

TRENDY TIMES

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Master Gardeners Lend a Helping Hand

By Heather Bryant,
Regional Field Specialist,
Food and Agriculture



Master Gardeners have proven to be an invaluable resource for UNH Cooperative Extension's tomato trial at the Grafton County Farm in North Haverhill. The five year project to study fertilizer requirements of high tunnel tomatoes is in its third year and the weekly harvest and data collection process involves recording yield and quality on each of 144 plants. Last year it was a challenge to keep up, so this year I asked the Master Gardeners if they could help. And they have come through.

Master Gardeners are volunteers who are trained to provide education to gar-

dening enthusiasts in their communities. It's a national program, and here in Grafton County we have 36 active volunteers. Some of their current projects include hosting "Ask the Master Gardener" booths at fairs and farmers markets', collaborating with partners to build educational gardens, and presentations on gardening topics at libraries, fairs, schools, summer camps and other community venues.

This project is a little different. Each week a Master Gardener comes and harvests all the tomatoes while I record the data. The data will be compiled with data from sites in Durham, NH and Monmouth, ME and used to refine fertilizer recommendations for commercial producers across the region and inform educational programming for tunnel producers.

The first volunteer, Ray,

had the misfortune of showing up on a hot humid day. If you've never worked in a high tunnel before, it's always hotter than the temperature outside especially when the sun is out. It was in the high 80's outside that day. But Ray had a great attitude, seven hot sticky hours, countless water bottles and a couple of popsicles later we finally finished up without a single complaint from Ray.

The second and fourth volunteers, Amy and Cathy, got luckier. The outside temperature stayed in the 70's and it didn't get hot in the tunnel until about hour three. The third volunteer, Joan, had great weather for working in a tunnel, cool and cloudy, but her luck ran out when the 575 pound harvest proved to be our largest one in three years by more than 100 pounds. After eight and a half hours we finally finished up and she

decreed she and her husband would have microwave pizza for dinner. I took it as a good sign she could still face eating a tomato based meal.

The fifth volunteer, Mary-Ann, started off with a cool morning, but by about lunch it started to warm up. By the time we finished up two hours later she was pretty tired, but like Ray, no complaints. Happily, while I estimate another 4 to 5 weeks before it

gets cold enough to end our season, from here on out the inside temperatures should be much more amenable!

This project is made possible thanks to a Sustainable Agriculture Research and Education (SARE) grant, the support of Grafton County, and of course the Master Gardeners. After data collection the tomatoes are donated to area senior centers, nursing homes and food banks.



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TRENDY Dining Guide

Saint J Brewery

By Gary Scruton

As regular readers of this column are probably well aware, my wife and I make visits to our Trendy Dining Guide Advertisers to partake of their offerings on a regular basis. After our visit I sit down at the computer keyboard and try to inform our readers about our experience. The order of these visits is strictly up to me and we do our best to visit without the owners being aware of our visit in hopes that our service is simply the same as it would be for every other visitor.

Our most recent such visit was to the Saint J Brewery. This is a fairly new business located inside the Green Mt. Mall on the north end of St. Johnsbury. The

space includes a nice looking horseshoe bar, several tables and chairs, and even a couple of tables outside the room itself that looks down the hall toward the main portion of the mall.

Another big feature of the Brewery, and really their main focus, is a large wall of glass that let's one peer into the brewing area. There are vats and plenty of bags of ingredients waiting for the owners to put them together and come out with something new, or perhaps an old favorite.

On the night we visited it was pretty quiet. In fact we had the place to ourselves when we walked in. Soon though the owner came over with menus and plenty of information about

the day's offerings from the several taps at the bar. He informed us about several drafts and even that he offered a "flight" of smaller sized drinks that allowed one to try a variety of flavors. One of the tap choices was a Raspberry Wheat that got my vote.

It can be noted at this point that the Saint J Brewery's main thrust is not food. I don't mean to say the food

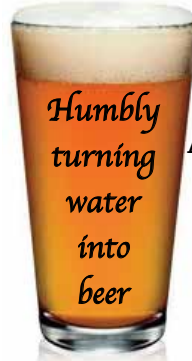
is not good, but it is not the means by which they will make their reputation and get customers to return again and again.

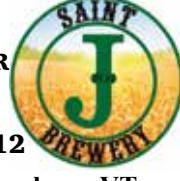
For Janice and I, we ordered up a couple of their Hogie. I went with The Boston Banger, The menu describes it as "Mild Irish Sausage served with Pepper & Onions. Janice chose the Green Monster Steak-N-Cheese. Again, quoting from the on line menu "Marinated Steak topped with melted Provolone & Mozzarella." We also had a choice from a basket of several bags of potato chips. Janice, not being much of a beer drinker, got a bottle of water to top off her meal. Our total for the meal was just under \$20 before tip.

Both sandwiches were served on hogie rolls and had plenty of meat and fix-

ings to make a solid meal. You can also tell by the name of the sandwiches that the owners at Saint J Brewery are rather large Red Sox fans. This was further solidified by the fact that the baseball game was on the big screen TV and the sound was up enough to hear without be overpowering.

Any time you are in St. Johnsbury and find yourself at the Green Mt. Mall, make time to stop at Saint J Brewery for an enjoyable visit.





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Littleton Food Co-op Partners with Toys for Tots

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LITTLETON, N.H.—The Littleton Food Co-op is honored to partner with Toys for Tots to raise funds, cultivate community connections, and increase awareness during the month of October. The mission of the Toys for Tots Program is to collect new, unwrapped toys during October, November and December each year, and distribute those toys as Christmas gifts to less fortunate children in the community in which the campaign is conducted. Our local group serves Bethlehem, Littleton, Franconia and Lisbon. The primary goal of Toys for Tots is to deliver, through a new toy at Christmas, a message of hope to less fortunate youngsters that will assist them in becoming responsible, productive, patriotic citizens. The objectives of Toys for Tots are to help less fortunate children experience the joy of Christmas; to play an active role in the development of one of our nation's most valuable re-

sources – our children; to unite all members of local communities in a common cause during the annual toy campaign; and to contribute to better communities in the future.

The principal Toys for Tots activity is the annual collection and distribution of toys in the communities in which a Marine Corps Reserve Unit is located. Local Toys for Tots Campaign Coordinators conduct an array of activities throughout the year, which include golf tournaments, foot races, bicycle races and other voluntary events designed to increase interest in Toys for Tots, and concurrently generate toys and monetary donations.

As the Littleton Food Co-op's Partner of the Month, Toys for Tots will receive all donations collected at the checkouts and \$1 from every pizza sold during Pizza for Partners Friday nights through October. The Co-op recently upgraded the checkout process so customers paying with credit or debit

card may round up their purchases in our Pennies for Partners campaign which benefits the partner of the month. This program has been an outrageous success in more than doubling the dollars raised for our partners. Thank you to our generous shoppers!

Representatives from Toys for Tots will be at the Co-op on Friday, October 21. Stop in to meet them and for more information visit www.toysfortots.org.

Member-owned Littleton Food Co-op serves the community by providing high quality food, offered at a fair price, with outstanding service. Everyone is welcome to shop and anyone is welcome to join.

