

TRENDY TIMES

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Cedar Creek: A Civil War Story

By VT State Senator Joe Benning

There's been a lot of noise in the media these days as politicians and political organizations do battle with each other. It leaves the impression that Vermonters are hopelessly divided as a people. Looking around the political landscape, it is hard to believe that we'll ever be able to come together again as a society. But there is hope.

October 19th marked the 150th anniversary of the Civil War's Battle of Cedar Creek, an event that every Vermonter can look back upon with pride. With a common foe, our ancestors stood in unison as they mustered troops for that war. Vermont soldiers of every political stripe stood shoulder-to-shoulder against terrible odds to protect the greatest human experiment ever achieved. Their heroism in that horrific battle and, perhaps more im-

portantly, their ability to stitch back together a stronger society with their former enemies, gives reason to believe that no mere political differences will ever undermine what Vermont represents to the nation and the world.

I led a contingent of Vermont motorcyclists from the Central Vermont Harley Owners Group to the Cedar Creek battle's anniversary celebrations in Middletown, Virginia. We, too, come from every political stripe, but our common hobby unites us with ease. As the highest ranking official present from Vermont, I was given the honor of representing the state during a special ceremony unveiling a Vermont roadside historical marker and display sign that had just been installed on the battlefield. They had been authorized by your legislature to commemorate Vermont's role in the Civil War for our sesquicentennial celebrations.

The group of us was treated like royalty during this event by the Virginians

who hosted it, as well as by re-enactors from around the country who were there to mark the occasion. We were given a position of honor next to the commanding general during a formal pass in review by almost three thousand Union re-enactors. (In a photograph accompanying this essay you can see us saluting the Vermont contingent.)

A memory that I will carry forever was the moment that author/historian Howard Coffin and I unveiled the historical roadside marker. We were surrounded by many Vermonters, who no doubt also represent every political stripe, swelling with pride and snapping their cameras as the marker's cover was removed. The noise of our current political season was instantly forgotten. It was replaced by the firing of a twenty-one gun and thirty-six cannon salute, a round of "huzzahs" by several hundred Vermont re-enactors, and the applause and shouts of "hurray" from the Vermonters who had come to wit-



ness this historic event.

Vermont will survive this

political season. The ghosts of Cedar Creek guarantee it.

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TRENDY Dining Guide

Thistle Cafe At Newbury Village Store

By Gary Scruton

This area of Northern Vermont and New Hampshire is dotted with some great old country stores. The front porch, the squeaky wood floors, and the wide variety of items available are some of the similarities that they share. Many also offer a great deli counter. They also almost all have a very personable owner and staff that greet the regulars as well as the passers by with smiles and thanks.

What sets each of these places apart is what makes each one extra special. In the case of the Newbury Village Store one could easily point to their recent addition of a seating area behind their deli case. It is an area that boasts of a "million dollar view" of the Connecticut River Valley and the mountains of New Hampshire. But

it can also boast of a wonderful menu and some excellent eating options.

When this cafe first opened, owners David & Ilene could not really settle on a name that worked for them. So for some time the cafe was the No Name Cafe. But they have finally come up with a name that will certainly stick. The Thistle Cafe. And the food they are serving will also stick to your ribs.

The night we chose to dine there we settled on nachos and a pair of sirloin burgers with potato chips. The plate of nachos came out first, as requested. The plate included a cup of sour cream and one of salsa for dipping. Plus there was plenty of cheese drizzled on the nachos. We made a pretty good dent in that large mound of deliciousness be-

fore the burgers came out. With these fine nachos there was no need to have ordered any fries with the burgers. (I should note that the Thistle Cafe does not have a fryolator, so fries are not an option). The burgers themselves were awesomely juicy and delicious. The buns that they were served on did not stand a chance of standing up though the eating process. The juiciness of the burgers simply soaked into the buns and added to the flavor.

We had decided to have only water with our meal on this evening. But I can also report that due to Vermont laws and regulations you can order and drink wine or beer with your meal. And the Newbury Village Store has a very wide range of those spirits for one to choose from. Or choose one of your favorite sodas, juices, milk or any number of other beverages you would expect to find in a great country store.

A couple of other things to pass along about the Thistle Cafe. The seating area is not huge (about 30 seats) and is made up of an eclectic mix of tables and chairs. Many of them coming from regulars when the cafe was first added. A couple are small intimate tables and one has big almost picnic table style chairs so that one can spread out the feast at hand.

Another note is that one can order food from two different spots. Like most country stores you can walk right up to the deli counter, take a

look at the casserole, deli meats and other specials of the day, and order something to go, or to have wrapped up for later. Or you can wend your way out thru the old back room of the store to get to the Cafe and then after looking over the menu, you can walk up to the window and place your order with the staff. Then you go back to your seat and wait for them to bring out your food when it's ready. Payments are made at either of those two locations as well.

Though we have not been to the Thistle Cafe for breakfast (not yet anyhow) it is available on weekends. Evening hours are Wednesday thru Sunday.

So if you are in the mood for an atmosphere that is a bit different, and still enjoy some delicious servings, put the Thistle Cafe at the Newbury Village Store on your short list of places to try. You are bound to find a meal to meet your fancy.

November 11, 2014 Volume 6 Number 3

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



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Saturday, December 13 - Karaoke
Saturday, December 27 - Karaoke, Christmas & New Year's Eve Party



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RSVP Volunteer Larry Sedgwick Honored For Home Patrol Excellence

By Robert Roudebush

Lawrence Sedgwick has been fighting fires and patrolling homes in the Haverhill, New Hampshire area for a long time. It was for that second activity with the RSVP organization that Mr. Sedgwick, along with his wife Ruth, was honored at a recent gathering of RSVP here in town.

Chief of the Haverhill Police Department Byron Charles, Jr. presented the recognition plaque to Mr. Sedgwick Wednesday morning, November 5 at Shiloh's Restaurant. Gathered in appreciation there were nearly 30 people, including key members of the department as well as RSVP volunteers and leaders.

The get-together was also a training session for Home Patrol volunteers, old and new. RSVP stands for Retired Senior Volunteer Program and the Home Patrol aspect goes back as far as 1987.

The citation read in part, "CERTIFICATE OF APPRECIATION FOR DEDICATED SERVICE IN THE RSVP HAVHERHLL POLICE DEPARTMENT HOME PATROL PROGRAM". As near as anyone in the room could determine, Mr. Sedgwick ("call me Larry") has been part of the "extra eyes and ears of the police" home patrol program for at least 20 years.

Larry is also well-respected in the community, especially the Haverhill Corners District, for his fire-fighting contributions, often at the rank of Chief and Assistant Chief. He is a big man with a big volunteer heart and was modest and low-key in his acceptance of the citation and the words of the many well-wishers surrounding him.

Trained Home Patrol volunteers work together in pairs, daylight hours only, honest citizens driving area roads as far distant as Pike, as central as Mountain Lakes, anywhere in Haverhill – they're alert to suspicious activities and check on resident's homes during short periods of absence. They are identifiable by side-mounted vehicle signage and yellow working vests. Working from a continually updated listing of those unoccupied homes, volunteers are under no illusions that they are members of law-enforcement, or some kind of "vigilante". While patrolling is



Longtime RSVP Home Patrol volunteer Larry Sedgwick, center, received a plaque of recognition from Haverhill Police Chief Byron Charles, Jr. thanking him for his many years of exemplary service. Directly next to Mr. Sedgwick is his wife Ruth. Flanking the three on the right is Teresa Volta, RSVP Director, and on the left, Haverhill Selectman Robert Roudebush. Courtesy photo.

regular and continuing year-round, the times picked for the actual driving are random and irregular.

As Chief Charles pointed out more than once during the training he conducted for the Wednesday gathering, RSVP patrollers are a welcome extension of existing police awareness – mobile sets of eyes and ears keeping watch, not just at specific residences, but also during all the travel miles between them. During a typical patrol, the volunteers site-check numerous structures, including doing exterior walk-arounds, testing for unlocked doors, observing possible break-ages or areas of potential danger or health hazards. That includes for example, trees that may have blown down onto wires or roofs.

The volunteers follow a firm protocol, making appro-

priate written notes of unusual activity or situations, and able to keep in touch with the police department by radio – police may then respond.

Residents wishing to place their names and addresses on the Home Patrol watch list may contact Haverhill Police at 787 2222. And those who find themselves interested in becoming part of this long-time productive volunteer effort are encouraged to contact Teresa Volta directly- volunteers are able to request some level of mileage reimbursement, but many choose not to. Ms. Volta is the Director of RSVP for Sullivan and Grafton Countys and her number at the RSVP Volunteer Center is 1-877-711-7787. You may also go online at rsvp@gcsc.org.

VETERANS' DAY PARADE

Tuesday
November 11, 2014
11:00 AM

Central Street, Woodsville

Guest Speaker: Robert Roudebush,
Haverhill Selectman, Navy Veteran

Parade starts at Bond Auto, marches to the monument on Central Street for a ceremony, it then continues to the Ray Burton Bridge and finally to the American Legion Home on Ammonoosuc Street.

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November 4 election results will change the make-up of the current NH Legislature. According to election results, the 400-member House will be comprised of 238 Republicans and 159 Democrats with three seats undecided and each remaining in a tie. Republicans gained approximately 60 seats from the previous session. The New Hampshire Senate has 24 senate positions, 14 Republican and 10 Democrat. It is likely that Senator Chuck Morse will continue as Senate President. Governor Maggie Hassan has been re-elected as the state's chief executive officer.

What will these legislative changes mean in terms of legislative priorities? I believe it is accurate to say that the leg-

islature's first priority will be to develop a balanced budget that lives within the state's existing revenues.

