

TRENDY TIMES

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Out Of The Darkness Walk At WHS

By Gary Scruton

1-800-273-8255

This article is started with a phone number because it could save a life! This is the crisis number for the American Foundation for Suicide Prevention. The AFSP is a national group dedicated not only to the prevention of Suicide, but also to the understanding of why it happens.

There are close to one million suicide attempts each year in the United States alone. Statistics tell us that 20% of those attempts are by current or former military personnel. Suicide is also the 5th largest cause of death for those aged 5 to 14. And for the age group of 15 to 24, it is the 4th largest cause of death. With those kinds of number, almost everyone knows someone who has been in that desperate situation. And yet the subject is still not a normal piece of conversation. It may

be whispered about, or quietly mentioned at certain times, but it is indeed a dark subject that seldom is openly discussed.

That conversation is one of the objectives of not only the AFSP, but also the Woodsville High School Friends of Rachel group. Friends of Rachel is headed by WHS staff member Jennifer O'Dell. The group has done other events including bringing speakers to WHS to speak to students about suicide and other subjects. The group has also teamed up with the mother of a WHS student who was a suicide victim. Together their main objective is to bring this subject to the forefront before another life is lost.

Therefore, on Saturday, October 18, 2014, the second annual Out of the Darkness Community Walk will take place. The walk will

begin at 10:00 AM, with registration beginning at 9:00 AM at the Bagonzi Community Building at the Woodsville High School Campus. Walkers will be asked to walk about a 3 mile loop that returns to the Community Building no later than 1:00 PM. At that point there will be raffle drawings, a few comments from various officials and refreshments for the walkers.

The 2013 Out of the Darkness Walk saw about 60 walkers and volunteers take part. About \$8,000 was raised during the event with all of those funds being sent to the AFSP. In return the AFSP uses funds from this walk and many others just like it across the country to further this discussion about suicide, and to find ways to prevent it. Research tells us that about 22% of the money raised actually does go to research. That research includes work on a test that will assist health care personnel to better identify those with short term risk of suicide.

Another 31.7% of such



Some of the 2013 participants in the Out Of The Darkness Walk held at Woodsville High School.

funds are used in the prevention and education. That includes the "More Than Sad" Program which is working to change the conversation about mental health in schools.

Survivor Programs run by the AFSP take another 17.4% of the funds. These programs help develop communities of loss survivors so that those affected have support.

The Advocacy portion of the budget takes another 10.3%. These funds are used to persuade lawmakers

to join the battle to reduce suicide. The goal is to reduce suicide by 20% in the next decade.

And of course some of the funds must be used for fundraising, management and other general expenses. That total is less than 19%.

But remember that the "Out of the Darkness" walk is much more than just raising money. It is also for those who simply want to show their support. But if you would like to make a donation, you can contact Jenni

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TRENDY Dining Guide

Calamity Jane's Restaurant

By Gary Scruton

As many readers can probably tell by now I enjoy a good breakfast. Sometimes that means a nice stack of pancakes and sometimes it means eggs. On this latest adventure I had to make that choice once again.

Calamity Jane's in Warren had a seasonseasonal special on the board for this Saturday morning visit; apple and cinnamon pancakes. Plus their had their normal selection of more than a half dozen styles of omelets. Tough choice. But I finally made the choice to go with the three egg, ham and cheese omelette. It came with home fries and toast. Then I added a side of home made corned beef hash. Along with coffee there was nothing else I could want.

This particular Saturday morning the place was hoping pretty good. Though Jane's does not have a huge dining room, it is plenty to keep the one waitress moving. Jane meanwhile was out in the kitchen like normal doing the cooking. But I must say as well that as we arrived and were being seated at a freshly

cleared table, Jane was also in the dining room helping to get things all caught up. And as a special bonus on this day Jane had two of her grandchildren there to help as well (Nice to see the youngsters pitching in.)

Back to the food. A reasonable wait time and our waitress came out with our meals. On this particular occasion I had ordered first, and my wife thought it sounded so good that she simply said "I'll have what

he's having." That meant that there was no problem with getting the right meal to the right person. The omelette was delicious. The cheese was nicely melted, there was enough ham to give it flavor, and the whole thing was cooked to just the point of melting the cheese, without burning the eggs. The toast was homemade bread and there was a selection of jellies and jams on the table. The home fries were well cooked, but again

not burned or too crispy. And as a topper, the hash. Now that did have some crispness to it. Just the way it should be. And it was not spicy. All together a wonderful Saturday breakfast (almost brunch).

I can add that on this particular Saturday Jane also had a traditional chicken and biscuits on her specials menu, and before we left there were folks coming in for an early lunch that were already getting that chicken coming out from the kitchen.

Other important information about Calamity Jane's

is that she is open Wednesday thru Monday for breakfast and lunch. Plus Friday and Saturday evenings for dinner as well as some lively entertainment. Though Jane does not have a full bar, she does offer most of the adult beverages that her clientele might order adoring a Friday or Saturday night out, or that they may wish to add to their meal.

Calamity Jane's is not hard to find in Warren. Just look for the rocket just off the common. On one side is Jane's, right next door to the Grange.



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Happy 5th Anniversary To Us

By Gary Scruton

Believe it or not it has now been five years since the very first copy of Trendy Times went to press and was distributed to readers in the Upper Connecticut River Valley. The date was October 6, 2009. That date (10.06) is the reason that our logo indicates the time that it does (10:06). That is one of the items that has remained constant from the very first issue (our Masthead, the clock on the front page, always shows the date of that publication).

There are many other things that have also remained the same over our first five years. Our graphic designer is still Jeanne Emmons (though she has physically moved). And she continues to work from her home, adding to the list of those who now enjoy a commute to work of a simple walk down the hallway of their home. Another thing that has remained constant over the first five years is our pricing. We still charge only \$6.00 per column inch, and give all non-profits a 50% discount on that rate in order to help them generate more capital for the organization.

One of the major changes to Trendy Times over this five years has been our distribution method and timing. We began, way back then, as a weekly paper. That changed in early 2010 when we realized that financially, we simply could not continue at that pace. It was shortly after that time that we did what has become much more popular since that time. We asked our readers (the people who used our product) to invest in our business. At that time we received over \$4,000 in investments along with some donations from readers and even some advertisers. Our promise at that time was to pay back all those investors in two

years. Though I can not say that all of those investors have been paid back, I can say that we have begun the process. We fully plan to continue to pay back at least one person each month. We are working thru the list and the payback of every-one remains a major goal.

Later in 2010 we made another major change as we stopped the actual mailing of Trendy Times. Instead we are now published every other week, and we are distributed though a number of routes where papers are placed in stores, banks, eateries, garages, and other spots for readers to pick them up. Of course the price of the paper has stayed constant. We are still free! It should also be noted that when mailing stopped the number of Trendy Times printed was actually increased for each publication. This also meant that the area that was covered was enlarged. We grew our reach and now can be found in Fairlee and Orford, all the way to Lyndonville, Littleton and Lincoln. We go as far east as Wentworth and Warren, and as far west as Groton and East Topsham.

Many of the other changes over our five years have been behind the scenes changes. But they have been important ones, and have all added to the history of Trendy Times. We have had a small number of different salespersons. Some who lasted no time at all and a couple who have done quite well. This includes our current sales staff (which we would love to increase. Contact me for details on this commission based part time position).

Other constantly changing, yet exceedingly important aspect of Trendy Times is the variety of writers we have had

who have been so willing to contribute to the wonderful articles, stories and informative items that we have printed. Not only the writers who write just for us, but also all those members of a non-profit group who do press releases and send them in. It is this variety of material that we hope our readers enjoy enough that they continue to pick up Trendy Times.

And finally we want to

thank our advertisers. After all, that is how we pay the bills. We have many consistent, long term advertisers who know the value of a constant presence in front of the public. We thank you for your continued business and trust that it will continue for at least another five years. We also thank all of those periodic advertisers. The ones who want to get the word out about a special sale, or

event. And we also thank those one time, or once a year businesses and groups that do not have the need or inclination to advertise more often. We value the business of you all, and hope we can do business with you again soon.

So, five years are behind us, and we look to the future for what is still to come. We thank every one of you.

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

October 14, 2014

Volume 6 Number 1



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A FREE PUBLICATION

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Where have the days gone? Fall foliage peak has passed, the Haverhill Cooperative Middle School soccer fest is this weekend, we turn the clocks back on November 2, and Election Day follows, November 4. Yes, the political signs and the constant, recycling political ads will disappear. Once the dust settles, the governor, senators, and representatives will be sworn into office on December 3.

The political party having the majority of the 400 elected representatives will have the inside track in selecting the Speaker of the House. This individual presides over the

House, makes rulings on procedure, and sets the tone for the next biennium. If Republicans gain the majority, the party will caucus in Representative Hall on November 18 for the purpose of selecting a speaker. Three representatives are vying for the speaker position: Gene Chandler, previous speaker and current minority leader from Bartlett; Bill O'Brien, previous speaker from Mount Vernon; and Laurie Sanborn, current minority policy leader from Bedford. Selecting the speaker is extremely important. Strong, respected leadership is vital and absolutely key to a successful

session. I have heard that the Democratic caucus may be held on November 12.

In another matter, members of the education committee met today to discuss annual statewide testing of students in grades 3, 4, 5, 6, 7, 8 and 11. The Smarter Balanced Assessment aligned with common core standards has been selected by the NH DOE to replace the school accountability test given each spring that we know as NECAP. I proposed that the assessment statute be amended as follows: "Each year, a balanced statewide assessment program supported by local school district assessment or performance-based systems designed to yield specific data to use in targeting instruction for an individual or group of students shall be administered in all school districts in the state in grades 3-8 and one grade in high school or in selected grades from 3 through 12 such as 4, 6, 8 and 11." In short, schools now spend an excessive amount of time preparing for and administering statewide tests that subtract from valued instructional time. This proposal could reduce the amount of state mandated high stakes testing and complement statewide testing with locally approved assessment. The catch to the proposal, is that any accountability changes for schools receiving Title I or federal dollars must be approved or receive a waiver from the National Department of Education. In short, local control is not so local. Thanks, and I welcome your input.



