

TRENDY TIMES

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OCTOBER 2, 2012 VOLUME 3 NUMBER 26

Groton Growers Hails

“Most Successful Summer Season”

By Marianne L. Kelly

Groton, VT—As usual, summer sped by in a blur and we are now in the middle of the North Country’s foliage season with visitors from around the world coming to enjoy nature’s spectacular show.

What began with about fourteen vendors at the summer Groton Growers Farmers Market, mushroomed to over twenty, with additional potential vendors being placed on a waiting list. Local residents and visitors alike consistently found a plethora of plants, locally grown produce, breads, pies, pastries, French pastries, peanut brittle, honey, jams, jellies, pickles, cheese, free-range chickens, personal care products, maple syrup, maple cream and more, rounded out by local entertainers who added to the festivities.

New this year was the CSA program where people

could sign up with selected vendors to purchase a regular supply of vegetables and meat, which may continue through the winter market season.

There were more local artists and crafts people this year with hand turned bowls, boxes, rattles and pens, wood burned and hand colored designs on lazy susans, stained glass artistry, quilted bags, embroidered towels, beautifully photographed post cards and more. This year’s market also saw people taking advantage of being able to have their knives and scissors sharpened while they shopped and had lunch, and this service continues through the winter market.

According to market manager, Jennifer Bone, “Our market could never be this successful without the great selection of products offered by our wonderful vendors, and the consistent support of our customers. We are like a family working together and sharing ideas to ensure freshness and

value, and make each market family friendly.” Spaces for the winter market are already filling up, and potential vendors are encouraged to submit an application as soon as possible.

While conventional thinking suggests that prices are higher at farmers markets than in stores, the reality is that prices are competitive and sometimes better, with the added benefit of being fresher, more wholesome, and locally produced.

WHAT’S NEXT?

October 6 is the annual Fall Foliage Festival in Groton, and this year Groton Growers Farmers Market will have a float in the parade that starts at 1:30. The market will be open from 9-1, and people are encouraged to come early to shop and enjoy coffee, a breakfast pastry, and perhaps a light lunch.

The winter market kickoff is October 20 inside the Groton Town Hall, with a “Taste of the Market” apple pie contest open to vendors and the



public. Contestants should bring their best apple pie for tasting and voting with a awarded to the winner.

Each month features a different theme. The “Taste of the Market” in November celebrates the Thanksgiving harvest featuring pumpkins and pumpkin products. The winter market takes place the third Saturday every month from October through May.

There is something for everyone at this fun, family friendly market where one can purchase locally grown and produced products directly from the vendor, knowing exactly where their food

comes from. There is no need to buy cheap mass produced gifts when one can purchase beautiful and uniquely crafted works of art from local artisans.

The last outdoor market will be Oct.6 from 9-1. Those wishing to become vendors for the winter market should contact Jennifer Bone for an application at (802) 584-4067, or email, myfarmersmkt@gmail.com. Those wishing to enter the apple pie contest on Oct. 20 should contact Marianne Kelly at (802) 222-9258 or email mlkelly1832@aol.com.

See you at the market!

Calling All Cooks!

The culinary team of Elaine Kiessling (Dinner on Demand) and Marianne Kelly (Spice of Life) announce the first annual “Cook’s Taste of the North Country” festival at the Horse Meadow Senior Center, North Haverhill, Sat. Nov. 10, from 10am-2pm.

All professional cooks, chefs and home cooks, are invited to showcase and sell their culinary creations, and take holiday orders. We request participants donate something to our gift basket that will be raffled off at the

end of the event, with the proceeds benefiting the Haverhill Middle School Booster Club.

Each 10’ space is \$20. We plan to advertise this event in local newspapers and other media.

Those interested should contact Elaine at 603-667-1805, email ladymedic13@charter.net, or Marianne at 802-222-9258 or email mlkelly1832@aol.com.

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New Gallery Art Show Opening At The Lisbon Arts Gallery

The Lisbon Arts Gallery is hosting a new exhibit titled "Moments in Time" featuring the photography of Peter Slattery and the mixed media and collage art of Heather Harvey.

Peter is a New Hampshire photographer who has had a home in Bath NH since 1997. He was born in Hartford CT. He and his wife Shirley retired in 2004. He finally has the time to pursue and share the pleasures of photography. His images are of New Hampshire and New England in general. Photography has been a hobby all his life. Peter is a self-taught photographer who served as deployment photographer many times during his 31 years in the CT Air National Guard. He also served as photographer for the Union

Agricultural Society in Somers, CT for 8 years. Every photographer has a unique perspective and every image ever taken is a place in time that will never present itself in exactly the same way again. Peter captures the magic of that moment be it landscape grandeur, lighting, a tree or something small that catches his eye. He enjoys nature and photography and always has a camera with him. His images are taken with both film and digital equipment but digital photography has been his preference for the past three years. Peter's photo "Ice Climb" recently placed third in the 2006 State of New Hampshire Division of Travel and Tourism "You're going to love it here" contest. The

photo is available for viewing at <http://www.visitnh.gov/photowinners/winter.html> His photos have been featured on the cover of the Profile Guide of the Western White Mountains, WREN-zine magazine, and the Union Agriculture Society Fair Book and displayed in various galleries and businesses throughout the region.

Heather Harvey failed kindergarten twice for coloring outside of the lines, turning her finger paintings into brown blobs and wasting paste. She went through her childhood in a daydreamer's haze, constantly collecting bits and pieces of things found on the side of the road or in the woods and creating small environments with them. In college, she argued



with every professor that told her she needed to be more

traditional and stop adding found objects into her work. She did finally manage to graduate Summa Cum Laude from Plymouth State University with a BFA in Studio Art. Over the years, Heather has worked in the hospitality industry as a waitress, bartender and sous chef, as designer doing commercial & residential interior design, and as sales associate in varied retail venues. She continues to make art from everything that she finds and is a true testament to the old adage, "Everything you ever needed to learn, you learned in kindergarten." Heather is a mixed media assemblage & collage artist as well as a jewelry designer. She resides in Dalton with her husband, Mike Lee and her dog, Stella. Her jewelry, 'Harvware', one of a kind mixed metal/media pieces, can be found at Localworks on Main St., Bethlehem. 'Geegaws, Baubles & Curiosities' a show featuring Heather's work as well as Elaine Gabriel is currently showing at the Maia Papaya on Main St., Bethlehem

The exhibit opens on October 3 and runs through November 11. An opening reception for the artists will be held on Friday, October 12 from 6:00-8:00 pm and is open to the public. The Arts Gallery is located at 28 Main Street in Lisbon, NH. For more information call the Gallery at (603) 838-2300. Normal Gallery hours of operation are Wednesday through Sunday 10:00 am till 4:00 pm.

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Windy Ridge Orchard And The New Seven Birches Winery – Way Beyond Apples And Cider

By Robert Roudebush

Actually, Windy Ridge at 1775 Benton Road has been way more than just apples and cider for a long time. It maintains a well-stocked retail shop offering treats such as Apple Crisp Mix, a variety of cheeses, honey, maple syrup, numerous signature sauces and dressings, and of course bags of Macintosh, Courtland and other apples. Pumpkins of many colors picked fresh, of all sorts and sizes, are for sale in autumn.

The aromatic Cider House Café, operating seasonally, offers up breakfast and lunch, custom-made sandwiches, donuts and pies, and is one of the best-smelling places I've breathed air in. Speak to BUFFY in either place, the shop or the Café – she's friendly and well-informed about anything on the premises. And to one side of the shop waits a kid-friendly play space, so friendly adults actually have fun there too. It is also a Christmas tree farm, cut your own, and of course, a premier Apple Orchard, where you can also pick your own, varieties such as Paula Red and Ginger Gold

Windy Ridge has been selling its own estate-bottled wine from its first wine-tasting room for the past couple years, produced on premises from Apples, blueberries and pumpkins. But a spanking new beautifully-constructed wholly contained winery and entertainment/event space connected to the Café build-

ing is big news in Haverhill and expands Windy Ridge's outreach and appeal to the community in a major way. It's the only commercial winery in New Hampshire north of the lakes region, according to one of the winemaking partners, Mark LaClair.

These successful additions over the years are the result of far-reaching decisions by the Fabrizio family, daughter Sheila in particular lately, who is the second of the two wine-making partners. The plan was to extend Windy Ridge's seasonal appeal and to do so in ways consistent with the agricultural history of the orchard starting back in 1967. That's the year that Dick and Ann Fabrizio first bought the 160 acres high on a windy ridge and commenced the planting of over 3,000 apple trees. Winemaking is at base simply one more type of agriculture, finely tuned by oenologists to be sure, subject to quality of soil, vagaries of weather and shaped by the expertise and techniques of its practitioners.

Drive to Windy Ridge and the Winery – follow Route 116 in North Haverhill off Route 10 for three miles as it leisurely wends its way through the bucolic countryside. When you turn up the drive on your right, you pass the famous white trees which inspired the name and look of the labels on the bottles. In your hurry to find the wine, don't overlook the beauty

surrounding it. I sat at one picnic table just outside the Café entrance near a display of young mums one recent late August day in classic New Hampshire weather just prior to fall foliage – blue skies, not a cloud in them, a cool brisk breeze. I gazed west across a dry-stack stone wall, over verdant green forest, way past the Connecticut River Valley to the Green Mountains in Vermont. Enough to whet your appetite or make you thirsty.

Behind me that morning were the sounds and smells of whirring wood saw blades and hammering marking the interior finishing work of Master Carpenter Eric Hansen and his crew in completion of the just built winery. Mr. Hansen is a long-experienced Post & Beam construction specialist, with a multi-state reputation for excellence and attention-to-detail, as much an artist as a talented craftsman. He has worked with Windy Ridge before, in the building of the Café and other projects. True to his work ethic, he shares with a visitor his view that "I could not do this work without my crew, Jacob Musty, Andrew Swingforth, Josh Hansen (yes, his son), and John Knehr".

Which brings us to busi-

ness partners Sheila and Mark, winemakers in charge. They tell me, **We don't have the supply to meet the demand. It is a great feeling to know we can sell what we make and there is need for more.** Near future plans are for placement of their wines in local retail shops and eateries. Sheila will grow and maintain the new grape vines – the search is ongoing for cold-weather hardy varieties - and production and sales will be Mark's focus. In the meantime, there is plenty of wine for sale now, produced on the property from imported grapes from as far-away as Chili and Italy and our own west coast – and wine currently fermenting in beautiful new polished steel tanks, of 300, 500 and thousand-liter capacity. In addition to the first fruit wines, varieties to be found there now or soon include the reds Cabernet Sauvignon, Malbec, Syrah, and whites Chardonnay, Pinot Grigio and one of the most appealing if little known whites, Viognier.

