

# TRENDY TIMES

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OCTOBER 29, 2013 VOLUME 5 NUMBER 2



## 250th Activities Day Contestants Needed

Athletics have been a part of the landscape of both Haverhill and Newbury for most of the history of these two towns. In recognition of that fact the Haverhill/Newbury 250th Anniversary Committee is planning for a day full of athletic events, plus more.

Saturday, November 16th has been chosen as the day to crown the best athletes and the best teams in the two towns, or even from outside the borders of Haverhill and Newbury. The day will include at least eight individual and six team events. All events will be held at, or near the Clifford Building

(former Armory) on Route 135, South Court Street, in Woodsville. Registration for teams and individuals will begin at noon and the events are scheduled to get under way at 1:00 PM.

Individuals of all ages, and both genders, are encouraged to participate. Contestants will be placed in age groups so that everyone gets to compete against their peers. Participants will choose at least six of the eight events scheduled. These events include sprint run, cross country run, basketball free throw, football throw, hoop roll, Frisbee toss, Hula hoop, and pie eat-

ing. More details on each of these events are available at [www.celebrate250.org](http://www.celebrate250.org). You can also pick up rules and registration forms at either the Haverhill or Newbury town offices.

Team competition will consist of 5-person teams, either male, female or co-ed. Team competitions will include: Hula Hoop circle, pizza delivery race, soccer world cup, golf ball relay, balloon race and, of course, the traditional tug-of-war. Each team must compete in five of the six group events. Team members can also gather points for their team by competing in the individual events.

The athletic events are scheduled to end by five o'clock. At that point the judges will compile all the results in order to determine champions. Awards and announcements of winners will be made between 6 and 7:00 PM during the 250th Anniversary Celebration community pot luck supper at the Clifford Building. Athletic participants and all members and friends of the Newbury and Haverhill communities are invited to at-



tend. Please bring a dish to share along with your own plate and utensils.

For those who would like to compete, but may not be the athletic type, we're also looking to see the creative side at the pot luck supper. There will be judging on "the best place setting". Just bring your place setting and let your imagination take over. Judging will be based on the purely subjective opinions of our judges. So, let's see what you've got Newbury and Haverhill! Judging for the place setting award will take place at approximately 6:00 PM.

After the supper and announcement of winners, DJ Donald Vogt will crank up the music for a night of dancing. Don has a wide variety of music available and will happily play requests for specific songs or types of music.

Participation is FREE! No admission charge for the dance, the meal, or to compete in the afternoon events. There will be beverages at supper and during the dance, or you can bring your own beverage of choice. This day of fun for family and friends is sponsored by the Haverhill/Newbury 250th Anniversary Committee.



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# TRENDY Dining Guide

## Brown's Market Bistro Celebrates 10 Years And A New Chef

Six Months from now, Brown's Market Bistro will celebrate its 10th anniversary. Bistro owner Chuck Gallagher credits former owners Patrick and Tamara Shattuck with setting the tone for the place when they opened in April of 2004. "They were both very active in Groton and proud of the community and they put a lot of thought into the renovations of the Building that had, since the 1920's, served the Community as "Brown's Market". Along with honoring the buildings historic name they also preserved the energy and warmth of a much loved, historic neighborhood gathering place", he says. The original wood floors and store shelving built in the 20's has never looked better.

Chuck purchased the restaurant from the Shattuck's six years ago. He says almost every year has been different. He and others including Rick Trexel, Karen Erickson, Ian Zaveruha and Phil Aldridge have headed up the Bistro kitchen over the years. Michelle McIntyre and Zach Reid leased the place for two years ending last April when Chuck and Phil Aldridge jumped back in again. "Every single person who has passed through here has added something to the effort to keep Brown's Market Bistro a successful and vital part of the community" says Gallagher. And he adds that, "at the end of the day, the Bistro is still here, still thriving, and our Mission is essentially unchanged from the original goals crafted by Patrick and Tamara in 2004. Ten years later, it's still a great little neighborhood Bistro".

In fact, it's clear that Gallagher believes the Bistro has never been busier or healthier. "There are so many good things happening here now", he says. For one thing, it seems like half the town has pitched in to help. Groton neighbors Ellen Cady, Diane Frost and Cathy McClure (Of Lily B's Cupcakes) have been making desserts for the

restaurant and Chuck says that they have been a huge part of The Bistro's new success. Gallagher also notes that his neighbor's across the road at Artesano walk fresh Ice Cream across the street to the restaurant weekly and David Sleining has joined in making all the restaurants fresh bread and pizza dough. (Sleining's Bread has become so popular he is now selling it wholesale to area markets, selling it retail at The Bistro and offering a series of bread making classes on Saturday's at The Bistro.) Jennifer Bone, The Rustic Hut, Four Corners Farm and so many other local growers have kept the restaurant in fresh produce all summer long. Gallagher says that the new motto of The Bistro is "It takes a village."

Gallagher also says that in the midst of so many good things happening at the Bistro, they also had the good fortune to have Chef Billy Darrah join the Bistro staff last month. He says that one of the challenges of operating a neighborhood bistro is making sure that you are catering to a variety of tastes and budgets. "For better or for worse", he said, "over the years we gained a reputation as a mostly "fine dining" restaurant". He added that the Bistro has been working hard to make sure everyone knows that - while you can find duck or salmon or steak on the menu - you can also find sandwiches, burgers, pizza, pulled pork and chili too. He continues that, "It makes us a little schizophrenic but, in this line of work, it can be an asset." In his view a neighborhood bistro should be inviting to the whole neighborhood... all tastes and all budgets. He says that to do that well, you have to have a smart creative chef who knows how to budget, purchase, plan and prepare in such a way that you are meeting a wider range of needs without spreading yourself too thin.

New Bistro Chef Billy Darrah has worked with some of the best chefs in the Northeast and he has obviously been a dedicated student of such creative machinations throughout his career. Looking at the Bistro menu you can see that the same Apple and Poblano Slaw, and White Balsamic-Strawberry Gastrique that complement his Marinated Duck Breast and Cajun Grilled Salmon (priced at 22 dollars) also finds its way on to the VT Raised Turkey Burger and the Ratatouille Stuffed Portabella over rice for (priced at 10 dollars). The same menu that offers Cajun Shrimp over Fresh Pasta, Smoked Fig and Goat Cheese Ravioli and a Grilled Porterhouse with Bacon Demi-Glaze (all between 16 and 20 dollars), also offers an Angus Burger, Pulled Pork Sandwich or a Basket of Buffalo Wings (all priced at 10 dollars or less). The Bistro's Italian Style Thin Crust Pizza sells for 12 dollars. A glass of house wine or a pint of VT Craft Beer is never more than 5 dollars. As Gallagher says, "A good neighborhood bistro should be like the village green - it belongs to everyone." From the crowds they've been getting, it looks like Brown's Market Bistro continues to find common ground.

### PEYTON PLACE RESTAURANT

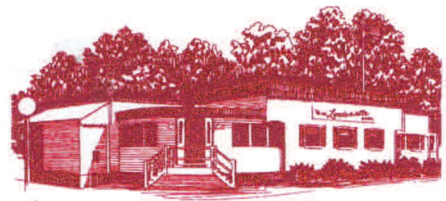
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# Finding Leaders Everywhere

By Deb Maes, Regional Field Specialist in  
Community Economic Development

The scene is familiar. You are at a meeting; it could be Rotary, Garden Club, the PTA, or even a Main Street committee in your own town. It's time for the organizational leadership to be decided. Suddenly everyone gets very quiet and looks everywhere but the front of the room. You might even be thankful that you are at the meeting and can't be nominated for a position in your absence. Eventually, someone comes forth and volunteers to be President or Chairman, someone else says they will take minutes and the poor treasurer continues their job that they have held since they joined the group.

