

# TRENDY TIMES

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OCTOBER 25, 2011 VOLUME 3 NUMBER 2

## TWO HISTORIES OF HALLOWEEN

### Trick Or Treat!

By Marianne L. Kelly

"Trick or Treat, smell my feet, give me something good to eat!"

In just a few days a plethora of witches, goblins, ghosts, clowns, super heroes and the like will show up on our door steps chanting "trick or treat!" before returning home to devour their haul of goodies. Halloween is great for dentists!

This Halloween custom has been celebrated for centuries, but how did it all begin?

The American custom of Trick or Treat dates back to Ireland in the fifth century BC. The ancients believed that ghosts crossed the veil into the earthly realm on "All Hallows Eve" and they might encounter some if they left their homes on this night. If they had to leave home after dark, they wore masks so any ghosts they encountered mistook them for fellow spirits.

During these Dark Ages, the Catholic Church approved the act of "souling," where beggars went to people's homes asking for barley or oatcakes in exchange for prayers. According to the ancient church, these prayers were a type of insurance for a dead person's entry into heaven. "Soul Cake Day," although unfamiliar to many, is still popular in Ireland and Scotland where some believe the practice of trick or treating began.

The Romans adopted Halloween around the first century AD, and incorporated it with other traditions celebrated in October. As belief in spirit possession eased, dressing up in costumes became part of the Halloween tradition.

#### AMERICAN HALLOWEEN

We have European immigrants and Native Americans to thank for introducing Halloween to our country around the 1840s. Early celebrations were strictly limited due to rigid religious beliefs. What started out as a celebration of the harvest quickly morphed into neighbors gathering, sharing ghost stories, tales of the dead and telling each other's fortunes. Washington Irving's "The Legend of Sleepy Hollow," is a prime example of such a tale.

American trick or treating came into its own in the 20th century, especially when the post-World War II baby boomers came of age and new neighborhoods sprung up all over the country right beside the old. It was not uncommon to open one's door to a dozen or more costumed, masked "urchins" at one time.

If someone made the unfortunate decision not to give a treat, the next morning he might be greeted with a tree on his property decorated with toilet paper, or dried eggs on his car window or any number of harmless tricks.

Unfortunately, increasing vandalism, as well as placing dangerous items in trick or treat bags, and lacing sweets with deadly drugs has forced some communities to set a particular time and place for trick or treat, and some place an age limit on the revelers.

Halloween is the second largest commercial holiday in the United States, and is enjoyed by the young and "young at heart." Dressing up in costume and either watching or marching in a parade has put sheer fun in many lives and smiles in many hearts.

Leave your cares behind this Halloween; enjoy the little ones in their costumes and the pure pleasure of the day.

Trick or Treat!



### History Of Halloween Galore!

By Lenora Ellison

Halloween originated 2,000 years ago with the ancient Celtic festival of Samhain in the area that is now Ireland, the United Kingdom, and northern France. Samhain, (pronounced sow-in), was October 31st, the night before their New Year. This day marked the end of summer and the harvest time, and the beginning of the dark, cold winter. It was believed that on this night, the boundary between the worlds of the living and the dead was blurred, and the ghosts of the dead returned to Earth.

The presence of the spirits was believed to cause trouble and damaged crops, and their return also made it easier for the Druids, or Celtic Priests, to make predictions about the future. Druids built huge, sacred bonfires where people gathered to burn crops and animals as sacrifices. They wore costumes of animal heads and skins and attempted to tell each others fortunes. When the celebration was over, they relit their fires from the sacred bonfire to help protect them from the coming winter.

The Roman Empire conquered the majority of Celtic territory by 43 A.D., and ruled the land for the next 400 years. They combined Samhain with two Roman festivals: Feralia, and the day of Pomona. Feralia was a day in late October for honoring the deceased, and Pomona is the Roman goddess of fruits and trees. Pomona's influence on the celebration probably explains the tradition of "bobbing for apples."

In 609 A.D., Pope Boniface IV dedicated the Pan-

theon in Rome to honor all Christian martyrs, and the Catholic feast of All Martyrs' Day was established in the Western Church. Pope Gregory III later expanded the festival to include all saints, as well as martyrs, and moved the observance day from May 13th to November 1st. In the year 1000, the Catholic Church made November 2nd All Soul's Day, a day to honor the deceased. All Soul's Day was similar to Samhain with big bonfires, parades, and costumes of saints, angels, and devils. It is believed that the Church was attempting to replace the Celtic festival of the dead with a related, but church-sanctioned holiday. All Saint's Day was also called All-hallows, or All-hallowmas. The night before this day was called All-hallows Eve, and eventually Halloween.

The celebration of Halloween was limited in Colonial New England because of the strict Protestant beliefs, but was more common in Maryland and Southern colonies. As the beliefs and customs of different European ethnic groups and Native Americans meshed, a distinctly American version of Halloween began to emerge. People held "play parties" or public events where people celebrated the harvest; neighbors would share stories of the dead, tell fortunes, dance, and sing. Colonial Halloween festivals also featured the telling of ghost stories and mischief-making. In the second half of the 19th Century, immigrants flooded into America. These immigrants, especially the millions of Irish immigrants fleeing the Potato Famine of

1864, helped to popularize Halloween.

Americans took from English and Irish traditions and went from house to house asking for food and money, a practice that eventually became today's trick-or-treating. Trick-or-treating likely dates back to All Souls' Day parades in England when poor people would beg for food and families would give them pastries called "soul cakes" in return for the promise to pray for their dead relatives. The distribution of these cakes was encouraged by the Church as a way to replace the practice of leaving food and wine for "roaming spirits." This practice was referred to as "going-a-souling," and was eventually taken up by children who would visit houses in their neighborhood and be given food, ginger ale, and money.

The tradition of dressing up on Halloween has European and Celtic roots. On Halloween, it was believed that ghosts came back to the earthly world, and to avoid encountering these spirits, people would wear masks so that the ghosts would mistake them for fellow spirits.

With Halloween excitement in the air, it is easy to get lost in the costumes and candy and overlook the holiday's origins, but there are interesting discoveries hidden in the history of Halloween that give us glimpses into why we do what we do to celebrate.

*Editors Note: Lenora Ellison is a junior at the Olivarian School. She wrote this article as part of a journalism class that recently visited the office of Trendy Times.*

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# 17th Annual Business Celebration To Be Held November 10

Businesses and institutions from the Northeast Kingdom that made significant strides in 2011 will be honored at the 17th Annual Business Celebration to be held Thursday, Nov. 10 at the Black Bear Tavern & Grille, Hastings Hill, St. Johnsbury.

The event recognizes local businesses and organizations that are newly established or firms that have made a significant economic impact in the region over the past year. Twenty businesses are chosen to speak on and share

their 2011 accomplishments at the celebration.

"The intent of this event is to let our region know there are business successes everywhere you turn," said Maurice Chaloux, committee chairman. "An important element of this celebration has been to get these stories out, to let people know that businesses are succeeding."

This event joins together the towns of St. Johnsbury and Lyndon, the Lyndon Area Chamber, St. Johnsbury Development Fund and the

Northeast Kingdom Chamber of Commerce in sponsoring this unique celebration. The celebration is organized by the NEK Chamber. The event has received major sponsorship from St. Johnsbury Academy with corporate sponsorship from Community National Bank, Passumpsic Savings Bank and Union Bank.

According to Darcie McCann, executive director of the Northeast Kingdom Chamber, the event is unique in that it combines businesses of all sizes in the celebration. Adding to the festive flair is that fact that students from the St. Johnsbury Culinary Arts Program assist in the preparation and serving of the meal.

The celebration also features the awarding of the 17th annual "Business Person of

the Year." This honor is given to individuals making significant contributions to the community and region. Prior recipients were Gordon Mills, EHV Weidmann; Fred Bona, White Market; John Norris, Dairy Association/Bag Balm; Caroline DeMaio, Northern Lights Bookshop & Café; Robert Kourkoulis, Lincoln Inn Family Restaurant; Neal S. Austin, NSA Industries; Richard Lawrence, Lyndonville Agway; James Impey, Impey's Vermont Real Estate; Bernard "BJ" Murphy, Murphy Realty; James McDonald, J.A. McDonald Roads & Bridges; Aminta ("Minty") Conant, Lydall Thermal Acoustical; Patty and Dana Emery, Lyndonville entrepreneurs; Elizabeth Lane Raymond, Elizabeth's Large Size Fashions; Marty Beattie, Marty's First Stop; John

Goodrich, WEIDMANN; and Leslie and Brian Mulcahy, the Rabbit Hill Inn.

Community members and individuals are encouraged to attend this festivity, as it is an opportunity to acknowledge many local businesses and celebrate the Northeast Kingdom as a place to do business. The event runs from 11:30 a.m. to 1:30 p.m. The cost of the lunch is \$16. Businesses and organizations are encouraged to reserve one or more tables of eight for their employees and guests.

For reservations or more details on the celebration, contact the Northeast Kingdom Chamber at 51 Depot Square.-Ste. 3, St. Johnsbury, VT 05819; call (802) 748-3678 or 1-800-639-6379; fax (802) 748-0731; or e-mail at nekinfo@nekchamber.com.

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1. Current Expenses - Take the time to compile all of your current obligations (supplemental health insurance, prescription drug insurance, life insurance, etc.) and examine if you have the most cost-effective plan for you and/or if all plans are still relevant. Consult with a trusted information source before terminating plans. When assessing your prescription drug plans, consider reaching out to your local State Health Insurance Assistance Program (SHIP), where you can get free information about Medicare, including apply for and selecting plans.
2. Health Insurance - If you're enrolled in Medicare and have limited income and assets, you may be able to put over \$100 back in your monthly Social Security check and minimize your premiums and co-pays by learning more about Medicare Savings Programs. There
3. Prescription Drugs - If you qualify, Medicare's Extra Help and local prescription drug assistance programs can help you cut your medicine costs.
4. Property Taxes - Legally whittle down your annual tax bill with help from local abatement, circuit rider, or work-off programs. On average, you can save \$500-\$2,000 annually with this assistance.
5. Phones - In Vermont, older adults with modest incomes can qualify for help with paying their phone bill. Call us to find out more.
6. Volunteering/Community Service - Get paid to give back—the Senior Companion Program and the Senior Community Service Employment Program (SCSEP) provide paid stipends for service.
7. Use Your Home to Stay at Home™ - If you own your
8. Senior Discounts - Many retailers offer discounts to older customers on certain days of the week. Consider making all your purchases on that day, so you can receive an additional discount.
9. Estate Planning - "Must have" legal documents include a will for property distribution decisions, a living will for health care decisions, and a durable power of attorney to designate a personal representative in the event of incapacity. Also, consider a written plan for distributing untitled personal property (e.g., jewelry, furniture, and collectables) to heirs or charitable organizations to reduce confusion and family conflicts.
10. More Help - Find out what other public benefits you may be eligible for by contacting the Area Agency on Aging for Northeastern Vermont at 748-5182, 334-2190 or via the Senior HelpLine at 1-800-642-5119.

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

# Halloween Pumpkin And Costume Contest For Lisbon Children

LISBON – Lisbon children are invited to celebrate Halloween by coming to the Annual Pumpkin Festival at Town Hall, on School Street, Sunday, October 30. Prizes will be awarded for the best decorated pumpkins and the best Halloween costumes. The event is held from 6 to 7 p.m. and is organized by Lisbon Main Street, Inc., the Lisbon Lions Club and Lisbon Police Department. Lisbon police officers provide tips for a safe Halloween when the children go out to trick-or-treat. Pumpkins must be brought to the town hall already decorated and ready to be judged.