The stated mission of the Grafton County Department of Corrections is "to contribute to public safety by maintaining a balanced correctional system of institutional and community programs that provide a range of control and rehabilitative options for criminal offenders and those awaiting trial." A number of voluntary rehabilitative programs are available to inmates. These include:

- HiSET: In a program operated primarily by volunteers, inmates are provided with the opportunity to obtain a high school equivalency diploma. The Grafton County Department of Corrections typically graduates over 50 inmates each year- the equivalent of a small high school.
- Crossroads: Inmates meet one-on-one with trained volunteers from the community to participate in a professionally designed curriculum that is designed to help the inmate learn to make better decisions in their life.
- 12 Step programs: Inmates have the opportunity to participate in an Alcoholics Anonymous 12 Step Program; the program is run by volunteers from the community. Separate sessions for men and women are provided.
- Parenting Classes: Designed to help inmates improve their parenting skills, the parenting classes are provided by community volunteers.

The list goes on further, but I'll stop here. The one thing that these programs have in common is the critical role that is played by community volunteers. In addition, the importance of volunteer effort in Grafton County's Drug Court cannot be overstated. The "Friends of the Grafton County Drug Court," a non-profit 501(c)(3) organization, provides resources to ensure that program participants have the ability to make a fresh start.

To all of the community members who have given of their own time and resources to assist in any way at the Grafton County Department of Corrections: thank you. To our wonderful volunteers at the Nursing Home, who volunteer their time to brighten the days of our residents, goes another heartfelt thank you. You all make a difference, and you are greatly appreciated.

As always, if you would like additional information or if you have any questions or comments, please feel free to contact me at 603-747-4001, by e-mail at

llauer@co.grafton.nh.us, or via my website at www.lindalauer.com.

Things are on the move at the Grafton County Complex in preparation for repairs to the Grafton County Nursing Home. The second floor of the 1930s Administrative Building has been vacated and is being retrofitted to accept Nursing Home patients during the repairs. The Commissioners Office, conference room, Executive Assistant, IT Department, Human Services Department, Finance and Payroll have all been moved to the basement of the building. The County Register of Deeds and the Human Resources Department will continue to be located in their current offices on the first floor of the Administrative Building. In addition, the UNH Cooperative Extension Office location will not change during the move.

Nursing Home repairs are tentatively scheduled to start in November and should take no more than six months. The current plan is to vacate the second floor of the 1969 wing of the Nursing Home, complete repairs on that floor, and then repopulate the second floor and vacate the first floor to finish the repairs.

The positive attitude that the Nursing Home staff, patients and families have shown throughout the planning process is very much appreciated. Moving residents from floor to floor and building to building will be a challenge for everyone, but it continues to be the best option for multiple reasons. The Grafton County Nursing Home typically operates at or near full capacity, so relocating residents to open beds within the facility is not an option. Relocating residents to other nursing homes would, in most cases, take them significant distances away from friends and families as nursing home beds are in short supply in our area. In addition, simply closing down one floor of the 1969 wing for six months would result in significant revenue loss for the County and its taxpayers. The proposed plan is the best available compromise for Nursing Home residents, county employees, and Grafton County taxpayers.


As always, if you would like additional information or if you have any questions or comments, please feel free to contact me at 603-747-4001, by e-mail at

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From The Desk Of NH State Senator



Dear Constituents,

You may be following the controversy regarding Governor Hassan's nominees to the Site Evaluation Committee, the regulatory body that reviews and approves energy projects in the state of New Hampshire. This is an issue that is near and dear to my heart since I was the prime sponsor of the legislation (SB245) that made reforms to the Site Evaluation Committee.

As background to SB245, the Legislature previously passed SB99 (for which I was also the prime sponsor). That legislation required the Office of Energy & Planning to conduct a public stakeholder process relative to the Site Evaluation Committee. Over the course of many months, members of the public participated in this process...it was a real grassroots effort. Throughout the meetings, a strong and recurrent theme was evident; the public did not trust the current site evaluation process, they felt that the public was not being represented and that their views weren't valued or considered. But by working together, local citizens identified issues of concern, examined possible solutions, and outlined areas of agreement.

I know some of my constituents were skeptical of the process and doubtful that any meaningful change

would occur. I implored them to believe we were making progress and that their opinions were valued. The final report of SB99 served as the framework to help the Legislature identify reforms to improve the current siting process and from that process, SB245 was born.

Senate Bill 245 was an act relative to the procedures and authority of the Site Evaluation Committee. The legislation sought to restructure the size and makeup of the Site Evaluation Committee, strengthen public participation (pre-application, public information sessions), provide adequate funding and staff capacity (application fees, monitoring/decommissioning, operations in addition to permits), and ensure projects provide a net community benefit (environmental, community, economic). At the very heart of SB245 was the commitment to involve the public, to earn back their trust by making them part of the siting process.

In February 2014, I testified in the Senate Energy & Natural Resources Committee, advocating for a stronger role in the decision-making process by the public. I told the Committee that public appointments to supplement the SEC membership would provide additional and important perspectives on projects and their value to the state and the communities where

they would be sited. It was no secret that for the last four years I had been working, sometimes it seemed against the tide, on the issue of demanding the public have a voice in private energy projects that would impact property values and local economies.

You can imagine my surprise and deep disappointment, then, when I first learned about Governor Hassan's nominations for the two public members on the newly reformed Site Evaluation Committee. To choose two retiring legislators to represent grassroots, local viewpoints flew in the face of everything I had been working for on behalf of disillusioned constituents.

As Governor, Maggie Hassan has every right to make these nominating decisions on her own, but I would have expected her to seek some input. Her choices shows how truly out-of-touch she is about what is happening on the ground, in our communities. SB245 was signed into law on July 11, 2014. From all accounts, it appears that the Governor selected her nominees about two weeks before the October 1 Governor & Executive Council meeting. I wonder, did the Governor solicit nominations from the communities? With 234 towns and cities in NH, were any of the selectboards, zoning or planning boards, or conservation

commissions asked if they had members that would like to serve? As a state that has a rich resource of retired professionals, was there any outreach to this group?

To make it worse, even with the backlash from citizens, Republican, Independent, and Democrat, who have lived this battle for the last four years, spending their own time and money to attend countless meetings and testify at hearings, she has refused to consider withdrawing the nominations. Rather she tabled the issue indefinitely.

I was heartened to hear that three of the Executive Councilors, on a bipartisan basis, have announced their resolve to reject the nominations. Councilors Kenney, Pignatelli, and Sununu are listening to their constituents and I thank them! Councilor Kenney, who represents the area most impacted by current energy proposals said, "The Governor demonstrated poor judgment during this process...these nominations are clearly not within the

spirit of the law; they should be withdrawn immediately and the process should be started over." Councilor Sununu said, "In the face of bipartisan opposition from across the Executive Council, the mature course of action would be to withdraw the nominations, but the Governor is unwilling to do that."

I urge the Governor to listen to her constituents. I urge her to do her homework and solicit nominations from a wide source of available and competent people and bring forward nominations that truly represent the local communities.

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 (271.4980 [o] or jeanie@jeanieforrester.com). If you would like to subscribe to my e-newsletter, visit www.jeanieforrester.com and sign up.

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POLITICAL ADVERTISEMENT

POLITICAL ADVERTISEMENT

LINDA LAUER for COUNTY COMMISSIONER

An Endorsement from Representative Tara Sad

"I urge everyone reading this in Grafton County to rush to the polls on November 4th and vote for Linda Lauer for County Commissioner.

I am a State Representative and chair the House Environment & Agriculture Committee where I have served for the past eight years. In January of 2013 Linda Lauer, then a freshman legislator, joined my committee, and from the beginning I knew that Linda was no ordinary freshman - in fact, she was no ordinary legislator.

For one, she was brilliant. You've heard the term 'It's not rocket science'? Well, Linda was a rocket scientist at Lockheed Martin! She has a doctorate. She is a chemist and is conversant with biology, including genetics. She was not only a Navy Veteran, she was among the first females to teach at the Naval Academy.

In addition, Linda is tireless and dedicated. Whatever she takes on she does well. She is Master of the Bath Grange, she is her town's Emergency Management Director, and she serves on the Board of Trustees of the NH Grange Foundation. She is a champion of local farms and local food, and knows that our beautiful rural landscape is worth fighting for.

And most importantly, like her friend and mentor Councilman Ray Burton, Linda Lauer loves her town, her county and her country. She fights to do what is best for her constituents, and is masterful at building coalitions in order to solve problems and find solutions.

Last February, when Linda was appointed to succeed Ray Burton as County Commissioner, she was no longer able to remain a representative. The House and my committee lost a truly remarkable member. But our loss is Grafton County's gain. Linda has made a formidable and singular Commissioner in the months she has been serving you, and will continue to do so for the next term. Vote for Linda Lauer for Grafton County Commissioner on November 4th."

Representative Tara Sad
Cheshire District 01

Paid for by Friends of Linda Lauer, Linda Lauer- Treasurer, PO Box 147, Bath NH 03740

GROTON GROWERS WINTER MARKET
RTE 302-GROTON COMMUNITY BUILDING

Saturday, October 18, 2014
10:00 am - 1:00 pm
NEW HOURS!

We will have a great selection of local meats (beef, pork, chicken, sausage, bacon), locally grown produce, eggs, cheese, maple syrup, honey, peanut brittle, home made ice cream in sandwiches and pints, jams, jellies, pickles, relishes, breads, pastries, wood crafts, hand-crafted jewelry and so much more!

At the Groton Growers Table:
Stock up on organic raisins, weighed to your order.
Receive FREE, energy-saving compact fluorescent (CFL) bulbs donated by United Way!

Wool spinning and wood turning demonstrations!

Check out our You Can Take It Table for a selection of useful items - FREE! Donations accepted and are used to offset market expenses.

Enjoy lunch by Diane at Nana's Kitchen or Sally, our ice cream makers.

