietnam Veterans Day

By Gary Scruton



At the conclusion of the 2013 Haverhill Town Meeting Selectman Rick Ladd stood and read a Resolution. There were a couple of moments of hesitation as Mr. Ladd read the entire Resolution. He was not the only person in attendance that had a tear in their eye, a catch in their throat or a bit of a faster heart beat. The Resolution, unanimously passed by a voice vote, was in support of the upcoming Welcome Home Vietnam Veterans Day. Authority for this day was created by the US Senate and House in 2007 and will be declared to be held on Saturday, March 30th this year by NH Governor Maggie Hassan.

The main event of that day will commence at 2:00 PM at the NH State Veterans Cemetery in Boscawen. In case of poor weather or unuseable parking conditions the ceremony will be moved to the New Hampshire National Guard's aviation hangar in Concord. All residents are cordially invited to attend, whether or not you have served in the military. A contingent from Ross-Wood Post

#20 American Legion of Woodsville does plan on attending and would welcome others to join them.

For those who are unable to attend this ceremony another chance to honor those who have served will soon be much closer. The Haverhill/Newbury 250th Committee is bringing the American Veterans Traveling Tribute to the North Haverhill Fairgrounds in late May. This traveling tribute includes an 80% replica of the Vietnam War Memorial in Washington, DC. There will also be volunteers on site able to look up any name that you may be seeking on the wall.

Along with the wall there will also be many other displays. Almost 200 feet of stand up displays that honor all veterans and those serving today. There will be separate displays for 9-1-1, the Iraq conflicts, Afghanistan and the Global War on Terror. There will also be displays with many past US conflicts depicted. For more details check www.AVTT.org

A complete schedule of events is still be finalized at this time, but a rough schedule will include: Escort to the North Haverhill fairgrounds from P&H Truckstop on Wednesday, May 22. (currently set to leave at 4 PM). Set up Thursday AM with opening ceremonies at noon.

Organizers are encouraging local schools to take advantage of this event and bring students to the grounds on Thursday and Friday. Evening ceremonies will also happen each of those days with Friday be Firefighters and Police day.

The weekend will bring other midday and evening ceremonies including a large contingency of motorcycles on Sunday.

Monday, May 27, Memorial Day, will feature a large contingency of military and veterans groups, with a cur-

rent plan of a 10 AM parade. It should be noted that because of the presence of this display the normal ceremonies in North Haverhill and Woodsville will not take place in 2013.

It should also be noted that once opened, the tribute is open 24 hours a day until take down time at 3:00 PM on Monday. One other note is that there is no fee to attend. The cost of the display has been covered by local Veterans groups making donations thru the Haverhill/Newbury 250th group.



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Richard M. Roderick is a part time salesperson for Trendy Times and recently completed his quest to visit all 50 US states, plus. Richard wrote "I have now been to all 50 states, 1 district, 5 US Territories USVI, PR, Guam, American Samoa and CNMI(Commonwealth of the Northern Mariana Islands and 3 Freely Associated States (Countries)with the US - Republic of Marshall Islands, Federated States of Micronesia and Republic of Palau." Congratulations Richard.

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A Walk In The Woods – March 2013

By David Falkenham, UNH Cooperative Extension Grafton County Forester

"March is the month that was invented to let non-drinkers know what a hang-over feels like." Garrison Keillor; A Prairie Home Companion

Indeed March has arrived; it is not quite spring, but winter is almost over... or is it? Love it or hate it, March is the first month of visual awakening from the glacial clock of a dark winter.

My walks in the woods now involve only light pants, a wool shirt and a baseball cap. This clothing is a far cry from the layers of wool and fleece I was wearing only a

month ago. Even the dogs sense that something new and fresh is on the horizon. But alas it is still March, so the snowshoes accompany me on every walk.

The snow is frozen in the morning and soft by the afternoon and my truck is the color of mud-season gravel roads instead of whatever color it normally is. As my snowshoes crunch along through the woods I enjoy the earliest strong hints of spring.

There is an increase in most animal activity. Many animals such as bobcats,

coyote and snowshoe hare are on the move looking for mates and they are becoming more vocal and traveling more. With a good March snow their increased activity is easy to detect, and the vocalizations of coyote and sometimes bobcat, will be heard more at night. Also the hooting of barred owls and the beeping of the saw-whet owls will become more common at night.

Bears will be coming out of their dens soon and the lucky woods wanderer will possibly come across their tracks in the snow. These so-

cial creatures of the forest will look for the earliest green feed they can find such as green shoots in wetlands and seeps or buds of early bloomers such as aspen. Many sow bears will have given birth to cubs during the winter months. When mom emerges from the den she will be famished from hibernation and child rearing so feeding herself and the kids will be first on her mind. Our back yard bird feeders should be coming in soon, at least by the end of March or you can expect an unwelcome visitor.

Migrant birds are starting to move north and will continue to do so through May. I haven't heard the song birds yet or the peent of a woodcock but I have seen some ducks, red-tailed hawks and one bald eagle. Spotting migrating hawks is easy this time of year as you slowly navigate our rutted back roads. Look for them circling

above hay fields as they casually ride the thermal currents making lazy circles in the warm March sun. Soon the ruffed grouse will be drumming, the woodcock will be singing and the thunderous gobble of the male turkey will be heard across the hills. Spring is coming.

And of course March is marked by the slow drip-drip-drip of maple sap as it flows from the tree to the collection bucket. The dripping of sap is like a metronome that marks the beat of life's time and the passing of frozen winter months. It is an indicator of our quiet and slow paced life in the North Country. The rolling of steam out of a sugar house, and the mud on my boots and on the dogs is a sure visual sign of the warming weather. The green of spring will be here, but first we have to earn it with the slow drip-drip of mud season.

A Gem In Our Backyard

How often does a Pulitzer Prize winning performance happen in this area? Well, possibly more often than one might think. The Playhouse Players in the Lincoln Woodstock area have just completed a two weekend run of the 1937 Drama winner "You Can't Take It With You". The production took place in the beautiful and very functional North Country Center for the Arts in Lincoln.

The large cast had a lot of stage to fill with their words, their movements and a story about taxes and, more importantly, family. The use of wireless microphones certainly insured the audience was able to hear every little thing that happened on stage. At the same time though, it did at times, make it more difficult to know just who was saying what. Regarding movements, the cast filled that bill very nicely. From ballet to typing, to explosions "in the basement" there was plenty of action and reaction to keep the crowd engaged.

The story itself, seemed more of a comedy than a drama. There were plenty of laugh lines. They ranged from the scene with a passed out actress, to the other occupants of the couch with some interesting lines, to the IRS apology letter. Obviously a well written piece, the commu-

nity theater group did a very credible job of entertaining those in attendance.

With a long list of future plays, and other activities there will be plenty of opportunities to visit this new facility. I would certainly recommend it to anyone looking for an evening of entertainment.

AUDITION NOTICE:
Seussical Jr. Auditions
for Teens

March 22nd 5-7p.m. and
March 24th 12-2p.m.
A Funny Thing Happened on
the Way to the Forum
Auditions for EVERYONE!
March 22nd 7-9p.m. and
March 24th 2-6p.m.