"We always have a great time, and it's an event the



2010 Pumpkin entry in Lisbon Halloween contest.

whole family can enjoy," said Belinda Bailey, who co-chairs the Main Street Promotion Committee with Mark Winter.

# Two Spots To Stop On Halloween Night

For those looking for an event before or after Trick or Treating on Halloween night there is just such an event in Newbury. The Friends of Newbury Elementary School, a parent group, is sponsoring The Halloween Howl at N.E.S. The doors for this free event will be open from 4:30 until 7:00pm.

The group is also looking for volunteers to help out on the night of the haunted house. They are also looking for any Halloween props that would work in a haunted

house. Anyone who is willing to donate items they can't use anymore would help out. If anyone has questions they can call 802-429-2962.

If you are Trick or Treating in Woodsville, be sure to stop by the American Legion Home at 4 Ammonoosuc Street. The ladies of the Auxiliary will be outside waiting to hand out cupcakes, cookies and candy to those who stop by from 5:00-7:00pm. This is open to all children, not just those who have parents as members.

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

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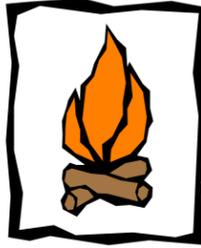
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# Whole Milk – Grade A, Pasteurized, Homogenized – What does all this mean?

By Michal Lunak, UNH CE, Dairy Specialist

How many times have you purchased a jug of milk and read the words “Grade A”, “Pasteurized”, and “Homogenized” on the label? Were you wondering what all this meant? Well, here is a little explanation to these terms – what they mean and how they were created.

Milk is a nutritive beverage obtained from various animals and consumed by humans. Most milk is obtained from dairy cows, although milk from goats, water buffalo, and reindeer is also used in various parts of the world. In the United States, and in many industrialized countries, raw cow's milk is processed before it is consumed. During processing the fat content of the milk is adjusted, various vitamins are added, and potentially harmful bacteria are killed.

Whole Milk –The term “whole milk” refers to the fat

or butterfat content. By law, the butterfat content in whole milk in the US should be 3.25%; 2% in the Reduced fat milk, 1.8% in Semi-skim, about 1% in Low fat, and 0.0 – 0.5% in Skim milk.

Raw milk, or milk in its natural state, varies in fat content depending on the breed of cows, type of feed, health status, and many other factors of the animals producing the milk. The average composition of cow's milk is 87.2% water, 3.7% milk fat, 3.5% protein, 4.9% lactose, and 0.7% ash. This composition varies from cow to cow and breed to breed. For example, Jersey cows have an average of 85.6% water and 5.15% milk fat.

Grade A Milk - “Grade A” refers to milk produced under sufficiently sanitary conditions to permit its use as fluid milk. About 90% of the milk produced in the

United States is Grade A milk. Grade B milk is produced under conditions that make it acceptable only for manufactured products such as certain cheeses, where it undergoes further processing. Certified milk is produced under exceedingly high sanitary standards and is sold at a higher price than Grade A milk.

Pasteurization - contrary to raw milk, pasteurized milk goes through a process of heating the milk to a given temperature for a given time and then quickly cooling it. This process destroys almost all of the bacteria in the milk, as well as any disease agents. In this way pasteurization prolongs the shelf life of the product. The milk lasts longer, but also loses much of its character, such as its physicochemical and intrinsic qualities.

The process of pasteurization has been around for quite a long time and has had a profound effect on milk consumption and public health.

The process of pasteurization was invented by a French scientist Louis Pasteur who, in 1850, began to examine why products like wine and beer sometimes went sour during the fermentation process. This led to his discovery that the souring was caused by certain unwanted strains of bacteria and yeast, or 'germs,' as he

called them.

Taking a cue from Lazzaro Spallanzani (an Italian biologist who laid ground work for a germ theory), Pasteur found that heating below boiling, then rapidly cooling wine, killed the spoilage organisms busily trying to turn it into vinegar. This heat sterilization process, dubbed 'pasteurization', was first proposed for use on milk in 1886 by German agricultural chemist Franz von Soxhlet. The first commercial pasteurization machines came on-line in the mid-1890's and remained the standard for decades.

In the United States, the first milk processing plant to install pasteurizing equipment was the Sheffield Farms Dairy in Bloomfield, New Jersey, which imported a German-made pasteurizer in 1891. Many dairy operators opposed pasteurization as an unnecessary expense, and it wasn't until 1908 that Chicago became the first major city to require pasteurized milk. New York and Philadelphia followed in 1914, and by 1917 most major cities had enacted laws requiring that all milk be pasteurized.

Today, the most common methods of pasteurization used in the industry are:

Vat Pasteurization – Vat Pasteurization is the gentlest type of pasteurization. It requires the milk be held in a

heated vat at 145 degrees for 30 minutes. It is then quickly cooled to 39 degrees. This type of pasteurization is more expensive, which is why products that have been produced using it are difficult to find.

High Temperature, Short Time (HTST) method – HTST requires that the milk be held at 161 degrees for 16 seconds. This process, also referred to as continuous flow pasteurization, requires the milk to be forced through metal pipes that are heated from the outside.

Ultra-Pasteurization (UP) – This is the type of pasteurization that you will most commonly see on cartons of milk, half-and-half and heavy cream. It produces a product that has a stable shelf life of up to two months! The UP method requires that the milk be held at 280 degrees for 2 seconds. Most commercial milk brands use this form of pasteurization since it is the quickest and cheapest.

Homogenizing - most milk is homogenized to reduce the size of the remaining milk fat particles. This prevents the milk fat from separating and floating to the surface as cream. It also ensures that the milk fat will be evenly distributed through the milk. The hot milk from the pasteurizer is pressurized to 2,500-3,000 psi by a multiple-cylinder piston pump and is forced through very small passages in an adjustable valve. The shearing effect of being forced through the tiny openings breaks down the fat particles into the proper size.

Hopefully when you go to purchase your next gallon of milk you will be a more informed consumer. If you have additional questions after reading the labels on your milk, please feel free to contact me at the UNH Cooperative Extension office in Grafton County (603-787-6944).

Taken From:  
<http://www.madehow.com/Volume-4/Milk.html>  
<http://www.deliciousobsessions.com/2010/10/types-pasteurization/>  
<http://www.strausfamily-creamery.com/?id=34>  
[http://www.raw-milk-facts.com/pasteurization\\_T3.html](http://www.raw-milk-facts.com/pasteurization_T3.html)

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# The Elephant Man By The St. J. Players

## A Mammoth Undertaking - Well Worth the Efforts

By Gary Scruton

It can be a very daunting task for a small community group of actors to take on a Tony Award winning play. The Elephant Man is such a play winning the 1979 Tony Award for best play. It can also be very fulfilling when one of these local groups takes on the task and does such a wonderful job as the St. J. Players have done with their current production.

Walking into the St. Johnsbury School Auditorium, one is met by friendly and energetic members of the amateur group. One of the main points in the lobby is the well recorded history that is presented in five volumes and laid out on tables with a sincere invitation for any and all to look thru and perhaps find that past performance that you know so well.

As mentioned earlier, it can be very daunting to perform a play with the credentials of Elephant Man. It can also be difficult to attempt a critique of the same. The play itself is tried and true having been on Broadway for over 900 performances. For that reason a critique of the play itself is really unnecessary and probably foolish to attempt. Therefore I will concentrate more on the local performers and the long standing history of the St. J. Players.

The St. J. Players are celebrating their 75th year of performances and with the

choice of The Elephant Man have shown a willingness to take on the challenge that such a play offers. Set in Victorian London, England the actors all needed to learn the proper British language and presentation of it. This was done quite well throughout. Special mention should be given to Jan Clausing who portrayed Ross. In one particular scene Ross had some extended dialogue while pleading for "just ten percent". During that time he held the person, the accent, and the deeper meaning true to form.

Another performer that should get some extra ink was Paul Scavito who played Dr. Fredrick Treves. Being a proper British gentleman is not the easiest of parts to play, but again a member of this cast stepped up to the plate and gave a very enjoyable and well performed accounting.

With those two particular actors mentioned it should not in any way mean that the rest of the cast let them, or the audience down. From the lead role of John Merrick, by Noah Fink, to Will, portrayed by Heather Topolski, they all played their parts well letting the emotion of the play come thru.

All of these actors came together under the directorship of Sarah Bengston who is no stranger to the performances by the St. J. Players.

This was, however, her very first go at being the Director. One of the best things you can say about a director is that you didn't really notice her. That seemed to be the case here as the scenes flowed well, actors appeared to be where they were supposed to be, when they were supposed to be there, and there was a definite continuity and flow to the performance.

The Producer of this production, who is also the House Manager, Costume provider, unofficial Historian, and excellent spokesperson, Jane Vinton, was one of those friendly people greeting audience members in the front lobby. Jane was also doing a survey to learn what method of publicity was working best for her group.

One other important note about the production of The Elephant Man by the St. J. Players is the fact that they have such a wonderful venue from which to present their productions. The Auditorium has a good sized stage with excellent lighting, good sound and fine curtains to help with scene changes. The comfortable seating is more than ample and it was almost a shame to not have a larger crowd in attendance on opening night.

The good news is that Elephant Man will be on stage again October 28, 29

and 30. With Friday and Saturday evening performances at 7:30 and a Sunday matinee at 2 pm. If you enjoy the-

ater, then the St. J. Players and their performance of The elephant Man should go on your "to do" list.

**The ELEPHANT MAN**  
By Bernard Pomerance

**Oct 21 & 22**  
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**Oct 28 & 29**  
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# Calendar of Events

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

## MONDAYS/THURSDAYS

**NORTH COUNTRY YMCA  
AEROBIC FITNESS CLASS**  
6:30 PM  
Woodsville Elementary School

## WEDNESDAYS

**BINGO**  
6:30 PM  
Haverhill Memorial VFW Post #5245  
North Haverhill

## OCTOBER 3 - 31

**LANDSCAPES: AN ART EXHIBITION BY  
KRISTINE LINGLE**  
Alumni Hall, Haverhill

## TUESDAY, OCTOBER 25

**VERMONT ACTIVIST RON KRUPP  
BOOK TALK**  
7:00 PM  
Fairlee Public Library

## THURSDAY, OCTOBER 27

**CRIBBAGE TOURNAMENT**  
1:00 PM  
Horse Meadow Senior Center, North Haverhill

## BOOK CLUB FOR WRITERS DISCUSSION

7:00 PM  
Haverhill Corner Library  
*See article on page 16*

## FRIDAY, OCTOBER 28

**PEACHAM CHURCH RUMMAGE SALE**  
9:00 AM – 2:00 PM  
Peacham Church

## FRIDAY & SATURDAY

**OCTOBER 28 & 29**  
“THE ELEPHANT MAN” PRESENTED BY  
THE ST. JOHNSBURY PLAYERS  
7:30 PM  
St. Johnsbury School Auditorium  
*See article on page 5*

## SATURDAY, OCTOBER 29

**PEACHAM CHURCH RUMMAGE SALE**  
9:00 AM – 12:00 Noon  
Peacham Church

## ANNUAL HOLIDAY BAZAAR

9:00 AM – 2:00 PM  
Fellowship Hall,  
North Haverhill United Methodist Church  
*See ad on page 9*