But is the wine any good? You betcha. Only one way to find out, to my pleasure, and that is to pull a cork. I took home a bottle of Pinot Gris – (sometimes called Grigio- the label dose not show a vintage but the year of the produc-

tion is 2011) – chilled it down a bit and had a glass. Delicious – good clarity and a light straw hue in the glass, a subtle nose, with a little fruit note, beautifully balanced in the mouth, crisp, lightly dry and a nice finish. That means I wanted another glass so I had one. You can too.

Grand opening day for the Winery was Saturday, September 15 and spirits were flowing in lots of different ways. Over a thousand folks visited the Orchard/Winery that day, many of them stepping into the high-ceilinged, new wine tasting space. The beautiful room is open, airy and welcoming, tastefully appointed and painted – including burnt cinnamon wainscoting - suitable for your next friends or family get-together. Christy and Brian were serving up tastes of several of the winery's products – I sampled a well-balanced light Chardonnay, and Mark himself answered questions and conducted tours of the winery fermenting and storage area. Take a drive and grab a bottle with your apples.

Windy Ridge Orchard and Christmas Tree Farm and Seven Birches Winery – 603-787-6377 info@windyridgeorchard.com follow them on facebook.

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

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To Bugbee Landing
Next To Bradford Golf Course, Bradford, VT

Rotary Club Will Be Selling Hamburgers, Hotdogs & Beverages 1-3pm

The "Strawberry Farm Band" will be performing with Bluegrass Music. Plus there will be displays set up by various local organizations offering information about the Connecticut River, the Connecticut River Valley and events happening in the Upper Connecticut River Valley.

All Events Are Weather Permitting


All participants MUST abide by safe boating rules and regulations
Suggested Launch Time 10:30am - 11:30am • Approx. Paddle Time is 3 Hours

FREE Shuttle Service (for persons and personal equipment only) from Bradford to Newbury available from 10-11am. Volunteers will be at the boat launch to help unload and protect boats before launching.

EVENT SPONSORED & SUPPORTED BY:
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Paddle The Border – Spring is scheduled for Sunday, May 19, 2013

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Local Conservation Projects Benefit Local Foods And Wildlife

The Grafton County Conservation District, in cooperation with the USDA Natural Resources Conservation Service, is sponsoring a free Fall Tour of Conservation Projects on Friday, October 12th. Three site visits are planned that demonstrate installed conservation practices and their use in local food production and wildlife habitat improvement. These projects are the result of cooperative efforts of local landowners, Grafton County Conservation District (GCCD), Natural Resources Conservation Service (NRCS), UNH Cooperative Extension and other agencies.

The Fall Tour will start at 9:30am at Ron Willoughby's property at 2281 Lime Kiln Road, North Haverhill, on the right about 1/2 mile from NH Route 116. Please join us for one site visit or the entire day. Plan to bring a bag lunch or purchase lunch at the Cider House Café at Windy Ridge Orchard. GCCD will provide dessert. The Fall Tour will be held rain or shine so dress for variable weather, and plan on moderate walking through fields and woodlands. Please call Pam at (603) 353-4652, ext. 103 if you plan to attend or need more information.

The Fabrizio family has expanded their fruit production to include blueberries, and are gaining recognition for their new Seven Birches wines. We will look at bird netting to protect the blueberries, and tour the new Seven Birches wine bottling operation.

Justin and Carolyn Smith and family operate Green Bough Farm with the goal of local, sustainable food production. Projects include developing a grazing plan, nutrient management, fencing, installing a heavy use area, animal trails and walkways, and forest management. With the NRCS cost share program Green Bough Farm has been able to implement environmental technology and better establish a farm that can be a model for the future. Justin and Carolyn Smith are committed to new technologies of growing crops locally through season extension, and being able to graze twice the amount of livestock on an acre through high intensity mob stocking to build compost and a healthy grass system.

Landowners work with NRCS conservation planners to determine what conservation practices will work best for their operation, and provide environmental benefit. Landowners apply for technical and cost-share assistance through one of several Farm Bill Programs, and develop a conservation plan to meet their goals. The Fall Tour highlights several different landowner objectives and a variety of in-

stalled conservation practices. Ron Willoughby has been improving wildlife habitat on his 283-acre property on Lime Kiln Road in North Haverhill for over 10 years. Ron has released mast and apples trees, wildlife openings, planted native trees and shrubs, habitat restoration, delayed mowing and brush-hogging.

Windy Ridge Orchard, 1775 Benton Road, North Haverhill, is well-known for apples, Christmas trees and fam-

Fall Foliage Outdoor Watercolor Painting Workshop

Join artist Lynn Bart, of the Lisbon Arts Gallery, for a short hike and outdoor painting session on Artist's Bluff in Franconia Notch State Park, Franconia, NH. The focus of the workshop will be on learning how to quickly cap-

ture and create a small 'plein air' painting. The workshop starts with a hike up to Artist's Bluff where participants will spend an hour painting. There will be a break for a group lunch before returning to the parking

lot. The Aerial Tramway parking area will be the site for the second 'plein air' painting. All levels of experience are welcome. Children under age 12 must be accompanied by an adult. The workshop will be conducted on Saturday, October 6, from 11 am to 2 pm and will be held rain or shine. Participants will meet at the Echo Lake parking lot on Route 18 at 11 am. The workshop is open to the public and is free. No registration is required. For a list of supplies or to answer questions, please contact Lynn Bart at 603-823-4031 or lynnbart99@earthlink.net.

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From The Desk Of NH State Senator



Dear Constituents,

Several months ago I had the opportunity to attend a community forum hosted by Genesis Behavioral Health. I was honored to be invited to speak with health care providers, advocates, and other lawmakers.

Since state funding impacts so much of what our 10 community mental health centers are able to do, we talked about the budget and the future.

In Concord, just like other state capitals across the country, building a budget takes an incredible amount of time, commitment, compromise, and active listening. In addition, New Hampshire's Constitution requires a balanced budget.

Senate Finance is just one of two committees critical to budgeting -- the other is Ways & Means. Ways & Means projects the amount of revenue the state will take in during the biennium which in turn dictates the amount of money we can spend and no more. In my opinion, this is the responsible approach for lawmakers to take instead of listing all of the projects you want, and then figuring out how to fund them.

For FY 2012- FY2013, the Senate Finance Committee's priority was clear: Live within our means while trying to care for our most vulnerable citizens.

The 2012-2013 budget spends \$4.4 billion over the biennium in general and educa-

tion trust funds, 11% less than the previous two-year period. This budget is truly balanced, includes no new taxes, fees or bonding of operating expenses. I think we did a good job, especially when faced with an \$800+ million deficit accompanied by spending increases of 24% over the past two budgets.

Two areas of the budget that were a priority for Senate Finance and received a lot of attention were mental health services and the developmentally disabled (DD) waitlist.

While we focused on the numbers, all seven members of the Finance Committee were acutely aware of the people behind them. If you attended one of our public hearing sessions that often lasted long past midnight, you know what I mean. During these hearings, the Hall of Representatives was packed full with those coming to share their concerns. (Our community mental health centers and Department of Health and Human Services support about 50,000 clients across the state.)

You can imagine how disappointed we were, then, to see the budget that arrived from the Governor and House had greatly reduced payments to mental health providers and no funding at all for the DD waitlist. Clearly, this was a mistake.

For 2012-2013, the Senate put an additional \$36 million to community mental health serv-

ices and \$12 million towards the DD waitlist.

Going forward, however, it is important to realize that federal money is going to slow to a trickle or be completely eliminated in certain areas at some point--so a reliance on federal funds is not healthy for our programs or our state.

While mental health centers do incredible work and should always be defined by their successes, their financial health is frail. A 2010 study by The Endowment for Health revealed our centers have improved their financial position over the last several years from fragile to more secure, but that they have not accumulated the financial reserves to withstand major cuts in revenues from Medicaid -- their primary source of revenue.

The study goes on to say the likely outcome of such cuts will be a reduction in service levels for the population at a time when the demand for mental health services may well be rising due to unemployment and a slow economic recovery.

As a percentage of total revenue sources, Medicaid ranges from about 65% at some centers to 80% in others. Thus our Centers' future financial viability depends on continued support from the Medicaid program. (NH is one of the healthiest states in the country, but also has some of the highest Medicaid costs as well -- 38% above average, ranking the state's costs 10th highest in the nation.)

From Concord to Washington, there is an urgent reality: faced with fewer dollars to fund programs and increasing needs, government must find more efficient ways to deliver services, especially when it comes to health care administration.

Which brings us to Managed Care -- a new way of doing business that impacts both mental health services and the DD waitlist. Key reforms will occur in the way we manage Medicaid going forward in the areas of both acute and long-term care.

I've been actively engaged in the move to Managed Care, listened to professionals in the field, and met with the companies who will implement this new model. I've shared my constituents' concerns with DHHS, Executive Council members, and leadership. I

also have concerns and will continue to be involved in the process as this new system moves forward, advocating in the best interests of NH families and the agencies that serve them.

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 able to help with--please call or email.

Your Senator from District 2
Jeanie Forrester
September 29, 2012

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Calendar of Events

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Put **YOUR FREE** listing here!

SUNDAYS

OPEN GYM

1:00 PM – 3:00 PM

Morrill Municipal Building, North Haverhill

CRIBBAGE

1:00 PM

American Legion Post #83, Lincoln

MONDAY/THURSDAY

NCYMCA AEROBICS

Starting 9/24 til December (No Class 10/8)

6:30 PM

Woodsville Elementary School

TUESDAYS

BREAKFAST BY DONATION

8:30 AM – 10:00 AM

Horse Meadow Senior Center, North Haverhill

ONE-ON-ONE CRIBBAGE ROUND ROBIN

9:30 AM

Horse Meadow Senior Center, North Haverhill

UCC EMERGENCY FOOD SHELF

4:30 PM – 6:00 PM 802-584-3857

Wells River Congregational Church

WEDNESDAYS

BINGO

6:30 PM

Haverhill Memorial VFW Post #5245

North Haverhill

TUESDAY, OCTOBER 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, OCTOBER 3

3 RIVERS BUSINESS ASSOCIATION MONTHLY MEETING

8:00 AM

Wells River Savings Bank

WOODSVILLE/WELLS RIVER 4TH OF JULY COMMITTEE MEETING

7:00 PM

Woodsville Emergency Services Building

THURSDAY, OCTOBER 4

TURKEY SUPPER

4:30 PM Take Outs, 5:00 PM – 7:00 PM

Bath Congregational Church

See on page 17

FRIDAY & SATURDAY

OCTOBER 5 & 6

MANHATTAN SHORT FILM FESTIVAL

7:30 PM

Colonial Theater, Bethlehem

See article on page 9

FRIDAY, OCTOBER 5

ST. J PLAYERS – “TWELVE ANGRY MEN”