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

GROTON GROWERS FARMERS MARKET
9:00 AM – 1:00 PM
Groton Community Building

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

BINGO
6:00 PM
Blue Mt. Grange Hall, Ryegate Corner

SUNDAYS

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

**MONDAY/THURSDAY
ADULT INTERVAL AEROBIC CLASS**
6:30 PM
Woodsville Elementary School

TUESDAYS

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

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

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

WEIGHT WATCHERS MEETING
5:30 PM
Orange East Senior Center, Bradford

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

CRIBBAGE
7:00 PM
Orange East Senior Center, Bradford

FRIDAYS

LYNDON FARMERS MARKET
3:00 PM – 6:00 PM
Band Stand Park, Rte 5, Lyndonville

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

THURSDAY, OCTOBER 16

MEDICARE BOOT CAMP
9:00 AM – 11:00 AM
NVRH, St. Johnsbury

VFW POST #5245 MONTHLY MEETING
7:00 PM
VFW Hall, North Haverhill

FRIDAY, OCTOBER 17

FAMILY FALL FESTIVAL
6:15 PM
Blackmount Equipment, North Haverhill
See article on page 9

SATURDAY, OCTOBER 18

OUT OF THE DARKNESS WALK
10:00 AM
Bagonzi Community Building, Woodsville
See article on page 1

MEET THE LOCAL DEMOCRATIC CANDIDATES

10:00 AM – 12:00 Noon
Littleton Senior Center

GROTON GROWERS WINTER MARKET

10:00 AM – 1:00 PM
Groton Community Building
See ad on page 5

OPEN HOUSE

10:00 AM – 2:00 PM 802-222-4014
Charity Masonic Lodge #43, Bradford

OPEN MUSEUM W/2 NEW EXHIBITS

2:00 PM – 4:00 PM 802-222-4423
Bradford academy Building

LITTLETON ROTARY LOBSTER FESTIVAL

5:00 PM – 7:30 PM
Bretton Woods Base Lodge

HARVEST SUPPER

5:30 PM – 7:00 PM
Woodsville United Methodist Church

LORD'S ACRE AUCTION

6:30 PM
North Haverhill Methodist Church
See ad on page 7

NH ONE-ROOM RURAL SCHOOLS

7:00 PM
Bath Village School
See ad on page 7

SUNDAY OCTOBER 19

BENEFIT TEXAS HOLD 'EM TOURNAMENT
1:00 PM / Cash games 11:00 AM
BRESLIN CENTER, Main St. Lyndonville, Vt.

MONDAY, OCTOBER 20

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

YOUNG ADULT BOOK DISCUSSION

6:30 PM
Groton Free Public Library
See article on page 7

TUESDAY, OCTOBER 21

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

EMERGENCY FOOD SHELF

4:30 PM – 6:00 PM
Wells River Congregational Church

LEGENDS OF NEW ORLEANS JAZZ
7:00 PM
Fuller Hall, St. Johnsbury Academy
See article on page 10

THURSDAY, OCTOBER 23

**PREVENT FIREARM SUICIDE -
FILM SCREENING & FORUM**
7:00 PM
Colonial Theater, Bethlehem

BOOK CLUB FOR WRITERS

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

FRIDAY, OCTOBER 24

HAUNTED HOUSE
6:30PM
W. Newbury Town Hall, 219 Tyler Farm Rd

NATIONAL MARIONETTE THEATER

6:30PM
Court Street Arts, Haverhill
See ad and article on page 11

SATURDAY, OCTOBER 25

FRIENDS OF BATH CRAFT FAIR
9:30 AM – 3:00 PM
Bath Elementary School

MEET THE LOCAL DEMOCRATIC CANDIDATES

10:00 AM – 12:00 Noon
Horse Meadow Senior Center, North Haverhill

NEW 4-H CLUB ORGANIZATION

1:30 PM
170 Court Street, Haverhill
See article on page 9

CHILDREN'S HALLOWEEN DANCE

5:00 PM – 7:00 PM
Clifford Building, Woodsville

SWEET JAMM DANCE

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

"THE WALKING DEAD" HAUNTED WALK

7:30 PM – 10:00 PM
Clifford Building, Woodsville

SUNDAY OCTOBER 26

BENEFIT TEXAS HOLD 'EM TOURNAMENT
1:00 PM / Cash games 11:00 AM
AMERICAN LEGION POST 30
Rt. 5, Lyndon, Vt.

MONDAY, OCTOBER 27

BOOK DISCUSSION
7:00 PM
Groton Free Public Library
See article on page 7

WEDNESDAY, OCTOBER 29

**NORTH COUNTRY FRUIT
AND VEGETABLE SHOW**
9:00 AM – 3:30 PM
Mountainview Grand Resort, Whitefield
See article on page 8

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, October 23rd for our October 28th issue.

Groton Free Public Library Event

NEW! Round Robin Reading, a weekly toddler/preschool storytime at the library, will begin this Fall. If you are interested in attending and/or volunteering to be a reader, please contact the library. Day & time TBA.

Monday, Oct. 20, 6:30pm: Young Adult Book Discussion Season Opener! Join us to share recommendations about books you enjoyed over the summer months and kick off our return

to monthly gatherings. New readers (teens & adults) welcomed!

Monday, Oct. 27, 7pm: Book Discussion of "Reading Lolita in Tehran: A Memoir in Books" by Azar Nafisi. New participants welcomed. Copies of the book available for lending at the library.

Every Wednesday, 1-3pm: Crafts & Conversation (for adults). Join us with your ideas and projects-in-process – or – just join us!

All of our programs are free and open to residents of all towns. 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, Fri 2:30-7pm.

Visit us on Facebook: www.facebook.com/GrotonFreePublicLibrary and at our website: www.grotonlibraryvt.org

Haverhill Corner Library Announces James Thurber Discussion

The Haverhill Corner Library will hold a discussion of two stories by James Thurber, the library has announced. The program, the next installment of its Book Club for Writers series, will be held Thursday, October 23 at 7:00 PM.

Copies of "The Catbird Seat" and "You Could Look It Up" will be available in advance at the library, and the discussion will be free and open to the public.

James Thurber (1894–1961) was one of America's foremost humorists, best known for his cartoons and short stories, which mostly appeared in The New Yorker. He began his career in journalism with his hometown newspaper, the Columbus (OH) Dispatch, and moved to New York to work for the New York Evening Post. With the help of E. B. White, he joined the staff of The New Yorker as an edi-

tor in 1927, but did not begin his career as a cartoonist until 1930, when White found some of his cartoons in the trash and submitted them for publication in the magazine.

Thurber's best-known works include Is Sex Necessary? (co-written with E. B. White), My Life and Hard Times, The Middle-Aged Man on the Flying Trapeze, My World and Welcome to It, and the short story "The Secret Life of Walter Mitty," one of the most frequently anthologized stories in American literature. "Mitty" was adapted for a 1947 film starring Danny Kaye – an adaptation that Thurber disliked – and was recently adapted a second time for a film released last year. Thurber's work has also inspired other films, plays, and television shows; "The Catbird Seat" was the basis for the movie The Battle of the

Sexes. The Thurber Prize for American Humor is named in his honor.

Book Club for Writers is a fiction discussion program that meets four times a year. Discussions are open to all, and focus particularly on questions of craft and technique that will interest writers and aspiring writers. Created by the New Hampshire Writers' Project, Book Club for Writers is sponsored locally by a fiction writing group that meets weekly at the Haverhill Corner Library.

The next Book Club for Writers discussion will be held in January 2015 and will feature "A Conversation with My Father" by Grace Paley and "The Harvest" by Amy Hempel.

For more information, call the library at 603-989-5578.

Orange East Senior Center

All events held at the Senior Center are open to the public unless otherwise advertised.

We are looking for volunteers for the kitchen for Tuesday and Thursday. If you are interested, please call or come by.

The East Corinth Cribbage Club will be on Wednesdays for the 2014-2015 season at 7:00pm. Cost is \$2 per night. A raffle drawing will be held on the last Wednesday of every month. Any level are welcome—please come to enjoy! If you have any questions, please call Sally Osgood 802-222-5756

The Visiting Nurse and Hospice of Vermont and New Hampshire will be here on Friday, October 17 for the Seasonal Flu Clinic from 10am until 12:00pm. All adults 18+ welcome. Please bring your Medicare Part B insurance card so they can bill them directly. The fee for all others is \$25.

BINGO IS COMING TO THE ORANGE EAST SENIOR CENTER.

PLEASE LOOK IN THE LOCAL PAPERS FOR THE

STARTING DATE. WE ARE LOOKING FOR VOLUNTEERS TO HELP WITH BINGO - IF INTERESTED PLEASE GIVE US A CALL.

An AARP Smart Driver class is scheduled for Thursday, November 6th from 1:00 to 5:00 pm at the Orange East Senior Center in Bradford.

This highly effective defensive driving course (which may earn you an auto insurance discount with some insurance companies) is designed to reduce the chances of having an automobile crash for drivers age 50 and older. The class is open to all drivers, and the cost is \$15 for AARP members or \$20 for non-members. For more information and to pre-register (required), call the Orange East Senior Center at 222-4782

Weight Watchers is now meeting at the Orange East Senior Center on Tuesdays—the meeting starts at 5:30 p.m.

The Senior Center has a foot care clinic on the second Wednesday of the month. The next clinic is November 12. If you would like an appointment, please call.

Computer class is now on Wednesdays from 3:00 p.m. until 5:00 p.m. This class is for all levels.

There will be Tai Chi Easy classes on Wednesday are at 8 a.m.

The Orange East Senior Center is available for rent. We have a capacity of 125. If you would like to book your wedding reception or birthday party or if you have any questions, please give us a call.

If you are in need of any medical equipment, please check with Vicky to see if we have it to borrow before you purchase any.

There is space available in the Monday, Tuesday, Thursday and Friday exercise class. The class begins at 9am and ends at 10. It is a strength building class. Directly after exercise class on Tuesday and Thursday we continue with a balance class that helps build balance.

Orange East Senior Center is holding informal Line Dancing classes for exercise and just plain fun, each Tuesday at 10 a.m. Come On Down!

Bath Library Book Club

The Bath Library Book Club will be discussing "Talk Funny Girl", by Roland Merullo on Thursday, November 13th at 6 pm at the Bath Public Library. In one of the poorest parts of rural New Hampshire, teenage girls have been disappearing. For 17-year-old Marjorie Richards, the fear raised by these abductions is the backdrop to what she lives with her own home, every day. Marjorie has been raised by parents so intentionally isolated from normal society that they have developed their own dialect. Marjorie is tormented by her classmates, who call her "The Talk-funny girl," but as the nearby factory town sinks

deeper into economic ruin and as her parents fall more completely under the influence of a sadistic cult leader, her options for escape dwindle. But then, thanks to a loving aunt, Marjorie is hired by a man, himself a victim of abuse, who is building what he calls "a cathedral," right in the center of town. 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.