Located at the intersection of Cottage Street and Route 302 (exit 41 off I-93), the Littleton Food Co-op is open daily, 8 a.m.-8 p.m. For more information or to become a member, please visit www.littletoncoop.com, call 603-444-2800 or just stop by!



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News from My Farmers Market

by Marianne L. Kelly

Hi everyone! I don't know about you, but I am in awe of the brilliant foliage this season. Get out, take a look, and take some pictures before it becomes a fond memory.

Speaking of getting out and having fun: Come join the fun at My Farmers Market Pumpkin Fest on Saturday, Oct. 22 from 11-3. They will have pumpkin painting and carving, hot chili, pumpkin pie contest (feel free to enter your best pumpkin pie), craft show, live music and more!

The fun never stops. On October 31, Halloween, come in your costume to the Haunted Market Walk if you dare!

My Farmers Market is located on Creamer Rd., just off Route 302 at the corner of Creamery and Stone Roads. They are open Tuesday through Saturday 9-6 and Sunday 11-2 until October 31, and offer seasonal vegetables, local baked goods and prepared foods,

local meat, cheese, eggs, dairy products, non-chemical health items, bulk foods, crafts and so much more.

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Email: myfarmersmarket@gmail.com

That's the news from My Farmers Market...see you there!



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Assistance for NH Dairy Farms?

This summer's prolonged drought has been a disaster for many New Hampshire dairy farms. This is especially true in southern and southeast portions of the state. Strafford, Rockingham, Hillsborough, and Merrimack Counties are in the midst of a severe, intense drought that has resulted in Lorraine Merrill, Commissioner of Agriculture, requesting an emergency legislative appropriation of \$3.6 million to help save dairy farms. The drought has stunted silage growth necessary to feed and sustain animals during the upcoming winter months.

Last week, Commissioner Merrill requested emergency assistance for dairy farmers from the state's Milk Producers Emergency Relief Fund board. It has been reported that a member of the senate who represents impacted communities in Western NH, is recommending that a group of lawmakers be appointed to an emergency task force to de-

velop legislation to assist struggling dairy farms. Prior to this summer's drought, NH had 120 dairy farms, and as of this date, the number is down to 101. In a good crop-growing season, dairy farmers are able to produce enough feed to sustain the animals throughout the winter. Due to feed shortages and the necessary funds required to buy needed silage, dairy farmers are looking at a very bleak winter.

The emergency bailout appropriation bill will come before legislators shortly following the November election. Opposition to the bailout has already been voiced. Several lawmakers have expressed serious reservations stating that government should not interfere in private enterprise. Those expressing this position also say, "If we bailout dairy farms, shouldn't we also bailout ski areas that have had a number of crummy ski years and lost revenue due to lack of snow?"

From the perspective

of the Commissioner and farm communities, there is another side that should be heard. The price of milk is government controlled, and therefore, the government is already vested in regulating the milk industry. Further, in many communities such as Haverhill, town Master Plans speak to preserving farms, as open space and maintaining the state's rural character. In 2006, residents of Haverhill overwhelmingly responded in a survey conducted by UNH by emphasizing "Keep our Rural Character and Quality of Life;" however, the survey also notes that the majority of Haverhill residents do not want to preserve farmlands if property tax revenue is used for that purpose.

As Commissioner Merrill said, "Dairy farms have a lot of economic impacts on scenic landscapes, on other farms and on all the support services that farmers and even backyard gardeners rely on...feed stores, equipment dealers, lending agencies...all of that." Dairy farms have been a part of NH for years. NH farms are a healthy source of locally grown and fresh food. Dairy farms and open fields are part of the chemistry that make NH such a special place to live, and that brings visitors and income to the state. Your input is appreciated.

Respectfully,
NH Rep Rick Ladd

Chandler Gets Endorsement from NH Building Trades

Warren — Retired attorney, community leader and candidate for NH Senate District 2, Charlie Chandler, received the endorsement of the the New Hampshire Building and Construction Trades Council on October 4th.

New Hampshire Building and Construction Trades President Steve Burk issued the following statement:

"The New Hampshire Building and Construction Trades Council is proud to endorse Charlie Chandler in his race for State Senate," said President Burk. "Charlie is a tireless advocate for working men and women, and New Hampshire's working families will be better off with Charlie in the Senate. Charlie supports raising wages for New Hampshire workers, ensuring all workers have access to health insurance and pensions, and

making sure New Hampshire taxpayer dollars stay in the local economy and in the pockets of local workers. We look forward to working with Charlie to pass a Prevailing Wage law to protect New Hampshire construction workers and taxpayers, and to working together to grow our economy and create more good local jobs."

In accepting the endorsement, Charlie stated, "I am extremely honored to have the support of the unions who represent over 2,000 hard-working trades people here in New Hampshire. They are the backbone of our state."

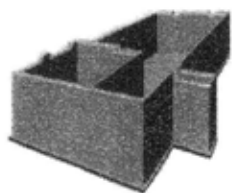
The New Hampshire Building Trades is an organization of 16 New Hampshire labor unions, representing more than 2,000 New Hampshire workers in the construction industry.

37th Railroad Show Comes to Lincoln

Lincoln, NH - The Ammonoosuc Valley Railway Assn. is having its 37th Railroad Show on Saturday, October 29, 2016, at Linwood High School from 10:00-3:00. Multiple scale working layouts from "G" to "Z", dealers, kids activities, etc..

Take I 93 exit 32 and follow the signs. Admission \$4.00 Adult, \$10.00 Family Max., under 16 free with Adult.

Further info: choochoochas@yahoo.com or (603)747-2269



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EXPERIENCE IN COUNTY AFFAIRS

- Active in my community, serving on Zoning Board, Cemetery Commissioners Board, Town Budget Committee and Former Trustee
- Former Member of Grafton County Mental Health Court Advisory Board & NH State Advisory Group on Juvenile Justice
- Member of Mt. Cube Masonic Lodge, Orford, NH

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The St. Johnsbury Players Present The Laramie Project



This October the St. Johnsbury Players will present The Laramie Project, Moises Kaufman's poignant docu-play about the events around the murder of Matthew Shepard. This is Players' second production of their historic 80th season.

In October 1998 Matthew Shepard was kidnapped, severely beaten and left to die, tied to a fence on the outskirts of Laramie, Wyoming. Five weeks later, Moises Kaufman and fellow members of the Tectonic Theater Project went to Laramie, and over the course of the next year, conducted more than 200 interviews with people of the town. From these interviews they wrote the play The Laramie Project, a chronicle of the life of the town of Laramie in the year after the murder. THE LARAMIE PROJECT is one of the most performed plays in America today.

The Laramie Project is directed by Dan Haycock who previously directed St. Johnsbury Players' production of The Dining Room and recently appeared in Players' summer production of It's Only a Play. The cast of eight actors (Heather Bowser, Noah Fink, Brendan Hadash, Michele Laberge, Adam Lumbr, Haley Mackres, Ursula Malabre-Spe-

icher and Caleb McMurphy) all portray multiple roles to bring the community of Laramie, Wyoming to life.

The Laramie Project will be performed at the St. Johnsbury School Auditorium October 21 and 22 at 7:30 with a special 2pm matinee on the 23rd. Tickets are \$10, \$7 for students and seniors. Advance sale tickets available through Catamount Arts. Laramie is also made possible through the generous support of sponsors: Community National Bank, Passumpsic Savings Bank and Union Bank. Please note that The Laramie Project has intense subject matter that may be upsetting for some. Please use discretion. For more information contact 802-535-8052.

