

TRENDY TIMES

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SEPTEMBER 29, 2015 VOLUME 6 NUMBER 26

Paddle The Border - Fall An Adventure - An Experience

by Gary Scruton

The time has arrived for the 12th Annual Paddle The Border - Fall. It is perhaps the last chance to get your canoe or kayak onto the scenic and peaceful waters of the Connecticut River for a paddle from the boat launch next to the Haverhill Newbury bridge to the Bugbee Landing on the Waits River in Bradford.

This event is sponsored by several organizations. A great example of the cooperation that can happen when people have similar goals and choose to work together.

The original groups were the Newbury Conservation Commission, the Haverhill

Recreation Commission and the Cohase Chamber of Commerce. Recently the Upper Valley Land Trust group has also provided manpower for this fun day on the water.

For those not sure about this trip it is almost as safe as paddling on any of so many local ponds or lakes. The Connecticut River is very peaceful thru this stretch. Even the end of the trip where one must paddle upstream on the Waits River, it is an easy paddle that even the least experienced can handle with ease.

Again, for those not familiar with this event, take your boat (most also leave their

paddles, PFD's and other items) to the Newbury boat launch. Volunteers are there to help unload the boats. Then drive to Bugbee Landing in Bradford to park your vehicle and ride the Butler Bus Service school bus back north. The first bus leaves about 10 AM. The last bus leaves about 11 AM. Usually a third trip is made in between those hours if there are enough attendees.

The next step is the fun one, again with help from volunteers, launch your boat and start paddling. It's a great chance to catch up with friends, or meet new folks who also enjoy the still waters and great scenery of



the Upper Connecticut River Valley in Autumn.

When you reach Bradford (about 3 hours depending on your paddling ability and vigor) you can relax with some bluegrass music or catch some refreshments from another long time par-

ticipating group, the Rotary Club, as they offer hot dogs, hamburgs and drinks as a fundraiser for their many good charitable works.

So join us Sunday, October 4 for Paddle the Border - Fall and experience an adventure of your own.

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TRENDY Dining Guide

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Bliss Village Store

by Gary Scruton

This column continues to be about our experiences in the local eateries that advertise in Trendy Times and that we visit to help you, the readers, to have a better idea of what these fine establishments have to offer.

In the case of the Bliss Village Store, we had two opportunities to try their offerings in the past couple of weeks. The first visit was for an evening meal. Now this is not what Bliss is all about. They put out a fine meal, but they are not set up to host a large number of people who want to come in, order and eat. Most of their offerings are picked up and eaten elsewhere. But we kind of like the back room booths and the scenic look out over the Bradford Golf Course.

So we walked in, went around the corner to the deli case and began scanning the menu. And though it is not a sit down restaurant, Bliss Village Store still offers a good variety of choices.

This particular night I decided to go with the fish and chips. Pretty straight forward meal, a good chunk of fish with french fries on the side. Some tarter sauce and I was good to go. For a beverage, we went to one of the many coolers and picked out a bottle of ice tea.

My wife went with a chicken salad for her meal. Again, a stop at the cooler for the drink and we went to

sit down and wait for the meals, which were delivered to us at our chosen booth.

It can be mentioned here that both meals were plentiful and tasty. Again, nothing special, just a solid meal and at a very reasonable price. When done we simply took our slip to the counter up front and paid for the meals along with our drinks. A very simple and sensible manner in which to enjoy a meal.

Now if we wanted desert, Bliss is also well prepared with a good selection of ice cream that you can also get from the sidewalk window.

I mentioned that we had visited a couple of times in the past few weeks. The second visit was certainly a much quicker one. On this

particular night we had left the nine to five duties and were headed for an evening of volunteer work. We would have a bit of time to eat, but it was a beautiful early evening and we really did not want to spend that time inside. So we called ahead and ordered a large pizza to go. Like most places you have a world of toppings to choose from. We arrived a little later than we expected and found the pizza all set to go. Again, a trip to the coolers for a drink, a stop at the front counter to pay, and out the door we went to get to our appointed spot.

Once on location we sat to sooth our throats with cold drinks and to satisfy our taste buds with hot fresh pizza. This was, I believe, the

first time I had tried Bliss pizza. It will not be the last. I found the crust to be just the way I like them. Thick, but not too thick. Not crunchy or crisp, but instead a little chewy. The bottom crust was also the way I like it. Not too thin or too thick, just that middle ground. And of course the toppings were just what we had ordered (pepperoni and black olives). The two of us did not finish the large pizza, but slid the

last two pieces into the frig for later consumption.

I have been happy to write about the Bliss Village Store. As mentioned, it is not your typical eatery, but they are not trying to be. What they are is a great deli, a fine pizzeria, an ice cream stand that is open all year, and a local convenience store that has a great variety of beverages (for young and old).



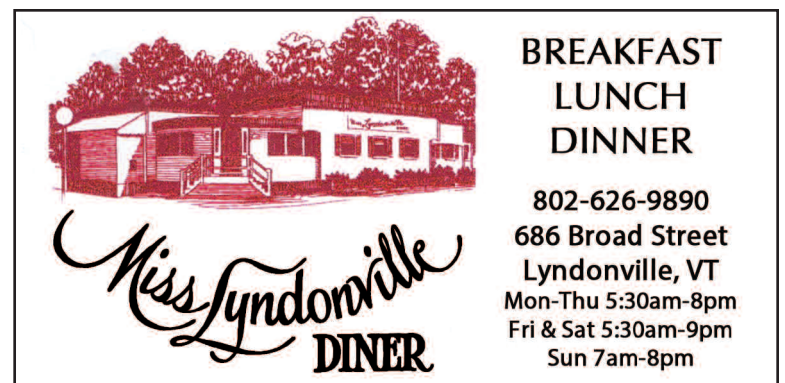
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IN VINO VERITAS – BOTTLE THIRTY

“In Wine There Is Truth” - And Beauty

By Robert Roudebush

QUESTION - “I feel like a white wine spritzer.”

ANSWER – You look like one.

Q - “No no, I really mean a white wine cooler.”

A – No, no, I really mean it too, you look like one of those.

Q – “Cheap laughs at my expense. Let's try again. What I want to know is the difference between the two.

A – Sorry, been a long day, in fact been a long week, looking like a long month. Sure, let's talk about those two – there are white wine spritzers and white wine coolers, and they are different, and there are spritzers and coolers made with red wine too. Know the difference?

Q - “A couple are made with white wine and a couple are made with red wine.”

A – I deserved that. Let's define what coolers and spritzers are, because they both taste great this past time of year, any hot season, and they both have several other benefits going for them no matter what kind of wine you use. Both spritzers and coolers let you enjoy a subdued alcohol kick while lessening your actual intake of alcohol because the wine is mixed with certain other carbonated liquids. Plus you can drink cheaper styles of wine because the flavor of the wine is somewhat obscured and also enhanced by those other mixers. And by now you've noticed that certain wines at the lower end of the money scale advise “drink well-chilled”. And you've correctly guessed that chilling, actually pouring the wine over ice, also helps mask the faults in less pricy wines. So far, so good?

Q - “Got it. So nothing wrong with pouring that wine, cheap or not, red or white, over ice in a tall glass, blending with other mixers, and adding a lime or lemon

twist?”

A – Some wine purists will cringe at what you just said, but I'm not one of them. You've just described wine coolers and spritzers – add ginger ale (I prefer Canada Dry or Schweppes) or Sprite or 7-Up and you've got a cooler; to make coolers, some folks go to somewhat more trouble and add crushed or pureed fruit (think strawberries), and some sugar, but it's mandatory to add some carbonation, whatever else you add. And if you choose that fruit additive, you might as well dispense with the wine and add your alcohol in the form of vodka or gin. Any wine, cheap or not, will be lost in that fruity thick mix. So you've got a cooler, and for a spritzer, add soda water, or club soda, to your wine of choice and you've got one. It's just that simple. Doesn't have to be a tall glass, that's just my preference. Don't forget that in addition to using your favorite white wine, dry or sweet (think Chardonnay or Riesling), red wine, full bodied or light (think Merlot or Beaujolais), a more appealing combination might be created by using rose, or blush, or white zinfandel style wines. Something about that light red color, somewhat softened by ginger ale, set off by those fresh bright green lime slices that just looks like summer evening refreshment. I've pleased many a guest at my house who “didn't really like wine, thank you” with refreshing, beautiful wine coolers or spritzers – they always asked for more and wondered what the secret was. No secret at all.

