

TRENDY TIMES

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Email: gary@trendytimes.com
Website: www.trendytimes.com



OCTOBER 16, 2012 VOLUME 4 NUMBER 1

The Show Will Go On

OCT: Year In Review

By Gary Scruton

Another season is in the books at Old Church Theatre in Bradford. The final performance of the season was the Sunday afternoon performance of Arthur Miller's play "The Price". The small four person cast took on a somewhat imposing task in the presentation of this "psychological problem drama". The plot is heavy. The first act moves somewhat slowly as the characters are developed. The second act then gears up to some gut wrenching moments with several extended monologues from the cast members. Far from the context of many of the earlier productions at OCT this year, "The Price" left the audience in varying degrees of thought. The actors were indeed the entire production as this performance had no change of scenes/props, and only saw lights up at the beginning, and lights down at the end of each act. In the end the cast put it together and ended the season on a good note.

The performance season at OCT is now over, but certainly the work of the theatre is far from done. In fact work on next year's schedule is already in the works, as well as the wrap up for 2012.

Two particular dates are important to those who love OCT. The first of those dates is Saturday, November 3 at 10 AM at the OCT theatre. This will be the time when the building itself will be shut down for the winter. Chores will include blowing out the water lines and taking all the liquids (paint, cleaning supplies, water bottles, etc.) out of the building for storage elsewhere. The electronics such as the lighting board, phonic ear, speakers, etc will also be removed so that the cold will not be able to take its toll. There will also be some general clean up to put the old church to bed for winter.

The second date is the



The cast for "The Price" was right, featuring newcomers to Bradford as well as regulars. Director Sheila Kaplow was personally thanked after the final performance.

annual OCT meeting. That event is set for Sunday, November 18 at 2 PM. The exact location is still to be decided and will be announced soon. The annual meeting will see the election of the board of directors and officers of OCT. It will also include the year end financial report, a season summary, and time for brainstorming for other fundraising events before next year's season begins. And as has been the recent tradition, those attending are asked to bring a dish to share. Kind of a casting call for chefs or those who act like chefs.

Both of these events are open to any and all theatre lovers, or those would like to join as a member of OCT.

It is the duty of the new board of directors to make decisions on the scripts to be performed in 2013, who will direct those performances, and what other activities will take place. One exception to that is an event already determined. It is a first ever winter performance. In cooperation with Court Street Arts at Alumni Hall in Haverhill, OCT will perform "Death by Golf" sometime in late February or early March. Casting will take place in late December or early January. Again check

their website for exact dates and times.

Another change for 2013 that has already been decided is that the night of one act plays will exclusively feature plays written by playwrights in Vermont or New Hampshire. The new board will read all entries and narrow the field down to about ten. Then the directors will get to choose from that list and get production together for the annual performances.

In speaking with OCT President Paul Hunt it was learned that an average theater season at OCT seats about 1700 over the course of the 30 performances. The 2012 numbers were more than 300 over that range with a great boost from the production of "Anne of Green Gables" that actually saw a sell out, and people turned away at the door.

One final note on the season at OCT is that the group was able to purchase a new lighting board near the end of this season. The old board was destroyed by a lightning strike shortly before "Anne". But through contributions, insurance, and admission sales a new lighting board was purchased and is ready to serve for many years to come.

Jean's Playhouse Meets PSU MAPS

The grand opening of Jean's Playhouse in July was a well-deserved milestone for the White Mountains arts community as old Paper Mill Theatre was dismantled last year. The community has worked for decades to broaden their arts offerings and the new climate controlled Jean's Playhouse is indeed a huge addition. Now performing year round, the North Country Center for the Arts as presented at Jean's Playhouse have a big role to play in the White Mountains.

Last week, 3 members of the North Country Center for the Arts at Jean's Playhouse met an enthusiastic group of marketing students at Plymouth State University. The group calls themselves "MAPS or the Marketing Association of Plymouth State". MAPS has grown from 7 members in 2009, to over 100 this year. The organization offers sales and marketing consulting to local businesses. They are recognized globally at marketing conferences, and

currently have a 100% job placement rate for its graduating members within their chosen field. This year, to add to their chapter plan, MAPS has agreed to take on the challenge of designing a non-profit marketing plan for the North Country Center for the Arts.

MAPS will volunteer much of their time, creative ability and resources to help support the North Country community's long-term arts goals. The group will make several appearances to the area hotels, restaurants, attractions, businesses and more to gather market information and create hype for this year round professional theatre! Jean's Playhouse and MAPS are looking forward to seeing you at one of our upcoming shows!

October: A Grand Night for Singing & Adventure Improv (In rep Tues-Sat 7:30PM)

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Haverhill VFW Offers Scholarship Opportunities For Jr & Sr High Students

The Veterans of Foreign Wars Post 5245, North Haverhill, NH would be proud to sponsor any applicants for this year's Voice of Democracy and Patriot Pen scholarship awards. Significant scholarship money can be obtained for successful applicants and participation is truly a life enhancing experience.

The Voice of Democracy program requires both a written essay and a verbal presentation of the same and is open to any student in grades 9-12 who currently attends Woodsville High School, Lisbon High School, Blue Mountain High School

or lives in this area and is an at-home student.

The Patriot Pen program requires a written essay and is open to any student in grades 6-8 who lives in our area.

Instructions and applications can be found on the national Veterans of Foreign Wars web site or doing an internet search for Voice of Democracy or Patriot Pen awards.

Application must be received no later than November 1, of this year.

Due to the short time frame any applications should be sent to the Post 5245 Public Affairs Officer at



the following address.

Lt. Col Paul Bailey, USAF
Ret
Public Affairs Officer
P.O. Box 262
Woodsville N.H. 03785

Cottage Hospital Pain Management Center Not Affected In Meningitis Outbreak

Woodsville, NH – Cottage Hospital Pain Management Center, a department of Cottage Hospital is aware of a recall of a steroid injection for the relief of back pain. The injection was compounded by New England Compounding Pharmacy in Framingham, MA.

We would like to reassure our patients that Cottage Hospital does not use this vendor and that this compounded steroid injection

was not used at our facility.

For information regarding the recall please visit: www.cdc.gov/HAI/outbreaks/meningitis.html

Cottage Hospital is a 25 bed, critical access hospital serving the beautiful Upper Connecticut River Valley. For additional information regarding Cottage Hospital and any of our services visit us on the web at www.cottagehospital.org or call 603-747-9000.

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Interest In Gluten Free Lifestyle Surges As Benefits Become Apparent

By Marianne L. Kelly

"There is so much we don't know about our bodies," said Horse Meadow Senior Center Director, Deb Foster, speaking to a newly formed support group about the surging interest in the benefits of living a gluten free lifestyle, including weight loss. "We really must take charge of our own health," she continued.

Horse Meadow member, Judy Batchelder, who, for some time suffered from stomachaches and discomfort in the intestinal area, suggested they organize a help and information support group for those with gluten intolerance and those whose interest centered on loved ones suffering from this disorder. Tests performed by her doctor showed no evidence of gluten intolerance, but her body told her a very different story. Her doctor suggested she try a gluten free diet and told her it would take up to two weeks to feel better, "but four days later I was feeling much better than I had been before I went gluten free about two months ago," she said.

Two gluten free diet veterans told the group of their trials and successes noting, "We didn't have the products or information that is available today. It was a lot of trial and error."

Gordon Boomhower, 75, and 10 years gluten free was unaware for a long time that gluten-laden products were causing him so many problems. He landed in the hospital with colon cancer and decided to go gluten free. "I feel so much better," he said. According to his wife, Carlene, "I have had to learn and continue to learn an entirely new way to shop and prepare meals."

Pastor Mary Elise Thomas began her gluten free lifestyle when her son was born with a plethora of allergies, including dairy, and whose formula had to be constantly changed as he grew. His diet had to be monitored carefully as he went from baby to toddler to youngster. Thirty years ago, Pastor Thomas joined her son in becoming gluten free and together they have been living this lifestyle for a total of 45 years.

Haverhill was on hand to demonstrate and explain the process of making gluten free dough. Kiessling, the executive chef at a summer camp in Maine was charged with safely feeding the gluten free campers as well as those on regular and dairy free diets. "They had a traditional schnecken breakfast that the dairy and gluten free campers could not enjoy, so, feeling badly for them, and not wanting to leave them out, she set out to create a schnecken everyone could enjoy. She researched different recipes and experimented with several types of dough until she created one that worked.

As she worked the dough for gluten free cinnamon rolls, Elaine explained that the texture of gluten free flour was very different from wheat flour. "All purpose gluten free flour feels more like talcum powder than regular wheat flour." The group was able to feel the flour and the dough, noting that it did not feel much different from wheat dough. "Every dough needs a binder and xanthan gum is the binder of choice for gluten free flours," explained Elaine. She also suggested using egg replacers, Earth Balance butter for dairy intolerant people and turbinado sugar to make food as natural as possible, yet still tasty. "This strategy worked well for the gluten and dairy free campers, making them feel they were not being deprived of delicious

meals.

