

TRENDY TIMES

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OCTOBER 30, 2012 VOLUME 4 NUMBER 2

Hydrants Of Life – New Dry Hydrants In Mountain Lakes Further Fire-Fighting Force

By Robert Roudebush

It's a small white pipe with big potential.

With an inside diameter of only 6 inches, and with proper pumping gear operated by knowledgeable firefighters, within about one minute, it can move upwards of one-thousand to fourteen hundred gallons of water a minute.

That's some life-saving liquid.

It's a newly installed DRY HYDRANT and is the first of three planned for augmented levels of water availability for combating fires in the well-wooded area of mainly log and wooden homes. It even sports its own upright red metal protective "bollard". The other two hydrants are scheduled to be put in place sometime next year. The value of a dry hydrant is that it provides access to water for fighting fires where no standard hydrant exists.

This first installation was the result of a persistent years-long effort from key people – Mountain Lakes District Water System Supervisor Don Drew, North Haverhill Fire Chief Donny Hammond, North Haverhill Firefighters and MLD residents Joe McQueeney and Mike Bonanno, and the district's determined water committee. Additional planning input was also sought from other area fire chiefs. Over time, Chief Hammond made presentations to supportive district commissioners. The planning and execution also meant finding the money in tight yearly budgets. They found it.

The special hydrant now in place is hardly noticeable to most people, but to a professional firefighter like Chief Hammond, it is a long overdue and welcome sight. "I'm one-hundred percent pleased with the way it works" said Chief Hammond after a recent successful operational test of the new water source.

Kevin Horne Excavating did the installation, over two

days, with MLD keeping costs down by providing much of the needed material. This first job involved moving the location of an existing but partially non-functional dry hydrant standpipe, built years ago, about 75 feet down slope, closer to the source of water, the upper of the two mountain lakes. The original uphill location and length of the air-filled pipe was the chief cause of its non-function – simply "drawing the water" from the lake that far up that long an incline to the dry hydrant was difficult to the point of impossible. Some pumping trucks in the area did not have the capacity to effectively pump from the system. "Pumps for that purpose are designed to move water, not air" points out Supervisor Drew. Only "vacuum assist" pumps could ever do the job, and even then, not always – some failed from the effort. The new system allows for all pump trucks in the area to draw water from the lake. A second older red metal dry hydrant, also unusable for various reasons, still stands west across the causeway near the volley ball area – it will soon be removed.

The cost of the first new hydrant came in around \$2,800 – the remaining two will cost far below that because of the shorter distance from installed standpipe to water source.

Bonanno is also one of two area-responsible Deputy Fire Wardens – he says, "You can't put a price on someone's life or home." There has been one major fire in MLD in recent years - with no loss of life – but in recent memory, fires are relatively rare there. Bonanno points out, "We've all been lucky mostly – due to homeowner's accountability, caution with stoves and fireplaces in the house, keeping chimneys clean, up-to-date working smoke detectors with fresh batteries, and compliance with well-controlled outside fire permitting rules and



First test of the Dry Hydrant's ability to allow the North Haverhill Fire Department draw water from the lake in a more timely manner. "Success" Two more Dry Hydrants are scheduled for first of next year.

outside fire maintenance."

The newest hydrant is a modest vertical pipe, sometimes called a "riser" standing less than three feet above the ground, directly next to its own specially built fire vehicle access pad. It occupies a designated well-marked fire zone and is within 18 or 20 feet of the eastern edge of the lake. It extends below the ground about seven feet. At that point, the pipe takes a jointed right angle and travels horizontally out into the lake under the water's surface. The top of that "insert" curves over to a horizontal angle for hose access through a five-inch fitting to fire engines - the metal cap is fire-engine red.

Purely functional, it nonetheless is beautiful for two reasons - providing access to water for directly fighting fires for homes nearby through vehicle-mounted fire-fighting equipment. It also serves as a source of water for transportation by tankers to portable collapsible holding tanks or "tubs" for firefighting on the scene at more remote locations. McQueeney points out, "Fast turnaround time for the tankers is essential – the closer the water source, the more effectively the fire can be fought." This first hydrant's location is just at one edge

of an area of recently landscaped open field, close to the flagpole and bulletin boards and across the road from the swimming pool.

A dry hydrant is not to be confused with a portable tank or pump already aboard vehicles and carried by firefighters to a source of water. It also differs from a standard hydrant or "fire plug", in that the dry hydrant is not hooked up to an existing pressurized water system. It is stationary, depends on mechanical pumping from fire engines or tankers to begin the water flow – the same principle as siphoning gasoline out of one tank to another. Such dry hydrants are typically embedded in the ground located near a perennial source of water, like a pond, stream, or lake.

The second and third new dry hydrants are proposed to be installed in carefully chosen separate locations within Mountain Lakes far apart from each other – one will be just below the dam of the lower lake, drawing from a lagoon of outflow water there near the district's pump house. And the third will be positioned on the east side of French Pond road, close to the lodge area of Mountain Lakes, drawing from a small pond that is part of Waterman Creek. This is a district investing relatively small money in real big payoffs.

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2 Forrester: Legislator Of The Year

Concord, N.H. – Senator Jeanie Forrester is the recipient of the New Hampshire Association of Counties “2012 Legislator of the Year Award.” David Sorensen, President of the NH Association of Counties, announced that Senator Jeanie Forrester received the Association’s “2012 Legislator of the Year Award” at the annual meeting of the Association held at the North Conway Grand Hotel on Oc-

tober 22. The New Hampshire Association of Counties is a bi-partisan organization representing the interests of the elected county officials as well as the professionals and staff who run the ten county governments throughout New Hampshire.

Betsy Miller, Executive Director of the Association, stated that Forrester received this award “due to her work in the State House learning about and under-

standing the important functions of county government and for her efforts in protecting county taxpayers from increasing local property tax burdens.”

Miller continued that the State of New Hampshire has increasingly downshifted costs to county taxpayers by not adequately reimbursing the counties for the costs of state mandated Medicaid nursing care services. When the State doesn’t pay its bills the county share of nursing home bills increases and the care of our seniors may be jeopardized. These are costs directly borne by the property taxpayers.

Miller concluded, “With Jeanie’s outspoken support for county government and for property taxpayers, we know we have a friend in the State House in Concord.”



NH State Senator Jeanie Forrester receives award from Betsy Miller, Executive Director of NHAC

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4-H Arts And Crafts Jamboree

Want to have a fun day with your children? Want to make some crafts with them? Visit the Grafton County 4-H Arts and Crafts Jamboree, Saturday, November 3, 2012, from 9:30 am - 2:00 pm, at the Clifford Memorial Building (Old Armory), Woodsville, NH. The public is invited to attend.

This event is geared for children ages 5-18 to make crafts. Three sessions of crafts are offered. Crafters will have tables set up and samples of the craft that will be made. After the opening ceremony and directions are given, youth can sign up for the crafts they wish to make. Each child pays the crafter for the materials of the craft, prices range from \$.50 for some quick crafts to \$3.00 for a more complicated craft. Participants can complete each of the items within the hour session. Finishing time is available at the end of the day.

Please bring a bag lunch. Snacks and drinks will be available for purchase from the Littleton Raccoons 4-H Club

For any special arrangements including dietary, physical access, or other accommodation requests, including the ability to pay, please contact Donna Lee, 4-H Program Coordinator, at (603) 787-6944. You may also write her at 3855 Dartmouth College Highway, Box 5, North Haverhill, NH 03774 or email her at donna.lee@unh.edu.

Gluten Free: Revisited

This letter is in regards to Gluten Free at the Horse Meadow Senior Center in N. Haverhill, NH. First I think it's great those who want to learn about Gluten Free are making an effort.

Second: I'm disturbed about the misunderstanding about Gluten Free. It's not the Atkins Diet.

It's not to loose weight. Actually some can gain weight. Four years ago I became Gluten Free, due to major intestinal problems. Abdominal discomfort/intolerance and head aches. Believe me, people who have to be Gluten Free should be. There's those that have Celiac disease. They really have to be Gluten Free.

Gluten Free is becoming more popular now. Even some restaurants are introducing it. We all need to take this seriously. Does everybody know the true meaning of Gluten Free? Besides no wheat.

Here is a quote from "Gluten Free Quick & Easy" by Carol Fenster, PhD. "From a technical standpoint, gluten is actually a storage protein of wheat. For people with celiac disease, it is the gliadin fraction of gluten in particular that is problematic. For the rest of us who are sensitive to wheat but don't have celiac disease, there may be other proteins in wheat that affect us. But I am unaware of any research to identify them.

"Other grains have proteins that chemically resemble gluten. Barley contains seclins, and rye contains hordeins. Other members of this botanical tribe include spelt, kamut, triticale - on the "do not eat" list for gluten free persons. Oats may appear on this list because of

Ms. Wellman makes many interesting points. I have never believed that any diet or system was a magic bullet or substitute for being knowledgeable about individual health issues, and working with one's doctor to decide the best road to take for a particular issue or set of issues. This is a wonderful commentary on the latest in a long list of "the latest in health news." People must become knowledgeable about their health situation, and before embarking on any diet or program, consult with their own doctors, dieticians and other related professionals.

Deb Foster, Director of the Horse Meadow Senior Center has embarked on fact finding information about the gluten free life and plans to invite the dietician at Cottage Hospital and other knowledgeable people to share information with their newly organized gluten free support support group, and anyone interested in learning more about gluten free products and their effect on health.

the possibility that they are contaminated by wheat, not because they inherently contain wheat themselves."

We can't forget cross contamination and you need to shop around. On-line might be cheaper, cause going gluten free, can take a chunk out of your paycheck. While you're shopping; read labels and see where it is processed. It could be with wheat, soy and dairy. You will want your own Gluten free cabinet.