Why is everyone so afraid to be a leader? Is it because they don't feel qualified? Or maybe it is because they have seen such poor examples of leadership that they don't feel they have a good model. Whatever the reason, it has become harder and harder for organizations to find people to lead.

How would you define leadership? A search on the internet finds many definitions. Leadership is about inspiring and motivating others. Leadership is the ability to lead a group of people during a tough situation and help turn it into a positive situation. A good leader is a good manager. Leaders are someone who is willing to take time to engage with the people in their group.

It is probably easier to describe a poor leader. Unorganized and unsure of themselves, they seem to have a lack of vision and can't rally people around a cause or project.

A good leader may change their approach as the situation changes. For example, the leader of a fire department might spend most of the time with administrative duties, but when called to action would be in control of the action. Good

leaders make changes; poor leaders don't make adjustments and may get poorer results.

Some people are leaders because they have been elected to an office, whether it is political such as a local mayor or President of a local conservation group. But we all know people who appear to be natural born leaders. In fact, sometimes you can even see future leaders on a pre-school playground. In other cases, people deliberately work to hone the skills needed to be a leader of people or circumstances.

Leadership styles fall into three categories. In some cases people are identified as authoritarian leaders and this could also be called the military style. This type of leader is dominant over individuals and uses their power to gain and keep control.

Another leader style is referred to a participative or democratic. This type of leader is more of a people-person who can help a group determine the goal and help them get there. People's thoughts and feelings are important to democratic leaders.

The third leadership style is called delegative or free-reign. Where can this style be useful? Think of some of the technology-based companies that are successful because they allow their employees the opportunities to be creative without restricting where and when they produce.

There are other qualities that can define leadership. We want our leaders, wherever they are, to have integrity, honesty, courage and confidence. We want our leaders to admit that they make mistakes. We want our leaders to ask for help and to get the most from the people they work with. But I think more importantly, we want our leaders to work with us to get the job done. We want our leaders to be able to communicate to us indi-

vidually and as a group about the value of our work. And we want our leaders to be able to celebrate successes and move on when we meet with challenges.

Whether or not we realize it, we all are leaders at some point in time. Do you teach religious education, chair a committee in your town or project at work, or coordinate volunteers for a cause? Then you are a leader.

If you haven't had a chance to be a leader and are worried about doing the job well, I encourage you to watch other leaders. See what they do and how they operate. Talk to leaders you know about what they do. Ask for suggestions. Talk to family and friends about what skills they value in their leaders. Start by leading short term projects—then you can choose to tackle larger projects.

We all have the ability to lead; some come by it more naturally than others. But give it a try. Your organization will thank you.

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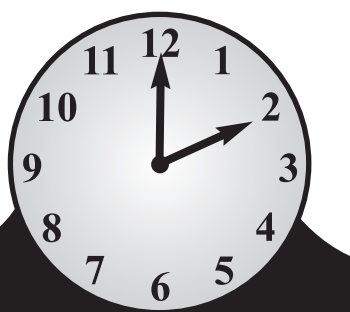
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## The Trendy Thing To Do – Set Your Clocks Back 1 Hour

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Not all Times are Trendy but there will always be Trendy Times  
October 29, 2013  
Volume 5 Number 2

# Official Statement From Raymond S. Burton

Sunday, October 27, District 1 Executive Councilor and Grafton County Commissioner Raymond S. Burton released the following statement.

"It is with a heavy heart that I inform you that my cancer has returned. After several days in and out of the hospital I will be heading home to Bath, New Hampshire to rest. Due to this recent health development I wish to inform my intention not to seek re-election to the posts of Executive Councilor and Grafton County Commissioner."

Councilor Burton served for 4 decades and has served over 250,000 constituents spanning from the lakes region to the Canadian border.

"Even though I will not be seeking another term for

public office I will fulfill my duties entrusted in me. My office is always willing to assist the constituents of Grafton County and Executive Council District 1."

"I wish to thank my fellow residents of New Hampshire for giving me the privilege to serve them. In addition I thank my fellow Councilors and the Governors I proudly served with. I would also like to thank the 350 directors and commissioners I had the honor to work with over my years of public service. All decisions and matters addressed were always in the best intention to see our state succeed and I am honored to have been allowed to serve and work to make a difference for the Granite State."

# Holiday Ornament Workshop, Book Talk And Signing

*Press release by Kimberly Alexander, Ph.D, Adjunct Faculty, History Department at University of New Hampshire and Kathy Jablonski, Field Specialist, UNH Cooperative Extension*

On Sunday, November 10, 2013 at 1:00 p.m. in the Alumni Hall, Court Street, Haverhill, NH, Astrida Schaeffer, costume historian and founder of Schaeffer Arts, will present a workshop on Victorian Holiday Ornaments. The public is welcome to attend and make a small ornament using hand sewing techniques. A \$5.00 fee will be collected for each kit.

Please pre-register by calling the UNH Cooperative Extension office at 603-787-6944 or emailing: Kathleen.jablonski@unh.edu. Participants are asked to bring hand sewing equipment (scissors, needles, neutral thread and a thimble). The event is sponsored by Schaeffer Arts, Court Street Arts and UNH Cooperative Extension 4-H Youth Development.

Following the workshop at 3:00 p.m., Schaeffer will give a book talk on her recent publication, based on the Irma Bowen Textile Collection at the University of New Hampshire, Durham. Books will be available for purchase and for signing.

Astrida Schaeffer has been making reproduction historical clothing for 27 years. Her master's degree in History was the result of researching over fifty surviving Federal period dresses for her thesis topic at UNH. In the fall of 1999 she began work on UNH's textile collection and, in the process of selecting garments for an exhibition, Schaeffer partici-



*Lisa Nugent, University of New Hampshire*

ated in a mannequin workshop at the Textile History Conservation Center in the American Textile History Museum in Lowell, Massachusetts. In addition to her talent as seamstress, researcher and guest curator, she was assistant director of the UNH Museum of Art (2001-2010).

Janith Bergeron, owner, The Sewing Tree in Dover, NH, and past regional director of the American Sewing Guild, shared with us: "Years ago I was privileged to work with the UNH Historic Garment Collection. It was an inspiration and an educational opportunity for a garment sewer (couture wannabe). This is when I first met Astrida, and she continues to inspire me. Her classes are a creation themselves, her new book a must have for anyone wanting to take needle arts to the next level of creativity."

Kimberly Alexander,

Ph.D., Adjunct Faculty, History Department at University of New Hampshire, and Kathy Jablonski, M.Ed., Field Specialist, UNH Cooperative Extension are collaborating to make this event possible.

For more information, please contact UNHCE at 603-787-6944. All programs sponsored by UNHCE are consistent with pertinent Federal and State laws and regulations on non-discrimination regarding age, color, handicap, national origin, race, religion, sex, sexual orientation, or veteran's status.

For any special arrangements including physical access, or other accommodation requests, including the ability to pay, please contact Kathleen Jablonski, UNH Cooperative Extension Field Specialist at 603-787-6944. Ten working days are needed to facilitate special needs requests.

