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SEPTEMBER 15, 2015 VOLUME 6 NUMBER 25

Cottage Hospital Auxiliary Presents \$10,000 Donation For New Rowe Health Center

WOODSVILLE, NH - The Cottage Hospital Auxiliary presented a \$10,000 donation check to Dr. Maria Ryan, Cottage Hospital Chief Executive Officer, for the building fund of the new Rowe Health Center at the Auxiliary's September 8, 2015 members dinner meeting held at the Mountain Lakes Lodge.

This donation marked the culmination of the Auxiliary's year-long fundraising efforts including its recent principal fundraising event, the 13th Annual Cottage Hospital Auxiliary Golf Tournament held at the end of May, as well as numerous other fundraising activities throughout 2014/2015.

The Auxiliary selected to

raise and donate money for the Rowe Health Center building fund since the new health center will make a significant improvement to the delivery of healthcare for the communities served by Cottage Hospital and it will have the greatest benefit to patients seeking to access healthcare.

The Rowe Health Center, a new 16,000 sq. ft. facility is nearing completion and is expected to be opening in October. The health center is a major expansion for Cottage Hospital and will help strengthen the health of the communities it serves by providing accessible, compassionate, quality healthcare with a focus on the

expanded rural health clinic and internal medicine and offering new specialties. The center is named in honor of Dr. Harry Rowe who dedicated over sixty years to his profession, his patients and his community. Dr. Rowe was instrumental in recruiting and stabilizing healthcare needs to the Cottage Hospital service area.

"Recognizing the values of Dr. Harry Rowe, we are focusing on providing a new facility that will offer easy access to primary care as well as health education. The Rowe Health Center creates new job growth for the Hospital and expansion of services," stated Cottage Hospital Chief Executive Of-



L to R- Patricia Brady, Ann Edson, Carolyn Byrne, Karen Rajsteter, Linda Pair, Auxiliary Co-President, Ann Duffy, Dr. Maria Ryan, Cottage Hospital C.E.O., Marcia Selent, Auxiliary Co-President, Lynn Rhoads, Gail Dubrule, Pat Ottina, Brenda Long, Chris Roberts, and Marilyn Bedell.

ficer Dr. Maria Ryan. "I want to thank the Auxiliary and its members for their generosity and dedication for helping Cottage Hospital, our new Rowe Health Center and

their communities." Ryan further stated, "As healthcare continues to change it is imperative that Cottage Hospital improve and keep.

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TRENDY Dining Guide

Happy Hour

By Gary Scruton

This time around with the Trendy Dining Guide we did not have far to travel before reaching our eating destination. Just a short drive across the river to Wells River and the long established, long enjoyed, and family friendly Happy Hour Restaurant.

Being a Wednesday evening was actually a bonus for us. Every Wednesday the Happy Hour has a "Two for" special. Two complete meals for just \$26.

Not ones to pass up a good special my wife and I were more than happy to look over the meals that were available on the special list. Making that choice was actually not that easy. There were two styles of haddock, baked or fried. You could pick eggplant or chicken parmigiana. There was a 6 oz. steak and a couple of other choices. I finally settled on the Chicken Parmigiana and my wife went with the baked haddock.

The Wednesday special meals also include a trip to the always bountiful salad bar. It starts with a fresh baked loaf of bread that allows each person to cut off their own slice(s). Then throw on a bed of lettuce, add tomatoes, onions, mushrooms, peppers, or a few other items. Then a spoonful of baked beans, coleslaw or maybe cottage cheese. Then you will find a variety of salad dressings. And to top it off, some crackers and cheese. (I have seen many people

make this the whole meal).

On this evening service was great. (We even got a comment from the waitress on our newly painted front porch). When our salads were gone the bowls were taken away, and shortly after that our main meals arrived. The chicken parm was in a casserole dish with a side of noodles and sauce. I thought it was quite tasty. Not what I normally order, but an excellent choice for me on this evening. My wife's baked haddock was served in a similar manner, casserole dish with her baked potato on the side.

Again, when the meals were finished our waitress showed up to take away the dishes and find out what we would choose for desert.

(Yes, desert comes with these meals as well!) With three choices I went with a favorite of mine, a brownie sundae. It came with a very tasty brownie, ice cream and whipped cream. Plenty to top off the meal I had already put away. My wife made the call to take her desert home and the waitress was happy to bring her cheesecake with strawberries to the table already boxed up.

The full meal experience took just about an hour, which was good since we were unable to get there until about 7:30 pm. But we never felt rushed or hurried along. Once again a visit to the Happy Hour Restaurant was a good experience that filled our stomachs, but did not empty our wallet.

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Cohase Chamber Of Commerce Appoints New Executive Director

Wells River, VT – The Cohase Chamber of Commerce is pleased to announce that Erik Volk has joined the organization as Executive Director. Volk replaced Gabe Zoerheide who recently left the position to join Willing Hands, a non-profit group based in Lebanon, NH that distributes wholesome food to neighbors in need.

Volk, a native of Rhode Island who also lived for many years in Washington State, currently resides in Groton, VT. A cum laude graduate of Rhode Island College, he also holds a Master of Education degree from the University of Massachusetts, Boston. Currently the owner of EAV Consulting, a Technology Training and Development consulting firm, Volk brings over 25 years of business, education and technology experience to the Chamber from a variety of industries including Health

Care, Business Services, Non-Profit, Manufacturing and Financial Services. In addition, Volk is an avid volunteer and is active in a number of community organizations including serving as a Trustee on the Groton Free Public Library Board and as an active member of the Groton Historical Society.

“Community is my passion and strong businesses are essential for a strong community,” says Volk. “I’m looking forward to doing everything I can to help member businesses in the area continue to be successful and prosper, and to help them to work together with other businesses and their respective communities for mutual benefit.”

The Cohase Chamber of Commerce serves the Vermont towns of Newbury, Bradford, and Fairlee and the New Hampshire towns of Haverhill, Orford, and Piermont. The



Chamber provides member businesses with regional marketing, networking and educational opportunities as well as sponsoring community events such as Paddle the Border, Annual Garden Tour and the 48 Hour Film Slam. Contact: Cohase Chamber of Commerce Erik Volk, Executive Director cohasechamber@gmail.com PO Box 35 Wells River, VT 05081-0035 (802) 518-0030

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4 **Contest Winners – So Long Summer Hello Fall Festival AND THE WINNERS ARE...**

Derek Van Namee of Wells River reclaimed the top spot in the Wells River Area Garden Club 2015 Giant Zucchini Contest held during WRAP's So Long Summer - Hello Fall Festival held on September 5th. Completing against 9 other growers Van Namee's 10.4 pound zucchini while lighter than last year 13.5 pound winner was heavy enough to be this year's champ. Derek's zucchini outgrew the 9.4 pound green vegetable that the 2014 winners, Groton sisters Ainsley and Casey Kendal grew this year. The third winner was Rachel Longmoore with an 8.8 pound zucchini. The Reverend Kate Maver was the official weight and measure judge. Thanks goes to Copies and More for the use of their shipping scale.

Other folks didn't have to work all summer to win a prize at the festival. Bill Boroni of Wells River won the Tablet Trio AXS and Gary Gadapee of East Ryegate won a \$100 gift certificate given by Wells River Chevrolet.

NewburyConnect's winner of the box of racing hats & t-shirts was Newbury resident Sue Hebb and the winner of the edible and fragrant delights box was Heaven Dery of Newbury.

Bob McCarthy and Lily Dadabo each won a \$20.00 gift certificate in the TJs Lunch Counter drawing. Both winners escaped into the crowd before their hometowns were obtained.

Wells River Action Program congratulates all the winners.

Approaching Crossroads, Making Decisions Jail Inmates To Find New Roads Ahead

By Robert Roudebush

(North Haverhill, New Hampshire) Jan Kinder and Sue Parmenter are looking for a few good men or women to help lead Grafton County Jail inmates to healthier decision-making.

Please contact Jan at 603-787-6998, jankinder@charter.net, or Sue at 802 439 5046, sueparmenter67@gmail.com.

None of the jail inmates – they are called “clients” – are allowed to enter the program unless corrections officials are convinced they can participate successfully. Requirements are that they be serious about making changes in their lives and that they're willing to put in the necessary work. And there is work – in addition to face-to-face sessions with their mentors, clients have classroom group participation, as well as the assigned “cellwork” to be turned in. C & D leaders evaluate potential clients prior to assigning them to a specific teacher/mentor. Clients and mentors meet for two one-hour sessions during each of the five weeks duration of the program, during days or evenings. Sessions begin October 12 and end with graduation November 17. Clients who do enter the demanding program are not guaranteed automatic graduation from it – and not all achieve it – but the vast majority do, with appreciative smiles and handshakes and sometimes tears of joy at the graduation ceremony.