Having a Republican House and Senate and a Democratic Governor, will require willingness from lawmakers to communicate and work cooperatively while respecting and listening to different perspectives. The Governor has veto power and it takes a 2/3's vote in the House and Senate to override a veto. Neither legislative body has a super majority (2/3's); therefore, this biennium will require strong leadership and a willingness to find common ground.

As established in the New Hampshire Constitution, the Governor's Executive Council

provides a unique system of checks and balances. Five elected Executive Councilors are constitutionally responsible for approving state contracts of more than \$10,000 and all gubernatorial nominations. The November 4 election also placed a Republican majority on the Executive Council.

As noted earlier, three house districts remain in a tie. The chance of this occurring is

a long shot, but the writers of our constitution were forward thinking and did provide a process to resolve events such as this. In the case of a tie, either party can request a recount. The recount request must be submitted shortly after Election Day. If a tie remains after the recount process, Part II of the Constitution states that the "House of Representatives... shall be judge of the returns, elections

and qualifications, of its members, as pointed out in the constitution." The constitution further reads, "Every member of the House of Representatives shall be chosen by ballot," which means any remaining "tie" will most likely be determined by a House vote on the first session day.

In conclusion, I thank you for your support and look forward to working on your behalf these next two years.

A Walk In The Woods November 2014

By David Falkenham,

UNH Cooperative Extension Grafton County Forester

Late fall finds me in a cabin in Pittsburg, NH resting the dogs and us in between grouse and woodcock hunting adventures. The sky outside is the definition of slate gray. Mist, mixed with rain steadily falls on the roof as a constant reminder of the perfect hunting season weather. Chickadee's, nuthatches and grey jays flurry about the balsam trees and hazel bushes in a rhythmic businesslike manner collecting food to keep their high octane engines burning.

Outside the cabin, I hear the same seasonal sounds that I hear from my patio in North Haverhill; the distant honking of geese and the whistling wings of ducks as they streak by with the north wind at their backs and their faces pointed toward southern destinations. It is fall migration season, the beginning of the second half of their annual life cycle.

Whether I am standing on an alder swamp listening to whistling wings or watching a spectacle of hundreds of geese rise off the Connecticut River floodplain at sunset I always pause and listen. I often wonder if I am hearing one of the most ancient sounds that modern humans have the

pleasure of listening to. Migration may not seem at first glance like the best business plan for survival, but it has been working since long before North America was even a dot on the map.

Migration is triggered by photo period. In the spring, as the days slowly lengthen, migratory birds get the urge to fly north. Some start their flights and arrive earlier than others, but the purpose is the same for all of them; fly north to spend summers on rich ground, mate and raise a family. Once the baby birds hatch, the parents have a finite amount of time to prepare them for the rigors of the fall migration south.

The shortening of the daylight in late summer causes a feeding frenzy in preparation for the fall flights. Some birds fly from northern Canada all the way to South America. Others are satisfied with shorter routes that end at the Gulf Coast or Chesapeake Bay area. Every year I think of the energy cost vs. rewards of this life strategy. Pondering it from that point of view is pointless since migratory birds have been doing this twice a year for hundreds, maybe thousands of years.

Despite my love of the Labrador retriever as a hunting companion, I haven't yet found one who is willing to tolerate my prolonged presence in a duck blind. Therefore the only migratory bird that I hunt so far is the woodcock. This amazing little bird is one of the earliest spring arrivals, often showing up and beginning its mating rituals as early as mid-March. Fall migration for woodcock starts in October and continues into December so it obviously enjoys our northern hospitality if not our winters.

Whenever I hold one of these birds in my hand, I can't help but marvel their tenacity. They are mostly wings and beak with a cryptically colored body in between. They loaf during the day, feeding on worms and insects and then make their pilgrimage flights by the light of the moon, flying from the Gulf Coast to northern forests and back again in a single year. If I am lucky I get to hold one in my hand, and in the distance hear the sound of honking geese riding the north wind that bristles the back of my neck, precisely as they have done it throughout the course of natural history.

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Old Church Theater Annual Meeting

At a well-attended annual meeting on Sunday, a new board was voted in (the members approved a bylaw change to increase the board size from 9 to 11). At a short meeting following the annual meeting the new board met and elected the following officers:

President,
Gloria Heidenreich
Vice-President,
Sheila Kaplow
Secretary,
Athene Chadwick
Treasurer,
Diane Fray
Technical Director/
Building Manager,
Paul Hunt
Publicity,
Jim Heidenreich
Librarian/Historian,
Scott Johnson
At-large/Publicity,
Brian Kenyon
At-large/Fundraising,

Robert O'Leary
At-large/Volunteer Coord,
Brenda Danielson
At-large/Props manager,
Brendan Chadwick

Another bylaw change approved was to change the membership year to reflect the calendar year. A lively discussion ensued about membership which gave the new board some direction for action on that subject for 2015.

Two winners to the lifetime season ticket were drawn! Winners were Cheryl Boucher of Groton and Barbara Bullard of Woodsville.

Total fund-raising efforts this year yielded \$1191.00, separate from the Modern Woodman of America donation of \$2451.00.

Paul Hunt gave a report of joint fund-raising with the Congregational Church (our "landlords"), and the new

website www.actnspire.org was shown along with photos of our building from the 1800's, about the needs of both buildings.

COMING EVENTS:

- "Readings, Rhymes & Recollections TWO" November 19th 7pm at Bradford Public Library. To raise money for OCT and the Library.
- Auditions for "Cabin Fever Reliever" December 6 and 7 at 2pm in the church vestry next to the theater... The play is a comedy "Funny Valentines", needing 3 women, 2men, all age late 20's to 30's. Co-directed by Peter Richards and Barbara Swantak, to be presented at Alumni Hall in Haverhill January 31 & Feb. 1st and Feb. 7 & 8th
- Board meeting, 6:15pm December 11. Call 802-439-6199 for directions.

Lyndon State College Presents Twilight Dance Ensemble

Lyndon State College's Twilight Players will present the Twilight Dance Ensemble's dance recital. The dance recital will be performed November 15th at 7:00pm in the Alexander Twilight Theater. This dance performance will bring a variety of styles including Jazz, Contemporary, Hip-hop, and Musical Theater.

Julianne Corcoran along with other choreographers

such as Sarah Burnett, and Marybeth Noonan have been working to choreograph dances to perform on stage. This show is meant to showcase everyone's hard work throughout the semester and to provide the community with another form of the performing arts. Twilight Player's advisor Gianna Fregosi has been supporting the success in the Twilight Dance Ensemble, while set

and technical director Britt Moore has been assuring that the performance has everything that will be needed for the final performance

The show will be performed at LSC's Alexander Twilight Theater on November 15th at 7pm. Admission is by donation. For more information contact (802) 626-3663 or find Twilight Players on Facebook.

Willing Worker's Christmas Sale

Sugar Hill, NH - Plan to join us at the annual Willing Worker's Christmas Sale on Saturday, November 22 from 10:00 am to 2:00 pm at the Sugar Hill Meetinghouse, 1448 Route 117, Sugar Hill.

You will find decorations for your Christmas tree and home, attic treasures, books, toys, handmade items includ-

ing aprons and pot holders, plus a wonderful selection of baked goods, fudge and other home-cooked foods.

Corn chowder, tomato bisque soup, assorted sandwiches, desserts, plus beverages will be available for eat-in or take-out lunch. Please plan to join us for this festive event.

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Calendar of Events

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

SATURDAYS

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

THURSDAYS

CRIBBAGE

1:00 PM
Horse Meadow Senior Center, North Haverhill

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

TUESDAY, NOVEMBER 11

VETERANS DAY PARADE

11:00 AM
Central Street, Woodsville
See ad on page 3

WEDNESDAY, NOVEMBER 12

THANKSGIVING MEAL

11:30 AM
Samuel Morey Elementary School

MONTHLY MEETING - ROSS-WOOD POST #20 AMERICAN LEGION

6:00 PM
American Legion Home, Woodsville

ST. ALBANS RAID PRESENTATION

7:00 PM / Michele Sarnosky Sherburne
Bradford Academy Auditorium

1854 CONFEDERATE ATTACK ON VER- MONT

7:00 PM
Bradford Academy Auditorium

THURSDAY, NOVEMBER 13

COMMUNITY MEAL

5:00 PM – 6:30 PM
St. Luke's Parish House, Woodsville

BOOK CLUB DISCUSSION

6:00 PM
Bath Library

FRIDAY, NOVEMBER 14

GROTON GAME DAY

3:00 PM – 6:00 PM
Groton Free Public Library

AMERICAN LEGION RIDERS MONTHLY MEETING

6:00 PM
American Legion Home, Woodsville

7TH ANNUAL TURKEY RAFFLE

6:00 PM
American Legion Home, Woodsville
See ad on page 9

SATURDAY, NOVEMBER 15

BREAKFAST BUFFET

7:30 AM – 9:30 AM
Orford United Congregational Church

CHRISTMAS BAZAAR & CORN CHOWDER LUNCHEON

9:00 AM – 2:00 PM
Bath Congregational Church

ALL YOU CAN EAT TURKEY SUPPER

5:00 PM – 7:00 PM
North Haverhill Methodist Church

TWILIGHT DANCE ENSEMBLE RECITAL

7:00 PM
LSC's Alexander Twilight Theater, Lyndon, VT
See article on page 5

SUNDAY NOVEMBER 16

ANTIQUES MARKET

9:00 AM – 3:00 PM
Rivendell Academy, Orford
See ad on page 10

BENEFIT TEXAS HOLD 'EM TOURNAMENT

1:00 PM / Cash games 11:00 AM
BRESLIN CENTER, Main St. Lyndonville, Vt.