Poe Appears in Lancaster

The Colonel Town Players of Lancaster, New Hampshire, pose the question, "What do a Pit, Bells, Masque, Raven, Annabelle, Black Cat, Heart, Cask, and a Burial all have in common?"

And, of course, the answer: Edgar Allan Poe, horror, brilliance, and good all around scary "fun" for Halloween.

Ghost Story at Old Church Theater; Playwright Writes to Scare

BRADFORD, VT: Old Church Theater's current offering is a good old scary and bone-chilling play with just enough laughs to make it fun, and a perfect way to enjoy this time of year. "The Ghost in the Meadow", written by Joe Simonelli, is opening October 21st and plays two weekends at Old Church Theater, Fridays and Saturdays at 7:30pm and Sundays at 4pm. The theater is located at 137 North main St in Bradford.

In a special event, after curtain call on October 21st and 22nd the playwright Joe Simonelli will attend and give a talk entitled "I know what scares you!", answering questions and sharing about his many other plays.

Like many favorite ghost stories, the setting of "The Ghost in the Meadow" is an old, abandoned country house where two sisters relocate from Manhattan with the intent to modernize it and call it home. However, they soon realize that they may not be alone in the house, as specters dating as far back as the Civil War begin to appear. These occurrences begin disrupt their new country life with alarming frequency when an ex-boyfriend drops in to visit, who calls on the services of a psychic to quell the restless spirits. From that point on, with heart-stopping scenes and more than enough twist and turns, the plays races on to its breathless conclusion,



where one theater-goer has said it was "too scary"!

Directed by Brandon Chadwick, the cast of "The Ghost in the Meadow" includes Anne Foldeak, Meghan Bullard, Ken Hullivan, Marilyn Blaisdell and Ariana Hausmann. Stage managing the production and the special effects are Marilyn Malmquist and Paul Coates.

Tickets may be obtained at the box office for \$12.00, \$10.00 for seniors and \$6.00 for students. Reservations may be made for the best seats by calling anytime to 802-222-3322, by visiting

the website www.oldchurchtheater.org, or by emailing reservations@oldchurchtheater.org. Of special note, at each performance of "The Ghost in the Meadow" there will be an opportunity for patrons to win one of two season passes to next year's plays, a \$60.00 value.

Old Church Theater's "The Ghost in the Meadow" is the last play of the 2016 season. The group's annual meeting will be held November 13 at 4pm at the Upper Valley Services building across from FarmWay in Bradford. All are welcome to attend.

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TO BE HELD AT THE
LANCASTER TOWN HALL
OCTOBER 28TH & 29TH
AT 7:00PM
OCTOBER 30TH MATINEE
AT 2:00PM

Calendar of Events

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

TUESDAY, OCTOBER 18

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

“VERMONT VS. HOLLYWOOD:
100 YEARS OF VERMONT IN FILM”
7:00 PM / Free Admission
Bradford UCC Vestry, 145 North Main St.

THURSDAY, OCTOBER 20

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

FRIDAY, OCTOBER 21

THE LARAMIE PROJECT
7:30 PM \$10 Admission
St. Johnsbury School Auditorium
See Article on Page 5

THE GHOST IN THE MEADOW
7:30 PM \$10 Admission
Old Church Theater, Bradford
See Article on Page 5 & Ad on Page 9

DAVID BROMBERG QUINTET
8:00 PM
Colonial theater, Bethlehem

SATURDAY, OCTOBER 22

YOUR HIT PARADE
2:00 PM - Admission Free
Bath Town Meeting Room

SWEET JAMM
7:00 - 10:00 PM by Donation
Alumni Hall, Haverhill

THE GHOST IN THE MEADOW
7:30 PM \$10 Admission
Old Church Theater, Bradford
See Article on Page 5 & Ad on Page 9

THE LARAMIE PROJECT
7:30 PM \$10 Admission
St. Johnsbury School Auditorium
See Article on Page 5

SUNDAY, OCTOBER 23

BENEFIT TEXAS HOLD 'EM CASH GAMES
11:00 AM
VFW POST 10038, Hill Street, Lyndonville

THE LARAMIE PROJECT
2:00 PM \$10 Admission
St. Johnsbury School Auditorium
See Article on Page 5

THE GHOST IN THE MEADOW

4:00 PM \$10 Admission
Old Church Theater, Bradford
See Article on Page 5 & Ad on Page 9

FRIDAY, OCTOBER 28

AN EVENING OF EDGAR ALLEN POE
7:00 PM / \$10 Admission
Lancaster Town Hall
See Article & Ad on Page 5

THE GHOST IN THE MEADOW

7:30 PM \$10 Admission
Old Church Theater, Bradford
See Article on Page 5 & Ad on Page 9

SATURDAY, OCTOBER 29

37TH RAILROAD SHOW
10:00 AM - 3:00 PM
Lin-wood High School, Lincoln
See Article on Page 4

YOUTH HALLOWEEN PARTY
5:00 - 7:00 PM \$5. Admission
Clifford Memorial Building, Woodsville
See Ad On Page 9

CHICKEN & BISCUITS SUPPER
5:30 PM \$10 Adults / \$5 under 12
Haverhill Congregational Church

AN EVENING OF EDGAR ALLEN POE
7:00 PM / \$10 Admission
Lancaster Town Hall
See Article & Ad on Page 5

THE GHOST IN THE MEADOW

7:30 PM \$10 Admission
Old Church Theater, Bradford
See Article on Page 5 & Ad on Page 9

HAUNTED HAPPENINGS

7:30 - 10:00 PM \$5. Admission
Clifford Memorial Building, Woodsville
See Ad on Page 16

SUNDAY, OCTOBER 30

AN EVENING OF EDGAR ALLEN POE
2:00 PM / \$10 Admission
Lancaster Town Hall
See Article & Ad on Page 5

THE GHOST IN THE MEADOW

4:00 PM \$10 Admission
Old Church Theater, Bradford
See Article on Page 5 & Ad on Page 9

MONDAY, OCTOBER 31

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

TUESDAY, NOVEMBER 1

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

WEDNESDAY, NOVEMBER 2

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

TUESDAY, NOVEMBER 8

ELECTION DAY
A Voting Booth In Your Town

WEDNESDAY, NOVEMBER 9

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

Ongoing Weekly Events

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

ADULT INTERVAL AEROBICS CLASS - 6:30

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,
North 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

TOPS (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

COMMUNITY DINNER BELL - 5:00 PM

All Saints' Church, School St., Littleton

Orange East Senior Cntr, Bradford

WEIGHT WATCHERS - 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

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

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

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

ST PAUL'S BIBLE STUDY ON JAMES, 6:15

PM, 113 Main St., Lancaster

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

SUNDAYS

CRIBBAGE - 1:00 PM

American Legion Post #83, Lincoln

Horse Meadow Senior Center

Every Tuesday:
8:30 Community Breakfast

Oct 18:
Nifty Needlers @ 9:30
Classic Bone Builders @ 12:00
Cook Book Meeting @ 1:00