While her cinnamon rolls were baking, Elaine fielded a myriad of questions from the group, and gave each one the recipe to try at home. Everyone was treated to a delicious gluten free cinnamon roll fresh from the oven along with a slice of gluten free bread baked the previous night by Deb Foster. The consensus was overwhelmingly positive. Elaine encouraged everyone to experiment with different types of flour including, rice, coconut, garbanzo bean, arrowroot and others, and "don't be afraid to add things like flaxseed, almond milk, coconut milk and other ingredients to the dough. Have fun with it," she said. One member noted that since almond and coconut milks do not have a glycemic index, they are safe for not only dairy intolerant folks, but diabetics as well.

Elaine also noted that gluten free bread has a somewhat longer shelf life than regular bread, gluten free products freeze well, and for many are a healthier alternative to gluten products.

The gluten free support group will meet regularly at the Horse Meadow Senior Center, and according to Director Foster, "It looks like we may invite the gluten free nutritionist from Cottage Hospital to help us navigate this new way of living."

For more information call Horse Meadow Senior Center at (603)787-2539.



Gluten free cinnamon buns fresh from the oven were enjoyed by the assembled cooks/eaters.

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Grafton County 4-H Congratulates Our Eastern States Exposition Participants

Wow! Did you know that 4-H'ers from New Hampshire represented the state's 4-H program at Eastern States from September 14-29, 2012? Making presentations in the New England Building, modeling in the Fashion Revue, giving demonstrations or public speeches, fitting and showing their livestock were some of the ways Grafton County 4-H'ers earned the right to represent New Hampshire at the Big E. A photograph taken by a Grafton County 4-H'er was there for exhibition.

Livestock competitors earned ribbons and awards for showing. New England Building participants got to hone their public presentation skills while teaching fair goers about 4-H in New England.

Each of our participants was given a T-Shirt sponsored by the Grafton County 4-H Leaders' Association.

Representing Grafton

County 4-H were:

Dairy Cattle: Lottie Page, Alyssa Jellison and Heath Page of Bath, Will Patch of Lebanon, Rylie Nichols, Samantha Cohen and Rachel Cohen of Monroe, Jennifer Miller, Helen Mae Metcalf, Kathleen Metcalf, Dylanie Nichols and MacKenzie Nichols of Piermont; Fashion Review, Action Exhibits, Demonstrations, & Public Speaking: Jacob Dalton, Alyssa Bach and Melanie Peters of Bath, Liz Stoddard, Emily Stoddard, Catherine Flynn, Grace Flynn, Madeline Flynn, Hope Cataldo, and Adam Cataldo, Amanda Geil of Monroe Photography: Kristen Buckley of Rumney.

Youth must be 12 or over and qualify at county and state wide events sponsored by University of New Hampshire Cooperative Extension's 4-H Youth Development program in order to earn a spot to represent 4-H at the Big E.

For more information about the 4-H program in Grafton County, contact the UNHCE office at 603-787-6944 or email: donna.lee@unh.edu.

All programs sponsored by UNHCE are consistent with pertinent Federal and State laws and regulations on non-discrimination regarding age, color, handicap, national origin, race, religion, sex, sexual orientation, or veteran's status.

Harvest Celebration St. Johnsbury Community Farm

Join the Harvest Celebration Pot-Luck, at the St. Johnsbury Community Farm, on Friday, October 19th, beginning at 4p.m. The St. Johnsbury Area Local Food Alliance (STJALFA) wants to extend an invitation to the entire community to help celebrate the end of another productive year at the Community Farm on the Back Center Road (just look for the sign).

Please bring a local food dish to share. Bring along your garden gloves and help put the farm to bed for the winter.

STJALFA is proud of all that our volunteers have accomplished this year at the Community Farm. Thanks to your work we were able to provide locally grown vegetables for area meal sites, food shelves, and families.

The work at the Community Farm is almost over for this year – we hope that you will come help us button-up the garden and celebrate the season on Friday, October 19th.

If you have questions, or you need additional information, contact Melissa at the SJ Food Co-op 802-748-9498.

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Medicare Part D Open Enrollment To Begin October 15th

This year Medicare's Annual Part D Open Enrollment Period runs from October 15th to December 7th. If you are enrolled in Medicare (or a Medicare Advantage Plan) you should take the time now to review this important component of your insurance coverage.

For most people, the open enrollment period is the only time during the year that you have to choose another prescription drug insurance

plan that might better meet your needs.

"Watch your mail," said Pat Paine, Health Insurance Specialist at the Area Agency on Aging for Northeastern Vermont. "Your insurer will send you information about any upcoming changes to your current plan.

For example, the company may raise the cost of the premium, deductible and/or co-pays, or the drugs covered under the plan. We

can help you to compare plans, so that you can choose the one that best meets your needs."

For those with access to a computer, Medicare has several helpful resources on line that can be found at <http://www.medicare.gov/part-d/index.html>.

Additional no-cost help is available locally by calling the Senior HelpLine at 802-748-5182 or 1-800-642-5119.

Groton Growers Announces Apple Pie Contest

By Marianne L. Kelly

Groton Growers Farmers Market kicks off its winter season on Saturday, Oct. 20 with a "Taste of the Market Apple Pie Contest," open to vendors and the public. Apple pie bakers are encouraged to enter their favorite home-made apple pie that could be theirs or an heirloom recipe from an ancestor.

Each entry will be given

a number, and the public will vote on the best tasting entry. The winner will receive a \$25 cash award from the Groton Growers.

This year we will have help from the newly organized Four Corner Clovers 4-H Club. Stop by to say hello to these wonderful youngsters and get information about joining.

Apple pie contestants should bring their entries no later than 11am to the Groton Community Building Gym on Route 302.

For more information, call Marianne Kelly at (802) 222-9258.

Bring the family and friends, and taste and vote for your favorite apple pie. Market hours are 9-1.

Mutts Rock At The Rocks 2012

The Above the Notch Humane Society is holding it's 3rd Annual Mutts Rock at the Rocks on Saturday, October 20. The festivities will begin at 10am with a pet costume pageant and amazing dog trick contest! Walk the beautiful trails at the Rocks Estate beginning at 11am and join us for a BBQ lunch at 12pm. Enjoy music by the local band, the Grass Fed Boys, followed by an exciting State Police K-9 demonstration at 1pm. Local pet products and services vendors will join in the fun too. Come with or without a dog, rain or shine! Tickets are \$10 and children under 5 are free.

Tickets can be purchased online at www.atnhs.org.

The ATNHS was established in March of 2001. We are a no-kill humane society for Littleton and surrounding towns. The ATNHS seeks to provide assistance to needy animals via food, shelter, socialization and veterinary care. The ATNHS is located at Littleton Pet Center and Kennel in Littleton, NH. Call 603-444-6285 and schedule an appointment to visit with dogs that are available for adoption to forever homes.

Come out and join us and help save the homeless dogs in your community!

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GROTON GROWERS FARMERS MARKET
RTE 302-GROTON COMMUNITY BUILDING

SATURDAYS
10:00am - 1:00pm

Groton Growers Taste Of The Market And Apple Pie Tasting Contest

Saturday, October 20 - 9:00am - 1:00pm
Register your entry by 11am

Enter Your Favorite Homemade Apple Pie And You Could Win A \$25 Cash Prize!

We still have a large selection of locally grown vegetables, along with freshly baked bread, pies, pastries, local honey, mixes and seasonings, jams, jellies, pickles, personal care products, high quality crafts and more.

Stop at Nana's Kitchen for a breakfast pastry or a special lunch, enjoy a warm Stromboli from Spice of Life or a Jamaican specialty from Derok.

Don't forget to bring those dull scissors and knives for sharpening while you shop and enjoy breakfast and lunch.

It's all here at our fun family market, so come on down, taste and vote for your favorite apple pie entry, stock up on locally grown and produced food, and help us kick off a successful winter market!

SEE YOU AT OUR FRIENDLY, FUN FILLED MARKET!

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!