When you're eating out - be careful. Always ask how is the food made. It could have wheat or peanuts in it. You could end up in the emergency room (not to scare you). You are the only one to stand up for yourself, not unless you have a trustworthy person in your life. Example Chinese restaurants, watch out for soy and other sauces. You really should avoid them. Maybe you should have a Medical Alert bracelet, after all they do save lives.

There's many books out there to learn from such as Gluten Free Cooking for Dummies by Danna Korn and Connie Sarros and the Gluten Free Gourmet Cooks Comfort Foods by Bette Hagman

I'm not trying to discourage people to learn about Gluten Free. Just keep in mind - it may not be right for you. Especially if you're not Gluten Free sensitive or have Celiac disease. Go ahead discuss it with your Dr. and even have a test done. Then talk to an experienced nutritionist or Dietician.

In the meantime those who are Gluten Free -- enjoy the healthier lifestyle.

Cindy Wellman

Marianne Kelly

To The Parents Of Gabe Hatch

This incident happened a few weeks ago. You can be very proud of your son.

My husband was having problems with his scooter. After calling the Scooter Store, they told him what to do to fix it - find the little reset button under the seat near the left hand side.

I noticed a black truck pulling into the driveway, and a

young man running towards the house. I immediately went outside. There is my husband on his back trying to find the little black button on the front left hand side.

Gabe not only stopped to check on him, but took time to upright the scooter, found the little black button and get the scooter going. His only interest

was the welfare of my husband. Fortunately my husband was not hurt as it appeared to Gabe.

These acts of kindness and consideration go unnoticed and not recognized, but we did appreciate your concern and we thank you.

Dick & Nancy Partington
Woodsville

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Downshifting costs to property taxpayers

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NO

Government restrictions on women's pregnancy choices

NO

Special tax breaks to private and religious schools

NO

No cigarette tax breaks for tobacco companies



Your District 2 State Senator

Bob Lamb

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Paid for by Bob Lamb for Senate, Todd Elgin, Fiscal Agent

N & S COUNTRY WINES

Nancy & Sonny's Place – Proof That Smaller Never Has To Mean Lessor

By Robert Roudebush

Nancy and Sonny have a new neat little winery in Warren – light fresh- made fruit wines in a beautiful small building in the middle of their land. Nancy is Nancy Shattuck, and Sonny is Sonny Rousseau, Nancy and Sonny, - N&S Country Wine. Get yourself over south and east from Haverhill to Warren on hiway 25, to the center of town where the annual Warren Fall Festival is held, drive through, past "Calamity Jane's" restaurant to hiway 25C, turn right, then turn left onto Lund Lane, then find the big brown house at the junction of Lund Lane and Beech Hill road and there you are. – Open House for the new endeavor was last Saturday, October 27 and lots of first time visitors and buyers and returning customers were glad they made the pleasant trip.

THE BUILDING ITSELF

Sits smack dab in the middle of a couple acres of profuse evergreens and striking white birches, with fall foliage on the grass and over the field-stone-worked walls and garden areas. Several years ago the 24 foot by 24 foot square building was a "falling down" photographic and artist's studio – even after a complete professional-level renovation inside by Sonny himself (he claims he's no carpenter), it still sports "soffit" windows extending up and beyond the peaked roof,

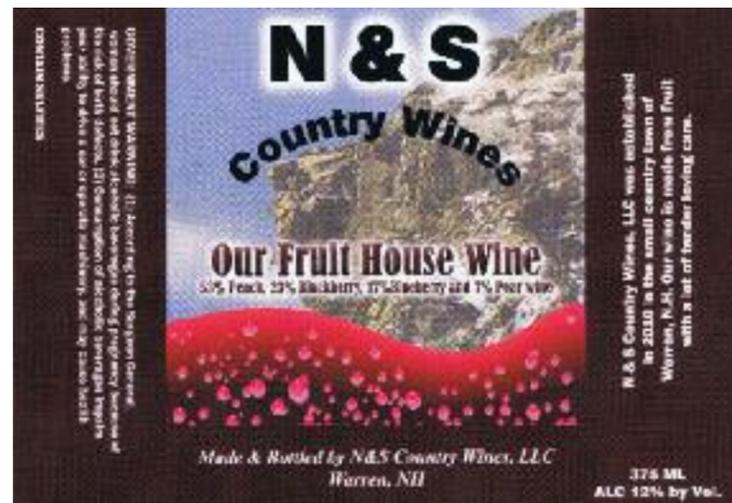
along its entire length, flooding the clean, fresh wood smelling space with diffused natural light. There are ceiling fans and the room is kept briskly cool. The well planned area is strictly defined between wine production workspace and the welcoming retail vicinity. Sales space is dominated by several extensive notched wooden racks full of bottled fruit wines – Sonny the non-carpenter again. There is also a custom-fashioned wine bottle display counter.

Behind the racks, at the back wall of the wine processing area is a stone hearth and eye-catching red and white brick wall – courtesy of non-mason Sonny - in nice contrast to the tongue and groove knotty-pine. The well-organized wine-making area is kept impeccably clean.

THE WINE AND HOW IT'S MADE

Nancy is an energetic competent lady who hasn't forgotten how to laugh when she feels like it. She and Sonny insist on constant cleaning and proper container and wine-transfer equipment sterilization - as she takes me through the specific steps of small-scale wine operation it occurs to me what a delightful way for anyone to get a handle on basic winemaking. The production starts by crushing quantities of fruit in a simple,

circular, upright wooden-slat-ted fruit press – no more than a few feet high. The fruit is contained in a nylon mesh bag, which is pressed downward the length of the vertical cylinder-shaped container with a hand-operated screw mechanism. The resulting liquid is trapped at the bottom in a narrow wooden trough and runs out through an opening notch to be caught in meticulously clean white plastic buckets of about 5 or 6 gallon capacity. Nancy begins to check the "specific gravity" level – the sugar content - of the fresh-squeezed juice immediately, and adjusts it with a melted sugar/water blend as she gathers more juice to fill the fermentation bucket. The goal is 12% sugar content. The fruit juice, now covered and beginning fermentation in those buckets, spends between 3 to 7 days there, and Nancy adds the "lees" to the bucket to aid the process – the remainders of the crushed fruit left in the mesh bag. Fermenting is the process wherein yeast and sugar convert to alcohol. The difference between fruit juice and wine. When fermentation is well on its way but not quite complete, the white-bucketed wine-in-the-making is siphon-transferred to "carboys" for the start of the aging process. "Carboys" are large clear glass or plastic containers, with capacities between half a gallon and as much as 6 gallons. There it sits for around 6 to 8 months – sometimes as long as one year - and during that time, it



is "racked" several times – racking is another siphon-transferring process from one carboy to another to separate the emerging wine from the remaining lees and naturally occurring sedimentation. The racking results in the wine displaying increasing "clarity" – the non-cloudy brilliance of the new wine. The "hue" refers to the color of the wine and can range from a lightness close to white – rhubarb - all the way to the rich darkness of blackberry.

When aging is judged to be complete, the rest of the process is simple. The wine undergoes final "micro-filtration", is transferred to new bottles, and the corks are "seated" – with clinical-grade plastic stoppers – and temporarily placed in racks with necks sloping down to test for possible leaks. Then the bottles are shrink-wrap capped, and the custom-designed, and U.S. government approved labels are hand applied by Sonny and Nancy.

THE FRUIT

Fourteen different kinds, including plum, black, blue, cran and raspberry, pear, apple, peach, cherry, rhubarb, strawberry and pumpkin, much of which comes from Nancy and Sonny's own trees. There is also hard apple cider. One of the best selling varieties is what they call "OUR FRUIT HOUSE WINE", a Sangria like combination of several fruits. N&S wines are available in two sizes, the smaller 375ml and more standard wine bottle size, the 750ml, which sells best. With a standard alcohol level around 12 percent for most of their offerings, the winemakers also offer dessert-style wines, fortified for more sweetness. Prices start at \$8.95 for the smaller bottles and almost never go above \$20.00.

THE BEGINNING

Both Nancy and Sonny work full-time at GE in Hookset, New Hampshire, and have turned a winemaking hobby, which pleased them both and their friends and neighbors, into a properly licensed, inspected, and operated commercial winery. This enjoyable task is already successful, with a certain amount of experimentation and production techniques ongoing. To obtaining necessary state licensing Nancy and Sonny found it helpful to employ a knowledgeable attorney to negotiate the application process – in addition to the strict standards regarding cleanliness, the aspiring winemakers had to comply with issues of security for the winery building itself. They are licensed for "Off Premises" only, which means they cannot sell wine by the glass. Call for an appointment – most of their sales occur that way – 603 764 5591, and you can contact them online at icedragons@roadrunner.com.

October 30, 2012 Volume 4 Number 2

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

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AMERICAN LEGION

VETERANS' DAY PARADE

Sunday

November 11, 2012

11:00 AM

Central Street

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Parade starts at Bond Auto, marches to the monument on Central Street for a ceremony, it then continues to the Ray Burton Bridge and finally to the American Legion Home on Ammonoosuc Street.

All are welcome to attend and show your American Spirit!

In Vino Veritas – Bottle Seven

“In Wine There Is Truth – And Beauty”

By Robert Roudebush

OK, all you hungry-for-wine-knowledge loyal TRENDY TIMES readers, this time we'll ask and answer some basic questions about wine we may not have covered before.

Before we go there today, think of where we've been so far in the several previous editions of VINO VERITAS – and never forget that you can revisit all of them on your computer anytime by accessing www.trendytimes.com.