Bath Public Library Announces Grant Award

BATH – The Bath Public Library has received a grant from the New Hampshire Humanities Council to present Steve Taylor, "New Hampshire's One-Room Rural Schools: The Romance and the Reality" on Saturday, October 18th at 7:00 pm at the Bath Village School.

Hundreds of one-room schools dotted the landscape of New Hampshire a century ago and were the backbone of primary education for generations of children. Revered in literature and lore, they actually were beset with problems, some of which are little changed today.

The greatest issue was financing the local school and the vast differences between taxing districts in ability to support education. Other concerns included teacher preparation and quality, curriculum, discipline, student achievement and community involvement in the educational process. Steve Taylor explores the lasting legacies of the one-room school and how they echo today.

This program is free and open to the public.

For more information, contact the Bath Public Library at 747-3372 or e-mail bathlibrary@together.net.

Visit Our New On line Store
WhiteMountainTrader.net



Lord's Acre
AUCTION

Saturday
October 18, 2014
6:30 PM

North Haverhill Methodist Church
Route 10, North Haverhill, NH
Complimentary Desserts & Beverages

Gift Certificates And
Items From Local Businesses
Bakes Goods, Garden Produce And More!

ADMIT ONE

Restaurant
FREE ENTREE
Local Eatery
Expiration Date 00/00/00

INFORMATION OR TO DONATE CONTACT RUTH AT 603-787-2464

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END SEASON CLOSEOUTS

200 SQ.FT. 3-1/2 BIRCH FLOORING	\$870 lot
92 SF PORCELAIN TILE	\$295 lot
1x3x12 STRAPPING WEATHERED	.99 EA.
2X6X18 SPRUCE	7.99 EA.
2X8X18 SPRUCE	SOLD OUT!!
SMALL LOTS VINYL SIDING	29.00 SQUARE
18'X7' NEW WOOD OVERHEAD DOOR (DAMAGED)	\$400
PORCELAIN 13X13 FLOOR TILE (CUSTOMER OVER ORDER)	
HARDWOOD FLOORING SMALL LOT	
LIMITED MIXED UNIT OF CLEAR NO FINGERJOINT PRIMED, 2 COATS WHITE PAINT TRIM BOARDS 1X4 (\$.82) 1X6, 1X8, 1X10, 1X12 ALSO SOME 5/4 SIZES	
ALL FORTRESS PAINTED BALUSTERS 1/2 PRICE INDOOR OR OUT	
SMALL LOTS SHINGLE...\$15 BUNDLE	
MASONITE DOOR SLABS D&D \$29 TO \$49	
FIBERGLASS ENTRY DOORS NEW DISPLAY BLANKS	
SPECIAL PRICING SLABS OR PREHUNG OUR SHOP	
ALL LATTICE 10% OFF (WHITE, GREEN, BROWN, BLACK)	
MISC. ROOFING SHINGLES \$1 EA.	
NEW RHINO DECKING SUPPLIER CLOSEOUTS \$2.50 AND \$2.95 LF	
ALL LATTICE 20% OFF PVC BLACK, GREEN, BROWN, WHITE	
MISC. BROKEN BAGS INSULATION...SALVAGE PRICE NOVERLINE STAINABLE/PAINTABLE RAILINGS 8'-0"\$107	
WINDOW SHUTTERS IN STOCK ONLY \$10 EA. SMART CLAPBOARDS SOME PAINTED CAN BE REPAINTED \$.50 LF	

North Country Fruit & Vegetable Seminar & Trade Show

Mountain View Grand Resort, Presidential Ballroom

Mountain View Road, Whitefield, New Hampshire

October 29th 2014, 9:00am - 3:30pm

Now that the growing season is coming to a close it's time for the North Country Fruit and Vegetable Seminar and Trade show! This year's event will be held on October 29th at the Mountain View Grand Resort in Whitefield.

The daylong event will feature UNH's Professor Brent Loy with an update on recently released and soon to be release varieties of pumpkins and squashes. Ruth Hazzard, UMass's Vegetable Specialist will be joining us to discuss options for extending the season with low tunnel crops and long term storage. We will hear from NH Commissioner of Agriculture, Lorraine Merrill

and Gary Keough, state statistician from the National Agricultural Statistics Service about the good news for the state from the 2012 Census of Agriculture. We'll also be facilitating a farmer to farmer exchange about season extension and winter marketing options and getting an update on the recent revisions to the proposed rules for implementing the Food Safety Modernization Act (FSMA).

Lunch will be prepared by the Mountain View Grand and will feature a seasonal, local fare. Guests are encouraged to attend early and visit the trade show where a variety of agriculture vendors will be on hand.

There is a substantial pre-registration discount if you sign up by October 21. For more information please visit http://extension.unh.edu/resources/files/Resource004299_Rep6151.pdf or call the UNH Cooperative Extension Grafton County office at 603-787-6944.

In addition to the educational programming, 3 pesticide recertification credits will be available for licensed applicators and there will be ample time to visit trade show booths highlighting companies that provide the services, supplies and equipment needed for fruit and vegetable production.

Pumpkin Season In Review

By Heather Bryant, Regional Field Specialist, Food and Agriculture

We've had a weird and wonderful year for pumpkins! From farm to farm the story varies. Some farms have a heavy crop, some farms don't. Some farms have pumpkins that ripened early, and some have struggled with disease problems. Chances are if you grow pumpkins at home and have been comparing notes with fellow gardeners you've seen a similar pattern. So what happened?

It actually isn't always what happened, but what didn't happen. First, pumpkins need good growth in the early part of the season, so when you planted, and the luck of the draw of getting good weather those first few weeks, was a major factor for some of us this year. If only Mother Nature could give us a preview we could plan better, but of course that is not how it works.

Second, pumpkins have both male and female flowers. The male flowers are produced first, with female flowers following later. In order to get good pollination and good fruit set, the pollinators need to pick up pollen from the males and then transfer it to the females. Daytime temperatures over 90°F can cause flowers to abort, so if the timing was wrong and that happened to one gender or the other (probably the females because they come later), or if it rained for a few days and

the pollinators didn't work hard at the right time you didn't get good fruit set in the early part of the season. For large fruited varieties that only produce a few fruit per plant this was particularly dramatic at a few sites. For much more detail on this phenomenon, see the following article by Gordon Johnson from University of Delaware Cooperative Extension. <http://agdev.ann.udel.edu/weeklycropupdate/?p=1583>

Next, your plants need to make it through the main part of the season without running afoul of too many plant diseases. I've seen years that were far worse than this one in that regard, but there have been two fungal diseases that caused some challenges around the county, plectosporium and phytophthora.

Plectosporium is actually a fairly new disease to northern New England. The first time I remember seeing it was 2006. It thrives in cool or rainy weather. It causes small diamond shaped lesions on the stems of the plant, which you might not even notice when it first happens. If you have a lot of it, by the end of the season you will notice it because the stems lesions will expand until the vines look white and the fruit will develop white or tan lesions. For good photos of the problem visit http://vegetablemndonline.ppath.cornell.edu/NewsArticles/Pump_PlectoNews04.htm

<http://agdev.ann.udel.edu/weeklycropupdate/?p=1583>

Phytophthora is also associated with rainy conditions or, in a year like this one, fields or gardens that hold water. If you've ever had a really beautiful pumpkin that you pick and put on your porch for Halloween only to have it develop a whitish mold at the top and then seem to cave-in practically overnight, that was probably phytophthora.

Since we obviously cannot predict or control the weather, what can we do? Rotation is critically important. Plectosporium, phytophthora and other pumpkin diseases we happily saw little of this year can survive in the soil for more than a year. For commercial growers, I recommend a 4 year rotation. Unless you have an expansive lawn with several small gardens dotting it, that is probably not an option for you. In that case, rototilling the crop residue back into the soil at the end of the season will help. Keeping weeds under control and using proper spacing so that plants have good air flow and dry out quickly after a rain will help as well. Finally, when you need to water try to get the base of the plants rather than soaking the leaves from above. And naturally when all else fails, you can always buy replacements from your favorite farm!

New 4-H Club Starting Up

A new 4-H club is starting in the Haverhill area. Join 4-H leader Jodie Lang on October 25, 2014 at 1:30pm at 170 Court Street, Haverhill, to make plans for the 4-H

year ahead. This Club's projects will be geared towards the 4-H Intermediate (youth 12 to 13 years old) and Senior (14 to 18 years old) levels. For more infor-

mation please contact the UNH Cooperative Extension office at 603-787-6944, ce.grafton@unh.edu or Jodie Lang at 603-348-0666, jandmlang@gmail.com.

Family Fall Festival

On Friday, October 17, 2014 the Grafton County UNH Cooperative Extension 4-H Youth Development program is holding a Family Fall Festival to help celebrate the many accomplishments of our 4-H members during the past year. This event is open to the public, both youth and adults. Awards will be given for carved and decorated pumpkins and vegetables, as well as scarecrows. This year's categories are: Transportation, Animals, Flowers, 4-H Theme, Bedazzled!, and

Judge's Choice. Please be sure to carve or decorate your pumpkin or vegetable prior to the event. Parents, this is an opportunity to be creative alongside your kids. Make it a family night!

If you have been wondering how to get your child involved with 4-H in Grafton County, then stop by to see all the wonderful things that our youth have been doing in their gardens and other project areas throughout the year. Donna Lee, Grafton County 4-H Program Coordinator, will

be available to answer any questions you have about the program and connect you with other 4-H leaders and members in your area.

Please come and join us at Blackmount Equipment, on Route 10 in North Haverhill for our annual 4-H Family Fall Festival on Friday, October 17, 2014 at 6:15pm. For more information, please contact the UNH Cooperative Extension office at (603) 787-6944 or email Donna Lee at donna.lee@unh.edu.

Dear Marci...