SUNDAYS

OPEN GYM

1:00 PM – 3:00 PM

Morrill Municipal Building, North Haverhill

CRIBBAGE

1:00 PM

American Legion Post #83, Lincoln

MONDAY/THURSDAY

NCYMCA AEROBICS

Starting 9/24 til December

6:30 PM

Woodsville Elementary School

TUESDAYS

BREAKFAST BY DONATION

8:30 AM – 10:00 AM

Horse Meadow Senior Center, North Haverhill

ONE-ON-ONE CRIBBAGE ROUND ROBIN

9:30 AM

Horse Meadow Senior Center, North Haverhill

UCC EMERGENCY FOOD SHELF

4:30 PM – 6:00 PM 802-584-3857

Wells River Congregational Church

OCTOBER 23 - NOVEMBER 20

FREE BEGINNERS SPANISH CLASS

6:30 PM – 7:30 PM

Groton Free Public Library

See article on page 8

WEDNESDAYS

BINGO

6:30 PM

Haverhill Memorial VFW Post #5245

North Haverhill

FRIDAY & SATURDAY

OCTOBER 19 & 20

HARVEST THE HOLIDAY SAVINGS

All Day

See ads on page 9

FRIDAY, OCTOBER 19

HARVEST CELEBRATION

4:00 PM

Back Center Road, St. Johnsbury

See article on page 4

SATURDAY, OCTOBER 20

WRITING WORKSHOP

9:00 AM – 12:00 Noon

Haverhill Corner Library

APPLE PIE CONTEST

9:00 AM – 1:00 PM

Groton Town Hall

See article on page 5

GROTON GROWERS

TASTE OF THE MARKET

10:00 AM – 1:00 PM

Groton Town Hall

See ad on page 5

ABOVE THE NOTCH HUMANE SOCIETY

MUTTS ROCKS AT THE ROCKS

10:00 AM – 2:00 PM

The Rocks Estate, Rt 302, Bethlehem, NH

See article on page 5

HARVEST SUPPER

5:00 PM – 7:00 PM

Woodsville United Methodist Church

SWEET JAM WITH 30'S, 40'S & 50'S MUSIC

7:00 PM – 10:00 PM

Alumni Hall, Haverhill

THE ROCKY HORROR PICTURE SHOW

Midnight - Free Admission

Old Church Theatre, Bradford

MONDAY, OCTOBER 22

BOOK DISCUSSION

7:00 PM

Groton Free Public Library

See article on page 8

TUESDAY, OCTOBER 23

FREE BEGINNER SPANISH CLASS

6:30 PM – 7:30 PM

Groton Free Public Library

THURSDAY, OCTOBER 25

BOOK CLUB FOR WRITERS

7:00 PM

Haverhill Corner Library

See article on page 8

FRIDAY, OCTOBER 26

RUMMAGE SALE WITH GREAT STUFF

9:00 AM – 2:00 PM

Peacham Church

SATURDAY, OCTOBER 27

RUMMAGE SALE/ \$2 PER BAG

9:00 AM – 12:00 Noon

Peacham Church

CRAFT FAIR

9:00 AM – 2:00 PM

North Haverhill United Methodist Church

See ad on page 4

HAUNTED HAPPENINGS & DANCE

5:00 PM

Clifford Memorial Building, Woodsville

See ad on page 10

TUESDAY, OCTOBER 30

FREE BEGINNER SPANISH CLASS

6:30 PM – 7:30 PM

Groton Free Public Library

SATURDAY, NOVEMBER 3

WRITING WORKSHOP

9:00 AM – 12:00 Noon

Haverhill Corner Library

NCYMCA CLOTHING DRIVE

9:00 AM – 3:00 PM

Woodsville Elementary School

12:00 Noon - 4:00 PM

Pilgrim Furniture, Littleton

SHUTTING DOWN OCT

10:00 AM

Old Church Theater, Bradford

See article page 1

MONDAY, NOVEMBER 5

GOOD OLE BOYS MEETING

12:00 Noon

Happy Hour Restaurant, Wells River

TUESDAY, NOVEMBER 6

ELECTION DAY

A Polling Booth Near You

NH STATE VETERANS COUNCIL

REPRESENTATIVE

8:30 AM – 12:00 Noon

Woodsville American Legion Post #20

CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING

7:00 PM

Morrill Municipal Building, North Haverhill

WEDNESDAY, NOVEMBER 7

3 RIVERS BUSINESS ASSOCIATION

MONTHLY MEETING

8:00 AM

Wells River Savings Bank, Wells River

DINNER OUT W/BGCNC

5:00 PM – 9:00 PM

Applebee's, Littleton

WOODSVILLE/WELLS RIVER 4TH OF JULY COMMITTEE MEETING

7:00 PM

Woodsville Emergency Services Building

THURSDAY, NOVEMBER 8

BATH LIBRARY BOOK CLUB

6:00 PM

Bath Library

See article on page 8

SATURDAY, NOVEMBER 10

COOK'S TASTE OF THE

NORTH COUNTRY FESTIVAL

10:00 AM – 2:00 PM

Horse Meadow Senior Center, North Haverhill

See article on page 20

SUNDAY, NOVEMBER 11

VETERANS DAY PARADE

11:00 AM

Central Street, Woodsville

MONDAY, NOVEMBER 12

ROSS-WOOD AUXILIARY UNIT 20

MONTHLY MEETING

6:00 PM

American Legion Home, Woodsville

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

Submit your entries by:

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

Deadline for submissions is Thursday, October 25th for our October 30th issue.

The Ham

By Elinor P. Mawson

We got married just before my senior year in college; my husband was going to begin his first job--principal, teacher and part-time janitor in a small-town school.

Since our financial situation would be tight, some kind relative threw us a grocery shower. We received a lot of spices, canned goods, laundry detergent, cleaning items and a canned ham.

After my new husband carried me over the threshold of our second floor apartment, we unloaded our groceries into their proper cabinets. The ham was front and center; it looked wonderful in its shiny can and our mouths watered when we looked at it.

But after some thought, we decided that we should wait to eat it when I learned to cook (which took some time). And besides, with our dubious budget, we thought maybe we should save it for the time if and when there was nothing else to eat.

Our time in the apartment came to an end when we had to move 50 miles away so I could do my student teaching. My husband commuted 25 miles one way to continue his job, and things got a little tough. Our new apartment had no stove or refrigerator, but it being January, we used the

windowsill for the cold stuff; the toaster, electric coffeepot and electric skillet (also wedding presents) sufficed until we could afford the appliances. It was nearly Spring when we finally got the refrigerator. Yes, times were tough, but we never had to use the ham.

On the fourth of July that same year we moved once more. This time we went to a 5-room house which, though modest, made us feel like we were finally at home. We put the canned ham near the back of the cupboard because by this time, my husband was working part time in a grocery store (for \$1.00 an hour) and getting 10% off on groceries. By comparison to the previous year, we were eating like kings. Also, I had learned to cook by this time.

We moved twice more in the next couple of years. Our ham went with us because we still hadn't had to eat it. By the time we got to our own house, the can was looking a little shopworn, but by this time, it was a symbol of our coming up in the world, and we placed it on a shelf in the cellarway.

The years went on, we had two kids, got Master's degrees, traveled, upgraded, grew older. When my husband retired we decided to downsize and put the house

on the market. By this time, we had lived in the house for 36 years and had accumulated a lot more than we ever needed. It took several years to weed out and get rid of most of our things, and it took a year to sell the house.

Just before we moved, one of the last jobs we did was clean out the nooks and crannies where things had been stored for ages. Imagine our surprise when we cleaned off the cellar shelf and discovered our canned ham.

Gone was the shiny tin, Dust and rust covered its former graphics and somehow, there was a big dent. The key to open it was still there, though. We couldn't imagine what could be inside!

But as we threw it in the trash can we congratulated ourselves on not having to ever eat that ham. We had kept it for 39 years!

Marriage

Advice Project

Share Your Advice for a Happy Marriage.

Thinking back over your life, what are some of the most important lessons you feel you have learned about having a happy and successful marriage?

The Marriage Advice Project (<http://blogs.cornell.edu/themarriageadviceproject/>) at Cornell University is collecting the advice of people 60 and older about love and marriage. We are seeking tips from elders about how to find the right partner, how to make marriage or a committed partnership work, and how to deal with the stresses of marriage. The advice we collect will be used in a new book of elder wisdom about marriage.

We'd love to hear from

you whether or not you are currently married. If you are age 60 or older, please share your lessons on our website. (Simply write your advice - as long or short as you like - in the comment box.)

For more information, go to the website (<http://blogs.cornell.edu/themarriageadviceproject/>) or feel free to email us at marriageadviceproject@cornell.edu.



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Children's Book Donation

Bath Public Library has been the generous recipient of a donation of children's books. This donation was made on the behalf of Ocean State Job Lot and Book Enterprises.

We asked for a donation for our children's Summer Reading Program, and were so pleased to have received

64 easy and junior fiction books. These books will be a wonderful addition to the library.

We are grateful for this gesture; to have our library supported by these two companies – inspiring our young homeschool/story hour readers.