Q - “So what else are we going to talk about today?”

A – The meaning of life, who's our next president, how to achieve world peace, what came first, the grape or the wine?

Q - “Couple of those are a little too demanding for me right now, let's make it wine related.”

A – Wine it is.

Q - “Throughout the life of these columns that TRENDY TIMES prints, you've talked about wine bottle BACK LABELS more than once, the importance of them. I still don't get why you say wine drinkers should make a habit of reading them.”

A – All the information on BACKLABELS fits into only two categories – it is either proprietary public relations, which means it could be the seller's BS, or secondly, it is legally required information that tells you a lot about the origin and production methods of the wine, which goes factually to quality.

Q - “For example...?”

A – For example, does it mean anything specific when a wine label says “bottled by”, “vinted by”, “cellared by” or more rarely, “estate bottled”? Answer is a resounding YES. And here is why. “Estate Bottled”, at the top of the authenticity list, means that the winery listed on the label owns or controls 100 percent of the grapes that went into the bottle, and the wine was crushed, fermented, finished, aged and bottled all in the same place, and that place has to be located in the same viticultural area that's stated on the label. Lesser legal descriptions include “cellared by” or “vinted by” or “prepared by” all of



which indicate that the wine was aged or cellared before bottling. The term is also used when a label doesn't have a winery of its own – it might rent space somewhere, but because it only has a license to make wine but doesn't own a production facility, it can only claim “cellared and bottled by” status.

U.S. labeling laws get complicated quickly. Legally, someone needs to take credit for a bottle of wine, so it's mandatory that every bottle says it was either “bottled by” or “packed by” the name of the company that handled it. Labels of imported wines have to list who the bottle was “imported by”, but they can also choose to

say who it was “distributed by”.

Most of us do not get too picky about those wine bottle back-labels, but it is important to know that you can be very sure of the wine's authenticity if you care to pay attention – as usual, it remains true that you should drink the wine you like, no matter the price, varietal, origin, vintage, or production method.

(Editor's note – Roudebush served for years in restaurants as a wine specialist and submits occasional articles on the wonderful world of wine – and how you can judge what you have chosen to pour into your glass.)

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The Contest

by Elinor P. Mawson

It was time for the Young Author's contest in third grade. The students were quite excited, for they had been practicing spelling and reviewing grammar for the past several weeks, and we had gone over the rudiments of writing a story: beginning, middle, ending, etc. Soon they were hard at work, not only writing their story, but designing and making a cover for the whole thing.

One of the other third grade teachers came to me with a beautifully written and illustrated book by one of her students. Its cover was a masterpiece, with a beautiful horse's head along with a nicely printed title and author's name. The teacher wanted to know what I thought of it.

After carefully reading it and looking critically at the spelling and grammar, I pronounced it a winner, hands down.

And then I informed the teacher that it was an out and out plagerism, probably written by the student's mother. I knew I had read this story somewhere before--even the horse's name was the same. I even sus-

pected that the drawings were not that of the "author", either.

I knew this was not welcome information. Competition was fierce, and we all wanted one of our kids to win. I knew how hard that everyone was working on their projects and I also knew that their work was their own.

The other teacher went away shaking her head,. She was in the midst of a dilemma and I couldn't help her, although I wanted to take that horse story and rip it to shreds. She had a lot of thinking to do.

The night of the Young Author's contest was a hubbub of sights and sounds. All the books were on display in the school gym. The kids stood proudly by, answering questions and talking about their process.

Finally the moment came when the winners were announced. We all held our breaths.

I will leave it to you to guess whose book came in first. And I will leave it to you to guess whose kids never participated in the contest again, and why.

Don't Mention My Name

by Gary Scruton

A sure sign that summer is coming to a close is the last performance of the season at Old Church Theater. Again in 2015 this local cast of characters has performed with gusto, talent and a touch of celebration. During the 2015 season OCT has celebrated 30 years of performances. Let us hope that another 30 years will follow.

The final performance this year was a farce (a comedy on steroids is one description). Don't Mention My Name had former OCT President Paul Hunt as not only the director, but also the sound and lights man. That meant that the opening of the show was missing the usual Director up front reminding the theater goers to put away cameras, cell phones, etc. and showing us where the fire exits were located. We still heard the words, we just didn't get to see Paul on stage.

One thing that was almost the norm for this season was the appearance of Meghan Bullard on stage. Four of the five performances this season have had this local talented performer as an integral part of the cast. In fact she was the first person on stage. Even before the lights came up. All because she knew enough



to look under the mat at the front door. That simple maneuver was not the last time that the obvious choice turned out to be the right choice.

But this play centered around one person even though we don't really know his name until almost the end of the play. In fact he is just listed as "Man" in the on line playbill. For this role Brian Kenyon was the choice. And as so often happens, it is now hard to imagine any other actor playing that role. This was Brian's first (and perhaps last) major role. He has been quoted as saying that he would much prefer to direct. But in this role I thought he fit the part very well and did a great job in knowing his lines.

Another person on stage for a much larger role than previously undertaken was Marilyn Blaisdell. She has been in a number of shorter plays, or had less vital roles,

but she also stepped up and made a name for herself.

The play itself was, as advertised, laugh out loud funny. There were plenty of opportunities for your funny bone to be tickled and these performers did just that. For those who like "one liners" there were plenty of those, pause - make sure you are listening - and then deliver the line that will make you either groan or roar.


Every live performance of a comedy must have two important parts. One is the actors who take on the roles assigned and become that person while on stage. The second part is the timing. Knowing when to deliver the line quickly, and when to wait a bit to make sure the audience is with you. It seems that the folks at Old Church Theater agree with me on those two elements, and I applaud their ability to fulfill those needs.

It is sad to know that the curtain has come down for the final time at OCT for 2015, but it won't be long before the stage is set once again for a season of laughs and great performances.

Volume 6, Number 26

September 29, 2015

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



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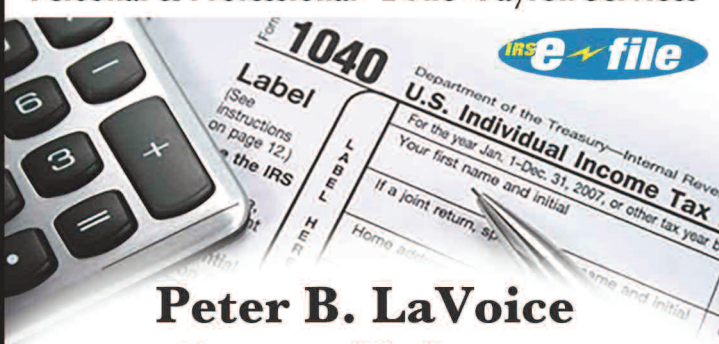


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From The Desk Of NH State Senator

Jeanie FORRESTER

Dear Constituents,

The Governor's veto of the 2016/17 budget was successfully overridden on September 16th. I am especially pleased that we were able to come together, get this budget in place, and continue to move our state in the right direction.

Five years ago when I started my first term, Senate Republicans crafted a long-term plan to restore the "New Hampshire Advantage". The plan included core principles to correct a course that had put our state on an unsustainable path. These principles included:

- Putting our fiscal house in order by producing truly balanced budgets that rely on realistic revenues without new taxes or fees, and rebuilds our rainy day fund.

- Supporting our most vulnerable citizens by ensuring adequate funding for important programs like Service Link, Meals on Wheels, the developmentally disabled, mental health, and drug & alcohol services.

- Reforming the way government does business by reducing costs and shrinking the size of government while still maintaining core services.