7:30 PM

Blackbox Theater, St. Johnsbury

SATURDAY, OCTOBER 6

WRITING WORKSHOP

9:00 AM – 12:00 Noon

Haverhill Corner Library

See article on page 8

ANNUAL BOOK SALE

9:00 AM – 3:00 PM

Groton Free Public Library

See article on page 8

GROTON GROWERS FARMERS MARKET

10:00 AM – 1:00 PM

Rte 302, Groton Community Building

See ad on page 7

MAKE AN OFFER YARD SALE

10:00 AM – 3:00 PM

Warren Town Hall

RUBBER DUCKY DERBY

10:00 AM – 4:00 PM

Ben's Mill, Barnet

FALL FOLIAGE PAINTING WORKSHOP

11:00 AM – 2:00 PM

Echo Lake Parking Lot, Rt 18, Franconia

See article on page 4

CHICKEN BBQ

11:30 AM – 1:00 PM 603-272-4841

Piermont Village Fire Department

ROAST TURKEY SUPPER

5:00, 6:15 & 7:15 PM

West Newbury

See ad on page 9

TURKEY DINNER

5:00 PM

Methodist Church, Oregon Rd, E. Concord, VT

FRIED CHICKEN DINNER

5:00 PM – 7:00 PM

American Legion Post 83, 183 Main St. Lincoln NH

ST. J PLAYERS – “TWELVE ANGRY MEN”

7:30 PM

Blackbox Theater, St. Johnsbury

SUNDAY, OCTOBER 7

MAKE AN OFFER YARD SALE

10:00 AM – 2:00 PM

Warren Town Hall

PADDLE THE BORDER - FALL

10:30 AM Launch Time

Newbury Boat Launch

See ad on page 3

MONDAY, OCTOBER 8

ROSS-WOOD AUXILIARY UNIT 20 MONTHLY MEETING

6:00 PM

American Legion Home, Woodsville

Haverhill Selectboard Meeting

6:00 PM

Morrill Municipal Building, North Haverhill

BOOK DISCUSSION

7:00 PM

Haverhill Corner Library

See article on page 8

WEDNESDAY, OCTOBER 10

MONTHLY MEETING -

ROSS-WOOD POST #20 AMERICAN LEGION

6:00 PM

American Legion Home, Woodsville

ONE REGIMENT'S STORY IN THE CIVIL WAR

7:00 PM 802-222-4423

Congregational Vestry, Main Street, Bradford

THURSDAY, OCTOBER 11

BOOK CLUB DISCUSSION

6:00 PM

Bath Library

TOWN HALL MEETING W/VT STATE

TREASURER CANDIDATE WENDY WILTON

7:00 PM – 9:00 PM

Fairlee Town Hall, Route 5, Fairlee

FRIDAY, OCTOBER 12

FALL TOUR OF CONSERVATION PROJECTS

9:30 AM

2281 Lime Kiln Road, North Haverhill

See article on page 4

LISBON ARTS GALLERY OPENING

6:00 PM – 8:00 PM

28 Main Street, Lisbon

See article on page 2

ST. J PLAYERS – “TWELVE ANGRY MEN”

7:30 PM

Blackbox Theater, St. Johnsbury

SATURDAY & SUNDAY

OCTOBER 13 & 14

BOOK & BAKE SALE

9:00 AM – 3:00 PM

Woodsville Library Basement, 14 School Lane

See ad on page 17

SATURDAY, OCTOBER 13

GIANT BOOK & FOOD SALE, READ & EAT!

9:00 AM – 3:00 PM

St. Luke's Parish House, Central St.,

Woodsville

LOCAL AUTHORS FESTIVAL

11:00 AM

Baldwin Memorial Library, Wells River

See article on page 8

MILES & MILES OF MUSIC JAM SESSION

1:00 PM – 6:00 PM

Railroad Park, Woodsville

PULLED PORK DINNER & CORN HOLE TOURNAMENT

5:00 PM – 7:00 PM Dinner

Corn Hole Tournament - starts at 7:30 PM

American Legion Post 83, 183 Main St. Lincoln NH

ST. J PLAYERS – “TWELVE ANGRY MEN”

7:30 PM

Blackbox Theater, St. Johnsbury

SUNDAY, OCTOBER 14

ST. J PLAYERS – “TWELVE ANGRY MEN”

2:00 PM

Blackbox Theater, St. Johnsbury

TUESDAY, OCTOBER 16

NH STATE VETERANS COUNCIL REPRESENTATIVE

8:30 AM – 12:00 Noon

Woodsville American Legion Post #20

EMERGENCY FOOD SHELF

1:00 PM – 2:30 PM

Wells River Congregational Church

FREE BEGINNER SPANISH CLASS

6:30 PM – 7:30 PM

Groton Free Public Library

See article on page 8

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Deadline for submissions is Thursday, October 11th for our October 16th issue.

Austin

By Elinor P. Mawson

There were many, many interesting students in my classes during my 30-year teaching career, but the most unique individual of all was a little boy named Austin.

Austin wasn't even in my classroom! He was a member of another third grade class who had come in to watch a movie. As usual, I was making comments about the picture, and all of a sudden I heard this little voice just behind me--"Heavens!" This one I ignored. But soon after, there was this little voice again. "Goodness!" When I turned around, I saw a disheveled little boy with his curly hair standing up straight, sitting nonchalantly watching the movie. His shirt was too small, his pants too big, and his sockless feet came out of a pair of shoes that had seen better days.

When the movie was over, I asked the boy his name. "Mercy!" he responded, it's Austin".

In all my years of teaching, nobody had ever mentioned my odd-sounding remarks, and I was quite impressed with the fact he had noticed. From that day on, the two of us had regular conversations --and his were laced with "Great Guns" and "My word".

The following year, I heard from Austin's teacher that he was habitually late to school, and that she was going to give him a detention every time he was tardy. When I saw him again, I suggested that if he wasn't late for a whole week, I would give him a reward. We settled on his "Prize" as going to a store and getting something he wanted.

It worked. Austin was on time every day for a week, and I made arrangements with his mother to keep him with me after school and bring him home when we were finished with his reward.

The first trip was to the local mall. I suggested going to Wal-Mart, but Austin opted for Shaw's instead. I figured he wanted some kind of candy, but when we got inside the store, he announced "I want to go to Floral and get something for my mother. Which we did.

The following week, we stopped at the site of our new Library. There wasn't much to see except a large excavator. "Oh goodness", exclaimed Austin, "Let's estimate how tall that machine is." I was flabbergasted that anyone would react to a piece of heavy equipment in that way--

all my experience with small boys consisted of trying to keep them off the machine.

Another time, we went to my house. My garage was full of antiques and odds and ends of all kinds, and Austin was fascinated. "My Word!" he breathed. Is this all yours? When I said it was, Austin moved among all the pieces, saying "Mercy!" and "Goodness". So I told him he could pick out one thing to take home. Soon, he had a line of 7 items, saying "Heavens, I can't make up my mind which I like best!" He was told to take one item, and maybe the following week he could choose one more. I figured that way, he would continue to get to school on time.

Austin continued to wear clothes that were the wrong size. His hair always needed cutting. He got all A's in school. I never saw him with a friend. I am sure he was bullied.

I don't know what happened to Austin when he left our school. I would like to think he went on to High School and even college--he sure had the brains for it. But obviously his parents had quite a lackadaisical attitude about him and I can imagine he is somewhere in some entry-level job. I can only hope that someone will recognize his unique abilities and maybe "estimate" something good for him.

Heavens.
Goodness.

Waiting Is The Hardest Part

Tom Petty was right when he sang that "the waiting is the hardest part." True that, Gator Boy. Because I'm chewing on a whole plate of pause tonight, rotting away in my Manchester basement, waiting for a judgment to be handed down.

And I hate it.

It's this numbing buzz (and not the good kind) that takes over your body from head-to-toe. All you want is a Yes or No. I don't need a long story. Two words, no, just one -- Yes or No. But all you're hearing in your head is a squirrel chowing down on an acorn in your broken minds backyard, going crunch, crunch, crunch on a patch of autumn's filthy leaves.

Are we in or not? Any word yet? You really gonna leave me?

It's a wretched emotion, this uncaring sensation. Part fear, part glory, part denigration. And don't forget the long slog of vanity that hangs like a cancer stick to it. And this particular self-inflicted waiting game is shared by a crew of us, the worry and wait, the yes or the no.

We, ten of us or so from all corners of the region, decided over the summer that we would "make a movie." Friends, old and new, brothers, strangers and talent, both raw and seasoned, shared in this decision. We all have

something riding on it. A notch of recognition, a challenge, a dream, or simply a way of getting through a nasty separation.

I'm done with beaches, so the timing was perfect to film during the summer. Sand, toes, dry feet. Gross! Nothing worse in this world. So, we gathered and started shooting this past Memorial Day. We decided that "by Labor Day we are done. Done shooting, shouting, acting, planning, editing, everything. Over. Complete."

Whether it's a nickel and dime crusade or a big time box office hit, you can tinker a film to death. We weren't willing to do that. No, we would aim for perfection within the parameters of the scenes, nail it down in the Here and Now, not the If and When.

So we wait.

Film festival season is upon us, and if you make films, well, you can show them to your friends and mother's all you want, but in the end, at the very core of your creation, the only real opinion that matters is that of the film panel, the very group of advisors that says Yes or No. Without the panels acceptance there is no

audience, and if there's no audience, well, the screen just goes black.

Like in love, in work, in illness, we wait for the outcome of our efforts. Have I taken enough fish oil to kill the rising cholesterol? Have I worked hard enough to land this account? Have I listened long enough to salvage this relationship?

Only time will tell.

And time passes slowly, like Faulkner's turtle crossing the road, as you wait to be judged in your burning basement. Then, finally, after all the months of shooting, editing, acting and writing, you power up your computer after a terrible night of sleep to see the list of films accepted into the New Hampshire Film Festival.

Then, lo-and-behold, you realize that Gator Boy was wrong in fact when he sang those lines about "waiting being the hardest part."


No, sir, Mr. Petty. Rejection is far worse than waiting you lying Floridian.

At least that's how it feels right about now.