Bath Library Book Club

The Bath Library Book Club will be discussing "The Lobster Chronicles" by Linda Greenlaw on Thursday, November 8th at 6 pm at the Bath Library. After seventeen years at sea being a sword-boat captain, the author decides she needs to return home – to a tiny island off the coast of Maine, with a population of 70 year-round residents. She wants to pursue a simpler life, become a professional lobsterman; find a

husband, have a family and settle down. Books may be picked up at the Bath Library; hours are Tuesdays and Thursdays 9:00am to noon and 1:00pm to 6:00pm and Saturdays 9:00am to noon. Anyone with an interest in reading and conversing about books is welcome to attend. For information please contact the library at 603 747-3372 or email bathlibrary@together.net.

Upcoming Programs At The Groton Free Public Library

Tuesdays, 6:30-7:30pm - Oct. 23, 30 & Nov. 6, 13, 20: Beginner Spanish Class – Free! This class is perfect for adults and teens who would like an introduction to Spanish. Our teacher, Ana Petersen, is an Argentina native with a flair for effective Spanish teaching using conversational practice. Drop-ins welcomed, or sign up through grotonlibrary@fairpoint.net or 802.584.3358.

Monday, Oct. 22: Book Discussion, 7:00pm – "Jayber

Crow" by Wendell Berry. Copies available at our front desk. "From the simple setting of his own barbershop, Jayber Crow -- orphan, seminarian, and native of Port William -- recalls his life and the life of his community as it spends itself in the middle of the twentieth century. Surrounded by his friends and neighbors, he is both participant and witness as the community attempts to transcend its own decline. And meanwhile, Jayber learns the art of devotion and that a

faithful love is its own reward (book jacket)."

Saturday, Nov. 10: S.A.M. (Stories And More) – New for kids! S.A.M. will take place on the second Saturday of every month at 10:30am. Kids ages 4 and up are invited to enjoy read-aloud stories along with a craft and snack. This month's theme: scarecrows!

All of our programs are free and open to the public-check out our new website: www.grotonlibraryvt.org.

Haverhill Corner Library Schedules Discussion of Two Memorable Stories

HAVERTHILL, NH—The Haverhill Corner Library will hold a Book Club for Writers discussion on Thursday, October 25, the library has announced. The discussion will focus on two short stories that time has shown to be particularly memorable for readers: "Lamb to the Slaughter" by Roald Dahl and "The Monkey's Paw" by W. W. Jacobs.

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.

Best remembered today as the author of such books for children as James and the Giant Peach and Charlie and the Chocolate Factory, Dahl also wrote many short stories for adults, most of an odd or macabre nature. "Lamb to the Slaughter" was published in Harper's Magazine in 1953, and was subsequently adapted for a 1958 episode of Alfred Hitchcock

Presents; that episode, which starred Barbara Bel Geddes, was one of the few directed by Hitchcock himself. The story was also later adapted for the British television series Tales of the Unexpected.

W. W. Jacobs was an English writer of short stories, known in his own time primarily for humorous tales. Today, however, he is best remembered for the horror story "The Monkey's Paw," published in 1902. The story has been adapted many times for the stage, the movies, comic books, and television, including a 1965 episode of The Alfred Hitchcock Hour.

"These are both stories that have lodged deeply in the memories of readers," notes John Landrigan, a trustee of the library. "Whatever you may think of their quality, they are worth the consideration of aspiring writers for their success in striking a chord with readers."

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.

The next Book Club for Writers discussion will be held on Thursday, January 24, 2013 and will feature "Hate-ship, Friendship, Courtship, Love" by Alice Munro and "Sitting with the Dead" by William Trevor.

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

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WMCC Students

First-year students in the two-year RN nursing program at White Mountains Community College in Berlin, are completing their clinical work in long-term care at The Morrison nursing home in Whitefield, under the direction of Nursing Professor Sandra Yunghans, RN, BSN, MHSA (not shown). Kneeling, from left, are Lauren Wilson, Sugar Hill, Jennifer Young, Bethlehem, Alana Quillen, Littleton, and Michael Batchelder, St. Johnsbury. In back are Angelina Smith, Haverhill, Katya Lewis, Lyndonville, Zoe Norris, Bethlehem, and Tricia Fagnant, North Haverhill. (Courtesy photo)

Your Future, Your Way

Forging Your Own Path To Success (2nd Annual)

When the ever-increasing costs of attending 4-year conventional colleges are compared to statistics showing what's needed to succeed in the jobs that will be most available in the next decade, it becomes a real challenge for families and students graduating from high school today to make post-secondary decisions that are both economically and educationally feasible. With the support from the Cohase Chamber of Commerce, the Workforce Development Committee will present its second annual forum to be held Thursday, October 18th from 6:30-7:30 pm at Rivendell Academy located on Route 25A in Orford, NH. This forum will feature brief presentations followed by an interactive session between the audience and panelists from Plymouth State University; White Mountains Community College; Vermont Technical College; Financial Planning for College; Upper Valley Business & Education Partnership; Hypertherm; Rivendell Academy and River Bend Career & Technical Center.

are available for those with certificate programs or two-year technical degrees, or students might consider working and taking community college classes that can transfer into a degree program. There are companies offering on-the-job-training and apprenticeships leading to well-paying jobs and providing on-going education, as well.

Another possible outcome is to begin a dialogue amongst the region's business community in which we can expand internship, apprenticeship and job-shadowing opportunities for those interested in staying and

working in the region. Starting at 5:30pm before this forum will be a workshop on College and Career Planning offered by NHHEAF about the financial planning involved with attending college.

Target audience for Your Future, Your Way is: Students, parents, guidance counselors/ educators, business community, and the general public. We hope you'll join us on October 18th. For more information, please contact Robert St.Pierre at 802 222-5212 ext. 131 or via email at rstpierre@rbctc.org or call Nancy Hall at 603 353-4321, or via email at nhall@rivendellschool.org.

With this discussion, we hope to open some eyes to the fact that there are multiple pathways to successful lives and careers right here in the region. Many opportunities



NH State Senator Jeanie Forrester recently received the annual Carl Johnson Legislative Service Award.

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National Commander Visits Woodsville American Legion Post

Ross-Wood Post #20 American Legion of Woodsville was proud to be one of the host posts for the National American Legion Commander, during his recent New Hampshire visit. James E. Koutz of Boonville, Ind., was elected national commander of The American Legion on August 30, 2012, during the organization's 94th National Convention in Indianapolis. He visited Woodsville on Friday, October 5.

During his stop the Commander made a short speech to the assembled members and guests of the post. He asked for donations toward his project of the year, Operation Comfort Warriors (OCW). According to the National American Legion website, "OCW funds are used to supplement the high-quality care provided at most military hospitals and transition units in the United States and abroad. Funds go toward items such as exercise equipment, rehabilitation gear and entertainment."

The Commander was also gracious enough to assist Ross-Wood Post #20 by drawing the winners of the post's annual Gift Card Raffle. The top two winners received \$500 gift cards to Wal-Mart and Shaw's. Third place was a \$250 gift card to Aldrich General Store. A fourth place prize was worth \$100 at Shaw's, and the fifth place gift card was valued at \$50 at



American Legion National Commander James Koutz draws a ticket as Post Historian Gary Scruton assists.



American Legion National Vice Commander John Neylon presents two locally crafted walking sticks to National Commander James Koutz during his visit to Woodsville.

Shiloh's in Woodsville. The raffle proceeds will help the post to purchase new uniforms and equipment for the color guard.

The Ladies Auxiliary of Ross-Wood Post #20 made sure that those in attendance did not go away hungry as they provided a very nice assortment of foods for the Commander, his fellow travelers and tour guides, as well as those in attendance.

One member of the touring group was John E. Neylon, a Navy veteran from Twin Mountain. He is a member of the Ingerson-Smith American Legion Post 41 in Whitefield. John is also a former Department of New Hampshire commander, and currently serves as Northeast Region National Vice Commander. John is the first ever American Legion National Vice Commander to call northern NH his home.

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How To Be A Food Safety Geek

By Deb Maes, Extension Field Specialist

The word geek originally referred to a computer expert. Today, almost anyone can be a geek about something. I refer to myself as a food safety geek. I follow food-borne illness outbreaks and food recalls. I read barfblog.com on a regular basis to understand the science as well as the mistakes in handling food and how it is reported. And, I use a food thermometer when I am cooking meals.

Why did I become so inter-

ested in food safety? As a new Extension Educator I listened to women talk about some of the food practices of their elderly parents. People left food cooling on the counter for hours. The kitchen sink was used to thaw foods. No one knew the temperature of their fridge, and didn't even have a thermometer to check temps. Meat was considered done if the juices ran clear. With those things in mind, I started teaching the basics of food

safety. They boiled down to "Keep Hot Food Hot, Keep Colds Foods Cold, Keep Everything Clean, and When in Doubt, Throw it Out!" Advice that's still good today.