The program they direct is called CROSSROADS AND DECISIONS and the successful pair of leaders are holding their upcoming volunteer training session the evening of October 2, 2015, a Friday night, in North Haverhill. The fascinating free evening of education is the required preparatory step for new mentors who will enter a whole new world – as focused teachers making a difference in the lives of incarcerated women and men. The program's incoming volunteer mentors begin as committed community residents - they receive training in a professionally developed, structured curriculum on decision-making skills. The participating inmates are not in the program because of any kind of court mandate, but because they choose to be. They may be typically, though not always, youngsters in their late teens or 20s who have found themselves on the wrong side of the law, and who are currently serving sentences of less than one year in the Grafton County Department of Corrections. More infor-

Graduation from this course matters because those who get through successfully demonstrate a



lower recidivism rate – they are far less likely to re-enter the criminal justice system. Good for them, for the system, for their families, good for the community, everybody wins.

I was a participant in the program (as a teacher/mentor!) during several recent years, working with Jan and Sue and other motivated people. It remains one of the most fulfilling activities I've undertaken. As one previous graduate put it, “I used to let others make up my mind for me – now I do it myself. It gave me more confidence, which showed in my interviews and helped me to obtain a job within the first two weeks of my release.” All the teaching sessions take place inside Grafton County's relatively new jail, clean, well-lit, well-run and a positive physical space for new beginnings.

The Crossroads philosophy is a simple one – it is based on the belief that convicted criminals can make positive changes in their lives – and the lives of their families – and become more productive members of society. The program is reaching out to the community as it dose twice each year, spring and fall – for new volunteers who share a similar belief and want to make a difference. Volunteers are caring persons of all ages and backgrounds, who are willing to help people learn to think before they react, to increase their chances of success when they leave jail. Who are the volunteers? They may be you.

September 15, 2015 Volume 6 Number 25 Not all Times are Trendy but there will always be Trendy Times

Thank You

To everyone who made the Wells River 4th Annual “So Long Summer - Hello Fall” Festival a huge success! Thank you to the vendors, volunteers and the public for attending!

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“Don't Mention” Is Old Church Theater's Final 2015 Show

Bradford, VT: In the fifth and final production of its 30th anniversary season, Old Church Theater presents the farce "Don't Mention My Name" by Fred Carmichael. Directed by Paul Hunt, the play will open at 7:30pm on Friday September 18th in Bradford at Old Church Theater, with two more performances that weekend: Saturday at 7:30 and Sunday at 4pm. Three more performances follow the weekend of September 25 through 27.



"The cast of the comedy "Don't Mention My Name!", opening this Friday in Bradford. Clockwise, from left: Scott Johnson, Athene Chadwick, Laura Luurtsema, Marilyn Blaisdell, Meghan Bullard, Brian Kenyon and Barbara Swantak. . The comedy is "PG", and plays two weekends with shos Friday and Saturday at 7:30pm and Sundays at 4pm. For information and reservations, call 802-222-3322.

In this laugh-out loud comedy, our hero has temporary amnesia and stumbles into a guest house where it turns out he was expected all along! He gets called by one name and then someone else calls him another, and someone else surprises them all and calls him by yet another name. As our heads spin, the hero and another guest band together to solve the mystery, only to find people are not who they seem they are, but all have the identical purpose! The plot becomes more and more hilarious until all questions are answered, including who the hero is, with a

surprise twist ending!

In the cast are Meghan Bullard (back for her fourth OCT production this season!), Scott Johnson, Athene Chadwick, Brian Kenyon, Barbara Swantak, Laura Luurtsema, Robert O'Leary and Marilyn Blaisdell. This play is definitely "PG". Marilyn Malmquist is the stage manager.

Old Church Theater's annual meeting concludes the 2015 season on October 25th at 2pm, place to be announced. All are welcome to attend, hear the reports of the officers, make comments or suggestions for future productions, and finally, members will vote on a new board.

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A Full Page of Events from local Non-Profits, Schools and Towns. Presented Free by *Trendy Times*

TUESDAY, SEPTEMBER 15

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

THURSDAY, SEPTEMBER 17

EMERGENCY FOOD SHELF
4:30 PM – 6:00 PM
Wells River Congregational Church

MEET UP AND GREET

5:30 - 7:30 PM
Shiloh's Restaurant, Woodsville
See ad on Page 3

NORTHERN GRAFTON COUNTRY REPUBLICAN COMMITTEE

6:00 PM
Topic of the Town, Littleton

VFW POST #5245 MONTHLY MEETING

7:00 PM
VFW Hall, North Haverhill

THE FILM - FOOD CHAINS

7:30pm
Colonial Theatre, Bethlehem

CELTIC HARPIST KIM ROBERTSON

7:00 PM
North Congregational Church, St. J.
See Article on Page 11

FRIDAY & SATURDAY, SEPTEMBER 19 & 20

DON'T MENTION MY NAME
7:30 PM
Old Church Theater, Bradford
See Article and Ad on Page 5

SATURDAY, SEPTEMBER 19

EASTON YARD SALE
Easton Town Hall

NORTH COUNTRY HEART & SOUL

10:00 AM - 2:00 PM
Masonic Lodge, Rt. 25, Bradford
See Article on Page 8

GRANITE STATE GRIND & ROLL

12:30-5:30 BBQ
5:00-8:00 PM Spaghetti Dinner
Franconia Church, 44 Church St.

LITTLETON ROTARY CLUB LOBSTERFEST

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

HIGHLAND GAMES CHICKEN BBQ

5:00 PM – 7:00 PM
American Legion Post #83, Lincoln

LOBSTER SUPPER & CHICKEN BBQ

5:00 and 6:00 pm 802-333-9507
Fairlee Community Church of Christ, Rt 5

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Presbyterian Church, So. Ryegate VT

SUNDAY, SEPTEMBER 20

NORTH HAVERHILL FAIR PICNIC

12:00 NOON
North Haverhill Fairgrounds
See Ad on Page 9

BENEFIT HOLD 'EM TOURNAMENT

1:30 PM
American Legion Post 58, Maple St., St. J.

DON'T MENTION MY NAME

4:00 PM
Old Church Theater, Bradford
See Article and Ad on Page 5

MONDAY, SEPTEMBER 21

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

POULTRY GROUP "FOWL FRIENDS"

6:00 PM 802-757-2693
Baldwin Memorial Library, Wells River

FRIDAY & SATURDAY, SEPTEMBER 25 & 26

DON'T MENTION MY NAME
7:30 PM
Old Church Theater, Bradford
See Article and Ad on Page 5

SATURDAY & SUNDAY, SEPTEMBER 26 & 27

SUGAR HILL'S AUTUMN CELEBRATION
10:00 AM - 3:30 PM
Rt. 117, Sugar Hill
See Ad on Page 9

SATURDAY, SEPTEMBER 26

FALL FESTIVAL AND SILENT AUCTION
9:00 am - 3:00 pm
First Congregational Church of Newbury

CHICKEN PIE SUPPER

5:00 pm
North Danville Baptist Church
See Ad on Page 7

SUNDAY, SEPTEMBER 27

ACOUSTIC MUSIC JAM
1:00 PM – 5:00 PM
Clifford Memorial Building, Woodsville

BENEFIT HOLD 'EM TOURNAMENT

1:30 PM
Breslin Center, Main Street, Lyndonville, Vt.