Oct 19:
Bone Builders @ 9:30
Writer's Group @ 10:30
Bingo @ 1:00

Oct 20:
Art Class w/ Barb @ 9:00
Cards w/Jeanne @ 9:30
Cribbage @ 12:30
Line Dancing @ 12:45
Canine Academy @ 1:00
Classic Bone Builders @ 2:00

Oct 21:
Bone Builders @ 9:30
Mahjongg @ 10:30
Tai Ji Quan @ 2:00

Oct 24:
Bone Builders @ 9:30
Hearts & Hands Quilters @ 12:30
Tech Time w/Paul @ 1:00
Paper Crafts 2 @ 1:00
Tai Ji Quan @ 2:00

Oct 25:
Nifty Needlers @ 9:30
Herb Group @ 1:00
Classic Bone Builders @ 2:00

Oct 26:
Bone Builders @ 9:30
Writer's Group @ 10:30
Bingo @ 1:00

Oct 27:
Art Class w/ Barb @ 9:00
Cribbage @ 12:30
Line Dancing @ 12:45
Classic Bone Builders @ 2:00

Oct 28:
Bone Builders @ 9:30
Mahjongg @ 10:30
Jewelry 2 @ 1:00
Tai Ji Quan @ 2:00

Oct 31
Bone Builders @ 9:30
Hearts & Hands Quilters @ 12:30
Tech Time w/Paul @ 1:00
Sign Language @ 1:00
Tai Ji Quan @ 2:00

Bath Library Open House

Bath Public Library is having an Open House to celebrate the automation of our library! Join us throughout the day on Wednesday, October 19th and Thursday, October 20th from 9 to 5.

The celebration continues on Thursday evening from 5 to 7, when we will be featuring four local authors for our Second Annual Writers Night. Meet-and-greet these four authors in four different genres, for a reading and book signing event.

Come in to see how easy our new system is to use from the comfort of your own home computer or device.

You can see our entire collection using our online catalog, reserve books, renew your books and have access to a number of electronic resources.

Take a tour of the library – did you know we have movies, audio books, magazines, puzzles and even a telescope that you can check out?

There will be light refreshments served throughout, both days, including Thursday evening.

For more information, call us at 603-747-3372 or e-mail us at bathlibrarynh@gmail.com

Orange East Senior Center

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

The East Corinth Cribbage Club is at O.E.S.C on Wednesdays for the 2016-2017 season at 7:00 p.m. Cost is \$2.00 per night. A raffle drawing will be held on the last Wednesday of every month. Any levels welcome—please come to enjoy! If you have any questions, please call Sally Osgood 802-222-5756

The Visiting Nurse and Hospice of Vermont and New Hampshire will be here on Friday, October 21 for the Seasonal Flu Clinic from 10:00 a.m. until 12:00 p.m. All adults 18+ welcome. Please bring your Medicare Part B insurance card so they can bill them directly. The fee for all others is \$25.00.

No Strings Attached will be playing music on Friday, October 21 starting at 11:00 a.m.

Dwayne Benjamin will be playing music on Friday, October 26 starting at 11:00 a.m.

We are looking for help in the kitchen. We are looking for help Monday through Friday between the hours of 9 a.m. and 2p.m., but you can

set your own hours and the day or days, you would like to volunteer.

Bingo is every Monday at 6:00 p.m. The doors will open at 5:00 p.m. The kitchen will be open selling drinks and food.

Computer class winter hours will be on Wednesdays from 3:00 p. until 5:00 p.m. This class is for all levels.

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

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

There is space available in the Monday, Tuesday, Thursday and Friday exercise class. The class begins at 9:00 a.m. and ends at 10:00. The Tuesday and Thursday exercise class is a strength and balance class.

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

Want to Connect to Other Readers?

Join the Bath Book Club!

The Bath Library Book Club will be discussing "Shanghai Girls" by Lisa See on Thursday, November 10th at 5 pm at the Bath Public Library.

May and Pearl, two sisters living in Shanghai in the mid-1930s, are beautiful, sophisticated, and well-educated, but their family is on the verge of bankruptcy. Hoping to improve their social standing, May and Pearls parents arrange for their daughters to marry Gold Mountain men

who have come from Los Angeles to find brides.

Books may be picked up at the Bath Library; hours are Tuesdays, Wednesdays and Thursdays 9:00am to noon and 1:00 pm to 5:00 pm and Saturdays 9:00 am 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 bathlibrarykj@gmail.com

Groton Library Offerings

Vermont Humanities Council Book Discussion Series: Continues on Monday, Nov. 7 at 6:30pm with "The Mambo Kings Play Songs of Love" by Oscar Hijuelos. To or from the United States, spanning India, Cuba, and Greece, this series of Pulitzer-winning works spotlights characters in the midst of broader migrations. These sessions are free, open to the public, and accessible to those with disabilities. Books are available to loan in advance.

NEW! Shelburne Farms: Free General Admission Passes are now available to all library card holders. More than 10 miles of walking trails are open year-round, weather permitting, starting from the Welcome Center. Leashed dogs also invited to enjoy starting in November! Call, email, or come by the library to reserve a pass. Check out shelburnefarms.org for more information.

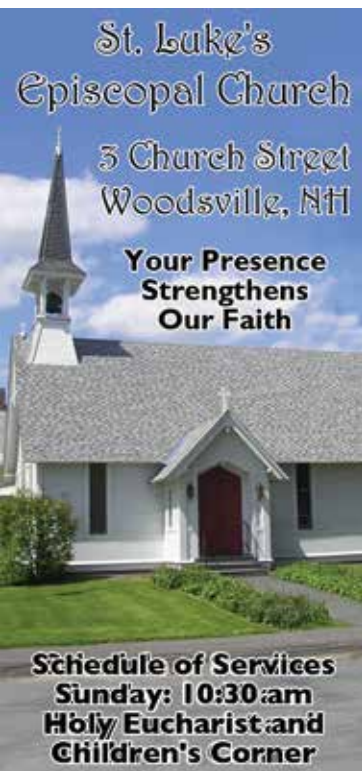
Discounted Echo Center Passes Available: Contact the library the reserve a pass that offers reduced rate of \$4 admission per person for up to 4 people. New exhibits and programs year round for your next trip to Burlington! Check out www.echovermont.org for more information.

Crafts & Conversation: Every Wednesday from 1-3pm. Stop by the library for some crafty tips, and perhaps share some of your own. Bring a project to work on or just enjoy some good company!

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) S (10-12). www.grotonlibraryvt.org



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The North Country Boys and Girls Club celebrated 10-years of service at their funders breakfast last week. Among those in attendance were (from left) Bruce McLaren, the club's first Executive Director; Jill Kimball, current board member and North Country Senator Jeff Woodburn. To learn more go to: bgcnorthcountry.org/

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1193 Portland Street, St. Johnsbury, VT
7:00 am - 5:00 pm Monday - Friday

JROTC Drill Team Competition



Pictured from left to right (standing): Elizabeth Mills, Brittany Roy, Vitoria Sheptor, Joseph Plummer, Kristina Briggs, Andrew Smith, Seth Haskins, Nicholas Accardi, Cheyanne Sweeney, Amie Dauphine, William Rutherford, LTC(Ret) Darrel Gearhart (kneeling) Brandon Patterson, Jacqueline LaFlam, Elijah Ratliff, Marissa Person, Anthony Dami, Julianna Russo

The White Mountains Regional High School JROTC Spartan Battalion Drill Team competed in the Northern New England JROTC Drill Team season opener that was held on Saturday, 8 October at the University of Maine, Orono. A total of six teams from New Hampshire, Vermont and Maine competed. The Spartans dominated the competition taking home four first place trophies and two second place trophies.