MONDAY, NOVEMBER 17

HAVERHILL SELECTBOARD MEETING

6:00 PM
Morrill Municipal Building, North Haverhill

YOUNG ADULT BOOK DISCUSSION

6:30 PM
Groton Free Public Library

TUESDAY, NOVEMBER 18

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

THURSDAY, NOVEMBER 20

VFW POST #5245 MONTHLY MEETING

7:00 PM
VFW Hall, North Haverhill

SATURDAY, NOVEMBER 22

WILLING WORKERS CHRISTMAS SALE

10:00 AM – 2:00 PM
Sugar Hill Meeting House
See article on page 5

SUNDAY NOVEMBER 23

BENEFIT TEXAS HOLD 'EM TOURNAMENT

1:00 PM / Cash games 11:00 AM
AMERICAN LEGION POST 30, Lyndon, Vt.

MONDAY, NOVEMBER 24

BOOK DISCUSSION

7:00 PM
Groton Free Public Library

MONDAY, DECEMBER 1

GOOD OLE BOYS MEETING

12:00 Noon
Happy Hour Restaurant, Wells River
Public is invited.

HAVERHILL SELECTBOARD MEETING

6:00 PM
Morrill Municipal Building, North Haverhill

TUESDAY, DECEMBER 2

NH STATE VETERANS COUNCIL REPRESENTATIVE

8:30 AM – 12:00 Noon
Woodsville American Legion Post #20

CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING

7:00 PM
Morrill Municipal Building, North Haverhill

WEDNESDAY, DECEMBER 3

WOODSVILLE/WELLS RIVER 4TH OF JULY COMMITTEE MEETING

7:00 PM
Woodsville Emergency Services Building

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

Submit your entries by:

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

Deadline for submissions is Thursday, November 20th for our November 25th issue.

Groton Free Public Library Event

NEW! Round Robin Reading Storytime. Every Tuesday, 10-11am. For children ages 0-5 and their caregivers. Come share stories and playtime!

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

Groton Games Day! Friday, Nov. 14, 3-6pm. Twister -- Scrabble -- Mancala -- Yahtzee -- Connect Four -- Chess -- Uno -- All ages are invited to drop in during the afternoon to play your favorite games in celebration of American Library Association's International Games

Day. Young Adult (YA) Book Discussion. Monday, Nov. 17, 6:30pm. "Rotters" by Daniel Kraus. Join us for lively conversation about one of this year's Green Mountain Book Award nominees. New readers (teens & adults) welcomed!

Book Discussion. Monday, Nov. 24, 7pm. "Rooftops of Tehran" by Mahbod Seraji. New participants welcomed. Copies of the book available for borrowing at the library.

NEW! Cabin Fever Flix. Starts Friday, Dec. 5. Groton Library will receive one "new release" DVD each week

during this winter season -- let's beat those cabin fever blues! Free one-week loan for best titles around!

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, Sat 10am-12pm.

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

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 Thanksgiving Meal at the Samuel Morey Elementary school is on Wednesday, November 12. There is transportation available from the center to the school and back that will leave the center at 11:00a.m. If you are interested in going, please let us know so we can give them an estimated count. The dinner is at 11:30 a.m. The center will be closed on that day.

The East Corinth Cribbage Club will be on Wednesdays for the 2014-2015 season at 7:00 p.m. Cost is \$2.00 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

BINGO IS COMING TO THE ORANGE EAST SENIOR CENTER.

Bingo is starting on Monday, November 10th. The game starts at 6:30 p.m. and the doors will open at 5:30 p.m. The kitchen will be open selling drinks and food.

An AARP Smart Driver class is scheduled for Thursday, November 6 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

Robert's Thrift Store is looking for volunteers on Tuesday, Thursday, Saturday and Sunday. The store is open from 9 to 5p.m. but you can set what hours you would like to work. If interested please call Robert at 222-5001 or stop by.

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 9:00 a.m. and ends at 10:00. 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 "Wild: From Lost to Found on the Pacific Crest Trail", by Cheryl Strayed on Thursday, December 11th at 6 pm at the Bath Public Library. After a particularly trying period in her life, Cheryl Strayed made an impulsive decision. Alone, with no experience or training, driven only by blind will, she hiked more than a thousand miles of the Pacific Crest Trail from the Mojave Desert through California

and Oregon to Washington State.

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.



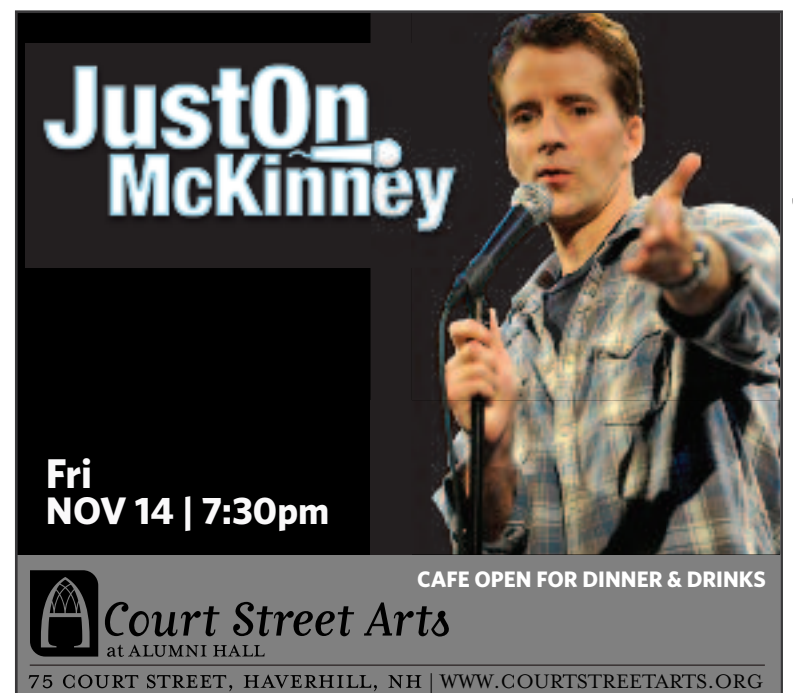
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HOLIDAY MARKET
RTE 302-GROTON COMMUNITY BUILDING

Saturday, November 15, 2014
10:00 am - 1:00 pm
NEW HOURS!

Find everything you need for your Thanksgiving dinner: plump local turkeys, special pies and cheese balls ready and to order, vegetables, fresh sprouts, garlic, artisan farmstead cheeses, breads, maple syrup, peanut brittle, honey, homemade ice cream, jams, and pickles. Plus local meats including beef, pork, bacon, sausage, rabbit, poultry, and eggs.

Woodcrafts, handcrafted jewelry, fine lotions and soaps for holiday gifts. Wood turning and wool spinning demonstrations.

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State 4-H Foundation Presents Leadership Awards To Grafton County Leaders

By Kathy Jablonski, Field Specialist, University of

New Hampshire Cooperative Extension, 4-H Youth and Family

It was a night of celebration and festivities. All present were smiling as the evening began. For 56 years, the New Hampshire State 4-H Foundation has held the event to honor leaders who have served 4-H clubs and programs throughout the state. It was an honor, as a staff member, to be included in this evening's event to applaud some very special people.

From Grafton County, Deb Besemer, of Campton, was present to receive her 20 year award. Her daughter was present to celebrate her mother's achievement. Other leaders from Grafton County who received recognition, but were not present, were: Todd Darling, 20 years; Connie Melanson, 20 years; Darlene Oaks-Brown, 20 years; Marilyn Fuller, 65 years; Van Anderson, 40 years; and

Barbara Dutile, 25 years. These honorees will be presented with a special certificate and gift, courtesy of the 4-H Foundation, at upcoming club awards events.

Mrs. Fuller was not able to attend, but had sent remarks that were shared by outgoing State 4-H Foundation president, David Bishop.

I called Marilyn Fuller to congratulate her on her years of service and to ask her to share, again, the remarks she had sent to the Foundation meeting. Of course, our conversation took a few turns. Following is what 65 year leader Marilyn Fuller of Newbury, Vermont, has to say about being a 4-H leader.

"It started way back with my 4-H agent (in New York State). I had the most humble 4-H agent, he always encouraged us and put others first." Mrs. Fuller shared how she

has tried to do the same over all of her years of involvement in 4-H.

"When I was a leader, I got to do many different trainings. My first trip to Washington DC was in the early 60's to chaperone Vermont's delegation to the Citizen Short Course. At that conference, Dorothy Emerson, a National Program Leader, was there. One of the four things she stressed to us was a phrase I still use, 'I'll be glad to.' I always encouraged by 4-H members to say, 'I'll be glad to.'"

"In the 70's, the Kellogg's Foundation sponsored a two week training program to recruit 4-H leaders and resources. I was the fourth one to participate in that. Dorothy Emerson was there, Louise Kilpatrick was one of the program people. Dr. Eddy Amend was, too. He was teaching leaders, there were 4-5 states of leaders. I was his assistant, working one on one with the club leaders that were there. I helped set up, organize, and talked with leaders. In the library, I displayed all kinds of information for people to assimilate and take home to use. I made copies and made sure folks had what they wanted to take with them for future reference.

"I learned from them (the national program courses) how to plan. We started with what we wanted to accomplish and then worked backwards to make sure we had a deadline for all the steps that needed to be completed.

"In the '80s I did train the trainer program as a volunteer. They were all great experiences for me."

Fuller continues to be actively involved in teaching projects, helping on county wide committees and keeping abreast of the overall 4-H program in our region by attending leader training workshops.

I've known Marilyn Fuller for the 13 years I've served as an Extension staff member in Grafton County. I had to ask her the hard questions:

"Why have you stayed with 4-H for 65 years? What has it given to you?"