Seussical Jr. Performance
Dates: April 20th and 21st
A Funny Thing Happened on
the Way to the Forum
Performance Dates: May
10th-12th and 17th-19th

Please bring a short music
selection with sheet music.
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Questions? Suggestions?
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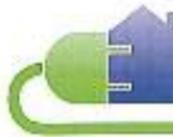
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“Wit And Wisdom” In Wells River, Vermont

Whatever did New England villagers do on long winter evenings before cable, satellite and the internet? On April 7 at 7:00PM humanities scholar Jo Radner will come to the Wells River Congregational Church to give some surprising answers to that question.

Radner has been studying wintertime amusements in rural nineteenth-century Maine, New Hampshire, and Vermont. It is not surprising that our ancestors warmed up those long, cold evenings with social entertainments from music and dancing to charades, sewing circles, and neighborhood suppers. “What I didn’t expect, though,” says Radner, “was that so many village traditions were aimed at what people called ‘mental improvement’ – ways of training their minds!” Adults eagerly attended “writing schools” for penmanship lessons provided by itinerant teachers, “singing schools” to improve their choral singing, and even “spelling schools,” which were like adult spelling bees.

In the decades before and after the Civil War, however, the most distinctive events created by New Hampshire villagers were the weekly “lyceums,” for which they would prepare formal debates on current or philosophical topics. These farmers and their sons and daughters would also compose and read aloud home-grown, handwritten literary “newspapers.” Sometimes serious, sometimes sentimental but mostly very funny, these “papers” revealed the hopes, fears, humor and surprisingly daring behavior of our rural ancestors.

“I first came across a

lyceum paper in my great-grandmother’s attic,” Radner says. “I didn’t know what it was, at first: an odd collection of jokes, parodies, poems, and whatnot. I discovered that I had dug up a major, forgotten tradition!” Since that time, Radner has discovered hundreds of these 19th-century community papers in Maine, New Hampshire and Vermont. “They give us the voices of ordinary people, teasing each other, worried about the future, dealing with real-life challenges.”

Before returning to her family home in western Maine as a writer, storyteller, and oral historian, Jo Radner was a professor at American University in Washington, DC, teaching literature, American studies, folklore, women’s studies, Celtic studies, and storytelling. She has published books and articles in all those fields, and is now writing a book titled “Performing the Paper: Rural Self-Improvement in Northern New England.” She is past president of the American Folklore Society and the National Storytelling Network.

On April 7 at 7:00PM in the Wells River Congregational Church, Wells River, VT, Jo Radner will talk about these lyceum “newspapers” and will share examples from communities in our area.

Ms. Radner’s talk will be followed from 8 to 8:30PM with a concert given by WRCC organist Bruce Stevens. At 8:30 Ms. Radner will be available to talk with



the audience. Coffee and desserts will be served in the vestry by the WRCC Women’s Fellowship.

This event is free to the public thanks to sponsorship by the Wells River Action Committee (WRAP) and the Haverhill/Newbury 250th Anniversary Committee. www.celebrate250.org

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Russian National Ballet's "Sleeping Beauty" Live On Stage At Lyndon Institute

Kingdom County Productions and The Burklyn Arts Council will present The Russian National Ballet performing the acclaimed classic story ballet, "Sleeping Beauty," with music by Tchaikovsky. Showtime is 7pm, Wednesday, March 27th at Lyndon Institute. Tickets are now on sale at the Catamount Arts Regional Box Office; by calling 802-748-2600; or online at KingdomCounty.org.

The Sleeping Beauty premiered in January 1890 at the Mainski Theater in St. Petersburg, with choreography Marius Petipa. The ballet became a crowning jewel of Petipa's career and is often considered the finest achievement of the classical ballet. It is a grandiose and refined blending of the traditional mime, expressive pas d'action and spectacular divertissements in a lavish theatrical setting.

Tchaikovsky was delighted with the invitation to write the music for a ballet based on Charles Perrault's well-known fairy tale. A baby princess, condemned at her christening by an evil fairy to prick her finger and die on her 16th birthday, is saved by the gift of the good Lilac Fairy, who declares the princess will only sleep until awakened by the kiss of a prince. The fairy tale, replete with a king and queen, fairies both good and evil, a beautiful princess and dream prince, magical stage effects, and courtly splendor,



lent itself perfectly to the full evening ballet that was Petipa's pride. The Sleeping Beauty is a supreme demonstration of the challenge of Petipa's style - steel point work, sharply accented spinning turns, soaring leaps, high extensions, brilliant battery (beats in the air), daring lifts and, in addition, it gives a fairy tale plot lavish stage treatment.

Drawing on artistic traditions of the Kirov and Bolshoi troupes, the Russian National Ballet was founded in Moscow during the transitional period of Perestroika in the late 1980s, when many of the great dancers and choreographers of the Soviet Union's ballet institutions were exercising their newfound creative freedom by starting new, vibrant companies dedicated not only to the timeless tradition of classical Russian Ballet but to invigorate this tradition as the Russians began to accept new developments in the dance from around the world. The principal dancers

of the company came from the upper ranks of the great ballet companies and academies of Russia, and the companies of Riga, Kiev and even Warsaw.

In 1994, the legendary Bolshoi principal dancer Elena Radchenko was selected by Presidential decree to assume the first permanent artistic directorship of the company. Ms. Radchenko has focused the Company on upholding the grand national tradition of the major Russian ballet works, with a repertory of virtually all of the great full works of Petipa: Don Quixote, La Bayadere, The Sleeping Beauty, Swan Lake, Raymonda, Paquita, Coppelia and La Sylphide.

The March 27th performance is presented and produced by Kingdom County Productions and the Burklyn Arts Council working in association with Catamount Arts. For more information contact KCP artistic director Jay Craven (jcraven@marlboro.edu).

Littleton: Vegan Cooking Class, Dinner & Documentary "Hungry For Change"

Come join us for an eye opening afternoon Saturday April 6th from 2:00-5:00 at The Center for Collaborative Energies, where we will show you how to: "Let Food

Be Thy Medicine, and Medicine Be Thy Food" (Hypocrites). We will be making rice and bean burritos topped with tomato, onion, avocado and olives, homemade hummus, kale salad, and gelato for dessert. While enjoying the meal, we will watch a documentary. This will be the first of a four part series consisting of a vegan cooking class and a documentary.

Our mission is to show you how you can enjoy a plant based diet and all the benefits that go along with it, a whole foods plant based diet can help you prevent and even reverse many diet related diseases, such as heart disease, diabetes and cancer to name a few.

What exactly is a vegan diet? Many people don't realize how delicious the food is. Plant based or vegan diet excludes all animal products,

such as meat, fish, milk, cheese and eggs. There are many reasons to follow this exciting lifestyle, including health benefits, environmental benefits, prevention of animal cruelty, world hunger and human rights.

About two years ago, or so, in New York City, a cow managed to escape from a slaughter truck. Everyone was cheering for this cow. The cow was actually spared and brought to an animal sanctuary to live, but what about all the people that were cheering for this cow, why did they want her to get away, when this is what they are eating almost every day.

We hope you can join us, for this fun filled informative gathering. THE TIME IS NOW!

Classes are \$15.00, and you can register at Darlenemorey.com or email at Darlenemorey522@gmail.com or call (603)745-5659.

THANK YOU!

I would like to thank the voters of Haverhill who supported my efforts for re-election to the Haverhill Selectboard. I appreciate your support and will diligently stay focused on the important issues facing town government.

THANK YOU!