- 1st - Color Guard event (Marissa Person)
- 1st - Team Inspection (Jackie LaFlam)
- 1st - Platoon without arms (Anthony Dami)
- 1st - Platoon with arms (Marissa Person)
- 2nd - Squad without arms (Brandon Patterson)
- 2nd - Squad with arms (Elijah Ratliff)

Cadet Julianna Russo placed first in the individual drill routine without arms, and Cadet Brandon Patterson placed 3rd. The team will travel to Hermon, ME next weekend to compete.

Haverhill Recreation Commission Presents

2016 Youth Halloween Party

**Saturday, October 29, 2016
from 5:00-7:00 PM**

**Robert E. Clifford Memorial Building
65 South Court St. Woodsville, NH**

There will be a "spooky" walk for the little ones starting at 5:00 PM with dancing, games, activities and don't forget "Ghoulish" goodies will be sold!

Fantastic dance music and lightshow provided by DJ Porta Party!

The Costume Parade will start at 6:30 PM with prizes awarded for three categories:
Cutest ~ Scariest ~ Most Original Costume

Door fee \$5.00 per person with children under 3 being FREE!

Help support our fundraiser and the continuation of this event!
We hope to see you there!
Call Sherri Sargent with questions (603) 787-6096

MEET THE PLAYWRIGHT!
Oct. 21 & 22
After the show, meet the playwright for a talk, "I know what scares you!"

**Fridays & Saturdays
7:30 pm
Sundays at 4 pm**

Admission:
Adults \$12, Seniors \$10,
Children \$6

**RESERVATIONS
802-222-3322
www.oldchurchtheater.org
137 N. Main St., Bradford, VT**

Old Church Theater Presents

THE GHOST IN THE MEADOW

"THRILLER!"

BY JOE SIMONELLI

Oct 21-22-23 & 28-29-30

Directed by Brendon Chadwick

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Mail or Drop Off at Trendy Times, 171 Central Street, Woodsville, NH 03785 Email: Gary@trendytimes.com



FOR SALE

1997 F-150 TRUCK Has been inspected. Needs some work. \$1,500. 2000 Dodge Truck, Lots of new parts with tool box & ladder rack. 8 foot body. \$1,500. 2001 Youth ATV 90 \$600. 1997 Dodge Truck A fixer upper. \$1,500. Call Steve at 603-747-8138 10.18

HAND CROCHETED BLANKETS fit up to a Queen sized bed. \$100 each. Multi colored, one blue, and one green. Mittens \$5.00 each. Size 2-4, 5-7, 8-10 different colors. Also slippers, different sizes & colors \$5.00 each. Potholders \$1.00 each. Call Penny 802-757-3337 11.01

2003 SUBARU FORRESTER, 4 cyl., gets about 25 MPG. All wheel drive. Would make a great winter car. Solid body, Needs new tires. \$2,800. Call 603-348-4563 10.18

REBUILT TRANSMISSIONS, 350 TH GM Trans, \$500 each. 400 TH GM Trans. \$650 each. 4L60E GM Trans. \$750 each. Need old Trans. in exchange. Ralph Emerson, 3648 Swamp Road, So. Ryegate, VT 05069 10.18

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BERNINA 180 SEWING MACHINE plus never used embroidery unit and special effects needles. Instruction book included. Original cost near \$1300. Asking \$500 or best offer. 802-439-5316 10.18

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Peter's Folly

by Joe Benning
State Senator
Caledonia-Orange District
802-274-1346

As Peter Shumlin happily sank a historic and unprecedented shovel into the dirt of a national forest to assist industrial wind developers, I wondered if he was thinking about the future. No, not the short term future of 2050, more like a century beyond that. Long after those wind developers have gone to their just rewards and their technology is laughably obsolete, will our descendants still be arguing over who is responsible for removing the massive concrete support pads and repairing the dynamited highway channels across our ridgelines?

When did it become acceptable for Vermont to destroy its own natural resources under the misguided belief that doing so will somehow save the planet? When did it become okay to allow developers to make a financial killing by hacking away at a heretofore protected wilderness? Where did the attitude come from that makes it possible for other states to use Vermont's cherished mountains to offset the policy shortcomings of their own brown power production? Why do we continue to ignore the simple question: "Does Vermont actually need this power?"

Please don't respond to that question by calling me a climate change denier. I am not a climate change denier. I applaud the goal of disconnecting our society from the limited and destructive resource of fossil fuel. I was convinced of that long before the Exxon Valdez ran aground in Alaska, sitting in the family car in the freezing predawn cold while hoping that the gas station opened with a green flag. (Those of you under 50 may have to Google that to understand it.) But before we blow up another ridgeline or sink another spade into pristine forest, please have the decency to consider the question: "Does Vermont actually need this power?"

Mr. Shumlin takes great pride in repeating the often-heard mantra: "This facility will provide clean power to X number of homes." Whose homes? Certainly not those in Searsburg or Reading! Any industrial power produced in Vermont enters a regional power grid. What percentage of that will actually be used in Vermont, much less in the town hosting it? He insists on calling it "clean" when we all know the scheme of renewable energy credits will continue to be used to enable down country brown power producers to continue using fossil fuels. So, does Vermont actually need this power?

Here is our governor

sinking a shovel in a remote, pristine forest, far away from the area of our state that draws the most power. In a perverse form of reverse NIMBYism, apparently it is perfectly acceptable to destroy natural resources when those with noble intentions of reversing climate change can't see what's being done and don't have to live with its' aftermath. That way you don't have to ask the question: does Vermont actually need this power?

Wake up you members of VPIRG, CLF, Sierra Club and all those organizations that have fought hard to protect our natural resources! You've been duped by get-rich-quick investors and highly paid lobbyists who've seduced you with claims that their actions will reverse climate change. You know in your hearts that this particular tool will have virtually no measurable impact on climate change. Even the Public Service Department concedes that. Stop standing silent to the continued destruction of the very natural resources which actually do minimize the impact of climate change. Urge instead weatherization, conservation and the development of sensible renewable tools should we still need more power. And before the next fuse of dynamite is lit, ask the question: does Vermont actually need this power?

Drug Courts in New Hampshire

by Stephen Whitney
Bath, NH
Republican Candidate
for Grafton County
Commissioner District 2

A few weeks ago there was an article in the local newspapers from the police prosecutor of the Littleton Police Department about people charged with drug-related misdemeanors being allowed to enter the drug court program. I strongly agree that people with misdemeanor offenses should be admitted to this program, along with those convicted of felony offenses.

I think this concept should be tried as a pilot program. The reason I say this is because I have seen through my years as a corrections officer many drug offenders repeatedly jailed. Many of them started with misdemeanor charges and gradually over time were charged

with felonies. Most of these offenses were drug-related.