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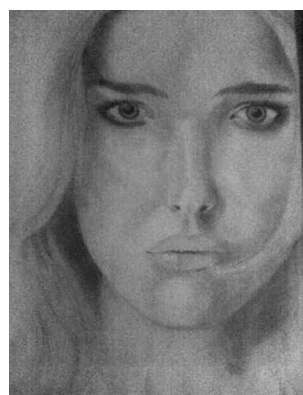


*Thank you*

A belated but heartfelt thank you to all who remembered our family when our husband and father, Edward C. Patten, passed away. We remain grateful for so many gifts of support which truly did ease our grief - the phone calls, visits, and so very many cards, as well as flowers, food, and donations in memory of Edward will never be forgotten. A special thank you to Doug & Barbara Datile, Brenda Brown, the Lions Club members, George Cook & Ricker Funeral Home. Personal notes helped us to understand that we shared Edward's spirited and generous life with so many others. Those certainly touched our hearts.

Thank you for the compassion shown us, and thank you for being someone who cared for and about Edward.

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# Councilor Ray Burton Honored At NCC Annual Dinner <sup>5</sup>

By Robert Roudebush

The first few minutes were all about Ray. A good many speakers waxed eloquent about him and his many achievements throughout his remarkable continuing career of public service.

Longtime New Hampshire Executive Councilor Raymond S. Burton, battling ongoing health concerns, was unable to attend last Wednesday night's North Country Council's 40th Annual Meeting Dinner at the Mountain View Grand Hotel in Whitefield, but he was certainly there in peoples' thoughts and feelings. He was present and accounted for in several speakers' warm praise as the north-land regional planning and economic group granted him its Lifetime Achievement Award for

his many years of service to its region of the state.

Governor Maggie Hassan was also unable to attend the annual gathering, and sent her regrets and best wishes for Mr. Burton, and Keynote Speaker Commissioner Jeffrey Rose of the Department of Resources and Economic Development – DRED – spoke glowingly of Mr. Burton, the “Dean of the Executive Council”, prior to delivering prepared remarks in his area of expertise in the state.

By one estimate, nearly 150 people were in attendance at the banquet in the Crystal Ballroom of the grand old hotel, wherein the North Country Council's Board of Directors and Staff cordially invited community members, state and

local officials and business people from around the region for an evening of networking and sharing at the annual Dinner. The get-together was funded by sponsors, and each attendee paid their own way, there was no government money spent on the bash.

NCC's Board of Directors President Benoit “Beano” Lamontagne served as Master of Ceremonies for most of the evening - (keeping in mind the World Series game between the Sox and the Cardinals starting at 8PM) - introducing speakers, including Executive Director Jeffrey Hayes, and DRED Commissioner Rose. Haverhill Town Manager Glenn English is a longtime member of NCC, a past president and still serves on the Board of Directors as Secretary.

Commissioner Jeff Rose is responsible for a challenging, wide-ranging array of tasks, some of them seemingly in conflict with each other - the Division of Forests and Lands, the Division of Parks and Recreation, the Division of Travel and Tourism as well as the Division of Economic Development. He grew up in Merrimack, New Hampshire prior to graduating from Marist College in Poughkeepsie, New York, with degrees in Political Science and Communications/Journalism. He resides in Goff-

stown with his wife, Amy and their daughter. He has an extensive background in the private sector as well as government service, having spent eight years working for various members of Congress.

The North Country Council defines its Strategic Plan and Vision as - “designed to reflect on the past and imagine the future” - “a future where our region will continue to be defined by its working forest and farms, its scenic and natural resources, and its patchwork of villages and community centers with a diverse economy and a high quality of life”.

Executive Councilor Burton is unique in the state - some people rightly use the word “unmatched” -for various reasons. One is his longevity on the “Governor's Council”, as the representative of District One, for more than 30 years. His license plate number is “1”. Mr. Burton is the longest-serving elected official in New Hampshire State history. He is delighted to move about in various recognizable classic cars, a Ray Burton trademark at parades and events throughout the state. Another explanation for his standing is the fact that Mr. Burton has concurrently served as one of three elected Grafton County Commissioners, serving District 2 in the County, his tenure there

now exceeding 22 years. No one else in our state can touch that, nor have they ever. It is a record unlikely to be matched again.

The Executive Council of New Hampshire is an unusual institution among the various states, a group of 5 elected officials, elected concurrently with the Governor every two years, with the authority and responsibility, along with the Governor – (NH has no Lieutenant Governor) - over the administration of the affairs of the state. Among Councilor Burton's duties as part of that group – approving the spending of a major part of the approximately 5.2 BILLION dollars appropriated annually; serving as watchdogs of the state treasury; approving the appointments of Judges, Commissioners, as well as hearing Pardon Requests.

It was clear during the evening at the NCC's affair that Ray Burton was in everybody's thoughts. As one speaker in attendance, fellow Grafton County Commissioner Mike Cryans put it, in referring to Mr. Burton's elevation to the honorary post of “Dean of the Executive Council, “Ray is reported to have said, 'Why would I want to be Dean of the Council when I'm already King of the Northland?’”



I want to thank Trendy Times for the opportunity to submit this bi-weekly New Hampshire House report.

The second session of the legislative biennium has 630 proposed bills. Requested titles can be found at [http://www.gencourt.state.nh.us/lsr\\_search/](http://www.gencourt.state.nh.us/lsr_search/). Of immediate importance, the Governor and Council have called a special legislative session from November 7-21 for the purpose of enacting a New Hampshire plan to expand Medicaid eligibility. The House convenes on the 7th to vote on special session rules and to introduce legislation. A full vote on proposed legislation will occur on November 21.

During the summer, a joint commission developed a set of proposals known as the New Hampshire Access to Health Program, and recommended the extension of Medicaid expansion by a vote of 6-3. The NH Commission was formed in June as a result of differences between the NH House and Senate. Currently, 23 states have expanded care, 21 have declined, and New Hampshire is one of the six undecided.

If Commission recommendations are approved by the House, Senate, and signed by the Governor, New Hampshire will receive 2.5 billion federal dollars between 2014 and 2020. Through 2016, funding will occur at 100% and thereafter, funding is established at a 90% level. New Hamp-

shire Medicaid expansion is expected to include 58,000 people while it is estimated that 42% of the newly eligible population under Medicaid expansion already have private insurance. 6.6% of Grafton County's population is currently eligible for Medicaid while Coos County has 13.3% and the statewide county average is 7.9%.

Medicaid expansion raises a number of concerns. Some project that once federal funding is reduced to the 90% level, state Medicaid costs from 2017-2020 will increase \$85M. Financial exposure from 2020 forward, based upon DHHS and the Center for Public Policy Research, could approximate \$40M per year in costs to the state. In addition, any recommendation should contain a ‘trigger’ that enables the state to reconsider participation should the federal percentage decrease. We have seen this in terms of school special education funding. Federal funding once projected at 40%, now approaches 17% with unfunded, program costs assumed by local property taxes.

We must take the challenge of providing an appropriate health care system in New Hampshire seriously while considering impacts to taxpayers and patients. As always, I encourage your input and comments.