Rob Azevedo can be reached at onemanmanch@gmail.com

GROTON GROWERS FARMERS MARKET
RTE 302-GROTON COMMUNITY BUILDING
SATURDAYS
10:00am - 1:00pm
Locally Grown Seasonal Produce
This last outdoor Groton Growers farmers market on Oct. 6, along with the annual Groton Fall Foliage Festival, features a great selection of locally grown vegetables, freshly baked goods, quality hand crafts and more.
Look for the Groton Growers Farmers Market Float during the annual Fall Foliage Festival parade starting at 1:30. The market will be open from 9-1.
Come for breakfast at Nana's Kitchen, and enjoy a tasty Stromboli from Spice of Life for a light lunch.
"Ask the Chef" your cooking or baking questions, and don't forget to bring those dull knives and scissors to be sharpened while you enjoy our fun, family friendly market.
Monthly winter market starts Oct. 20 with a Taste of the Market Apple Pie Contest open to vendors & the public. Contact Marianne at 802-222-9258 or mikelly1832@aol.com for details.
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Not all Times are Trendy but there will always be Trendy Times
October 2, 2012
Volume 3 Number 26

OBITUARY: WILLIAM "BILL" DOUGLAS GRIFFIN

William "Bill" Douglas Griffin Jr. 66 of Lisbon, died as a result of a motor vehicle accident on Thursday, September 27, 2012 in Littleton, NH. He was born in 1946 in Albany, NY to William and Dorothy (Leonard) Griffin. He completed his high school education and entered the US Navy, serving aboard the USS Austin during the Vietnam Conflict. On October 23, 1972 he married Julia Barcomb.

Bill lived in New Baltimore, NY and worked at Huyck Felt Company, where he invented a safety device for the shuttle on a weaving loom, owned his own black-top company and later worked at the State University of New York, Albany in the maintenance department. After retirement Bill and Julia moved to Lisbon NH. He enjoyed hunting, fishing, NASCAR and was a sports enthusiast watching and playing baseball, football, bowling, softball and pool, receiving awards in baseball and pool. He also bred Labradors and enjoyed participating in activities at the American Legion. Bill

was a devoted husband and father and was happiest when he was helping others.

Bill is survived by his wife, Julia, a son Eric Griffin and his wife Sarah, 3 grandchildren, Hannah, Jackson and Cayden, a sister Fran Shear, a half brother Douglas Griffin and two half sisters Stephanie and Ina Griffin, 1 niece and 2 nephews, and countless close friends. He is predeceased by his parents and a son, William Griffin III. Bill will be interred at the NH State Veterans Cemetery in Boscowan NH. There will be a Celebration of Life at The American Legion Strong-Nurse Post #68, 2400 St. Johnsbury Rd., Littleton, NH 03561 on October 5, 2012 at 2:00PM. Those who wish may send donations in memory of William D. Griffin Jr. to The American Legion Strong-Nurse Post #68, 2400 St. Johnsbury Rd., Littleton, NH 03561 or Littleton Elks Youth Fund, PO Box 65, Littleton, NH 03561. For more information or to send a private note of condolence to the family go to www.RossFuneral.com

October At The Groton Library

Saturday, Oct. 6: Annual Books and Beyond Sale! Come see what treasures you find in our selection of old books, new books, VHS tapes, and more – all starting at 25 cents an item, with proceeds benefiting our library's materials and programs. Our sale is open at the Groton Library during the town's Fall Foliage celebration between 9am and 3pm, right along the parade path. Sponsored by The Friends of the Library.

Tuesdays - Oct. 16, Oct. 23, Oct. 30: Beginner Spanish Class – Free! This class is per-

fect for adults and teens who would like an introduction to Spanish. Our teacher, Ana Petersen, is an Argentina native with a flair for effective Spanish teaching using conversational practice. 6:30-7:30pm. Contact the library to sign up through grotonlibrary@fairpoint.net or 802.584.3358.

Monday, Oct. 22: Book Discussion, 7:00pm – "Jayber Crow" by Wendell Berry. Copies available at our front desk! "From the simple setting of his own barbershop, Jayber Crow -- orphan, seminarian, and native of Port William -- re-

calls his life and the life of his community as it spends itself in the middle of the twentieth century. Surrounded by his friends and neighbors, he is both participant and witness as the community attempts to transcend its own decline. And meanwhile, Jayber learns the art of devotion and that a faithful love is its own reward (book jacket)."

All of our programs are free and open to the public!

For more information, please contact Anne at 802-584-3358 or grotonlibrary@fairpoint.net. Thank you!

Tinker, Tailor Discussion

HAVERHILL, NH — The Haverhill Corner Library will sponsor a discussion of Tinker, Tailor, Soldier, Spy by John le Carré on Monday, October 8, the library has announced. The discussion will begin at 7:00 PM at the library, and will be free and open to the public.

The discussion is the first in a fall series featuring "novels of espionage." The series will continue on Monday, November 12 with The Tears of Autumn by Charles McCarry, and conclude on Monday,

December 10 with The Tourist by Olen Steinhauer. Copies of the books will be available to borrow from the library in advance.

Published in 1974, Tinker, Tailor, Soldier, Spy was an international bestseller and has since come to be regarded as a classic of the espionage genre. In a complex tale of deception and betrayal, le Carré's recurring character George Smiley investigates the possibility that a highly-placed mole is sabotaging the British intelli-

gence service. Drab and overweight, Smiley is the antithesis of a cartoonish, Bond-like spy, but his mastery of his trade and his knowledge of human nature allow him to unravel the "perfect knot" at the heart of an astonishing conspiracy.

John le Carré is the pseudonym of David Cornwell, himself a British intelligence officer who was betrayed by the notorious traitor Kim Philby. Tinker, Tailor, Soldier, Spy was the first book in a trilogy that featured George Smiley and his running battle with the mysterious Soviet spymaster known only as Karla; it was followed by The Honourable Schoolboy and Smiley's People. The novel has twice been adapted for the screen, in 1979 as a mini-series starring Alec Guinness as Smiley, and in 2011 as a feature film starring Gary Oldman.

For more information, visit the library's web site at <http://hliba.blogspot.com/> or call 603-989-5578.

Local Authors Festival

Wells River – The Baldwin Memorial Library will hold a Local Authors Festival on Saturday, October 13 beginning at 11:00 a.m. Several local authors, including Larry Coffin of Bradford, Nessa Flax of Ryegate Corner, Gary Schoolcraft of Peacham, Hod Symes of Wells River, Dorothy Stevens of Wells River, and Ann Barnet who summers in Ryegate, will be available to sell and sign their books. The festival will include a short program to introduce each author and to hear each tell a "two-minute tale" that did not make it into the book. Refreshments will be served. The library is located at 33 Main Street in Wells River and is ADA accessible.



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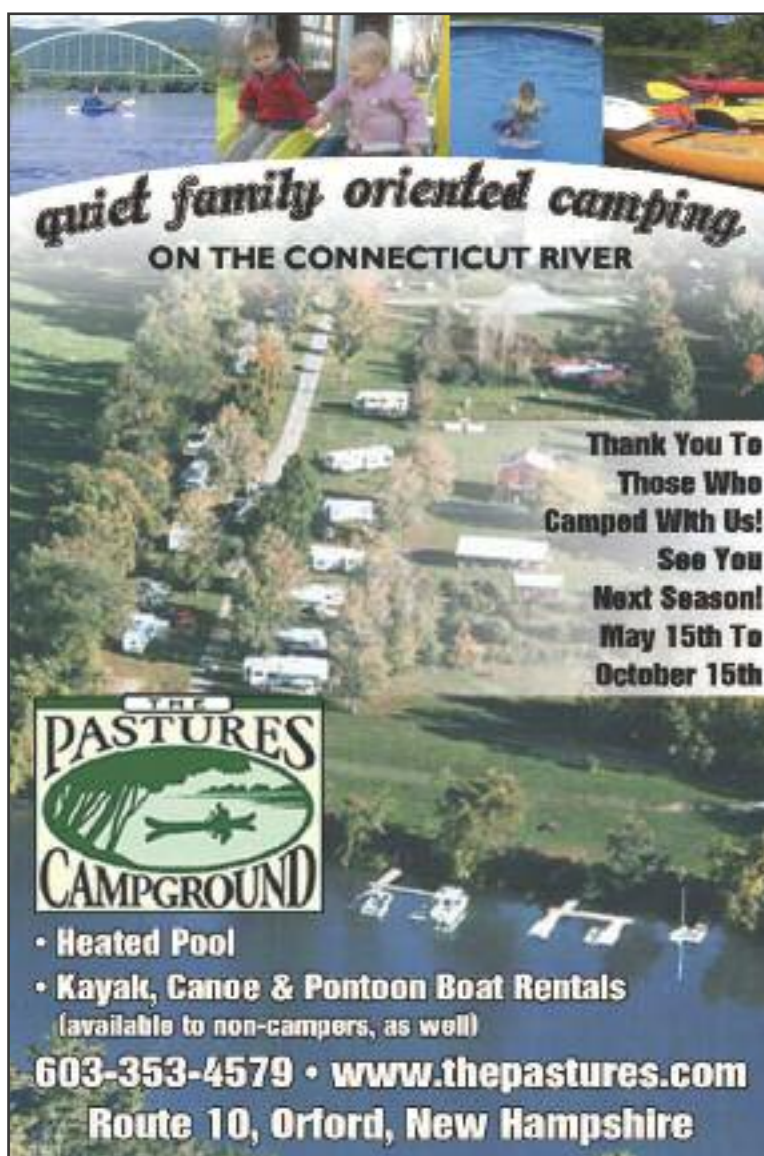
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One World, One Week, One Festival

Filmgoers in Bethlehem, New Hampshire, will unite with audiences in over 300 cities spanning six continents to view and judge the work of the next generation of filmmakers from around the world when the 15th Annual MANHATTAN SHORT Film Festival screens at The Colonial Theatre in Bethlehem on Friday, October 5, at 7:30 PM and Saturday, October 6, at 7:30 PM.

Out of 520 entries received from 49 countries around the world, MANHATTAN SHORT selected ten short films as finalists. Each film is 18 minutes or under in length. Countries represented this year include Norway, The Netherlands, Russia, England, Ireland, Peru, France, Romania, Spain and the USA,

in what festival organizers describe as the "United Nations of Film Festivals."

These short films will not only entertain a global audience, but will be judged by them as well. Filmgoers will be handed a voting card upon entry and asked to vote for the one film they feel should win. Votes are tallied at each participating cinema and submitted to festival headquarters where the winner will be announced in New York City, as well as posted on the net at www.ManhattanShort.com on Sunday, October 7th, at 10:00 PM.

With past finalists achieving the ultimate in recognition by being nominated and even winning the Oscar in the short film category, the Manhattan Short has become known as

a breeding ground for the next big thing.

In one week, over 100,000 people from as far north as St. Petersburg, Russia, to as far south as Buenos Aires, Argentina, as far east as Kathmandu, Nepal, and as far west as Perth, Australia, to over 150 cinemas in 47 US States will come together to view and vote on these 10 films. "While the goal of any festival is to discover and promote new talent, the real aim of this festival is bringing communities together via stories from around the world," says Nicholas Mason, MANHATTAN SHORT founder and director.

"Never in my wildest dreams could I have imagined that what started as a small, relatively simple event when I projected a handful of short



Photo Legend:

From *The Devils Ballroom* MSFF Entry from Norway

films onto the side of a truck on a downtown Manhattan street 15 years ago, would grow into what it is today, with communities all over the world getting together to celebrate via ten short films...it's become like Earth Day—but with film," adds Mason.