Over the years these people are in the court system which carries a toll on themselves, their families and the taxpayers who pay for incarceration. Many of the inmates I talked to over the years, looking back on their lives, wished they had been able to get treatment for their addictions, when they started getting into trouble and could have prevented the heartache they, their families and the people around them had suffered from their actions. I believe if participation in drug court had been an option for prosecutors in the past, many of those with misdemeanor offenses would have been willing to participate in the program. Right now there are few options for these people to get help. If they don't get help, more crimes will be committed to get money for drugs,

misdemeanors will turn into felonies and even fatal overdoses.

The people participating in the program would pay a fee and the circuit courts would have jurisdiction over people from their courts. They would also enter the Intense Outpatient Program which is a program available in different parts of Grafton County and people would be required to have a job or participate in job training while enrolled in the program.

I believe that people with misdemeanor offenses should be eligible to enter drug court. I think they would have the support of their families and would work to successfully complete the program. As a result, we could see a decline in drug-related crimes with fewer incarcerations, resulting in a savings for taxpayers and most important SAVE LIVES!

Planned Parenthood New Hampshire Action Fund Endorses Charlie Chandler in Senate District 2

Warren — Retired attorney, community leader and candidate for NH Senate District 2, Charlie Chandler, received the endorsement of the Planned Parenthood New Hampshire Action Fund on October 6th.

Jennifer Frizzell, Chair of the Planned Parenthood New Hampshire Action Fund PAC, issued the following statement:

"Health care access for New Hampshire women and families is under attack and we cannot take it for granted in this election. In the past two years, 20 bills came before the state legislature which aimed to restrict reproductive care in New Hamp-

shire. We need champions like Charlie Chandler to be a voice for the health and safety of NH women and families in the state senate. Planned Parenthood New Hampshire Action Fund PAC is proud to endorse Charlie Chandler because he will be a leader for the health of New Hampshire's women and families."

In accepting the endorsement, Charlie stated, "Protecting the health care and reproductive rights of all men and women in New Hampshire is a core position of my candidacy and because of that I am honored and delighted to have the formal endorsement and support of Planned Parenthood of NH."

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It's National Save for Retirement Week – So Take Action

Congress has dedicated the third week of October as National Save for Retirement Week. Clearly, the government feels the need to urge people to do a better job of preparing for retirement. Are you doing all you can?

Many of your peers aren't – or at least they think they aren't. In a recent survey conducted by Bankrate.com, respondents reported that "not saving for retirement early enough" was their biggest financial regret. Other evidence seems to show they have good cause for remorse: 52% of households 55 and older haven't saved anything for retirement, according to a report from the U.S. Government Accountability Office, although half of this group reported having a pension.

Obviously, you'll want to avoid having either financial regrets or major shortfalls in your retirement savings. And that means you may need to consider making moves such as these:

- Take advantage of all your opportunities. You may well have access to more than one tax-advantaged retirement plan.

Your employer may offer a 401(k) or similar plan, and even if you participate in your employer's plan, you are probably still eligible to contribute to an IRA. You may not be able to afford to "max out" on both plans, but try to contribute as much as you can afford. At the very least, put in enough to your employer's plan to earn a match-rate contribution, if one is offered, and boost your annual contributions every year in which your salary goes up.

- Create an appropriate investment mix. It's not enough just to invest regularly through your IRA, 401(k) or other retirement plan – you also need to invest wisely. You can fund your IRA with virtually any investments you choose, while your 401(k) or similar plan likely offers an array of investment accounts. So, between your IRA and 401(k), you can create portfolios that reflect your goals, risk tolerance and time horizon. It's especially important that your investment mix offers sufficient growth potential to help you make progress toward the retirement lifestyle you've envisioned.

- Don't "raid" your retirement accounts early. If you start withdrawing from your traditional IRA before you turn 59½, you may have to pay a 10% tax penalty

in addition to normal income taxes due. (If you have a Roth IRA and start taking withdrawals before you are 59½, the earnings will be taxed and may be subject to a 10% penalty – but contributions can be withdrawn without any tax and penalty consequences.) As for your 401(k) or similar plan, you may be able to take out a loan, but you'll have to pay yourself back to avoid any tax or penalty consequences. (Also, not all plans offer a loan option.) More importantly, any money you take out early is money that no longer has a chance to grow to help you meet your goals. Try to do everything you can, then, to keep your retirement plans intact until you actually do retire. One suggestion: Build an emergency fund containing three to six months' worth of living expenses, kept in a liquid, low-risk vehicle outside your IRA or 401(k).

National Save for Retirement Week reminds us that we all must act to help ourselves retire comfortably. By making the moves described above, you can do your part.

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

American Legion Auxiliary President Visits New Hampshire

American Legion Auxiliary National President Mary Davis posed for a picture during her recent visit to New Hampshire. During her stay in New Hampshire National President Davis had the opportunity to visit our Veteran's Home in Tilton, the Manchester VA, Boscawen Veteran's Cemetery and the Liberty House in Manchester. Originally from the state of Washington, ALA National President Davis felt right at home in New Hampshire, enjoying the colors, mountains and our brisk weather. Several American Legion posts hosted gatherings, lunches and dinners giving members the opportunity to hear her speak about supporting our veterans.

The ALA National Presidents project this year in the Children of Warriors National President's Scholarship. The American Legion Auxiliary sponsors the Children of Warriors National



(Pictured left to right) Department Historian Linda Dupont of Unit 82 Gorham, American Legion Auxiliary National President Mary Davis from the state of Washington and Unit President Eleanor Leach of Woodsville Unit 20.

Presidents' Scholarship to support the children of our warriors. These scholarships are awarded to 15 students annually who excel in academics and volunteer

in their communities. Three \$5,000 scholarships are awarded annually per geographic division, for a total of 15 scholarships. These scholarships are for undergraduate study only at a four-year accredited college or university, and may be used for tuition, books, fees, room, and board. Please visit <https://www.alaforveterans.org/scholarships/children-of-warriors-national-presidents-scholarship/> for more information about this scholarship.

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Remembering Summer

by Geoffrey Sewake
Community & Economic
Development Field
Specialist



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Cooking, eating sharing and enjoying fresh food grown here, by our local farmers, by our neighbors, in our gardens, in the woods and across the country. Food brings us together, sustains us, and ties us to the place we live, the places we remember and the times we've shared together and

by ourselves. As farmers ready their fields for winter, and harvest the last of the season's crops, let's remember summer. The community it builds, the energy it sustains. A hope for tomorrow's meal and today's. What's on your plate?

The author, Geoffrey Sewake, is a Community & Economic Development Field Specialist for the UNH Cooperative Extension out of the Grafton County office. He provides communities programming and technical assistance designed to empower and move communities forward. You may contact Geoffrey at (603) 787-6944, or at geoffrey.sewake@unh.edu.

The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer. University of New Hampshire, U.S. Department of Agriculture and N.H. counties cooperating.



Photo courtesy of Geoffrey Sewake

Letter to the Editor

To the Editor,

As a veteran, I can't seem to figure out why veterans would want to vote for Trump. A majority of vets detest Hillary as I do, I get it, but that shouldn't guaranty a vote for Trump. For the first time (since 1966) I will leave the line blank, here's why:

Trump had five deferments as did Dick Cheney. At least Cheney produced offspring for some of his deferments, while Trump produced excuses. They are both simply "chicken hawks".