## 34TH ANNUAL FALL RAILROAD SHOW

10:00 AM – 3:00 PM  
Profile School, Bethlehem

## MARIONETTE AND PUPPET SHOW

2:00 PM  
Fairlee Public Library

## HAVERHILL PARISH HALL HAUNTED HOUSE

6:00 PM – 9:00 PM  
Parish Hall, Haverhill Corner

## HAVERHILL RECREATION COMMISSION'S HAUNTED HAPPENINGS & DANCE

6:00 PM – 10:00 PM  
Robert E Clifford Memorial Building,  
South Court Street, Woodsville  
*See ad on page 3*

## SUNDAY, OCTOBER 30

“THE ELEPHANT MAN” PRESENTED BY  
THE ST. JOHNSBURY PLAYERS  
2:00 PM  
St. Johnsbury School Auditorium  
*See article on page 5*

## DEMOCRACY IN ACTION MARCH

4:00 PM  
Court House Park, Main St., St. Johnsbury  
*See article on page 7*

## LISBON PUMPKIN FESTIVAL

6:00 PM – 7:00 PM  
Lisbon Town Hall  
*See article on page 3*

## MONDAY, OCTOBER 31

**HALLOWEEN HOWL AT N.E.S.**  
4:30 PM – 7:00 PM  
Newbury Elementary School  
*See article on page 3*

## LADIES AUXILIARY TRICK OR TREATING

5:00 PM – 7:00 PM  
Woodsville American Legion Post #20  
*See article on page 3*

## TUESDAY, NOVEMBER 1

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

## CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING

7:00 PM  
Morrill Municipal Building, North Haverhill

## WEDNESDAY, NOVEMBER 2

**3 RIVERS BUSINESS ASSOCIATION  
MONTHLY MEETING**  
8:00 AM  
Wells River Savings Bank, Wells River

## WOODSVILLE/WELLS RIVER 4TH OF JULY COMMITTEE MEETING

7:00 PM  
Woodsville Emergency Services Building

## THURSDAY, NOVEMBER 3

**FARNUM HILL CIDER OF NH SAMPLING**  
3:00 PM – 6:00 PM  
St. Johnsbury Food Co-op  
*See article on page 13*

## FRIDAY, NOVEMBER 4

**PEACHAM CORNER GUILD'S ANNUAL  
CHRISTMAS SHOW**  
10:00 AM – 4:00 PM  
Peacham Town Hall

## OUR NATIONAL THANKSGIVING: WITH THANKS TO PRESIDENT LINCOLN AND MRS. HALE

7:00 PM  
Bath Town Hall  
*See article on page 9*

## SATURDAY, NOVEMBER 5

**NORTH COUNTRY YMCA CLOTHING DRIVE**  
9:00 AM – 1:00 PM  
Woodsville Elementary School  
9:00 AM – 12:00 Noon  
Pilgrim Furniture, Littleton  
*See ad on page 8*

## FALL BAZAAR

9:30 AM – 3:30 PM  
Woodsville United Methodist Church  
*See ad on page 9*

## PEACHAM CORNER GUILD'S ANNUAL CHRISTMAS SHOW

10:00 AM – 4:00 PM  
Peacham Town Hall

## MONDAY, NOVEMBER 7

**PRESCHOOL PLAY GROUP**  
9:30 AM – 10:30 AM  
Morrill Municipal Building, North Haverhill

## SENIOR STRETCHING

11:00 AM – 12 Noon  
Morrill Municipal Building, North Haverhill

## GOOD OLE BOYS MEETING

**GUEST SPEAKER - OVIDE LAMONTAGNE**  
12:00 Noon  
Happy Hour Restaurant, Wells River

## HAVERHILL SELECTBOARD MEETING

6:00 PM  
Morrill Municipal Building, North Haverhill

## WEDNESDAY, NOVEMBER 9

**TWIN STATE HUMANE SOCIETY  
SPAY/NEUTER CLINIC**  
Pike, NH

## MONTHLY MEETING -

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

## THURSDAY, NOVEMBER 10

**17TH ANNUAL BUSINESS CELEBRATION**  
11:30 AM – 1:30 PM  
Black Bear Tavern and Grill, St. Johnsbury  
*See article on page 2*

## FRIDAY, NOVEMBER 11

**VETERANS DAY PRESENTATIONS**  
9:00 AM  
Route 116/10 Monument, North Haverhill

## VETERANS' DAY PARADE

11:00 AM  
Central Street Flag Pole, Woodsville

## DEDICATION OF BRADFORD HONOR ROLL PLAQUES

11:00 AM  
Bradford Academy Auditorium

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

*Submit your entries by:*

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*Deadline for submissions is Thursday, November 3rd for our November 8th issue.*

# Occupy Wall Street Movement; Some Of The Questions It Has Raised

By Veronica Molner, Oliverian School Sophomore

How productive can a movement be if it has no goals? This question has been circling around the Occupy Wall Street protests since their beginning in September. Though the peaceful demonstrations have a number of different causes, there is no set goal, and many of the protesters take pride in that aspect of the movement.

The protests started in New York City's financial district on September 17, 2011, and have since spread across the country to over one hundred American cities. Their main causes are to separate money and political power, and to build a democracy, rather than a "corporatocry." One of the most important concepts of the movement is that of the 99%. It illustrates the separation of wealth amongst Americans, claiming that the top 1% gets nearly a quarter of America's money. The protests are a peaceful attempt to draw attention to the corruption of corporate America, and their message has inspired Americans from all walks of life to step forward and join the movement.

The message of Occupy Wall Street has made its way onto the campus of The Oliverian School, prompting students and staff alike to think about where they stand. There is a small range of different opinions amongst the Oliverian community, each with good points. Student Olivia Griffin, '13, has a very personal influence weighing in on her opinion: "My dad works in the trade industry, and these protests go against his

career. Protesters have every right to voice their opinion, but I think that their opinions are skewed." She points out the fact that if the movement gets what it ultimately wants, it will personally affect the economic standing of her family, and that is what makes her opinion so strong.

Most students are in support of the movement. Excited by the energy of the protests, many actually attended an Occupy Wall Street demonstration held in Burlington, Vermont. "It was really invigorating," Sophia Carver, Oliverian Senior, says. "It was a great environment and the cause is a really necessary one. There was so much unity, I felt like I was one with the crowd." Though many students are excited about the movement, not quite as many know a lot about it. This is understandable, because of the media coverage the protests are receiving.

The media seems to be caught in a widespread confusion, with many different opinions about what the true cause of the movement is. This makes researching Occupy Wall Street confusing and unclear. Another issue with researching the protests is the lack of unbiased reports available. There is an abundance of articles online that only give one point of view, and with an issue such as this one, that is not helpful at all for people who have yet to discover where they stand. Josh Holt, humanities teacher at the Oliverian School, thinks that the media plays an important role in the way people around the

country are viewing the protests. He claims that the media, in this case as well as many others, is skewing and polarizing the movement. This issue is a constant in mainstream media, and it makes it difficult for people to form their own opinions on important current events, such as the Occupy Wall Street protests.

But what about moving forward? The organizers of occupywallst.org plan on continuing their occupation until they get what they want. Within the last year, major protests around the world have shown us a few possibilities of how the Occupy Wall Street demonstrations might end. The protests have been peaceful ones thus far, except for instances of police brutality, but who is to say these protests will not turn into riots, such as the ones in London did just this summer? As the protests gain followers and spread around the world, that possibility grows stronger.

And most importantly, how will these protests affect us? The main purpose is to eliminate the unfair separation of wealth amongst Americans, and if Occupy Wall Street achieves that goal, it will undeniably shift the lives of most Americans. Whether you are among the 1% or to the 99%, you will undoubtedly face changes once the protests are done. Is there a way to make everyone happy?

*Editors Note: Veronica Molner is a sophomore at the Oliverian School. She wrote this article as part of a journalism class that recently visited the office of Trendy Times.*

# Democracy In Action March

There will be a chance for any and all who want to participate to show their praise or displeasure in the affairs of the world during a planned non-partisan gathering and walk on All Hallows Eve, Sunday, October 30. The event is billed as Democracy in Action with a theme of Economic Concerns. Those wishing to participate are asked to bring a sign stating your concern, and perhaps your occupation or some other phrase to identify where that perspective comes from. Children are also encouraged to attend, and can march in costume if they so desire. The march is planned for this

date because to some the scariest thing going on right now is the economy.

Participants will gather at the Court House Park on Main Street in St. Johnsbury. They will then proceed to Arnold's Park, also on Main Street. There will not be a time for speeches, or other "announcements" to the crowd. This event is planned as a quiet symbol of what individuals can do if they choose.

If you have questions you may contact Susan at 802-633-3214, or just show up with your family and friends, plus a sign with your concerns and join the others who want to make a statement.



Mr. and Mrs. Robert Norman of Monroe, NH announce the engagement of their daughter Cristy Rebekah Norman to Jack Edwin Kinnerson the son of Florence R. Kinnerson and the late James R. Kinnerson of Ryegate, VT. An August 2014 wedding is planned.

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# Car Talks – Winterization

By Mike Lavoie

*Editor's Note – This is the initial submission in a new recurring series for TRENDY TIMES from ASE Certified Master Technician Mike Lavoie, owner/operator since 1980 of Lavoie's AutoCare Center in Haverhill. Mike is an L-1 level Master Technician, Advanced Engine Performance, the highest rank achievable from the National Institute of Automotive Service Excellence. He also has a degree in Automotive Technology. In 2006, Mike was awarded the nationwide*

*honor of NAPA ASE Technician Of The Year, country-wide recognition from his peers and industry professionals. He says he has no problem with the word, "mechanic", because they have always been the person who can fix things." The AutoCare Center he runs now was begun by Mike's father, Joseph, in October of 1949.*

Asking questions for Mike's columns is the fictitious person Mr. or Mrs. Joe

Everyday, someone who is not mechanically-inclined, but likes a good-running vehicle.

**QUESTION – “When I ask to have my vehicle “winterized”, what exactly does that mean? Should I have it done every year?”**

ANSWER – “Winterized” will have many meanings to different people, just like the term “tune-up”. Yes, your vehicle should be winterized each year and this would start with having the battery tested. Let's talk a little about that.

They have a limited life and do die over time. Life expectancy depends on many factors including the quality of material the battery is made of and the number of plates, as well as the internal make-up.

Battery tests today are not done the way they used to be done. Today they're done mostly by equipment to test various aspects of the battery. In the past, batteries were tested by a hydrometer and carbon pile tester. Now, they are tested using a tool that measures internal resistance and a load test determined by the CCA rating, which means Cold Cranking Amperage. This varies from battery to battery, depending on size and other factors - and the rating is stamped on the battery.

Enough for now about

the battery make-up. Just know that they are important and should be tested as the heat and cold are conditions that adversely affect them. On that really cold morning, when you are running a few minutes late, your battery will crank over just the way a good battery should.

The other thing to think about with cold weather coming naturally is engine coolant. It needs to be tested for its level of anti-freeze so that the coolant will not freeze and so cause serious damage to your cooling system and engine. What type of coolant your vehicle needs, and the procedure of maintenance that is required, depends on the make and year of what you are driving.

And of course, high on the winterization list is checking of the belts and hoses, for signs of fraying, or stress from heat or wear. The engine needs to be tuned properly too – it needs to start easily and perform at its peak and be efficient for best fuel economy. Gotta change that engine oil too, on schedule, it's part of winterization – winter cold is no time to have dirty oil as this can cause the engine to turn over slowly and cause pressure problems that can cause no-starts. And don't forget that all fluid levels should be checked during any routine maintenance.