- Creating a more business-friendly state by reducing regulation, streamlining and updating existing laws, and instituting business tax reforms.

As I look back over the accomplishments of the last five years, what stands out to me is the resolve shown by our elected officials to deliver on what the voters of New Hampshire sent them to Concord to do. Republicans have held the majority in the Senate since 2011 and we have delivered on the promises we've made.

We have produced budgets that are balanced, without new taxes or fees, and have started the process of re-building New Hampshire's rainy day fund, from \$9.3 ml in 2011/12 budget to a projected \$24 ml in the 2016/17 budget.

Beginning with the repeal of 80+ taxes and fees instituted prior to the 2011/12 legislative session, we have been consistent in holding to this core principle – continuing to hold the line on new taxes and fees including the Governor's most recent proposal for millions of dollars in increases to be placed on to drivers, smokers, and small business.

We have been steadfast advocates for our most vulnerable population and have supported effective, cost-saving programs and serv-

ices for our most vulnerable citizens. Whether it was restoring funding to the Children In Need of Services program in the 2012/13 budget, or restoring cuts made by Governor Hassan to the home health agencies in this budget or funding mental health and developmental disabilities to emergency shelters and Meals on Wheels--we understand the need for these critical programs.

The Senate also understood the need to reform state government and enacted legislation throughout the last five years that has produced positive results. This includes legislation requiring state agencies to submit reduced spending alternatives when they build their budgets, requiring the consolidation of government contracts that allows the state to use economies of scale to bring down costs, and the elimination of 1,000 vacant government positions. We did all this and still provided core services such as keeping our troopers on the road and our DMV stations open; providing more funding to repair our roads and bridges and sending money back to our cities and towns by funding state aid grants, flood control, and rooms & meals distribution.

In order to grow jobs in New Hampshire we also began laying the groundwork for creating a more business-friendly environment. We understand that policies enacted by government can hurt or help job creation in the private sector and we need to continue to act to strengthen economic and job growth in our state.

We started with legislation like eliminating the state's tax on gambling earnings; reforming workers' compensation, updating outdated

banking laws, updating and reforming New Hampshire's securities laws, increasing research & development tax credits and finally bringing forward modest business tax cuts that will restore New Hampshire's competitiveness over neighboring states.

Today, New Hampshire ranks the fourth lowest in the nation at 3.6% for unemployment— this means we have been able to consistently put more Granite Staters back in the workforce when compared to December 2010 when over 42,000 Granite Staters were out of work (5.5% unemployment).

When we look to and rely heavily on our business community to provide the revenues to pay for our spending priorities, it is important that we assure they can be competitive in today's world.

By holding the line on spending, keeping taxes low, and reducing the red tape from Concord, the legislature is allowing the economy to grow, free from government burdens. Businesses can feel comfortable hiring and investing because they understand and trust that the current legislature's priorities are designed to help, not hurt their success. Combined, these efforts will help us to preserve and strengthen the "New Hampshire Advantage," attract new business, and ensure New Hampshire continues to lead.

You've heard the saying, "leave it better than you found it..." I am proud to say that in the New Hampshire Senate, we have done just that.

As always, I want to hear from you. If you have a concern you'd like to share, an event you'd like me to attend, or a problem you think I might be able to help with, please call or email (271-4980 [office] or jeanie@jeanieforrester.com). If you would like to subscribe to my e-newsletter, visit www.jeanieforrester.com and sign up.

Your Senator from District 2
Jeanie Forrester

Rep. Brown and Sen. Forrester to Host Apple Crisp Social

Sen. Jeanie Forrester, R-Meredith and Representative Duane Brown, R-Wentworth, will host an apple crisp social at the Wentworth Town Hall in Wentworth, 7 Atwell Hill Road. The event is on Tuesday, October 6th from 6 p.m. to 7:15 p.m.

"We're pleased to host this event for our con-

stituents in Wentworth and the surrounding area. It's a great way to be accessible, answer questions or concerns, and have some apple crisp to get us ready for the fall season." said Forrester.

The apple crisp social is free and open to the public. RSVP's are appreciated by email at jeanie@jeanieforrester.com or 279.1459.

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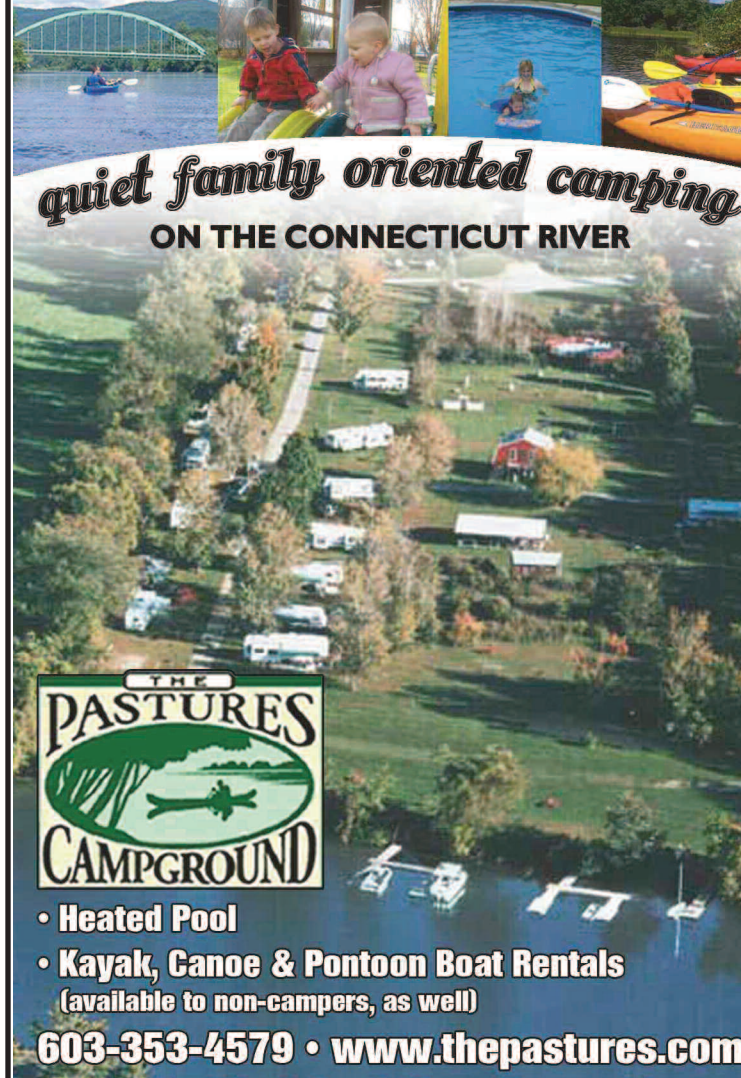




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Early Bird Game 12:30 / \$1.00 For
Strip Of 3 Cards
Game Starts At 1:00 PM
St. Johnsbury Academy Gym
Off Main Street, St. Johnsbury, VT

Free Calendar of Events

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

FRIDAY, OCTOBER 2

CHILDREN'S LITERACY EVENT
10:00 AM
Bath Public Library
See Article on Page 7

HOLOCAUST SPEAKER - GEOFFREY
BRAHMER
5:00 p.m.
Bethlehem Hebrew Congregation

MUSIC - APPALACHAIN, OLD TIME
COUNTRY, GOSPEL & MORE
7:00 PM
Catamount Arts Cabaret Room, St. Johnsbury

BOOK GIVEAWAY & STORYTELLING
10:00 AM
Bath Public Library
See Article on Page 7

FRIDAY & SATURDAY, OCTOBER 2 & 3

MANHATTEN SHORT FILM FESTIVAL
7:00 PM
Colonial Theater, Bethlehem
See Article on Page 11

SATURDAY, OCTOBER 3

THE 'VILLE QUILTERS QUILT SHOW
10:00 am - 3:00 pm
United Congregational Church of Orford

COMMUNITY HIKE AND POTLUCK
5:30 p.m.
Landaff Town Hall
See Article on Page 11

SUNDAY, OCTOBER 4

PADDLE THE BORDER - FALL
11:00 AM Suggested Launch Time
Newbury Boat Launch to bugbee Landing
See Article on Page 1 and Ad on Page 9