- You and I have -
- learned what wine is, how it's made –BOTTLE ONE
- been exposed to techniques, even the exact words to use, so that you can get the wine you like want anywhere, wine stores or restaurants – BOTTLE TWO
- had a short course on the magic bubbly world of Champagne and other sparkling wines –CHAMPAGNE
- figured out why wines are called what they are – BOTTLE THREE
- seen two short lists of wine, one red, one white, dependable standard choices according to how sweet or dry they are for the whites, or how light or full-bodied in the case of reds – BOTTLE FOUR & BOTTLE FIVE
- visited the cool cellar of a departed old friend who introduced me to some really dusty bottles and some of the surprises they contained – SPECIAL EDITION (BOTTLE SIX)

HOW COME I DON'T SEE AS MANY REAL CORKS IN WINE BOTTLES ANYMORE?

Because real corks are more expensive than metal screw-top closures, or the clinical-grade plastic you see a lot of these days. Corks are made from the bark of a special kind of Oak tree which are sometimes in short supply. They actually deteriorate too, though not for twenty years or so, much longer than most Americans ever keep wine before they drink it. Simple, ingenious wine bottle closures which don't require a corkscrew are more attractive to some folks who are not comfortable with that tool.

BUT DOESN'T A PLASTIC OR SCREW-TOP CLOSURE MEAN CHEAPER WINE USUALLY?

Not anymore. That bias is fading fast. Wine traditionalists may be alarmed to some extent by non-cork bottling, but Americans have come to realize that 95% of the world's wine production is made to be consumed almost as soon as it is

bottled. Providing its container is sanitary, cheap, and gives no bad taste to the wine, including the closures, there can be no legitimate objection to it. This new container trend, has blossomed lately, of course with “box-wine” - I'm sure you've seen it or bought some, wherein the wine itself is enclosed in a tough, leak-proof flexible plastic bag, inside a structured cardboard box. A plastic spigot on the side at the bottom lets you pour the wine. That type of wine dispensing, is, in fact, far better than corks or plastic plugs or metal screw-tops at protecting the unused wine from oxygen, a real enemy to wine over time. Over the last several years, more and more high-end wine producers are putting excellent wines into boxes, three- and five liter size, which are also much better buys for the buck.

Don't forget, that down through history, wine has been stored in lots of containers most of us might not dig today – reused bottles, goatskins, leather flasks. And before corks came into use, early wine bottles were often stoppered with wax, or even rags or paper stuffed into the necks to plug them.

AND WINE BOTTLES ARE MOSTLY GREEN OR BROWN BECAUSE...?

Because it protects the liquid inside, just like most beer bottles are colored. Sunlight is an indispensable friend of the vine, but an implacable enemy of the wine it yields. Actually, all bright light is bad, and a wine cellar or storage location should

be as dark as possible. No wine, of course, will be damaged by an hour or a day or even a week of any light except bright sunlight.

I'VE BEEN PAYING ATTENTION TO SOME OF THE PREVIOUS COLUMNS – LET'S SEE IF I GET THIS RIGHT. 'CHABLIS' IN AMERICA MEANS 'WHITE WINE', BUT REALLY MEANS SOMETHING DIFFERENT IN FRANCE. 'BURGUNDY' IN AMERICA MEANS ' RED WINE' BUT REALLY MEANS SOMETHING ELSE IN FRANCE TOO. RIGHT?

Could not have said it better myself. You've read and retained. Good job. As it happens, a number of wine-producing countries, including the United States, are permitted to label any white wine Chablis. True Chablis, from France, however is a specific and distinctive wine, produced in strictly delimited vineyards that circle the village of Chablis, about 110 miles from Paris. It is bone-dry, and well-defined and is one of my personal favorites. It tends to be pricy for me though, so I hardly ever drink it and do just fine with other light dry wines like Pinot Grigio, or Sauvignon Blanc.

And about the word “Burgundy” – in France, that word refers to a geographic area running north and south in the central portion of the country. Only wine made in that specific region may be called burgundy, and the red wine made there is mainly from the Pinot Noir grape. Of course, there is lots



of famous White Burgundies too, and that grape varietal is Chardonnay. Keep up the good work, and raise a glass to me!

functioned as a wine specialist for years in the restaurant business and submits occasional pieces about the wonderful world of wine.)

(Editor's Note – Roudebush

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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!

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

WEDNESDAYS

BINGO

6:30 PM

Haverhill Memorial VFW Post #5245

North Haverhill

TUESDAY, OCTOBER 30

FREE BEGINNER SPANISH CLASS

6:30 PM – 7:30 PM

Groton Free Public Library

WEDNESDAY, OCTOBER 31

7TH ANNUAL BOOFEST

6:00 PM

Colonial Theatre, Bethlehem

See article on page 12

FRIDAY, NOVEMBER 2

RUMMAGE SALE

9:00 AM – 5:00 PM

Littleton Congregational Church, Main St.

PEACHAM CORNER GUILD'S

ANNUAL CHRISTMAS SHOW

10:00 AM – 4:00 PM

Peacham Town Hall

MIDNIGHT MADNESS SALE

6:00 PM – 11:00 PM

Bradford, Vermont

SATURDAY, NOVEMBER 3

RUMMAGE SALE

9:00 AM – 1:00 PM

Littleton Congregational Church, Main St.

GROTON GROWERS

WINTER FARMERS MARKET

9:00 AM – 1:00 PM

Groton Community Building

See ad on page 8

WRITING WORKSHOP

9:00 AM – 12:00 Noon

Haverhill Corner Library

4-H ARTS & CRAFTS JAMBOREE

9:30 AM – 2:00 PM

Clifford Memorial Building, Woodsville

See article on page 2

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

PEACHAM CORNER GUILD'S

ANNUAL CHRISTMAS SHOW

10:00 AM – 3:00 PM

Peacham Town Hall

READING & BOOK SIGNING

2:00 PM

Baldwin Memorial Library, Wells River

See article on page 10

SUNDAY, NOVEMBER 4

DAYLIGHT SAVINGS LIGHT BEGINS

2:00 AM (Turn Clocks Back One Hour)

All Clocks Near You

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

Woodsville Guaranty Savings Bank

DINNER OUT WITH BOYS & GIRL CLUB

OF THE NORTH COUNTRY

5:00 PM – 9:00 PM

Applebee's, Littleton

WOODSVILLE/WELLS RIVER 4TH OF JULY

COMMITTEE MEETING

7:00 PM

Woodsville Emergency Services Building

THE NATIONAL CIRCUS OF THE

PEOPLE'S REPUBLIC OF CHINA

7:00 PM

Lyndon Institute, Lyndonville

See ad on page 20

THURSDAY, NOVEMBER 8

BATH LIBRARY BOOK CLUB

6:00 PM

Bath Library

SATURDAY, NOVEMBER 10

CHRISTMAS BAZAAR

9:00 AM – 2:00 PM

Bath Congregational Church

WEST NEWBURY BACK SHED

RUMMAGE SALE

9:00 AM – 3:00 PM

1080 Snake Road, Newbury

COOK'S TASTE OF THE

NORTH COUNTRY FESTIVAL

10:00 AM – 2:00 PM

Horse Meadow Senior Center, North Haverhill

STORIES AND MORE

10:30 AM

Groton Free Public Library

See article on page 10

PAMPERED CHEF DEMONSTRATION

2:00 PM

St. Luke's Parish House, Central St.,

Woodsville

GRAFTON CO. 4-H TEEN TURKEY SUPPER

5:00 PM

North Haverhill Methodist Church

SUNDAY, NOVEMBER 11

WEST NEWBURY BACK

SHED RUMMAGE SALE

10:00 AM – 2:00 PM

1080 Snake Road, Newbury

VETERANS DAY PARADE

11:00 AM

Central Street, Woodsville

See ad on page 4

MONDAY, NOVEMBER 12

ROSS-WOOD AUXILIARY UNIT 20

MONTHLY MEETING

6:00 PM

American Legion Home, Woodsville

TUESDAY, NOVEMBER 13

T.O.P.S. OPEN HOUSE

5:30 PM – 7:00 PM

Horse Meadow Senior Center, North Haverhill

See ad on page 9

WEDNESDAY, NOVEMBER 14

PERSONAL MEDICAL

RECORD EDUCATIONAL EVENT

10:30 AM – 12:30 PM

Horse Meadow Senior Center, North Haverhill

See article on page 7

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 8th for our November 13th issue.

GRANITE STATE OF MIND

By Rob Azevedo

Getting A Message From The Other Side

Last week, I was lining up topics for a weekly radio show I do with my good bud, Dave Cummings, called "Granite State of Mind with Rob and Dave." It's train wreck radio at its finest, equally terrifying and rewarding.

Part of the gig is finding interesting people in New Hampshire to interview on-air. That's easy. They're everywhere. And with Halloween being round the corner, Dave and I decided to do the obvious and plan a spooky segment for an upcoming show. We can start with witches and ghouls, why not? That ought to hold our attention at bay for an hour.

We can have Chester's own Renee Mallett into the studio to read from one of her many books on haunted happenings that have taken place around New Hampshire. I'm a complete chicken when it comes to wandering spirits. And I'm not that brave when it comes to the humans, either. But I figured, I can handle Mallett beating me over the head with her tales of dark hallways and stretching shadows of death.

Then we'll go to break and I'll crank some Ray Wylie Hubbard. That should cleanse me of any devil's ill will.

But we needed a second guest to fill the hour. I initially wanted a palm reader to come on the show, some buxom mystic in a flattering moo-moo, a purple head dress and some bone colored beads. Read my dirty palm and tell me my life lines looking a few miles short. That doesn't scare me.

But we ditched the palm reader idea and went right for a psychic medium name Asrianna Dameron from Concord. Go hard or go home, right? I just Googled "psychic medium in NH" and Asrianna's (hard name to stop saying) name popped up first.

So I called her and left a message, "This is Rob, wondering if you wanna come on our radio show and discuss your craft. Here's my number. Call me back if you're interested." That's it.