Dear Marci,

I turned 65 last year and signed up for Original Medicare when I was first eligible. My friend told me that I should look at my health care coverage during Fall Open Enrollment in case I want to make any changes. He said that he is enrolled in a Medicare Advantage plan. What is the difference between Original Medicare and Medicare Advantage?

Ian

Dear Ian,

Medicare beneficiaries have two options for receiving their health care coverage: Original Medicare or Medicare Advantage. Each option has different costs and rules about the providers you use, so it is important to understand the basics about both before changing your coverage. Your friend is right, you are able to make changes to your Medicare coverage during Fall Open Enrollment, and it is a good idea to review your options every year to ensure that you have the best coverage possible. Remember, Fall Open Enrollment lasts from October 15- December 7 of each year and the changes you make during this time take effect on January 1.

Original Medicare is the traditional fee-for-service Medicare program administered directly by the federal government. Under Original Medicare, you can see any doctor in the country who participates in the program, and most doctors do. It includes Part A, which covers inpatient hospital costs, and Part B, which covers outpatient medical costs. In order to have prescription drug coverage under Original Medicare, you must actively choose and enroll in a stand-alone Part D prescription drug plan.

With Original Medicare, after you pay your monthly premium, you pay a coinsurance for each service that you receive. If you have Original Medicare, you can purchase Medigap supplemental insurance to assist with Part A and Part B premiums and copays. Note that Medigaps do not assist with Part D prescription drug costs. Some people also have supplemental insurance through retiree insurance or union benefits.

Medicare Advantage plans are plans administered by private insurance companies that provide Medicare benefits. These plans contract with Medicare, and are paid a fixed amount to provide Medicare benefits. You must live in the plan's service area in order to enroll. Medicare Advantage plans are generally managed care plans, and the most common types are Health Maintenance Organizations (HMOs), Preferred Provider Organizations (PPOs), and Private Fee For Service (PFFS) plans. You still have Medicare if you join a Medicare Advantage plan. In most cases, you must still pay your Part B monthly premium (and a Part A premium, if you have one). Each Medicare Advantage plan must provide all Part A and Part B services, but they can do so with different costs and restrictions than Original Medicare. This can affect how and when you can get

care. For example, Medicare Advantage plans require members to use their networks of doctors and hospitals. If you use an out-of-network provider, you may have to pay more for your care.

Medicare Advantage plans must limit the amount you spend out-of-your own pocket for health care. These limits tend to be high but are helpful if you need a lot of care. Plans can also offer additional benefits that Original Medicare does not cover, like routine vision or dental care. Generally, if you want to enroll in a Medicare Advantage plan and also need drug coverage (Part D), you must join a plan that includes drug coverage. If you have a Medicare Advantage plan, you cannot purchase a Medigap policy.

Even if you are satisfied with your current Medicare coverage, it's important to investigate during Fall Open Enrollment whether other Medicare options may better suit your individual needs in the next calendar year. Research shows that people with Medicare prescription drug coverage (Part D) could lower their costs by shopping among plans each year. Being proactive about your coverage can help to reduce costs and make sure that your health care needs are met.

-Marci



Sharpen Up!

Large And Small Kitchen Knives
Serrated Knives • Steak Knives
Small Hand Tools - Chisels • Etc.

Sean Kelly
802-222-9258
sean@asharpedge.com

Contact Me For:
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FCC Amateur Radio License Examination

The Littleton Area Radio Club will offer examinations for the Federal Communications Commission's Amateur Radio Licenses on Saturday November 01, 2014. Examinations for Technician, General, and Amateur Extra licenses will be offered. Preregistrations is not required.

The examinations will be conducted at the Franconia Town Hall, 421 Main Street, Franconia, NH. Applicants should arrive 15 minutes before the 10:00 A.M. examination time to complete an application form.

Candidates for examination must bring a photo copy and the original of a photo ID to the

examination. If applying for an upgrade, a photo copy and original of a photo ID, a photo copy and the original of the current license, and the candidate's Federal Registration Number (FRN) are required. The examination fee for all applicants is \$15.00 in cash.

Calculators are permitted. However, calculators which are capable of storing formulas are prohibited. If examiners feel a calculator may contain formulas, they have the right to deny its use.

Anyone considering applying for examination or having questions is asked to contact Ron at ab1nn@arrl.net or (603) 823-8723.



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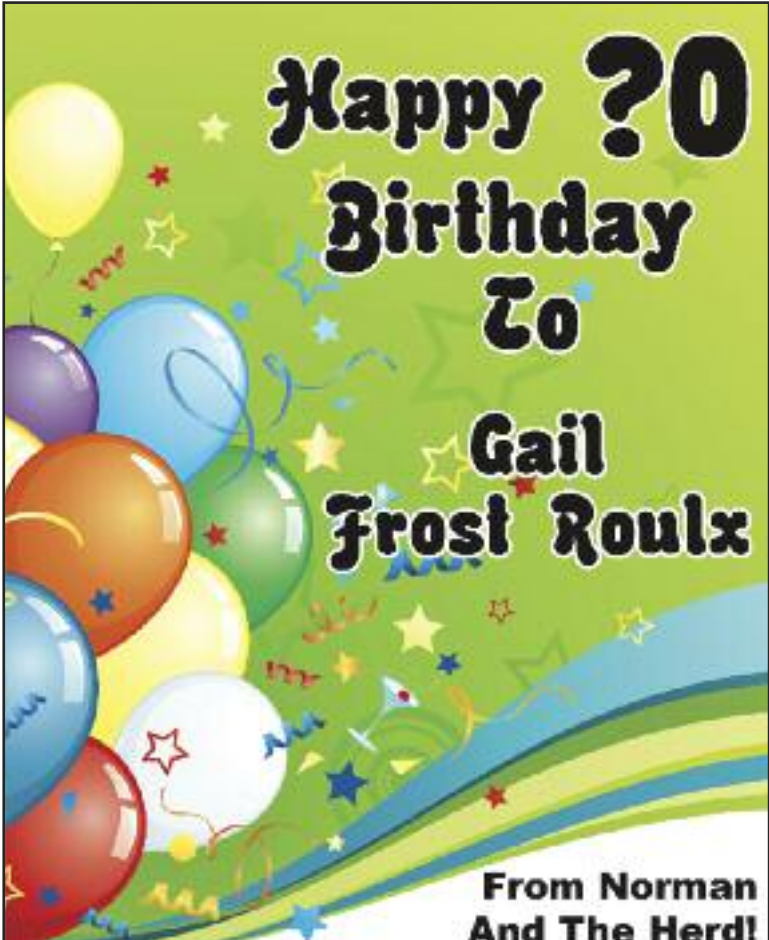
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Preservation Hall Jazz Band To Perform With Allen Toussaint—Oct. 21st In St. J.

Kingdom County Productions will present the exclusive northern New England production, "Legends of New Orleans Jazz" featuring rhythm-and-blues ace and six-time Grammy nominee Allen Toussaint joining forces with the Preservation Hall Jazz Band for the first time, on tour. Showtime is 7pm, Tuesday, October 21st at Fuller Hall, St. Johnsbury Academy. Tickets are now on sale at KingdomCounty.org or by calling 802-748-2600.



The Preservation Hall Jazz Band has toured the world since its founding in the early 1960's – as the essential vehicle to keep traditional New Orleans jazz traditions alive. During recent years, the band has played 150 annual

dates at venues ranging from Carnegie Hall to Lincoln Center and the Hollywood Bowl. And they have branched out to ensure a future as a living and breathing group driven by fresh influences and inspirations, adding a number of dynamic new musical directions to their rock-solid repertoire of the classic New Orleans style.

Levon Helm, and Robert Plant and Alison Krauss. Toussaint's many awards and recognitions include his 1998 induction into the Rock n' Roll Hall of Fame.

Preservation Hall has appeared onstage with artists ranging from Dr. John, Wynton Marsalis, and the Grateful Dead, to The Black Keys, Bonnie Raitt, and Tom Waits. In an Oval Office White House ceremony, the group was awarded the 2006 National Medal of Arts, the nation's highest honor for artistic excellence. In 2010, the San Francisco Examiner called Preservation Hall "The best jazz band in the land."

Elton John recently remarked, "When I meet someone like Allen Toussaint – that for me is like meeting, you know, someone the equivalent of the Dalai Lama, because for me, he influenced the way I played the piano. He's an historical part of rock-and-roll."

Allen Toussaint ranks as a key figure in the development of R & B – and his songs have been recorded by a staggering array of artists including Otis Redding, Phish, Boz Skaggs, The Who, The Rolling Stones, Aaron Neville, The Doors, Glenn Campbell, Warren Zevon, The Yardbirds, Jerry Garcia, Paul Butterfield, Derek Trucks Band, Ringo Starr, Trombone Shorty, Three Dog Night, and The Hollies. Other collaborations include The Band, Paul McCartney, Elvis Costello, Bo Diddley,

The October 21st concert is being produced and presented by Kingdom County Productions working in association with Lyndon State College, Passumpsic Savings Bank, Cabot Creamery, Blue Cross Blue Shield of Vermont, St. Johnsbury Academy, Vermont Broadcast Associates, Vermont Public Radio, and Catamount Arts, which also handles box office services for KCP events. Show sponsors include: Donna and Jerry Senturia, Kingdom Taproom, Peacham Café, Ann Mills, PointFM, Newport Daily Express, and Abel Toll and Ronny Lyster of the AutoSaver Group.

For more information, go online to KingdomCounty.org or contact series producer Jay Craven (jcraven@marlboro.edu).

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Beauty And The Beast Comes To Court Street Arts

Award-winning National Marionette Theatre has been amazing audiences around the world with their imaginative productions for over forty years and they will take the stage at Court Street Arts at Alumni Hall on October 24 at 6:30pm with Beauty and the Beast. The retelling of this classic tale shows that when Beauty looks beyond the Beast's external appearance she learns to love him for who he truly is on the inside. Using meticulously crafted marionettes, beautifully painted scenery, and a classical music score, it's theatre at its finest! This production is appropriate for family audience aged four years and up.

Bailiff's Cafe featuring homemade fare from the Newbury Village Store will be open for dinner and treats starting at 5:30pm. Tickets are \$4 for kids and \$8 for adults.