**Q – “Anything else to consider, things I might not normally think about?”**

A – Wiper blades should be checked too, and depending on the vehicle and when and how you drive, you may want what are called “winter-blades” as they do a better job in extreme conditions. Also, make sure that the door key cylinder is lubed as the water and salt could penetrate and cause corrosion, and that may in turn keep your door from being able to lock OR unlock. You don't want that in winter-time. Check all your exterior lights too so not only can you see, but you can BE seen.

**Q – “Anything else?”**

A – Sure. In the type of weather coming up, there are some things you can do yourself for your safety and that of other folks who might need a hand. A few items in the trunk are smart preparation – blankets, jumper cables, flashlights with fresh batteries, extra windshield washer solvent, the good kind that does not freeze easily, maybe some of those energy bars just in case. There are always other specific areas to look at depending on a thorough check of your vehicle. Any questions, please forward them to TRENDY TIMES for me, or call me and I will be glad to go into more detail if you like.

## Changes In Real Estate – Part 1

Interview With Gerald Winn

By Lauren M. LoSchiavo

The real estate market for both buyers and sellers is changing. Laws and regulations are put in place to protect all parties involved in these transactions. This is good news. Agents, brokers, and sellers are more legally accountable now, than ever before in the history of real estate. The environment is one of honesty and integrity. You can expect your agent and/or broker to be familiar with the laws and be competent to assist you whether you are buying or selling your property. They should be prepared to offer the best possible solutions that will benefit you. The pillars of this philosophy are; to get

the client the best possible price for his/her home in this market, to complete the process in a timely manner and to make the experience as stress free as possible.

Disclosure is an important piece of this picture and it is critical that one know what must, and what one is legally obligated NOT, to disclose. In either case, both parties need to be aware of the differences, each and every time. This situation is dependent upon which you are representing (as an agent buyer or as an agent seller), or if you are selling the property yourself, as a “For Sale by Owner” or FSBO.

In the next few issues of

Trendy Times we will be giving you a new prospective on what you can expect as you enter the real estate market to buy or sell your property. The data for these articles will be obtained from actual course material. These articles are by no means meant to be a guide on how you should conduct business. When in doubt, it is best to contact a licensed Real Estate Agent.

For more information about this real estate course, or to speak to a licensed agent, you may contact Winn Associates, located on 69 Meadow Street, Littleton, NH (603) 444-7781, or visit their site [www.century21winn.com](http://www.century21winn.com).

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### NORTH COUNTRY YMCA, INC. 15th ANNUAL CLOTHING DRIVE

**“IT'S TIME TO CLEAN OUT YOUR CLOSETS AGAIN!!!!”**  
(Between now and Saturday, November 5th, 2011)

The North Country YMCA is once again holding a clothing drive to raise funds for the multitude of programs it offers including the S.A.F.E. After School Programs in NH AND VT, Soccer & Field Hockey Camps, Youth & Government, +. Planet Aid, Inc. 'Recycling for Development', a Humana People to People non profit member association, will supply the trailer(s) & pick up at the sites.

**SATURDAY, NOVEMBER 5, 2011 – 9am-1pm**  
WOODSVILLE ELEMENTARY SCHOOL, Jct. Rte. 302/10  
PILGRIM FURNITURE, Meadow Street, Littleton – 9am-12pm  
**VOLUNTEER HELP APPRECIATED DAY OF DRIVE**

WEARABLE CLOTHING OF ALL KINDS, PAIRED SHOES, SHEETS, TOWELS, BEDSPREADS & BLANKETS, HATS & SCARVES

\*New for 2011 – Paperback Books Accepted\*

\*\*\*Please put items in plastic bags – no cardboard boxes accepted

\*\*\*Requested \$1 donation/bag to benefit all of the NCYMCA Programs

Questions: Contact Dianne Rappa, NCYMCA Executive Director  
603-747-3508 • [www.northcountryymca.org](http://www.northcountryymca.org)

# Bath Public Library Announces Grant Award

BATH – The Bath Public Library has received a grant from the New Hampshire Humanities Council to present Our National Thanksgiving: With Thanks to President Lincoln and Mrs. Hale. This living history program will be presented on Friday, November 4, 2010 at 7:00 pm at the Bath Town Hall.

"Our National Thanksgiving: With Thanks to President Lincoln and Mrs. Hale" will be presented by Steve and Sharon Wood of Claremont. The Woods will portray our 16th president and the editor of the popular 19th century magazine, Godey's Lady's Book, who was born in Newport, New Hampshire. Together they will tell the story of Sarah Josepha Hale's thirty-year campaign to have Thanksgiving declared a national holiday. Her efforts were successful when Lincoln signed his Thanksgiving Proclamation in 1863.

Steve and Sharon Wood are historical presenters specializing in 19th century American history. Steve has been a Lincoln presenter since 1995. Sharon has done considerable research on Sarah Hale, who is generally remembered more for her children's poem, Mary's Lamb, and her lifelong campaign for a Thanksgiving holiday, than for the influence



she had on American culture through her widely read magazine. After the program, the Woods will step out of character and answer audience questions.

After the program, the Woods will step out of character and answer audience

questions.

This program is free and open to the public.

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

# Woodsville - Wells River Rotary Speech Contest

Each year our District sponsors a Speech Contest at our District Conference in the spring. The contest starts at the Club level and encourages local high school students to prepare and present a five minute speech on a limited set of Rotary topics selected. Any High School Student (or High School Aged Home Schooled Student) is eligible.

Contestants will have the opportunity to win up to four prizes.  
Round #1 - Prize \$100.00  
Round #2 - Prize \$150.00  
Round #3 - Prize \$250.00  
Round #4 - Grand Prize - \$500.00

The Presentation of

the Speeches will be on January 10th at the Woodsville - Wells River Rotary Club meeting held at the Happy Hour Restaurant in Wells River, VT at 6pm.

You can find information at the Guidance office of Oxbow High School, Woodsville High School, BMU School, Lisbon Regional School or St. Johnsbury Academy or contact Maria Ryan at 603-747-9244 or by email at ssteller@cottagehospital.org. The District Speech Contest Chair is Ed Saulnier who may be reached by email at edsaul@alum.wpi.edu.

**WEEKLY SPECIALS**

**Tuesday - Ladies Night - Buy 1 Get 1 Half Price On**  
Any Chicken Dish, Any Salad Dish, Any Dessert  
House Wine All Day or Well Drinks All Day  
**And Check This...**  
\$2 Bud 1/2 Bud Light Bottles Or Pints All Day

**Wednesday - 2 for \$22 Dinner**  
Includes 1 Appetizer Or 2 Desserts

**Thursday - \$1 Off Any Draft Or House Wine**

**Friday - After School Special 5-6pm**  
Half Price Wings And Nachos

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Sunday: 10:00 am  
Holy Eucharist and  
Children's Corner

*North Haverhill United Methodist Women's*  
**Annual Holiday Bazaar**

**Crafts**  
**Baked goods**  
**RADA Jewelry**

**Lunch served**

Saturday, October 29, 2011  
9AM to 2PM

**Fellowship Hall**  
**North Haverhill United Methodist Church**  
Route 10, North Haverhill, NH

**FALL BAZAAR**

**Saturday, November 5, 2011**  
**9:30am — 3:30pm**

Woodsville United Methodist Church  
9 Maple Street • Woodsville, NH

Silent Auction • Cookie Table • Crafts  
Sunday School Table • Jewelry Table • Books  
Thanksgiving Table • Christmas Table  
White Elephant Table • Refreshments

Contact Priscilla Sherburne at 603-747-2375

# 10 Creative Cuts By Connie

Interview With Connie Wilson

By Lauren M. LoSchiavo

This energetic woman accomplishes a great deal in a day. Not only does she own and operate Creative Cuts By Connie, but she also attends trade shows to keep apprised of new things in her market niche, and somehow finds time to organize and participate in the activities mentioned below.

On November 11, Veterans Day, Connie will be offering free haircuts to veterans (you will need to present proof of Veteran status). This is her way of saying thank you and it has become a tradition. On this day she will also be seeing her regular customers.

November 13th marks

the birthday of a close friend of Connie's, Lori Anne Cryans-Fields, who passed away. Her daughter, Miranda Fields, recently received her haircutting license. In memory of her mother and to celebrate the receipt of this license, both Miranda and Connie will be holding a CUT-A-THON. All the proceeds from this event will benefit the Littleton Area Senior Center.

Where: Creative Cuts By Connie, 91 Main Street, Littleton, New Hampshire  
When: November 13, 2011  
Time: 9:00 a.m. To 4:00 p.m.  
If you wish to make an appointment for another date, call 603-444-5144.



By Ronda Marsh

## Raspberry Whatchamacallit

I think just about everyone is familiar with "Cobbler", a baked dessert with a fruit filling, and a sort of crust topping, which breaks up into pieces, or "cobblestones" as it cooks, so that the fruit bubbles through the surface. Then there is the French version, known as "Clafoutis", which consists of a batter, rich in eggs, which is poured over fruit (traditionally, it's cherries) then baked. The dessert we're talking about today has some of the properties of a Cobbler, in that the top forms a sort of cobbled surface, but it really is kind of a Clafoutis, too, as there is a batter involved, even though it has no eggs. I came up with this recipe while looking for something that was simple to put together, and would cook along with the rest of a meal. Served with ice cream, it is just what I was looking for; warm and comforting, but not too sweet, with a little crunch on top, but softer and cakey in

the middle. You could certainly substitute any kind of berry you choose, or even use sliced pears or peaches. So what do you call this mixed-breed invention? Is it a Cobblutis? Maybe a Clabobbler?? I'm in a quandary, so go ahead and feel free to name it what you wish...it's fine with me!



- 1/2 cup (1 stick) butter, melted (plus more for greasing dish)
- 1-1/4 cups plus 2 tablespoons sugar
- 1 cup all-purpose flour
- 1-1/4 teaspoons baking powder
- 1/4 teaspoon salt
- 1 cup whole milk
- 2 cups fresh (or frozen) raspberries
- Whipped cream and/or ice cream, for serving

Preheat the oven to 350°F. Grease an 8X8 or similar size baking dish with butter. In a medium bowl, whisk 1 cup sugar with the flour, baking powder, and salt. Whisk in the milk and then the melted butter. Pour the batter into the baking dish. Rinse the berries and pat them dry. Sprinkle the berries evenly over the top of the batter. Sprinkle 1/4 cup sugar over the berries. Bake until golden brown and bubbly, about 1 hour. About 5 minutes before done, sprinkle the remaining 2 tablespoons sugar over the top. Serve while warm, topped with your choice of sweetened whipped cream or ice cream...or be totally decadent and do both!

## Local Couple Improving The Community: One Paintbrush At A Time

Monroe, NH – Monroe Health Clinic recently got a fresh coat of needed paint thanks to two local residents. Marguerite and Winston Currier of Monroe, NH volunteered countless hours to paint the entire clinic. The Currier's are known around town for their volunteering efforts in the community.

Bonnie Brill, practice manager of Monroe Health Clinic and Cottage Hospital Internal Medicine approached the Currier's about the job. Brill commented how great it is to have such a dedicated couple in the community, and that their efforts would be enjoyed by all patients that utilize the clinic.

Monroe Health Clinic and Cottage Hospital Internal Medicine (a rural health



center) serve adult patients in the beautiful Upper Connecticut River Valley. For additional information

regarding these clinics visit us on the web at [www.cottagehospital.org](http://www.cottagehospital.org) or call 603-747-2900.

October 25, 2011 Volume 3 Number 2

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# Harvest Festival Kicks Off Groton Growers Community Market Winter Season

By Marianne L. Kelly



Groton, VT—Although we are well into autumn, it is still hard to believe that summer, as it always does, flew by in a blur.