WAYNE FORTIER

From The Desk Of NH State Senator

Jeanie
FORRESTER

Dear Constituents,

One of the most significant pieces of legislation I sponsored this session is Senate Bill 99, an act relative to the process for applying for a certificate for an energy facility. The original intent of this bill was to update New Hampshire's Site Evaluation Committee's procedures for the review, approval, monitoring, and enforcement of compliance in the planning, siting, construction, and operation of energy facilities. With the advent of changes in national, regional, and state regulation of energy transmission facilities over the last decade, it seemed only logical that a conscientious legislature would want to ensure we are keeping up with the times.

Last week several legislators met with the Chair of the Site Evaluation Committee (SEC) to review the legislation. As we began to discuss the bill, I saw that his copy of the legislation was heavily marked up with red ink—clearly it seemed we were going to disagree on the content of the legislation.

Before we even started to review the bill, the SEC Chair advised that the "system was at the breaking point," (referring to the Site Evaluation Committee). He stressed the need to "not tinker around the edges" (referring to SB99) and that "a fresh and comprehensive look" was warranted. He advised that evolution in technologies

combined with budget cuts and time spent in litigation was causing a real significant strain on the various agencies who sit on the Committee. This wasn't the first time I had heard this—the Chair had provided similar remarks when he testified before the House Science, Technology, and Energy Committee.

As a result of this meeting, we significantly amended the bill by removing all the language and inserting language to do two things:

First, as now amended, SB99 says the site evaluation committee "shall not accept any applications for new electric energy generating facilities or elective electric transmission facilities for a period of one year following the effective date of this act. The purpose of this moratorium is to provide the state with an opportunity to conduct a full review of the capacity of the site evaluation committee as presently structured and funded to meet the charge as set forth in the purpose statement of RSA 162-H:1."

Second, "the chairman of the site evaluation committee shall direct a study of current site evaluation criteria and identify recommendations that address funding needs, future technology expertise requirements, and staff and make a report...on or before December 1, 2013." This study could consider questions like: Should we be providing a funding source

for the SEC to be able to hire their own experts? Should we be asking for an application fee that might be held in a fund to pay for litigation or experts? What about economic impact analysis on land values and tourism? Should SEC's authority be expanded to consider how many energy projects should be sited in one or more areas or should oversight reside in some other place (e.g., State Energy Plan)?

To the last question, while Governor Lynch's goal of 25% renewable energy by the year 2025 may have been a laudable goal, it lacked an essential element—it provided no general oversight of how and where projects are sited in New Hampshire. This is evident with the recent activity in the Newfound Lake area, where one wind farm is in place and three more are looking to be sited.

SB99 as amended, is intended to hit the "pause" button on elective renewable energy projects until comprehensive modifications to the Site Evaluation Committee are made. This will ensure the SEC has the necessary tools to do an effective review of energy projects without undue stress on human and financial resources. It will also ensure that the state's mission of maintaining a balance between the environment and the need for new energy facilities in New Hampshire is achieved.

Some will claim that this legislation will create a "chill" on development. I suggest to you that the "chill" is already here—very real and very damaging—because there is no oversight, no comprehensive consideration of the negative impact on landscape, land values, and tourism. There is a chill on land values, a chill on home sales,

and a chill up and down the spines of New Hampshire residents and NH businesses as they wonder if anyone is looking out for them.

We are the stewards of New Hampshire's mountains and landscapes—it is what makes New Hampshire unique—and why people visit and move to our state. So let's be intentional about what happens when power generating facilities are sited among our most precious assets, let's not just let it happen. Let's make

sure our Site Evaluation Committee has the resources to make good decisions in NH's interests—a balance between the environment and the need, if any, for new energy facilities in New Hampshire.

SB99 will have a public hearing on Wednesday, March 20th at 10 a.m. in the State House, Room 103—I encourage you to attend and testify.

Your Senator from District 2
Jeanie Forrester
March 16, 2013

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Gov. Peter Shumlin Guest Speaker At March Chamber Legislative Breakfast

Gov. Peter Shumlin will serve as the guest speaker at the Northeast Kingdom Chamber legislative breakfast to be held Monday, March 25, at the St. Johnsbury House, 1207 Main St, St. Johnsbury. Gov. Shumlin, who has served as governor since 2010, will update the gathering on his legislative priorities and various other initiatives he is undertaking.

Governor Shumlin's career in public service began in Putney over 30 years ago when, at the age of 24, he was elected to the town's select board. In 1990, then Governor Madeleine Kunin appointed him to fill an empty seat in the Vermont House of Representatives. He then ran and won a state senate seat for Windham County, representing the region

for 10 years. He was elected Democratic leader in the senate in 1997 and served as its President pro-tempore from 1997 to 2002. He ran for the state senate again after a four-year absence from the chamber and was again selected President pro-tempore in 2006. In his 13 years in the senate, he served on the Rules, Finance, Transportation and Appropriations committees.

The monthly programs provide area business people and residents an overview of the legislative session and concerns affecting the region, with legislators each giving a brief update of their committees. The public is invited to attend and encouraged to ask questions. The Northeast Kingdom Chamber organizes the monthly forums and will provide a brief

legislative report. The breakfasts are held the last Monday of each month, from 8 to 9 a.m. Please mark your calendars for the 2013 dates of April 29 and May 20 (tentative).

The legislative breakfast series is sponsored by the Northeast Kingdom Chamber, with sponsorship assistance from Community National Bank, Fairbanks Scales, Lyndon State College, Maple Grove Farms of Vermont, Northeastern Vermont Regional Hospital, Passumpsic Savings Bank, Union Bank and Weidmann. There is a small fee to attend the breakfast.

For more details, contact the NEK Chamber at 2000 Memorial Drive-Ste. 11, St. Johnsbury, VT 05819; call 802-748-3678; or e-mail at director@nekchamber.com.

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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!

SATURDAYS

FREE BLOOD PRESSURE CLINIC
10:00 AM – 12:00 Noon
Littleton Fire Station

SUNDAYS

SOFTBALL CLINIC
1:00 PM – 3:00 PM Elementary aged girls
3:00 PM – 5:00 PM High School girls
Morrill Municipal Building, North Haverhill

CRIBBAGE

1:00 PM
American Legion Post #83, Lincoln

LINE DANCING

4:00 PM – 5:00 PM
Starr King Fellowship
101 Fairgrounds Road, Plymouth

MONDAY/THURSDAY

NCYMCA INTERVAL AEROBICS CLASS
Winter Session Through April 6th
6:30 PM
Woodsville Elementary School

TUESDAYS

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

UCC EMERGENCY FOOD SHELF

4:30 PM – 6:00 PM 802-584-3857
Wells River Congregational Church

AA MEETING (OPEN BIG BOOK)

7:00 PM – 8:00 PM
St. Luke's Parish Hall
121 Central Street, Woodsville

WEDNESDAYS

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

THURSDAYS

THRU THURSDAY, APRIL 11, 2013
FREE INCOME TAX PREPARATION - CVCA
4:00 PM – 7:00 PM
Bradford Public Library

FRIDAYS

AA MEETING (OPEN DISCUSSION)
8:00 PM – 9:00 PM
Methodist Church, Maple Street, Woodsville

TUESDAY, MARCH 19

NH STATE VETERANS COUNCIL REPRESENTATIVE
8:30 AM – 12:00 Noon
Woodsville American Legion Post #20

THURSDAY, MARCH 21

COMMUNITY MEAL
5:00 PM – 7:00 PM
St. Luke's, Woodsville

VFW POST #5245 MONTHLY MEETING

7:00 PM
VFW Hall, North Haverhill

FRIDAY, MARCH 22

AMMONOOSUC REGION ARTS COUNCIL ANNUAL MEETING
6:00 PM
Lisbon ARTS Gallery, 28 Main Street