Another part of my job expected me to understand the science and process of home food preservation so that I could answer consumer questions. To say that it was "on the job training" would be an understatement. I can now field food preservations questions, answer consumer questions about safe food handling and for more than a decade I've taught food safety classes for food service providers.

The cornerstone of my food safety education efforts is the ServSafe® course. This program using the latest science and research around safe food handling was developed by the Education Foundation of the National Restaurant Association and is recognized as an excellent training opportunity for food service staff and managers. Participants are expected to know among other things: the minimum temperature for cooking pork; what is the Temperature Danger Zone for food and how long food can stay in that range; how to clean and sanitize food contact surfaces; when an employee should be restricted or excluded from an operation and what temperature eggs should be at when delivered.

After an intensive one-day class, successful completion of a 90 question multiple choice exam will give the participant a five-year

food safety certificate. Since June of 2000 I've taught over 90 classes and reached more than 1100 people. Almost 90% of those taking the test have passed. I like to think that I've done my part to see that food is safely prepared and served in many parts of New Hampshire.

As a customer, how do you know if the restaurants you frequent have staff that know and apply food safety principles? For starters, ask them if someone is ServSafe® certified. Many places hang their certificates so that customers can see them. Watch the staff. Do they wash their hands regularly? Many restaurants are set up so that you can see this happening. The same applies to whether you purchase food at a "Mom and Pop" store, have sandwiches made to order or purchase meat slices at the deli counter of your favorite grocery store. Are the restrooms clean? How about the table you sit down at? Is the fork you pick up covered with dried food? Are the staff aprons clean? Is food safety a priority at your favorite establishment?

Encourage owners and managers to make sure that food safety is as important to them as it is to you. Almost 48,000,000 people in the United States get sick from food each year. About 125,000 people are hospitalized due to complications from food-borne illnesses. And of those, three thousand people die from food-borne illness. We have a safe food supply, and with the right

knowledge about food safety restaurants and consumers can make it even safer.

As a consumer, do everything you can to make sure that the food your purchase, bring home, store and prepare is safe for you and your family. Check out the befoodsafe.org website to learn how the four easy lessons of "Clean, Separate, Cook and Chill" can help you prevent harmful bacterial from making your family sick. Buy a thermometer and use it to check the temperatures of your fridge and freezer. Check the temperatures of the food you cook to make sure it is cooked enough to be safe. When purchasing homemade food, look for labels and handling directions. Bring leftovers home and put them in the fridge, right away.

There is no guarantee that you won't be sick from the food you eat, but learn how to control what you can. There's no harm in being a food safety geek like me.

So, to answer some basic food safety questions: Pork should be cooked to a minimum temperature of 145°F—and yes it may be pink. Your fridge should be at 40°F and your freezer should be at 0°F. For consumers, food should stay no longer than two hours at room temperature, then it should be put in the fridge - and don't worry, your fridge can handle hot foods. Eggs should be stored in the fridge, in the carton they come in. It is not necessary to wash your raw chicken, you might be spreading more bacteria than you are rinsing away. All home canned foods must be processed either in a water bath canner or pressure canner before being stored. A teaspoon of bleach in a quart of water makes a great sanitizer for counters and sinks. Just spray on and let it sit for at least 10 seconds. Better yet, let it dry naturally.

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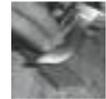
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Letter To The Editor

My Picks for November 6th Elections

I believe this election, November 6, 2012 will be the most important election of my lifetime. We as a nation are clearly at a crossroads and our vote will determine the fate of ourselves but more importantly for our children and grandchildren.

My pick for President is Governor Mitt Romney; I like many have not been impressed with President Obama's "Hope and Change" over the past four years.

Whether you voted for President Obama four years ago or not, please consider a few facts that in my opinion are destroying the hopes and dreams of our hard working Americans.

1. Even after trillions of dollars that President Obama spent to supposedly improve the economy, unemployment under his watch has increased to 8.3% and has remained above 8% for over 43 consecutive months.
2. When President Obama took office gas prices were \$1.85 per gallon and today they have more than doubled at \$4 per gallon. While gas, diesel, heating oil and electricity have increased, Obama has stood in the way of our increasing domestic production. For example: killing construction of the Keystone pipeline and increasing his war of regulations on this nation's coal production.
3. All of Obama's policies have had a negative impact on American workers who have seen over a four thousand dollar loss in their median income.
4. During Obama's nearly four years as President he has increased the national debt from 10.6 trillion to over 16 trillion dollars. It was reported today that each share per household is now \$137,000 for our national debt. This debt is being piled onto the backs of our children and grandchildren which we all know is wrong and is unsustainable.

Governor Romney is a proven businessman who has the skills to lead this nation back to prosperity by providing the right conditions and eliminating the uncertainty for small businesses to create and expand jobs. His energy plan will unleash domestic production which will reduce prices at the pump and will create good paying jobs while keeping our energy dollars here at home rather than depending on foreign oil and sending hundreds of billions of dollars to foreign countries that don't like us. When it comes to our foreign policy, Governor Romney will lead through strength and not go around the world apologizing. And last but not least, Governor Romney signed "The Thomson Presidential Pledge" and President Obama did not.

My pick for New Hampshire Governor is as clear and important to me as the Presidential Election. Our state is also at a crossroads; under Democrat Maggie Hassan we would see increased taxes, fees and regulations and a very good chance of a sales and or income tax despite what she says. Republican Ovide Lamontagne not only promises to veto a sales or income tax but he was the first candidate to publicly sign the pledge, and Maggie Hassan has refused to do so.

In 2008, Maggie Hassan as Senate Majority Leader supported and voted for the LLC (Limited Liability Company) Tax which was a 5% income tax on our small businesses, the same businesses that are the job creators. New Hampshire small businesses were outraged at this 5% income tax and pushed back so hard that the LLC law was repealed the following year. So when Maggie Hassan says she will veto a sales or income tax you'll know that it is nothing more than smoke and mirrors. Don't let Maggie Hassan fool you again. My pick for Governor is Ovide Lamontagne.

My pick for the 2nd District Congressional race is incumbent Charlie Bass over challenger Anne Kuster. We cannot afford to lose this hard working Congressman whose seniority and experience in the US House confers substantial advantages to our state and nation.

My pick for the 1st District Congressional race between incumbent Frank Guinta and Carol Shea-Porter is Congressman Guinta (I don't vote in District 1, but if I did I would certainly vote for this hard working conservative, Frank Guinta).

I remember my father, Governor Mel Thomson, encouraging voters nearly 40 years ago to "Protect Your Pocketbook" by getting out and voting. You may want to consider this the next time you fill up at the pump.

On November 6th please exercise the greatest freedom we have, the right to Vote.

Thomas Thomson
Orford, NH

LETTERS

(and even some real words)

From The Editor

FAIR WARNING! You will note that this issue of Trendy Times contains almost five pages of Letters to the Editor, an Op-Ed, and an article about a study. Normally all these letters receive answers. This time, however, an answer to each one seemed a bit redundant, and honestly would take up way

too much space. Instead, I urge all readers to form your own opinions about each letter writer.

Trendy Times has not, and will not endorse, or voice opinion against any candidate. It is the job of each voter to make those decisions on their own.

We do encourage all

candidates to take advantage of Trendy Times to get your points of view across.

It should also be noted that these five pages do not contain all of the letters, etc. received. There simply was not enough room. We have, however, attempted to give our readers a balanced dose of what was received.

Letter To The Editor

A Republican Write-In Vote Is A Vote For Obama

I have heard some people suggest that they are going to 'write-in' a vote for Ron Paul or even 'Jesus Christ' simply because Mitt Romney is a Mormon. This might make them feel better, but it will not make our country better.

I am an evangelical Christian who would love to see someone perfectly aligned with my faith running for the highest office in the land. The chances of that happening soon are slim.

The chances of that happening in 2012 is zilch.

We have only 'two horses' in this race; Mitt Romney and Barack Obama.

The litany of failed promises, socialist programs, foreign policy failures and economic morass that President Obama has foisted on this country are too long to list here.

There is an election coming up in less

than 1 month.

I am not electing a Pastor-In-Chief.

I am not electing a Theologian-In-Chief.

I am voting for a commander-In-Chief whose job it is to "preserve, protect and defend the Constitution of the United States."

President Obama has failed to do so.

ANY vote other than for the Republican nominee, love him or not, IS a vote for Obama.

Please don't squander your opportunity to begin to right the wrongs, buttress once again the Constitution and turn our country around economically simply because Romney's beliefs are not aligned with yours.

This fall's national election is our country's opportunity to replace an ineffective leader with an effective one.

We need a leader; not a pastor, theologian, philosopher or dreamer.

We need Mitt Romney.

Thank you.

Peter A. Heilemann

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Letter To The Editor

This letter is in regards to one of the candidates for the 15th dist.