Next morning I get a call and I have a hundred different things going on at work. Emails up, cells going off, manager wants to know if I can close a deal on the coast today. Of course I can.

"Hello, this is Asrianna," a woman says. "You called." "Oh yes, yes." I said, stepping out into the rainy parking lot. "Thanks for calling back."

I go into my spiel. Love to have you on, psychic mediums are the new rage, do you know where Pleasant Street is? I was looking for a quick yes or no out of Asrianna, because the rain was trampling my hairdo and I can't close deals with a limp quaff.

Toward the end of my schtik, which lasted a minute, Asrianna interrupted me and asked, "Excuse me, sir. Did your father die over the last two years?"

Wha-wha-what???" "What did you say?" I asked her, running for some cover.

"Did you lose your father over the last couple years?"

"Ah, yeah," I say. "He died a year and a half ago. What

are you doing?"

"I know you did because he's here right now and he wants me to tell you that he never regretted being a father."

That tingle you feel in your chest, reader, ran through me like a live wire last week. My god, I thought. He has been dead for almost two years now. And how the hell do you know that, Asrianna?

I stretched my eyes for dryness. Then she continued. "Was he some kind of performer later in life?" she asked.

"Yes, he started acting when he was around 50."

"He wants you to know that he doesn't regret having to raise a family and put off his dreams until later in life. He says he is proud that you have done what you do and wishes he started earlier in life."

Trust me, nothing I've done warrants my father to visit me from the dead. And what does he mean he "doesn't regret being a father?" That to me tells me that he "does" regret being a father and having to put off his dreams.

I stuttered and wiped at my eyes for the next few minutes, barely able to get a cohesive sentence out of my mouth as Asrianna revealed things about my life only I would know.

But had I been hoodwinked? Had Asrianna scoured the net and figured out my true identity and my father's passions overnight? With that, I hung up the phone, feeling both terrified and rewarded.

be carried on one's person.

On Wednesday, November 14, 2012 from 10:30 to 12:30, the PMR forms will be distributed free of charge at the Horse Meadow Senior Citizen Center (HMSC), Dartmouth College Highway (Route 10), in North Haverhill. Members of the Cottage Hospital Auxiliary will be on hand to introduce the form. They will also assist individuals who may want help filling them out. Persons who would like help should bring a list of their medications, emergency contact information, insurance information, and any other

relevant notes. All conversations with individuals will be confidential.

Persons needing additional information about the program may contact Ms. JoAnne Jaworski at the HMSC, 603-787-2539.

The mission of the Cottage Hospital Auxiliary is to support the hospital in its efforts to provide quality care. Membership is open to all. New members are always welcome.

Contact the Office of Community Relations, 603-787-9707, or speak with an Auxiliary member.

CRAFTERS wanted

for the upcoming
St. Johnsbury and area
Lions Club

Craft Fair

Saturday, November 24th

10:00am to 3:00pm
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Cottage Hospital Auxiliary & Horse Meadow Senior Center Collaborate To Educate

Woodsville, NH – The Cottage Hospital Auxiliary and Horse Meadow Senior Center are collaborating to distribute Personal Medical Record (PMR) forms to senior citizens in the area. The holder that comes with the PMR form has a magnetic strip to affix it easily and prominently to a refrigerator. In that way, emergency responders answering a call can have ready access to critical information about a patient, such as medications, primary physician, insurance coverage, emergency contacts, etc. The form also includes a detachable wallet size card that can

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| 27" Base Cabinet \$189.50 | 30" Base Cabinet \$203.00 |
| 33" Base Cabinet \$214.25 | 36" Base Cabinet \$224.50 |
| 15" Drawer Base Cabinet \$198.50 | 18" Drawer Base Cabinet \$137.00 |
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Not all Times are Trendy but there will always be Trendy Times
October 30, 2012 Volume 4 Number 2

A Walk In The Woods - October 2012

By David Falkenham, UNH Cooperative Extension Grafton County Forester

As I walk through the woods the frozen fall leaves crunch loudly underfoot, making quiet conversation nearly impossible. With two hard frosts under our belts the foliage of the birches, maples, aspen and ash are

tumbling to the ground at a rapid pace. The winds of summer, soft and muffled by dense green leaves are replaced by fall winds, harsher in their sound and feel. The cold breezes blowing through leafless trees tells a tale for the coming months. These breezes would be much more harsh were it not for the presence of our stately white pine which is always green to soften the fall and winter winds.

The mighty white pine, tallest tree species east of the Mississippi, adds softness to our winds and beauty to our forests. It has been the wood of choice for building since the first settlers arrived in this new country. The early forests along the Connecticut and other large rivers greeted new explorers with white pines sometimes reaching over 200 feet in the air. These first trees were cleared to farm the rich soil beneath and the wood from the white pine was used to build homes and barns.

It didn't take long for the King of England to realize the value of the white pine for building ships, in particular the mast of the ship. Exceptionally large specimens of white pine were once marked as property of the King, destined for use by the Royal Navy. These giant

trees were felled, dragged out of the woods by oxen teams and loaded into barge like vessels. To make transporting, handling and shipping easier the mast trees were squared after felling. A 100' mast tree was typically 3'X3' at the butt and 2'X2' at the top and a 120 foot mast was 4'X4' at the butt and 30 inches square at the top. Generally about 50 masts fit into a barge.

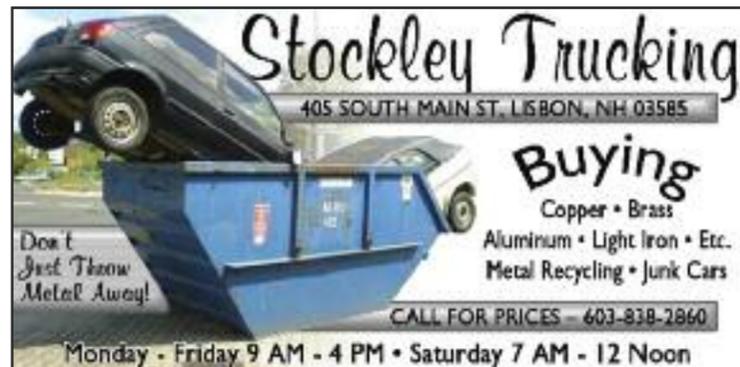
As you might imagine, ownership of these trees by the King was a bone of contention among the colonists and was one of many issues that led to the American Revolution. During the Revolution it became great sport among the Patriots to see who could fell and destroy the most king's mast trees. Eventually the use of whole trees as ship's masts gave way to the use of laminated wood which coincidentally is more impact resistant against cannonballs.

Today's white pine are not quite as massive as those of the pre-colonial forests however the largest specimens in the northeast measure between 160 and 180 feet tall. The wood of white pine is soft, light and yet very strong making it an ideal wood for building just about anything from log cabins, to trim work, to the inside frames of replacement windows. Several sawmills in

Grafton County saw white pine and it accounts for the majority of all sawed species in New Hampshire. The value of a pine saw log is measured by straightness and lack of knots therefore a tree which is destined to become lumber must be straight, have little rot and very few dead branches.

White pine is susceptible to many insects and diseases including white pine weevil, needle cast diseases, blister rust, and calliopsis canker. Some of these cause eventual mortality of trees and others simply a loss of measurable tree value. White pine is best suited to grow on well drained, sandy sites where it regenerates easily, naturally or through timber harvesting. Other sites that are better suited to hardwoods often have white pine growing there now because of past land use history, mostly historical farming and grazing. However these sites are not destined to maintain pine forever and will eventually be occupied by other species such as hardwoods and sometimes balsam fir.

If you own land, don't hesitate to contact me for a free consultation about the management of your forest, 603-787-6944 or dave.falkenham@unh.edu.



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Groton Growers Farmers Market
November 3rd and every first and third Saturdays of the month from 9 to 1 at the Groton Community Center

Help us celebrate our 5th anniversary as we thank our supporters with a door prize filled with vendor goodies and a Tea Tasting & Scone Bar

We welcome Grateful Hands Brewery with their Vermont crafted dark ales and The Warden family with pork, beef, chicken and maple syrup

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| Local produce | Artisan Breads | Handmade Soaps |
| Salsa and Hummas | Organic dog biscuits | Peanut Brittlles |
| Fine woodworking | Baked Goods | Cheese |
| Local honey and maple syrup | Rabbit | Jewelry |
| Knife and scissor sharpening | | Eggs |
| Jams, Jellies, Pickles and Preserves | | Tea Bar |

Congrats to Pamela Vines who won our apple pie contest!!!
...next market "A taste of the market" Harvest Festival

The Drinker's Guide To The Universe

By Sheila Asselin

I admit it. I drink a lot. I first became aware of my drinking when was in the first grade at a rural school in Kentucky.

When I say "rural" I mean really rural as in one room, no indoor plumbing, water from a well in the yard. We did have two privies. One for girls and one for boys. No half moon cutout on the door, just a couple of knotholes in the sides. I always suspected there were boys peeping in those knot holes but never actually caught anyone. Otherwise it was a haven of privacy.

We would be dismissed for recess and play dodge ball, kick the can, or hide and seek for half an hour on the packed dirt playground. Then we would line up dusty and sweaty, with the occasional runny nose. The teacher would draw a bucket of water from the well and we would take turns all drinking from the same long han-

dled dipper. Why we did not all come down with polio, diarrhea, or the creeping crud I will never understand!

When I tended bar we had many eccentric customers. None more so than a man known simply as Stubb. Short and stocky with a built in pugnacious attitude, the name Stubb (with two b's) said it all. He would order a martini with the olives on the side. He felt the olives took up two much liquor space. Now that's a man who took his drinking seriously!