"Always, my first goal," said Fuller, "If I could help one person, I had reached my goal. If it hadn't been for my family and my husband, I wouldn't have been able to have these opportunities (to work with 4-H'ers and to be a



Hazel Ames (left) with Marilyn Fuller (right) Hazel was the 4-H Secretary at the Grafton County UNH Cooperative Extension office for more than 30 years. She worked closely with Marilyn over those years. Marilyn is currently celebrating her 65th year of service to the 4-H Youth Development Program. Photo taken by Donna Mitton.

leader)." She went on to say how supportive her late husband, Kenneth Fuller, and her children were in letting her attend these trainings and to work with 4-H youth.

"I don't know how to explain that. I love working with kids. It's a top notch experience. I think not about rewards for me, but the rewards in seeing that a kid progresses into a productive member of society. I like seeing them as adults who are giving back. That was my first goal."

Marilyn went on to share, "I had such positive reinforcement behind me (growing up), I wanted to be a leader and give back. I was married one week and living in Chelsea, Vermont when I called the local county office and became a leader. I wanted to give back the things that I had learned, especially the garden project because I had excelled in that."

Like I said, I've known Mrs. Fuller for 13 years. She has lived 4-H in these ways during my acquaintance with her. The 4-H alumni I know who were part of Marilyn's club(s) are "adults who are productive members of society...who are giving back."

What I didn't know, was that Marilyn Fuller is also a poet. She allowed me to put this excerpt from her poem, called Ode to Leaders:

"To explain the miracle of birth,
To teach creativity be it in a garment or a food project
To create curiosity,
To instill values of self-esteem and self-respect

To teach them the individuality of life

To coordinate self, family, and community efforts

To make our 4-H members sustaining members of society."

When she sends me the rest of the poem, I hope there will be an opportunity to share it with folks.

"That," Marilyn Fuller said, "is what it is all about."

Fuller ended our conversation the same way incoming State 4-H Foundation Chair Dr. Regina Smick-Attisano ended the 56th Annual State 4-H Foundation Meeting, with a quote by Sir Winston Churchill.

"You make a living by what you get; you make a life by what you give."

Thanks, Mrs. Fuller, and all the other honorees for the hours and hours of service you've given to the 4-H program during your years of involvement.

It is so comforting to know folks who are continually working "To Make the Best Better."

(Author's note: Dorothy Emerson was a 4-H Agent in Maryland and taught thousands of youth and adults better communications skills in her workshops at the National 4-H Center. She was inducted in the National 4-H Hall of Fame in 2002.)

For more information about 4-H in Grafton County New Hampshire, please contact the University of New Hampshire Cooperative Extension office at 603-787-6944 or email: ce.grafton@unh.edu.

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Thirty Five Gone With The Wind

By Robert Roudebush

Not thirty-five anymore. I get artificial help with my teeth now.

I get artificial help with my eyes, for some time now, since third grade actually.

I get artificial help with my left hip, got a new one, some five years ago now. The dollar amount of that procedure as it cost even years ago still scares me, and now and then I think about how I'd still be paying it off if I had had to foot

the bill myself.

I get help with my medical bills because the Veteran's Administration Health Care System in White River Junction, in Vermont has allowed me to participate, even tho I'm not a recently discharged veteran and I have no service-related injuries – I qualify because I don't have much money, and no private health insurance. Until a couple years ago, no medical insur-

ance at all.

Incidentally, my years-long experience at White River Junction resembles the horror stories we're all hearing about the Veteran's Administration hospitals not in the least. I also make it a point to chat-up any person I've ever sat next to in my short times in any waiting room at the medical facility and always heard my fellow veteran's there tell me the same story –

they always complement the system and are thankful, as am I, for the professional level of care they consistently receive. I have always gotten straightforward, competent caring treatment, mixed with a welcome sense-of-humor and never experienced delays in making appointments and receiving advice or attention. When I thought I was getting deaf, the Vets even checked my hearing and let me know that, for my age, it was excellent. For my age. No more excuses to tell people I did not hear what they said. Just gotta pay better attention. I do have developing cataracts in one eye, and once again, the Vets will take care of that corrective eye surgery when the time comes for me to need it.

Whatever the Veteran's can't do for me, Medicare will do now – out of Social Security, I pay for parts A and B. Oh yeah, I get financial help once a month these days because I worked for more than forty years and paid my taxes. And I get financial help because some loving members of my family help me out regularly. If they are reading this, they know who they are, and thank you.

I get help with my mem-

ory because people see me hesitate in conversations and helpfully supply me with words or phrases they think I forgot. Sometimes they are right.

I build myself some help with my writing because I'm lucky enough to work for a good publication in this area that goes to press just twice a month, which gives me a couple weeks or more to fashion an article most times. I write for other publications in other areas of the country, and the work comes so infrequently, that I have all kinds of time to get it done.

I get a general level of help across the board from well-meaning people who just look at me and know I'm not thirty-five any more. Not forty-five anymore. Not fifty-five. Not even sixty-five. Not seventy-five yet, but that number is heading down the pike at me at standard-plus speed. Something about thinning hair, a white beard, a spreading mid-section. All that, and thank God, the benefits of getting older of course, an expansive attractive sense-of-humility and sense-of-humor and my vastly increasing fount of wisdom, of knowing all the answers to every question, all the time. Sure I do.

ACT And PASS Reach Agreement For 2015

Waterbury, VT – Two of the leading short track sanctioning bodies in the United States and Canada, the American Canadian Tour (ACT) located in Waterbury, VT and the Pro All Star Series (PASS) from Naples, Maine have reached an agreement entering the 2015 season.

The first ever “double-header” event to be held between the two groups will take place at the opening event for the 2015 PASS season at the Oxford Plains Speedway (OPS), Oxford, ME on Saturday, April 18, 2015. Both the ACT Late Models and the PASS Super Late Models will compete in 150-lap feature events to open the race season at the historic Oxford Plains Speedway. ACT has a tradi-

tional opening day event at the Lee USA Speedway with the annual New Hampshire Governor's Cup race on Sunday, April 12, 2015.

“This agreement between PASS and ACT is going to be very good for the New England and Canadian race fans, and certainly for full fender race teams. ACT Late Model teams spent many years racing at Oxford, and they always put on some terrific shows. This will also allow a number of the ACT teams, who also have PASS Super Late Models, to compete with the stars of PASS. We see this as a win-win for teams and fans,” said Tom Mayberry, President of PASS and owner of the Oxford Plains Speedway.

The agreement between the two groups will also in-

clude a clearing of the ACT schedule on the weekend of the historic Oxford 250 to be held on August 29-30, 2015. There will be no ACT race or rain date scheduled on the date of the 2015 Oxford 250.

Tom Curley, President of ACT said, “I see this project between ACT and PASS as a work in progress. We expect that other possibilities can result from this initial negotiation, and we are excited about working with Tom (Mayberry) going forward. It certainly should provide for an exciting new era of racing in our region for both the fans and race teams.”

For additional information contact the ACT office at 802.244.6963 or media@actour.com, or visit acttour.com, or proallstarseries.com.



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5th Prize: 2nd \$100
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String Theory: A New Exhibition At The Northeast Kingdom Artisans Guild Ties It All Together – Unscientifically Through Nov. 22

In this exhibition, printmaker Carol MacDonald explores the universal element of string in her work as she develops her own ideas of String Theory, thinking about the way that string is often an element of connection.



The essential idea behind scientific string theory is that all of the different fundamental particles that make up the universe are different manifestations of one basic object: a string.

MacDonald says, "In a totally nonscientific process, string has been a unifying element in my imagery for

many years. String or grasses in the mouth of birds, contributing to a communal nest. The strings of a cello or the line of music that speaks to us. Skeins of yarn that is knitted, unraveled, tangled, and knit into fabric.

String is an element that connects.

The work in the show are a series of monoprints, which are one of a kind or unique prints, made with a variety of printmaking processes. The work includes elements of etching, lithography, linoleum block, drawThe work in the show are a series of monoprints, which are one of a kind or unique prints, made with a variety of printmaking processes. The work includes elements of etching, lithography, linoleum block, drawing and monotype.