Her name is Linda Lauer. I have known Linda for about four an a half years.

During this time I have come to know the type of concerned and caring person she is. She has a background as a member of our armed forces as a Lt. Commander in the U.S.N. As such she is used to having the ability to organize her work, so that her priorities remain focused. (priorities; being the people who elected her to office).

Comdr. Lauer was a professor at Annapolis Naval Academy. In this position she had to not only answer questions but also ask questions. This would require a lot of research on her part to be sure the answers were correct. This quality in one of our elected officials has been sorely lacking in Concord N.H. If you think that we need more intelligence in Concord then I'm sure you will find Linda Lauer is the candidate for you.

Thank you for reading this letter.

WE SHOULD ALL VOTE!

Daniel Burleigh
Bath NH

Letter To The Editor

I'm supporting Jane Kitchel in her bid for reelection as our State Senator because she's tirelessly been an advocate for Vermont's working landscape and our farming economy. She believes in conserving Vermont's precious natural resources and has been a strong advocate for that in the legislature.

Jane Kitchel is very knowledgeable and experienced and knows where to go to get answers and action. On several occasions Bradford has sought her help in solving particularly perplexing problems in our area, and she has acted fast and insightfully to get us the answers or services that we need.

Jane has worked hard on our behalf and she has earned our support.

Nancy Jones,
Bradford, VT

Nancy,

As always, it is nice to hear about the good deeds of our elected officials rather than the bad deeds of opponents. The old saying about catching more flies with honey than with vinegar is certainly a tried and true method.

Gary Scruton, Editor

OP ED

Why "Yes" On Question 2

By Representative Paul Ingbretson

This year's ballot will contain two constitutional amendments, one relatively easy to understand that New Hampshire will not have an income tax, Question 1, and a more difficult one regarding legislative input into Court rules, Question 2. A different version of Question 2 narrowly missed passage by the people just a few years ago. The version before you this year is a better amendment. It was authored by Supreme Court Justice, Robert J. Lynn, and has the full support of that Court.

The purpose of this amendment is to restore Legislative concurrent oversight of Court Rules as was the case prior to the 1978 amendment of the Constitution at Part II Article 73a. Although a former Governor and a couple former justices have gone public against this amendment they appear to represent nothing more than the leadership of the private NH Bar Association.

They claim that legislative oversight represents a breach of separation of powers and thus this amendment is overreaching by the legislature. This is clearly not so since the legislature has always had oversight powers. For two centuries, the Court made customary administrative rules. If the people complained, they could correct the rules through the Legislature. The Legislature defined rules such as: the rules of evidence; the compensation of judges; the compensation of Attorneys

for certain routine court filings; and what qualified as contempt of court and its punishment.

The amendment to Article 73a was not supposed to change that as can clearly be seen in the recorded colloquy of the Constitutional Convention. Its purpose was simply to correct what was indeed a problem: that the rules of the various Superior Courts created separately in each County were often out of sync with each other. Letting the Supreme Court have the power to oversee the rules per Article 73a was intended to fix that alone and expressly not to change the historical relationship the people had of court oversight through their elected Representatives.

Despite the clear record of the Convention subsequent decisions by the Court have interpreted the change at Article 73a to erode that oversight leaving a Court without a legislative check except the draconian impeachment process. Past Supreme Courts have repeatedly ruled that Article 73-a stripped the Legislature of any of its previous rule making authority.

Separation of powers is an important principle but in a Representative form of government checks and balances is equally important. On November 6th we have an opportunity again to formally restore the oversight we have always had to assure the people the justice coming out of the courts is still with their representatives and not solely with an unelected court.

Letter To The Editor

I'm writing today to ask you support Dr. Debi Warner in the general election. I had the pleasure of working with her in my position as a State Representative in this terms legislature. Even though I'm from "Below The Notch" I recognized her capability immediately.

Debi shared countless hours and meetings with my committee not always in agreement but always as the professional that she is. Your district could not ask for a more dedicated, articulate, tireless, and knowledgeable person than Dr. Warner.

She would be an asset to your communities, always dignified, professional, and a careful listener who will follow through on her commitments to her constituents. I'm convinced you'll be best served by Dr. Warner.

Representative Peter T. Hansen
Hillsborough District 6 Amherst-Milford
Amherst, NH

Letter To The Editor

Access to care, through private insurance, Medicare or Medicaid, largely determines the quality and length of our lives. Health care is not optional for any of us and it is certainly not a warm and fuzzy program. This is why it is so troubling that an elected official called public health care 'another feel good program.'

In Jeannie Forrester's literature she is touted as a nice, hardworking person. But the statement on the last page regarding Medicaid and its potential expansion is insulting to our seniors, to the uninsured and to people with any type of chronic condition. No one chooses to be on Medicaid. It is a complex program surrounded by stigma and requirements that can be difficult and demanding.

Does Forrester understand that 70% of the program's funding is spent on nursing homes and home care for our senior citizens and people with severe disabilities and chronic illnesses? One in ten of the people she represents do not have health insurance. Without it, the people she represents face serious health consequences, mounting debt and possible bankruptcy. Yet Forrester calls Medicaid expansion a 'feel good program.'

Knowing a candidate's record before you vote is important to the future of this state and its families. Do you believe that raising property taxes because the state downshifts its costs is a good thing for families? Do you think that gutting hospital funding, resulting in higher insurance prices, is good for business and individual insurance purchasers? Do you think New Hampshire can attract employers by slashing higher education fund-

ing? Do you think that loan sharks should be able to prey on families who are struggling financially, ensuring that their debt will last decades if not a lifetime? Do you really think people can support their families if the minimum wage was eliminated?

Forrester supported these and other troublesome measures in the Senate. She sat on the finance committee that allowed 800 children to lose insurance when they transferred Healthy Kids to Medicaid. And these families paid the full premium at no cost to the state or federal government. Is this common sense governing?

Take a look at the record and then consider who best can represent you. Bob Lamb, her opponent, has a strong record of service in the military and considerable success in the financial world. He knows that education, job training and health care are critical economic issues, not 'feel good' social programs.

It is not enough to be a hardworking public servant. What matters is the candidate's ability to truly represent our values, to make fiscally responsible decisions and to ensure that all citizens and businesses have the opportunity to be successful. And Bob Lamb knows that meeting the needs of our infirmed parents and grandparents is a moral obligation that the community at large expects us to meet - without complaint or derision. It is time to bring New Hampshire back to a positive agenda. Please consider Bob Lamb for State Senate. (www.boblambforsenate.com)

Kathleen Sgambati, Tilton

The next issue of Trendy Times will be published Tuesday, October 30. Your last chance for political advertising, letters to the editor and candidate profiles. The deadline is Thursday, October 25 at 5pm.

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Letter To The Editor

To the Editor:

I was interested to read a recent letter to the editor from Lisa Merrill of Meredith about an event in Danbury hosted by Selectman Jim Phelps for Senator Forrester. Since I was at the event, I can speak to her diatribe.

She said, "I made the long trip because this was the only public speaking opportunity at which Mrs. Forrester has appeared during the campaign." Merrill is dead wrong. Since Jeanie announced her re-election effort back in April, she has hosted many events where the public has been invited, including Meredith, Tilton, Bristol, Haverhill, and Plymouth. I am not sure whose website Merrill is looking at because if you go to Jeanie's website, www.jeanieforrester.com you will see more than just private house parties.

Regarding Merrill's suggestion that Jeanie did not seek input from the education community to get their opinion before casting her vote, Merrill is again dead wrong. Jeanie talked with the Commissioner of Education, various Superintendents of the schools, educators, school board members, and parents in her district.

Finally, Merrill's assertion that Jeanie doesn't understand the education tax credit, once again Merrill is dead wrong. I'll grant that Jeanie's response might have been a little too complex for Lisa, but to suggest Jeanie doesn't understand the bill is ridiculous. What I know is true is that Jeanie does her homework, asks questions, and is very thoughtful before casting her vote on any legislation. A vote for Jeanie is a vote for thoughtful representation in Concord. Let's Keep Jeanie.

Duane Brown, Wentworth, NH

Letter To The Editor

Last night I travelled 45 minutes to Danbury to attend a public event with Senate District 2 candidate Jeanie Forrester. I made the long trip because I wanted to hear what she had to say and this was the only public speaking opportunity at which Mrs. Forrester has appeared since the campaign began. There have been no public events in my home town of Meredith. The only events on her web site are "private" house parties (by invitation only), which don't list the event's location, and a couple of early morning forums that are impossible for most working people to attend.