MORE ABOUT JESUS

6:00 PM (First Of Several Sessions)
802-249-9027
54 Southard St, St Johnsbury

DRUM CIRCLE

7:00 PM – 9:00 PM
Neskaya Movement Arts Center
1643 Profile Road (Route 18), Franconia

SATURDAY, MARCH 23

COMMUNITY CRAFT & RUMMAGE SALE
9:00 AM – 2:00 PM
Barnet School Gym
See ad on page 7

SMALL FRUIT PRUNING DEMONSTRATION

10:00 AM – 1:00 PM
Small Fruit Farm
117 Mt. Mosilauke Hwy, Wentworth

AMERICAN LEGION BIRTHDAY PARTY

5:00 PM Social / 6:00 PM Dinner
American Legion Home, Woodsville
See ad on page 4

SIXTH ANNUAL PARKER HILL ROAD CONCERT

7:00 PM
Landaff Town Hall

SUNDAY, MARCH 24

PALM SUNDAY BREAKFAST BUFFET
7:30 AM – 9:30 AM
Main Street Building
United Congregational Church of Orford

MILES & MILES OF MUSIC ACCOUSTIC JAM

1:00 PM – 5:00 PM
65 South Court Street (Armory), Woodsville

MONDAY, MARCH 25

NEK LEGISLATIVE BREAKFAST
8:00 AM – 9:00 AM
St. Johnsbury House
See article on page 5

HAVERHILL SELECTBOARD MEETING

6:00 PM
Morrill Municipal Building, North Haverhill

WEDNESDAY, MARCH 27

RUSSIAN NATIONAL BALLET'S "SLEEPING BEAUTY"
7:00 PM
Lyndon Institute, Lyndonville
See article on page 4

3 RIVERS BUSINESS ASSOCIATION MEETING

7:00 PM
Happy Hour Restaurant

THURSDAY, MARCH 28

BOOK DISCUSSION SERIES
5:00 PM
Baldwin Memorial Library, Wells River
See ad on page 7

MAUNDY THURSDAY SERVICE

7:30 PM – 8:15 PM
Main Street Building
United Congregational Church of Orford

FRIDAY, MARCH 29

WILD & SCENIC FILM FESTIVAL
6:30 PM
Red River Theaters, Concord

SATURDAY, MARCH 30

WOODSVILLE ANTIQUE SHOW
10:00 AM – 3:00 PM
Woodsville High School

WELCOME HOME

VIETNAM VETERANS DAY
2:00 PM
New Hampshire Veterans Cemetery, Boscawen
See article on page 1

SUNDAY, MARCH 31

EASTER SUNDAY
At Your Chosen Place Of Worship

SUNRISE SERVICE

7:00 AM – 7:30 AM Oliverian Ball Field
Donuts and coffee following at Bethany Church
Route 25, Pike

RESURRECTION BREAKFAST

8:30 AM
Woodsville Grace Assembly Of God
See ad on page 7

MONDAY, APRIL 1

GOOD OLE BOYS & GIRLS MEETING
12 Noon - Bruce Labs - School Safety
Happy Hour Restaurant, Wells River

TUESDAY, APRIL 2

NH STATE VETERANS COUNCIL REPRESENTATIVE
8:30 AM – 12:00 Noon
Woodsville American Legion Post #20

CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING

7:00 PM
Morrill Municipal Building, North Haverhill

WEDNESDAY, APRIL 3

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
Woodsville Emergency Services Building

SATURDAY, APRIL 6

FREE INCOME TAX PREPARATION - CVCA
10:00 AM – 1:00 PM
Bradford Public Library

PENNY SOCIAL

1:00 PM Doors Open
2:00 PM Drawing
Haverhill Municipal Building, North Haverhill

VEGAN COOKING CLASS AND DINNER

2:00 PM – 5:00 PM
Center For Collaborative Energies, Littleton
See article on page 4

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Submit your entries by:

Phone: 603-747-2887 • Fax: 603-747-2889 • Email: gary@trendytimes.com
Deadline for submissions is Thursday, March 28th for our April 2nd issue.

Upcoming Programs Groton Free Public Library

Monday, March 25, 7:00pm – Book Discussion Group. This group meets the 4th Monday of every month. The book for March, "Death Comes for the Archbishop" by Willa Cather, is available at the library for lending.

Tuesday, March 26, 5:30-6:30pm – Beginner Spanish. This free class is perfect for adults or teens who would like an introduction to Spanish or to reinforce their beginning skills. Our teacher, Ana Petersen, is an Argentina native with a flair for effective

Spanish teaching using conversational practice. Drop-ins welcome! Meets every Tuesday evening.

Wednesday March 27, 1:00-3:00pm – Crafts & Conversation. Join us with your ideas and projects-in-process – or – just join us! Meets every Wednesday.

All of our programs are free and open to the public. For more information about any of our services, find us on Facebook (Groton Free Public Library) or contact Anne: grotonlibraryvt@gmail.com,

802.584.3358.

Interested in volunteering? Looking for volunteers of all ages for special projects such as light carpentry, craft preparation, front desk help, and organizing.

Interested in donating? We are looking for donations of children's stickers and bookshelves.

Open Hours: Mon 2:30-7pm, Wed 10am-4pm, Fri 2:30-7pm, Sat 10am-12pm.

Visit us on Facebook: www.facebook.com/Groton-FreePublicLibrary

March Takes To The Air

New Hampshire Governor Maggie Hassan has declared March to be General Aviation Appreciation Month. In her proclamation the Governor pointed out that there are a total of 118

registered airports in New Hampshire. Twenty-four of these are publicly owned airports (such as the Dean Memorial Airport in North Haverhill). In total these facilities serve over 3,800 pi-

lots who operate over 2,000 general aviation aircraft. It was also noted that NH is home to 11 charter flight companies, 23 airport repair stations and even one flight school.

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CROSS

March 31, 2013

8:30am Resurrection Breakfast (Please RSVP)
10:00am Resurrection Service "The Victory"

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Note: No Evening Service on March 31st.



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**BOOK DISCUSSION
SERIES**

Thursday, March 28 at 5:00 p.m.
Baldwin Memorial Library • Wells River, VT

"The Red Badge of Courage" by Stephen Crane
and
"Bull Run" by Paul Fleischman

All are welcome! FREE books (courtesy VT READS 2012) are available from the library. Ask librarian for complete list of the selections.




**COMMUNITY CRAFT
AND
RUMMAGE SALE**

Saturday, March 23, 2013
9:00 AM – 2:00 PM
Barnet School Gymnasium

Sponsored By The Barnet PTF

Tables available for \$15 each. Contact Annette Dauscher at 802-592-3100.

**Sunday, March 31, 2013
11:00 am - Close**

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Not all Times are Trendy but there will always be Trendy Times
March 19, 2013
Volume 4 Number 12



Keith Roy, left, of Lancaster is seen here receiving the Russell MacCleery Scholarship from White Mountains Community College President, Kathy Eneuess.

White Mountains Community College is proud to award the Russell MacCleery Scholarship to Keith Roy of Lancaster. This scholarship will allow Keith to pursue a long-time goal of becoming a professional commercial driver. Keith is a single father of two. This generous scholarship is provided by members of New Hampshire Motor Transport Association in honor of Russell MacCleery. Russell MacCleery helped pass legislation that created the interstate highway system and traveled the country promoting the passage of this legislation. After his retirement in 1978, MacCleery worked tirelessly to promote the New Hampshire Motor Transport Association.