For more information about upcoming movies, con-

certs, and other special events call 869-3422, find The Colonial on Facebook, follow Theatre news on Twitter or visit on line at www.BethlehemColonial.org. For more information on the Manhattan Short Festival and to read detailed interviews with the 10 Finalists visit www.ManhattanShort.com.

State Of VT Awards Grant To Connecticut River Joint Commissions

Connecticut River Joint Commissions (CRJC) announces that it has received a \$34,960 grant through the State of Vermont Agency of Natural Resources Department of Environmental Conservation. This one-year grant provides funding to implement CRJC's July 2012-June 2013 work program as outlined in its new Strategic Plan.

The Strategic Plan emphasizes the grassroots work of the local river subcommittees as our local eyes and ears, and in guiding implementation of our river management plans. The Strategic Plan is intended to make the most out of the experience, expertise, networks, and resources of the 30 commissioners themselves. CRJC will focus on the key issues facing the watershed, and will continue to play its bi-state role of convening, catalyzing, and leading dialogue on these issues, and making recommendations to the two states as appropriate.

Current focus areas for CRJC include:

- Participating as a stakeholder in the federal relicensing of hydroelectric facilities at Wilder Dam, Bellows Falls Dam, Vernon Dam in New Hampshire and Vermont as well as the Turners Falls Dam and Northfield Mountain in northern Massachusetts;
- Publishing regional Recreation Management Plans for the Connecticut River, developed by our five Local River Subcommittees;
- Providing a forum for open discussion about projects affecting the Connecticut River and its watershed, such as the Connecticut River's re-

cent National Blueway designation and the termination of the Atlantic salmon stocking program.

"The Local River Subcommittees are at the heart of the CRJC," said Chris Campy, Executive Director of the Windham Regional Commission, Chair of the Vermont Connecticut River Watershed

Advisory Commission, and Vice-President of the CRJC. "It's the local levels where decisions get made that have the greatest impact on the health of the Connecticut River. The Local River Subcommittee members bring a watershed perspective to their towns, and bring their town's perspective to the CRJC."

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10 **Grant Will Allow Molar Express Program to Expand**

Earthy Delights Were A Delight

By Gary Scruton



Francine Morgan, left, The Molar Express Program Manager, and Kathleen Kennedy, The Molar Express Administrative Coordinator, are accepting registration forms for children in Coos and Grafton counties. Click on the "truck" at www.nchcnh.org or call (603) 259-3700.

LITTLETON — North Country Health Consortium has been awarded a three-year \$450,000 Rural Health Care Services Outreach Grant from The Health Resources and Services Administration to expand its Molar Express mobile dental program.

Molar Express provides school-based dental health care to elementary, middle and high school children, ages 5-18, who are Medicaid recipients, uninsured, or underinsured and do not have a dental home. The program currently serves children in more than 20 schools in Grafton and Coos counties. Molar Express also provides dental care to select nursing homes in the region.

"We are extremely pleased to have been awarded this grant, which allows us to continue to reach as many children as possible who would otherwise be unable to access regular dental care," said Nancy Frank, Executive Director of NCHC.

Established in 2005, Molar Express brings the services of a dentist and dental hygienist directly to the children it serves, ensuring they receive essential dental care, including exams, cleanings,

fluoride treatments, X-rays, fillings and extractions without missing a day of school.

"We have the ability to set up a professional and safe dental environment that decreases the inconvenience and allows children to miss less school time due to appointments or from the tooth pain itself," said Francine Morgan, Molar Express Program Manager. "In addition to receiving regular dental care, the Molar Express strives to provide education about good oral health with a focus on prevention to the students, parents, schools and teachers."

The Molar Express is currently in schools and signing up children who qualify for the Molar Express program. Learn more by contacting them at (603) 259-3700. Registration forms and information are also available at www.nchcnh.org, and at The Molar Express on Facebook.

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 or call 603-259-3700.

The second ever Festival of Earthly Delights sponsored by Court Street Arts at Alumni Hall took place on a bit of a cool dreary day. At least the day was like that until you entered the well decorated buildings at the North Haverhill Fairgrounds. Attendees were greeted almost immediately by some gorgeous pots of flowers and bushes. Take a step or two further and you were very possibly standing in a line of fellow attendees waiting to sample food, wine or beer from one of the vendors. The number of vendors in 2012 was close to double that of the last year's initial event.

Those lines were generally short and moved along quickly. The organizers had placed food and drink vendors mostly in alternating spots so that one could pretty much get a bite to eat and then move on for a beverage. This offered most a chance to take a leisurely walk, explore the wide range of offerings, and still not need to actually walk a great distance. If you did get tired there were also plenty of chairs and tables in the middle of the building. You could also make several stops and then sit for a smorgasbord of taste treats, or to compare with neighbors, friends, or even folks you had just met.

One of the big changes from year one to year two, was that this year after you finished exploring the first facility, there was a second building, equally as full of vendors, ready to serve you more.

As an added bonus there were two bands that helped give some music to the



crowd. The first band was outside under a tent and attracted many listeners, while the second set up inside and even got some rug cutters up and dancing.

The large crowd seemed to very much enjoy the event and plans are even under-way for what year three may bring.

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

October 2, 2012 Volume 3 Number 26

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Lisbon Main Street, Inc. Seeks Medical Center¹¹

Lisbon, NH – September, 2012 – More than 2500 residents of Lisbon, Landaff, and Lyman have been without local medical services since the medical center in Lisbon closed its doors many years ago. According to N.H. standards, Lisbon is considered a medically-under-served community. Lisbon Main Street Inc. (LMSI) is working with the local community to re-establish a medical center in the Lisbon Professional Center building at 25 N. Main Street.

For several years, this building was the home of a medical center operated by Littleton Regional Hospital (LRH). LRH invested approximately \$150,000 to renovate the first floor, which includes five fully-equipped examine rooms, a nurses' station, two conference rooms or offices, three rest-rooms, a reception area, and storage. The building has been vacant since the medical center closed. It remains in excellent condition and ready to welcome

a new clinic.

Building owner Peter Loescher has held the building for several years in hopes of re-establishing a medical center in Lisbon. Because the Professional Center is ready-equipped for a medical center, the cost for a health care provider to move in would be minimal. If the building were repurposed to general office space or apartments, the cost to establish a local medical center in another building would be substantial and likely wouldn't happen.

Businesses in Lisbon, including New England Wire Technologies, Connors Footwear, and DCI, as well as smaller businesses and town government, support the opening of a medical center in town. Wendell Jesseman, Chairman of the Board of Directors at New England Wire Technologies and former LRH board member, was involved in establishing the previous medical

center and would like to see it re-established. As an emeritus board member of Lisbon Main Street, Inc. (LMSI), he is working with the LMSI Economic Development Committee on this endeavor.

Since the medical center closed, those who work in Lisbon and residents alike have been required to travel elsewhere for their medical needs. "Stable and sustainable local health services are a key element to the vitality of a community," states Reagan Pride, chairman of LMSI's Economic Development committee, which is driving the project. Residents of Lisbon, as well as those who work in town, would benefit from a reduction in transportation costs and the accessibility of a local medical center.

Re-establishing a medical center is a community-wide effort. Residents, business owners, employees, and parents of children who attend daycare in Lisbon have signed petitions



and letters of support. Allison McLean, Community Development Manager at Public Service of New Hampshire explained to members of LMSI that centralizing medical services has run its course and people are moving into areas that offer close-knit, small communities with available services. A new era of doing business with your neighbors is replacing the trend of centralized services.

Florence Webb, president of Lisbon Main Street, Inc. be-

lieves that availability of community-based medical services would benefit residents and businesses in Lisbon, Lyman, and Landaff. "This type of service represents a cornerstone on which to rebuild the shared small-town rural economy." Lisbon Main Street, Inc. works with the community to improve and promote downtown Lisbon, New Hampshire. LMSI can be contacted via e-mail at info@lisbonmainstreet.org or phone at 603-838-2200.

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

October 2, 2012 Volume 3 Number 26

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LSC Students Volunteer at Local Community Farm Free Organic Food For The Community

By Kieran O'Brien, Lyndon State College Freshman, and Francis Carlett, Community Volunteer

A group of incoming Lyndon State College first year students kicked off their first-year experience by volunteering at the St. Johnsbury Community Farm on Sunday, August 26. With some crops needing to be trimmed, weeds to be pulled, vegetable harvesting and additional construction on a garden shed, a delightful group of eager students were sent to work. The student dedicated four hours

to completing a number of these assignments. With the assistance of Frank Carlet, a volunteer from the community, students transformed the garden shed into an all-purpose structure with a bench and storage space. The students offered their own artistic touch by creating a festive garden mural to a blackboard sign that will be used to list available produce.

"The Community Farm

appreciates all community volunteers...they are the key to the garden's success," said Heather Burt, garden coordinator and director of the St. Johnsbury Area Local Food Alliance (ST. J. ALFA) adding that the "garden depends on volunteer help such as what these students are offering here today."

The students' input helps further the Farm's mission in providing free locally grown organic food to the surrounding community. "We deliver a variety of fresh vegetables to local meal sites and the St. Johnsbury Food Shelf," said Janet St. Onge, a garden coordinator.

Through their community service time, these LSC students were introduced to a new environment, and were provided an opportunity to contribute to the community, which, in effect, helps others obtain free fresh locally grown food. Freshman Kieran O'Brien offers that "Lyndon State College encourages students to take that extra step and contribute to a place they can now call home."

The St. J. Community Farm is located on Old Center Rd. in St. J. This is the only



completely volunteer operated community agriculture project of its kind in Vermont. St. J. ALFA (Area Local Food Alliance), a grassroots organization, works to manage this project in which ALL of the food goes to project volunteers and the local food shelves and community meal sites. The project relies on volunteers to do all types of garden work in addition to delivery food, volunteer organizing, small construction, education and outreach. The project receive support, in part, from individuals and organizations such as Kingdom Community Services; church and civic groups; student

groups from Lyndon State College and LEARN. And we want more! Our community needs more folks to stop down and lend a rake, an hour, write an article, coral other volunteers. Whatever you can do to help feed the community is welcomed. The garden is always open to volunteers. For more information call Melissa at the St. J. Food Co-op 802-748-9498 or email info@st-alfa.org. Visit us on facebook <http://www.facebook.com/pages/St-Johnsbury-Vermont-Community-Farm/108039405908356> Or <http://www.facebook.com/st-jalfa>

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Why Does Senator Clegg Support Warner For NH Senate?