DON'T MENTION MY NAME

4:00 PM
Old Church Theater, Bradford
See Article and Ad on Page 5

THE GATEWAY TO WELLS RIVER

7:00 PM
Wells River Congregational Church
See Article on Page 9 and Ad on Page 7

Ongoing Weekly Events

SATURDAYS

GROTON GROWERS - 9 AM - 1 PM
Groton Community Building
FREE BLOOD PRESSURE CLINIC
10 AM – 12 Noon – Littleton Fire Station

SUNDAYS

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

MONDAYS

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Darling Inn, Lyndonville
ADULT STRENGTH TRAINING
1:00 - 2:00 PM - North Congregational
Church, St. Johnsbury
9 AM – 10 AM
Municipal Offices, Lyndonville
10:30 AM – 11:30 AM
Municipal Offices, Lyndonville
BINGO - 6:00 PM
Orange East Senior Center, Bradford
TOPS (TAKE OFF POUNDS SENSIBLY)
6:00 PM - Peacham School

MONDAYS/WEDNESDAYS

RSVP BONE BUILDERS
10:30 AM – 11:30 AM
Linwood Senior Center, Lincoln
CARE COORDINATOR/
ENROLLMENT SPECIALIST -
1 PM, Baldwin Library, Wells River

MONDAYS/THURSDAYS

WALKING CLUB - 6:30 PM –
Woodsville Elementary School
GOLDEN BALL TAI CHI
8:30 – 9:15 AM – St. Johnsbury House

TUESDAYS

BREAKFAST BY DONATION
8:30 AM – 10:00 AM
Horse Meadow Senior Center, N. Haverhill
ADULT STRENGTH TRAINING
9 AM – 10 AM - St. Johnsbury House
10:30 AM – 11:30 AM
Senior Action Center,
Methodist Church, Danville
NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Senior Action Center,
Methodist Church, Danville
NOON - Presbyterian Church, S. Ryegate
NOON - Darling Inn, Lyndonville
T.O.P.S. (TAKE OFF POUNDS SENSIBLY)
Weigh In 5:00 PM – Meeting 6:00 PM
Horse Meadow Senior Center, N. Haverhill
EMERGENCY FOOD SHELF
4:30 PM – 5:30 PM
Wells River Congregational Church
WEIGHT WATCHERS MEETING -
5:30 PM
Orange East Senior Cntr, Bradford
AA MEETING (OPEN BIG BOOK)
7:00 PM – 8:00 PM
St. Luke's Parish Hall, Woodsville

TUESDAYS/THURSDAYS

ACTIVE OLDER ADULT
STRENGTH CLASS -
1:30 PM
Woodsville Post Office, S. Court St
GROWING STRONGER FITNESS
CLASS 2:00 PM – 3:00 PM
East Haven Library

TUESDAYS/FRIDAYS

GOLDEN BALL TAI CHI
8:30 AM – 9:15 AM
First Congregational Church, Lyndonville

WEDNESDAYS

AQUA AEROBICS - 9:00 AM
Evergreen Pool, Rte 302, Lisbon
ADULT STRENGTH TRAINING
1 PM – 2 PM
North Congregational Church,
St. Johnsbury
BINGO - 6:30 PM
Haverhill Memorial VFW Post #5245
North Haverhill
CRIBBAGE - 7:00 PM
Orange East Senior Center, Bradford

WEDNESDAYS/FRIDAYS

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Presbyterian Church, West Barnet
NOON - Darling Inn, Lyndonville

WEDNESDAY THRU MONDAY

PEACHAM CORNER GUILD
10AM-5PM
643 Bayley Hazen Road, Peacham

THURSDAYS

ADULT STRENGTH TRAINING
10:30 AM – 11:30 AM
Senior Action Center
Methodist Church, Danville
NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Senior Action Center,
Methodist Church, Danville
NOON - Darling Inn, Lyndonville
PEACHAM FARMERS MARKET
Peacham Academy Green
LISBON FARMERS MARKET
3:00 PM - 6:00 PM -
Main Street, Lisbon

FRIDAYS

ADULT STRENGTH TRAINING
9 AM – 10 AM - St. Johnsbury House
1 PM – 2 PM - North Congregational
Church, St. Johnsbury
WORSHIP UNDER THE TENT - 7 PM
100 Horse Meadow Rd, No Haverhill
AA MEETING (OPEN DISCUSSION)
8:00 PM – 9:00 PM
Methodist Church, Maple St, Woodsville

Craft/Vendor Fair

The United Congregational Church of Orford UCC had a wonderful Craft/Vendor Fair in the Spring and is delighted to announce a second Fair at the Main Street building on Route 10 in the center of Orford on Saturday,

October 10, 2015 from 8 a.m. until 4 p.m. Lunches will be available for a very reasonable price.

Vendors wanting a space (\$20) should be in touch with Elizabeth J. Wilson musician1984@aol.com as soon

as possible. Email Elizabeth for an application/ registration form. (Registration closes September 10).

United Congregational Church of Orford UCC PO Box 133, Orford, NH 03777

Horse Meadow Senior Center

Every Tuesday 8:30
Community Breakfast
Must Preregister For
Computer Classes
603-787-2539

Thursday, September 17

Art Show: All Day
9:00 Art Class w/Barb
11:00 Music – Ethel Cooper
12:30 Cribbage
1:00 Beginning
Jewelry Class

Friday, September 18

9:30 Bone Builders
10:30 Mahjongg
11:00 Music – Bobby B & Cliff
1:00 Beginning
Decorative Arts

Monday, September 21

9:30 Bone Builders

12:30 Hearts & Hands
Quilters
1:00 MS Support Group

Tuesday, September 22

9:30 Nifty Needlers
1:00 Advanced Crafts

Wednesday, September 23

9:30 Bone Builders
9:30 Writers Group
11:00 Music – The Boyz
1:00 Bingo

Thursday, September 24

9:00 Art Class w/Barb
9:30 Cards w/Jeanne
11:00 Music – Betty Gray
12:30 Cribbage
12:30 Foot Clinic by
Appointment (\$20)
1:00 Photography Class
1:00 Line Dancing

Friday, September 25 CLOSED

Monday, September 28

9:30 Bone Builders
11:00 Music – Wayne Klingler
12:30 Hearts & Hands
Quilters
1:00 Beginner's
Pampered Chicks

Tuesday, September 29

9:30 Nifty Needlers
1:00 Advanced
Pampered Chicks

Wednesday, September 30

9:30 Bone Builders
9:30 Writers Group
11:00 Music – John & Phyllis
1:00 Bingo

Orange East Senior Center

Monday- September 14 - 9:00 a.m. Exercise Class, Lunch at Noon-\$5 adults 59 and younger, \$3-60 and older, 12:45-Board Meeting-Open to the Public,, BINGO GAME-Game begins at 6:00 p.m. and doors open at 5:00 p.m., Looking for Meals on Wheels Drivers

Tuesday-September 15-- 9:00 a.m. Exercise Class, 9:40 a.m. Line Dancing, 10:00 Balance Class, Lunch at Noon-\$5 adults 59 and younger, \$3-60 and older

Wednesday-September 16, Lunch at Noon \$5 adults 59 and younger, \$3-60 and older, 3:00p.m-5:00 p.m. Computer Class-Looking for Meals on Wheels Drivers

Thursday-September 17 --9:00 a.m.-Exercise Class, Lunch at Noon-\$5 adults 59 and younger, \$3-60 and older+

Friday-September 18 - -9:00 a.m. Exercise Class, Lunch at Noon-\$5 adults 59 and younger, \$3-60 and older

Monday-September 21- 9:00 a.m. Exercise Class, Lunch at Noon-\$5 adults 59 and younger, \$3-60 and older, BINGO GAME-Game begins at 6:00 p.m. and doors open at 5:00 p.m., Looking for Meals on Wheels Drivers

Tuesday-September 22-- 9:00 a.m. Exercise Class, 9:40 a.m. Line Dancing, 10:00 Balance Class, Lunch at

Noon-\$5 adults 59 and younger, \$3-60 and older

Wednesday-September 23- Tai-Chi class by donation 8:00 a.m-9:00a.m, Lunch at Noon \$5 adults 59 and younger, \$3-60 and older-3:00p.m-5:00 p.m. Computer Class-Looking for Meals on Wheels Drivers, 7:00 p.m.-Cribbage Club-\$2.00 per night

Thursday-September 24 - 9:00 a.m.-Exercise Class, Lunch at Noon-\$5 adults 59 and younger, \$3-60 and older+

Friday-September 25 - 9:00 a.m. Exercise Class ,Lunch at Noon-\$5 adults 59 and younger, \$3-60 and older

Monday-September 28-9:00

a.m. Exercise Class, Lunch at Noon-\$5 adults 59 and younger, \$3-60 and older, BINGO -Game begins at 6:00 p.m. and doors open at 5:00 p.m., Looking for Meals on Wheels Drivers

Tuesday-September 29- 9:00 a.m. Exercise Class, 9:40 a.m. Line Dancing, 10:00 Balance Class, Lunch at Noon-\$5 adults 59 and younger, \$3-60 and older

Wednesday-September 30-- Tai-Chi class by donation 8:00 a.m-9:00a.m, Lunch at Noon \$5 adults 59 and younger, \$3-60 and older-3:00p.m-5:00 p.m. Computer Class-Looking for Meals on Wheels Drivers, 7:00 p.m.-Cribbage Club-\$2.00 per night

Bath Library Book Club

The Bath Library Book Club will be discussing "Caleb's Crossing" by Geraldine Brooks on Thursday, October 8th at 6 pm at the Bath Public Library.