Respectfully,  
Representative Rick Ladd  
Ladd.nhhouse@charter.net

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# Calendar of Events

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

## SATURDAYS

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

## SUNDAYS

**CRIBBAGE**  
1:00 PM  
American Legion Post #83, Lincoln

## TUESDAYS

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

**UCC EMERGENCY FOOD SHELF**  
4:30 PM – 6:00 PM 802-584-3857  
Wells River Congregational Church

## T.O.P.S. (TAKE OFF POUNDS SENSIBLY)

Weigh in – 5:00 PM – 5:45 PM  
Meeting – 6:00 PM  
Horse Meadow Senior Center, North Haverhill

## AA MEETING (OPEN BIG BOOK)

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

## WEDNESDAYS

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

## THURSDAYS

**CRIBBAGE GAMES**  
1:00 PM  
Horse Meadow Senior Center, No. Haverhill

## FRIDAYS

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

## TUESDAY, OCTOBER 29

**AMERICAN RED CROSS BLOOD DRIVE**  
1:00 PM – 6:00 PM  
Woodsville High School

## WEDNESDAY, OCTOBER 30

**VERMONT HEALTH CARE COVERAGES:  
CHANGES FOR SMALL BUSINESSES**  
8:00 AM – 9:30 AM  
Bradford Academy Hall, Bradford

## NORTH COUNTRY FRUIT AND VEGETABLE SEMINAR AND TRADE SHOW

9:00 AM – 3:30 PM  
Mountain View Grand Resort, Whitefield  
*See article on page 15*

## THURSDAY, OCTOBER 31

**VERMONT SALUMI SAUSAGE SAMPLING**  
St. J. Food Co-op, 490 Portland Street

## FRIDAY, NOVEMBER 1

**ANNUAL RUMMAGE SALE**  
9:00 AM – 5:00 PM  
First Congregational Church  
189 Main St., Littleton

## PEACHAM CORNER GUILD

**CHRISTMAS SHOW**  
10:00 AM – 4:00 PM  
Peacham Town Hall

## TURKEY DINNER

5:00 PM – 8:00 PM  
Orange East Senior Center, Bradford

## 250TH CELEBRATION ARTIST GLOBE

6:00 PM – 9:00 pm  
Richardson Building, Bradford

## SATURDAY, NOVEMBER 2

### ANNUAL RUMMAGE SALE

9:00 AM – 12:00 Noon  
First Congregational Church  
189 Main St., Littleton

## BALL BAZAAR

9:30 AM – 3:30 PM  
Woodsville Methodist Church

## PEACHAM CORNER GUILD

**CHRISTMAS SHOW**  
10:00 AM – 3:00 PM  
Peacham Town Hall

## MUSIC JAM

1:00 PM – 5:00 PM  
REC Building, Woodsville

## HALLOWEEN HARVEST DINNER

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

## SWEET JAMM DANCE

7:00 PM – 10:00 PM  
Alumni Hall, Clourt Street, Haverhill

## SUNDAY, NOVEMBER 3

**BENEFIT TEXAS HOLD 'EM  
POKER TOURNAMENT**  
11 AM Satellites 1 PM Tournament  
Elks Lodge, 118 Western Ave., St. Johnsbury

## GROWING UP IN NEWBURY

2:00 PM  
Tenney Memorial Library, Newbury  
*See ad on page 11*

## MONDAY, NOVEMBER 4

**GOOD OLE BOYS MEETING**  
12:00 Noon  
Happy Hour Restaurant, Wells River  
*Public is invited.*

## HAVERTHILL SELECTBOARD MEETING

6:00 PM  
Morrill Municipal Building, North Haverhill

## TUESDAY, NOVEMBER 5

**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, NOVEMBER 6

**WOODSVILLE/WELLS RIVER 4TH OF JULY  
COMMITTEE MEETING**  
7:00 PM  
Woodsville Emergency Services Building

## THURSDAY, FRIDAY & SATURDAY

### NOVEMBER 7, 8 & 9

**MUCH A DO ABOUT NOTHING**  
7:30 PM  
Lyndon State College  
*See article on page 8*

## FRIDAY, NOVEMBER 8

**AMERICAN LEGION RIDERS  
MONTHLY MEETING**  
6:00 PM  
American Legion Home, Woodsville

## DRUM CIRCLE

7:00 PM – 9:00 PM  
Neskaya Movement Arts Center  
1643 Profile Road (Route 18), Franconia  
Drums provided or bring your own.

## SATURDAY, NOVEMBER 9

**ACOUSTIC JAM SESSION**  
1:00 PM – 5:00 PM 603-787-6155  
Warren Methodist Church  
*See ad on page 7*

## SUNDAY, NOVEMBER 10

**BREAKFAST**  
8:00 AM – 10:00 AM  
American Legion Post 83, Lincoln, NH

## MUCH A DO ABOUT NOTHING

2:00 PM  
Lyndon State College  
*See article on page 8*

## BENEFIT TEXAS HOLD 'EM

**POKER TOURNAMENT**  
11 AM Satellites 1 PM Tournament  
Elks Lodge, 118 Western Ave., St. Johnsbury

## HOLIDAY ORNAMENT WORKSHOP

1:00 PM  
Alumni Hall, Court Street, Haverhill  
*See article on page 4*

## MONDAY, NOVEMBER 11

**VETERANS DAY PARADE**  
11:00 AM  
Central Street, Woodsville

## ROSS-WOOD AUXILIARY UNIT 20

**MONTHLY MEETING**  
6:00 PM  
American Legion Home, Woodsville

## DIABETES SUPPORT GROUP

6:00 PM – 7:30 PM  
Rehab Waiting Room, Cottage Hospital

## LORD OF THE RINGS BOOK DISCUSSION

7:00 PM  
Haverhill Corner Library  
*See article on page 7*

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

*Submit your entries by:*

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

*Deadline for submissions is Thursday, November 7th for our November 12th issue.*

# You're Invited To Groton Free Public Library

**Nifty Needles.** Tuesday, Nov. 12 at 7pm. Join us for an evening of camaraderie and crafting. Facilitated by local master quilter Mary Schilke. Beginners welcome!

**Sign Language for "Tots."** Thursday, Nov. 21 at 6pm. An American Sign Language instructor from Burlington will teach us how to help infants and toddlers communicate. Great for parents, grandparents, caregivers, and teachers.

**Crafts 4 Kids!** Fridays from 3-6pm. All supplies provided for a variety of drop-in kids' crafts – something different each Friday!

**Beginner Conversational Spanish.** Thursdays at 6:00pm. Perfect for an intro or brush-up on your Spanish skills! Free classes provided by native Spanish speaker.

**Crafts & Conversation.** Every Wed. from 1-3pm. Join us with your ideas and projects-in-process – or – just join us!

**Book Discussion Groups.** 3rd and 4th Mondays. Call or email anytime for the titles we are sharing!

All of our programs are free and open to the public. Find us on Facebook (Groton Free Public Library) or contact Anne: grotonlibraryvt@gmail.com, 802.584.3358.

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

Visit us on Facebook: [www.facebook.com/Groton-FreePublicLibrary](http://www.facebook.com/Groton-FreePublicLibrary)

## Haverhill Corner Library Announces Discussion Of The Lord Of The Rings

HAVERHILL, NH — The Haverhill Corner Library will host a discussion of *The Lord of the Rings* by J. R. R. Tolkien, the library has announced. This will be second in the library's fall series on British fantasy novels. The program will be held on Monday, November 11 at 7:00 PM and will be free and open to the public.

Originally published in three volumes in 1954 and 1955, *The Lord of the Rings* became one of the most important and influential fantasy novels of the twentieth century. Indeed, its success was so great that the "high fantasy" mode that the book exemplified became the dominant, and almost only, commercially viable form of fantasy for many years. More than that, the book became an American cultural phenomenon in the mid-1960s and has become one of the best-selling titles in history.

The story concerns the efforts of a group of characters to destroy a magic ring and defeat an evil force that threatens their land of Middle-earth. From 2001 to 2003, the book was adapted in a series of three critically acclaimed and commercially successful films, directed by Peter Jackson. The third film in the series, *The Return of the King*, won eleven Academy Awards, including the award for Best Picture.

J. R. R. Tolkien was a philologist and professor at Oxford University. Born in 1892 in what is now South Africa, Tolkien studied at Oxford and fought in World War I, though he fell ill and was sent home. Drawing on his interest in languages and mythology, he developed a long and complex history of

a fantasy realm that he termed "Middle-earth," and out of that material eventually grew *The Hobbit*, published in 1937, and *The Lord of the Rings*. More of this material was subsequently published after his death in 1973 as *The Silmarillion* (1977) and in other volumes edited by his son and literary executor, Christopher.