We took a trip to Vietnam. The first night in our hotel room I was casing the in room bar as I am prone to do anytime I find an upscale hotel. Saw the usual Coke, ginger ale, and juices. But what intrigued me was a bottle of a Vietnamese beverage I had never seen before. Decided to drink. Delicious! Then I read the label. Seems the drink was made from bird

saliva and other ingredients. Egads! I had just drank bird spit and furthermore I liked it! When I thought about it I remember that bird's nest soup which is made from saliva found in the birds nest is considered a great delicacy. So if you should take a trip to Vietnam I do not recommend the live snakes which you select from a pool to be cooked before your eyes, but I do highly recommend the bird spit. Best darn bird spit I ever drank!

The old timers (whom I am rapidly joining) used to refer to icy spring water as God's wine. Natures gift to thirsty humanity. Surely there is nothing better on a hot summers day having plowed the back 40 and sheared all the sheep and mucking out the barn (This all before breakfast). So now that you have finished all the chores, drink up and enjoy. Here's looking at you kid. Here's mud in your eye.

“Scary” Investment Moves To Avoid

A presidential election is almost upon us. But if you have young children or grandchildren, you know what’s really important this week is Butterfingers, not ballots, and Pop Rocks, not the popular vote. Yes, it’s Halloween time again, which means you’ll see plenty of witches and vampires scurrying around. You’ll no doubt find these characters more amusing than frightening, but you don’t have to look far to find things that are a bit more alarming — such as these scary investment moves:

- Paying too much attention to the headlines — Some headlines may seem unnerving, but don’t abandon your investment strategy just because the news of the day appears grim.
- Chasing “hot” investments — You can get “hot” investment tips from the talking heads on television, your next-door neighbor or just about anybody. But even if the tip was accurate at one point, by the time you get to a “hot” investment, it may already be cooling down. And, even more importantly, it simply may not be appropriate for your individual risk tolerance and goals.
- Ignoring different types of investment risk — Most investors are aware of the risk of losing principal when investing in stocks. But if you shun stocks totally in favor of perceived “risk-free” investments, you’d be making a mistake because all investments carry some type of risk. For example, with fixed-income investments, including CDs and bonds, one risk you will

encounter is inflation risk — the risk that your investment will provide you with returns that won’t even keep up with inflation and will, therefore, result in a loss of purchasing power over time. Another risk you will incur is interest-rate risk — the risk that new bonds will be issued at higher rates, driving down the price of your bonds. Bonds also carry the risk of default, though you can reduce this risk by sticking with bonds that receive the highest ratings from independent rating agencies.

- Failing to diversify — If you only own one type of investment, and a market downturn affects that particular asset class, your portfolio could take a big hit. But by spreading your dollars among an array of vehicles, such as stocks, bonds and government securities, you can reduce the effects of volatility on your holdings. (Keep in mind, though, that diversification cannot guarantee profits or protect against loss.)

- Focusing on the short term — If you concentrate too much on short-term results, you may react to a piece of bad news, or to a period of extreme price gyrations, by making investment moves that are counterproductive to your goals. Furthermore, if you’re constantly seeking to instantaneously turn around losses, you’ll likely rack up fees, commissions and possibly taxes. Avoid all these hassles by keeping your eyes on the future and sticking to a long-term, personalized strategy.

You can’t always make the perfect investment choices. But by steering clear of the “scary” moves described above, you can work toward your long-term goals and hopefully avoid some of the more fearsome results.

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

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OBITUARY

DONALD KENNETH BARTON



Pike, NH - Donald Kenneth Barton, 71, of Mt. Moosilauke Highway, died at his home on Saturday, October 20, 2012.

Donald was born in Hartford, CT, on February 5, 1941, to Homer and Florence (Hall) Barton. He was a graduate of Weaver High School in Hartford, CT.

Donald was employed with G. Fox and Company of Springfield, MA laying rugs. He then worked as a machinist for Allen Manufacturing in Bloomfield, CT.

He married Jeanne (Brinn) Grabowski on September 11, 1981 and they moved from Connecticut to New Hampshire in 1987.

Donald was a member of the Acres of Hope Christian Fellowship in North Haverhill, NH. He enjoyed the outdoors, particularly hunting and fishing. He loved riding the back roads. He was a handyman and craftsman and enjoyed working with wood.

Donald is survived by his wife of 31 years, Jeanne Barton of Pike, NH; his two sons,

Kenneth Barton of Enfield, CT and Douglas Barton and wife Janet of Willimantic, CT; three grandchildren, Sarah, Lillie, and Douglas Barton, Jr.; two step-daughters, Jamie Grabowski of South Windsor, CT and Deborah Anderson and husband Mark of Woodsville, NH; a step-son, Joseph S. Grabowski and wife Michelle of Woodsville; five step-grandchildren, Noah Grabowski and Jennifer, Daniel, David, and Joshua Peart; a brother, Bruce Barton and wife Lois; a sister in law, Eileen Daly and husband Ben of Haverhill, NH; a brother in law, Delbert Brinn and wife Pam of Waterbury, CT; and several nieces, nephews, and cousins.

Calling hours were held at Ricker Funeral Home, 1 Birch Street, Woodsville, NH, on Wednesday, October 24, from 12:00 to 1:30 PM with a funeral service following at 1:30, officiated by Pastor Joe Grabowski. Burial followed in the East Haverhill Cemetery, Pike, NH.

Memorial contributions may be made to the St. Johnsbury Dialysis Unit, 1080 Hospital Drive, St. Johnsbury, VT 05819 or to the Dialysis Unit, Dartmouth Hitchcock Medical Center, One Medical Center Drive, Lebanon, NH 03756.

For more information or to offer an online condolence,

please visit www.rickerfh.com
Ricker Funeral Home, Woodsville, NH is in charge of arrangements.

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added vs. natural sugar
recommendations for intake
also how to limit added sugar in the diet
6 PM – 7 PM

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By: Lori Taylor, BS
Cottage Hospital Cardiac Rehab
5:30 PM – 6 PM

When: November 13, 2012

**Where: Horse Meadow Senior Center
North Haverhill, NH**

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Regular cost \$29 per year



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10 Upcoming Programs At The Groton Free Public Library

Tuesdays, 6:30-7:30pm - 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 welcome, or sign up through grotonlibrary@fairpoint.net/802.584.3358.

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!

Monday, Nov. 26: Book Discussion, 7:00pm – "The Bay of Noon" by Shirley Hazard. Copies available at our front desk.

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

ATTENTION CAREGIVERS: Federal Benefit Checks Must Be Converted To Electronic Payments

More than 65 million people provide care for a chronically ill, disabled or aged family member or friend according to the National Alliance for Caregiving. In addition to providing physical and emotional support, many caregivers find themselves managing the finances of a loved one.

If you care for a loved one who gets federal benefit payments by paper check or if you receive a check on behalf of someone else, you should know that the U.S. Department of the Treasury is requiring that these payments be switched to an electronic option by March 1, 2013.

SIGN UP TODAY

There are two electronic payment types recommended by the U.S. Department of the Treasury:

- Direct deposit. People who have a checking or savings account can sign up for direct deposit. Money will go straight into the account on payment day each month.

On time, every time.

- Direct Express® Debit MasterCard® card. People who don't have a bank account or who prefer a prepaid debit card can switch to the Direct Express® prepaid debit card. Money will be available on the card on payment day each month. Cardholders can make purchases and get cash back with purchases at no charge anywhere Debit MasterCard® is accepted. There are no sign-up fees, overdraft fees or monthly fees. Some fees for optional services may apply. For information on card fees and features, visit www.GoDirect.org.

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*This information is often on personal checks.

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It's important to switch now rather than wait for the deadline. Electronic payments have many advantages over paper checks. They are safer, easier and more reliable. They also save taxpayers money. Don't wait another minute – make the switch today.

Source: The U.S. Department of the Treasury, Financial Management Service

October 30, 2012 Volume 4 Number 2

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

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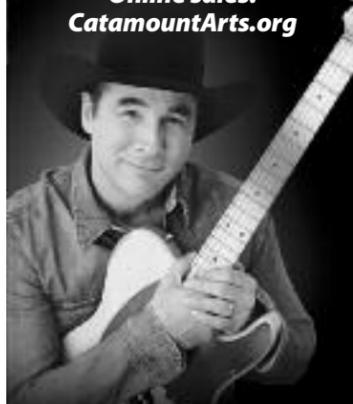
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Homeyer & Yunger At Baldwin

On Saturday, November 3 at 2:00 pm, the Baldwin Memorial Library in Wells River will host a reading and book signing by author Henry Homeyer and illustrator Josh Yunger.

The name "Henry Homeyer" will prompt many to think of gardening, since he has written a popular advice column for home gardeners for many years. Known as "The Gardening Guy", Homeyer is a writer, garden designer, and consultant, as well as Associ-

ate Editor of People, Places and Plants magazine. He lives in Cornish Flat, NH and has published three books about gardening in the Northeast. But Homeyer's latest book is very different: Wobar and the Quest for the Magic Calumet is a fantasy-adventure story about a boy born with a mustache and an ability to talk with animals. Wobar's adventures begin when he runs away from home after getting in trouble at his new school. Hiding out in a cave, he meets a cougar, Roxie, who becomes his best friend and constant companion. Illustrated with Yunger's fanciful drawings, the book will appeal to readers age 8-12 who love suspense.

Books will be available for purchase, and refreshments will be served. More information is available at the library at 802-757-2693 or wells_river@vals.state.vt.us.