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

SUPER BINGO
1:00 PM
St. Johnsbury Academy Gym
See Ad on Page 5

BLESSING OF THE ANIMALS, Sunday,
1:00 p.m.
United Congregational Church of Orford

RESEARCHING YOUR HOME'S HISTORY
2:00 PM
Bailey Club, Newbury
See Ad on Page 7

MONDAY, OCTOBER 5

GOOD OLE BOYS & GIRLS MEETING
12:00 Noon
Happy Hour Restaurant, Wells River

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

TUESDAY, OCTOBER 6

A MATTER OF BALANCE
1:00 PM
North Congregational Church, St. Johnsbury
See Article on Page 15

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

CONNECTICUT VALLEY SNOWMOBILE
CLUB MONTHLY MEETING
7:00 PM
Morrill Municipal Building, North Haverhill

WEDNESDAY, OCTOBER 7

WOODSVILLE HIGH SCHOOL OPEN HOUSE
6:00 - 7:30 PM
Woodsville High School
See Article on Page 7

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

FRIDAY, OCTOBER 9

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

SATURDAY, OCTOBER 10

57TH ANNUAL TURKEY SUPPER.
5:00 pm, 6:15 pm, 7:15 pm, 802-429-2632
West Newbury Hall, 219 Tyler Farm Rd.

Turkey Dinner
5:00 pm
East Concord(VT) Methodist Church

Craft/Vendor Show
United Congregational Church of Orford

SUNDAY, OCTOBER 11

BENEFIT TEXAS HOLD 'EM TOURNA-
MENT
1:30 PM
Elks Lodge 1343, 118 Western Ave. St. J.

MONDAY, OCTOBER 12

ROSS-WOOD AUXILIARY UNIT 20
MONTHLY MEETING
6:00 PM
American Legion Home, Woodsville

TUESDAY, OCTOBER 13

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

WEDNESDAY, OCTOBER 14

MONTHLY MEETING - ROSS-WOOD
POST #20 AMERICAN LEGION
6:00 PM
American Legion Home, Woodsville

Ongoing Weekly Events

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

Woodsville High School To Hold Open House on October 7th, 2015

Woodsville, New Hampshire - Woodsville High School will be holding their annual open house on October 7th, 2015 from 6 pm to 7:30 pm for students, parents and community members. Woodsville High School, in Woodsville, New Hampshire, is a public secondary school located in the White Mountains of New Hampshire, serving the towns of Haverhill, Bath, Warren, Piermont, and Benton.

Woodsville High School's mission Statement is: In

keeping with its century-old tradition and sense of community, Woodsville High School values all students and provides them with diverse opportunities and a well rounded education to help prepare them to become responsible, productive citizens in an ever changing world beyond high school.

For more information about Woodsville High School or the school's Open House, visit www.WoodsvilleNH.com or call (603) 747-2781

Children's Literacy Foundation Grant

Bath Public Library has been awarded a Children's Literacy Foundation (CLiF) Grant! The Rural Libraries grant helps small libraries provide both books and programs to low-income and rural children across Vermont and New Hampshire. This grant includes \$2,000 worth of new children's books for the library, an exciting storytelling with Duncan McDougall and a book giveaway presentation at the library on Friday, October 2 at 10:00 am. Every child will have the opportunity to select a book of their choice to take home.

The Children's Literacy Foundation (CLiF), is a non-profit organization that inspires a love of reading and writing in children. It does not receive any federal or state funds for its programs. It relies solely on the generosity of individuals, local companies, social organizations and foundations.

Please join us for the fun; we will be serving a celebration cake! For more information, please contact the Bath Public Library at 603-747-3372. We are open Tuesday through Thursday 9-12 and 1-6, and Saturday 9-12.

Groton Free Public Library News

Annual Book Sale: Friday, Oct. 2 from 2:30-7 pm & Saturday, Oct. 3 from 9 am-3 pm. Come see what treasures you find! We have a large selection of old books, like new books, hardcovers, paperbacks, CDs, DVDs, & coffee table books. Sale is sponsored by the Friends of Groton Library and proceeds will benefit our library's collection & programs.

Enter to win a beautiful handmade afghan! Ticket sales from the library's Crafts & Conversation group's annual masterpiece go directly to support Groton Library's services & programs. (Tickets available during our open hours & on Sat, Oct. 3.) Raffle will be held at the Chicken Pie Supper on October 3.

Wednesdays from 1-3 pm: Crafts & Conversation. Join us with your ideas and projects-in-process - or - just join us!

Monday, Oct. 26 @ 7 pm: Book Discussion. The month's feature title: "The Spirit Catches You and You Fall Down" by Anne Fadiman. 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. Open M (2:30-7) W (10-4) F (2:30-7). Online catalog: grotonlibrary.kohavt.org.

Horse Meadow Senior Center October, 2015 Activities

Lunch is served daily at 12:00, except when noted with *

DHMC refers to Dartmouth Hitchcock Medical Center

HMSC refers to Horse Meadow Senior Center

Fall Craft Fair: Saturday, October 3rd 9-3

Food Raffles: 10/1,10/15, 10/29

50/50 Raffles: 10/7,10/21 "The Coffee Shop": Every Tuesday @ 8:30-10:00

SPECIAL OCTOBER PROGRAMS:

Beginners Jewelry Making - 10/13 @ 1-3:00

Advanced Jewelry Making - 10/22 @ 1-3:00

Pampered Chicks for Beginners - 10/20 @ 1-3:00

Advanced Pampered Chicks - 10/27 @ 1-3:00

Crafts for Beginners - 10/5 @ 1-3:00

Advanced Crafts - 10/6 @ 1-3:00

Decorative Arts for Beginners - 10/26 @ 1-3:00

Decorative Arts for Advance - 10/9 @ 1-3:00

MS Support Group: 10/19 @ 1:00

Computer Class -10/9@ 12:30

Photography Class - Halloween Shoot 10/30@ 12:30

Canine Academy/Service/Show Dog Demo: 10/8 @ 1:00

Super Snacking w/ Mary Choate: 10/15 @ 1:00

ENTERTAINMENT:

Starts at 11:00

The Boy-z: 10/7 & 10/21

Ethel Cooper: 10/9, 10/15 & 10/19

Wayne Klinger: 10/12, 10/26

John & Phyllis: 10/14, 10/28

Bobby B & Cliff: 10/1, 10/29

Bruce Stevens: 10/22

CLINICS:

Blood Pressure Clinic: 10/1 @ 11:00

Foot Clinic (by appt. only-\$20): 10/6, 10/21, 10/22

ON-GOING ACTIVITIES: Craftroom Open Tuesdays @ 9:00

Bone Builders: Mondays, Wednesdays & Fridays @ 9:30

Bingo: Wednesdays @ 1:00

Nifty Needlers: Every Tuesday 9:00-2:00

Writers Group: Wednesdays @ 10:30

Hearts & Hands Quilters: Mondays @ 12:30

Art Class w/Barb: Thursdays: @ 9:00

Floral Arrangements w/Jane: 10/15 @ 9:30

Card Making w/Jeanne: 10/22 @ 9:30

Mahjonn: Fridays @ 10:30

Cribbage: Thursdays @ 12:30

Line Dancing: Thursdays @ 12:30



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NOTICE

From Ross-Wood Post #20 American Legion
4 Ammonoosuc Street, Woodsville, NH

The VA representative, Brian Toney, will not be available during the month of October. He will be back at the post in November.

Veterans may contact Gary Wyman, NH American Legion Dept Service Officer at 603-222-5784 or email him at Gary.wyman@va.gov.

Newbury Historical Society Presents

"Researching Your House's History, Using Free Resources"

Sunday, October 4, 2015
2:00pm

Bailey Club
5209 Main Street South
Newbury, Vermont

ADA Accessible
Light refreshments will be served.