The library's series "The Fantastic Fifties: British Fantasy at Mid-Century or, What's With All the Initials?" will conclude on Monday, December 9 with a discussion of *The Once and Future King* by T. H. White. Copies will be available to borrow in advance.

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

## Bath Library Book Club

The Bath Library Book Club will be discussing "Olive Kitteridge" by Elizabeth Stout on Thursday, November 14th at 6 pm at the Bath Public Library. At times stern, at other times patient, at times perceptive, at other times in sad denial, Olive Kitteridge, a retired schoolteacher, deplors the change in her little town and in the world at large, but she doesn't always recognize the changes in those around her: a former student who has lost the will to live; Olive's own adult child, who feels tyrannized by her irra-

tional sensitivities; and her husband, Henry, who finds his loyalty to his marriage both a blessing and a curse. Books may be picked up at the Bath Library; hours are Tuesdays and Thursdays 9:00am to noon and 1:00pm to 6:00pm and Saturdays 9:00am to noon. Anyone with an interest in reading and conversing about books is welcome to attend. For information please contact the library at 603 747-3372 or email [bathlibrary@together.net](mailto:bathlibrary@together.net).

## Notes From Above Ground

Articles appearing here are original writings by a group known as the Vintage Voyagers. They meet weekly at Horse Meadow Senior Center at 10:30am on Wednesdays. Anyone interested is welcome to come & enjoy the company.



Vintage Voyagers

### Night Life

By Charlie Green

A Luna moth, all eyes and green  
crying at the backdoor screen,  
Seeking light just beyond the door.  
Come morning, dead upon the floor,  
a sad ending for a drama queen...

In the dark, things go bump.  
Masked intruders on the stump.  
Casting 'round for a meal so free.  
Flash on the lights, away they flee,  
come morn, still so nice and plump...

Screeeech... then goes prey off in fright,  
Large round eyes, still pierce the night.  
Falling quietly, talons sharp, and bared,  
Wise the hunter, a meal quick ensnared.  
Small things live short, beyond the light.

Nature's shunned creature embarks,  
lumbering within the danks and darks.  
Searching for creepy crawlies yummy,  
like grubs and worms, to fill the tummy.  
Disturb not, the white stripe remarks...

Under the moonshine however slight,  
night life produces things that invite.  
Bats, cats, rats and other what's that's.  
Search for a meal no matter the spats.  
Come dawn, one and all say goodnight...

Night life...

**MILES and MILES of MUSIC**  
**Acoustic Jam Session**  
*Supported by Warren Methodist Church and Pete & Rita Stimson*  
**November 9, 1-5 PM**  
**November 24, 1-5 PM**  
**December 14, 1-5 PM**  
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Tentative schedule (subject to change)  
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Saturday & Sunday • November 9 & 10, 2013  
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**FEATURED ARTISTS:**  
Melanie's Woven Memories - Melanie Miller, Sutton, VT  
Caned chairs & rocker, footstools, benches, doll chairs & baskets  
Kathy's Heavenly Knits - Kathy White, Barton, VT  
Hand-woven shawls, scarves, hats and specialty items  
Sharon Scelza Designs - Sharon Scelza, Irasburg, VT  
Designer jeweler working with sterling silver, 14Kt. gold filled, pearls,  
Venetian glass, Austrian crystals & semi-precious gemstones  
Sassy Doe Soapworks - Ashley, Lyndonville, VT  
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Nathan's Wrought Iron - Nathan Colpitts, Monroe, NH  
Hand forged wrought iron hooks, candlesticks, and other items  
YeeYee's - Deb & Dave Miller, St. Johnsbury, VT  
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## Lyndon State College's Twilight Players Present Much Ado About Nothing

Shakespeare's classic comedy gets a 1940's twist in the Twilight Players' upcoming production of *Much Ado About Nothing*. Set during World War II, *Much Ado About Nothing* brings us back to the world of U.S.O.'s, Big Band music, 40's glamour and times of sacrifice.

It's wartime and Leonato (Seth Vandenburg) has turned his estate into a USO as a 'home away from home' for American soldiers fighting abroad. Colonel Don Pedro (Alexander Williams) and his army unit arrive on leave. In his unit is young Lieutenant Claudio (Dan Rowe) who has been pining for Leonato's daughter Hero (Bianca Russo). Also in the unit is the affable Captain Benedick (Jake Machell) who is in a constant 'skirmish of wits' with Leonato's niece Beatrice (Moose Howell). As Claudio and Hero's romance flourishes, Don Pedro devises a plan to bring Benedick and Beatrice into a



(L-R) Moose Howell as Beatrice, Ryan McFeeley as the girl and Jake Machell as Benedick. Beatrice (Moose Howell) is perplexed by Benedick's (Jake Machell) sudden change in behavior and Aemelia (Ryan McFeeley) can explain it.

'mountain of affection'. As Don Pedro and his friends execute their plot for Benedick and Beatrice, his brother Marine Major Don John (Marc Brunco) and Lieutenant Borachio concoct their own plan to destroy Claudio and Hero's upcom-

ing marriage.

*Much Ado About Nothing* is directed by Gianna L. Fregosi and features set design by Britt Moore. Technical direction and lighting design is by Kyle Kurtich. *Much Ado* will also feature a swing dance section choreographed by Nikki Slabinski and will feature members of LSC's Twilight Dance Ensemble.

*Much Ado About Nothing* opens Thursday November 7th with a curtain time of 7:30 p.m. and continues November 8 and 9th at 7:30 p.m. and will have a 2 p.m. matinee on November 10th. For the November 9th performance, Twilight Players will be holding a 'Nostalgia Night' and invite the audience to come dressed in their favorite 1940's fashions. Audience members can then compete in a costume contest at intermission to win a *Much Ado About Nothing* t-shirt signed by the entire cast. Admission is free to LSC students and by donation to the public. For more information call (802) 626-3663, e-mail gianna.fregosi@lsc.vsc.edu or look for the Twilight Players page on Facebook.



Pictured left to right, standing: Brandon Boynton, Donald Randall, Kelsey Tuck, Kyle Palmer, Ezekiel Ratliff, Amber Reynolds, Charles Woodward, Julianna Dami, Remington Smith, Jayson Lancaster, Tristan Champagne, Emily Day, Sergeant Major (Retired) Michael Bruno. Kneeling: Dylan Spreadbury, Ivory Blanchette, Jacinda Cinelli, Jamie Morris (Team Captain)

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# Building Good Behavior Brick By Brick 9

What comes in one hundred eleven different colors, provides endless interlocking combinations, and consumes five billion hours of play time a year? If you guessed Legos, you are correct. Caleb Avery, a fifth grade student at Bath Village School, proposed a plan for starting an after school Lego Club following a survey that showed 42 out of 61 kids would like to participate in such a program. Caleb has always had a fascination with Legos and was happy to find out that so many other kids at his school shared this interest. He and his mom, the third grade teacher at BVS, presented their proposal for a weekly, 90 minute, after school Lego Club to Principal Mary Snowman.

After being given the green light, the two quickly got busy securing funding and volunteers for the club. The School's PTO made a generous \$800.00 donation to help the program get started. This money was used to buy essential basics: wheels, windows, roof tiles, and lots of bricks. Legos are many things, but cheap is not one of them. Additional fundraising was sought out and delivered from local businesses, family and friends of Bath Village School. In addition to third grade teacher, Kristen Avery, facilitating the club meetings, first grade teacher, Caiti Fullerton has volunteered her time as well. And of course there are those behind the scene parents that help out in so many ways without even giving it a second thought.