The advent of cooler weather saw the Groton Growers Community Market move indoors on October 15, kicking off its winter season with a well-attended Harvest Festival.

People came from Groton and surrounding communities to take advantage of the fresh produce grown and harvested by local farmers and growers, freshly baked pies and pastries, meats, cider, jams, jellies, homemade bread and quality

sonably priced, and the ability to interact personally with the growers.

This year's harvest festivities included raffle tickets for a basket overflowing with goodies from market vendors. Michelle Russen of Topsham was the lucky winner of this basket.

### THE MISSION

The Groton Growers Community Market is dedicated to encouraging people to shop at the market before heading to the grocery store. Food grown locally is fresher and far less likely to cause illness such as the recent Listeria melon problem that

times lower than the supermarket prices, and of course, being locally grown and harvested by the grower, are fresher and of better quality." She noted that there are many more farmers markets than in previous years. "People are beginning to realize that it's important to know where their food comes from," she said.

### WHAT'S NEXT?

Groton Growers held a special public meeting on October 5, to discuss ways to encourage more people to regularly shop at the market. Suggestions included recipe-sharing, demonstrations of cooking, freezing and preserving produce, allowing customers to purchase larger quantities of food and having fresh produce through the winter months. Adding more variety of products is an ongoing effort, and making each market a little different from the previous one, thereby encouraging people to shop Groton Growers market before heading to the supermarket. Chef, Marianne Kelly, of "Spice of Life," will be on hand to answer your cooking questions. Under consideration is a monthly 90/10 raffle, where the winner receives 90% of the total with the remaining 10% going to cover market costs.

### HOLIDAY MARKETS

The next market, scheduled for Saturday, November 19, is one of two holiday markets. This year Groton Growers Community Market will offer customers the opportunity to pre-order pies, breads, rolls, pastries, coffee and baking supplies such as nuts and raisins. For more information, email groton-growers@gmail.com.

The Groton Growers Community Market is located in the Groton Town Hall Gym on Route 302 and is open every third Saturday from 10am-2pm through May. See you at the market!



Groton Growers Community Market Manager Mary Berlejung with gift basket that was awarded at their recent event.

hand crafted items. Many brought their knives and scissors for Cutler, Sean Kelly to sharpen as they browsed the market, and enjoyed a delicious hot lunch provided by "Genuine Jamaican" Derrick Samuels, and Diane Frost of "Nana's Kitchen." The market welcomed two new vendors, Ana Petersen, a transplant from Argentina, offering baked goods and antique jewelry, and Lea and Ed Arnold, of "Vermont Peanut Brittle" offering their famous peanut brittle and introducing their new cashew brittle.

The festival atmosphere was apparent as visitors enjoyed the beautiful array of color and wide variety of quality products, while the children had fun making jewelry from corn and beans under the supervision of Jennifer Bone. Many visitors expressed surprise and pleasure at being able to purchase fresh produce rea-

plugged Coloradans. The money spent in our community stays in our community benefiting both residents and businesses. Energy is conserved, as food grown locally does not need to be transported over long distances. Lower energy costs = fresher foods at lower prices.

According to market manager, Mary Berlejung, "Many people are under the misconception that buying from a local farmers market is more expensive than buying from a supermarket. Locally grown products are competitively priced, some-



Children making jewelry from corn and beans.

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		25	26	27	28	29

November						
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		1	2	3	4	5
		8	9	10	11	12
		15	16	17	18	19
		22	23		25	26
		29	30			

December						
S	M	T	W	T	F	S
				1	2	3
		6	7	8	9	10
		13	14	15	16	17
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The 3SquaresVT program can help you stretch your food budget, maintain a healthy diet and retain your independence. The program provides a monthly benefit delivered via an electronic benefit card or as cash deposited directly into your bank account.

As a program of the US Department of Agriculture, 3SquaresVT was created, in part, to support local businesses and farmers. Individuals who take part in the program are not taking money away from others in need. Spending these dollars in Vermont adds federal dollars to the State's economy.

The program is available

to those with incomes under \$1,679 for a single person or \$2,268 for a couple. If your income is over these guidelines, you may still be eligible for the program, so don't rule yourself out without learning more.

Many Vermonters are facing challenges right now. You are not alone. Everyone needs access to healthy food, and 3SquaresVT is here to help. More than 1 in 6 Vermonters participate in the program, including thousands of senior citizens. You can, too.

For more information or to apply for the program, visit [www.vermontfoodhelp.com](http://www.vermontfoodhelp.com) or call the Senior HelpLine at 1-800-642-5119.

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## New Partnership To Support LGBT Philanthropy

In celebration of National Coming Out Day, the Samara Foundation, Vermont's largest philanthropic organization supporting Lesbian, Gay, Bisexual, and Transgender Vermonters, is pleased to announce a new partnership with the Vermont Community Foundation, the state's largest grantmaking and donor services organization. On October 11, The Samara Foundation of Vermont became the Samara Fund, a component fund of the Vermont Community Foundation.

Founded by gay rights activists David Curtis and Bill Lippert in 1992 to fulfill the visions of Robert Mundstock (1947-1992), Douglas C. Howe (1949-1996) and his partner Frank Shivers, the Samara Foundation has granted over half a million dollars to LGBT causes throughout Vermont over almost 20 years. The Vermont Community Foundation, founded in 1986, also has a long and rich history of supporting equality for all Vermonters. The Community Foundation brings 25 years of valued experience in donor relations, planned giving expertise, and philanthropic advising to the table.

"This new partnership strengthens both organizations' ability to offer excellent philanthropic service to LGBT communities," said Samara Board Chair John Byer. "We are delighted to be working with the Community Foundation to continue our grant and scholarship programs that are so essential to the ongoing work to end discrimination and promote well-being for everyone."

The collaboration is launching with a joint Samara/Community Foundation grant of \$7,000 to the Northeastern Vermont Area Agency on Aging in St. Johnsbury for a statewide series of educational events on the particular needs of elderly LGBT Vermonters.

"We are delighted to support the mission of the new Samara Fund with this grant," said Stuart Comstock-Gay, President & CEO of the Vermont Community Foundation. "Recognizing the work of a community organization like the Area Agency on Aging that actively supports LGBT people symbolizes the strong relationship between the Community Foundation and the Samara Fund."

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*Thank you*

A simple Thank You cannot begin to express our immense degree of appreciation for all the help and support given by so many to make Bath's Old Home Days a success. We were blessed with beautiful weather, willing workers, good attendance, and generous donations of time and treasure from many businesses and individuals. Although this is overdue it is most sincere. Again, many, many thanks.

Bath Old Home Day Committee

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# Saving Money And Eating Healthier: It Can be Done!

By Deb Maes, Extension Educator, Family & Consumer Resources

If you have been shopping for groceries lately you have probably noticed that you are spending more at the check out counter. A lot more! When I was first married, I could purchase enough food for two of us for \$30 a week. I spend a lot more to feed us in 2011 than I did in 1976. When I teach money management classes, one of the biggest surprises for families is when they calculate how much they spend on food. People then want to know how to save money on food to help keep their budget in balance.

Most articles on cutting costs in grocery stores focus on the obvious: don't shop when you are hungry, make a list, plan a weekly menu, shop alone, purchase food in season, consider purchasing store brands of items when they are cheaper, use coupons and check sale fliers before you head to the store. These ideas are great suggestions to follow when shopping for our families.

However, today's food recommendations emphasize healthy eating, following the [www.chooseMyPlate.gov](http://www.chooseMyPlate.gov) guideline recommendations to reduce sugar, salt and fat and marketing efforts to eat local foods. These bring new challenges to buying enough food to feed your family. Consider the following suggestions before you head out to the grocery store

next time.

It really is helpful to make a list before you head out to shop. Check your storage areas to determine what you already have then think about what you actually need to buy. Check way in the back of your cabinets. Is there food that you have forgotten you already have? Make a plan to use that food soon. If you can't figure out what to cook, check out some of the on-line recipe sites that ask for a list of ingredients so it can then come up with recipes using those foods. A source of new recipes might be [recipefinder.nal.usda.gov](http://recipefinder.nal.usda.gov)

You may not want to post a weekly menu on the family fridge, but the reality is that we often eat the same foods over and over. Therefore it makes sense that you buy the same foods week after week. Consider buying larger sizes of those foods that are staples. You can often find pasta and rice in larger sizes. Make sure that what you purchase is actually cheaper than a smaller size of the same item by comparing unit prices generally posted on the grocery shelves. If you shop in a store that sells large case lots, pull out your cell phone and use the calculator function to find the cheapest size to buy.

One article on shopping tips mentions that you

should purchase whole items. It's much cheaper to buy whole food and cut it up, than to purchase cut up fruits and vegetables sold in its own container. Look for sales on larger sizes of pork for example (often in 9 or 10 pound cuts) and make your own boneless chops and roasts. Date the packages and put the extra in the freezer for future use.

When trying to make healthier food choices, stay away from packaged food products. It might be easier to buy a pound of ground meat and add it to the contents of a box, but take a look at the nutrition label on the side of the package. Many have high levels of fat and sodium and calories. Consider downloading 'How to Make a Casserole from What's on Hand' <http://bit.ly/rf0AKV> from University of Nebraska's Extension Educator Alice Henneman. This handout takes some of the guess work out of the age old question "What's for Dinner?" and is a great take on new ways to use leftovers.

Families who track their expenses have discovered that it is generally cheaper to make food at home than to purchase pre-cooked food, whether from the grocery store, or restaurant. The average family spends between 40-50% of the food dollar on food that is pur-

chased and prepared away from home. These foods are also often high in fat, sugar and salt, and are expensive. Consider tracking your own food purchases for a week and then determine if that is how you want to be spending your money.

My last suggestion is to prepare meals with the future in mind. When cooking, consider making enough for more than one meal. Plan to freeze separate portions for later. Many homes have microwaves, and it only takes a couple of minutes to have a fresh-tasting piping hot meal ready. It also expands the variety of options, especially for families that have busy schedules. If you cook a large portion of meat on weekends, think about how that food can be used. I love to roast a chicken for Sunday dinner that shows up later in

the week as chicken salad for lunch, chicken and rice casserole for dinner another night and finally becomes chicken stew with biscuits toward the end of the week. By purchasing meat at a lower price I've taken care of three dinner meals and at least one lunch and I only have to cook once!

What suggestions do you have to save money at the grocery store? Have you tried printing free coupons from the internet using website such as <http://www.mysavings.com/grocery-coupons.asp>, [www.coupons.com](http://www.coupons.com) or [www.shortcuts.com](http://www.shortcuts.com) to stretch your food dollar? Do you have a favorite family recipe that fill up your family and use healthy foods? Share them with me it might be the start of another column.

## Celebrate Autumn With Farnum Hill Cider Of New Hampshire Sampling

The St. J. Food Co-op continues its free, educational series of monthly wine tastings. The series takes place on the first Thursday of each month from 3 pm – 6pm at the St. J. Food Co-op. The St. J. Food Co-op is located at 490 Portland Street in St. Johnsbury, Vermont. The purpose of these tastings are to offer people the opportunity to taste before they buy, to try something new, and to learn some of the nuances in sampling a variety of ciders. The November 3rd tasting will feature fermented, alcoholic ciders from Farnum Hill

Ciders of New Hampshire.