As a member of the Inter-Lakes School Board, I am very interested in the Senator's position on the various education issues that have come before the legislature this past session. When I questioned her about the school voucher program (aka education business tax credit), however, it became clear she did not understand how it was funded. She claimed the funding for children who leave the school district would magically appear. She further claimed to have reached out to the education community to get their opinion on this important legislation before casting her vote, but she never contacted the school board in her own town. She certainly didn't ask the Chairman of SAU #2, the role in which I served at the time. Perhaps she asked our then Superintendent, Phil McCormack, whose recent letter I find very disappointing. How could he support a candidate that

votes for a bill that threatens to exacerbate our most serious challenge, declining enrollment? How could he support a candidate that voted for a bill that she clearly doesn't understand?

After the event, I did what Mrs. Forrester should have done before she voted. I reread the bill and called the Department of Education to get clarification on the funding mechanism. According to the statement issued by Governor Lynch when he vetoed this bill, every child that leaves our district will not only reduce our enrollment, but will also subject us to a reduction of between \$3,450 and \$8,381 from our statewide adequacy grant. Unfortunately, Forrester voted in favor of overriding the Governor's veto. Since the districts will have to make up the shortfall with either budget cuts or tax increases, this is yet another example of the state downshifting costs to local communities.

During the event, Mrs. Forrester stated that she was a member of the Senate Finance committee. With her background, I expected my state Senator to understand how the bill was funded and to be able to explain it to me and the others in the audience.

I can't support a candidate who doesn't support education. I can't support a candidate who doesn't do the appropriate research before casting her vote.

Lisa Merrill, Meredith

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Letter To The Editor

To the Editor:

Daily, I read the letters in the paper concerning the candidates running for State Senator in District 2, Senator Forrester and Bob Lamb. The supporters are very clear in which candidate they support. I do not believe for some people anything a candidate could say would change their mind. So, the question is where do we go from here? To be fair, if we are going to judge Senator Forrester on her voting record then do we judge Bob Lamb on his personal employment background? I read an interesting article in the Manchester Union (September 29, 2012) by Fergus Cullen about Bob Lamb. It certainly causes me to ask Bob Lamb to explain why the number of people lost their jobs in the wake of his position as CFO for Fleet, Bank of America and Bearing Point while he left with a substantial income. I am sure that there are many circumstances and scenarios that would be impossible for Bob Lamb to explain just as it would be to ask Senator Forrester to explain and defend her voting record and explain all the scenarios that went on before and during the repeated mentioned bills were finally drafted and voted on. Senator Forrester was elected on her stated platform and she remained true to her word. One may not agree with Senator Forrester, but she did not lie or tell people what they wanted to hear. The main point about Senator Forrester is that she has a willingness and openness to listen, hear and respond to her constituents concerns if you contact her. Senator Forrester's hard work doesn't always show up in her voting record according to some or especially the many tireless hours of research and meetings that assist in positive

things happening for District 2 or just her assistance to an individual or family. For example, Senator Forrester assisted an individual that did not know where to turn for assistance in the state. Senator Forrester worked, researched and followed-up repeatedly to find the necessary avenues of assistance. Her concern was that this person was a constituent and called upon her for some needed assistances. This person is a registered Democrat and has found Senator Forrester to represent all constituents. Senator Forrester has made a concerted presents in all the towns she represents, listening to their concerns and how she can assist them. I think, we can all agree that we would be naïve to think that a person could be elected to a political office and make things happen just the way we want it to be or the way they want it to be. It takes a lot of collaboration and willingness to compromise. If you haven't agreed with Senator Forrester on issues then I ask you, "Have you contacted her and talked with her at anytime over the past two years?" I have not agreed with how she has voted on all legislation, but I have given her the courtesy and opportunity to answer my questions at the time. I respect her willingness to engage in discussions on education and other concerns I have about District 2 and the State of New Hampshire. I also do not think that throwing money at a problem is a solution either. I will support Senator Forrester for re-election in District 2 because she is a Senator for everyone not just a few or special interest groups.

Lucinda A. Ossola
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Debi Warner Releases First Phase Study Results

BERLIN - Debi Warner conducted a study of North Country values, surveying people in the Berlin area this summer. Warner asked 100 participants what they like about the North Country. "I listened. What I heard was that they love the North Country, and they told me why. I wrote down their answers and did an analysis." Warner did this study as a volunteer, looking to help the North Country further along in its economic recovery.

"We now have measures of our top North Country values that can be used to match business prospects with resources we hold dear. We can prioritize compatible business development which can help us to build our economy in ways that will provide jobs and will be more lasting over time because they will fit well."

Warner's study summarizes top North Country resources as reported by participants in surveys this summer in the Berlin area. The topmost resource was the Mountains and forests including the scenery, which was named by two-thirds of the sample of 100 responses. The next resource, mentioned by half of the participants was People, including family and roots along with the qualities of being known, cared about, and accepted here. The table shows the top 10 valued resources of the North Country. Approximately one third of the responses indicated the importance of Nature activities, with and without motors; followed by Quiet and Quality of life. Other priorities mentioned in the top ten were: local Businesses and local produce; Bodies of water; Seasons and weather; Local History; a City of pleasant character; and Air & Water quality.

Warner, who is a candidate for the NH Senate but conducted the study outside of that role says, "This is great to have measures of the value of these resources to our people. We can quantify the match-up of various business ideas to the resources we value and know which ones we might prioritize in our recruitment efforts and incentives." Intending to assign scores for the compatibility with these values, Warner sees the results can provide objective criteria for compatibility with North

Country values.

Warner is now moving into the second stage of the study, brainstorming business ideas that are compatible with these values held dear. This step of the study is underway, surveying people at events, and also planning focus groups in person, by phone and online to generate various business ideas that could fit in the area's resource profile. Anyone can join in this stage, but will need to be open minded generating ideas that can later be evaluated for compatibility.

Warner's project will also evaluate these various business ideas in light of their

market value in the four markets: External market, the Destination market, the Local market and the Drain market. "When we are done, we can have a catalog of business ideas and their relative merit according to our cultural values and also their effectiveness in meeting our economic needs. I am excited about this project because it gives us objective ways to develop our economy in line with our strongly held priorities we hold in common."

People interested in learning more or participating in the discussion, can email survey@DrDebiWarner.com.

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Letter To The Editor

Letter to the Editor

I've known Debi Warner for twenty years and she is by far one of the hardest working people I have ever met. She just presses on when it comes to any project or effort. She has given her time volunteering over the years; school facilities committee, church, nursing home, two terms on the Governors Vocational Rehabilitation Advisory Council, her work with the North Country Home Builders Association as well as her work on the NH Board of Mental Health Practice.

Whenever we have a chance to catch up it's easy to see how much she loves taking up a challenge and succeeding. Debi has a can-do attitude that inspires everyone around her - she works hard to get the best possible result regardless of the challenge and she always has others best interest in mind. When you talk with Debi she is always positive and uplifting because that's how the work gets done...not by giving up but by going on. My hope is that she is our next Senator for NH District 1 because I know the work will absolutely get done.

Karma Bailey
Littleton, NH

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Time To Observe

“Save For Retirement Week”

October 21 through 27 is National Save for Retirement Week, established by Congress to remind Americans of the importance of — you guessed it — saving for retirement. So why not mark the occasion by considering ways in which you can boost your own financial resources for those years in which you’re officially a “retiree”?

If you’re somewhat concerned about your financial prospects during retirement you’re not alone. Check out a few of the findings from the Employee Benefit Research Institute’s 2012 Retirement Confidence Survey:

- Just 14% of workers are very confident they will have enough money to live comfortably in retirement.
- Sixty percent of workers report that the total value of their household’s savings and investment, excluding the value of their primary home and any defined benefit plans, is less than \$25,000.

- More than half of workers report that they and/or their spouse have not tried to calculate how much money they will need to live comfortably in retirement. In these challenging economic times, it can be challenging to pay your living expenses and still have money left over to save for retirement. But you can take some steps to help your cause. Here are a few to consider:

- Pay yourself first. Every time you get paid, move some money — even if it’s

only a small amount — from your checking or savings account into an investment. Make it easier on yourself by having your bank move the money automatically.

- Boost your 401(k) contributions. Whenever your salary goes up, increase your 401(k) contributions. Your money can grow on a tax-deferred basis, which means it can accumulate faster than if it were placed in an investment on which you paid taxes every year.

- “Max out” on your IRA. Even if you have a 401(k), you’re probably still eligible to contribute to an IRA — and you should. A traditional IRA can grow tax deferred, while a Roth IRA’s earnings are tax-free, provided you’ve had your account at least five years and you don’t start taking withdrawals until you’re at least 59½. For 2012, you can contribute up to \$5,000 to your IRA, or \$6,000 if you’re 50 or older.

- Control your debts. It’s never easy, but try to reduce your debts as much as possible. The less money you need to devote to debt payments, the more you can add to your investments.