Each meeting starts with a snack provided by member families and a review of the club's guiding principles:

L= leadership lead by example and model positive behavior

E= empathy show understanding of another's situation and feelings

G= golden rule treat others the way you want to be treated

O= ownership take responsibility for your actions and make amends

S= safety protecting self and others from harm

Next students visit stations they are interested in, not having to participate in all stations if they don't want to: Free Lego Building, Lego Quests, Lego Games, Lego Hero Factory, Lego

Speedorz, Lego ipad /computers, Lego Reading, Lego Writing, Lego arts and crafts, and Lego Stop Motion movie making. Students are able to showcase their creations for the entire school to see before they are recycled and reused at the next meeting.

Establishing a school wide Lego Club promotes social skills learning. Social skills are a very hard group of skills to teach to kids and especially challenging for students with Asperger's Syndrome, an autism spectrum disorder. This club provides authentic learning opportunities that foster positive school climate and acceptance of students' unique differences. There is a lot of building going on and it isn't all with Lego Bricks.



Photo courtesy of Valerie Pickens at the Bath Village School.



Photo courtesy of Valerie Pickens at the Bath Village School.



Pictured here are some of the musicians at the Haverhill Recreation Music Jam which was held on September 29th at the Clifford Memorial building in Woodsville. Over 45 people were in attendance with 10 musicians! Music Jams continue twice a month at the REC Building. Musicians of all talent levels are encouraged to attend and participate.



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# Quaker Meetinghouse-2

By Elinor P. Mawson

"Oh Gordon" gasped my mother. "You bought that old rookery! What on earth are you going to do with it?"

"Move it, fix it up, and live in it," said my father.

Of course there hadn't been any discussion between them. (My father did lots of negotiations like that.) Why my mother went along with him I will never know. They both had teaching jobs in Vermont where they lived and had always been content with their lifestyle.

It wasn't long before my father began making plans for the house. First he found a piece of land and proceeded to buy it, although it was tied up in litigation. After wrangling back and forth for several months, it was finally his. He had my husband and me do the perc test (You could do that in 1968) and the resulting paperwork.

The next project was to find someone to move the house. If you know anything about house movers, they work VERY deliberately, and have no sense of time. They are also very independent. Their job also entails the utility companies to coordinate with the move--to take care of overhead wires, etc. When they said "June", it didn't mean anything.

While he was waiting, he dismantled the top of the chimney, moved hundreds of bricks to the new site, and arranged for the cellar hole and concrete walls. For a while he was worried that the cellar wouldn't be done in time for the move, but it became apparent he needn't have been concerned.

In order to do all this work during his summer vacation from school, he needed a place to stay and someone to help with the work. I don't need to tell you that he chose our house to stay in, and my husband to do the heavy lift-

ing and the errands. As for me, I was the official chef and laundress along with my duties as wife and mother. And I had to hear chapter and verse about the Quaker Meetinghouse--a subject that was not dear to my heart.

On my 30th birthday, the house started its move. Although it was only going about 3 miles, the progress was very slow. Many branches had to be cut and many wires lifted. The utility companies were both on strike at the time, and it was quite amusing to see the head

honchos up there on the roof pushing up wires just like their employees should have been.

After two days and lots of starting and stopping, the house finally arrived at its final destination. There it was, sitting next to its new foundation, looking like the derelict shack that it was. Passersby looked at it and shrugged their shoulders--and thought "What kind of a fool would do a thing like that?"

Indeed.

To be continued (next, we will talk about hiring a contractor, and finishing the house in time for the BIG MOVE.)

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Frank M. Bryan, Newbury HS '59, is the John G. McCullough Professor of Political Science at the University of Vermont.

Join us for this free event. Frank's stories of are sure to provide some chuckles, some antics you wouldn't want your kids to try, and perhaps bring back some childhood memories of your own. 250th souvenirs for sale.

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# Don't Get "Frightened" By These Scary Investment Ideas

Halloween is upon us. Of course, whether you're navigating the dark corridors of a "haunted house" or just dealing with the "creepy" characters coming to your door demanding candy, you're probably not too fearful of the sights of the season. But as you go through life, you'll want to avoid some things that really are scary — such as these investment moves:

**Chasing after a "hot" investment** — By the time you hear about a supposedly "hot" investment, it may already be cooling off. But even more importantly, it might not have been appropriate for your diversification needs in the first place, especially if you already own similar investments.

**Investing too aggressively** — To achieve your long-term goals, such as a comfortable retirement, you will unquestionably need to own a reasonable percentage of growth-oriented investments in your portfolio. However, the greater the potential reward, the greater the risk, so you don't want to go overboard by investing too aggressively.

**Investing too conservatively** — Some types of investments

can offer a high degree of preservation of principal. But they carry their own type of risk — the risk of not keeping up with inflation. Consequently, just as it's not a good idea to invest too aggressively and own only growth-oriented investments, it's also not wise to invest too conservatively by owning only those vehicles that sacrifice growth potential for principal protection.

**Following the crowd** — In many arenas of life, you'll find that it may make sense to go your own way rather than "follow the crowd." And that's usually the case with investing, too. It's quite common for the "crowd" to collectively make an unwise investment decision — so, make your choices based on your individual needs, goals, risk tolerance and time horizon.

Taking a time out from investing — After sustaining big losses during the financial crisis of 2008, many investors decided to take a "time out" from investing — which meant they may have missed out on the rally that began in 2009 and ultimately resulted in the financial markets achieving record highs. The best investors just keep on investing right through market downturns — and, quite often, their persistence is rewarded.

**Overreacting to the headlines** — Too often, people will make long-term changes to their investment strategy in response to short-term news events, such as political turmoil, a bad economic report and even natural disasters. You'll likely help your cause tomorrow by not overreacting to the headlines today.

**Underreacting to changes in your life** — You will experience many changes in your life, such as a new job, new spouse, new children, new home, the "empty nest" and so on. Many of these changes may require changes in your investment strategy. You could jeopardize your progress toward your financial goals by not reviewing this strategy regularly — at least once a year, in consultation with your financial advisor — and making the necessary adjustments in response to your evolving life.

By staying away from "scary" investment moves, you may well find that investing can be a positive, productive experience. And that's not a frightening thought at all.

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



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Dear Marci,

I want to switch to a different Part D plan this fall so that I can have different Part D coverage next year. What are some things I should consider when switching Part D plans during Fall Open Enrollment?

Jonah

Dear Jonah,

That's a great question to ask, particularly during Fall Open Enrollment. Fall Open Enrollment is the period of time that spans from October 15 to December 7 of each year. During Fall Open Enrollment, people who have Medicare can make changes to their Medicare coverage. For example, people with Medicare can switch their Medicare prescription drug plan (Part D plan) to a different Part D plan during Fall Open Enrollment. Keep in mind that the last change that people make during Fall Open Enrollment will take effect January 1 of the next year.

No matter what, you should always review your Medicare coverage to see if there will be any changes made to your Medicare benefits and costs in 2014. If you have a Medicare Part D plan, your plan should send you an Annual Notice of Change and/or Evidence of Coverage by September 30, 2013. These notices should list whether there are any changes in your Part D plan's costs, benefits and rules in 2014. If you have not received these notices, contact your plan and ask that these notices be sent to you. You should also contact your plan directly and ask that a complete plan formulary (list of covered drugs) be sent to you.

Even if you are satisfied with your current Part D plan, take a look at other Medicare options in your area and compare them with your current Part D coverage to see which plan will best suit your needs in the upcoming year. Current research shows that people with Part D could lower their costs by changing their Part D plans each year during Fall Open Enrollment. For example, there may be a

Part D plan in your area that offers better coverage for the drugs you take at a lower price.