Information: newburyhistorical@gmail.com

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

September 29, 2015

Volume 6, Number 26

Revised Food Security section of Vermont's Farm to Plate food system plan released

Montpelier, VT – One in eight Vermonters struggle with hunger and 13.2% of Vermont households are food insecure, having difficulty during some time of the year to provide food for their family due to a lack of resources. September is Hunger Action Month, when the national Feeding America network of food banks call on Americans to take action to fight hunger in their community.

One of the goals of Vermont's statewide Farm to Plate food system plan is to ensure all Vermonters have access to fresh, nutritionally balanced food that they can afford.

The updated Food Security section of the Farm to Plate Strategic Plan reviews food security trends and challenges in Vermont and New England. An in-depth analysis identifies opportunities for federal food programs, community food security programs, and Vermont's charitable food system to improve the health and well-being of food insecure Vermonters. The section explores how food access programs can address food security while considering how Vermonters access food; the extent to which food is available; how

food is prepared, cooked, and stored; and the stability of Vermont's food system.

"Food access challenges in Vermont are all too real for too many families and the revised Food Security section sheds light both on the extent of the problem and provides specific recommendations about what more could be done to address the issue," states Rachel Schattman, co-author of the updated Food Security section and former local food program coordinator at UVM Extension Center for Sustainable Agriculture/PhD candidate, UVM Dept. of Plant and Soil Science.

Originally released in 2011, the updated section was prepared by Schattman and UVM Extension Center for Sustainable Agriculture colleagues, Virginia Nickerson and Linda Berlin (also co-chair of the Farm to Plate Food Access Cross-cutting Team). Both the Food Access Cross-cutting Team and Scott Sawyer at the Vermont Sustainable Jobs Fund served as editors of the updated Food Security section.

People who work in Vermont's charitable food system and community based food programs and organizations, Vermont Agency of Agriculture, Vermont Agency

of Health and Human Services (including Vermont Dept. of Health and Vermont Dept. of Children and Families), members of the Farm to Plate Food Access Cross-cutting Team and entire Farm to Plate Network can all utilize this revised section as they work to address food security challenges in Vermont.

"The Vermont Foodbank works with a wide range of partners and farms to provide 10 million pounds of food to 153,000 Vermonters in need of assistance every year. Food insecurity affects children, seniors, people with disabilities, and working families who earn less than a livable wage despite full time work. We rescue a lot of edible and nutritious food from grocery stores as well as farms during the harvest season. The goals and strategies being advanced by the Farm to Plate Network are helping to ensure that the bounty of Vermont's growing food system reaches all Vermonters and we value being a member of the Network." shares Chris Meehan, chief community impact officer at the Vermont Foodbank and member of the Food Access Cross-cutting Team.

The updated Food Security Section is available online in Chapter 4: Cross-cutting Issues of the Farm to Plate Strategic Plan.



On 22 September, members of the 40 & 8 Voiture 158 made a donation of \$10,000 to the White Mountains Regional High School JROTC program. The 40 & 8 Voiture 158 Dale Mitchell College Scholarship will be awarded annually to college bound cadets who are enrolled in the Army JROTC program at the WMRHS.

The 40 & 8 is a US Veteran's Honor Organization whose primary purpose is to uphold the constitution of the United States, and is committed to charitable and patriotic aims.

WHS NHS At Work

On Sunday, September 20, the G. Hampton McGaw Chapter of the National Honor Society of Woodsville High School built and placed a bench in the Bedell Bridge State Park in Haverhill, NH. The chapter at Woodsville High School maintains the park on a semi-regular basis and would like to thank Mr. Scott Edwards, Woodsville High School Tech. Ed. teacher, and Ms. Susan Brown for helping to make this project possible.



Samuel Pushee, Derek Maccini, and Samuel Fairfield put final touches on the bench as Mr. Edwards looks on.

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Young Ones Soar and More Airport Awareness Day Flies High In 2015

By Robert Roudebush

Tiny Max Fabrizio had his picture on the front page of another regional newspaper recently. Dressed in a blue tee shirt and elastic-waist-band khaki cargo-pocket shorts, one foot akimbo, he was photographed facing away from the camera, and focused on what was directly in front of him, the stern of "one of the featured attractions during Airport Awareness Day at Dean Memorial Airport in North Haverhill on September 12". Max, unfortunately, was too young to actually take a flight in that aircraft or any private aircraft at this year's event. He will be welcome to fly and not just look, the year he turns 8. That memorable photo is by professional photographer Joe McQueeney, who was present and preserving poignant images at the Airport. Other pictures of activities and aircraft during the Young Eagles flying day appeared several publications around town.

TRENDY TIMES was there as well on Saturday during the open-to-all event. About 40 kids between the ages of 8 and 17 flew into the beautiful wild blue yonder, most for the first time, as the airport commission and volunteer licensed pilots added their local contribution to the national YOUNG EAGLES flying program. The annual day of flying enthusiasm has been a big hit around here for about 20 years.

Dean Memorial Airport Commissioners lined up four volunteer pilots - Cliff



Photo Courtesy of Joe McQueeney

Batchelder, Russ Haney Dr. Jerry Lyons, and from the Lebanon area, Braxton Freeman provided their own aircraft and paid for their own fuel to fly the Young Eagles. The Commissioners were pleased to be able to count on plenty of volunteer help — Polly Bonnanno, Dan Brady, Chris Roberts and Michelle Haney ran the registration table for the new young fliers, obtaining written parental

consent. At the same time, they provided information to interested families about the Airport Commission's Aviation Scholarship Program. And they also sold quite a few last-minute tickets to the Hot Air Balloon Raffle, whose winner was announced September 18 in the morning live on WYKR radio. It was a busy table during the 1100 AM to 300 PM flying session, and Lynn Perry and his family

worked hard and courteously in the open air venue, volunteering to provide fresh grilled, great tasting hamburgers and hot dogs and cold drinks for one and all.

Mike Roberts and Mike Bonnanno, both Airport Commissioners, worked the "scheduling, dispatch and control" stations, getting young fliers assigned to each pilot, coordinating take-offs and landings, and escorting them safely out to the aircraft, and back to the Certification table after their flights. Assisting with everything were also the two Nancys, Lyons and Guy, as well as the wife of our new Airport Manager Dennis Cunningham, Martha Cunningham, Donna Batchelder and Peter Olander. Pilots signed the certifications of flight, and each young eagle

received their personalized Flight Log for logging in future flight experience.

The New Hampshire Army National Guard provided a magnificent UH-60 Blackhawk Medi-vac helicopter this year, a big hit for oldsters and youngsters alike. Each admirer was invited to climb aboard safely while the machine was shut down, no rotors turning - the two Chief Warrant Officer Pilots and one specialist four enlisted crew member described their military careers and flight experiences. One little girl was transfixed on the matt-black science-fiction looking flight helmet, maybe seeing a famous dark character from an even more famous star war series of movies. Her fascination was fascinating, again captured by Joe McQueeney.

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Info: Mike Thomas 802-757-3960 or email mikethom1@charter.net
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September 29, 2015

Volume 6, Number 26

One World, One Week, One Festival Manhattan Short Returns To The Colonial

Filmgoers in Bethlehem will unite with audiences in over 250 cities spanning six continents to view and judge the work of the next generation of filmmakers from around the world when the 18th Annual MANHATTAN SHORT Film Festival screens at The Colonial Theatre Friday and Saturday, October 2nd and 3rd at 7:00 PM. The same program will be screened both nights.

This year, MANHATTAN SHORT received 672 short film entries from 52 countries. The 10 Finalists hail from eight countries, with short films from Turkey and Kosovo representing their respective countries for the first time. These short films will not only entertain a global audience but will be judged by them as well. Cinema-goers will become instant film critics as they are handed a ballot upon entry that allows them to vote for the Best Film and Best Actor. MANHATTAN SHORT is the ultimate audience award that salutes the creative talents of both directors behind the camera and actors in front of it. Votes will be sent through to MANHATTAN SHORT HQ

with the winner announced at ManhattanShort.com on Monday Oct 5, at 10 AM

This year's MANHATTAN SHORT highlights the continued importance of women in film. Half of this year's selections feature actresses ranging in age from children to senior citizens. Audiences from last year's MANHATTAN SHORT also will be pleased to see rising star Marleen Lohse once again in Forever Over, making her the first actor, male or female, to appear in consecutive years in MANHATTAN SHORT. Two other short films (Bear Story and Patch) are sophisticated animations, as MANHATTAN SHORT continues to support this important art form. And as always, MANHATTAN SHORT offers short films set in a wide range of locales, from Turkish beaches and mountains on the Balkans, to the streets of Berlin and the backroads of America's West Coast.