Bethia Mayfield is a restless and curious young woman growing up in Martha's vineyard in the 1660s amid a small band of pioneering English Puritans. At age twelve, she meets Caleb, the young son of a chieftain, and the two forge a secret bond that draws each into the alien world of the other. Bethia's father is a Calvinist minister who seeks to convert the native

Wampanoag, and Caleb becomes a prize in the contest between old ways and new, eventually becoming the first Native American graduate of Harvard College.

Books may be picked up at the Bath Library; hours are Tuesdays, Wednesdays 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.

Groton Free Public Library

The United Congregational Church of Orford UCC had a wonderful Craft/Vendor Fair in the Spring and is delighted to announce a second Fair at the Main Street building on Route 10 in the center of Orford on Saturday, October 10, 2015 from 8 a.m. until 4 p.m. Lunches will be available for a very reasonable price.

Vendors wanting a space (\$20) should be in touch with Elizabeth J. Wilson musician1984@aol.com as soon as possible. Email Elizabeth for an application/ registration form. (Registration closes September 10).

Please note: Starting in September, we will be closed on Saturdays. Thank you to Susan & our other volunteers who have allowed us to stay open on the weekends this past year!

The Friends of Groton Library are preparing for the annual Fall Foliage book sale! This important fundraiser relies on you for its success. We are looking for donations of books of all genres in good condition, as well as puzzles, CDs, & DVDs. (Please, no text books, computer books, encyclopedias, Readers Digests, or video

tapes.) Donations may be dropped off at the library during open hours. Thank you in advance!

New DCF Nominee Books available! Thanks to a donation from the BMU Student Council, we have started our collection of 2015-2016 DCF books. (More to come this fall!) Wednesdays from 1-3pm: Crafts & Conversation. Join us with your ideas and projects-in-process – or – just join us!

Monday, Sept. 28 @ 7pm: Book Discussion. The month's feature title: "The Alchemist" by Paulo Coelho. Copies available at the library for borrowing. New folks welcome!

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. Online catalog: grotonlibrary.kohavt.org. Open Hours: Mon 2:30-7pm, Wed 10am-4pm, Fri 2:30-7pm.

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

Chicken Pie Supper

Saturday
September 26
5:00pm



North Danville Baptist Church

Eat In Or Order A Delivered Take Out
Orders Must Be Placed By Thursday, September 24.

Adults \$12 • Children 12 & Under \$6 • Preschoolers FREE

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Newbury Historical Society Presents

"The Gateway To Wells River, 1770-1853"

Or

"Who Moved The Wells River?"

Sunday, September 27, 2015

7:00pm

Wells River Congregational Church

76 Main Street North

Wells River, Vermont

ADA Accessible

Light refreshments will be served.

Information: newburyhistorical@gmail.com



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Making Your Pumpkins And Squash Last

By Heather Bryant, Regional Field Specialist, Food & Agriculture

Much as I hate to admit it, there isn't a lot of summer left. It's getting dark earlier and earlier, and farms are gearing up to harvest fall crops. I've already seen a few fields with pumpkins and squash that are ready to harvest. It feels early, yes, but of course plants don't read calendars. Also we had a few rainy periods early in the season which stressed some plantings, leading to a number of issues including early ripening. Other fields got off to a late start and may not be anywhere near ripening.

So what to do? First, don't panic. Decorative pumpkins don't have to be harvested the minute they turn orange. They can be left in the field as long as the plants still look green and healthy; normally this means waiting till the first frost is predicted. Cutting the stem off 3-6 inches above the fruit will help prevent plant diseases attacking the fruit through the stem. If they don't fully turn orange before the first frost, they can still continue coloring up after harvest.

Winter squash is a little different. Once the squashes are mature and rinds have started to harden, you can press your finger-

nail into them without leaving a mark, they are ready for harvest and leaving them in the field can lead to loss of quality and postharvest diseases. You'll also want to trim the stems to an inch or less so they don't puncture other fruit in storage.

With Halloween two months away and all the great cucumbers, corn and tomatoes still in the garden, it's a little early to start carving pumpkins and eating squash soup, so you'll want to store your harvest well. One trick to good storage is to cure them first.

Curing means that you harvest the fruit and give the rinds a chance to harden off and any wounds a chance to heal before you put them into storage. To cure winter squash and pumpkins hold them at 80-85°F for a week to 10 days. The exception to this is acorn squash which need to be placed directly into storage and will only last about 5 weeks after harvest.

Commercial growers will often put the fruit in a greenhouse to cure. Even in a greenhouse of course, it is a challenge to keep the space at 80-85°F at night for 10 days in the late summer or early fall. With or without a greenhouse, the goal is to

come as close to those conditions as possible. You can try putting them on a screen porch or some other part of the house that doesn't tend to be cool. If you are growing white pumpkins be sure to cure them out of direct sunlight to preserve the color.

Once curing is finished, place pumpkins and winter squash in a cool place, 50-55°F, such as an unheated basement, until you are ready to use them. If possible store them in a different place from apples which release ethylene gas, causing pumpkins to ripen faster.

Depending on the type, most pumpkins and squash will last 2-5 months in storage, so even if your season seems to be ending early, there's no reason you can't have your jack-o-lantern and Thanksgiving squash dishes!

Information in this article came from "Harvesting and Storing of Pumpkins, Winter Squash and Gourds" by Maurice Ogutu, http://extension.illinois.edu/gardenerscorner/issue_01/fall_04_04.cfm and "Storing Winter Squash and Pumpkins" by Jonathan Schultheis and Charles Averre, <http://content.ces.ncsu.edu/storing-winter-squash-and-pumpkins/>

North Country Heart And Soul Welcomes Autumn

By Marianne L. Kelly

BRADFORD—It's hard to believe another summer has come and gone, but here we are on Autumn's doorstep. We would like to thank everyone, vendors, visitors and local customers for making our first summer season a success.

Our first fall market takes place on Saturday, Sept. 19, from 10-2, downstairs inside the Masonic Lodge, Rte. 25, Bradford.

North County Heart and Soul owes its uniqueness among other area markets and fairs to the sheer diversity of its vendors all under one roof. Those who have shopped here in the past, compare it to a large yard sale where one might go to browse but never leaves

empty handed.

Check out the myriad choices of collectibles and flea market items. You just might find that something you have been seeking for quite a while, or "hear" a special treasure calling your name.

Looking for unique scents for your home, personal products for yourself, a special item for your kitchen, essential oils for your well-being, something for your favorite cook and so much more? We've got it!

We also offer delicious food such as homemade breads, pastries, cookies and more. Check out the artistically designed wood items, jewelry and more from our local talented crafts peo-

ple.

As if this isn't enough, we have someone on hand who will sharpen your knives and scissors to a sharp edge while you enjoy a freshly made lunch, and browse all this fun, family friendly market offers. It's all here.

Please also note that we are a non-profit organization and donate a percentage of proceeds from each market to a local charity.

Anyone wishing to become a vendor can contact Diana Perry at (802) 439-3700, or Marianne Kelly at (802) 222-9258.

We invite everyone to come help us usher in the beautiful autumn season.

See you there!

Moving A River And Tracing Your Home's Roots

Who moved the Wells River and how do I find out who use to live in my house way back when? These two questions will be answered in the next two fall programs being presented by the Newbury Historical Society.

On September 27th at 7:00pm, at the Wells River Congregation Church, 76 Main Street North. Wells River native Hod Symes will present "The Gateway to Wells River, 1770-1853", or "Who moved the Wells river?" A lot was happening in Wells River during the end of the 18th century and the first half of the 19th century. Symes will explain the what, how and the where and why Wells River Village grew during that period of time and of course will answer the question "Who moved the Wells river". In 1853 something

happened that ended what had existed the previous 83 years. Symes will reveal the events that ushered in the next phase of Wells River Village in 1853. Hod Symes grew up in Wells River and is the author of The "Cross-Road" - A History of Wells River Vermont, and was recently elected President of the Newbury Historical Society.

The second Newbury Historical Society Program is "How to research the history of your house using free resources" and will be held October 4, at 2:00pm at the Bailey Club at 5209 Main Street South in Newbury Village. Among the attractive features of Vermont and New Hampshire is the abundance of old homes with interesting historical backgrounds. Lucille

Bertram Treasurer of the Newbury Historical Society will review the process of discovering who has owned and lived in a house over the years using resources readily available in town offices, county offices, libraries, and online. The focus of the discussion will be the Bixby-Connors-Taggart-Farnham house in the Village of Newbury but the process can be used on any home. Bertram is the present owner of the house. She is also a retired librarian from Fort Lee, New Jersey and trustee at the Bergen County Historical Society.