When looking at different Part D plans, ask yourself the following questions:

- Does the Part D plan cover all the medications I'm taking?
- Does the Part D plan require me to follow certain rules, before I can get my drugs?
- Does the Part D plan work with the pharmacy I go to or have a mail-order option? (You pay the least if you get your drugs from a preferred, in-network pharmacy. You may also pay less for drugs if you use mail-order options.)
- How much is the Part D plan's monthly premium and annual deductible?
- How much will I pay for each drug that I need?
- What is this Part D plan's star rating?

To find and learn about different Part D plans in your area, call 800-MEDICARE or go online and visit [www.medicare.gov/find-a-plan](http://www.medicare.gov/find-a-plan). Keep in mind that it's best to call 800-MEDICARE when making changes to your Medicare coverage, as this may help you avoid enrollment errors.

-Marci

### Health Tip

According to a recent Kaiser Family Foundation study, people who have Medicare Part D are not likely to switch their plans during Fall Open Enrollment, even when faced with yearly increases in costs and reductions in benefits. The study used randomized data from the Centers for Medicare and Medicaid Services from 2006-2010 and focused on people with Medicare who do not receive Extra Help, the federal assistance program that helps people with limited finances pay for their prescription drugs.

The study found that on average, only 13 percent of the sample population switched their Part D coverage during Fall Open Enrollment. While people were more likely to switch Part D

plans after learning about their plan's higher drug costs and lesser drug coverage in the upcoming year, most people in the study did not make any changes to their Part D coverage during Fall Open Enrollment. However, the few people who did end up switching to different Part D plans during Fall Open Enrollment were able to lower their costs for the next year.

Remember, even if you're satisfied with your Part D plan, you should still look at other options in your area to see if there is a Part D plan that provides more drug coverage at a lower price. To learn about the different Part D plans in your area, you can call 800-MEDICARE or call Pat at the State Health Insurance Assistance Program (SHIP) located at the Agency on Aging for Northeastern Vermont at 748-5182 or 1-800-642-5119.

By Sheila Asselin

It is with great sadness we report the passing of Sheila Asselin. She choked to death while sipping her fourth Bombay Sapphire martini straight up served in a Baccarat glass with three (count them) three olives. We all tried to tell her she was over indulging. One olive was probably sufficient but she poo-pooed that notion as all the world knows olives do count as a vegetable.

Folks came from far and near to check and see for themselves if the old bat was really dead or just faking the whole performance in a bid for more attention. Some even called her a ham but she is not a ham. You can cure a ham!

While many mourn her, others will at last applaud the blessed silence. No more off key choruses of Wagner. No wonder loved him so. That is one composer who is pure torture. No more murdering the

Beatles. And she definitely needed to stay out of the shower. Resonant from the shower just prolonged the agony. No more corny jokes and outrageous puns. No more stories of her life successes (a few) and miserable failures (many).

Dressed in an exquisite hand stitched and embroidered silk gown--seven Chinese children had gone blind creating it but no matter. It is the final impression that counts.

As four ex-wrestlers attempted to close the coffin she sat up one last time and asked "Did you hear the one about the knight on the St. Bernard?" Brace yourself. You are going to hear it whether you like it or not.

Suffice to say there was not a dry eye in the church by the end of the services. The police had to be called in with tear gas to break up the riot.

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

October 29, 2013 Volume 5 Number 2



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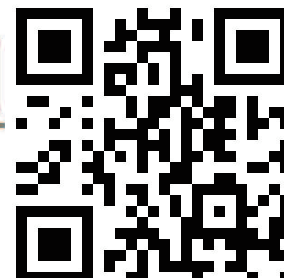
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# Thyroid Health

The thyroid gland is the body's internal thermostat. It regulates the temperature by secreting two hormones that control how quickly the body burns calories and uses energy. If the thyroid secretes too much hormone, hyperthyroidism results; too little hormone results in hypothyroidism. Many cases of hypothyroidism and hyperthyroidism are believed to result from an abnormal immune response. The

exact cause is not understood, but the immune system can produce antibodies that invade and attack the thyroid, disrupting hormone production. Hyperthyroidism can also be caused by lumps or tumors that form on the thyroid and disrupt hormone production. Infection or inflammation of the thyroid can cause temporary hyperthyroidism, as can certain prescription drugs. Hyperthyroidism is not as

common as hypothyroidism. Both of these thyroid disorders affect women more than men. A malfunctioning thyroid can be the underlying cause of many recurring illnesses. An active, healthy thyroid produces hormones that are vital in maintaining normal growth and metabolism. Too much thyroid activity produces nervousness, heart palpitations and insomnia. Too little activity produces drowsiness, fatigue, impaired mental functioning, atherosclerosis, irritability, and lethargy. Severe inactivity produces obesity and coarsened features. An enlarged thyroid (usually with hyperthyroidism) is called goiter. The main thyroid hormones simulate the activity of organs, tissues and cells, control skeletal growth and sexual development, influence the texture of skin and luster of hair, and are responsible for a person's energy or lack of it; quite a responsibility for one gland. It is also the main repository of iodine in the body, and requires dietary iodine for proper development and functioning.

An undiagnosed thyroid condition can be mistaken for menopausal symptoms. Symptoms such as fatigue, mood swings, and depression are often present in both circumstances. If you are experiencing menopausal symptoms, you may want to have your thyroid function tested. Also, eat plenty of broccoli, Brussels sprouts, cabbage, cauliflower, kale, mustard greens, peaches, pears, rutabagas, spinach and turnips, these help to balance thyroid hormone production. Always best to

avoid dairy products and stimulants such as coffee, black tea, nicotine and soft drinks.

Herbs are gentle tonics to heal, strengthen and maintain the thyroid gland. This formula balances the adrenal, pineal, pituitary, lymph and other glands.

**KELP, LEAF & STEM:** (*Ascophyllum Nodosum*), A sea vegetable rich in iodine, chromium and other minerals; with anti-biotic, cleansing and thyroid stimulating activity. Kelp supplies the thyroid with all the iodine it needs, increases the chances that this gland will not develop goiter, helps regulate the texture of the skin, growth of nails and prevents dull hair. Iodine is essential for the proper regulation of energy through its effect on metabolism; by helping the body burn off excess fat (it may therefore prevent atherosclerosis that is due to disturbances in fat metabolism). Kelp not only absorbs iodine from seawater but sponges up an enormous supply of essential nutrients, and delivers them to the thyroid gland and the rest of the body.

**GENTIAN ROOT:** (*Gentiana Lutea*), A bitters fortifying tonic particularly useful for liver malfunction, bile production, and jaundice. Gentian provides bitter principles that normalize the functioning of the thyroid, this herb stimulates the powers and organs of appetite, digestion and assimilation. Nutrients: Calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc.

Vitamins B1, B2, B3 & C.

**SAW PALMETTO BERRY:** (*Serenoa Serrulata*), these berries assist the thyroid in regulating sexual development and in normalizing hormones in the glands and associated organs. Saw Palmetto is a primary tissue building and gland stimulating herb for toning and strengthening the adrenals, thyroid and pituitary glands; as part of a formula for gastro-intestinal infection; to help rid the lungs and chest of excess mucous in respiratory problems. Beta-carotene, Beta-Sitosterol, Ferulic Acid, Mannitol, Tannins, Vanillin.