More information regarding the program or White Mountains Community College can be found at www.wmcc.edu.

Grafton County Complex, County officials make an informal tour of the County biomass plant under construction. l-r is County Commissioners Michael Cryans, Martha Richards, Jim Oakes, County Supt of Maintenance, Peter Damp-house, Superintendent of the MacMillan Company, and Commissioner Ray Burton.



Alex Meyer, of Easton, center, is serving as a page in the New Hampshire Senate. He is with North Country Senator Jeff Woodburn, of Dalton, and Senator Jeanie Forrester of Meredith. High school students with an interest in the Senate Page program should contact Sen. Woodburn at 271-3067 or jeff.woodburn@leg.state.nh.us.

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SUNDAY SERVICE 10AM
1st, 2nd & 4th Sundays
Holy Communion With Sunday School
3rd & 6th Sundays
Morning Prayer With Sunday School
Bible Study Following Coffee Hour

Woodstock Inn Brewery Teams Up Lincoln Woodstock Rotary

On Saturday March 23 Lincoln Woodstock Rotary Club will launch its collaboration brew with the Woodstock Inn Brewery called Fellowship Ale. Club President Stuart Anderson created the plan with fellow Rotarian Scott Rice, owner of the brewery, to see how the brewery could help more in the Rotary's efforts. Rice said "We are excited to have brewed up a new and delicious India Pale Ale in collaboration with the Lincoln-Woodstock Rotary Club set for release in 22 oz. bottles on March 23rd. The 2013 Fellowship Ale contains an exciting new proprietary hop blend we have never used in our brewery, called Zythos, to compliment the already prominent Chinook presence. The Fellowship is also the first collaboration beer brewed



specifically by the Woodstock Inn Brewery which will have a direct impact on our community and world issues."

Contributions from every bottle sold will be split between funding the Rotary's local causes and will vaccinate 2 people against Polio through Rotary Interna-

tional's program Polio Plus. The launch will also be a Rotary fundraiser in the new Kanc Club function room at The Woodstock Station featuring a multi course beer banquet, tastings and tour of the new brewery. Tickets available at Woodstock InnNH.com

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<p>2012 Chevy Cruze #40168 LT, 1.4 Turbo, AT, Loaded, 38 mpg</p> <p>\$16,987</p> <p>\$215³¹ / MONTH</p> <p>72 months @ 3.99%</p>	<p>2010 Dodge Caliber #40155 SXT, 5dr, Alloys, Great Car</p> <p>\$14,977</p> <p>\$190¹⁷ / MONTH</p> <p>72 months @ 3.99%</p>	<p>2012 Chevy Impala #40173 LT, Moonroof, 300hp, 30 mpg</p> <p>\$18,928</p> <p>\$239⁶¹ / MONTH</p> <p>72 months @ 3.99%</p>
<p>2011 Scion XD #40157 5dr, Loaded, low miles, 33mpg</p> <p>\$16,595</p> <p>\$210⁴¹ / MONTH</p> <p>72 months @ 3.99%</p>	<p>2011 GMC Terrain #23088A SLE, AWD, 2.4L, 29mpg</p> <p>\$22,499</p> <p>\$284²⁸ / MONTH</p> <p>72 months @ 3.99%</p>	<p>2009 Chevy Avalanche #23047A LTZ, Climate Seats, DVD, Roof</p> <p>\$32,557</p> <p>\$410¹³ / MONTH</p> <p>72 months @ 3.99%</p>
<p>2011 GMC K1500 #23021A SLE, Xcab, 4x4, Power Tech</p> <p>\$26,480</p> <p>\$334⁰⁹ / MONTH</p> <p>72 months @ 3.99%</p>	<p>2011 Chevy K1500 #23094C LT, Xcab, 4x4, All Star, 5.3, Z71</p> <p>\$26,652</p> <p>\$336²⁵ / MONTH</p> <p>72 months @ 3.99%</p>	<p>2010 Ford F350 #22140A XLT, 4x4, Utility Truck, Ready for Work</p> <p>\$25,928</p> <p>\$327¹⁹ / MONTH</p> <p>72 months @ 3.99%</p>
<p>2013 Chevy Cruze SUV 33013 2013 Cruze LS</p> <p>\$99¹² / MONTH</p>	<p>2013 Chevy Malibu SUV 33014 2013 Malibu LS</p> <p>\$152⁰¹ / MONTH</p>	<p>2013 Chevy Equinox SUV 23065 2013 Traverse LS AWD</p> <p>\$233²³ / MONTH</p>



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Get Ready For Some (Financial) Spring Cleaning

Spring is in the air — or, at the very least, it's on the calendar this week. And if you're like many people, you may be looking forward to doing some spring cleaning around your house and yard. But this year, why not go beyond your physical environment and do some "sprucing up" of your financial situation?

Here are a few possibilities to consider: Clean your portfolio of "clutter." When you go through your house, you may find some clutter in closets, storage areas, on top of desks, under beds or just about any other place. Your investment portfolio also may contain clutter, in the form of investments that no longer meet your needs. Consequently, it's a good idea to "de-clutter" your portfolio periodically by selling those extraneous investments and using the proceeds to help purchase others that may be more effective in helping you make progress toward your financial goals.

Consolidate your investments in one place. As you clean your house, you may find that you have many common items, such as brooms, hammers, duct tape and so

on, scattered among various rooms. It might be more efficient to keep all such objects in one central location; this can help prevent you from needlessly replacing or duplicating them. As an investor, you may have an IRA with one financial services provider, an old 401(k) with a different one, and some other investments with yet another institution. If you consolidated all these investment vehicles with one provider, you might be able to save some fees and expenses. Perhaps even more importantly, by uniting all your investments in one place, you may find it easier to follow a central, unified investment strategy.

Check for "gaps" in your financial strategy. Every spring, it's a good idea to check your gutters for leaks, your sidewalks for cracks and your paint for chips. By doing so,

you'll help protect your home and surroundings. To help protect your family's future, it's important to have adequate life and disability insurance. Plant seeds for growth. When spring arrives, it's time to plant the seeds for your flowers and vegetables. As an investor, you also have to be concerned about growth. Specifically, you'll want to consider investments that have the potential to grow enough to help provide the financial resources to meet your long-term goals, such as a comfortable retirement. Consequently, you should review your portfolio to determine if it contains an appropriate amount of growth-oriented vehicles for your individual objectives, time horizon and risk tolerance.

Seek professional assistance. When you're tidying up for spring, you may find some jobs that you can't do alone, such as cleaning a heavily stained carpet, unclogging a blocked drain or trimming the highest branches on a tree. For these tasks, you might need to call in trained professionals. It's the same with investing: You can do some things on your own, but for complex tasks such as creating and maintaining an appropriate investment strategy, you may need to work with a financial professional.

Consider putting these spring-cleaning tips to work soon. They may just help put some sparkle and shine into your financial "house."

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.



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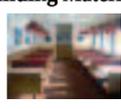
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11:02 AM**



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Pop The Champagne: He's Father Of The Year!

A: I'm not one to boast.

And B:? Well, there is no B. I'm just going to tell you how last week I received the "Former Flatlander Father of The Year Award" in Manchester.

Please, save the champagne for later. Its heft will come in handy.

To explain how I landed the prestigious award is no easy task. The path I took to fulfill its strict criteria is lined with riddles, doubt, discipline, and ice. Lots of ice.