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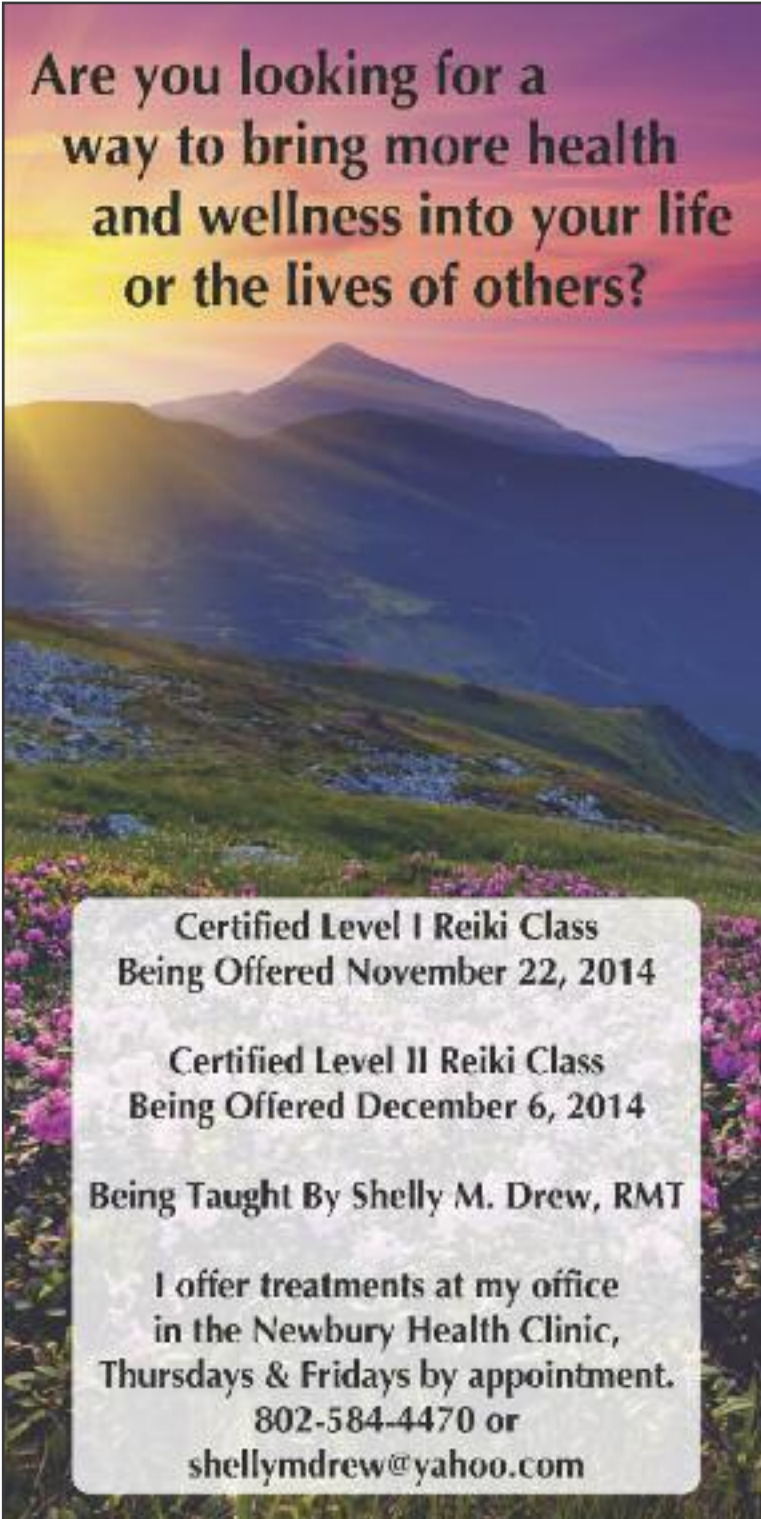
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Wells River Savings Bank Welcomes New Board Member

Wells River, Vermont- Wells River Savings Bank is pleased to announce the election of Julie Huntington to its Board of Trustees. Julie and her husband, Dana, have owned and operated Huntington Agway in North Haverhill, NH since 1990.

Julie has also worked in the veterinary care field for both River Valley Veterinary Hospital and Ryegate Small Animal Hospital. She sits on the Haverhill School's Building Facilities committee and the Haverhill area school budget committee.

Julie is excited to work in more detail with the community and hopes that her experience as a local retailer may help other community members in that field.



Dana and Julie Huntington with their 2 year old springer spaniel, "Fletcher".

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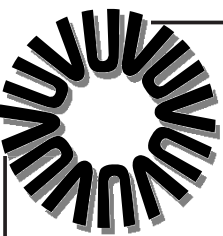
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Letter To The Editor

Dear Constituents,

With the official results all in, I am excited to report that I will be serving as your State Senator for District 2 for another term. Thank you for all of your votes, your support and your efforts!

I'm proud that my campaign was positive and stayed on the issues. I'm also proud that those who supported me also stayed positive – I am convinced that voters are tired of negative campaigning.

I sincerely appreciate your confidence in me, your friendship, and your support. The success of this election was made possible by you. Many thanks for your financial support, hosting a sign on your property, joining me as I knocked on doors, standing at the polls, and last but certainly not least, thank you for going to the polls and casting your vote for me.

Thank you also to Carolyn Mello, my general election opponent, for her willingness to serve. Stepping up and running for office is no small decision or task and I appreciate all those who put their name on the ballot for consideration in 2014.

My pledge to you is, as it always has been, to continue listening to your concerns and ideas, being there for you in the District, and serving you in Concord.

Jeanie Forrester
NH State Senate District 2

Senator Forrester,

Let me thank you for your positive campaign. I am one of those to whom you refer that is tired of the negative ads. Thank you also for your continued work as the State Senator for District 2 here in New Hampshire. Good candidates, and good elected officials are always needed, and desired, in order to best serve the needs of the citizens.

I hope to see your continued reports in Trendy Times as the next two years unfold.

Gary Scruton, Editor

Letter To The Editor

To the editor,

Many people have commented on closed "rest areas" in NH, especially the one in our area, Rumney.

I sent an email to find out if there was a chance for the one in Rumney to be opened again, especially for the Snowmobile clubs. etc. As you well see the pros and cons. Needed a responsible group or sponsor.

The reply was as follows;

Ms. Leclerc...

There is a proposal pending to study rest areas statewide. Our hope is that this study will help determine how many rest areas we should have in New Hampshire and where they're located. We have leased the Rumney rest area in the past and unfortunately after the term of the lease was over the state was left with significant damage to the facility. As a result, we don't plan to enter into any short term leases at this time.

Bill Boynton
NHDOT Public Information Officer

Nancy Leclerc
N.Woodstock NH

Nancy,

Thank you for the information. I have wondered in the past what happened to the Rumney rest stop. Now we know.

The state of New Hampshire, as well as other states, are in that mode of cutting services during this time of economic slow down. Just like with any budget, decisions must be made as to where money will be spent, and what things will no longer be supported. It is never an easy decision, but that is why we have elected representatives, to make those decisions.

Gary Scruton, Editor

Letter To The Editor

Dear Editor

I am writing in response to Ruth Guin's concerns with the Woodsville Fire Dept. I first want to introduce myself, I am the Assistant Chief of the department and have been a member for 32 ½ years. We are a group of Volunteers who give hundreds of hours a year to our community and Taxpayers. We have always been well taken care of and well respected by our taxpayers and community in return for our efforts and sacrifices. We respond at all hours of the day and night to help anybody in need. I can say in my years of service I have left many, many holiday dinners on the table to respond for a call.

With that being said I would like to address the issue at hand. We were approached by the owners of the 6 King Street property and offered a wonderful training opportunity and a chance to help make the neighborhood look better and a bit safer as well. We did tour the building in September at our monthly meeting to see what it looked like. We began our training on Monday October 6th with an exercise to put tarps on the roof as the roof had been removed due to asbestos content. We did get a late start that evening due to a situation that came up we had to meet on; our Chief being hospitalized with a serious illness. I felt that was a bit more important than rushing out the door to put a tarp on the roof. Our next night there was this past Monday October 13th to do some ventilation exercises on the roof. We arrived with our first crews at approximately 7:15 or so. We talked with the owners of the property and had them draft a letter to distribute to the property Owners in the neighborhood, which they began doing on October 7th. The letter

explains the schedule for our training and our intentions to burn the building the weekend of December 6th and 7th 2014. As far as the rest of the complaints Ms. Guin has we did have our trucks parked in the road and partially in the driveway for the house next door the night we were putting the tarps on. It was the only spot we could safely set up our tower truck to access the roof that night. We also did have an engine parked on the other side of King Street which was blocking in one vehicle. I believe that was her vehicle, and once she was done yelling and hollering at me I respectfully had the truck moved. She was very rude to me when she came out of her apartment and began yelling right away demanding we tell her what we are doing (in the neighbor's yard I might say). I am a believer in communicating with people in situations like this and to a point understand people's frustrations, but we are a group of dedicated individuals that are taking advantage of FREE training. These opportunities don't come along every day and when they do we jump on them. It frustrates me to see people run right to the papers and run us through the mud for trying to further our training and make ourselves better firefighters. Many people don't realize what a financial bargain the town of Haverhill gets for the fire protection they have. Through hard work, training and education we have become the professionals we are and we would appreciate the public's support in the future as well.

Respectfully submitted,
Jeff Robbins
Assistant Chief
Woodsville Fire Dept.

Jeff,

Let me start by saying thank you for your response to the previous letter, and for your time and thoughts on this entire matter.

One of the key words I see in your letter is "FREE", in reference to the training that the Woodsville Fire Department (and I would guess other local departments as well) received from this offer from the property owners. There is indeed much training that is available for volunteer fire fighters, but most of it is costly. Getting practice like this at no charge is a great bonus to the individuals as well as to the taxpayers.

Regarding communications, it seems like such an easy task, but in most cases there is always something that gets left out or is misunderstood by those receiving the information. A bit of patience is a wonderful asset for everyone.

As a final note, thank you Jeff and all the other firefighters, for your time and efforts to help protect our homes, businesses and for answering all the other calls you get each year. Also, best wishes for Chief Brad Kennedy and his ongoing battle with his illness.

Gary Scruton, Editor

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“An Uncertain Grave”

By Cathy Strasser

BIO

I'm Cathy Strasser, an author and occupational therapist, and I live and write in Sugar Hill, NH. This small town is located in the White Mountains of New Hampshire, just north of the Franconia Notch. It is one of the most beautiful areas in the northeast, much of it preserved in the White Mountains National Forest. The area's numerous hiking trails showcase the mountains, rivers and valleys and provide the setting for my first book *An Uncertain Grave*. I love this area, despite the weather extremes. People in this part of the country joke they have five seasons: ski season (winter), mud season (early spring when the dirt roads thaw and turn into quagmires), black fly season (late spring), summer, and foliage season (fall).

I want to introduce people to this part of the “North Country” through the characters and settings in *An Uncertain Grave*. Actually, the towns and trails in and around the White Mountains are as much a character as any of the people in the book.

WRITING BIO

My short story “Afterward”, published in the *Chrysalis Reader*, was nominated for the 2007 Pushcart Prize – Best of Small Presses. I have had short stories published in the *Mom Writer's Literary Magazine*, *The Literary Bone*, *Touched By Wonder Anthol-*

ogy, *r-kv-r-y quarterly*, *Under the Stairs Anthology*, *Writing From the Heart Anthology* and was a finalist in the “Family Matters” competition of *Glimmer Train Magazine*. Some of these stories are included in the Short Story section of my website and there are links to the rest there as well.