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ON NOV. 6th



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Jeanie Forrester
State Senate



Debi Warner
State Senate



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Representative



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October 30, 2012 Volume 4 Number 2

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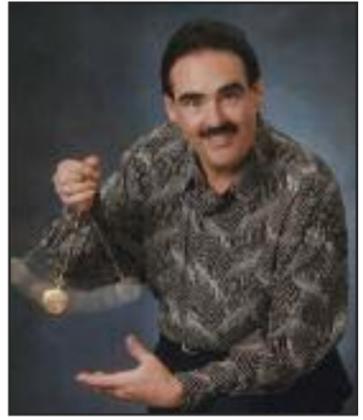
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Free Event For Little Monsters At The Colonial Theatre

On Halloween, Wednesday, October 31, The Colonial Theatre in Bethlehem will host the 7th Annual Boofest. This evening of Halloween fun for the whole family begins at 6PM with a "Creepy Walk" on the patio, followed by the always popular "Blood Curdling Scream Contest" (where everyone's a winner.) At 7PM, Marko the Magician takes the stage with his entertaining mix of hypnosis and prestidigitation.

career at the age of nine performing for just about anybody who would watch. He performed throughout high school and college where he began studying hypnosis with the world-renowned hypnotist, Ormond McGill. His shows are filled with fun, mystery and entertainment for all ages!

Admission is \$5 for adults and free for children, so is the popcorn and goodie bags. For more information about upcoming movies and special events call 869-3422, or visit



Marko the Magician performing Wednesday, October 31 at The Colonial Theatre, Bethlehem, NH.

Marko began his magic

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the Colonial on line and sign up for The Colonial's weekly email updates at www.BethlehemColonial.org. The 7th Annual Boofest is made possible with the support of the Littleton Food Coop and the WINGS program at WREN.

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Wells River Savings Bank Board Of Trustees Announces New Appointments

Wells River, Vermont- Wells River Savings Bank Incorporators announce three new positions to The Board of Trustees.



Randy Odell

Randy Odell has been elected President of the Board of Trustees. He was elected an incorporator in 1993 and a trustee in 1994. Randy owns the Odell Insurance Agency in Bradford, VT. He is a graduate of the University of Vermont and lives in Bradford, VT with his wife, Storme.



Paul Perry

Paul Perry was elected Vice President of the Board of Trustees and has been an incorporator and trustee since 1998. Paul is a partner and the VP of Finance at Perry's Oil Service, Inc. in Bradford, VT. Paul attended Bradford schools and graduated from Bentley College in Waltham, MA. He resides in West Newbury, VT, with his wife, Amy.

Wells River Savings Bank's Incorporators have elected Dr. Jill Skochdopole as its newest board member.



Jill Skochdopole

Dr. Skochdopole is a graduate of the University Of Minnesota College Of Veterinary Medicine. She owns Ryegate Small Animal Hospital, and lives on the family farm in Ryegate, VT, with her family. Dr. Skochdopole said she was honored to be elected a trustee, and looks forward to working with this enjoyable

group of people who represent such a cross section of the local community. Wells River Savings Bank CEO, Frank Tilghman, stated that "The Bank is excited that we continue to have strong leadership to carry on our mission of supporting area families and businesses as Your Good Neighbor Bank."

Perfect for a first-time homebuyer or a vacation hideaway!

Cute 6 rooms, 2+ bedroom ranch on 1.8 acres in Littleton, N.H. Private and with plenty of room to grow this property is a real bargain and a must see at just \$69,900. Call Alan Corliss today at Century 21 Winn Associates, for an appointment to view.

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- Endorsed by Sheriff Doug Dutile

Vote 4 the Local on Nov. 6th!

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14 Groton Growers Celebrates Five-Year Milestone

By Marianne L. Kelly

Groton, VT — Starting and maintaining a local farmers market is not for the faint of heart, however, in spite of the odds Groton Growers Farmers Market, has morphed from one of struggle to a thriving market with a vendor waiting list in just five years.

The public was introduced to Groton Growers in November 2006 in the old Groton General Store, by original committee members, Mary Berlejung, Mary McLeod, Deborah Jurist and Debra Tinkham with help from Town Clerk Linda Nunn and others. "We started with just one principal grower as many vendors were committed to the Danville and St. Johnsbury winter markets, said Paul Berlejung. As word of this new market spread, other vendors joined offering produce, meats, baked goods, Jamaican food and crafts.

"We held monthly events with entertainers such as Willem Lange, Alan Greenleaf, Ethan Allen impersonator Jim Hogue, and Michael Kennedy who entertained with songs and stories on unusual instruments."

Posters were placed in Groton, surrounding towns, Wells River and St. Johnsbury, supported by print ads in The

Bridge Weekly Sho-Case.

Summer, 2008 saw the market move across the street to Veterans Memorial Park, and in the space of a few weeks they added a grower from Ryegate offering onions, garlic, and maple syrup, another offered blueberries and peaches, and another, honey from his own hives. In 2009, Groton Growers outgrew their space in the store, and moved the winter market to the Town Hall's gymnasium in the Community Building, and in 2011 moved the summer market to its present location in front of that building.

CHALLENGES

Part of establishing the market meant convincing people to forgo driving many miles to a supermarket to stock up on produce and other food, in favor of buying locally grown and produced farmers market products that were only a few pennies higher. "We had to convince people that they were getting good value for their money by shopping at the farmers market," said Berlejung.

Another challenge was to help people learn to cook with fresh vegetables rather than over processed convenience foods. The Groton Growers

vendors have been instrumental in teaching people to cook healthy, tasty meals in a short amount of time using locally grown fresh vegetables, and sharing their recipes.

Groton Growers Market, although located on a main road, is home to a small population surrounded by other towns with small populations and is constantly faced with the challenge of consistently attracting regular customers who will include market products in their shopping budgets. Groton Growers meets this challenge by consistently offering the best in local produce, products and high quality crafts, special events, and aggressive advertising.

Summer manager, Jennifer Bone, who credits the Berlejung's and others for meeting the challenge of starting this market, believes that the fear generated by recent recalls of certain foods will drive more people to farmers markets where they interact directly with local growers, producers and other vendors, many of whom are friends and neighbors.

Jennifer introduced the CSA (Community Supported Agriculture) program to the Groton Growers market this past summer, where people chose a

dollar amount they wished to spend with a participating vendor and either all at once or in intervals pick up that vendor's products.

GROTON GROWERS FUTURE

Groton Growers has grown from a few vendors to a waiting list, as the word of their success has reached more vendors wishing to participate. The concern about food safety has spurred a growing "buy local" movement that in turn has helped people realize the importance of knowing where their food comes from, with the added benefit of keeping their money in the community. "Right now, Vermont's biggest export is money with food being its biggest import," said Berlejung. She also believes that with rising gas prices and Groton Growers offering a plethora of food and crafts, people appreciate having a "one stop" market within easy driving distance of their homes. Customers can also bring their knives and scissors to be sharpened while they shop or enjoy a tasty lunch.

COME CELEBRATE WITH US!

The Groton Growers in appre-



ciation for all the community support through the years invites everyone to join them on Nov. 3 in celebrating this important milestone. There will be a tea tasting with homemade scones, and one lucky winner will take home a basket brimful with goodies donated by vendors.

Groton Growers has added two bonus markets during November and December, taking place on the first and third Saturdays respectively, opening at 9 am to accommodate early risers, and giving customers an extra chance to purchase food and gifts for the upcoming holiday season. This month's markets take place on Nov. 3 and Nov. 17th from 9-1 in the Groton Community Building gymnasium.

See you at the market!

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Jeanie Forrester – Working for You!

"Jeanie Forrester is by far the most active State Senator with which I've had the honor of sharing and solving citizens' concerns and problems everyday people have. She has had more town meetings, educational workshops to help people understand new laws and programs than anyone in Northern NH. I urge your consideration and vote for Jeanie Forrester on November 6th."

Ray Burton
Executive Councilor- Dist. #1



"Jeanie is a hands-on" Senator. Her passion is serving her constituents to the best of her ability. She is the hardest working Senator I have met in a long, long time. Her service to our District is second to none. I encourage everyone to join me on November 6th and VOTE for JEANIE FORRESTER. Thank you!!"

Barb & Doug Dutile,
Grafton County Sheriff



November 6th - Vote Jeanie Forrester for State Senate!

www.JeanieForrester.com • Contact Jeanie at (603) 279-1459 or jeanief@jeanieforrester.com

Paid for by Friends of Jeanie Forrester, Rusty McLearn, Chairman.

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

October 30, 2012 Volume 4 Number 2

Letter To The Editor

To the Editor:

All of us have served in the New Hampshire State Senate, and two of us were Senators who represented towns within Senate District 2. We are writing to urge you to support Bob Lamb for Senate. We strongly believe that Bob Lamb has the integrity, commitment and dedication to public service that is especially important during these critical times.

Bob Lamb has a superlative background. A West Point graduate, Bob went on to serve our country in the U.S. Army, and then returned to West Point to teach. Throughout his business career, Bob rose to leadership in consulting and the banking world through his own efforts and leadership abilities. Bob understands how to analyze and digest complex data and information. His considerable financial expertise is greatly needed in the upcoming budget cycle.

The skills Bob Lamb would bring to the state Senate make him truly one of the most highly qualified candidates to run for the New Hampshire State Senate in many years.

Bob often points to his public education as one of the cornerstones of his impressive career. Bob knows that in order to create jobs and grow New Hampshire's economy that New Hampshire must invest in public schools, our university system and community colleges in order to develop a workforce that has the skills and background demanded by today's employers. Bob Lamb also understands that New Hampshire has to develop a long-term plan to address the state's infrastructure; our roads, our bridges, and broadband expansion.

As we all recognized during our tenure in the New Hampshire State Senate, Bob Lamb understands that health care costs are a major cost driver that thoughtful leadership in the Senate must address. We all understand how important it is to have a state Senator serve who understands the importance of working in a bi-partisan manner to move New Hampshire forward-something that is sorely lacking in the current legislature. Bob will be single-minded in his focus on jobs and the economy, and won't be side-tracked by the agenda of out-of-state interests.