Both programs are free and open to the public. Light refreshments will be served. For more information contact the Newbury Historical Society at newburyhistorical@gmail.com

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ASSOCIATION
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Sunday, September 20
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All Volunteers and their families are welcome.



The 145th Lancaster Fair was held on Labor Day. Governor Maggie Hassan is shown with Daniel Cantin, of Lancaster, and North Country Senator Jeff Woodburn and the award-winning, 150 lb punkin.

Power Soccer Returning To The North Country

Franconia, NH – On Sunday, September 13th, Power (wheelchair) Soccer will be returning to the North Country as an adaptive team sport. The North Country Storm, a team of Adaptive Sports Partners of the North Country (ASPNC) will begin an 8 week season of practice and competition. “The Storm” is looking for both participants and volunteers to help with this activity. The team will practice at the Daisy Bronson gym in Littleton from 3 – 4:30PM, September 13th – November 8th.



North Country Storm players Taylor Baird and Luke Lorentzen attack the ball. Photo credit: Kris Dobbins Photography

Power Soccer is a team sport played by individuals with various disabilities, new players, youth and / or adult are welcome. No previous experience necessary. The game is played in a gymnasium on a regulation basketball court. Two teams of 4 power chair users attack, defend, and spin-kick a 13-inch

soccer ball in an attempt to score points on a goal. The game is similar to the non-stop action seen in a typical soccer game.

Please contact Sandy Olney, executive director or the ASPNC office for more information or to register to play!

Contact Information: Adaptive Sports Partners of the North Country, PO Box 304, Franconia, NH 03580 Tel: 603-823-5232, Email: info@adaptivesportspartners.org, Website: www.AdaptiveSportsPartners.org

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Kim Robertson Concert

Main Street Arts @ North announces the first of a new concert series with the area premiere performance by Celtic harpist Kim Robertson on Thursday, September 17, at North Congregational Church in St. Johnsbury at 7 pm.

A world renowned pioneer in the American folk harp movement, Robertson has stretched the boundaries of the harp for a new generation of performers and music lovers. She combines an improvisational spirit with a passionate sense of tradition, bringing a contemporary touch to a centuries old instrument. Her work encompasses numerous recordings and an international itinerary of workshops and retreats. She regularly tours the U.S., Canada, and Europe, playing in such varied venues as concert halls, grass-roots folk clubs, luxury cruise ships and remote mountaintops.

St. Johnsbury harpist Bill Tobin says, "From my early years of playing harp, Kim has been an inspiration to me. She has a percussive element to her playing that makes her music come alive



like few harpists I have ever known."

Tickets for this concert by one of the most popular contemporary folk harpists are \$10 for adults and \$5 for students and are available at the door or in advance from the

box office at Catamount Arts (www.catamountarts.org).

This new series, in collaboration with Main Street Arts @ St. Andrew's, is designed to entertain and educate music lovers of all ages.

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The Other Side Of The Menu – Sixth Look

By Robert Roudebush

We were in a good restaurant a while back and this is how the conversation went between a server (S) and a customer (C) - since I have been active in both roles many times in my life, you decide which role I filled during this talk, which really took place. Even if it didn't, it should have.

SERVER – Good evening sir, what may I bring you tonight?

CUSTOMER – Surprise me.

S – I beg your pardon?

C – Surprise me, bring me what you'd like to and surprise me.

S – I'm not sure I understand, you want me to pick what you're going to eat?

C – That's it.

S – I pick anything on the menu?

C – It needn't be on the menu. The chef may have a special available that you know about, you can order that for me, or she may be willing and able to fix me something else really special I might like - and you choose that as well and bring it.

S – But you might NOT like it. How do I know what you like?

C – You don't, right now, but you'll learn fast if you pay attention. I've been watching you, think you're a good waiter, you'll learn quickly what my food tastes are, and that will make you a better waiter, certainly for me each

time I come in. Reading customers is one of the highest skills a real pro develops and brings to waiting tables. Bring me something I like, and I'll let you know I like it and you begin to build your knowledge. Bring me something I dislike, and I'll be equally honest, with no blame attached to you, and you still continue to build your knowledge of my tastes. Whether I like what you bring me or not, if you are a pro, and worthy of the trust I place in you, no one loses.

S – But I might bring you something bad.

C – Are you suggesting that anything this restaurant offers might be bad?

S – No sir, not at all. But this just isn't usually the way it works. I've not had a conversation with a customer like this.

C – I know. But it could work and we would both benefit, as well as the restaurant.

S – Usually, the customer tells the server what they want, and the waiter brings it and it works pretty well most times.

C – Of course, but be adventurous, just a little today with me, have a little fun, trust your knowledge of the menu, or what you can learn from the chef. You know more about those areas of information than I do. You're up to this challenge. Any appreciative customer asking this extra effort from a server would not do that without being willing to reward you

accordingly. I will.

S – Are you sure you want me to do it?

C – Yup.

S – I might just choose to bring you the most expensive thing on the menu.

C – You might, and if what you bring me is worth the price, no complaints or blame. However, If you continue to bring me the most expensive thing on the menu, just because it IS the most expensive, regardless of value, I'll notice and two things will happen. First, you will lose an excellent customer who who is helping you increase your professionalism, and tips you damn well, and second, I will lose potentially one of the best servers I ever developed a relationship with. I may end up with a server who is inferior to you, and he or she will still get my business on her station. Learn what I like, regardless of price, and this may be the start of a beautiful friendship.

S – That line kinda sounds like one from a famous movie somehow.

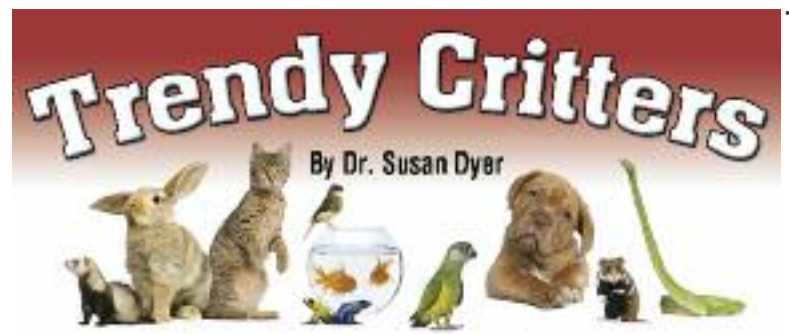
C – It is, and could work here too. What am I having for dinner tonight?

S – No hints?

C – I don't like onions.

S – OK, here goes. Are you interested Sir in pasta, seafood, chicken, beef or lamb?

C – Surprise me.



Proper Rabbit Nutrition

By M. Kathleen Shaw, DVM

Vermont Veterinary Medical Association

In part 1 of this series, we discussed proper rabbit nutrition, part 2 discussed problems that can occur with the gastrointestinal tract. Part 3 will discuss common eye and respiratory problems in rabbits, their causes and treatments.

Rabbits have eyes that bulge outward from their head and have a reduced menace reflex which can lead to eye injury. A menace reflex is the automatic closure of the eyelid when an object approaches the eye. Because rabbits don't have this reflex as well developed as dogs, cats or people, they can be prone to scratches on the surface of the eye. Symptoms of a scratch include excessive eye discharge, usually only in one eye, pain that causes squinting or a shrunken pupil (the black part of the eye). A scratch is very painful and will rarely heal on its own.

Rabbits also have a duct that runs from the eye to the nose called the nasolacrimal duct. Normally tears drain through this duct where they are swallowed or licked away from the nostrils. When rabbits develop inflammation in the duct, it closes up and tears overflow from the eye. This can be seen often as a white mucus discharge from the eye which causes mat-

ting of the fur below the eye and on the front legs from cleaning. This inflammation can be acquired from a dusty environment or from respiratory disease.

Rabbits are prone to a number of upper respiratory bacteria or viruses that can cause sneezing and nasal discharge. Nasal discharge can be seen on the nostrils, or more commonly, on the inside of the front legs from cleaning.

Dental disease, specifically dental abscesses, can lead to excessive tear production, conjunctivitis, pain and a bulging eye in rabbits.