"In times like these, cross-border events like MANHATTAN SHORT that contribute towards greater tolerance and understanding are needed now more than ever.

I want to thank and congratulate all the filmmakers and cinemas involved in this global cinematic event. This event is not going to cable TV or Video on Demand. It's not streamed on the Internet. MANHATTAN SHORT is about communities bonding together via their local cinema," said MANHATTAN SHORT Founding Director Nicholas Mason.

The first MANHATTAN SHORT was held in 1998, when 16 short films were shown onto a screen mounted on the side of a truck in Little Italy's Mulberry Street in New York City, and has blossomed into a worldwide phenomenon. MANHATTAN SHORT is the only film festival on the planet that unfolds, simultaneously, in cinemas around the world, bringing over 100,000 film-lovers across six continents together for one week, to view the work of the next generation of filmmakers.

For more information about upcoming movies, concerts and other special events call 869-3422, find The Colonial on Facebook or visit on line at www.BethlehemColonial.org.

Community Forest Potluck and Hike, October 3

LANDAFF – Everyone is invited to the third annual Cooley-Jericho Community Forest Potluck and community hike!

The potluck will be held at the Landaff Town Hall on Saturday, October 3 starting at 5:30 p.m. Please bring a covered dish, serving utensil, and an ingredient card (to avoid any allergy mishaps).

The Community Forest was created in 2013 when the Ammonoosuc Conservation Trust purchased 840 acres in the town of Easton on behalf of Easton, Franconia, Landaff and Sugar Hill. All four towns contributed to the purchase and each town has representatives on the Stewardship Team.

This summer ACT volunteers, and AMC teen trail crews were hard at work building a new multi-recreational trail for the public to enjoy. A forest for all, the Community Forest is a great place for families to hike during the summer and XC ski or snowshoe in winter.

Earlier in the day at 11 a.m. ACT will lead a hike in

the Forest on the new trail that was built this summer. We will meet at the newly installed parking area off of Trumpet Round Road in Sugar Hill. Please pack a brown bag lunch and water. Good hiking boots and comfortable hiking clothes are a must.

During the potluck ACT Executive Director Rebecca Brown will give a brief presentation about the new trail, and how the forest is being used as an outdoor classroom by local schools.

All events on October 3 are free and open to everyone in the community.

The CJCF was created with the conviction that a strong connection between land and people will help ensure a healthy, vibrant future for our region. We encourage anyone interested in learning more about the Forest and trails to attend the potluck, hike, or both!

For more information, contact Lianna Lee at the Ammonoosuc Conservation Trust, 603-823-7777, e-mail outreach@aconservaion-trust.org, or visit www.cooley-jericho.org.

New Hampshire Association of Conservation Districts Annual Meeting

Save the Date!

New Hampshire Association of Conservation Districts to host their 2015 Annual Meeting Monday evening, November 2nd – Tuesday, November 3rd at the Grappone Center in Concord, N.H. Learn about how to support soil health and ecosystem diversity in N.H. with NRCS's Ray Archuleta, gain insights on supporting ecological diversity concerning bees, bats, and rabbits with a round table of field experts, and enjoy presentations on

county conservation district highlights. The event will begin with a social hour Monday evening at 5 p.m. followed by a buffet dinner and awards ceremony. It will continue Tuesday from 8 a.m. – 4 p.m. with presentations and round table discussions of interest to all in NH's conservation and agricultural community. Please note that the New Hampshire Pollinator Summit (co-sponsored by NHACD), takes place in the same location on Monday, November 2nd, from 8 am – 4 pm.

This event, featuring regional pollinator experts, will cover the latest research and strategies for promoting bee pollinators on-the-ground. Why not enjoy both events? Please call the Courtyard by Marriott hotel for a block room rate for Monday night and mention the NHACD event to receive a discount. For more information, please email admin@nhacd.net.



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Avoid Emotional Investment Decisions

What's the biggest obstacle to your ability to invest successfully? Is it the ups and downs of the financial markets? Political events? The fact that you weren't born rich? Actually, the chief hurdle you face is something over which you have control: your own emotions.

Your emotions can lead to a variety of ill-advised investment behaviors, such as these:

- Cutting losses – Declines in the financial markets can lead some investors to try to "cut their losses" by selling

investments whose price has declined. Yet, when prices have dropped, it may actually be a good time to buy investments, not sell them, especially when the investments are still fundamentally sound.

- Chasing performance – In the investment world, the flip side of "fear" is "greed." Just as some investors are propelled by fear of loss, others are motivated by quick, big gains. They may pursue "hot" investments, only to be disappointed when the sizzle quickly fizzles. Instead of trying to "score" that one big winner, you may be better off spreading your investment dollars among a range of vehicles – stocks, bonds, government securities, certificates of deposit (CDs) and so on. While diversification can't guarantee a profit or protect against loss, it may help reduce the impact of market volatility on your portfolio.

- Focusing on the short term – When the market is

down, you might get somewhat upset when you view your monthly investment statements. But any individual statement is just a snapshot in time; if you were to chart your investment results over a period of 10, 15 or 20 years, you'd see the true picture of how your portfolio is doing – and, in all likelihood, that picture would look better than a statement or two you received during a down market. In any case, don't overreact to short-term downturns by making hasty "buy" or "sell" decisions. Instead, stick with a long-term strategy that's appropriate for your goals, risk tolerance and time horizon.

- Heading to the investment "sidelines" – Some people get so frustrated over market volatility that they throw up their hands and head to the investment "sidelines" until "things calm down." And it's certainly true that, when owning stocks, there are no guarantees; you do risk losing some, or all, of your investment. But if you jump in and out of the market to "escape" volatility, you may take on an even bigger risk – the risk of losing some

of the growth you'll need to reach your goals. Consider this: If you had invested \$10,000 in a package of stocks mimicking the S&P 500 in December 1979, your investment would have grown to more than \$426,000 by December 2013. But if you had missed just the 10 best days of the market during that time, your \$10,000 would only have grown to less than \$206,000 – a difference of about \$220,000, according to Ned Davis Research, a leading investment research organization. The bottom line? Staying invested over the long term can pay off. (Keep in mind, though, that the S&P 500 is an unmanaged index and isn't meant to depict an actual investment. Also, as you've no doubt heard, past performance is not a guarantee of future results.)

Our emotions are useful in guiding us through many aspects of our lives, but when you invest, you're better off using your head – and not your heart.

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

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Letter To The Editor

Dear Editor,

I was pleased to attend the grand opening ceremony of the Raymond S. Burton Museum and Learning Center in Bath just a couple weeks ago. Ray was such a great mentor to me and many others.

The day was broken into two events, the first was the dedication of the Museum and Learning Center where Senator Ayotte and Governor Hassan spoke. The second event, after the dedication and tour, was Ray's annual picnic that he hosted every year. As had been his tradition, there was local music, great food, and an opportunity for "speechify-

ing" by anyone who was running for office – as Ray liked to say "from dog catcher to President."

Carly Fiorina, a GOP candidate for U.S. President, was invited to speak. Her words about Ray, even though she didn't know him, brought tears to many an eye. I had an opportunity to speak as well, and shared some words from a close friend of Ray's, John Stephen, who said, "One of my favorite quotes comes from another great New Hampshire hero Daniel Webster who said "Men hang out their signs indicative of their respective trades; shoemakers hand

out a gigantic shoe; jewelers a monster watch, and the dentist hangs out a gold tooth; but in the mountains of New Hampshire, God Almighty has hung out a sign to show that there he makes men." Today in Bath, New Hampshire there is now a sign where God Almighty has hung out for our friend Ray Burton to show that "here he makes future leaders of our next generation."