National Marionette Theatre will bring their magical production of the classic tale Beauty and the Beast to Court Street Arts at Alumni Hall on Friday, October 24 at 6:30pm.

Other upcoming events in October at Court Street Arts including Thriller: Dance It!, a lively workshop that will break down Michael Jackson's iconic dance for all abilities. This workshop led by professional dancer Laurel Lakey will be held on Oc-

tober 25 at 1pm.

For more information visit courtstreetarts.org or call (603) 989-5500. This performance is sponsored by the Wells River Savings Bank and the New Hampshire State Council on the Arts.

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Letter To The Editor

Giving Away Part Of Our Constitution To The UN

The U.N. Resolution 2117 lists 21 points dealing with firearms control, but perhaps of most interest is point number 11. It: "CALLS FOR MEMBER STATES TO SUPPORT WEAPONS COLLECTION and DISARMAMENT of all UN countries".

By a 53-46 vote - The U.S. Senate voted against the U.N. resolution.

46 Senators including Senator Sha-

heen voted to give your 2nd Amendment Constitutional Rights to the U.N.

There was no Republicans that voted for this attack on our Constitution.

Members swear to uphold our Constitution not give to the UN.

Phil Gaeta,
Center Conway

Phil,

Those are some interesting, and alarming points you make. The Constitution of the US is there for a reason. It is the blueprint by which this great country is run. It does appear that over the years some of the points of our Constitution have been forgotten.

In regards to specifically the 2nd Amendment. I strongly believe that all citizens have the right to own a firearm, provided they are qualified to do so. Therein lies the biggest questions. What qualifies a person to own a firearm? Again, in my opinion, 1) at least 18 years old 2) successfully completed a firearms training course 3) is of sound mind & 4) the firearm is registered.

Gary Scruton, Editor

Letter To The Editor

We've all heard about the Minimum Wage recently. Most of it doesn't make sense, so I looked into it.

The current federal minimum wage is not a livable one. It's not just students and teenagers working minimum wage jobs but families where both partners have to work two or three jobs leaving no time for home, family, or anything more than existing.

We've heard that raising the minimum wage will cause employers to lay off workers or not hire new ones.

But articles from the New York Times, Center for Policy Research and even Fox News tell a different story: states that raised the minimum wage experienced significantly higher rates of job growth and rapidly improving local economies.

Probably because with more expendable income, people not only can pay their bills on time, but can buy items that were unaffordable before. In our North Country, that means more purchases from local farmers and businesses, visiting local restaurants and keeping that money in the local economy, boosting it even further.

There are predictions that restaurants and service businesses will lay off staff, but it turns out, as the minimum wage is increased, employment is not hurt. Rather than cut jobs, employers offset the cost through reduced labor turnover, saving hiring and training costs, giving lower raises further up the wage ladder, raising prices slightly, or other adjustments. Businesses absorb cost increases every day that don't benefit the local community; raising the

minimum wage does.

Higher expendable incomes also lead to more tourism, which has suffered severely not only here in the North Country, but nation-wide. Instead of closing tourist-related businesses or laying workers off, they would remain open and sales would increase as tourists spend more freely.

Those opposing minimum wage increases say they would rather improve the workers' lot through education to help them raise themselves out of poverty. While I fully endorse education and training, with many lower-income people working multiple jobs while taking care of home and children, that is not a realistic option for them. Making it even more impossible is that austerity measures have cut almost all opportunities for affordable training and education.

Raising the minimum wage has a direct effect on the quality of family life; parents who have the time to become involved in their children's lives make them better students and citizens.

It would also decrease the amount of government assistance needed as there would be an incentive to get a job and keep it rather than live in near poverty; a direct benefit to families and taxpayers. Raising the minimum wage makes perfect sense.

Terri Mertz
Candidate for Grafton County District 15
NH State Representative
Piermont, NH

Terri,

This is a well written, thoughtful argument for an increased minimum wage. I thank you for the information and your explanation of the positives in supporting this idea. It is refreshing to hear from a candidate with details on a current issue.

Gary Scruton, Editor

Letter To The Editor

To the editor,

Where it began... jobs. "Let's get more jobs in NH" Haverstein, CEO of BAE System, now we know who is responsible for the sales of \$66 million dollar contract for the AN/AAR-57 common missile warning system, according to the Defense Dept. and NH Sen Kelly Ayotte, The contract was in support of "foreign military sales" to Saudi Arabia/United Emirates, the Homeland of Osama Bin Ladin and his family.

The Bin Ladins in 2001 put a large part of their money into business ventures, including Arbusto Energy. GW Bush shortly after leaving Harvard Business School started this company. GW Bush and Osamas brother, Salem Bin Ladin had a close relationship with the "president to be."

Makes one concerned about where our weapons(WMD.s) are being made, used and on who, maybe our troops, or our allies. But you know how it is, oh well, just, follow the money. It's business as usual.

I think I would rather have a Governor with a back ground in Law, like Maggie Hassan, running our state rather than a Weapons Manufacturer.

Nancy Leclerc
N. Woodstock, NH

Nancy,

Thank you for your opinion on the upcoming governor's race here in NH. Every opinion is worth hearing. As we have said many times in the past, all voters need to become informed. Read or listen to as many opinions as you can. Then think about them and make up your own mind as to how you should vote.

Gary Scruton, Editor

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Letter To The Editor

Dear Editor,

Over the past few years I have had many opportunities to join the conversations and be a part of the work creating partnerships in our regional communities that address a multitude of needs that we all are facing. This includes working with the private sector, non-profit and public institutions, and government at all levels, and the many who serve in this capacity.

Specifically, a very special thanks goes to our District 2 Senator Jeanie Forrester. From the onset of these many endeavors, Jeanie showed her skills used directing Plymouth and Meredith Main Street programs, rolled her sleeves up and was instrumental in providing assistance and leadership in many key areas. As a Chamber of Commerce, it is very refreshing and encouraging to see an elected official get involved without hesitation on the ground level and show a genuine care for her district business community and citizens.

Scott Stephens
Executive Director

Plymouth Regional Chamber of Commerce

Scott,

Let me begin by also thanking you for your involvement with these projects. It appears that you have also been involved as Executive Director, and I would hope as a volunteer as well. It is because of the dedication of people such as you that so many great things happen in the great country. It is also refreshing to hear someone thanking, and congratulating, an elected official for the things that have been done, rather than just mentioning the bad things that have taken place.

Gary Scruton, Editor

Letter To The Editor

Dear Editor,

The last thing Senator Shaheen wants to talk about is her record. Instead, she would rather launch false claims about Scott Brown to take attention away from her complete investment in the failed policies of Barack Obama. Scott Brown is pro-choice, anyone who has been to one of his many town halls could tell you that.

This is the same Senator Shaheen that cast the deciding vote for Obamacare and promised us we could keep our health care

plans if we wanted to.

Women have been hurt by Obamacare; seeing work hours cut because businesses are worried about the employer mandate. Even worse, women-owned businesses are inundated with new regulations that make it difficult to do what they do best, create jobs.

Vicki Schwaegler
Orford

Vickie,

I want to thank you as well for your thoughts on this very important upcoming election. The position of US Senator is one of the top two elected positions any person can obtain. Therefore it is imperative that all voters learn as much as they can about the candidates in order to make an informed decision.

I am also pro-choice. But like any other stand by any candidate, I can not make a determination by just one issue. Most every elected official will disagree with any voter on at least one issue. So, again, learn all you can in order to make your best decision.

Gary Scruton, Editor

Letter To The Editor

Dear Editor:

I support Senator Jeanie Forrester as she moves forward to be elected once again as our State Senator from District 2. I have known Jeanie since 2003 when she and her husband first came to Meredith looking for a place to live. In 2005 Jeanie asked me to join her and others in an effort to help Meredith be a better place to live, work and play. Over the past 10 years I have seen Jeanie as a leader, a listener and as someone who has the true desire to make things happen for the better. Whenever I am with Jeanie, she takes time

to listen to me share what is happening in my business. At our non-profit meetings, Jeanie is looking for answers to what we can do together to make this area stronger economically as well as to raise a family. Jeanie, I believe, genuinely wants to know what she can do to help me in whatever I am doing. I am proud to be a family man from Meredith, a property owner in Meredith and a small business owner in Meredith. I am thankful to have Jeanie Forrester, an active Senator, representing District 2.

Chris Kelly
Meredith, NH

Chris,

Another nice positive letter in support of a candidate. Thank you.

Let me remind voters that the State of New Hampshire has only 24 State Senators. That means that each Senator has a fairly large area to represent, especially here in the North Country where the population is less dense. This means that these Senators must travel that much more in order to meet the same number of citizens. It is not an easy position and I thank those who are willing to take on this responsibility and yet still find time for their locals.

Gary Scruton, Editor

Letter To The Editor

Dear Editor,

It's disappointing to see Senator Shaheen completely distort Scott Brown's record on women's issues, simply to take the attention away from her own record of supporting Obamacare. Scott Brown is pro-choice Republican and has a proven record of supporting women's health care—that's an indisputable fact. The only reason Senator Shaheen is trying to distort the truth is to avoid answering the tough questions about her last six years in the Senate.

Women voters are smarter than that. When you look around, Scott Brown is working hard to talk about issues that impact women and families across our state, ranging from the perils of Obamacare to soaring energy costs. On the other hand, Jeanne Shaheen is nowhere to be seen. For six years, she's been an invisible senator, and now she is emerging to simply bash Scott Brown for bringing new ideas to the table. New Hampshire won't fall for that.

PJ Thibodeau
Rumney NH

PJ,

The upcoming Senatorial election here in New Hampshire is one of the most important positions that will be battled for here in 2014. And as always I want to encourage every voter to become educated about both candidates. There are many sources for such information including Letters to the Editor. And again I urge you to check multiple sources to get a full view of the issues that concern you the most. Then vote accordingly.

Gary Scruton, Editor

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Thomson Auto Body

On Saturday, October 25th from 11 AM - 2 PM Thomson Auto Body in Orford, NH will be hosting an open house to showcase our services. Thomson Auto Body specializes in refurbishing heavy equipment, sand blasting, and collision work. The Auto Body is also home to a fabrication shop.