Writing professionally as an Occupational Therapist, I have had weekly columns on improving children's fine motor skills published in the *Caledonian Record* and the *Bangor Daily News*. Feel free to contact me!

Why Write Mysteries?

I like puzzles. Jig saw puzzles, cross word puzzles, word searches, find the hidden pictures, tetras, dots...the only puzzle I don't like is Sudoku – mainly because I'm a word person not a number person. When the time finally came where I felt ready to try writing a book, I knew I'd need a story line interesting enough to keep the book from sagging and growing stale in the middle. A mystery seemed like the perfect answer.

In addition to puzzles, I like order. I like it when problems can be neatly wrapped up and stowed away with the label “solved” pasted prominently on top. And the final reason - I like it when the good guys win and the bad guys lose and get punished for causing so much trouble, heartache and misery. I know this doesn't always happen in real life, which is probably why

I crave it in books.

The deeper fascination that draws me to mystery writing is trying to figure out why people make certain choices. When reading about a murder in fiction or non-fiction, my first question isn't whodunit, but WHYdunit. Motive is the key for me and I try to bring that forward in my writing. People do things that seem totally unreasonable to me – and I have to know why. What brought them to the point where crime seemed to be the only option?

What prompted you to write this book/series?

I wrote this book for several reasons. I wanted to tell people about the area I live in and all the wonderful outdoor activities available here. I also wanted to present an amusing tongue-in-cheek look at the interplay between the long-time residents of the area and the tourists who are drawn to the region. It's an interesting relationship, beneficial to both sides but sometimes plagued by misunderstandings and stereotypes. Since I lived in New York until my early thirties and have lived in New Hampshire for over twenty years, I feel that I'm “bilingual” in both viewpoints and can see and interpret some of the interactions.

Do you consider your book character driven or plot driven?

My book is definitely character driven. When I sat down to write the book, I had most of the characters already sketched out in my mind and I had a lot of fun letting them all loose to interact. My goal was to draw people into the book with the characters in the hope that they'd like them enough to want to spend more time with them in the second

book in the series.

What makes your book unique?

I think my book is unique because it presents an accurate reflection of the concerns of the people who live in northern New Hampshire and gives a glimpse into the culture and values the people have around here – the importance of friendship and community and the tradition of helping a neighbor in need.

Do you plot ahead of time or let the plot emerge as you write?

I'm what writers refer to as a “pants-er” rather than a “plot-er”. That means I sit down and write “by the seat of my pants” without any detailed plot or outline. I like to take my characters and throw them into different situations and see what happens. It does mean I have to do a fair amount of revising if the story takes an twist and earlier scenes need to be tweaked to support that story thread, but all of that keeps the story fresh and interesting for me and – I hope – the reader.

How did you develop the names for your characters?

Scarlett O'Hara. Atticus Finch. Bilbo Baggins. Harry Potter. Rebecca. Oliver Twist. Hercule Poirot. Could any of these characters have been as effective with a different name?

Characters in what I plan to be a series of books are extremely important because I want the reader to like them, engage with them and come to feel they are friends. At the same time, I wanted the character's names to in some small way reflect their personality.

Chapter one of *An Uncertain Grave* introduces Kenny



Brainerd – a hapless hiker who stumbles across a dead body at the conclusion of a hike gone horribly wrong. Kenny is just not a very competent man– at anything. His first name came from a bungling co-worker in a long ago summer camp job. Then I needed a last name that suggested that, and Brain nerd seemed just about perfect, combine the words, lose an “n” and it was good to go.

The next names, Cliff, Mike and Kurt, were chosen to show the opposite quality – strength. One syllable, they all had a quick, decisive ring to them. Cliff and Mike are the state troopers that investigate the dead body and I wanted their names to reflect their abilities. And Kurt, head of a local search and rescue team, also needed a strong name.

The New York characters needed names that were a bit on the pretentious side, and Nelson Simon seemed to reflect that without being too much of a mouthful, while Alyssa gave me a mental picture of a glamorous career woman.

The rest of the local New Hampshire characters' names were inspired by several years of newspaper stories and are typical of family names in the area. And the next book will expand the cast of local and out of town characters even further!

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Wind Turbine Power

Like It Or Not, It's A Big Deal

By Robert Roudebush

If the answer my friend is blowin' in the wind, then the question is where has all the power gone?

I took a visit to modern windmills, what's called a windmill farm, near Lowell, Vermont. It's on top of 135 acres of mountain ridge where the farm has sprouted 21 "wind turbines". Kingdom Community Wind is a partnership of Green Mountain Power and Vermont Electric Co-op. Each turbine's three huge blades hang suspended hundreds of feet high in the air and begin to move when they catch wind at 8 miles an hour. They can turn at wind speeds up to 55 mph, at which point they shut themselves down. This group of them produces about 180,000 Mwh per year, enough to power 24,000 homes.

Supporters are sure they are cutting edge technology, harnessing renewable energy, beautiful in their function, majestic in their appearance, an obvious method to reduce fossil fuel dependence. Critics find them spoilers of great views, on land or sea, so noisy they affect people's health, or lower property values, nuisances which kill too many

birds.

Somewhere in between is the truth. One engineer friend who is a practitioner of energy self-dependence himself via solar panels, tells me they are a good idea in certain parts of the country. In central Kansas, which demonstrates more consistently strong winds, he's witnessed many hundreds working in huge groups. Whichever view prevails, their size is undeniable. Each turbine weighs about 500 tons, each blade is 15 tons by itself, and the whole project cost nearly \$170 million.

When was the last time you stood directly at the foot of something so tall that when you lean back to look straight up at the top of it you almost fall over backward? That was my experience and that of two of my friends and neighbors this summer. The trip was initiated by Mountain Lakes resident Dan Brady, and with Ken King piloting the Subaru, we three ventured up north on I-91 to the mountain top location. After 5 years of planning and 18 months of construction, the project began generating electricity in November, 2012.

At the wind farm we were already 2100 to 2600 feet above sea-level just standing on the ground. As part of a public information tour conducted by Robert Dostis, we had arrived at large open crushed rock areas surrounding each concrete turbine pad. Mr. Dostis is Green Mountain Power's Director of Government Affairs and Customer Relations. He's a knowledgeable and agreeable fellow who easily handled often ill-informed questions from about 60 of us on this tour. I was positioned alongside the bed of a pick-up truck and gripped the top rail of it tightly with one hand as I spread my feet, braced my legs and leaned way back to stare straight up at a wind turbine 273 feet tall. That's just the top height of the tower, the vertical steel support structure that holds the massive blades which stretch out 170 feet into the air. At this altitude on this morning, we were enveloped in drifting fog, turned bright white by the invisible sun but often so thick you could not see 40 feet through it. The carbon fiber blades were moving up and down and round and round, swooping downward suddenly at me

out of the fog, and then swooping back up again out of sight just as quickly. Yes, kinda ghostly.

The noise is a slow, regular "whoosh, whoosh" that cannot be ignored that close up but not unpleasant to me. The closest resident lives more than half-a-mile away. None of us had trouble hearing Mr. Dostis speak in a conversational tone of voice. We were positioned no more than 30 or 40 feet away from the base of the towers, which are 12 feet in diameter, with metal skin two inches thick. Inside each tower are ladders and a two-person lift for service access. Each tower is secured to its concrete pad by numerous thick metal bolts 12 feet long, and the

pads themselves are clamped to bedrock with many more anchor rods forty feet deep.

When those blades reach the zenith of their arcs pointing straight up, the tips extend the height of the structure to 443 feet. At 14 revolutions per minute, the top speed of those outside blade tips is 170 miles per hour. The energy partners make substantial financial contributions to the surrounding area – the town of Lowell and the State Education Fund each collect at least \$500,000 yearly.

More information? Call Mr. Dostis at 802 655 8412/802 279 1351 or go online at dostis@greenmountainpower.com.

Spaulding JROTC Drill Meet

By Cadet Sergeant Nicholas Accardi

On Saturday, 1 November, the White Mountains Regional High School JROTC Drill Team traveled to Spaulding High School in Barre, Vermont to compete against six other JROTC teams in a Northern New England Drill League meet. The Spartan cadets have had an exceptional drill season and they continue to dominate the league. The WMRHS cadets placed in 1st place in Color Guard, 1st place in Inspection, 2nd place in Platoon Armed, 2nd place in Platoon Unarmed, 1st place in squad Armed, and 1st place in the Squad Unarmed event. The cadets also competed in IDR (Individual Drill Routine). Cadet Emily Day placed 1st in Armed IDR, cadet Marissa Person placed 2nd in Armed IDR and cadet Ezekiel Ratliff placed in 3rd in Unarmed



Pictured left to right, standing: LTC (Ret) Darrel Gearhart, Emily Day, Thomas Schmidt, Brandon Patterson, Nicholas Hatfield, Jacqueline LaFlam, Remington Smith, Nicholas Accardi, Julianna Dami, Spencer Wheeler, Robert Randall, Hunter Heath, Marissa Person, Elijah Ratliff. Kneeling: Dylan Spreadbury, Amber Reynolds (Captain) Ivory Blanchette, Ezekiel Ratliff.

IDR. The JROTC Drill Team School next weekend to travels to Nokomis High compete.



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Yipes! IPO Hype Can Lead To Risky Investing

All investors probably wish they had gotten in on the "ground floor" of Apple or Microsoft or any other big success story. And, in fact, you can indeed "be there from the beginning" by taking part in a company's initial public offering (IPO). However, the ground floor of many IPOs may be shakier than you'd think — and might not provide you with the solid footing you need to invest wisely.