I hope that we will all honor the day and the man with respect, and honor, and the dignity that his memory deserves.

Jeanie Forrester,
Senator for District 2

try will certainly be missed.

Regarding "The Annual", it was always on my "bucket list". but I have yet to be able to attend. Knowing Ray I am not surprised that he embraced the opportunity to give others a chance to be heard. I hope this tradition is able to continue for generations to come.

Gary Scruton, Editor

Senator Forrester,

Ray Burton was a person I knew fairly well also. There was not doubt that if you wanted some information, or you had an issue with state government you could call Ray and it would not be long before you had an answer. Maybe not the one you wanted, but you would get a response. His service to the North Coun-

New 4-H Club Starting



Interested youth are invited to join 4-H leader, Pat Underhill, on Saturday, October 17 at 10:30am in the conference room at the Grafton County Extension Office in North Haverhill for the first meeting of a new 4-H beef club.

This will be an excellent chance for youth to enroll in the 4-H Beef Project and meet other 4-H members who enjoy working with cattle. Among other things, youth will learn how to: select a good project animal, properly care for beef cattle, feed for growth and condition, and groom, clip, and train an animal to lead and show.

If you have any questions, please call Pat Underhill at 603-989-5130 (evenings) or email pat.underhill@becket.org.

Letter To The Editor

To the Editor,

I had the special occasion to tour the Second Chance Cat Rescue facility on Meadows St. in Littleton.

If you want to see Glamour Cats and Big Handsome Toms that's where they are. The facility was full when I viewed it but all cats are well-cared-for with clean cages and the most comfort that can be afforded to them by the volunteers who staff the facility. I was really in awe of the beautiful, available animals there. I saw big fluffy Persians, sleek green-eyed beauties and one really huge, extremely handsome orange tiger. And so many

more... If you have a place in your home and your heart for a spectacular companion, Second Chance is the place to go. They operate on donations and the volunteers are working tirelessly to maintain their feline residents until that Person with the Big Heart comes along. If you can't adopt, think about donating. They could certainly use the help. I was delighted by what I saw there. I had no idea so many splendid cats were there just waiting for a second chance.

Sincerely,
Lisy Meyers
North Haverhill, NH

Lisy,

The folks at Second Chance are one of several groups of locals who do so much as volunteers. The project they have taken on, the well being of abandoned or unwanted cats, is an important one. I will add my thanks for the job they are doing for those furry friends.

Gary Scruton, Editor

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Where do Presidential Candidates stand on Northern Pass & Property Rights?

Op-Ed by Tom Thomson

New Hampshire voters need to ask each announced Presidential Candidate the following questions at every Town Hall meeting, at each meet & greet and/or house party.

If you were President would you: 1. Approve the Presidential Permit which is needed to allow foreign power from Hydro-Quebec to cross the US/Canadian border into Pittsburg the most northern town in New Hampshire and run through the center of our state to Deerfield as proposed. 2. Would you support the idea that a foreign utility should have the right to abridge the property rights and reduce property values of US/NH citizens in order to sell electricity into American Markets?

My suggestion to all Candidates is that if you haven't already, you should brush up on the Northern Pass issue by reviewing the two rounds of public hearings, which the Department of Energy (DOE) held. The first round of hearings, a total of seven, were held throughout the state in 2011 and the second round of hearings were held in 2013. Also review the latest report by DOE released this past July (2015) which found a negative impact from above ground transmission towers which would have an adverse impact on the beauty of our North Country, create negative property values, as well as impact our tourism and recreation.

Much has changed from DOE's first round of public hearings in 2011. Public Service of New Hampshire (PSNH) is now Eversource-NH. We were told in the beginning that burying any of the power lines was just too expensive and the only viable way was overhead transmission lines. Then we were told they could bury 8 miles of the northernmost section of Northern Pass. DOE came out with their not so glowing report last month

and a few weeks later the President of Eversource-NH, Bill Quinlan, announced a new plan to bury a total of 60 miles of Northern Pass and also earmark 10 percent of lower-cost power to Eversource customers and create a \$200 million fund to boost economic development in the North Country.

In the beginning we were told Northern Pass would cost around \$1.2 to \$1.4 billion which was based on all transmission lines above ground. Then in the first revision of 2013 we were promised they would bury 8 miles. Now under the second phase we're promised that a total of 60 miles will be buried, and they would also create a \$200 million economic fund and 10 percent lower cost power, yet the total cost of Northern Pass remains the same \$1.4 billion. How does that happen?

All New Hampshire voters need to ask each Presidential Candidate these important questions concerning Northern Pass. In the past two weeks the NH Site Evaluation Committee (SEC) held five public hearings (in the five counties where the Northern Pass project is proposed) which are required 30 days before the Northern Pass files for the SEC permitting application. I would also encourage all voters to contact the SEC members and share your concerns at, www.nhsec.nh.gov/members.

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A Walk in the Woods

Karen P. Bennett, UNH Cooperative Extension Forester

Almost by definition, a walk in the forest should relax, rejuvenate and renew. Research and my personal experience shows this to be true.

For the most part, when I walk in the woods, I come home feeling relaxed and happier than when I started. Walking in the woods is guaranteed to distract me from whatever ails me—family, work or general malaise. There are just too many beautiful and magnificent sights, even on the smallest woodlots.

Though I'm not typically a woods-worrier, lately one thing has been bugging me during my woods-walks and that is literally a bug—the emerald ash borer (EAB). This ash-killing, non-native insect was first found in the U.S. in the Detroit area in 2002. Detroit is one of the major shipping ports in this country—huge volumes of trade happens along the Great Lakes, linked to the Atlantic Ocean by way of the St. Lawrence River. EAB was shipped into this country on untreated wood packaging known as dunnage. Imported wood now needs to be heat-treated, but this step was taken too late to protect our ash.

In too few years EAB made its way to 25 states, including New Hampshire. We found it in Concord in 2013. Though EAB is a good flier, it didn't traverse the country on its own. It radiated out from the Midwest in nursery stock and wood products, especially as campers brought their infested firewood with them on camping trips. We now have quarantines in place limiting the movement of ash products, including

firewood, but EAB is here to stay and the best we can hope is to "slow the spread."

Since EAB's discovery, millions of ash have died. Death is the unfortunate fate of ash infested by emerald ash borer. Though we can effectively inject street-side and home-grown trees with insecticides, the ash I see on my woods-walks can't be treated with this way. There are too many of them, too scattered, and it would be too costly.

When I cross streams or small swales, or walk along larger streams and rivers, or tromp through northern hardwood stands—all places where the ash grow—I find my eye looking for ash. If I spy one, I look for the tell-tale sign of the "blonded" bark caused by woodpeckers flaking off the outer bark as they forage for EAB larvae developing in the life-giving cambium and phloem.

I consider this unconscious attention—looking for ash and then looking for the insect when I find the ash—as woods-worrying and I resent it, but I can't help it.

Though a minor component in most New Hampshire forests, ash is a beautiful tree. Often straighter than neighboring trees and limbless for most of its trunk, ash resemble light-colored, green-topped telephone poles scattered throughout the forest. Ash is economically valuable and grows in sensitive ecological areas like floodplains, black ash swamps, and enriched cove hardwood stands at the base of slopes. I know of more than one woodlot owner who has nurtured ash as part of their woodlot for decades,

designating their ash as the crop tree—the tree they plan to grow for the longest time to the maximum maturity. EAB has changed their plans.

As of this writing, we've found EAB in ten New Hampshire towns. Though not in Grafton County, we've found it in bordering Sanbornton. The N.H. Division of Forests and Lands maps known EAB-infestations and also created management zones with suggestions for homeowners and woodlot owners. Maps and recommendations are on www.nhbugs.org. If you have ash, we suggest you inventory the size and value of your ash so you can plan. I also invite you to look for signs of EAB and if you find a suspect tree or insect, report it including uploading pictures at www.nhbugs.org.