I suppose it began last Saturday, when I invited my retired neighbor, Herb, over to my house to check out a wall I wanted knocked down on the first floor. You know, open the place up a bit.

"You're looking at 10K! Easy!" he was shouting. "It's a carrying wall too! Twenty, maybe higher."

I was thinking more like two grand.

While Herb was scaring the hell out of me, my cell popped and it was my wife.

"Leo (son) fell at the birthday party and says his wrist is really hurting," she was saying, I think.

I was fighting to hear her because Herb's assault continued with a hammer's touch in the background. "Oh, kid! You're gonna need all this electrical ripped out and replaced, too. That's another seven, easy."

Okay, I told my wife. Bring him home.

She comes home and the kid is obviously bummed out. He's got this left wrist wrapped up in a mesh tennis ball bag. His eyes were wet, but not panicked. All my attention should have been on Leo, but Herb

was still raining in my ear.

"If that wall ain't done right, whole second floor's gonna fall right in."

I had my son stick his arm out. No swelling, no bruises. Skin's intact. Wiggle your fingers, I said. He can. Okay, make a fist. He does, but with just the slightest of a wince.

You're fine, I tell him. Let's put some ice on it.

I'm monitoring him now, making sure he actually was What I Told Him He Was.

Which was fine.

I broke my hand once and the swelling was mortifying. The purple stretching of the skin, the nut sized knot across my knuckles, all of it still keeps me awake to this very day. He carried none of my pain.

Keep icing.

Next day, he seems okay. I mean, it was before seven in

the morning and my brain hadn't kicked in. He was wearing an Ace bandage around his wrist that I hadn't given him. Too busy figuring out what a carrying beam means.

I told my son his efforts were resourceful and forward thinking. "Keep any potential swelling down," I said, "which there likely won't be seeing that your wrist wasn't swollen in the first place. Right? Lets leave it at that."

Off to school he goes. Comes home. Next day, same deal. He's spooning his flavorless Oats with his dominant hand, little wincing, the Ace, the ice, the sandwich bags and more ice. Always ice.

He's back in the fold now after a day of running and gunning. It's dinner time. Wife is still eyeing that wrist four days later over my pork shops. "Can you please take your son's shirt sleeve out of the squash?" I ask.

My wife looks at me with that look, that biting, all knowing glare you just want to burn to the ground. "He's fine." I say, pretty much, almost definitely certain his wrist wasn't broken.

Back to mopping squash.

Two hours later, a bottomless howl ran through the house like the bells at the Sistine Chapel. Deep wails of stored pain. A cry so defiant in its ur-

gency it said just one thing: Get me to a doctor's office, you mad fool!

Next afternoon, me and the boy are walking into the doctor's office. From the parking lot to the front door, I continued my Herbish assault. "Now, when the doctor tells you that your wrist is fine, that's the end of it."

The doctor walks in, takes one look at his wrist and goes, "Yeah, you banged this up pretty good, didn't you buddy? Let's get an X ray."

An X ray? I cave into myself, loathing, guilt, the whole deal.

Over to radiology we go, and I still half-believe I am correct. He's fine!

Three minutes later the radiologist returns and says, "See that bump sticking out where the bone should be? That's where his wrist is broken."

And that's how I was awarded the "Former Flatlander Father of the Year Award" in Manchester last week.

Go ahead and pop that champagne now. Empty it right out before breaking it over my head. No worries. I got plenty of ice in the house.

Rob Azevedo, from Manchester, NH, is a writer, filmmaker and radio host. He can be reached at onemanmanch@gmail.com



Diary Of A Fat Man

Journal Entry: "Let's Wait Until A Bunch Of Them Kill Themselves..."

Written By "Mike Burton"



Bandwagon jumpers, I can't stand them. They are the same people who were mocking what they are now advocating for. What am I talking about, you may ask? But the answer is in the journal entry title. America seems to have a nasty habit of just waiting until a certain group of people kill themselves before finally saying, "Whoa, we got to stop this."

Take these for example:

A few years ago, there seemed to be countless tragedies of gay teens killing themselves. The one that broke the camel's back was that of a college teen that conducted in sexual acts with the same sex and was recorded by his friend, who broadcasted it. When wind got around about this, the teen committed suicide. After this it was seen vastly around all media and that's pretty much where people started to smarten up about picking on homosexuals. They waited until countless deaths to fix the problem.

Anti-bullying laws stemmed from kids to teens taking their own lives due to their differences from their own classmates. Kids are cruel, we all know this, and it

could include your little dumpling of joy. But when bullies take their duties outside of school and onto social media to deploy their acts of blind hatred, then the daily torture just follows them everywhere. The thing is that even though they are saying to stop doing this, they're still doing it. Are they really even enforcing these laws or do they just say they are to make their school look good? What happens in school does leave scars and some stay open even into adulthood. Again, they waited until countless deaths to try and fix it.

These are just two examples of how America has adapted the policy of "Let's wait until it gets really bad before we get off our lazy butts and do something about it." And then of course, there's my favorite amongst the people. If you're not among those who are considered of the 'commercially' oppressed, then you are nothing. If you don't believe me, then obviously you're not one of the forgotten ones. Where in today's America it is socially unacceptable to pick on a gay person, but socially acceptable to pick on a fat person and make them feel like a

piece of crap just for your own entertainment.

And then when you say it hurts your feelings what they're saying, they say back to you, "Oh, you're just sensitive." Yet, in the same breath they are verbally drilling someone because that person just called a gay person a "fag." Right now it is absolutely USELESS to defend yourself if you're not considered one of "the Golden Ones." Say for example, you're on the internet forums and let's use my case for an example: someone posts a picture of a fat guy and some person says, "Eww, that's so gross. Fat people are disgusting. I wish they all would just die. Haha LOLs." I've seen it before. Then I'll try to defend myself and maybe I'll get one or two people behind me, but usually the vast majority tell me to not be so sensitive and "butthurt", which is a new internet slang for basically "chill out." Maybe it's not that we are sensitive, maybe it's that you're a self-righteous @&&-hole.

So with that said, oh 'equally' created America, what do we have to do? Do we have to shed blood? Do we have to conduct a mass suicide to make the masses

see that, 'hmm, maybe we are going too far.' Or apparently, according to the masses who hate us because we are overweight, maybe it will be a joyous moment for the world to see a bunch of fat people go down under the gun.

Faith in humanity will never be restored. Intelligence and understanding of other people is dying at an incredible rate. You preach that you want equal opportunity, then that should mean EVERYONE not just what's considered the 'In' crowd. Until then, I won't be surprised to see a few overweight people decide that living in this hateful world isn't worth it. Maybe, just maybe, a few will be right in your neighborhood. Maybe that guy or gal you called a "fat ass" or that special kid you

called a "retard" or those poor people you called "scrubs" think it would be worthwhile to just take a gun, put it in their mouth, and paint the walls with their brain matter.

You have a brain...you have the power to make decisions on your own...don't let the media control who's acceptable and who's not. We should all be acceptable or maybe I'm just a mad man for not thinking like the masses. If you're one of those people, have fun being a robot. I'm content with actually having a mind of my own and not insulting people for my own sick pleasure.

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March 19, 2013 Volume 4 Number 12 Not all Times are Trendy but there will always be Trendy Times

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The position requires experience with A/R, A/P, analytical spreadsheets and general office duties. The ideal candidate will possess the ability to multi-task and work independently.