We urge all of the voters of Senate District 2 to vote for Bob Lamb for the New Hampshire State Senate on November 6.

Senator Sylvia Larsen,
D-Concord, Senate Democratic Leader
Senator Deb Reynolds,
D-Plymouth, 2006-2010
Senator Kathy Sgambati,
D-Tilton, 2006-2010

Letter To The Editor

Dear Editor;

I am proud to endorse Jeanie Forrester for her re-election bid to the State Senate District 2 seat. Senator Forrester has been an outstanding representative for her constituents in the two years that she has served.

Jeanie has made it her mission to know as much as she can about the Senate District 2 area so that she can be a true servant leader. Her mission started the day she decided to run and has continued throughout her service as our Senator.

She has visited the county jails and nursing homes (Belknap, Grafton and now Merrimack), and has spent extensive time learning about the mechanics of the Grafton County Drug Court. Jeanie has talked with the County Attorneys, Police Chiefs and Sheriffs and attended their legislative briefings. Jeanie has sat through Court hearings to gain more knowledge of the judicial system. She has participated in various law enforcement ride-alongs to better understand and represent law enforcement.

Jeanie is a "hands-on" Senator. Her "passion" is serving her constituents to the best of her ability. She is the hardest working Senator I have met in a long, long time. Her service to our District is second to none. I encourage everyone to join me on November 6th and VOTE for JEANIE FORRESTER. Thank you!!

Doug Dutile, Grafton County Sheriff

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- NO** Downshifting costs to property taxpayers
- NO** Cuts in state spending for community colleges, UNH, and Plymouth State University
- NO** Government restrictions on women's pregnancy choices
- NO** Special tax breaks to private and religious schools
- NO** No cigarette tax breaks for tobacco companies



Your District 2 State Senator

Bob Lamb

State District 2 towns: Alexandria, Ashland, Bridgewater, Bristol, Campton, Center Harbor, Danbury, Dorchester, Ellsworth, Grafton, Groton, Haverhill, Hebron, Hill, Holderness, Meredith, New Hampton, Orange, Orford, Piermont, Plymouth, Rumney, Sanbornton, Tilton, Warren, Wentworth and Wilmot.

Paid for by Bob Lamb for Senate, Todd Elgin, Fiscal Agent



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Letter To The Editor

I brought with me to the office of Grafton County Registry of Deeds, 30 years of small business management experience, technology integration experience, GIS training, planning board training from my association with LSUVRPC and solid knowledge of county government. Since taking office, I have negotiated a new recording software contract for the first time in 25 years that puts the office on solid footing for the future and opens new streams of revenue while protecting the very valuable asset that is the data base of the registry.

I have restructured our budget revenue and expense line items for increased transparency and established a base line for future analysis. I have met with leadership of the NH Land Surveyors Association to hear their concerns and to establish dependable protocol with them. I have opened channels of communication with the NH Department of Justice on what the FBI calls the fastest growing white collar crime; deed and mortgage fraud. Our software partner, Fidar Technologies offers as a free service; Property Fraud Alert, which provides the first line of defense in protection of your most valuable asset.

I have negotiated a cooperative agreement with the NH Department of Revenue which will save money and increase efficiency. I have established email communi-

cation with all 38 towns and the city of Lebanon that offers unity and efficiency. I have developed relationships with the other 9 Counties RDs that will bring us closer to across the board unified protocol and policy. I will always be committed to a customer service that recognizes that many of our citizens do not possess the computer skills to seek out their own documents on the internet.

The nature of the office itself is the connection of the past, present and future. I am 52 years old and my life experience also connects past policy with present and future possibilities. I am far from finished, in my second term I will meet with our town clerks, librarians and real estate and legal professionals to listen and to train our people to increase efficiencies in all of our communities.

My website KelleyMonahan.com has my two annual reports and many other pages of information. I am passionate about the land of our county, the people whom I serve and the job itself. I thank you for your continued confidence in my leadership. I request the honor of your vote on November 6th so that I may continue to serve the people of Grafton County and the great State of New Hampshire.

Kelley J. Monahan
Register of Deeds
Grafton County

Letter To The Editor

I have three good reasons why it's important to me to re-elect Charlie Bass to Congress - they are my three grandchildren and I don't want them to have to pay a huge tax bill for the extravagant spending by the current administration - spending that Annie Kuster wants to increase!

Charlie Bass knows that we can't spend our way into prosperity. He knows that government doesn't create jobs, but that the private sector led by innovative small businesses create jobs

Annie Kuster talks about the need for government to invest in jobs - code for more spending and more taxes. Her answer is more stimulus spending, which doesn't create jobs but puts my grandkids deeper in debt.

Charlie Bass understands the economic principle espoused by my father, Governor Meldrim Thomson, "low taxes are the result of low spending".

It has been forty-four years since my father advocated his pledge to veto a broad base income or sales tax. New Hampshire now has the opportunity to permanently ban an income tax by approving a Constitutional Amendment to do so.

Charlie Bass opposes an income tax for the hard-working citizens of New Hampshire.

Where is Annie Kuster on taxes? She wants more, and for New Hampshire, she wants an income tax.

Voters need to ask Annie Kuster directly... do you support an income tax for New Hampshire? And I would offer one piece of advice when you ask that question... don't let Annie Kuster worm her way out of the answer.

Robb Thomson - Orford

Letter To The Editor

Letter to the Editor:

In my opinion Senator Forrester is Pro Business and the best choice to represent our district. Over the last few years the nation has seen a real slump in the housing industry. We have someone in Concord who has been hard at work to help the situation. I met Jeanie Forester back in 2009 when she visited Coventry Log Homes and our office here in Woodsville, NH. At the time, we were facing some real challenges with energy codes not recognizing the unique difference in log home construction;

Senator Forrester stepped up and co-sponsored a Bill in order to help the log home industry. For the past two years Senator Forrester has called, emailed and even stopped by to visit, just to see how she can serve. I know that Senator Forrester is working hard to promote a successful economy because she truly cares about the people that she represents. I encourage everyone to support Jeanie Forrester for NH State Senate.

Sincerely,
Mark Elliott, Woodsville

Letter To The Editor

Dear Editor,

First, thank you to President Sara Jayne Steen from Plymouth State University, Commissioner George Bald of NH Department of Resources and Economic Development, Rusty McLear of the Inns & Spa at Mill Falls in Meredith, Barry Gaw of Riveredge Marina in Ashland, and Walter Johnson, Town Administrator from Holderness for being guest speakers at our October 25th Private-Public Partnerships Economic Development Forum that was held at the Holderness Town Hall. I know as a presenting organization along with Grafton County Economic Development and Plymouth State University's Center for Rural Partnership, it was good to see a standing room only crowd in attendance to hear the presentations and join the conversations on creating partnerships in our regional communities.

Second, a very special thanks goes to our District 2 Senator Jeanie Forrester. From the onset of our planning that started many months ago, Jeanie showed her skills used directing Plymouth and Meredith Main Street programs, rolled her sleeves up and was instrumental in getting this program off the ground and developed. As a Chamber of Commerce, it is very refreshing and encouraging to see an elected official get involved without hesitation on the ground level and show a genuine care for her district business community and citizens.

Scott Stephens, Executive Director
Plymouth Regional Chamber of Commerce

Letter To The Editor

Dear Editor,

I recently attended a political candidate forum where Robert C. Lamb, Jr., was one of the candidates speaking on why the Democrats should retake control in Concord.

One of the "facts" presented by Mr. Lamb was that since the Republicans have taken control in January, 2011, New Hampshire now has 148 "Red Listed" bridges--implying that Republicans have allowed the deterioration of our bridges and infrastructure. He asserted that 148 "Red Listed" bridges are simply unacceptable and he suggested that the gas tax could be raised to pay for the repair of roads and bridges. He further berated the Republicans for cutting the \$60 vehicle registration fee in half to \$30. He gleefully stated that he would have no problem paying a \$60 registration fee, which could be used for infrastructure repair.

I decided I would check Mr. Lamb's facts. Department of Transportation records reveal that when the Democrats left office in 2010, there were 148 "Red Listed" bridges. At the end of 2011, the last full year reported, with Republicans in power, there were 140 "Red Listed" bridges, eight less than when the Democ-

rats held power. Additionally, the \$60 vehicle registration fee was allowed to "sunset" on June 30, 2011. These repairs were done without adding any new fees or debt to the taxpayers of NH and working within a balanced budget.

In addition to presenting accurate facts, I suggest that Mr. Lamb needs to take notice that many people in this economy are hurting. Now is not the time to raise taxes or fees of any type. Perhaps in Mr. Lamb's world, \$30 is insignificant; however, when I told one friend of mine about Mr. Lamb's suggestion to raise the vehicle registration fee another \$30, his response was "Doesn't he realize that's two days food for my wife and me?"

I suggest to Mr. Lamb that he redirect his efforts from attaining perfect attendance at political forums and educate himself on the needs of New Hampshire's everyday folks. This is why I feel we must re-elect Senator Jeanie Forrester, who already has a proven record of looking out for the needs of her constituents.

Yours truly,
Lee Ann Moulder
Holderness

Letter To The Editor

Letter to the editor:

The purpose of this letter is to focus a bit of attention on an interesting action item, something that is actually being done amidst all the political hyperbole that is filling the air as we get closer to the November election. On October 25th District 2 Senator Forrester will be hosting an Economic Development Forum in Grafton County. The fact that Senator Forrester is willing to invest her time DOING something that may actually contribute to improving the regional economy and eventually lead to a few new jobs while most other politicians in NH are spending their time huffing & puffing and PROMISING to do something, should speak volumes to the folks who will be voting in District 2.