I'm sorry to invite Grafton County residents to join me in worrying about the fate of your ash as you walk in the woods, but I can't help it.

Karen is the State Extension Forester with UNH Cooperative Extension. She is based out of the UNH campus in Durham, NH. Karen has worked for 35 years with New Hampshire landowners, foresters and others to help them care for their forest land.

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

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Thank you for your understanding.



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Dear Marci

I have Original Medicare. While looking over my Medicare Summary Notice (MSN) for a recent inpatient hospital stay, I noticed multiple charges for the same day and some charges for services I do not think I received. Am I a victim of fraud or abuse?
Carson

Dear Carson,

Medicare statements and provider bills can be confusing and may include many charges you do not recognize. It may be difficult to tell whether or not charges are legitimate, the result of human error, or an instance of fraud and/or abuse.

Here are some steps to take to get to the bottom of your billing questions:

1) Call your hospital, doctor, or other provider to review the charges. Keep in mind multiple claims may be submitted for an inpatient hospital stay. Not only can the hospital bill for the inpatient stay itself under Part A, but each physician—even those you do not recall seeing—can bill separately for his or her services under Medicare Part B.

2) The charges you don't recognize may be the result of a simple billing issue. Your provider may have entered the wrong information when sending the claim to Medicare, which is why you do not know what the charge is for. Speaking to your hospital administrator or billing department first is important in case the discrepancy on your MSN is the result of one of these situations.

3) Finally, if you find out that you have been wrongfully billed for a service, the charge could be a result of fraud or abuse. Fraud is usually characterized by someone knowingly misrepresenting the truth in order to receive payment for something they are not entitled to. Abuse includes practices that cause unnecessary costs to the Medicare program.

Here are a few tips to help you avoid Medicare fraud and abuse.

1) Never provide your Medicare information to anyone but your trusted health care providers. Social Security and Medicare will never call you to ask for your personal information.

2) Always review the summary of claims sent to you by Medicare or your plan in order to compare the services received with the ones for which you were charged.

3) Keep a health care journal with the names of all the services and procedures you receive. You can compare this journal to the MSNs you receive.

To report fraud and abuse, you can contact 800-Medicare or the Office of the Inspector General (OIG) at 800-447-8477. Before calling the OIG, write down as many details as possible, including names, dates, locations, and the care or services received. You can also contact your local Senior Medicare Patrol (SMP) program: call 888-865-2683. Marci

For free, personal counseling on benefits, rights and options for people on Medicare and their families, call Pat Paine or Andrea Labor of the State Health Insurance Assistance Program (SHIP) located at the Northeast Kingdom Council on Aging: 802-748-5182 or 1-800-642-5119.

Take A Stand To Prevent Falls

ST. JOHNSBURY – One in three older residents takes a tumble every year. The leading cause of fatal and non-fatal injuries for those 65+ is a fall. In terms of dollars and quality of life, losing equilibrium and collapsing to the ground costs money.

But a fall is not an inevitable part of getting older.

"I like to think of this stage of life as 'mindful maturity,'" said Jenny Patoine, Wellness Coordinator for the NEK Council on Aging and an authorized trainer of A Matter of Balance. "Learning how to prevent a fall is really about practical lifestyle management."

"Take a Stand to Prevent Falls" is the 2015 theme from the National Council on Aging and its partners in a countrywide roll-out aimed at lowering the number of falls experienced by seniors. Individuals who are powerless to get up without help risk complications from dehydration, skin and muscle deterioration, and even hypothermia.

A Matter of Balance is an evidence-based, award-winning falls prevention pro-

gram developed at Boston University. Designed to reduce the fear of falling, it explores how falls are controllable and helps individuals set goals for increasing activity. It also shows what kind of changes can be made to reduce risk at home.

"Falling is a real, big issue for older people who don't remain active," added Patoine, who will lead the free, eight-week program.

A Matter of Balance begins Tuesday, Oct. 6, at 1 p.m. at North Congregational Church at the corner of Main and Church Streets, here. Entrance to the church activity room is at rear of the parking lot. All ability levels are eligible.

For more information, call Patoine at 1-800-642-5119.

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My-Oh-My, Tomato Pie!

This is the time of year when many people find themselves with an overabundance of a burgeoning tomato crop. If you're one of those people, this recipe is for you. Likewise, if you have a friend who has gifted you with some of their tomato overstock, this recipe is also for you. Believe it or not, even if you don't have a fresh tomato in your house, this recipe is for you, too! How can that be? This Tomato Pie can be made using fresh or canned diced tomatoes, and is equally tasty, either way. Let me tell you about it.

Tomato Pie is a popular Southern recipe with many variations, but usually consisting of a par-cooked pie shell layered with tomatoes and topped with a cheesy topping bound together with mayonnaise, which is then baked until everything cooks and melts together. I had never made this dish, because it seemed a little too laborious for me. First, you have to salt, drain, and pat dry the tomatoes, then you have to partially bake a pie shell. Both these steps will hopefully prevent a soggy bottom crust. Maybe...if you're lucky. My interest was piqued a few weeks ago, when I happened to catch a cooking segment on "The Chew." A young woman from the Carolina's demo'd her grandmother's version of Tomato Pie, which used canned diced tomatoes, and cornbread stuffing mix. No pie crust, at all! So I took her basic recipe, made a few tweaks and changes, and gave it a try. Wow – talk about an easy and delicious outcome! This makes a great side dish to go with any fish or meat, a yummy lunch when served with a salad, and even a terrific breakfast all on its own, or topped with an over-easy or poached egg. No longer fussy or time consuming, this old fashioned Southern dish is now easy as pie... Tomato Pie, that is!



Filling:	Topping:
2 or 3 *ripe tomatoes, diced (or 1 (14-1/2 oz.) can diced tomatoes)	1 cup shredded sharp cheddar cheese
1/2 medium onion, grated	1/2 cup mayonnaise
1/2 teaspoon garlic powder	1/4 teaspoon dried basil
1/2 teaspoon dried basil (or Italian Seasoning blend)	1/4 cup cornbread stuffing
1 cup cornbread stuffing mix	

Preheat oven to 350°F. Place tomatoes with their juice in a bowl with the grated onion, garlic powder, basil and stuffing. Combine and turn into a greased glass or Pyrex pie plate (don't use aluminum or metal, as the acid in the tomatoes could give an off-flavor.) In the same bowl, combine all topping ingredients and mix well. Turn topping onto the filling, and spread to cover the entire surface. Place in oven and bake for 30 to 40 minutes, until browned and bubbly. Allow to cool for 5 minutes

before serving. Yields 4 servings.

*If you use fresh tomatoes, opt to use ones that are very ripe, even overripe is okay; the extra juice they contain will just be absorbed by the cornbread stuffing.

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Golfing Success



Harry Burgess Golf Team

Last month's "Playing for Clover" 4-H Golf Tournament fundraiser was a success! The Grafton County 4-H Leaders' Association collected nearly \$11,000.

The money earned will be used for 4-H youth development activities in Grafton County. In 2014-2015, the Association helped to send fourteen youth to the State 4-H Teen Conference and six 4-Hers to Barry Conversation 4-H camp. They provided t-shirts for members earning trips to Eastern States, in addition to paying for workshops for members, training for leaders, supplies for livestock shows and the exhibit hall at North Haverhill Fair, and prizes and ribbons for many county activities.

Thank you to all of the sponsors, donors, participants, volunteers, 4-Hers, and community members who made this event possible!

Thanks go out to the 4-H friendly businesses, like Gold Sponsor Cooperative Insurance Companies and winning team Blackmount Equipment, Inc., for support-

ing the program. Look for the "4-H Friendly Business" logo as you frequent local stores. (To view a list of all the sponsors please go to: <http://tinyurl.com/4-HSponsors>.)

Planning is already underway for the 20th Annual "Playing for Clover" 4-H Golf Tournament scheduled to take place on Saturday, August 13, 2016. For more information, please contact the committee chairperson at vananderson96@gmail.com.



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