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OBITUARY

EVELYN AUDREY (KENISTON) THAYER



North Haverhill, NH - Evelyn Audrey (Keniston) Thayer, 84, died on Thursday, March 7, 2013 at the Grafton County Nursing Home in North Haverhill, NH.

Evelyn was born in Haverhill, NH on May 27, 1928, to Nathan and Mildred (Greenely) Keniston. She graduated from Haverhill Academy, Class of 1946 and married Harold R. Thayer on September 4, 1947.

Evelyn worked at the former Northeast Square and Dowel in North Haverhill. She was a member of the North Haverhill United Methodist Church and the Farm Bureau. She enjoyed handwork

such as sewing and crocheting, along with jigsaw puzzles and cooking. She treasured the time spent with her daughters, her grandchildren, and great grandchildren.

She was predeceased by her husband, Harold Thayer on March 25, 1976.

She is survived by her four daughters, Audrey Clough and husband Sam, Irene Fournier and husband Ron, both of North Haverhill, Katie Thayer and husband Scott Darling, Jody Engle and husband Robert "Pudge," both of Wells River, VT; five grandchildren and five step grandchildren; eight great grandchildren and three step great grandchildren; two brothers, Harlan "Bud" Keniston and Russell Keniston and wife Gayle, both of North Haverhill; two special nieces and their families; and several nieces, nephews, and cousins.

Calling hours were held on Monday, March 11, from 6 to 8 PM at the Ricker Fu-

neral Home, 1 Birch Street, Woodsville.

A funeral service was held on Tuesday, March 12, at 1 PM at the Ricker Funeral Home, with Rev. Jane Wilson officiating.

Burial will be in the spring in the Center Haverhill Cemetery.

Memorial contributions may be made to Patten Library, c/o Debra English, 1825 Benton Road, North Haverhill, NH 03774.

Evelyn's family would like to extend their heartfelt thank you to the Grafton County Nursing Home for the wonderful care they provided to their Mother. "Words cannot describe our gratitude about the loving and compassionate care your entire staff gave to our Mother over the past two years."

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

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



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Letter To The Editor

Angels, Priests, Men and Women

When President Obama signed and renewed the "Violence against Women Act" a couple of weeks ago, it got me thinking about the plight of women in our "Enlightened Societies". Since brevity is an art form we won't go into the status of women in the developing world -which is there for all to see.

The book of Genesis relates two accounts of how Adam and Eve 'evolved'. One subordinates Eve to Adam having been created as his playmate and fashioned from one of his ribs. The other gives her complete equality. Now one would think that the New Testament would take a stand and choose between the two. Indeed

George,

I do not claim to be a Biblical scholar so I do not feel qualified to agree or disagree with your statements on that part of the issue. However, I will say that in my personal experience women can be, have been, and probably will always be, willing to step to the forefront if need be to complete a task or to push getting a program started.

Recently I heard that only about 3% of the Top 500 companies have woman CEO's. That seems to be where the inequity lies. It does not lie in the lives of regular Americans. Those who serve on local boards or with volunteer organizations generally include many knowledgeable and energetic women.

I will take the time here to thank those women, and those men, who serve us. Your time and efforts are all too often overlooked. But it is your time and talent that makes so much available.

Gary Scruton, Editor

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14 Staying Healthy In A Toxic World

Not all Times are Trendy but there will always be Trendy Times March 19, 2013 Volume 4 Number 12

Many babies are born with toxins and parasites derived from the mother, and during the early years may accumulate toxins from food containing pesticides, chemicals and additives. The child with a weak genetic makeup is vulnerable to many types of toxins which may not be eliminated properly due to malfunctioning or congested liver. This creates the perfect breeding ground for many parasites as well. Natural methods for cleansing the body, removing toxins and parasites, and restoring proper nourishment are a powerful and effective way to treat this "illness." Proper nourishment is clearly necessary as an important part of regaining natural balance and health to the body. Dr. Gerard Olarsch, N.D. discusses the consequences of mineral deficiency as it relates to our children and society in an article entitled "Why kids are Killing Kids." Dr. Olarsch links hyperactivity and learning problems, as well as violent behaviors to a fundamental lack of minerals, and insists that attention deficit disorder and hyperactivity – among other abnormal behaviors – may be serious indicators of a life-

time of potentially worsening hardships, including depression and instability. In many cases of ADD, these children often have more health and behavior problems, including chronic ear infections, colic, and irritable behavior.

Dr. Olarsch tells us about the behavior known as "Pica," a severe and obsessive craving for foods due to mineral deficiencies. "It appears most commonly in children as an extreme desire for sugary and salty foods. Low iron levels were found to impair judgement, reasoning ability, and all aspects of left brain activity, including scientific, mathematical, and spoken and written language skills." Another problem with long-term mineral deficiency is that the body will latch on to heavy metals in an attempt to satisfy itself, and store excess lead, aluminum, copper, and more. One study has positively linked high copper levels in the brain to violent behavior in boys at a detention home. Taking liquid organic plant-derived minerals will alleviate this problem and help chelate existing heavy metal deposits in the body.

A lack of minerals causes a grim outlook on life and leaves us prone to degener-

ative diseases, as well as a host of mental and emotional ills. Clinically low levels of magnesium in blood plasma are associated with hyperexcitability and inattention. Zinc deficiency has been linked to certain behavioral problems including ADD. Lack of digestive enzymes can cause anything from digestive upset to chronic irritability and fatigue, as well as impaired mental capacity. Essential fatty acids, known as Omega-3's or Omega-6's, aid transmissions or nerve impulses and are needed for normal brain functioning – and is directly connected to treating children and adults with ADD. EFA's are found in Flax Seed Oil and Borage Oil, Sea Buckthorn Oil & Glycerin Extract. Super powerful anti-oxidants with the ability to cross the blood brain barrier, known as Proanthocyanidins, are substances found in grape skins, cranberries, blueberries, blackberries, strawberries and black cherries.

DELICIOUS RECIPE TO REMOVE HEAVY METALS

Heavy metal poisoning is rampant. It is a major cause of hormonal imbalances, cancer, thyroid problems,

neurological disturbances, learning problems, Attention Deficit Disorder (ADD), Hyperactivity (ADHD), depression, food allergies, parasites etc... this is a great recipe that is not only easy to make but also very delicious. This came from "Russ Michael, READER'S FORUM, 2005), he states that one friend suffering from high blood pressure due to mercury poisoning had her blood pressure return to normal after eating two teaspoons of this pesto daily for only a week" So whether you need to detoxify heavy metals from your body or just wish to use it as a preventative measure, 2 teaspoons a day is all you need to ingest.

CORIANDER CHELATION PESTO

4 CLOVES GARLIC
1/3 CUP BRAZIL NUTS (Selenium)
1/3 CUP SUNFLOWER SEEDS (Cysteine)
1/3 CUP PUMPKIN SEEDS (Zinc, Magnesium)
2 CUPS PACKED FRESH CORIANDER (Cilantro, Chinese Parsley) (Vitamin A)
2/3 CUP FLAX SEED OIL

4 TABLESPOONS DULSE POWDER

LIQUID AMINOS (Bragg's)

Process the Coriander and Flax seed oil in a blender until the Coriander is chopped. Add the garlic, nuts and seeds, dulse and lemon juice and mix until the mixture is finely blended into a paste. Add a squirt of Bragg's to taste and blend again. Store in dark glass jars, if possible. It freezes well, so purchase Coriander in season and fill enough jars to last through the year.