Diagnosis involves analysis of the symptoms and duration, physical exams, special stains in the eyes and often cultures to evaluate the discharge for bacteria. Treatments can include pain management, antibiotics, nasolacrimal duct flushes or dental filing or extraction.

Veterinarians recommend regular dental exams, especially for dwarf rabbits who are more prone to dental disease. If your rabbit has unusual eye or nasal discharge it is recommended to have a veterinarian evaluate this to prevent or treat dental, skin, respiratory or long term vision problems.

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Do You Have A Small-Business Retirement Plan?

If you're a small-business owner, you've always got a lot to do: marketing your products or services, hiring employees, paying your bills, coping with competition – the list goes one and on. But there's one task you may be overlooking: establishing your own retirement plan. And that's not something you want to ignore – because, one day, you may want to trade in the title of “business owner” for that of “retiree.”

Fortunately, when choosing a retirement plan, you've got some good choices. Although the various plans have different requirements and contribution limits, they all offer tax-deferred earnings, which means your money has the potential to grow faster than if it were placed in a vehicle on which you paid taxes every year.

Here are some of the most popular retirement plans for small-business owners:

Owner-only 401(k) — This plan, which is also known as an individual or “solo” 401(k), is available to self-employed individuals and business owners with no full-time employees other than themselves or a spouse. You may even be able to choose a Roth option for your 401(k). As the owner, you can contribute to your plan as both an employer and an employee; your total contribution limit for 2015 is \$53,000, or \$59,000 if you are 50 or older.

SEP IRA — If you have just a few employees or are self-employed with no employees, you may want to consider a SEP IRA. You'll fund the plan with tax-deductible contributions, and you must cover all eligible employees. (Employees themselves cannot contribute.) You can contribute up to 25% of compensation, up to \$53,000 annually. (Contributions for a self-employed individual are limited to 25% of compensation minus one-half of self-employment taxes.) And you can fund your SEP IRA with many different types of investments. Plus, you can establish a SEP IRA for 2015 until April 15, 2016.

Defined benefit plan — Pension plans, also known as defined benefit plans, are still around — and you can set one up for yourself if you are self-employed or own your own business. This plan has high contribution limits, which are determined by an actuarial calculation, and as is the case with other retirement plans, your contributions are typically tax-deductible.

SIMPLE IRA — A SIM-

PLE IRA, as its name suggests, is easy to set up and maintain, and it can be a good plan if your business has fewer than 10 employees. Still, while a SIMPLE IRA may be advantageous for your employees, it's less generous to you, as far as allowable contributions, than an owner-only 401(k), a SEP IRA or a defined benefit plan. For 2015, your annual contributions are generally limited to \$12,500 or \$15,500 if you're 50 or older by the end of the year. You can also make a matching contribution of up to 3% of your compensation.

A SIMPLE IRA must be set up between Jan. 1 and Oct. 1 of any year, so if you're interested in this plan, you may have to wait until 2016 to get started. But if you'd like to set up any of the other retirement plans we've looked at, don't delay. The sooner you put your plan into place, the quicker it can start working for you to help you reach that day when you no longer have to work at all.

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

Classroom Behavior

By Elinor P. Mawson

As a teacher, the problem of behavior in the classroom was always with us. Of course, I taught the younger kids, and my methods wouldn't necessarily apply to middle-or high school students, but most of the time they worked for me.

Even the youngest (preschool) kids understood the principles of kindness and respect, and that is what we worked with for the most part.

Young children don't need a lot of discipline: they need to know when they have messed up, and they need to know that it has to be dealt with. For instance, if they have run in the hall, they have to admit to it, and

then agree to the consequences. In my classroom, the consequences were a minute or so in time out. When the time was up, I would ask if they would run in the hall again, they would say no and that was that. This worked 99% of the time.

Other infractions would include taking something that wasn't theirs, pushing, wasting materials, or other minor behaviors.

Older kids would have other issues, like throwing things, wasting time, talking back, or using materials inappropriately (like rulers or scissors). I would usually ask these people to write their name on the board, and this worked about 99% of the

time. When asked later on in the year if they ever had their name on the board, they would always remember why it was there.

I could never depend on anyone outside the classroom to deal with the kids who behaved in ways worse than the aforementioned. When one of my third graders brought a knife to school and threatened me with it, I had to finally locate the third in command, and insist on him taking care of it. (It wasn't handled well, either.)

I guess I was lucky that most of the time, my students were quite well behaved. It helped that we had a mutual respect for one another, and they knew they were being treated fairly.

Almost two decades have passed since I was in a classroom. I am sure that my classroom management had a lot of merit at the time. But I have to wonder if things are better now, or worse. And I have no intention of finding out.

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Letter To The Editor

To the Editor,

What a shame Carly Fiorina turned an event celebrating Ray Burton's exemplary nonpartisan service to the North County into a self serving campaign event for herself.

There is a time and place for political speeches. The grand opening ceremony of the Raymond S Burton Museum and Learning Center was neither.

Karen Fesler, Bath, NH

Karen,

Unfortunately I was unable to attend the grand opening of this facility. It is great to see Ray Burton honored in such a manner.

Regarding politics at such an event I see it two ways. First, you are right that such an event should be as non-partisan as possible. It was meant to honor one person who has passed, and not to promote any current politician. On the other hand, it is nice to see at least one candidate making the journey this far north more than once during this campaign.

We all should be proud to be voters in New Hampshire and need to take our job of sorting through the candidates seriously.

Let's hope we can keep things civil and we can make the best decision possible.

Gary Scruton, Editor



Local favorites Steve Davie, Trista Burns, and Brian Emerson provide live (and lively) music. They will perform at this year's Annual Fall Festival at the First Congregational Church of Newbury. The Festival and Silent Auction will take place on Saturday, September 26 from 9 am until 2 pm.

Letter To The Editor

Dear Editor:

A registered Undeclared now, I get notice of Republican and Democratic events. I've talked with Gov. Christie at Tilt'n Diner, additionally heard him in Franklin speak on drug addiction. I've followed news on Kasich, but not heard him. Last night my husband and I heard Jeb Bush in Laconia.

I took a question to ask Bush, but wasn't called on. Gov. Christie had let me know that he's not anti-science. Is Jeb Bush? But Bush spoke highly of Pope Francis and said he can follow the Pope's lead and both practice his faith and be fine with science. Something like that. My unasked question was almost answered.

While Pres. Obama is in Alaska to get support for efforts against climate change causes going unchecked, he also has given

Shell Oil permission to explore and drill for oil in our fragile Arctic waters. Tragic. Unforgivably poor reasoning there – or defeatist bowing to the energy industry. Whoever gets my February 9th vote needs to recognize climate change's dire consequences and pledge to prioritize cutting down our carbon emissions, energy industry be damned.

Screening for acceptability as respectable, the Republican candidates an Undeclared could look at are Christie, Bush, Kasich, as I see it now. All are articulate, and have experience as work-horse governors. Being effective "across the aisle" is a must, or we waste more years with problems left festering.

Sincerely,

Lynn Rudmin Chong, Sanbornton, NH

Lynn,

I am also an Independent voter here in NH. I am also looking closely at the candidates on both sides of the aisle to see who will get my vote come primary day. I will say that at this point I am still undecided, and like it that way. With a Republican debate coming September 16 and a Democratic debate on October 13 there will be two good chances to further investigate, listen to, and react to those who wish to be our next President.

I sincerely encourage all voters to do their own work to find the person most deserving of your vote. Every vote does indeed make a difference, so please don't ignore it, or waste it.

Gary Scruton, Editor

Upcoming Events At The Littleton Food Co-Op

Wednesday September 16th, 5:30pm at Windy Ridge Orchard in North Haverhill, NH – Kick off the fall with a tour of Windy Ridge Orchard! Sign up at the Front Desk at the Littleton Food Co-op.

Thursday September 17th, 7:30pm at The Colonial Theatre, Bethlehem, NH – Food Chains. Tickets are \$5 for Co-op Members; \$7 for Non-Members. Buy your ticket today at the Co-op.

Monday September 21st, 4pm at The North Country

Health Consortium Conference Room, Littleton, NH – September Board Meeting. Members welcome.

Friday September 25th – Sunday September 27th at the Littleton Food Co-op, Littleton, NH - Annual Harvest Tent Sale! Come celebrate fall with all of your favorite produce!

Friday September 25th – Sunday October 4th at the Littleton Food Co-op, Littleton, NH – Annual Case Sale. Buy all your favorite items by the case!

A Note Of Thanks

Thanks to everyone who helped my wife Edythe (Bea) in so many ways during her extended period of poor health. A special thanks to the nurses and aides on Profile at Grafton County Nursing Home for their patience, understanding and assistance in Bea's care. Your hard work is deeply appreciated.