The Open House will feature tours of the facility, a

slide show of previous work, a before and after example of sand blasting, and some really great prizes. The prizes will include custom home decorations from the fabrication shop, a raffle drawing for a free spray on truck bed liner, and a free car detail. The grill will be fired up and lunch will be provided.

Stacey Thomson, owner of Thomson Auto Body,

Thomson Excavation, Thomson Timber Harvesting and Trucking, various sand and gravel pits, and Thomson Properties has deep roots in the Connecticut River Valley and has worked hard to build strong business that local residents can rely on.

We invite you to join us on October 25th at the Open House to see what Thomson Auto Body has to offer!

Ryan

By Elinor P. Mawson

He was a beautiful child-blond hair, blue eyes, chubby cheeks. Just about everyone commented on what a wonderful-looking boy he was.

But looks are deceiving. When I found his name on my third grade class list, I thought he would fit in well with the other kids, like judging a book by its cover.

But Ryan T's (we also had a Ryan S) picture would be in the dictionary next to the word "disconsolate."

I never knew anyone before who was disconsolate. Cheerless, grumpy, inconsolable, unhappy, angry. Ryan T was all of the above and more.

Before the first day was over, we had moved Ryan several times. He would bother anyone within 3 feet. Of course, nobody wanted him near. I even moved him next to my desk to no avail. When I went home that night, I felt disconsolate too.

As time went on, I discovered that Ryan couldn't read; he couldn't add or subtract. I don't know what he had been doing for the first 2 years of school, but it wasn't learning. Then it occurred to me that his teacher was as desperate as I to keep him under control in order to try to teach the rest of the class.

I prevailed on the reading teacher, the guidance counselor, the social worker. They all said, "Oh Ryan T!" and that was about the end of it.

I asked the teacher who had him in her class the previous 2 years. "I worked so

hard with him," she said with a big sigh. "He could have cared less about school or school work."

Then I asked what she knew about him. It seems that Ryan had a little brother John, and they lived with their parents in a mobile home not far from the school. The father had some mental and alcohol problems, and the mother ran a sort of day-care business. I am sure that there was chaos in that home on a daily basis, and Ryan bore the brunt of it. Although he was neat and clean, that was about all that could be said.

At last, I decided that Ryan needed to have his own space. We rigged up a refrigerator box and put his desk inside (it was open on one end.) He had a shelf to keep his books and other school-related items on, and the rest of the class was instructed not to bother Ryan in his space unless invited.

This worked for a time. I would do the lesson, put the class to work, and then work with Ryan--who was only interested for a few minutes. I didn't ask for a lot, but he was expected to do some work and hand in his paper. For the most part, he stayed in his space.

After awhile, though, it got boring in there. Being by himself was something that was difficult to get used to, and bothering people was what he had become good at. We were pretty much back to square one.

I asked his mother to

come in to talk; she did visit, but it was easy to see why Ryan was the way he was. SHE was disconsolate! I suggested counseling, but she said they couldn't afford it. She didn't want him to be tested for ADHD or anything else. She was not complimentary about him--in words of one syllable. I could have wept for the poor child. He was headed for some very difficult and awful things.

Somehow we got through the year. I don't think Ryan had learned an awful lot, he hadn't made any friends, and I had used a whole year's worth of strategies--notes home, rewards, positive reinforcement, long talks. All to little avail.

I wish I could tell you that Ryan turned himself around and became a success. Nothing changed, he drifted through elementary school., quit high school, and dropped out of just about everything. I saw him walking along the road once when he was about 19; I stopped and said "Get in". We talked for awhile, he wasn't doing anything, he didn't know where his father was, he hated school, he wasn't in trouble "right now". I ached for him. I didn't see any future for that disconsolate boy. I couldn't imagine living a whole life that way.

And I don't know where he is now. Death or jail seem possibilities. When I look back, I think of all the students who when through my classroom and care. And Ryan T was the saddest.

Letter To The Editor Unemployment

The unemployment rate is now 5.9 percent. Sounds good. But what about the people who stopped receiving unemployment or just have part time jobs because they cannot find a full time job with the same pay rate as the job they lost? They are no longer counted in the unemployment rate. What about the people that did find a job but are getting paid less than the last job they had?

Just after the primary I heard Maggie Hassan talk about all the jobs she created.

I got a job under Maggie Hassan. I also lost that same job. I was hired by a company with a big project. When the project was finished there was not another to take its place, so over a hundred people were laid off. I wonder how many people who got a job created under Maggie Hassan are still employed in that job.

I am looking and it does not look good. I do not want to collect unemployment. I want a job. A good job with benefits. A full time job. And so do a lot of people in this state.

NH is 50th in corporate taxes. Yep... last in the country. That really is enticing companies to come here.

NH needs full time year round jobs. Maggie Hassan is doing nothing to bring businesses to NH. Some are leaving. NH needs jobs with benefits.

I do not think Maggie helped the people in our state. She did not help me... and I am sure she did not help others.

Linda Riley, Meredith NH

Linda,

I will not try to quote any statistics. If there is even one person who wants to work, but can not find a job, then the unemployment rate is too high. On the other hand I know that there are some people out there, unlike you, who do not mind being on unemployment and even some who relish it. The Unemployment Fund is there to help people unable to find a job. But like any program, it can be abused.

I also can not tell you how the job market is doing in New Hampshire. Are more good jobs being created? Are those jobs real long term positions? I can only hope that our elected officials are doing what they can, and that the business community is making decisions to keep new jobs here, and not out-source them to other countries.

Best of luck with your job search. I do hope that you will have plenty of choices in the very near future.

Gary Scruton, Editor

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Protect Your Retirement Against Market Volatility

As an investor, you're well aware that, over the short term, the financial markets always move up and down. During your working years, you may feel that you have time to overcome this volatility. And you'd be basing these feelings on actual evidence: the longer the investment period, the greater the tendency of the markets to "smooth out" their performance. But what happens when you retire? Won't you be more susceptible to market movements?

You may not be as vulnerable as you might think. In the first place, given our growing awareness of healthier lifestyles, you could easily spend two, or even three, decades in retirement — so your investment time frame isn't necessarily going to be that compressed.

Nonetheless, it's still true that time may well be a more important consideration to you during your retirement years, so you may want to be particularly vigilant about taking steps to help smooth out the effects of market volatility. Toward that end, here are a few suggestions:

Allocate your investments among a variety of asset classes. Of course, proper asset allocation is a good investment move at any age, but when you're retired, you want to be especially careful that you don't "over-concentrate" your investment dollars among just a few assets. Spreading your money among a range of vehicles — stocks, bonds, certificates of deposit, government

securities and so on — can help you avoid taking the full brunt of a downturn that may primarily hit just one type of investment. (Keep in mind, though, that while diversification can help reduce the effects of volatility, it can't assure a profit or protect against loss.)

Choose investments that have demonstrated solid performance across many market cycles. As you've probably heard, "past performance is no guarantee of future results," and this is true. Nonetheless, you can help improve your outlook by owning quality investments. So when investing in stocks, choose those that have actual earnings and a track record of earnings growth. If you invest in fixed-income vehicles, pick those that are considered "investment grade."

Don't make emotional decisions. At various times during your retirement, you will, in all likelihood, witness some sharp drops in the market. Try to avoid overreacting to these downturns, which will probably just be normal market "corrections." If you can keep your emotions out of investing, you will be less likely to make

moves such as selling quality investments merely because their price is temporarily down.

Don't try to "time" the market. You may be tempted to "take advantage" of volatility by looking for opportunities to "buy low and sell high." In theory, this is a fine idea — but, unfortunately, no one can really predict market highs or lows. You'll probably be better off by consistently investing the same amount of money into the same investments. Over time, this method of investing may result in lower per-share costs. However, as is the case with diversification, this type of "systematic" investing won't guarantee a profit or protect against loss, and you'll need to be willing to keep investing when share prices are declining.

It's probably natural to get somewhat more apprehensive about market volatility during your retirement years. But taking the steps described above can help you navigate the sometimes-choppy waters of the financial world.

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

Copper Cannon Camp

Bethlehem, NH - The doors to Copper Cannon Camp's new dining hall opened June 21st with its first meal being dinner the night before camp was inundated with excited 2014 campers and parents. Over the course of the next eight weeks over 520 youth enjoyed the benefits of a spacious, state of the art dining and meeting facility.

September 20th Copper Cannon Camp hosted its official ribbon cutting and celebration of the Hamilton T. Ford Dining Hall, known to the campers as "Ham's Hall". The building is destined to become a fixture for years to come.

As Executive Director Peter Christnacht remembered from his first meeting with Ham Ford, "Ham shared the history of why Copper Cannon came in to existence. He and his family took part in a free, two-week family camp in Minnesota when he was a child, and his time there changed him. He pledged to himself that if he ever became successful, he would give back. One of Ham's lasting memories was the luxury of having three meals a day" Christnacht stated. For many of the children who attend Copper Cannon today, this is still a luxury.

Sitting in the shadow of Mount Lafayette, the dining



Ribbon Cutting: Campers Carrie and Zoe Beecher cut the ribbon as Jim McCusker, Campaign Co-chair Ben Moyer, architect Nancy Moyer-Dingman and their mother, Beryl Moyer look on.

hall is a testament to the hard work of a very dedicated board of directors and volunteers as well as the vision of a ten year old who went to camp in 1923. As co-chair Ben Moyer stated in his speech "..."

The evening at Copper Cannon had a wonderful turnout with attendees running the spectrum of ages. Former staff member Greg Soster brought his two year old daughter Cora who reveled in the new stage and theater which was the original dining hall only a few months earlier. 101 year old Charlie Weston shared stories of how he and Ham were part of an investment club purchasing stock in the now defunct American Motors Company. Charlie joked that "camp might have had a bigger dining hall if we had been more successful."

The evening included a delicious buffet prepared by Pam Nute. Not only did Pam volunteer to cook for the dedication, but would come up throughout the summer and help in the kitchen as her schedule permitted. Nancy Moyer-Dingman, who donated her architectural firm's time, received special recognition for her hard work in making this dream materialize for Copper Cannon Camp. With a blessing from Father Jerry and ribbon cutting by campers Zoe and Carrie Beecher, Ham's Hall was done.