Farnum Hill sticks to the true meaning of the word "cider" – an alcoholic beverage fermented from apples, just as "wine" is an alcoholic beverage fermented from grapes. When Prohibition hit the States, apple-growers' sharp need for a new teetotal image cut the normal old word "cider" from its normal old meaning, and pasted it to the sweet brown ephemeral juice of autumn, normally called "apple juice." Farnum Hill Ciders, at 6.5-7.5% alcohol, tend toward the dry, sharp, fruity and bountifully aromatic. We make them to

gladden the moment and to freshen the flavors of companionable foods.

All St. J. Food Co-op events are open to the community. The St. J. Food Co-op is a cooperatively-owned food store for the community offering fresh, local, organic foods. Member or not, anyone can shop.

Store hours: Sunday 11-4; Monday – Wednesday and Saturday 9-6; Thursday and Friday 9-7.

For questions regarding this event or general store information call 802-748-9498 or email [info@stjfoodcoop.com](mailto:info@stjfoodcoop.com)

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## HELP WANTED

**CRAFTERS WANTED** St. Johnsbury Area Lions Club Annual Country Craft Fair, Saturday, November 26th, 2011 from 10:00am to 3:00pm at the Field House at St. Johnsbury Academy, Main Street, St. Johnsbury. Contact Patricia at 802-274-3543 and leave message. 11.08

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**NEWBURY:** 100% new in 2011, 2 bedroom apartment. All new appliances, washer/drier, flooring, fixtures, lighting, bathroom, closets—everything new. Breakfast bar. Dry storage available. Rent includes heat, hot/cold water, parking x2, dumpster, plowing, etc. Very quiet professional building. Very private—no residential neighbors. Local views. Available immediately. Sorry, no dogs. \$1100/mo. Newbury Clinic, Rte 5 North. Call Kevin Lawrence 802-866-502412.06

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**PAYING CASH FOR OLD WATCHES & POCKET WATCHES:** working or not. Also old costume jewelry, medals, tokens, hunting knives, pens, pencils, cigarette lighters, Masonic & military items American & foreign coins, old unusual items. We make house calls. 603-747-4000 10.25

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**LOOKING FOR DOLLHOUSE** suitable for a 3 year old. Call Janice at 603-747-3870 days or 603-747-3942 evenings. 10.25

# Begone Biebere Begone

By Robert Roudebush

Just the other day I found myself humming a Justin Bieber song. I know, I know. Yes, I'm in my 50s or 60s but this tune would not leave my head – it's been played too much, I've heard it too often, even when I didn't want to – kind of like a ubiquitous radio or TV commercial you do not seek out or like. Normally, I'm a pretty healthy active outdoor landscaping guy with a lot more going on than having to replay bubble-gum mop-top pop.

Incredible lyrics though – intelligent, insightful, poignant, the song goes something like this –

"BABY BABY BABY OOH  
 BABY BABY BABY OOOH  
 BABY BABY BABY OOOOH  
 WISH YOU WERE MINE  
 BABY ALL OF THE TIME  
 BABY BABY BABY OOH  
 BABY BABY BABY OOOH  
 BABY BABY BABY OOOOH  
 WISH YOU WERE MINE  
 BABY ALL OF THE TIME"

See what I mean? So, how do I explain this, or get out of this? I don't. Just to let you know, there are other

lyrics of other songs that have been rolling around in my head for a lot longer. Like –

"HELLOOOOO BABY!  
 CHANTILLY LACE WITH A  
 PRETTY FACE  
 AND A PONY TAIL HANG-  
 ING DOWN  
 A WIGGLE AND A WALK  
 AND A GIGGLE AND A  
 TALK  
 MAKES THE WORLD GO  
 ROUND ROUND ROUND  
 AIN'T NOTHING IN THE  
 WORLD LIKE A BIG-EYED  
 GIRL  
 TO MAKE ME ACT SO  
 FUNNY  
 MAKE ME SPEND MY  
 MONEY  
 MAKE ME FEEL REAL  
 LOOSE  
 LIKE A LONG NECK  
 GOOSE –  
 OH BABY, THAT'S WHAT I  
 LIKE!"

I won't even tell you who sang that. You either know or you don't and it's OK either way. How about this one, never has left me.

"SPLISH SPLASH, I WAS  
 TAKIN A BATH  
 ALL ALONG A SATURDAY

NIGHT  
 RUB DUB JUST RELAX-  
 ING IN THE TUB  
 THINKIN EVERYTHING  
 WAS ALL RIGHT"

Thank you Bobby Darin. Or this one, further back in time, by Frank Sinatra.

"MY MOMMA DONE TOL  
 ME WHEN I WAS IN KNEE  
 PANTS  
 MY MOMMA DONE TOL  
 ME, SON A WOMAN'LL  
 SWEET TALK  
 AND GIVE YOU THE BIG  
 EYE  
 BUT WHEN THE SWEET  
 TALKIN'S DONE  
 A WOMAN'S A TWO FACE,  
 A WORRISOME THING  
 WHO'LL LEAVE YOU TO  
 SING THE BLUES IN THE  
 NIGHT"

How about this one  
 "IMAGINE NO POSSES-  
 SIONS  
 I WONDER IF YOU CAN  
 NOTHING TO KILL OR DIE  
 FOR  
 A BROTHERHOOD OF  
 MAN

IMAGINE ALL THE PEOPLE  
 LIVING FOR TODAY  
 YOU MAY SAY I'M A  
 DREAMER

BUT I'M NOT THE ONLY  
 ONE  
 I HOPE SOME DAY YOU'LL  
 JOIN US  
 AND THE WORLD WILL  
 LIVE AS ONE"

You might know that group, that songwriter. And one of the ones I'm glad is on the jukebox of my mind -  
 "SWEET LITTLE JESUS  
 BOY  
 THEY MADE YOU BE  
 BORN IN A MANGER  
 SWEET LITTLE JESUS  
 BOY  
 THEY DIDN'T KNOW WHO  
 YOU WAS  
 THEY DIDN'T KNOW YOU  
 COME TO SAVE US LORD  
 TO WASH ALL OUR SINS  
 AWAY  
 THEY DIDN'T KNOW YOU  
 COME TO SAVE US LORD  
 THEY DIDN'T KNOW WHO  
 YOU WAS"

The glorious gospel singer Mahalia Jackson. So, is there a point here? Sure – almost any sound or song can work it's way into your head and stay there for a while – it's human nature. Part of our God-given job as thinking human beings is to

decide which are good, better or best, not just present, and to give them their due. Justin's OK I guess, but nowhere near the class of anyone I just played for you.

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# The Conservation Commission

By Elinor P. Mawson

"They want to build a power plant in our town," said the caller, "and they want to have a conservation commission."

"Tell me more," I said.

"They want good people on the commission--someone who cares about the environment" she continued.

Flattered, I asked more questions, and before I hung up the phone, I was the commission's newest member.

I was soon to find out that the ubiquitous "they" were a big power conglomerate and, I am sorry to say, some of the town fathers. "It will help with our taxes," they said.

My first duty on the commission was to attend a meeting with the aforementioned "they" where, with maps and charts, we learned the ins and outs of our new power plant. It was quite complicated, but we were told that it would be perfectly safe and that they would do everything to protect our estuaries and marshland. It sounded wonderful.

Our next "duty" was to

take a bus trip to Connecticut to view a plant similar to the one we would have. We were given coffee and donuts as we entered the bus, then a fancy lunch on the way. Our time "viewing" the plant was not long, and soon we were on our way back, stopping for a fancy dinner before we got home. We couldn't get over how friendly and helpful our tour directors were.

Quite a bit of time went by before I was called up about our next meeting.

"They are going to give us a lot more information about the power plant," the chairman announced. And they also want us to tell them whether or not we are in favor of building it."

Aghast, I replied, "But that's not what a conservation commission is all about. We are supposed to protect the environment, the estuaries, the marsh, the river..."

"No", the caller emphasized, "You have to tell them if you are in favor of the plant, lower taxes, all that."

"Then I am not in favor of it," I said.

"Well, " the caller said, "The power plant people have been very nice to you. They have taken us to see another plant, they have wined and dined you, and they have promised to paint the high tension lines the same color of the sky"

"I'm still against it," I said.

"Then don't bother coming to the meeting. And don't bother to come to any more meetings, either."

That was a long time ago. The power plant was built and our taxes did go down for a lot of years. The environment has never been the same and we can see the behemoth that is the plant looming on the horizon.

And I think of my short term on the Conservation Commission every time I look at the high tension lines with their poles painted the strangest color of blue that you ever saw.



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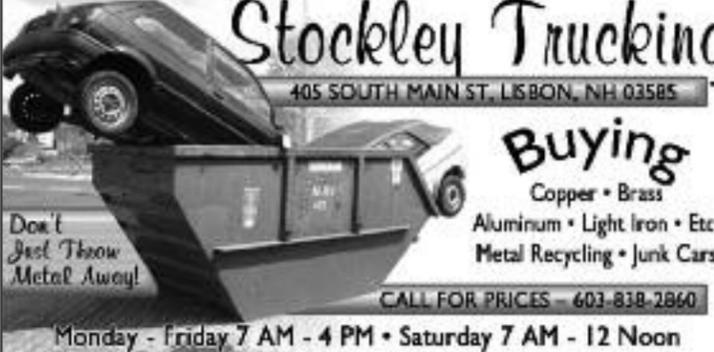


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# Haverhill Corner Library Schedules Short Story Discussion

HAVERHILL, NH — The Haverhill Corner Library will hold its next Book Club for Writers discussion on Thursday, October 27, the library has announced. Participants will consider two short stories: "Some Other, Better Otto" by Deborah Eisenberg and "People Like That Are the Only People Here: Canonical Babbling in Peed Onk" by Lorrie Moore.

The discussion will begin at 7:00 PM at the library, and will be free and open to the public. Copies of the stories are available from the library in advance.

Deborah Eisenberg is a writer who specializes in the short story. She is the recipient of a MacArthur Foundation "genius" grant and her work has won the Rea Award for the Short Story, the PEN/Faulkner Award for Fiction, and three O. Henry Awards. "Simply put," says the New York Times Book Review, "there aren't many contemporary novels as shudderingly intimate and mordantly funny as Eisenberg's best stories." This summer, she joined the faculty of the writing program at Columbia University after teaching for many years at the University of Virginia.

Lorrie Moore's most recent book is the novel *A Gate at the Stairs* (2009); her *Collected Stories* was published

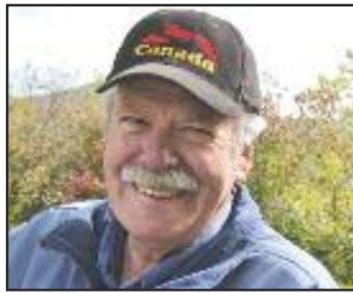
in 2008. Moore has also received the Rea Award for the Short Story, and the story scheduled for discussion won the O. Henry Award. The New York Times says that Moore's stories "achieve a density of weave that allows us to infer a full life from a cross-section, a moment of crisis." She teaches at the University of Wisconsin-Madison.

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

"Eisenberg and Moore are contemporary short story writers at the top of their form," says library trustee John Landrigan. "Considering their work together will help us think about the state of the short story today."

The winter edition of Book Club for Writers will be held on Thursday, January 26, 2012 and will feature "A Crown of Feathers" by Isaac Bashevis Singer and "The Conversion of the Jews" by Philip Roth.

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



Groton, VT- William George Randall, 73, of Powder Spring Road died at his home, surrounded by his family, on Friday, October 7, 2011.

Bill was born in Lyndon, VT on May 24, 1938 to Floyd and Margaret (Randall) Randall.