Jack Bauman

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Apples, Cider, And The Diversity Of (F)all

By Geoffrey Sewake, University of New Hampshire Cooperative Extension

As summertime comes to a close, we're reminded of apples, cooler weather and turning leaves---the colorful notes of fall. This past weekend I spent time with old friends, catching up, breaking bread and pressing apples. My friend Pete had just reengineered his press (still a work in progress), so our task was to test it out. We came prepared with apples, a bit of elbow grease and

sweet determination. Not without a hitch, we did, in the end, press a decent amount of cider, but also ran into several kinks in the pressing method and (less than glorious) execution, which informed some new ideas to better the press for next year. But for the hours we spent pressing and rethinking press design, the resulting cider was, for its part, wonderfully balanced, full of sweet and floral notes, a hint of tannins and a clean, mildly tart finish. A flavor well tied to the diversity in variety and quality of apples we used---from bruised to crisp, green to red, juicy to dry, small to large, each apple used helped contribute to the cider's complexity. A great glass filler to welcome back fall.

Great ciders can come from a diverse collection of apples (according to the University of Illinois Extension, there're nearly 7,500 apple varieties worldwide, 2,500 of which are grown in the United States, which presents practically endless apple combinations for cider). To think, without those green apples, our cider would have been too sweet, or without those dry tiny apples, it would have lacked a light tannin finish---every apple we used contributed to, and benefited the quality of the cider. Looking beyond cider, diversity itself has a positive impact on a great many things,


from our communities to economies to the mountains, plains and seas. People, culture, history, place, experience, background, animals and plants (including apples), add to the richness, resilience and strength of us.




From a community perspective, diversity fosters an environment of inclusion and understanding, enriching our lives and experience. From a business perspective, it's hailed as key to growth and innovation. From a biological standpoint, it enhances and promotes sustainability. What more could you ask for? So join me as I raise a glass of cider to welcome back fall and celebrate diversity on all levels, from the season's changing foliage, to the 7,500 varieties of apples, and to, quite simply and wonderfully, us.

The author, Geoffrey Sewake, is a Community & Economic Development Field Specialist for the UNH Cooperative Extension out of the Grafton County office. You may contact Geoffrey at (603) 787-6944, or at geoffrey.sewake@unh.edu.

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All-You-Can-Eat Spaghetti Dinner

ASHLAND NH: The September edition of the now-famous, all-you-can-eat spaghetti dinners sponsored by the Pemi-Baker Valley Republican Committee (PBVRC), is going to be held on Friday, September 18, 2015. Featuring spaghetti, meatballs, Italian sausage, garlic bread, salad, beverages, and desserts, the dinner is held at the American Legion Hall, 37 Main Street, Ashland NH from 5PM to 7PM.

door for adults, \$5 for children 5-12 years, and 4 and under FREE, with a special family price of \$25.00.

The last scheduled dinner for this year will be Friday, October 16. Chris Sununu, who recently announced his candidacy for NH Governor, will be the guest speaker.

For more information, Omer can be reached at 603-536-2224 or omer.ahern.jr@gmail.com; or contact Cindy at 603-536-3880 or cindy@hdatech.com.

Hobo Railroad Announces The Return Of The Hobo Harvest Time Express

LINCOLN, NH – Owners of the Hobo Railroad recently announced the return of their popular Hobo Harvest Time Express event which debuted in 2014. Taking place September 19th through October 18th at the Hobo Junction Station in Lincoln, event organizers have a variety of special fall-themed events planned on a daily basis to celebrate the excitement of the always-popular fall foliage season.

The highlight of the 4-week Fall Foliage celebration will be the Railroad's colorful "Cornstalk Critters" created exclusively for them by the Annalee Doll Co. in Meredith, NH – long known for their signature dolls whose faces were modeled after their creator, Barbara Annalee Davis Thorndike, who made her first doll in 1934.

This year's theme, "Scarecrows of Sound", will feature the now-famous life-sized Cornstalk Critters depicting such musical entertainers as the Beatles, Gene Simmons and Paul Stanley from Kiss, Michael Jackson, Sonny & Cher, Willie Nelson, Dolly Parton, Mick Jagger, Madonna and Elvis Presley. Visitors to the Hobo Harvest Time Express event should easily recognize the various entertainers through their costumes and famous poses - they'll also

feature the world-famous Annalee Doll faces. Viewing hours of the Cornstalk Critters will be daily from 10:00am to 3:00pm.

"We are honored that our friends at the Hobo Railroad have asked us to be part of this amazing harvest-time event" stated Betsey Pelletier, Retail Director for Annalee Dolls, Inc. "Annalee has been bringing smiles to young and old for 80 years! We're excited to add some Annalee whimsy to these Cornstalk Critters and help create special memories for all of the visitors!"

The backdrop for the month-long fall-themed event will be reminiscent of days gone by consisting of a farm yard and harvest stand along with a variety of outdoor games the entire family will enjoy such as pumpkin bowling, sack races, Hobo bean bag toss, horse shoes, ring toss and more.

The Hobo Farm Stand and Farm Yard will open to guests daily from 10:00am to 3:00pm and will feature a variety of New Hampshire made seasonal products from the Moulton Farm and Annalee Doll Company in Meredith, NH as well as from Fadden's General Store & Sugarhouse in North Woodstock, NH. Included in the mix of seasonal products will be Fadden's Maple Syrup which was voted the "Best

Maple Syrup in New Hampshire" in 2014.

One hour and twenty minute train rides along the Pemigewasset River will depart daily from the Hobo Junction Station in Lincoln at 11:00am and 1:00pm during the month-long autumn celebration. Those riding the train will be treated to complimentary samples of seasonal items and specialty products from the Hobo Farm Stand while they relax in restored vintage coaches from the 1930's and 1950's.

"The Hobo Harvest Time Express will afford passengers the opportunity to relax, unplug and enjoy the ever changing foliage views from the window of a moving train" remarked Benjamin Clark of the Hobo Railroad. "The concept arose last year from our desire to create a unique and entertaining way for families of all ages to experience the magic of fall foliage and harvest time in New Hampshire".

The Hobo Railroad is located in the village of Lincoln, NH, just off Exit 32 on I-93, left on Route 112, directly across from McDonalds. For additional information regarding the Hobo Harvest Time Express celebration, other special events or departure times, visit www.HoboRR.com or call (603) 745-2135.



On Saturday, September 12th the Second Annual RiverWalk for MS was held in Littleton under beautiful sunny skies.

Riverglen House of Littleton joined the movement to make a difference with their own "Team Dean" named for resident Dean DeLuca who battles the disease. Joining Dean were family members as well as several Riverglen employees along with Miss Littleton Area Ciara Ferlund and Miss Littleton Area Teen and frequent Riverglen volunteer, Regan Kulak.

Pictured from left to right: Janet Moody, Joan Gould (partially hidden), Allan Fasshauer, Dena DeLuca, Dean DeLuca, Olivia Frable, Mrs. Shirley DeLuca, Timothy Mooney, Sara Mooney, Miss Littleton Area Teen, Regan Kulak and Miss Littleton Area, Ciara Ferlund. Not pictured were Dining Staff members Mandy Thompson, Josh Smith and Jen Smith who were able to participate between the breakfast and lunch shifts. Riverglen House is proud of all of their efforts!

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September 15, 2015 Volume 6 Number 25

Northern New Hampshire Republicans Announce Their Support For Carly Fiorina

These Endorsements Fuel Fiorina's Growing Momentum In New Hampshire And Across The Country

MANCHESTER, NH – In yet another signal of Carly Fiorina's growing support, 25 Northern New Hampshire Republicans have announced their support for Carly Fiorina for President of the United States. They will serve as members of Carly Fiorina's growing leadership team in New Hampshire.

"I am supporting Carly Fiorina for President because she is the proven leader that our country needs," said State Representative Erin Hennessey, Littleton. "Her ability to make decisions, even in tough times, coupled with her direct and diplomatic manner will help bring our country back. She is a political outsider with extensive real world business experience who will finally stop the talking and start the problem solving in Washington. Not only is she campaigning face-to-face with voters and listening to their issues and questions, but she actually answers their questions. Carly has the grit, the confidence and the intelligence to lead America in a new and positive direction. I hope you will join me in vot-

ing for Carly Fiorina for President."

These 25 new endorsements are in addition to the nine New Hampshire leadership team members from the northern part of the state.