LITTLETON Senator Clegg of Hudson contributed to Debi Warner's senate campaign. "I donated to the campaign because I believe she will make an exceptional Senator. I have known Debi and her family nearly 20 years and I was there at the hearings over the past two years at the legislature when she blasted the Attorney General's office and followed through in remarkable persistence to take down his actions and she won. I was there when she testified against the Assistant AGs, again prevailing in argument while always remaining calm and respectful. She debates with reason never attacking a person only attacking an injustice. The hearing process always went better when Dr Warner was framing the debate. And she won. She will make a great senator. I know what it takes to do the job, Debi has it."

Senator Robert Clegg retired from legislature after four terms in the NH House, three terms in the Senate, and had an unsuccessful run

for Congress in 2008. He then started a consulting business, Legislative Solutions, which advocates with and for those who wish to communicate with government. Among his list of clients are the national associations of football players, soccer, hockey, basketball, and baseball, as well as other industries including one that advocates on behalf of Northern Pass. "I can do anything I want with my personal money and I chose to donate to Debi for her campaign, and that's that. I donate to those I believe will listen and act in the best interest of NH. I ask for no more and expect no less. There are many issues including the Northern Pass which affect business in this state. I am positive Debi will represent the wishes of her constituents. I am also positive there will be many other issues her constituents and I will agree on, one being that Debi understands what it takes to represent NH. I expect fair treatment but not special treatment even for

the hockey players, even if Debi did play on her university men's ice hockey team."

Does the contribution have anything to do with Northern Pass? Clegg says, "No way! I wish she were on my side of that argument - but she is dead against that project. Friends can disagree on many topics, but it does not dampen my support. I know that she will be respectful. She will keep her eye on the issues affecting her constituents and will do what's in the best interest of us all with unflinching determination. Real solutions, real results and never compromising her principles; solutions that will work in reality. I donated with the greatest respect for the ethics and moral character of a person I have grown to love as a sister. Debi is a talented and determined person who really wants to help make a difference for all who call her region home and her love for our state means we have another set of eyes keeping the NH Advantage alive for another generation."

Bob Lamb Letter

I attended the Candidates' Forum at the Wicwas Lake Grange in Meredith last night (9/19). I thought that it was a good event. The moderator was very balanced and the voters were afforded a great opportunity to hear 8 candidates for the NH House answer a wide range of questions. Four of these candidates will represent the towns of Meredith and Gilford following the Nov 6th election. This was an important event.

As I was listening to the questioning, it was clear to me that Jeanie Forrester and I had missed a great opportunity to present ourselves to a large group of interested voters. I was disappointed she canceled the event she had originally set up in "her" town. I cannot understand why she canceled after I had accepted, but the real losers in this were the interested voters who could have seen both Senate Candidates answer the same questions asked of the House Candidates.

When Jeanie first set up the Meredith event back in July, she agreed to participate in a similar event in Plymouth, which "was mine to arrange." This 90-minute forum, scheduled for October 10th, is to be a 45 minute question and answer period led by a non-partisan moderator and 45 minutes of questions submitted to the moderator by audience members. I hope that her decision to cancel the forum in Meredith does not mean that she will not honor her commitment to ensure that the voters in Plymouth and the surrounding towns have an opportunity to listen to the both of us. I will be at the Pease Public Library on Wednesday, October 10th from 6:30-8 PM to answer voters' questions.

It is true that I initially scheduled two more forums, one in the western part of the district (Haverhill) and one

in the southern part (Tilton). I believe it is important for the voters in both these areas to have the same opportunity to listen to us and ask us questions. I invited Jeanie to join me at these forums. Jeanie claims that I never worked with her to reach an agreement. This is not true. I made several attempts in the last two weeks by phone and by e-mail to discuss the scheduling with her, including the Meredith and the Plymouth forums. My efforts were met with silence. She never returned my phone calls or responded to my e-mails.

Nevertheless, I have moved forward and scheduled public events in four areas of the district so that voters have an opportunity to ask me questions. The first forum will be October 9th at the Horse Meadow Senior Center in Haverhill from 6:30-8 PM. The second will be in Plymouth at the Pease Public Library on Wednesday, October 10th from 6:30-8 PM. The third will be October 16th in Tilton at the Tilton Senior Center from 6:30-8 PM. The final event will be in Jeanie's town of Meredith on Thursday October 18th at the Community Center from 6:30-8 PM.

I have fundamental differences with my opponent and her voting record during the last two years and what direction the state should be moving in during the next two years. The voters are entitled to know where both of us stand on the important issues facing the state legislature and ask questions about the issues important to them. I am ready to stand up and explain my positions to the voters. I would hope that she is willing to do the same.

Sincerely,
Bob Lamb
Democratic Candidate
for NH Senate District 2

Jeanie Forrester Letter

To The Editor,

I am pleased to let the voters of District 2 know that I will be participating in the following upcoming public forums hosted by very well-respected, non-partisan organizations:

- Oct 1st, 8 a.m. –10 a.m., Lakes Region Partnership for Public Health, Beane Conference Center, Laconia
- Oct 5th, 7:30 a.m.–9 a.m., Belknap County Economic Development Council, Taylor Community, Laconia
- Oct 30th, 5:30 p.m.–7:30 p.m., NH Timberland Owners Association, Meredith Community Center, Meredith

It is my hope that the Democratic candidate for the Senate District 2 seat will attend as well.

I am a much different type of candidate than my opponent—I come from Main Street, having served local communities and small businesses through economic development positions and as a town administrator. I have a strong, diverse history of community service, from my involvement with Community Caregivers to helping raise money for the Loon Preservation Committee, to serving on Meredith's Capital Improvements Program Committee.

Another difference is that I believe that listening to voters while going door-to-door, attending public events and visiting the selectboards in District 2 is critical to understanding constituents. Campaigning isn't about talking at voters—it's about listening to their concerns so that I can work to best represent them, if I have the privilege of serving as their State Sen-

ator again.

I am also a straight shooter. You know where I stand – no sales or income tax, keep taxes and fees in check and keep spending to only what we can afford. I take my responsibilities on the Senate Finance Committee very seriously, balancing our needs with our wants because we know we just can't spend our way into prosperity. Prosperity and opportunity come, rather, through allowing our small businesses the freedom to create jobs. Reducing unnecessary regulations was a good first step.

Above all, I am a hardworking constituent service-minded senator. That has and always will be my mission. When Northern Pass threatened to take away our private property rights I was there from the very beginning fighting to protect our lands. Through countless hours of meetings, hearings and time spent in the North Country, HB638 passed with bipartisan support, making it unambiguously clear that private property rights are paramount here in New Hampshire.

Campaign season here in New Hampshire can sometimes be full of unfortunate posturing and game-playing. It seems to come with the territory. But let me assure you that with me, what you see is what you get. My record of service and fiscal responsibility speaks for itself and I look forward to talking more about my vision for a stronger New Hampshire whether it is at a forum or on your door step.

Jeanie Forrester
Republican Candidate for
NH State Senate, District 2

Letter To The Editor

"While. . ."

Gasoline prices sharply rising, housing markets underwater, food prices doubling overnight and inflation of the dollar is going to explode. All this transpiring, as tens of thousands of innocent civilians, including women and children, are being slaughtered by radical governments around the world, including our U.S. Ambassador and his aides who were mercilessly murdered and their bodies dragged through the streets.

"While Rome burns . . . the 'Little Caesar Barack' dithers and bows to our enemies."

An "empty chair" waits for the leader of the free world, Barack Hussein Obama to be "present." But, Obama's narcissistic personality disorder deeply possesses him to constantly seek attention and admiration while taking advantage of other people to achieve his own goals. Unashamedly, he disregards the feelings of others, because of lack of his

Peg,

Isn't the United State of America a great place? You have the right to write what you wish. As an editor I have the right, and dare I say the responsibility, to print your thoughts. And your neighbors and mine have the right to agree or disagree with what you think and write. Isn't that just grand!

At the printing of this edition of Trendy Times there will be five weeks left until the November elections. The FREE elections where registered voters can go, cast their ballot, and have no fear of repercussions. I again urge each and every qualified voter to take the time to be informed of the candidates, then take advantage of that privilege and vote.

Gary Scruton, Editor

own ability to feel empathy.

And still, "While Rome burns... the 'Little Caesar Barack,' again, dithers and apologizes to our enemies, for our exceptional freedoms."

Barack Hussein Obama deftly uses his war with words regardless of the hypocrisy he exhibits, as a tool with the purpose to intimidate and end a debate by placing restrictions on what we can say and how we say it, and to restrict debate and silence opposition of the American public.

"While Rome swiftly burns to the ground... the 'Little Caesar Barack' dithers and waits for his reward for helping to collapse the "Shining City on the Hill."

But, We the People are Coming, and we will take back our country. This is our America, we did build that, and we will fight to protect and defend the greatest nation on earth.

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Diary Of A Fat Man

Journal Entry 6:

Losing Weight Is Great

Written By "Mike Burton"

I never knew I was such a rapper, but I finally made a rhyme. Anyway, losing weight is great and the reasons, as I'm slowly finding out, are:

People tend to respect you more: I kind of find this one as a double bladed sword. Why can't they respect you as a person even if you're big? I mean, I can hear the arguments now, "You don't take care of yourself. It's sending a

bad image to our youth." Yadda. Blah. Blah. Even before I started losing the pounds, I walked every day (weather permitting) and that counts as taking care of myself. I bathe every day, I brush my teeth, so I keep up with my hygiene. Yet, if you're a couple pounds overweight, you're considered a slacker at taking care of yourself and people don't respect those who are

overweight. I noticed that after I started losing weight, people who wouldn't bother saying two words to me are now talking to me. I mean, it kind of stinks thinking that people hate you only because you're big. So, losing weight and gaining those who looked down on you before really opens your eyes on those who are not fat friendly. Which I don't see as right. To me, it

don't matter what you are: skinny, fat, gay, lesbian, black, and all nationalities and backgrounds that you can think of because I don't feel like naming them all here; but if you're nice to me, I'll be nice to you. Simple as that.

Easier to fit: I think my biggest thrill is how everything is getting so much more comfier. Like I can fit into chairs a little more easier, because there's nothing more embarrassing than having to stand up in a receptionist room due to that they don't have "fat friendly" chairs. My pants and shirts are starting to get a heck of a lot looser as well. I remember going to a sporting event a few months back and

my biggest fear was, "Can I fit into the seats?" I started the diet and must of lost enough weight to get right in. It was joyful moment.

I have a woman asking me to hang out with her. Oh yes (insert suave up and down eyebrow thrusts here).

There is another reason why losing weight is beneficial, especially for men. If you lose thirty five pounds... something shows an inch more. I know it's probably not newspaper friendly, but we all got to be honest with ourselves, hearing that will make my fellow big brothers a little more ambitious on losing weight. I will leave you with that to ponder until next month.