Bill graduated from Lyndon State College, Class of 1961 with a BS in Education and a minor in Psychology. In 1978, he received a Masters in Education from the University of Vermont. Over the years, he continued his own education.

Bill was involved in education for over forty-five years. He served in a variety of roles as an English teacher, special educator, or principal at the Guilford Elementary School in Guilford, VT, the Stowe Middle School, in Stowe, VT, the Blue Mountain Union School in Wells River, VT, the Peacham Elementary School, Peacham, VT, and at the Waits River Valley Elementary and Middle School in Waits River, VT.

His professional achievements included being appointed to the Vermont Certification Review Board by the Commissioner of Education in 1973-74, being the Vermont Headmaster's Representative on the Governor's Committee on Children and Youth in 1976-77, being appointed to the Vermont Special Education Advisory Board by the Commissioner

# OBITUARY WILLIAM GEORGE RANDALL

of Education from 1971-78, and being a Quest Facilitator and presenter for high school instructors of Alcohol and Drug Awareness from 1984-86. He was proud of the time he spent at the Chattrittaye School in Bangkok, Thailand in 2002 where he taught middle school English as a second language. Bill was a certified instructor for the Impaired Driver Education Program under the auspices of TRI-County CAP in Berlin, NH. As an educator, he realized the importance of training students in communication skills and self-esteem building.

Volunteerism was important to Bill. He volunteered at Fort Berthold Indian Reservation in North Dakota, was a lay speaker for Methodist churches in the Lyndonville area, volunteered with drama students, mentored incarcerated inmates at the Grafton County Correctional Center, taught hunter safety courses, and helped at the Groton Fall Foliage chicken pie suppers.

Along with his busy professional career, Bill kept busy in other ways. He always appreciated the latest gadgets and technology. He was very active in AA. Bill was an avid reader of many different genres including Harry Potter, politics and science fiction. He liked watching the Star Trek series. He and his friends met regularly for coffee. The Tunbridge Fair was an annual event for him. Bill thoroughly enjoyed spending time with his grandchildren.

Bill was predeceased by his parents; a brother James Randall; a sister, Beverly LaPlant and husband Bernard;

a brother-in-law, Lyman Nichols; and a sister-in-law, Lucille Randall.

He is survived by his wife Patricia L. (Baumann) Randall, of Groton, VT, whom he married on August 18, 1962; their daughter Erin Randall-Mullins and husband Brian of Colchester, VT; two grandchildren Maddie and Will; a brother, Robert Randall of East Brunswick, NJ; a sister, Esther Nichols of Bellows Falls, VT; three brothers-in-law, William Baumann and wife Shirley of Randolph, VT, Charles Baumann and wife Joan of Virginia, and Gary Baumann and wife Janet of Long Island, NY; and several nieces, nephews, and cousins.

Bill's teaching legacy will continue with his anatomical gift to the University of Vermont.

There will be no calling hours.

A memorial service will be Saturday, November 5, 2011, at 1 PM, at the Groton United Methodist Church, Groton, VT with Pastor Candace Ricker officiating.

In lieu of flowers, donations may be made to either the Norris Cotton Cancer Center, Dartmouth Hitchcock Medical Center, One Medical Center Drive, Lebanon, NH 03756, Caledonian Home Health, 161 Sherman Drive, St. Johnsbury, VT 05819, or to the Blue Mountain Union School (for library books), c/o Mrs. Kate Davie, 2420 Route 302, Wells River, VT 05081.

For more information, or to offer an online message of condolence, please visit [www.rickerfh.com](http://www.rickerfh.com)

Ricker Funeral Home, Woodsville, NH is in charge of arrangements.

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

October 25, 2011 Volume 3 Number 2

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# County Awards Given At Annual Grafton County Garden Awards Program

The Aremburg family, owners of Blackmount Equipment in North Haverhill, graciously welcomed 4-H members and their families who had participated in the Grafton County 4-H Garden Program on Friday, October 7, 2011. The evening event drew more than 75 people to celebrate the 4-H'ers accomplishments with their gardens and to award county medals and National 4-H Week contest winners.

Thanks goes to Marie Bigelow, along with her father Earl Aremberg, who helped to set up the night with the assistance of the entire crew at Blackmount Equipment. Mr. Aremberg weighed the giant pumpkins and Mrs. Bigelow assisted with general preparations, along with the 4-H youth development staff of the University of New Hampshire Cooperative Extension and 4-H Garden Committee volunteer, Katie Blaine.

Erva Barnes, member of All Seasons 4-H, was the master of ceremonies for the evening. He introduced Catherine and Madeline Flynn, who led the group in the Pledge of Allegiance and the 4-H Pledge. Barnes then began the program with thanks to the program sponsors: Blackmount Equipment, Green Thumb Nursery, Marilyn Fuller and an anonymous donor.

Kathy Jablonski, Extension Educator for 4-H Youth Development, presented the County Medal awards to Catherine Flynn, Grace Flynn and Madeline Flynn of North Haverhill and members of the Bob-O-Link 4-H Club. Jessica Beck of Woodsville, an independent member, was also honored for entering the county medals program.

National 4-H Week window display awards were given to third place Rocking Horse 4-H club of Piermont, celebrating 40 years of 4-H learning and fun. Bob-O-Link 4-H club of North Haverhill earned second place. First place was a tie between North Country 4-H Saddle Club and Jessica Beck, independent 4-H member. Thanks to the following businesses for allowing 4-H'ers to display during 4-H week: Blackmount Equipment / Poulin Grain in North Haverhill, The Readery in Plymouth, North Haverhill Agway Farm and Garden

and Farmway in Bradford, Vermont.

The I Dare You Award was given to Catherine Flynn, N. Haverhill, and a member of the Bob-O-Links 4-H and Grafton County 4-H Teen Club.

Participation certificates were given to all 4-H'ers who grew a garden. Each club stood and was recognized as their president or oldest member present came forward for the judging sheets and other paperwork. Each 4-H'er received a blue, red or white ribbon based on the garden pictures submitted for judging. In addition, 4-H'ers who had completed all the record keeping by the due dates- garden plan, thank you notes, mid season judging, picture submission for final judging and their project page- were eligible for top awards in the final competition.

Blackmount Equipment of North Haverhill sponsors the vegetable garden program. In the junior division, first place was awarded to Justin Gall of Bath and a member of the Littleton Raccoons. He was given a John Deere cookbook, courtesy of the sponsor. Second place was won by Julia Fox, Canaan, of Cardigan Mountain Bobcats with Third place earned by Leili Young-Xu of North Haverhill's Bob-O-Link 4-H. They earned John Deere 4-H hats.

The Intermediate winners were Grace Flynn, North Haverhill's Bob-O-Links in third place; Alaina Shelzi, Orange, of Cardigan Mountain Bobcats in second place; and Bob-O-Links Elizabeth Stoddard and Madeline Flynn tying for first place. Winners received cookbooks and hats from Mrs. Bigelow.

The senior division saw Erva Barnes of All Season's 4-H as the first place winner, followed by a close second of Chase Clifford, Canaan, Cardigan Mountain Bobcats and Delaney Chabot, Camp-ton, of Pemi-Valley River Riders 4-H Club. They, too, earned prizes from the sponsors.

Green Thumb Nursery sponsored the flower gardening program. All first place winners received a prize from Priscilla Brown of Green Thumb nursery, usable in their garden next season. In the Junior division, Justin Gall earned first place. Second place went to Lilah Flynn of Bob-O-Link 4-

H in North Haverhill, and Bath club's Madison Lewis came in third. In the Intermediate division, Tyler Anderson, of All Season's 4-H earned first place with Alaina Shelzi, Orange, taking second place. There were no winners in the senior division.

There were three first place winners in the Container gardening division, sponsored by an anonymous donor: Junior division, Emily Stoddard of North Haverhill's Bob-O-Link 4-H; Intermediate division, Ben Clifford of Cardigan Mountain; and Senior division, Woodsville resident and independent 4-H member, Jessica Beck. No other winners were eligible for top prizes due to incomplete paperwork.

Marilyn Fuller sponsors awards for those completing garden journals. This year, Jessica Beck earned first place and Cloverbud Delaney Smith of Hunt Mt. 4-H earned second place.

Green Thumb sponsors the yearly giant sunflower contest, with 4-H'ers competing to see who can grow the largest diameter sunflower. Measuring is done over the seed portion of the plant. This year's winners were: First place, Cloverbud Derrick Nadeau of All Seasons' 4-H; Second place, Erva Barnes; Third place, Grace Flynn; Fourth place, Tyler Anderson; and Fifth place, Jessica Beck.

Blackmount Equipment sponsors the giant pumpkin growing contest. First place, with a 108 pound pumpkin, was awarded to grower Jessica Beck. Second place went to an 82 pound beauty grown by Erva Barnes. A 58



pound tie between Elizabeth Stoddard and Wyatt Basch settled third place. Wyatt is a member of the Bath 4-H club and Elizabeth is part of the Bob-O-Link 4-H club in North Haverhill.

In addition to giant pumpkins and sunflowers, youth can enter a decorated pumpkin or vegetable to be judged that night. Judges for the event were Judy Weisenberger and Amy Roy of Sugar Hill. In the Pumpkin Carving Contest, the following awards were made: Best 4-H Theme, Grace Flynn; Best New Hampshire Theme, Sam Flynn; Funniest, Alexis Bach; Most Original, Delaney Smith. Judge's awards were given to Jessica Beck and Liz Stoddard for their creativity and efforts.

In the vegetable decorating and carving contest, the judges gave the cutest award to Jessica Beck, funniest to Sam Flynn and the most original to Monica Zuk.

Alyssa Bach of Bath 4-H won the largest vegetable contest award. Monica Zuk, Griffin Zuk and Jessica Beck earned special prizes for attending the season long summer garden workshop series held at the Grafton County UNH Cooperative Extension office.

For more information about 4-H in Grafton County, please contact the UNHCE office at 787-6944 or email: [graffton@ceunh.unh.edu](mailto:graffton@ceunh.unh.edu).

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# Herbs For Pain Relief

Pain is a mechanism our bodies use to draw attention to a problem that the automatic system cannot handle by itself. Pain signals us to consciously address the underlying cause. Pain is almost completely individual. It can stem from large centers that control the main pain blocks of the body, and also from specific local areas that demand exact pinpointed action. Even mental trauma will eventually manifest itself as a physical pain. There are different kinds of pain – physical, emotional, chronic, local, sporadic, throbbing,

dull, spasmodic, sharp, shooting, etc... Add to this the fact that every person feels and reacts differently to pain, and you have some idea of how difficult it is to make or find a universal analgesic or pain killer.

Pain can be your body's best friend. It alerts you when something is wrong and needs your attention. It identifies the location, severity, and type of problem, so that you can treat the right area. But pain can also be your body's worst enemy. Continuous, constant body trauma saps strength and spirit,

causes irrational acts and decisions, and alters personality. This is the reason pain killers are useful. They allow you to think clearly, work and live, while addressing the cause of the problem. Other than injury or degenerative disease, chronic pain is based in lifestyle habits. Poor nutrition (to most people's surprise), plays a big role in back and muscle pain. For instance, a lack of green vegetables and calcium-rich foods may be the underlying cause. A stressful lifestyle exhausts adrenal and pituitary glands resulting in physical pain. An over-acid diet can eat away protective mucous membranes and nerve sheathing, so improving body chemistry through a better diet and herbal supplements affords long term nerve and stress relief. Being seriously overweight puts strain and pain on body parts from feet to shoulders.