Of course, not all IPOs are the same. Many large, profitable companies, seeking to raise capital, have gone public in recent years through IPOs. However, IPOs of newer, unproven companies share some characteristics that should give pause to serious, long-term investors. Consider the following:

Hype — Let's face it: A big part of the appeal of IPOs is the "wow" factor. It looks really cool when the company's CEO — or perhaps a visiting celebrity — rings the opening bell at the New York Stock Exchange. And the rush

to buy shares in the now-public company always garners big headlines. Yet "hype" is just one letter removed from "hope" — and hope alone is not a good reason to invest. Furthermore, no single stock — even one that might have strong growth potential — is likely going to be the ticket to investment success.

Lack of track record — By definition, newer companies that launch IPOs don't have long track records. And while it's true that "past per-

formance can't predict future results," it's nonetheless useful to see how a stock has performed in various economic climates and how the company management has responded to different challenges over time.

Exceptional volatility — All stocks fluctuate in value. But IPOs tend to be especially volatile — not just in their first few days of trading but also in their first few years of availability to the public.

Higher risk potential — Generally, IPOs of newer companies are better suited for aggressive investors — those who can handle a higher degree of risk in exchange for potentially higher returns.

Nonstandard accounting — Some IPOs, particularly Internet start-ups, use nonstandard, or "customized," accounting measures to depict their companies in the best possible light. While these measures are not illegal — and in some cases, may even be useful in illuminating a company's performance — they tend, overall, to make it more difficult for potential investors to accurately evaluate

a business' profitability, or at least potential profitability. At the end of the day, good old-fashioned profits and cash flow are still the key driver of companies' stock prices.

As an alternative to pursuing an IPO, you could use any extra "investable" money you may have to fill gaps in your current portfolio, based on your goals. Or, if you are truly attracted to the type of business in which an IPO is involved, you might want to consider investing in a more established company in the same industry.

Taking part in an IPO sounds fun and exciting. But as we've seen, IPOs can have some serious drawbacks. And while it may not sound glamorous, a steady approach to investing — one that involves diversification, responsiveness to one's risk tolerance and a constant focus on both short- and long-term objectives — is usually the right choice for most of us.

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

The Hottest Show In Town

By Elinor P. Mawson

In the seventies, the Cracker Barrel Bazaar was a huge summer event in Newbury, VT. Among the chicken pie suppers and the vendors on the common, the Town Hall was the venue of an antiques show which was known far and wide. We'd heard about it from other dealers who had participated, and were beyond the moon when we were asked to set up there.

My son and I started off for the 3-day show with great excitement. (My husband stayed home to tear apart our bathroom while we were gone.) We planned to camp out at the old Oliverian campground on Benton Flats and were looking forward to that, too.

When we arrived at the Town Hall, we discovered that we would be displaying our antiques on the stage (it's gone now) with three other dealers. We weren't happy about that, because it is widely known that people don't want to climb stairs at a show.

It took about an hour, and probably 10 or 12 trips to set up our wares. As I recall, I had several quilts on dis-

play that belonged to someone else, and I was sort of paranoid that something might happen to them before they sold.

One of the perks of the Cracker Barrel antiques show was a sit-down dinner for the dealers in the basement of the town hall. This time, it was tarragon chicken (a first for me) with all the fixin's. It was delicious.

Just as we were about to be served dessert, we heard the sound of a fire alarm upstairs. "Oh, don't bother with that," someone said, "it happens all the time."

In a minute or two, someone ran down the stairs and hollered, "There's a fire upstairs!! Get out NOW!"

We left in a hurry. After assessing where the fire was located—in the middle of the hall—my son and I ran for the back stairs. We cleared our antiques off the stage and into the van in no time flat.

We saw another dealer sitting on the front steps with an enormous cupboard next to her. She looked surprised. "It took 3 men to carry this cupboard into the town hall," she said. "I carried it out myself."

The Newbury Fire Department put out the fire in just a few minutes and then began to get the smoke out of the hall. It was discovered that one of the dealers had situated a light too close to a quilt she had hung on the wall and caused the fire.

Within an hour, everything was almost back to normal and my son and I once more hauled our merchandise up over the stairs.

Back then, the show lasted 3 days. We sat and watched many people come and go through the doors of the hall, but not that many ventured up onto the stage. I remember that particular Cracker Barrel show because I sold \$45.00 worth of antiques. I think it was the worst show I ever did.

But we still had a good time. I met some people that I am friends with to this day. The food was fabulous.

My quilts didn't sell, but they smelled like smoke until I saw the last of them.

And we remember the Cracker Barrel antiques show as "The Hottest Show in Town."

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Local Manufacturer Honored By National Awards Program

Woodsville, NH-based log home manufacturer, Coventry Log Homes, Inc., received a national home building accolade as part of the 2015 Jerry Rouleau Awards for Excellence in Marketing and Home Design presented by the Building Systems Councils (BSC) and the Log and Timber Homes Council, part of the National Association of Home Builders (NAHB). Coventry was honored on Oct. 27, 2014, during the BSC's "Showcase24," held this year in Washington, DC, the only national conference and educational event focused exclusively on the systems-built industry. Mark Elliott, vice president of CLH, was present to accept the award for Marketing Material for the submission of their 84-page full color Planning Guide.

For more than a decade, the BSC's awards program has promoted excellence in systems-built housing. Front runners in the industry are honored at the annual awards presentation for their innovative marketing strategies and unique systems-built housing designs.

"Winners of this year's awards did a phenomenal job of showcasing the best marketing and home designs in the building systems industry," said 2014 BSC chairman, Jason Blenker of Blenker Building Systems, in

Amherst, Wis. "Systems-built technology is the building of the future and these awards represent what is possible for potential systems-built home owners."

The annual Jerry Rouleau Awards for Excellence are judged by an independent panel of industry experts, and companies like Coventry Log Homes were praised for the quality of their submittals. Recipients were recognized for excellence in achievement in a range of categories such as informative and aesthetically-pleasing websites, along with floor plan designs categorized by systems-built type and square footage.

"It was an exciting event this year and we were honored to receive this award. Our new Planning Guide was designed in-house and I'm proud of the effort our staff made to create a beautiful brochure our customers can enjoy," said Mark Elliott.

Select projects will be displayed on the BSC Awards Wall during the 2015 International Builders' Show in Las Vegas, Jan. 20 -22, 2015.

For a complete list of award winning companies, as well as winners and projects from previous years' competitions, visit nahb.org/bscawards2015

ABOUT COVENTRY LOG HOMES: Coventry Log Homes, Inc. has been man-

ufacturing log homes for over 20 years. The factory-based company is located in Woodsville, NH and has shipped homes to all 50 states and most provinces of Canada. They even ship homes internationally with homes in Ireland and Australia.

As a leader in producing energy efficient log homes they are an Energy Star Partner emphasizing that the use of logs are a great choice when building your new home.

To learn more about Coventry Log Homes check out their website at: www.coventryloghomes.com

ABOUT THE BSC: The Building Systems Councils of the National Association of Home Builders is made up of manufacturer, builder, and associate members who advocate building with concrete, log, modular, or panelized systems. Systems-built homes are constructed to the same code standards and reflect the same, and often enhanced, quality levels as any site-built construction. The advantage of systems-building is it's done in a fraction of the time, with a fraction of the waste, which can significantly re-

duce costs. Many systems-built homes also are inherently environmentally friendly adding a "green" label to the finished home.

ABOUT NAHB: ABOUT NAHB: The National Association of Home Builders is a Washington-based trade association representing more than 140,000 members involved in home building, remodeling, multifamily construction, property management, subcontracting,

design, housing finance, building product manufacturing and other aspects of residential and light commercial construction. NAHB is affiliated with 800 state and local home builders associations around the country. NAHB's builder members will construct about 80 percent of the new housing units projected for this year.

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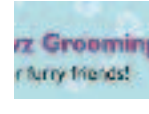




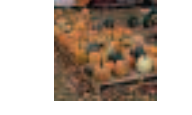

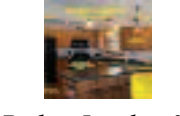







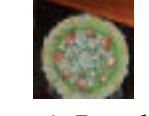
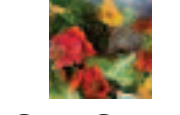

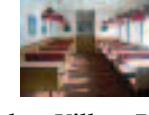



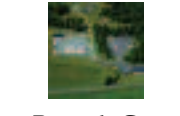




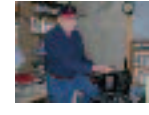






North Country Home Health & Hospice Celebrates National Home Care And Hospice Month with a Community Health Screening Event

During the National Home Care and Hospice Month in November North Country Home Care & Hospice plans to hold a Community Health Screening event on Friday, November 28, from 1 to 3 PM at the Thayer's Inn in Littleton. The screenings will take place in the front room of the Inn right off Main Street. After your post-Thanksgiving parade festivities come by to see all that North Country Home Health & Hospice can offer

the community. We will have blood pressure screening with our home tele-health monitoring system, blood sugar screening, Flu shots available as well as more educational and health care related information. North Country Home Health & Hospice is very appreciative for the support we receive from our community throughout the year and offers this community program as a "Thank You". North Country Home Health & Hospice

makes it possible for hundreds of people each year to continue to fulfill their desire to remain in their own home. We coordinate all aspects of our clients' care with a keen respect for individual needs. It is the respect for our clients' values and expectations that has earned us the reputation for providing compassionate home health care and hospice services. Look forward to seeing you on November 28th.

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Dear Marci...

Dear Marci,
 I got a pamphlet from my doctor's office reminding me to get all necessary vaccines. I want to talk to my doctor about getting these vaccines, but I'm not sure how Medicare will cover them. How does Medicare cover vaccines?

Eddie

Dear Eddie,
 Medicare covers vaccines differently depending on which vaccine you need. Most vaccines are covered under Part D, but some are covered under Part B. Different costs apply to vaccines depending on how they are covered.