A Walk In The Woods – September 2012

By David Falkenham, UNH Cooperative Extension Grafton County Forester

Paddling and hiking the many routes of the St. Regis Canoe Wilderness is an amazing walk in the woods. The protected pathways of Native Americans and trappers that once inhabited the northern Adirondacks make it simple to slip away from civilization and contemplate a different kind of woods.

The ghostly call of the loon drifts through the fog, the sound is ancient, haunting and addictive. All around me, gigantic pines and hemlocks reach to the sky, some of them so tall that you literally can't see the tops of the individual trees through the canopy of the aging forest. Some of the hemlocks are possibly over 600 years old.

Walker and Casey, our black labs, float lazily in the canoes, waiting for the next portage when they can run free through the wild forest. On an occasion or two (or three) Walker can't contain himself and launches out of the canoe in the middle of a lake to chase taunting ducks and diving osprey. It's a good thing labs float! Casey, ever the lady, waits until my wife's canoe nearly touches shore then launches herself in pursuit of squirrels, and her fellow paddlers.

The Adirondack Park was once heavily logged by timber barons for both lumber and hemlock bark for leather tanning. In the late 1800's the land was purchased by the government and the Adirondack Park was formed. Unlike the White Mountain National Forest, no logging is allowed in the Adirondack Park. The forests in the park are getting old and will be old-growth forests someday. Is this better than a managed forest where log-

ging is allowed to happen? That depends on what you want to see in the forest. There were two things I never see in the Adirondacks, diversity and wildlife.

The forests are beautiful and old, but there is no diversity, thus there is no wildlife. In two weeks I have not seen evidence of deer, bear or moose. The canoe portages should have been littered with the tracks of these three animals. I only saw one ruffed grouse (I think he was lost) and song birds are very limited unlike the huge variety that we have in Grafton County. I also didn't see any rabbits, and without rabbits and forest diversity it is unlikely to

have bobcats or fisher, and impossible to have Canada Lynx. I also haven't heard a single coyote.

The fact is that without timber cutting (both clear-cutting and selective cutting) or raging forest fires and other natural disasters, it is difficult to have the variety of forest ages and densities necessary to support a rich abundance of wildlife. Some wildlife such as rabbits, grouse, woodcock, deer, moose, bear and many songbirds depend on young forests that timber cutting provides.

Native Americans knew that wildlife needed shrubby young forests so they commonly burned hundreds of

acres at a time to support the wildlife that they needed to hunt to survive. Also fires that were started naturally were allowed to burn uninhibited. Forest fires are inconvenient to modern human ways and structures. Well-managed timber cutting is a great alternative that provides the forest diversity needed to support our wild creatures.

Don't get me wrong, I love very old forests with giant trees towering to the sky and sparse understories where my dogs can run wild

without any brush to get in their way. Good forest management involves a mix of commercial timber harvesting and forest protection that allows forests to grow old and progress through natural biological processes (including wildfires). I am very proud to say that in New Hampshire we have a strong and well supported forest industry and great mix of forest ages, young and old that supports the wildlife I love so much. Let's keep up the good work!

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

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Resilience

By Sheila Asselin

If I could give one piece of advice to a young person who is adventurous but viewing the future with a little trepidation it is to stay loose. Stay resilient. Some people seem to have their lives all planned from the day they were born or even before. Nannies, prep school, college, safe job in business, marry an adequate person. Not someone fun or exciting mind you but a safe someone who will look good on your arm at the opera and can make a great martini, (His only redeeming virtue).

What happens when life throws you a curve as it almost certainly will? You are crushed because you never had a Plan B, or C, or D. But if you can see beyond the obvious to all the other possibilities you can, I am not going to say "Make lemonade". Would I ever say anything so trite? You can go in directions you never previously even considered.

For instance when I was 17, no money, college was out of the question. I got married at 18 years and three days. Seven children on an army sergeant's pay precluded college. I always thought I was semi-intelligent so at the age of 38 I was a freshman in college.

The dean took one look at me and declared I did not have to take the Phys. Ed. Requirement. Field hockey with 18 year olds was out of the question. I figured college would be difficult. Except for math it wasn't. One can learn a lot just by living. I surprised myself but not my

family.

One wonderful day in May I graduated cum laude. It had taken me ten years including interruptions. Two moves across the country and pushing those kids to get their education. I guess I was just a slow learner. All my kids were there for the graduation and a wonderful time was had by all. It usually takes an expert in logistics to get everyone in the same spot at the same time, but they done good!

My older daughter credits me with inspiring her to go back to college and get her teaching degree. Her daughter has her masters and is going for her PHD. One son is a chef, another working towards his RN degree and one is an English tutor in Austria. Different interest which would never had happened if one did not "think outside the box". A resilient attitude will take you far in directions you may not even have known existed.

Did I mention that between sessions at college I worked in a lumber mill? I attribute my deafness to that although I tell the kids I lost my hearing playing in a rock band. I get a lot more respect that way. My band was called "Wind Chill Factor." Ideal for a band from New Hampshire.

It has been a fascinating trip. Or as my oldest son has written on his tombstone "What a Long Strange Trip It's Been." I would like to stay around for a while yet. I can hardly wait to see what happens next!

Lisbon Lauds The Long-Ago And Lifts Laughter, Too During Annual Fall Festival Of Arts

By Robert Roudebush

Yes, this is a piece about a museum, but blast dusty, musty and boring out of your mind and substitute accessible and fascinating this time. If I ever thought I couldn't enjoy a spirited occasion and visit a museum in the same brief period of time, the LISBON AREA HISTORICAL SOCIETY proved me wrong recently when it opened the doors of its brand-spanking new showcase of the old and captivating at number 6 South Main Street. Saturday September the 22 was a bright beautiful fall day when history became vital and engaging in the small cozy space in the Parker Block of Lisbon.

Have no doubt about the region-wide, even state-wide interest in this long-worked for event. Ray Burton (Governor's Council AND Grafton County Commissioner – the Dean of New Hampshire Public Servants - in case you might be from Missouri or some other place besides New Hampshire) - was present at the ribbon cutting at 10:00 AM. By the time Mr. Burton wielded his scissors, numerous colorful craft and art vendors had already set up, turning Lisbon's main drag into a genuine fair, the 12th Annual Fall Festival of the Arts.

LAST MAN HANGED

Remember Samuel Mills, the last man publicly hanged in New Hampshire? You don't? Neither do I really, a bit before even my time – May 6 1868. But rumor has it, the internet confirms it, and now the LAHS brings the story alive too of the convicted murderer of one George Maxwell. Mills killed Maxwell in 1866, shot him dead, and stole "all the valuables he could, including Maxwell's horse and buggy", the story goes, and ran away for a while to Canada. He was found, brought back to New Hampshire, held for a period in the county jail located in Haverhill Corners at that time, then hanged there on a scaffold built directly outside his jail cell window, for all to see. Riots in Woodsville are said to have broken out after the execution, and may have been the reason why future hangings

were moved thereafter to the state prison in Concord.

How do I know all this? Because during my visit to the LAHS's new museum, I met and spoke with Andrea Fitzgerald, historian and hard-working LAHS member. Turns out killer Mills was a miner in the area, who lived in a boarding house in Lisbon and also shopped in the Parker Young Company store. Six weeks prior to dispatching the unfortunate Mr. Maxwell, Mills bought "socks, long johns, an undershirt and overalls" at the store. How does historian Fitzgerald know this? Because the LAHS's new museum has a ledger from the store itself listing the things Mills bought and how much he paid for them. History out-of-touch, uninteresting, tedious and dull? Not here. Wonder if Mills was clad in that same underwear during the murder? Wonder how long he continued wear those underclothes after the deed and he ran north? TMI. Ah, the intrigue of history. Yes, this is a museum stocked full and on the cutting-edge of appreciating the past.

1764 CHARTER

Greeting folks at the door of the new museum, seeing to the guest book and answering questions from nosey people like me was Judy Boulet (pronounce it "bullet" she told me) dressed in period garb as Ruth Sherman, mother of a slain Civil War soldier. Judy's family had found, framed and presented to the museum a fascinating original document dating from 1764 – a wrinkled, stained and slightly damaged parchment three layers thick and repaired with twine – the first Charter of the towns of Landaff, Lisbon and Lyman, not quite a map, but containing names of original inhabitants and lot numbers. Mrs. Boulet had found the document rolled up, and wearing white gloves, had tenderly ironed it flat enough so that her husband could build a frame for displaying it. Just one of many great stories that come alive in the museum. Operating seasonally May through October, standard hours are Friday, one to three PM, or by

chance or appointment. Call historian Fitzgerald herself at 603-838 6146 if you like.

Ms. Fitzgerald mentioned more than once her gratitude for frequent reliance on another noted history professional, published author Dr. Katherine Blaisdell of North Haverhill, in particular Dr. Blaisdell's series OVER THE RIVER AND THROUGH THE YEARS, Book # 6. "She's one of a kind around here, she has done invaluable research and she has willingness to share" noted Fitzgerald.

Ms. Fitzgerald and Mrs. Boulet were not the only helpful folks I encountered that Saturday - Kasey Nightingale, Festival Emcee, good-looking, and well-spoken provided me with schedules and event-lists for the Festival. Upwards of 250 people turned out for the daylong affair, according to some estimates. Turns out Ms. Nightingale is more than just an agreeable person helping a writer cover a story – lots of area radio listeners know her well from WLTV – Mix 96.7 FM.

Who else was there? The Caledonia Chordsmen Barbershop Chorus – Ed O'Brien's Carnival Organ – Sally Sherrard's Magic Show – The Lisbon Lions Club Famous barbeque lunch between 11 AM and 1 PM. And I won't soon forget the impressive show of hard work and skill represented during the Quilt Display at the White Church. Picture more quilts than I could count draped in gentle beauty along the backs of church pews. Ms. Nightingale confided to me the People's Choice Winner slightly ahead of her announcement – Jeannette Howlands. Two members of the "Spider Roulette" live band, were rocking when I first arrived, spinning out "City Of New Orleans" – a trip back into pleasant time for me. Among the players was a bearded fellow on acoustic guitar and one other with a black bowler hat and black vest on electric harmonica and sporting a washboard, horn, bells and various other sound-making devices. It's what you call a great time on a beautiful day.

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Explore New Opportunities During Open Enrollment

If you work for a medium-size or large organization, you may well be entering that time of year known as Open Enrollment. While it may not be as dramatic as the "other" election that's arriving in a few weeks, Open Enrollment will provide you with some choices that can have a big impact on your life.

Depending on how your organization administers its benefits program, you may be able to make changes to several important areas during open enrollment.

Here are three of them:

- Life insurance — If your employer offers free or inexpensive life insurance, you should almost certainly accept it. But if your situation has changed since you first received life insurance as an employee benefit — that is, if you've gotten married or had children or bought a house — you may well need to supplement your employer's policy with outside insurance. Also, make sure the beneficiary designations on your employer's policy are still correct.