Chemical pain-killing drugs, while strong, afford relief by masking pain, or deadening certain body mechanisms so that they cannot function. Herbal pain relievers are more subtle and work at a deeper level, to relax, soothe, ease and calm the distressed area. They allow you to use the pain for information about the state of your body, yet not be overwhelmed by the trauma to body and spirit that unrelieved pain can bring.

Herbal analgesic combinations are effective for each of the pain areas. For many people, natural therapies and herbs are superior to pharmaceutical drugs and their side effects. Herbs may be used topically or taken orally. They work by soothing membranes, relaxing muscles and spasms, calming the mind and providing oxygen or pain relief. All of them allow the body full function and communication while it is healing. Relaxation techniques like chiropractic adjustment, shiatsu massage, biofeedback, acupuncture, and massage therapy are excellent methods to use along with pain relieving herbs for the best results in controlling pain.

Frontal lobe head pain is one of the body's most insistent mechanisms for drawing attention to a health problem. Earaches, toothaches, face twinges, sinus pressure and over the eyes headaches all signal us to address the trouble right away. The frontal lobe pain center occurs roughly from the ear line forward, and includes all parts of the face

and skull. This type up-front pain is usually caused by the pressure and swelling and inflammation, and is characterized by throbbing or sharp shooting twinges. Frontal lobe is frequent in children, who seemed to be more plagued than adults with toothaches, earaches and headaches caused by asthma or allergy attacks. Fortunately, most underlying causes for frontal lobe pain can be addressed easily and successfully with herbal analgesics, these are safe and gentle for children as well as effective for adults.

Vascular headaches like migraines and cluster headaches appear to be disorders of the brain, indicating vascular instability, cranial artery constriction and inadequate brain blood supply. There is neurological inflammation and a drop in estrogen levels. Migraines affect 15% of American men and 30% of American women. Chronic stress is a leading cause of migraines. Cluster headaches, characterized by two or more sudden, extremely painful headaches in a day, come in cycles for several days, and recur every few months. Both of these specific headaches respond to herbal pain relievers. Herbs act as relaxants for neutral pain in the neck, face and base of the brain. They encourage body chemistry balance by providing brain and nutrient support.

Neuritis (peripheral neuropathy) is an inflammation of a nerve or nerves characterized by a burning or tingling sensation in the muscles or nerve area, resulting in numbness of the nerve area. It is usually a degenerative process, and often part of a degenerative disease, such as diabetes or leukemia. Trigeminal neuralgia is sudden, sharp, severe pains shooting along the course of a nerve – often because of pressure on the nerve trunks, or poor nerve nutrition and an over-acid condition. Herbal healing compounds are a good choice because they act as

tonics and sedatives, boosting circulation while calming and soothing, relieving pain while helping to rebuild and muscle strength with mineral-rich nutrients. Herbs should be combined with stress management techniques, such as Reiki or massage therapy for best results.

The spine is a major seat of human nerve structure, and as such manifests many of the body's emotional, psychological and physical stresses, eighty percent of Americans suffer from back pain at some time in their lives and almost 40% wind up with crippling back pain. Causes for back pain can be as far apart as a slipped disc and family financial problems, in fact, lower back pain is a far more complex problem, than once thought. High stress lifestyles and poor dietary habits inhibit mineral absorption needed for strong back muscle structure. Organically grown foods, sea plants, herbs and outdoor exercise for vitamin D are good habits to consider for healing. Major back surgery, like removing discs may do more harm than good. Diet improvement, supplementation and other healing modalities that treat more than just the physical pain, is often the best answer.

Analgesic herbs include: White Willow Bark, St. John's Wort, Kava Kava, Valerian Root, Wild Lettuce, Wood Betony, Scullcap, Cramp Bark, Black Haw Bark.

Alkalizing herbs include: Kelp/Sea Vegetables, Garlic, Tumeric, Dandelion Root, Yellow Dock Root, Black Cohosh Root, Spirulina, Nettles, Marshmallow Root, Alfalfa.

Body chemistry balancers include: Devil's Claw Root, Pau D'Arco Bark, Lemon Balm, Dandelion Root, Ashwaganda, Chamomile, Ginger Root, Parsley Leaf & Root, Chlorella, Barley Grass, Slippery Elm Bark, Licorice Root.

*Melanie Osborne is the owner of Thyme to Heal Herbs and practices on Route 302 in Lisbon, NH. She has been in practice since 1991. She is certified in Therapeutic Herbalism through the Blazing Star Herbal School in Shelburne Falls, Massachusetts. Much of her work is private health consultations, teaching herbal apprenticeships and intensive workshops, Reiki I, II & III into mastership. In her Shoppe located in Lisbon are over 200 medicinal bulk herbs, teas and capsules, all made on premise. 603-838-5599 thymetoheal01@yahoo.com*



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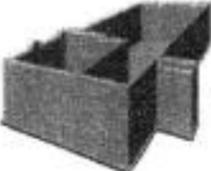
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Please Note: Due to space constraints I had to severely cut this down. You can find the full version at my website: <http://scaredsheetlessncn.blogspot.com>.

I honestly love this building. The outside of it gave me goose bumps, good ones though. The inside was quant, lots of rooms, lots of history. Lots of spirits? Maybe. The building is now part apartment, part salon, part massage, part yoga...Let's be out with it, this place has everything. We couldn't go in all the rooms, but the rooms we did, we got a few chills.

#### A BRIEF HISTORY:

It was built in 1874 for a total of \$10,000-\$15,000. The school was built by a well-known architect (rumored to be Lambert Packard-a legendary Vermonter). The building was so impressive that a model of it was exhibited at the Paris Expo in the 1890's that was said to be an outstanding example of an American schoolhouse. Just to give an impression of the times, back then a teacher's annual salary was \$2,148 back in 1904! Ouch! And today's teachers are complaining? But back then, that was a lot of money, but today, the building still stands tall...and somewhat creepy looking. I honestly wanted to move in. What can I say? I got a thing for macabre.

I won't name the businesses at hand in respect of the businesses who wished not to be mentioned in this article as well as the locations:

#### FIRST PLACE:

Sitting in the nice comfy

chairs we decided to do an EVP session to try and contact the spirits who may be still residing there. This room would soon talk in ways I haven't experienced before. During the EVP session, Anthony told Lewkis to take a few pictures right in front of me, asking me if I saw what he just saw. I said, "No" as I was watching over at the open counter which leads to the waiting area. Apparently, he saw a white orb fly past, right in front of me. You usually see orbs in pictures or video (which about 95% of them are proven to be just bugs or dust), but to actually see an orb?

#### SECOND ROOM:

Keep in mind I wasn't in this room for about three quarters of the time, Anthony and Lewkis were. I was still in the salon where I saw a ghostly hump walking across the hallway and could of had a spirit touching me (go to my website for further details). Nothing was happening, so I joined them. Anthony told me how he heard footsteps coming up in back of him and how they heard knocking. Things were heating up and they were only going to get better!

#### THIRD ROOM:

This was my favorite room, because it's the room where we got a lot of chills. Now, this room was somewhat dark, somewhat visible because of the street lights outside these tall windows, so we could make out some details. One detail is this big door frame which leads out to the stairs. The first thing I experienced was a shadow walking past and something looking back in at us. I

thought I was going mad until Anthony said, "You saw that too?" I saw it and it was startling, not to mention awesome!

The second big incident was when we were all standing up and trying to get some energy going. It seemed like every time Anthony would start clapping his hands and yelling, something would happen. We weren't clapping or yelling anymore, we were talking amongst ourselves, but then something weird was about to happen. We heard this dragging noise right next to me. It was loud and it was right in that room with us. One of us asked if they could do it again and it did! The dragging noise happened again, only it seemed louder, and more prolonged. It startled someone so much they nearly leaped in someone's arms.

Thankfully, my website is word count free, and you can get all the details there about this great building. The businesses that didn't want to be mentioned is understandable, but we'd still like to thank them for allowing us into their building. Also, a very special thanks to Barbara Smith who is a good ghost hunter herself. Until next time this has been Scared Sheetless. Happy Hauntings, keep it scary, and have a great Halloween!

Resources: [www.theoldvillageschool.com](http://www.theoldvillageschool.com) - I seriously thought I was going to have a hard time trying to retrieve historical information on the school, but I found this great website that's full of information on this great, historical building.

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# 20 Lisbon Village Pizza! Jim Is Back!

Interview with Jim Antonakakis

By Lauren M. LoSchiavo



OPEN FOR BUSINESS - Jim Antonakakis is the original owner of this establishment. A few years ago he sold the restaurant and when it recently closed its doors, he decided to step back in. He has been in the restaurant busi-

ness since 1973. Jim and his brothers are good at what they do. They own Village Pizza restaurants in Newport (Vermont and New Hampshire), Lebanon, Royalton, VT, and now - back again, in Lisbon. Jim also owned the Randolph Village Pizza for 15 years. With this much combined success, you know your taste buds will be satisfied.

The atmosphere in the restaurant is fresh and clean and the food is excellent and reasonably priced. Jim loves to cook and he loves New England which is why we can now enjoy the meals he creates. Meat lovers and vegetarians will find something good on his menu. Stop in today at 99 North Main Street in Lisbon, NH. Open 7 days a week. Sunday-Thursday 11:00a.m.-9:00p.m., Friday-Saturday 11:00a.m.-10:00p.m. You can also call ahead to place your order at (603) 838-9050. Welcome Back, Jim!

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# Executive Councilor Ray Burton Receives Inaugural Award Named In His Honor

Plymouth, NH – State Senator Jeannie Forrester on behalf of the Grafton County Republican Committee presented District 1 Executive Councilor Ray Burton with the inaugural Raymond S. Burton Community Service Award at the Committee's Columbus Day Dinner held on October 10, 2011.

"To have an award named after oneself is a tremendous honor and to have it given to me by Senator Forrester is of great joy and delight." Said Executive

Councilor Ray Burton. "The duty of public service is to represent all constituents and do what is best on their behalf and that is exactly what I have and will continue to do as District 1 Executive Councilor and Grafton County Commissioner."

Executive Councilor Burton accepted the award in front of a packed house at the Common Man Restaurant in Plymouth. The Raymond S. Burton Award will be presented to a public servant every year and will be



awarded to such an individual who follows the dedicated public service example Executive Councilor Ray Burton has provided for nearly 30 years to the residents of New Hampshire.

## Time to Get Your Part D Checkup

Now is the time for Medicare beneficiaries to get their yearly Medicare Prescription Drug Plan checkup.

This year the open enrollment period is earlier from previous years – Saturday, Oct. 15 through Wednesday, Dec. 7. During this period Medicare beneficiaries can either switch Medicare Part D plans, or join a Part D plan for the first time. The open enrollment period begins and ends earlier this year to give Medicare more time to process changes in time to take effect in January of 2012.

The Area Agency on Aging can help. Our health insurance counselors offer professional, non-biased assistance at no charge. We can help you review your current prescription needs and help you evaluate the Part D plan that is best for you.

Even if your prescription needs have not changed, your plan's coverage may have changed. Our Medicare counselors can help you sort out your options and choose a plan that best suit your needs.

Medicare beneficiaries and their caregivers seeking assistance are encouraged to

gather their current coverage information and a list of their prescription drugs, and to call the Area Agency on Aging at 1-800-642-5119 to speak with Agency staff.

For more information about the programs available to support older adults and

family caregivers in the North-east Kingdom, please contact the Area Agency on Aging for Northeastern Vermont at 748-5182, 334, 2190 or via the Senior HelpLine at 1-800-642-5119. We're also on the web at [www.nevaa.org](http://www.nevaa.org).

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