For more information on Copper Cannon Camp, including program details and how to volunteer or donate, visit www.coppercannon.org, email info@coppercannon.org, or call (603) 823-8107.

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What Is County Government

In this election year issues such as taxes are being discussed. However, many taxpayers do not fully understand what county government does or how much its services cost annually.

The county seat for Grafton County is North Haverhill. The departments include the Nursing Home, Corrections, Human Services, County Farm, Information Technology office, the Registry of Deeds office, Sheriff's Department, County Attorney's office and Maintenance department.

The county nursing home cares for 135 residents a day. The staff is dedicated to providing excellent care to the residents. There is an activities department and special events are held throughout the year for the residents and their families. The nursing home is one of the best in New Hampshire.

The department of corrections houses pretrial and sentenced inmates in a facility opened in 2012. There are programs for the inmates such as the GED program, parenting classes, substance abuse counseling and numerous others. These programs can benefit inmates who participate to become better citizens and reduce recidivism. The cost to house an inmate daily is least \$100.00.

The Grafton County Farm is the only operating dairy county farm in New

Hampshire. Along with the herd the farm also raises chickens and pigs. The farm raises revenues from its sale of milk, livestock and produce. The farm grows large amounts of potatoes and other vegetables which the nursing home and jail consume. The vegetables and potatoes are also sold at the county vegetable stand and donations are also made to various organizations. The farm participates in Barn Day when the farm is open to the public for tours. 4-H clubs come to the farm and these events are very popular with the public.

The farm receives support from the UNH Cooperative Extension Service. The extension provides services and support by conducting local research, managing the greenhouse and providing educational programming on site. It also provides food safety training and support to nursing home and county corrections personnel.

The Registry of Deeds Office records the buying and selling of real estate. The recording process is mandated by law. The office is online and people coming into the office may receive assistance from the staff. The office generated over \$878,000 in revenue last year.

The information technology office works with all the departments on computers, phone systems and solves

tech problems that may arise and keeps the departments running smoothly with the latest technology.

The sheriff's department and county attorney's office deal with law enforcement and criminal prosecution. The sheriff's office transports prisoners, serves civil process papers, bring fugitives back to NH from other states, assists police departments in the county with criminal investigations and conducts its own criminal investigations as well. It also provides court security and has a communications center in order to be in constant contact with police departments, emergency medical squads and the public throughout NH.

The county attorney's office function is prosecuting criminal cases. The office has investigators and an Office of Victim and Witness Information and Support during the whole process to crime victims. The office also collaborates with agencies that deal with domestic violence, victims of sexual assaults and protection of older citizens. The staff is

very dedicated and one best county attorney offices in NH.

There is a new department called Alternative Sentences. The department oversees the juvenile restorative justice, mental health and drug court programs. The purpose is to give alternatives to incarceration for nonviolent offenders. These programs have proven to be very successful and the costs are much lower than being incarcerated in jail.

The human services department reimburses NH Dept. of Human & Human Services for services rendered for nursing home care along with home and community based care services. It also coordinates county grants for social service grants in Grafton County.

These are some of the departments in the Grafton County Complex. The complex has 286 fulltime employees and 165 part time employees. These employees are very dedicated and they make the government functions run smoothly.

The annual budget

comes from three sources, revenue, taxes and a budget surplus from the previous budget year. Revenue from the various agencies is roughly 14.3 million dollars. A surplus of 3 million dollars from the previous year's budget and 21.6 million dollars raised in taxes brings the amount of the Grafton County Budget for fiscal year 2015 to 38.990 million dollars.

As you can see Grafton County serves an important in the life of Grafton County citizens.

Editors Note: This article was submitted by Stephen Whitney of Bath who is the Republican candidate for Grafton County Commissioner from District 2.

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Way We Were, The
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Herbs For Fatigue

Everybody feels worn out at one time or another, but constant fatigue is a sign of undue physiological stress, whether from overwork or disease. This herbal blend is designed to be a part of a program for overcoming the effects of stress. It promotes both short-term and long-term anti-fatigue properties and enhancement of physical strength and stamina. The Chaga and Peppermint provide a quick stimulant effect, and when the blend is used daily. The Ginseng, Gotu Kola, Kelp gradually increase stamina.

CHAGA MUSHROOM – (Inonotus Obliquus), The Chaga mushroom is a parasitic fungus that grows on Birch and Alder in colder climates. The Chaga has been used in Russia as a folk medicine since the 16th century and Nobel Prize winning literalist Alexander Soizheitsyn credits it with curing his cancer. Chaga tea is used in the Russian folk medicine for a wide treatment of ailments including gastritis, ulcers, tuberculosis and Cancer. Recent studies have shown that it has a very high antioxidant compounds. The FDA has recommended that people should increase their antioxidant consumption to 700 ORAC units a day to help lower their risk of Cancer.

What is ORAC? ORAC stands for "Oxygen Radical Absorbent Capacity? This is a scale that measures the amount of free oxygen radicals in your body that a food or supplement can absorb. Free oxygen radicals are formed in our body from normal daily living, electricity, pollution, sun exposure and various other unavoidable. These free radicals bounce around our body beating up our cell structure and organs, making us more susceptible to diseases. Cigarette smoke is full of free radicals. Ever notice how much older smokers look?

Researchers have also discovered that consumption of foods with a high ORAC score help protect against age related memory loss. Chaga has the highest reported ORAC score in natural foods or oils. Chaga also has Polysaccharides, that other medicinal mushrooms contain, and Triterpenes only found elsewhere in Ganoderma (Reishi Mushroom).

SIBERIAN GINSENG: (Eleutherococcus Senticosus), An excellent general

tonic and nutritive herb with particular stimulation for the circulatory system, and exhibiting many of the rejuvenative, adaptogen properties of Ginseng in terms of energy and endurance. Primary Uses: in all tonic and energy formulas as a combatant to depression and fatigue, especially where rebuilding system strength after mental or physical exhaustion, and stress; as part of an immune rebuilding combination to increase body resistance to disease; an effective component in lowering blood pressure and cholesterol, stimulating adrenal function.

GOTU KOLA HERB: (Centella Asiatica), A memory and brain tonic herb used to overcome depression, and increase longevity, heart and nerve health. A specific in all brain and memory stimulation formulas; such as learning disabilities and Alzheimer's disease; as a specific in any energizing, mental "burn-out", or weight loss compounds; in an anti-aging formula; to increase healthy circulation. Nutrients: Calcium, iron, magne-

sium, manganese, phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 & C.

KELP, LEAF & STEM: (Ascophyllum Nodosum), A sea vegetable rich in iodine, chromium and other mineral; with anti-biotic, cleansing and thyroid stimulating activity. Primary Uses: as part of a weight loss, prenatal, gland/blood sugar balancing and iodine therapy formulas.

PEPPERMINT, LEAF: (Mentha Piperita), A universally liked aromatic herb, with anti-bacterial and viral healing properties for digestive and respiratory problems. Peppermint is an effective body cleanser and toner, promotes relaxation, and may be used for all kinds of aches and pains; a specific for irritable bowel syndromes; as a nervine for migraine headaches, anxiety and tension; as a pick-me-up for fatigue. Nutrients: Calcium, choline, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. vitamins B1, B2, B3 & E.

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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By Ronda Marsh

The Best Slow-Cooker Balsamic Roast Beef

Quick! Run to your kitchen and dig out the slow-cooker from wherever you've had it stored during the summer, while barbecuing and picnics were the focus of your mealtime endeavors. Fall is here, and cooler weather makes us long for comforting meals, but without the hassle of tending a slow-simmering pot all day. After all, we will have ample time to be shut inside once the snow comes, so why not let the crock pot do all the work while you enjoy this beautiful autumn weather?



I need to confess here that this is the first time I've ever made a piece of beef in a slow-cooker without searing it first. Why? Because without that step and the high-heat browning, no caramelization of the surface sugars occurs, and chances are you will end up with a rather gray and somewhat bland roast--edible, but certainly not preferable. So I had my doubts about how well this recipe would work. Well, surprise, surprise! As you may be able to tell from the picture, this roast came out beautifully browned and falling-apart tender. What you can't see, is how wonderfully fragrant and toothsome delicious it was. The soy, honey, and balsamic all added great color and flavor...who knew a few simple ingredients could replace the browning process?!

Now that you have this terrific plate of perfect beef, here's a few ideas for serving it: How about mounding it in a flour tortilla and topping it with all the usual Mexican accoutrements for a taco, or heaping it on a baguette, along with a portion of the warm jus for a French Dip Sandwich, or just thickening up the jus to make a gravy, and serving it with the meat piled up over a mound of hot buttered noodles? Talk about easy and versatile; this recipe has it all!

- 1-3 to 4 pound boneless roast beef (chuck or round roast)
- 1 cup beef broth (canned broth or consommé is fine)
- ½ cup balsamic vinegar (the cheaper kind works!)
- 1 Tablespoon Worcestershire sauce
- 1 Tablespoon soy sauce (low-sodium, preferred)
- 1 Tablespoon honey
- ½ teaspoon red pepper flakes
- 4 cloves garlic, chopped

Place the roast in the bottom of slow-cooker (if using low-sodium soy sauce, salt and pepper the roast first; if using full-sodium soy skip this step). Combine remaining ingredients and pour over roast. Cover and cook for 4 hours on High or 6-8 hours on Low. Once roast beef has cooked, remove from slow cooker with tongs into a serving dish. Break apart lightly with two forks and then ladle about ¼ - ½ cup of gravy over roast beef. Alternatively, you can remove the beef, shred, and wrap it to store in fridge overnight, pouring the juices in a bowl and refrigerating to allow the fat to solidify on the surface. When you wish to serve the beef, simply lift the fat off the gravy, spoon the gravy over the beef, and reheat in a slow oven.

Not all Times are Trendy but there will always be Trendy Times October 14, 2014 Volume 6 Number 1

Emma And Co



Local consignment store, Emma and Co after six years in business recently expanded to a new location at 47 Main Street (next to Chutters). North Country Sen. Jeff Woodburn welcomed the move with a state proclamation. From the left is Woodburn, store employees Deb Flynn, Courtney Dickerman, Shirl Cox and owner Carrie Gendreau.

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