**CAYENNE PEPPER:** (*Capiscum Annum*), operates by distributing nutrients, catalyzing reactions, stimulating glandular activity, and providing its own important vitamins and minerals. Nutrients: Amino Acids, calcium, essential fatty acids, folate, iron, magnesium, phosphorus, potassium, zinc. Vitamins B1, B2, B3, B5, B6, C & E.

**IRISH MOSS, LEAF & STEM:** (*Chondrus Crispus*), A sea coast vegetable widely used for its natural gelling, emulsifying, and food stabilizing properties; it also has soothing demulcent ability for the kidneys, lungs and externally for the skin. A close relative of Kelp, supplies its own quantities of iodine, trace elements and tissue salts. Nutrients: Calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 & C.

October 29, 2013 Volume 5 Number 2

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

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**ATHENA'S**  
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# HELP! I've Let Myself Go!

Try these healthier Halloween treats this week or anytime during the year you want creative and yummy snacks for your kids.

**String Cheese Fingers**  
You'll need: string cheese, red pepper

Cut each string cheese in half. Slice lines near bottom and near top of cheese to represent the knuckles. Cut small nail-shaped bits out of the red pepper and "glue" onto the end of each string cheese with cream cheese.

**Monster Mouths**  
You'll need: green and red apples, peanut, almond, or sunflower seed butter, slivered almonds, and fruit leather

Slice apple into eighths and "glue" two slices together with nut butter. Stick slivered almonds into nut butter for teeth. Cut a tongue out of the fruit leather and stick it between the two apple slices.

**Ritz Cracker Spiders**  
You'll need: peanut, almond, or sunflower seed butter, crunchy Chinese noodles, whole grain Ritz crackers (or something similar), raisins or dried cranberries

Spread nut butter onto two crackers. Stick six crunchy noodles, three on each side, of one cracker; place the other cracker on top. "Glue" two or more raisins onto top of spider with nut butter for eyes.

**Jack-O-Lantern Pizzas**  
You'll need: whole grain English muffins, pasta/pizza sauce, orange-colored shredded cheese, yellow or red peppers, broccoli or green pepper, turkey pepperoni (optional)

Lightly toast the English muffin. Spread pizza sauce and sprinkle cheese over the top. Cut peppers and/or pepperoni into Jack-o-lantern eyes, nose, and mouth and place on top. Place a piece of green pepper on top for stem. Place into microwave or oven to melt cheese.

**Banana Ghosts**  
You'll need: bananas, mini dark chocolate chips

Small bananas work best for these. Cut bananas in half. Place two mini chips, pointed side out, into banana for eyes. Place one mini chip or larger chip, pointed side in, for mouth.

**Clementine Pumpkins**  
You'll need: clementines and celery

Peel clementines, making sure to keep them whole. Cut stems out of celery and place them in the center of each Clementine.

**Monster Munch Mix**  
You'll need: popcorn or cheese popcorn, mini cheese crackers, almonds and/or other nuts, dried cranberries or cherries, oat cereal (i.e. Cheerios), Chex cereal, dark chocolate M&Ms, pumpkin seeds...

Toss all together.



Carrie Myers has a degree in exercise science and health education, is a magazine writer and author of *Squeezing Your Size 14 Self into a Size 6 World*, owner of *CarrieMichele Fitness*, and mom to four amazing sons. Contact her with any questions or comments at [carriemyerssmith@gmail.com](mailto:carriemyerssmith@gmail.com).

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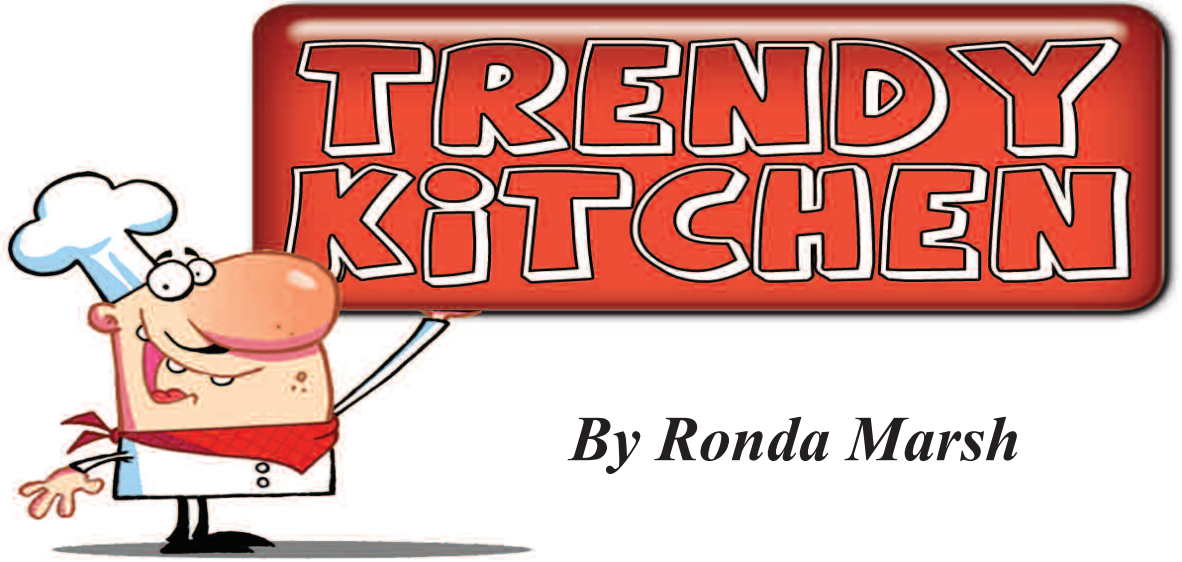
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Photo (L-R): Sen. Forrester with Faith Hope and Love Foundation founders Laura Brusseau and Jessica Dutille at the fashion show fundraiser. Sen. Forrester presented a Senate Resolution to the two women for their efforts to address the overwhelming needs of today's children and youth. The foundation strives to bring hope to children and youth in need, and looks forward to a future of great possibilities.



By Ronda Marsh

## 2 Ingredient Pumpkin Muffins



Not since I was a little kid constructing mud pies with dirt and water, have I seen a recipe for a baked good using just 2 ingredients! This amazingly simple idea showed up on Facebook a couple of months ago, and given that it is the time of year when pumpkin is plentiful, I figured it was worth a try. Some of the readers who commented on the posting said the spice cake mix gives a more authentic taste; I haven't made them using yellow cake mix, but if I did, I would add a teaspoon of cinnamon and ¼ teaspoon of nutmeg to reinforce the pumpkin flavor. What you end up with, is a tender, slightly spicy muffin, which can pass for a cupcake, as well. Since these are so simple, a really good topping or frosting really is no problem at all. I opted for a Maple Glaze, consisting of Confectioner's Sugar, mixed with enough Maple Syrup and a splash of vanilla until the consistency was right. I think Cream Cheese Frosting, or a dip in melted butter then a quick roll in Maple Sugar would also be yummy. Whatever you top them with, or even if you just split them while warm and slather them with butter, these muffins will make you happy as a kid making mud pies!

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- 1 can pumpkin (not pumpkin pie filling)
- 1 box spice cake mix, or yellow cake mix
- Optional: ½ cup chopped nuts or raisins (or ¼ cup of each)

Preheat oven to 350°F. Place cupcake liners in a regular size 12-hole muffin pan, or spray unlined pan with cooking spray. Place the cake mix and pumpkin in a large bowl and mix completely with a hand mixer. If using, stir in the nuts and/or raisins. Dough will be quite thick. Divide batter among the 12 holes in the pan, filling each one quite full. Bake for 20-25 minutes, until browned, and a toothpick comes out clean. Remove to a rack, and allow to cool thoroughly, if frosting or glazing. Makes 12.