"I don't know about you, but I am tired of politicians who never answer your question and only tell you what they think you want to hear," said Barb Dutile, Haverhill, Deputy Sheriff, Grafton County. "We need a real leader - not someone who pays lip service to get elected and then never accomplishes anything. That leader is Carly Fiorina. She will answer any question you ask, honestly and completely. She doesn't just talk - she acts. She gives real solutions to the problems we are facing and has a proven track record of getting things done. If you really want to change Washington, you should join me in supporting Carly Fiorina."

In total, Carly Fiorina's New Hampshire leadership team includes 64 people, with 35 of those people living in northern New Hampshire.

"The first time that I heard Carly Fiorina speak, she had my attention," said The Hon. Eric Stohl, Columbia, Former State Representative. "She spoke the way a normal person would speak. She was very articulate with her facts and right to the point. She spoke of her beliefs as to what the problems are that face our nation. And she offers real solutions to the problems facing our country. We need a person with a proven business record to straighten out the serious economic issues facing our country today. I believe Carly Fiorina is that person."

These endorsements in New Hampshire add to a growing list of Carly supporters in the Granite State and across the country as she continues to gain momentum and climb in the polls.

"We are thrilled to have such a large, prominent leadership team in Northern New Hampshire for Carly Fiorina," said Rep. Gene Chandler, Bartlett, Deputy Speaker, NH House of Representatives. "After Carly's recent trip to the North Country that included seven stops, people couldn't wait to join Team Carly. That's because the more that people get to know Carly, the more they like her. With as often as Carly is in The Granite State, expect her leadership team and mo-

mentum to continue to grow."

New North Country Republicans Endorsing Carly Fiorina for President:

The Hon. Rusty Bulis, Littleton, Former State Representative
 Bob & Muffy Copenhaver, Littleton
 Russ & Lydia Cumbee, Franconia
 The Hon. Duffy & Sharon Daugherty, Colebrook, Former State Representative
 Barb Dutile, Haverhill, Deputy Sheriff, Grafton County
 Carol Elliott, Plymouth, Former Grafton County Treasurer & Register of Deeds
 Lud & Caroline Flower, Orford
 Wayne Fortier, Haverhill, Selectboard Chairman
 Nancy & Richard Gould, Twin Mountain
 State Representative Erin Hennessey, Littleton
 Dan & Trina Jones, North Conway
 Mrs. Karyl Larson, Hebron
 Michael Long, Lebanon
 Dolly McPhaul, Sugar Hill
 The Hon. Henry Mock, Jackson, Former State Representative
 David Patch, Glen, NH Fish & Game Commissioner
 Craig Pursley, Bath, Ray Burton's Portrait Artist
 Leslie Ramsay, Haverhill, Welfare Administrator

Rep. Larry Rappaport, Colebrook, State Representative
 Elaine Ryan, Intervale
 Rick Samson, Columbia, Coos County Commissioner
 Ms. Suzanne Scolamiero, Jackson
 Andy & Jackie Smith, Franconia
 The Hon. Eric Stohl, Columbia, Former State Representative
 Brenda Tibbetts, Colebrook
 Denis Ward, Monroe, Town & School Moderator; Manager at Hatchland Dairy Farm

Previously Announced North Country Republicans Endorsing Carly Fiorina for President

*Rep. Gene Chandler, Bartlett, Deputy Speaker, NH House of Representatives
 *Sheriff Doug Dutile, Haverhill, Grafton County
 *Senator Jeanie Forrester, District #2
 *State Representative Edmond Gionet, Lincoln
 *Ms. Joanne Haight, Sandwich, Former Carroll County Republicans Chair
 *State Representative Rick Ladd, Haverhill
 *Tim Naro, Plymouth
 *Beth Perlo, Sugar Hill
 *Maynard Thomson, Freedom, Former Carroll County Republican Chair



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tions; in digestive system stimulants and alkalizers for clearing gas. Nutrients: Amino acids, calcium, essential fatty acids, iron, magnesium, manganese, phosphorus, potassium, zinc. Vitamins B1, B2, B3, B6 & C. Ground ginger also contains vitamin A.

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

If you would like to reach Ronda Marsh you can email her at trendychefronda@gmail.com.

The "Original" Whoopie Pie Recipe

This week's column is a repeat from 2011, but it's a recipe I get asked for often. The only thing that's changed since it was originally published, is that the nephew in Montana has returned home to live in New Hampshire, where Whoopie Pies are readily available!

Okay, okay...so I have no solid evidence that this is actually THE original Whoopie Pie recipe; you got me there. But, I do know for a fact that this recipe is very old, and is probably similar to the first Whoopies ever made, as it came from my mother's older sister (who, if she was alive, would be 103) and who lived in Maine, where the Whoopie Pie is rumored to have originated. She came for a visit in the early 1930's, whipped up a batch, and my family has been making and eating them ever since.

I recently got a phone call from my nephew in Montana, whereby he commenced whining and complaining that in the West, they have no concept of what a Whoopie Pie is, and although he was able to buy a version of what one bakery labeled as a Whoopie Pie, it turned out to be just choco-



late sheet cake stamped out in a round shape, with canned frosting sandwiched between it. It seems that one of the key filling ingredients, Marshmallow Fluff, is not even marketed in most western states, so creating a true Whoopie Pie is just not going to happen there. \$2.00 poorer and unhappy with the Whoopie imposter, he pleaded for a shipment of the real thing. Not willing to endanger my title as "The Best Aunt in the World", I acquiesced and managed to ship the Whoopie Pies in time for him to enjoy for Christmas. I made him promise not to go back to that bakery and show them what a true Whoopie looks and tastes like; after all, why

torture them with something they can't possibly have?!

Fortunately, Marshmallow Fluff is very common

here, and most of us in the East have it sitting in our cupboard, so with very little time or effort, and sans the involvement of the U.S. Postal Service, you, too, can experience "The Original Whoopie Pie!!!"

- 1/2 cup vegetable shortening
 - 1 cup sugar
 - 1 egg
 - 1 cup whole milk
 - 1 teaspoon vanilla extract
 - 2 cups all-purpose flour
 - 1/2 teaspoon baking soda
 - 1/4 teaspoon salt
 - 1/3 cup cocoa powder
- Whoopie Pie Filling:
- 3/4 cup vegetable shortening
 - 1/2 cup marshmallow fluff
 - 3/4 cup confectioner's sugar
 - 1 teaspoon vanilla extract
 - Dash of salt

Preheat oven to 425°F. In a large bowl, cream the shortening and sugar with an electric mixer. Add the egg and beat well. Sift the dry ingredients. Measure the milk and add the vanilla to it. Incorporate about a third of the dry ingredients into the shortening/egg mixture, followed by a third if the milk/vanilla mixture. Beat to incorporate, and then repeat until all ingredients are well mixed. Drop the batter by rounded tablespoons (I use a small scooper for this) a couple inches apart onto parchment lined cookie sheets (If you do not have parchment, use an ungreased cookie sheet, but make sure it is not a dark colored one, or they'll scorch). Bake for 7 minutes, until Whoopies are domed and bounce back when lightly touched on top. Allow to rest on the cookie sheet for a minute before removing to a wire rack. Make the Whoopie Pie Filling, by combining all ingredients in a bowl and beating with an electric mixer until smooth and fluffy. After the Whoopies are completely cooled, spread 1/2 of the finished Whoopies with a generous gob of Whoopie Pie Filling, and top with the other halves. Remember to wipe all evidence of the chocolate and cream from your face before attempting to explain to your family why there are only 6 Whoopie Pies left from a batch of 12!

September 15, 2015 Volume 6 Number 25

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2010 Chevy Tahoe #25221A, LTZ, Nav, Roof, Climate Leather, 54k Miles Just In Must See	2013 Dodge Durango #25258A, SXT, AWD, 3.6L, 8 Pass, 1 Owner \$25,586 \$322⁹¹ A MONTH	2012 Chevy K1500 #25143A, LT, Crew, 5.3L, 271, All-Star, Tow Package \$25,578 \$322⁹¹ A MONTH

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2015 Chevy Traverse LS #25225, AWD, 8 Pass, P Seat, Backup Cam 39 Month Lease \$259⁷⁵ A MONTH	2015 Chevy Trax LS #25234, All New, AWD, 3.0L Turbo, 31 MPG 39 Month Lease \$149⁹⁴ A MONTH	2015 Chevy K1500 LT #25259, 4x4, DR, Cab, 5.3L, All-Star, Tow Package 39 Month Lease \$259⁸² A MONTH

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