- Disability insurance — Almost everyone recognizes the need for life insurance. But that's not necessarily the case with disability insurance — which is unfortunate, because a worker's chance of becoming disabled is 2 to 3.5 times greater than dying, ac-

ording to A.M. Best, the credit-rating company. If your employer offers disability coverage, you should probably take it — but, as is the case with life insurance, you may need to supplement your employer-sponsored plan with a policy of your own. To determine how much protection you need, add up your monthly living expenses and then compare the total to your current disability insurance coverage. You may well discover a "gap" that should be filled.

- 401(k) plan — If you can make changes to your 401(k) or other employer-sponsored plan (such as a 403(b) plan for nonprofits or a 457(b) for state and local governments), you'll want to consider two key areas: your contribution amount and your investment mix. As a general rule, it's a good idea to contribute as much as you can afford to your retirement plan because your money can grow on a

tax-deferred basis. So, if you can afford it, or if you're anticipating a salary increase for next year, consider bumping up your retirement plan contribution.

As for your retirement plan's investment portfolio, take a close look at it. Does it still reflect your risk tolerance and time horizon? These two factors will change over the years, so you'll want to make sure your investment mix keeps pace. Also, is your account properly diversified, or have you tended to concentrate your dollars in just one or two types of investments? While diversification cannot guarantee a profit or protect against a loss, it can help you reduce the impact of volatility on your holdings.

You should have several weeks in which to study your benefit plan options, to take the time you need to make the right choices. You may also want to consult with a professional financial advisor — someone who can help you determine your life insurance and disability protection needs as well as review your retirement plan's investment mix to ensure it's still appropriate.

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

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Men's Gland & Hormone Support

Today's fast paced, high stress lifestyle seems to demand that men be "supermen". A man must be strong physically during workouts and sports, supportive emotionally in relationships, balanced under stress, mentally creative and quick, and sexually keen and virile. Diet and exercise are the pillars supporting a man's health and energy. But, both are sadly deficient in the modern American man's life. Chemical laden farming methods and foods have made us one of earth's most nutritionally deficient nations. Our hectic, yet sedentary lives don't readily allow for excuse unless a conscious effort is

made. In addition, women aren't the only ones endangered by the estrogen-imitating effects of chemicals and pesticides. There is substantial evidence that supports the role played by man-made estrogens in hormone imbalances that threaten male health and fertility, too. The most alarming statistics relate to sperm count (which have fallen by almost half since 1940), and hormone driven cancers which have risen dramatically.

Men tend to keep a health problem to themselves until it becomes a medical crisis. Most men feel that they are supposed to be strong, protective, self-reliant and in

control. To a man, illness is more than just physical pain or discomfort. It exposes vulnerability and weakness, opens him up to the unwelcome intimacy of a body exam, and is a source of embarrassment for not being able to handle the problem himself. No one likes to go to a doctor or undergo medical treatment, but, the whole male ego/personality profile becomes threatened during illness. Men grow up knowing very little information about their bodies except in the context of sexual function or sports performance, so they rarely see the need to take disease prevention measures or seek understanding about health maintenance.

Herbs can be a valuable answer for men's chronic health problems, a kind of natural insurance policy for many male needs.

- Information about how to use herbs safely and effectively is readily available for a man wishing to take more responsibility for his health. Before the "industrialized/heroic medicine" era most families knew how to use herbs for health. Men, generally, were the more respected herbalists, with a long tradition of understanding the relationship between body/mind/health connection.
- Herbs provide men with an effective way to deal with the greatest underlying cause of their health problems – stress. Because they are reluctant to admit setbacks, have a tendency to deny problems rather than deal with them, and

hold their feelings in, men are far more susceptible than women to stress-related illnesses, such as hypertension, heart attack and fatigue.

- Herbs are strong enough to benefit the male system without the side effects of drugs. They have broad range activity for long term results. They work quickly through the body's own enzyme structure, and act cumulatively to rebalance body chemistry.
- Herbal supplements provide concentrated nutrients to reproduce new cells and tissue and to increase male strength and physique. They can overcome nutrient depletions, especially body building minerals, and tone the body for extra energy and endurance. Herbal formulas are valuable at all levels of an active lifestyle. They are a proven adjunct to muscle growth, and speed healing from sports-related injuries.
- Herbs can add more energy to the reproductive system, a major area of male strength and longevity, thus making the whole body healthier.

• Herbs are easy. A man doesn't have to relinquish his strong, self-reliant perspective to use herbs for many health problems successfully.

Hormone Balancing & EFA Sources include – Damiana, Saw Palmetto Berry, Muira Pauma, Wild Yam Root, Panax American Ginseng Root, Sarsaparilla Root, Licorice Root, Evening Primrose Oil, Flax Seed, Maca Root, Tribulus Fruit, Horny Goat Weed, Ashwaganda Root.

Body Chemistry Balancing herbs include – Ginkgo Biloba, Garlic, Suma Root, Burdock Root, Ginger Root, Goldenseal Root, Astragalus Root, Echinacea Root, Capsicum.

Chlorophyll source herbs include– Chlorella, Barley grass, Nettles, Spirulina, Alfalfa, Watercress, Parsley Leaf, Kelp & Sea vegetables, Aloe Vera.

Anti-Inflammatory herbs include – White Willow Bark, Devil's Claw Bark, St. John's Wort, Chamomile, Dandelion Root, White Oak Bark, Marshmallow Root, Meadowsweet, Ginger Root, Turmeric Root.

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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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Rusty's Story

The telling of Rusty's story is so long overdue.....

Our relationship with Rusty started in January of 2012 when he was surrendered to the Above the Notch Humane Society due to health problems of his owner. Since there was no other family member that could take him, we had the privilege of taking him into the shelter and getting to know him. He is a beautiful, active 80 pound yellow Labrador mix who loves to play. It has been mentioned that he behaves well on a leash and loves to take walks. He is very smart, does obey basic commands and once you set a pace while walking, he will be right at your side. He is most particular in being around gentlemen who would be able to spend good amounts of quality time with him, playing and taking him wherever you go. He is a devoted dog and enjoys riding in the car, especially in the front seat! Rusty develops a strong bond with whomever he spends time with and would ultimately love to be with that person all of the time. It is recommended that the ideal owner for Rusty could be someone who has a work-at-home job

or self-employed where he would be able to accompany them to work. A fenced in back yard would be a joy for him to have a structured area in which to run and play with his toys. Boy, does he love his doggie toys!

In the past few months, Rusty has spent time in training with a professional dog trainer and has improved and become more comfortable meeting new people. Since he is now looking for his 'forever home', it is recommended that he go to a more quiet household with preferably an older gentleman that can put the time and love into this wonderful animal to help him acclimate to a new environment. Since Rusty does do better with older persons (men in particular) it is recommended that we seek out a home for him that does not have small children, as unfamiliar loud noises do make him somewhat nervous.

Rusty is extremely lovable once he gets to know you and would like to be a companion as well as have a companion. He is looking for that special someone to take him home. It is our hope that we find a home for him soon with someone that will give

him the love and attention that he so deserves.

* * *

Our Mission at the Above the Notch Humane Society: To provide protection and care for unwanted, abused, and stray animals in the surrounding towns as well as a responsibility for educating the public in the areas of correct animal care and welfare. The ATNHS is a 501(c)3 nonprofit organization and is run strictly on a donation basis. 100% of donations from the public are tax deductible. We receive no local, state or federal money.

It is with donations received from the public as well as monies received through fundraisers, that we are able to help such wonderful animals such as Rusty. These funds help to keep us going and in doing so we are able to continue to assist and take care of more animals until that special someone does come along and take them to their forever home. This is our very special wish for Rusty.

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By Ronda Marsh

Beer Braised Pot Roast

Pot Roast is definitely a New England staple. I don't know if it was invented here, but I wouldn't be at all surprised, as Yankees have a reputation for being ingenious, inventive and frugal folks, who sure wouldn't let a tough cut of meat deter them from turning out a hot, tasty meal. And a tough cut of meat is exactly what is required here to make a really good Pot Roast, as the long cooking time will break down the fat and connective tissue, without rendering the meat dry and tasteless. I prefer chuck for this, but any shoulder roast will do, just make sure it has some fat; this is definitely not the time to pull out an expensive cut that is lean and trimmed. The general rule here is: The cheaper, the better. Another little tip is to make your first priority getting your roast out of the refrigerator, drying it off and salting it. The salt pulls moisture out, but then the salt is reabsorbed back into the meat, flavoring it and breaking down the proteins, helping to tenderize it. This can all happen while you're assembling and organizing your other ingre-

- 2-1/2 to 3-1/2 pound pot roast (chuck is best)
- Salt and Pepper
- 1 Tablespoon Worcestershire sauce
- 2 Tablespoons vegetable oil, olive oil, or butter
- 1 large or 2 small onions, halved, then sliced in half-rounds

Remove meat from refrigerator, wipe dry, and season all surfaces well with salt and pepper. In a large heavy pot, heat the fat. When the fat is heated to almost smoking, rub the roast with the Worcestershire and add to the pot, browning well on all sides. Remove browned meat to a plate. Add the sliced onions to the pot and brown; stirring often to keep from sticking to the bottom, then reducing heat to caramelize (about 10 minutes.) Pour in the beer and vinegar to deglaze, using a wooden spoon to incorporate the fond (and bits of flavor!) from the bottom of the pot. Add the roast and any accumulated juices back to pot. The liquid should be no more than half-way up the side of the roast (the object being to braise, not boil).

If necessary, add some additional beer or water. Bring pot to a boil; cover tightly, reducing heat to a bare simmer. Cook covered, for 2 to 3 hours, or until the meat is almost fork-tender. Add the potatoes and carrots to pot, with a sprinkling of salt and pepper. Cover and turn up heat. When it returns to a boil, reduce heat back to a steady simmer. Add more liquid, if necessary, but try to allow the juices to cook down a bit to a saucy consistency.

In about 45 minutes, the vegetables will be done, and the meat will be falling-apart tender.

Slice meat thickly; serve surrounded by the vegetables, with the gravy alongside.

NOTE: The next day, just chop up the leftovers and form into patties to brown in a skillet for a fantastic Hash dinner!



dients. Also key is caramelizing the onions at the beginning of this dish, which creates a wonderful, complex flavor base, and the little shot of vinegar brightens everything up as it cooks.

I have a couple of different ways I make Pot Roast, and this one is probably my favorite. I don't know the science of why or how the beer works such magic, I just know that it does, and I'm such a happy camper when I dig into this meal!

- 1 (12 oz.) can or bottle of light-colored, Pilsner-style beer
- 2 Tablespoons cider vinegar (red wine vinegar is fine)
- Carrots, peeled and cut in half, cross-wise
- Potatoes, peeled (cut large ones in half)

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