Coriander has been proven to chelate toxic metals from our bodies in a relatively short period of time. Combined with the benefits of the other ingredients, this recipe is a powerful tissue cleanser. Two teaspoons of this pesto daily for three weeks is purportedly enough to increase the urinary excretion removing of mercury, lead and aluminum, thus effectively removing these toxic metals from our bodies. We can consider doing this cleanse for three weeks at least once a year. It is delicious on gluten-free Rice crackers, Ezekiel toast, Gluten free Rice pasta...

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 200 medicinal bulk herbs, teas and capsules, all made on premise. 603-838-5599 thymetoheal01@yahoo.com

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Three Chimneys Inn Durham, NH

Did You Know: That if you combined all Scared Sheetless articles that have been written since its inception in 2009, it will be 115 pages long? This includes special online features and never before published materials.

The Three Chimneys Inn in Durham, NH has quite the accolades:

- 2012 Award of Excellence by TripAdvisor
- Best Inn Dining by Phantom Gourmet

And it also received a four star rating by the Manchester Union Leader.

This Inn, built in 1649, has a long history. Originally converted from being known as the oldest house standing in Durham; it was converted to be an Inn in 1998. But let's take a quick glance at its history. The first owner had some class in him, his name was Valentine Hill, and he was New England's leading entrepreneur in his time. The house started out as a simple single story with a cellar and upstairs with a kitchen. In 1699, a two story addition was made to the house. This house even survived an attack by Indians in 1694, which devastated many of the homes surrounding it. This place has a great history, which you can read more on the history of the Inn at www.threechimneysinn.com

But we're here to talk about the spirits of this place. This bed and breakfast in Durham, NH feels that they have a little guardian angel that resides within its walls. This "angel's" name hasn't

been identified, but what a nice spirit this has proven to be. One innkeeper said she even left a message for her on the computer one night. How did this happen? Innkeeper Karen Meyer has always felt the presence of a spirit, but a good one, and feels relaxed when this spirit is around. One night after a long day, she went to the office and it was locked. Strange might it be as it can only be locked with a key and nobody else has that key but her. When she got into the office and onto the computer, on the screen it said, "Time to go home and relax." Some might say that maybe someone was pulling a prank, but I'm sure Ms. Meyer swears up and down that this was no prank and that it was the Three Chimneys Inn guardian angel.

Others say that the Inn has some pretty rambunctious spirits who tend to not like change. Vendors are stumped when they bring in new equipment and they all don't work properly. Some say it's because the spirit or spirits don't like the change of equipment from their era to the modern era. On one occasion, a printer started to print a page without the cord being plugged in. Numbers on calculators appear backwards; could be a faulty calculator but the employees say no. Employees say that this spirit's named is Hannah and that even though she has proven that she can be a pain in the butt, she has also shown an affectionate side to the staff of the Inn.

The Three Chimneys is staffed twenty-four hours a day and has an employee stay overnight. On one special night, an employee was awoken to someone playing with their hair. The employee took her hair and put it into her

gown and calmly told Hannah to go to bed. Obviously the employees do not seem threatened by this spirit. Also in the same breath, she likes to pull pranks on employees as well. One night, an employee was asleep before being awoken by a ton of racket coming from upstairs. The employee ran upstairs and found that every drawer upstairs was opened exactly one inch. Hanna is not the type of spirit not to show herself and has on one known occasion. One night, the chef was leaving the preparing area when he saw a movement. Keep in mind, this was reported to take place at 1 am, so I'm sure the place wasn't hopping. He was shocked to see a little girl across the bar looking back at him. Also another story, though not known to be tied to the spirit of Hanna, was when a glass lifted in the air during a party and shattered upon impact when it landed back on the table. Not a soul was near the table when this happened, but

you can be sure that it must have caused fright among the partiers.

I tried to get some validation of these claims by getting in contact with the Inn, but got no response back. This is strange due to the fact that I've heard from several fellow ghost hunters that they allow investigations. I would love to have NEPI conduct an investigation there in the near future.

The Three Chimneys Inn seems like it offers some great services: weddings, dining, and you can host parties there. And quite possibly you could also be dining with the dead. Until next time readers, this has been another edition of Scared Sheetless. Keep it scary and happy hauntings.

Source: Examiner.com article, "Three ghost stories from three dead and breakfasts" by Marti Mayne

Historical information comes from threechimneysinn.com

Secondary source: the shadowlands.net

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By Ronda Marsh

Maple Morning Muffins

Spring is here! We've switched to Daylight Savings time, and it's a teeny bit warmer each day. Another way to know for sure that winter is truly in its waning phase, is the tell-tale billows of white steam visible from the roofs of every sugar shack in the North Country; often mistaken by "foreigners" as fully-involved structure fires! The warm days and cold nights make the sap run, and for the sugar makers, that means long hours boiling and then canning the "liquid gold" for which NH and VT is famous. The season is short, but it is truly sweet, in every sense of the word. If you've ever spent any time in a sugar house, you know what I mean. If you have not, I urge you to make it a priority to go visit one of the many sugaring operations in our area. It's entertaining, educational, and de-

licious, too.

Because I love the whole tradition of Sugaring, because I love maple syrup, and because I love cooking with it, I plan on dedicating the next few issues of "Trendy Kitchen" to recipes which use maple as a major ingredient. My chosen recipe for this column is a wonderful little muffin that I came across in a recent issue of "Good Old Days" magazine. I actually made these several times before I got the perfect outcome; for the first batch, I only had Grade "A" Fancy syrup...fine for dressing crepes or pancakes, but the mild flavor gets lost in a baked good. Fortunately, Brad and Jo of Presby's Maple Farm fixed me up with some deeply flavored grade "B". Much better! BUT...then there was the matter of the streusel topping. Made as the



recipe directed, it was sweet, but pretty flavorless, and it kind of fell off the completed muffin. Maple sugar made it more maple-y, but it still didn't want to adhere. That led to streusel option #2, which turned out much more to my liking. I will leave it up to you as to which topping you prefer. It may have taken me 3 tries, but hey... somebody's got to do it, and even the rejects were pretty darn good! At last...an easy, tasty little muffin that will make your morning sing of spring!

Streusel topping: Option #1

- 3/4 cup flour
- 1/4 cup sugar (or maple nut sugar)
- 1/4 cup melted butter

Streusel topping: Option #2 (my preference)

- 1/4 cup melted butter
- 1/2 cup maple sugar

- 2 Cups flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 egg, beaten
- 1/2 cup sour cream
- 3/4 cup maple syrup (a darker grade works better)

Preheat oven to 400°F. Grease a 12-muffin tin, or line with paper liners. In a mixing bowl combine flour, baking powder, and salt. Stir in the egg, sour cream, and maple syrup, until just combined. Fill prepared muffin tins 3/4 full of batter (I use a 1/4 cup measure for this). If using streusel option #1, in a separate bowl, mix the streusel topping ingredients until crumbly. Top each muffin with a heaping tablespoon of the streusel topping. If choosing streusel topping #2, omit making the

streusel, and proceed by placing tin on middle rack of oven and bake for 20-25 minutes, until browned, and a tooth pick inserted in middle of a muffin comes out clean. If using streusel option #2, after the muffins come out of the oven, melt butter and pour into a small bowl. Place maple sugar in another bowl. Dip top of the hot muffins in the melted butter, then immediately in the maple sugar. Place muffins on a rack to cool a bit before devouring! Makes a dozen 2-1/2" muffins.

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