Medicare Part B covers vaccines if you have been exposed to a dangerous disease. For example, if you step on a rusty nail, Medicare will cover a tetanus shot. Additionally, Medicare Part B covers the influenza, pneumonia, and Hepatitis B vaccines as preventive services. These vaccines are covered by Part B if you have Original Medicare or a Medicare Advantage plan.

If you receive a Part B-covered vaccine after exposure to a dangerous disease, you will pay the normal cost sharing for Part B services. If you have Original Medicare, Medicare will cover 80 percent of the cost, and you or your supplemental insurance will be responsible for 20 percent once you have met your Part B deductible. If you have a Medicare Advantage plan, you will typically pay a copay for this service. Contact your Medicare Advantage plan directly to ask about specific vaccine costs. If you receive one of the three preventive vaccines covered under Part B, Original Medicare will cover the

costs with no coinsurance or deductible, as long as you see a provider that accepts Medicare assignment. A Medicare Advantage plan will cover the costs with no coinsurance, copays or deductibles as long as you see an in-network provider.

All other vaccines are covered by Medicare Part D. Both Medicare Advantage prescription drug plans and stand-alone Part D plans must include all commercially available vaccines on their drug formularies, including the vaccine for shingles (herpes zoster). However, for these vaccines covered by Part D, you may pay different amounts depending on where you get vaccinated. Check directly with your plan for coverage rules and costs.

In general, you will pay the least for a Part D-covered vaccine if you receive the shot at a pharmacy that is in your plan's network, or at a doctor's office that will bill your Part D plan directly for the cost of the vaccination process. When you are at your doctor's office, ask your doctor to call your Part D plan first to find out if there is a way that your doctor can bill your plan for the vaccine.

There may be a way for the doctor to submit the bill so that you will not have to pay the whole cost up front.

If your doctor cannot submit the bill for the vaccine to your Part D plan through a partnering pharmacy, or cannot directly bill the plan for the drug, you may need to pay more for your vaccination. If this happens, your doctor will bill you for the entire cost of the vaccine, and you will have to pay the cost up front. Then you will have to follow your Part D plan's rules to get a refund. Know that your doctor has no limit in how much they can change you for the vaccine, but your Part D plan will only pay its approved amount for payment. You will be responsible for the difference between the doctor's charge and the plan's approved payment amount.

If you have Extra Help, the federal benefit that helps people with low incomes pay for their prescription drugs, you can go to any doctor or in-network pharmacy for a vaccine. You will be covered for the vaccination and will only be responsible for the Extra Help copay.

-Marci

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Herbs For Memory Loss/Tinnitus

The herbs in this compound have anti-oxidant properties which slow-down mental aging. Specific actions include improvement to cerebral circulation, peripheral circulation, blood and oxygen supply to the brain, as well as action to reduce the impact which stress has upon the brain and nervous system. The herbs in this formula directly retard aging of brain and nerve cells.

This compound is indicated for short term memory loss, Alzheimer's disease, mental stress and fatigue, impaired peripheral circulation, mental chatter (tinnitus), nervous exhaustion (Adrenal support), low adaptive response, and a negative response to stress in general.

GOTU KOLA HERB: (Centella Asiatica), A memory and brain tonic herb used to overcome depression, and increase longevity, heart and nerve health. Used as 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, magnesium, manganese, phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 & C.

BLACK COHOSH ROOT: (Cimicifuga Racemosa), A precursor to estrogen, with anti-spasmodic, diuretic and hormone-balancing qualities. Used in the treatment of arthritic, neurological, and rheumatic pain; as part of a formula for ringing in the ears; as a muscle relaxant, as an anti-spasmodic in lung and mucous conditions. Nutrients: Calcium, Chromium, iron, magnesium, manganese, phosphorus, potassium, selenium, silicon, zinc. Vitamins B1, B2, B3 & C.

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. Used 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 in-

crease body resistance to disease; an effective component in lowering blood pressure and cholesterol, stimulating adrenal function, in relief of arthritis and other congestive problems, such as heart disease and chronic respiratory ailments.

GINKGO BILOBA LEAF: (Ginkgo Biloba), A longevity herb, with great success in overcoming many unpleasant symptoms of aging, such as memory loss, lack of awareness, depression, and ringing in the ears. Used as a specific in anti-aging and regenerative compounds, and in cardiac protection formulas against stroke and arteriosclerosis; in combinations to overcome environmental stress, and improve circulatory and nervous system function. Nutrients: Amino acids, calcium iron, magnesium, manganese, phosphorus, potassium, zinc. Vitamins A, B1, B2, B3, B5 & C.

ASTRAGALUS ROOT: (Astragalus Membranaceus), An organ toning and balancing herb, particularly stimulating to the immune system. Used as a specific in immune/resistance building formulas; as a toning diuretic herb in kidney inflammation formulas. Nutrients: Calcium, choline, copper, essential fatty acids, iron, magnesium, manganese, potassium & zinc.

OATS & OATSTRAW: (Avena Sativa), A strong nutritive nervine for depression, and an effective herbal calcium and silica source. Used as a primary source of calcium to strengthen nerves, and overcome debility; as part of a formula for skin problems; as part of a formula to correct sugar use imbalances. Nutrients: Calcium, folate, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc vitamins A, B1, B2, B3, B5, B6 & E.

FO-TI-TIENG ROOT: (Polygonum Multiflorum), A liver and blood tonic for restoring energy and vigor. Used as part of a liver, kidney and general organ strengthening formula; particularly where there is exhaustion and severe deficiency; as a counter measure to many of the effects of aging, such as loss of hair color, and muscle tone. Fo-Ti-Tieng contains a natural form of lecithin, which helps to reduce arterial plaque and blood pressure. It reduces blood levels

of cholesterol and triglycerides

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. Used as a specific in almost every digestive, colon cleansing and bowel combination, to control gas, bloating, flatulence, nausea, diarrhea, ulcerative colitis and Crohn's disease; the oil is a specific for irritable bowel syndromes; as a nervine for migraine headaches, anxiety and tension; as part of a circulatory tonic; reduces bad breath and mouth odor from food; as a relaxing pain remedy for headache and as a pick-me-up for fatigue. Nutrients: Calcium, choline, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. vitamins B1, B2, B3 & E.

ROSEMARY LEAVES: (Rosmarinus Officinalis), An

anti-oxidant and circulatory toning agent, and strong nervine for stress and tension; effective for digestive problems. Used as a specific in headache and tension relief formulas; to counteract depression; as a specific nervine to ease neu-

ralgia, neuritis, tendonitis and muscle pain; as part of a formula for coughs, colds and flu; as part of a high blood pressure formula. Nutrients: calcium, iron, magnesium, manganese, phosphorus, potassium, zinc. vitamins B1, B3 & C.

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

Cheese Vegetable Soup

This week, I've been craving soup; more specifically, I have been craving THIS soup. If you are thinking that you need soup, too, you should give this one a try. It is a repeat recipe from November, 2012 Trendy Kitchen, and it's so good, it's worth doing again:



In the last Trendy Kitchen, I promised you the recipe for the wonderful soup Leslie, Carol, and I had a few weeks ago. Being one to always (well, almost always) keep my promises, I will give you that recipe now. But, here's the hitch: We were so busy chatting and visiting and chopping and dicing, we kind of forgot to locate the written recipe, so it became a soup experiment, and then, after we ate our meal, we (meaning me) kind of forgot to write down exactly what we did. OOPS! So this week, I made the soup again, using the method I usually utilize, and sure enough, it produced a smooth, slightly thick and cheesy (but not too cheesy) broth, punctuated by the flavor and texture of the sautéed root vegetables. Success!! When we originally made the recipe, Leslie had purchased some lovely little bay scallops, along with a can of frozen lobster meat, which transformed this simple soup into a very luxurious and satisfying meal. You could just as easily replace the seafood with diced ham, or chicken, or just stick with the basic vegetable version; it's totally up to you.

Now, let me explain the secret ingredient that is the key to making this delicious concoction (drum roll, please....) believe it or not, it's VELVEETA CHEESE!! Yup, that's right, the same good 'ole Velveeta that real cheese aficionados scoff at as a "cheese imposter" that only a redneck could like. But here's the thing about Velveeta: Since it is actually a blend of cheese, emulsifiers, and oil, it is a much more stable product which will not break

down and curdle like REAL cheese is apt to do when it's added to hot soup. Instead, it just melts down and adds a richness of flavor, the origins of which no one will ever be able to figure out unless you opt to tell them. So, as Elmer Fudd would caution, "Shhh...be vevy, vevy quiet!"

- | | |
|-----------------------------|---|
| 1/2 stick (4 tbsp) butter | 1 can evaporated milk |
| 1/2 cup celery, diced | 16 oz. Velveeta cheese, cubed |
| 1/2 cup onion, diced | 1 tablespoon parsley, chopped (for garnish) |
| 1 cup carrots, diced | Optional: 2 cups of cooked ham, chicken, or seafood |
| Salt & pepper to taste | |
| 2 to 3 cups potatoes, diced | |
| 3 to 4 cups water | |
| 3 or 4 Bouillon cubes | |

Melt the butter in a large pot over medium heat. Add the celery, carrots and onions, and sauté until the onions and celery are translucent. Add the potatoes, salt, pepper, bouillon cubes and enough water to cover (go light on the salt, as both the cheese and the bouillon are salty). Bring to a boil then simmer until the potatoes and carrots are tender. Off heat, add the evaporated milk, and the cubed cheese, stirring until completely melted. If necessary, reheat over low heat, taking care not to boil, and adding meat or seafood, if desired. Garnish heaping bowls with a sprinkle of parsley before serving.

November 11, 2014 Volume 6 Number 3

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

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