Trump's sacrifices for America -- "building buildings...becoming successful and very, rich."

Trump equates his time in military school; (a wild kid), with our active duty service. Sorry Donald, not quite the same. He is the only person I heard of who

wished he had a purple heart, and treated it like a participation award from little league.

Trump promised donations to veterans groups from his "foundation". Some turned out to be frauds. He only completed donations to valid groups under public pressure. Many other Vets groups wouldn't even touch his money.

How about John McCain? He was shot down in war, made the mistake of being captured, and tortured, therefore "not a hero". Trump knows hotels, I suspect just the thought of spending 10 seconds in the Hanoi Hilton would have had him whimpering like a small child.

Then, the Khans grieved their lost son. Any intelligent patriot would have left that alone. Clinton received worse criticism from

a grieving mother at the RNC Convention but wisely shut her mouth.

Final straw, Trump used veterans including some Medal of Honor winners as props to introduce his new hotel. All veterans have the right to support Trump if they wish; I served to help preserve that right. But a couple of hugs, and less than a minute saying nice things about veterans later, Trump went into a spiel pimping his new hotel. Finally, he took credit for "exposing" his own "Birther" lie, by passing the buck.

He quickly left the stage under media questioning, while the backdrop, American flags and all collapsed in his wake. "Act of God"?... you decide.

Charlie Green
Bath, NH

Charlie,

I'm afraid I missed the falling backdrop you mentioned in your last paragraph. Perhaps "karma" would be a better description.

As I have often said here I am not endorsing, or even recommending any candidates in any race. I only strongly recommend that every American be registered to vote and to exercise that right on Tuesday, November 8. Whether you choose to leave a line blank, vote for an alternative, vote a straight party line, or skip back and forth, it is our chance to let our voice strongly be heard in Washington, as well as in every other capital in this country. Locally we are electing new governors in both New Hampshire and Vermont. Plus we each have a US Senate race to decide. Plus there are three House of Representatives seats to be decided.

Along with those mentioned elections there are countless other races from local state representatives to county officers and many others.

Again, take the time to learn who is running, and what they stand for, before you show up to vote.

I am also a proud veteran, and like you I signed up many years ago to, among other things, defend the right for everyone to say what they think, to speak freely about public policies and the decisions that our candidates and elected officials have made. Once more it is more than a right, it is our duty to speak up and let our voices be heard.

As a final word, if you want your opinion heard, or read, send your Letter to the Editor to gary@trendytimes.com or mail it to 171 Central Street, Woodsville, NH 03785 by October 27 and read it in our next edition, the last one before the November 8 election. Just be ready for a response.

Gary Scruton, Editor



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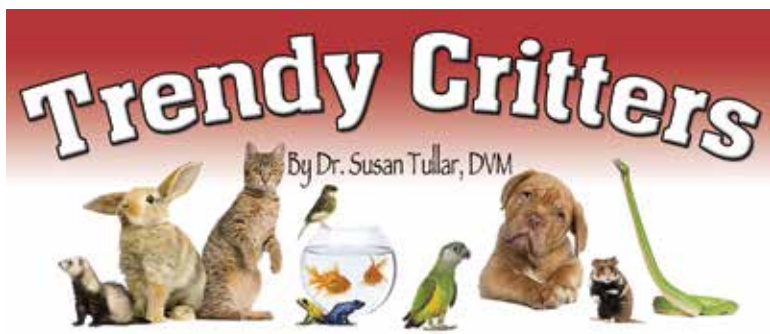
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During the late summer a glider out of Post Mill Airport had been enjoying the favorable wind currents until they reached the St. Johnsbury area. At that point they began losing the needed updrafts and eventually set the plane down rather comfortably on a hay field next to the Connecticut River in Bath. The farmer who was putting in his crop paid little attention as a chase crew was very soon on scene preparing the glider for a different type of trip back to Post Mills. Thanks to Rick Walling for the photos, and use of his field.



From: M. Kathleen Shaw, DVM, VT Veterinary Medical Association

Animals suffer from pain, just like we do. Some forms of pain are obvious such as surgical pain or an acute injury. Because most of us have had surgery at some time in our lives (or know someone who has), we have an idea of the pain animals must feel after having an operation. The same holds true for an acute injury such as falling down the stairs or having an ear infection. Unfortunately, the majority of pain in animals is chronic and harder for most pet owners to detect. Arthritis is often misin-

terpreted as the pet "getting old" or "slowing down". It is important to remember that age is not a disease, but pain is! Cancer and dental disease are chronic pains from which animals suffer in silence.

A common misconception is that animals will whine or cry out when they are in pain. In fact, it is very uncommon for this to occur. Signs of pain in dogs can vary between dog breeds and individual dogs. The majority have one or more of the following signs: decreased interaction with owners, decreased activity or appetite, reluctance to move, growling, guarding, aggression towards people or other pets, or even chewing or licking themselves where it hurts. For example, a dog may not want to be pet around the head if its ears or mouth hurt. An older dog with arthritis may growl or snap at kids or other dogs, trying to protect itself from being hurt.

Cats are very good at hiding when they don't feel well. This is because in the wild, if they show they are sick, they can quickly go from predator to prey. It is rare that a cat with chronic pain will cry out. Instead,

it may stop grooming and have matted fur, be stiff, lose weight, hide, be less active, eat less, or groom excessively at an affected area. A cat who "doesn't like to be pet there" is usually painful at that location.

Dental pain is rarely obvious to most pet owners. The assumption by many is if the animal is eating there is no mouth pain. Since the alternative is to stop eating altogether and starve to death, even pets with very painful teeth will still eat. They just may not eat as much, may lose weight and may not chew their food well. They may chew only on one side of their mouth.

A thorough annual wellness exam by your veterinarian will help to determine if your pet is in pain. If you suspect your pet is painful, call your veterinarian right away. There are many options available to treat pain in our pets: prescription medications, physical rehabilitation, acupuncture, laser therapy and therapeutic massage. Remember do not ever give human pain relievers to your pet: the majority of them are toxic to our pets. Even a little bit of certain human pain medications can cause kidney failure and death in our pets.

It is our moral responsibility as pet owners to provide for all aspects of our pets' needs. They give us unconditional love and depend on us for their care and comfort. Besides giving them food, love, and shelter we must realize that they may get sick and will definitely get old. Along the way there are times they will be in pain, for which there is help. For more information about pain control and how to tell if your pet is in pain, talk to your veterinarian and go to www.ivapm.org, the website of the International Veterinary Academy of Pain Management.

Volume 8 Number 1

October 18, 2016

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

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Trendy Times reserves the right to accept or reject publication of any letter to the editor or submission of any nature for any reason. *Of course you will need to be really out there for us to turn you down.* We also reserve the right to make slight changes to submissions for readability purposes.

Thank you for your understanding.



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TRENDY TIMES
A FREE PUBLICATION

Grafton County FSA Acreage Reporting Dates for 2017

(Orford, NH) Grafton County USDA Farm Service Agency (FSA) Executive Director Steven Schmidt announced that producers who file accurate and timely reports for all crops and land uses, including failed acreage can prevent the potential loss of FSA program benefits. Please pay close attention to the acreage reporting dates below for 2017.

In order to comply with FSA program eligibility requirements, all producers are encouraged to visit the Grafton County FSA office to file an accurate crop certification report by the applicable deadline.