- Build an emergency fund. Try to build an emergency fund containing six to 12 months’ worth of living expenses, kept in a liquid account. This fund can help you avoid dipping into your retirement accounts to help pay for unexpected costs, such as a big doctor’s bill, a new furnace or a costly car repairs.

- Create a retirement income strategy. It’s important to project your living expenses during retirement. Then, once you have at least a good estimate, you can create a long-term strategy — involving your investments, retirement accounts, Social Security benefits and all other financial resources — to help you achieve the retirement income you will need. To calculate these figures and develop such a strategy, you may want to work with a financial advisor.

National Save for Retirement Week will come and go quickly. But your retirement could last for decades — so do everything you can to prepare yourself.

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

Creativity

By Sheila Asselin

Creativity, we all have it. It is the ability to take raw materials and make of these divergent pieces something that is greater than the sum of its parts.

Oh, you say but I could never do something creative. I cannot write a symphony like Beethoven, an opera like Verdi, a painting like Ver Meer, or author a great American novel like Mark Twain’s Huckleberry Finn. Such accomplishments are way beyond my talents.

But think about it for a moment. Coming into the house on a snowy evening. You are cold and tired having shoveled a pathway through the

snow. Take off your wet boots, jacket and gloves. From the kitchen you smell the inviting aroma of home made beef stew and hot biscuits. Now that’s a masterpiece! It warms the body and the soul. Chef Ramsay would be proud to call your creation his own! Pass another biscuit, please.

Have you ever knit a layette for a new baby? Built a shed with only hammer, nails, a few other tools and a plan? Every time you store something in that shed you can be proud of your talents. Ever rocked a child to sleep with a lullaby? Maybe you do not know the words, maybe it does not have words. You

have made wonderful soothing music out of you mind and imagination alone.

Ever been so engrossed in a novel you momentarily forget where you are? That author may not have been Dickens or Hemingway but they captured your attention and took you to other places you might only dream about. We travel in our minds to far more places than we could ever travel by plane, train, or automobile. Creative people take us there and back. Ever gone “over the rainbow”?

The ability to create is the tiny spark of the divine in all of us. It is witness to the fact we are more than mere animals. You have it. I have it. We all have it.

So in the coming weeks when you devise a Halloween costume from old objects in your sewing room or make a centerpiece from gourds and fallen leaves be proud of yourself. You have joined the ranks of all who are human. You have shown we all have a small part of immortality.



The Beagle

In our continuing effort to educate the public about dogs, here is the next in the series of articles that we would like to present so that the right dog finds his way to the right family. We wish to make readers aware of each breed and determine: who they are, how they are and how to care for them. Our next dog is:

THE BEAGLE

There is actually no known accurate and documented information as to how the modern day Beagle came to be, however, there had only been here say accounts in ancient English history that this dogs' ancestry did originate in England many centuries ago.

Since fox hunting became a popular English sport starting somewhere in the 18th century, there became the necessity of training packs of dogs to seek out and find the fox (or the hare) and to advise their owners as to the location of their prey. The Fox Hound, a type of beagle, came to be, by breeding a Buck Hound to an established Beagle. This cross had many wonderful attributes which included sharp sight and a very keen sense of smell.

In the United States, the pivotal time for the beagle as we know it today, was sometime after 1860 as the resulting animals were bred with a wonderful representative of the well-bred English strain. The end result was a dog with high energy who never got tired and was always willing to please his owner. They became great hunters due to talents that had been bred into them, again, their great sense of smell and sight. They would get their nose to the ground and not stop until they had found their quarry. This dog was first recognized by the American Kennel Club in 1885.

The modern day beagle is still used in packs for hunting but they have now been raised also for the different dog shows that have sprung up over the past few centuries. It was in the year 1888 that the National Beagle Club had been formed which tested the championship breeding of these animals and put them into two different categories based on their size: under 13 inches and 13-15 inches tall. This was the protocol for their particular category. These dogs that were bred for competition had a great amount of strength, stamina, courage and intelligence. Their smaller size and shorter coat also made caring for them much easier and less time consuming.

The beagle is basically a black and white dog with orange as the third color (however the orange may vary with either yellow or red). This breed is highly intelligent and has a lust for life. It is important that unless you have a fenced in area for this dog, they would need to be on a leash. Since they love to follow their nose wherever it takes them, one would definitely need to keep them under control.

This breed of dog has a very friendly disposition and is loyal and protective of their human family. They are lively and playful and would be a wonderful family pet. They do love children and when socialized at a young age, would be accepting of other animals within the household. The life expectancy of beagles may be up to 15 years based on their lifestyle and care.

The Beagle is a smaller dog with a height of between 12-15 inches and a total body weight of up to 24 pounds for males and up to 22 pounds for females. They do like to eat so it is important to establish a



set time of feeding and amounts to be alternated with exercise and playtime as they can become obese if their food and activity is not monitored. As far as activity, beagles love to explore which is driven by their incessant curiosity and sense of smell. In the 1950's, the Beagle was determined to be America's favorite dog breed. It was for this reason, it is believed, that Cartoonist, Charles Schultz decided to use that breed of dog to create one of my favorite dog characters, "Snoopy".

When all is said and done, this breed has such wonderful qualities and would be a good fit into most active American homes.

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Phone 603-747-2887 • Fax 603-747-2889
gary@trendytimes.com
ads@trendytimes.com
171 Central St. • Woodsville, NH 03785
Tuesday – Friday 9:00am - 5:00pm

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By Ronda Marsh

Crunchy Beef Casserole

Sometimes you are in a rush to get a meal on the table. Sometimes you want something to fix for dinner that you don't need a sous-chef to prepare. Sometimes you just want to be able to grab stuff from your pantry and mix it all up into something edible your whole family will devour without complaining. TAAA-DAAA! Here's the perfect dish for just such days! It's not fancy, and it's not full of complex flavors, but it's hearty, hot, and filling and I've found that men and kids think it's scrumptious. It's sort of an "American-Chop-Suey-meets Green-Bean-Casserole" (minus the green beans, of course) and you can personalize it by adding mushrooms or onions or canned chili's, if you wish. I'm pretty sure I added significantly more cheese than the recipe calls for, and because I only had a little cheddar, it ended up being a blend of miscellaneous cheeses, which



worked just fine. Since I have a real passion for any leftover pasta fried up in a skillet, I made the remains of this casserole into a very enjoyable lunch the following day, and all those cheeses just got crispy and brown and oh-so-delicious. Not bad for a meal from the pantry!

- 2 cups Rotini, Penne, or Shell pasta
- 1 can cream of mushroom soup
- 3/4 cup shredded cheddar cheese
- Seasoned salt & pepper to taste
- 1 pound ground beef (I prefer 90%)

- 1 (14 ounce) can diced tomatoes
- 3/4 cup diced green pepper (or a small can of diced chilis)
- 1 can French fried onions

Cook pasta as directed, rinse and drain. Brown beef; drain fat. Combine all ingredients except the French fried onions. Pour into greased 2 quart oven-safe casserole. Adjust seasonings. Cover and bake at 350° F for thirty minutes. Uncover, top with French fried onions, and bake five minutes longer, until topping is browned and crispy.

Calling All Cooks!

Local Chefs, Elaine Kiessling (Dinner on Demand) and Marianne Kelly (Spice of Life) announce the first annual "Cook's Taste of the North Country" festival at the Horse Meadow Senior Center, North Haverhill, Sat. Nov. 10, from 10am-2pm.

All professional cooks, chefs and home cooks, are invited to showcase and sell their culinary creations, and take holiday orders. We request participants donate something to our culinary gift basket that will be raffled off at the end of the event, with

the proceeds benefiting the Haverhill Middle School Booster Club.

Each 10' space is \$20. We plan to advertise this event in local newspapers and other media.

For an application contact Elaine at 603-667-1805, email ladymedic13@charter.net, or Marianne at 802-222-9258 or email mlkelly1832@aol.com.

We have many wonderful cooks in our area. What a great way to celebrate them!

Deadline for application is Oct. 25.



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Hannaford's
Hill's 5 & 10
Kinney Drugs

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Lyndonville 2

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Barnet 3

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South Ryegate 1

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Groton 1

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Waits River 4

W. Topsham 1
W. Topsham 1

Waits River 1
Waits River 1

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East Corinth 1

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St. Johnsbury 12

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Piermont 3

Pike 1
Pike 1

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Warren 3

Wentworth
Wentworth

Littleton 6
Littleton 6

Sugar Hill 1
Sugar Hill 1

Franconia 2
Franconia 2

Lincoln 5
Lincoln 5

Woodstock 6
Woodstock 6

Woodsville 6
Woodsville 6

Wentworth 5
Wentworth 5

NOTE: Digit indicates number of pick up locations in town/village.

Not All Times Are Trendy But There Will Always Be Trendy Times