The following acreage reporting dates are applicable for Grafton County:

- November 15, 2016: Perennial Forage and Fall-seeded Small Grains*
- January 2, 2017: Honey
- January 15, 2017: Apples
- February 15: Maple Sap
- July 15, 2017: Forage Seeding and all other crops
- September 30, 2017: Christmas Trees

*Please note the change in acreage reporting deadline for 2017 Perennial Forage.

The following exceptions apply to the above acreage reporting dates:

If the crop has not been planted by the above acreage reporting date, then the acreage must be reported no later than 15 calendar days after planting is completed.

If a producer acquires additional acreage after the above acreage reporting date, then the acreage must be reported no later than 30 calendar days after purchase or acquiring the lease. Appropriate documentation must be provided to the county office.

If a perennial forage crop is reported with the intended use of "cover only," "green manure," "left standing," or "seed" then the acreage must be reported by July 15th.

Noninsured Crop Disaster Assistance Program (NAP) policy holders should note that the acreage reporting date for NAP covered crops is the earlier of the dates listed above or 15 calendar days before grazing or harvesting of the crop begins.

For questions regarding crop certification and crop loss reports, please contact the Grafton County FSA office at (603) 353-4650 (ext. 2).



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ABOVE THE NOTCH HUMANE SOCIETY

The Treatment

by Elinor Mawson

My father took very little action when it came to his kids. He would give us advice at the top of his lungs, he'd "allow" us to do something we wanted to do, but not very often. "No" was his favorite word. He never took us anywhere and seldom participated in family activities (he was too busy). Most of the time we hated him.

When I was in high school, I developed plantar warts. These grow on the bottom of your feet and feel like little stones when you walk. They are quite painful, and when I complained to my mother about them, her first remark was, "You'll be all right." Most of the time this worked. But when I complained again (and again) she took me to our family doctor. He recommended a doctor in Manchester (40 miles away) who would do X-ray treatment on my feet.

After what seemed quite a while, I got an appointment and, of all things, my father was selected to take me to Manchester. I wasn't too

pleased, but I was looking forward to painless feet.

Once there, I situated myself for my X-ray treatment, received it, and the doctor told my father that I would need 3 more treatments to eliminate my problem.

THREE MORE TREATMENTS!! DO YOU REALIZE WE HAVE TO DRIVE 40 MILES TO GET HERE? THREE MORE TIMES!! YOU HAVE TO BE KIDDING! GIVE HER THE THREE TREATMENTS RIGHT NOW AND WE'LL GET IT OVER WITH!

"I can't do that!" the doctor protested. "Too much radiation could make her sterile among other problems!"

"Give her the treatments just the same!" said my father. We'll worry about the other stuff later."

I will never know why, but the doctor did exactly that. I got my 3 treatments and home we went. My father bragged proudly that I would never have to go to that doctor again. My plantar warts went away, eventually

And eventually I produced two healthy sons.

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

October 18, 2016

Volume 8 Number 1

COUNTRY 101.3 WYKR-FM

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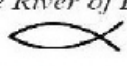
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by Ronda Marsh

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

Quick Poulet Au Vin

Most everyone has heard of Coq Au Vin, that centuries-old chicken dish made popular in the 1960's here in America by Julia Child. The name literally translates to "Rooster With Wine," and was created by the French as a way of making an old tough bird not only edible, but actually tender and succulent. Fortunately for us, in the 21st century, old tough roosters are not readily available and modern Coq Au Vin calls for your regular, run-of-the-mill skin-on,

bone-in chicken, hence the updated name, "Poulet Au Vin." Unfortunately, the one thing a 17th century rooster and a 21st century chicken have in common, is that it still takes a considerable amount of time to cook a bird with its bones to tenderness.

I wanted to keep all the traditional flavors of this delicious dish, but find a way to reduce the cooking time and make it an option for easy, weeknight cuisine, so I turned to boneless, skinless chicken thighs (and

yes, if you are a chicken breast only person, you can use those instead, but they won't be as tender.) I found that by browning the floured chicken, then adding the other necessary Coq Au Vin elements, namely mushrooms, garlic, bacon pieces (the French call them "lardons"), and a good glug of red wine, you end up with much the same flavor profile and a very tender, moist chicken dish. Served over some noodles and draped with the delicious, buttery wine sauce, this recipe will elicit sighs of satisfaction, and maybe even a "Merci!" or two!

- 4 slices bacon, diced (if you have thick-cut, even better!)

- 6 boneless/skinless chicken thighs (or 2 boneless breasts, cut in thirds)

- ½ cup all-purpose flour

- Salt & pepper

- 3 Tablespoons softened butter, divided

- 1 or 2 cloves garlic, diced

- 8 ounces button mushrooms, sliced

- 1 cup red wine (I used merlot)

- 1 Tablespoon fresh thyme, or 1 teaspoon dried

Pat chicken dry and season with salt and pepper. Dredge pieces in flour, patting off any excess, and set aside. Place bacon in a large, high-sided skillet and set over medium heat. Cook until fat is rendered and the

lardons are browned. Remove bacon to a plate, but keep the fat in the pan. Add 1 Tablespoon of butter to pan and when foaming subsides, add the chicken. Cook chicken about 5 minutes, until golden brown. Turn and cook about another 3 minutes. Push chicken to one side of pan and add the mushrooms and garlic. Cook until mushrooms are

browned. Add the wine and bring to a medium boil, cooking until the wine is reduced to about half its original volume (about 7 minutes.) Remove pan from heat, and whisk in the thyme and the remaining 2 Tablespoons of butter, to emulsify and gloss the sauce. Serve chicken topped with mushrooms and sauce then sprinkle with the bacon lardons.



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RYEGATE, VT- Combination double wide and addition. Over 2184 sq.ft. features include huge master bedroom with an additional room. Total of 9 rooms and 2 full bathrooms, relax in the Jacuzzi, 2 car attached garage. Wonderful views from many of the rooms. Situated on 5 Acres. \$59,500.

WELLS RIVER, VT- This home offers many fine features. Four bedrooms, Spacious modern Kitchen, Dining area, hardwood floors, whirlpool tub, pellet stove, patio, porch and deck. Attached garage and back yard. Many upgrades over the years. \$110,000.



RYEGATE, VT- Quiet wooded 10 Acres in excellent hunting area. Property offers a septic, drilled well, electric, phone, wifi and a camper with an addition. Ideal for camping. Property is used for recreation now and build later if so desired. Great 4 wheeler country. \$39,500.

NORTH HAVERHILL, NH- Move in condition. Enclosed 3 season porch, spacious kitchen with vaulted ceiling and bay window. Cabinets, pantry closet, kitchen appliances. Living room you can relax in, remodeled bathroom, 2 bedrooms, Master bedroom with double door closet. Also included is an oversize shed/workshop with woodstove. The park is very well kept. Reasonable park rent. \$37,500.



NEWBURY, VT- Let the family fun begin. Lovely cottage within walking distance to Tenney Pond. Snow mobile to vast system. Features include 3 Bedrooms being one on the first floor and 2 bunk rooms on the 2nd. Front porch to relax on. Cell service is available. Year round private road with power, drilled well and septic. All the makings for a great vacation property. \$55,000.

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