I have spent a long time working in and for local governments, and over the past 35 years I've had the opportunity to work closely with some of the best (and worst) elected political leaders in NH, on issues of great importance to municipalities throughout the State. It has been my observation that while most of our elected leaders in Concord think they know what's needed back home, only a handful take the time and expend the energy to find out what's really needed and even fewer actually lend a hand to advance meaningful, productive solutions without concern for who gets the credit.

The State of NH is merely an amalgam

of 234 Towns and Cities – the places where we all live, work and play; having worked on Main St. and in Town Hall Senator Forrester knows that what happens in Concord often translates into very negative local impacts; imposing regulations, enforcement requirements and transferred costs, all in the name of frugality at the State level. In my view we need more folks like Senator Forrester in Concord to help temper the zeal for "smaller state government" at the expense of local property taxes needed to offset abdicated or avoided State responsibilities.

The challenges we face in NH would be far less onerous if more of those so desperately seeking positions of power in Concord would take a lesson from Senator Forrester's playbook and spend more time working to understand the needs of their constituent communities and less time talking and making hollow, meaningless promises.

I don't live in District 2 so I can't vote for Jeanie but I would if I could and I encourage those who will be voting in her district come November to send her back to the NH Senate - we need her quiet, thoughtful competence to balance the boisterous, tub thumping masters of the simple solution.

Don Jutton, President
Municipal Resources Inc.
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LETTERS

(and even some real words)

From The Editor

As we did with the last issue, Trendy Times has dedicated several pages to political Letters to the Editor. Also as with the last issue, there was not enough room to print every letter received. Criteria to be printed this issue included (1) every candidate got at least one letter (b) if more than one letter in support of a candidate, the more local writer got priority.

The bottom line is that the two NH Republican State Senate candidates, Debi Warner & Jeannie Forrester,

had several more letters in support of their candidacies that do not appear in this edition of Trendy Times. Our apologies to those letter writers, but again, there simply was not enough room for all.

The other bottom line is that we sincerely urge all voters to take the time on Tuesday, November 6 (or earlier by absentee ballot) to vote for the candidates of your choice. It is a privilege that not all can claim.

Gary Scruton, Editor

Not all Times are Trendy but there will always be Trendy Times October 30, 2012 Volume 4 Number 2

BE SURE TO VOTE

Letter To The Editor

GEOGRAPHY IS A STATE OF MIND

I recently viewed a microinterview given by JEANIE FORRESTER for a conservative (and I use the term lightly) blogsite called the Granite Grog. Readers probably won't be able to see it as I've heard that she has since pulled it—and for good reason.

"Most women on birthdays get jewelry—I get guns. I got a PINK GLOCK 9MM and for Christmas I got a SILENCER to go with it. Everyone should have the right to carry a gun ANYWHERE except in a District Court."

In the interest of space I'll spare the reader the rest of the Tea Party insanities that spewed forth from, I hope, our ex-senator of District 2. Listen up District 2. Low information voters in the "old days" might have been acceptable but not in this age of computers. It's time to draw the red line in the sand. We need to remind ourselves

who and where we are. This is not the Deep South and we definitely don't want to become the Deep North.

Because of representatives like Jeanie Forrester we are becoming the laughing stock of New England. Her fiscal policies have already cost the State millions of dollars in lost revenue and the cities and towns will end up carrying the burden of her ineptness.

Since she likes to pack heat, let's saddle a horse and send her off into the sunset. With her pink 9mm Glock she shouldn't have any trouble hunting for food...especially with the red dot site. Just make sure you don't get in the way! VOTE A STRAIGHT DEMOCRATIC TICKET --IT'S THE ONLY ANTIDOTE FOR THE POISON THAT HAS INFECTED OUR STATE.

George Maloof, Plymouth

Letter To The Editor

My name is Pastor Timothy J. Cronan. I have known Doctor Warner since 1990. At first glance you will notice a warm and charming smile, followed by a firm handshake. Doctor Warner will put you at ease immediately and you become her center of focus. Doctor Debi, I like to call her, is a people person. She is a Christian and yet she respects the many different walks of faith. The "Doctor" is committed to God, her family and her country in that order. Doctor Warner is a person of integrity. She is trustworthy! She will do what is right every time because Doctor Warner will follow our Constitution and Biblical principles.

Allow me to explain briefly the kind of woman Doctor Warner is. My wife Mimi was in a terrible car accident in March of 2009, in Littleton New Hampshire. After seeing many doctors to no avail, her brain injury was out

of control and I did not know what to do. My wife became hysterical one afternoon and in desperate need of immediate help. My first thoughts were to call Doctor Warner. Doctor Debi (who can always be reached) stopped what she was doing and came to our house to calm my wife. Doctor Warner was with Mimi for two hours. She came over because Doctor Warner loves New Hampshire people. My point is Doctor Warner will give 100% of herself to the fine people of the State of New Hampshire if elected Senator. New Hampshire, don't miss this opportunity. Vote for Debi Warner for NH Senate!

For the record, my wife Mimi is doing better now due to the intervention of Doctor Debi Warner.

Timothy J. Cronan,
a Retired Littleton Pastor
now in California.

Letter To The Editor

Ovide Lamontagne has made job creation his number one priority in his campaign for governor. He has put forth a solid plan known as Ovide's Prosperity Agenda that will help small businesses grow. In New Hampshire, small business is the engine of job growth.

Ovide has laid out a plan to encourage entrepreneurial job growth by simplifying New Hampshire's tax rules and by reducing the Business Profits tax, which will enhance our competitiveness.

Furthermore, Ovide will create the right environment for job growth by balancing the budget without raising taxes. His pledge to veto a sales or an income tax is one that voters can trust.

His opponent, Maggie Hassan, has a record that is decidedly anti-small business. With no public hearings, she helped to pass an income tax on LLC owners.

At the same time, again with no public hearings, she helped impose almost a 10% tax on camping in New Hampshire, certainly not a tourism friendly move. Only after the ensuing public outrage, did the leg-

islature repeal both measures.

Maggie Hassan approved higher motor vehicle registration fees and now wants to have a conversation about increasing fuel taxes. She obviously doesn't understand the burden that higher energy costs place on the livelihood of loggers and truckers, to say nothing of the impact on family budgets.

On the critical issue of an income tax, whom should New Hampshire voters trust? Maggie Hassan was for an income tax before it became politically expedient to oppose it. While she now says she will veto it, she refuses to sign a pledge to do so.

Ovide Lamontagne has a proven record of opposition to a broad based sales or income tax and has made his pledge to veto either a part of his prosperity agenda.

Who should you trust as our next governor?

Robb Thomson
Former Commissioner,
Department of Resources
& Economic Development
Orford

The Trendy Thing To Do –
Set Your Clocks Back 1 Hour

(and don't forget to check the batteries in your smoke detectors)



Sunday, November 4 at 2:00 AM

Letter To The Editor

Monahan's Experience Counts

I am an attorney who has practiced law for 16 years, after spending my first two years after law school as a clerk in state trial courts and in a state supreme court. I write to support the re-election of our outstanding Grafton County Register of Deeds, Kelley Monahan.

Ms. Monahan is a seasoned professional who brings 30 years of business experience and dedicated community involvement to her service in our county government. Her management skills, fiscal prudence, business acumen and public spirit have served us well over the last two years. In particular, she has brought needed public scrutiny to the murky practices of "robo-signing" of mortgages and the lapses in the nationwide Mortgage Electronic Registration System (MERS). She deserves to be re-elected to continue her effective work.

Ms. Monahan is being challenged by a newly-minted 2012 graduate of Vermont Law School. Tyler Drummond, who claims his law-school training gives him an advan-

tage over Ms. Monahan's lengthy business and management experience. I found law school to be a place of vigorous intellectual stimulation and a great opportunity for examining legal theories. But I quickly learned that the real-world practice of law is very different from the musings and wranglings of the classroom. I would no more hire a 2012 graduate to be Register of Deeds than I would hire one to be a District Division judge. A lawyer needs much more seasoning than that to be an effective advocate and administrator.

I also note that Mr. Drummond is not admitted to practice law in New Hampshire, according to N.H. Bar Association records, which makes me question the rationale he gives for his candidacy. He is not working as a lawyer but rather as a paid staffer for the Republican Party. Our County offices must operate in a strictly non-partisan manner, notwithstanding the elective nature of the offices. In my judgment, we do not need professional partisans in our county government.

PAUL J. PHILLIPS
Plymouth

WMUR Now On Dish¹⁹

The TV Guy of Woodsville announces the addition of New Hampshire's channel 9 to the local channels provided by the DishNetwork satellite TV system. On September 6th, Dish Network began providing the Manchester ABC affiliate WMUR to all of it's customers in NH who subscribe to the local stations at no additional charge. "We've been waiting years for to see

Dish get the Manchester station" states TV Guy owner Dick Guy. "We carry Dish and DirecTV and this will be quite helpful for our New Hampshire Dish customers who want to see local news from our own state. Sometimes it takes the wheels of government a long time to turn but they finally allowed Dish to provide Channel 9 here and for that, we're grateful".

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Letter To The Editor

I am writing this letter in support of Carol A. Elliott in her bid for Re-Election to the position of Grafton County Treasurer. Carol has a proven record for being responsible and reliable. She has an established relationship with the local banks and takes her responsibility very seriously when it comes to investing the taxpayers monies. It is very important that this be accomplished in a very timely manner.

Carol is a hard worker and has 25 years of experience in Municipal Finance. She has campaigned tirelessly all summer to gain your confidence and VOTE. She wants the job

and will continue to bring the same commitment to the citizens of the County with the investments of their tax dollars.

Let's not forget 4 years ago when the voters elected an "Absent" County Treasurer.

Carol is the only qualified candidate with proven experience. Please join me in casting your VOTE on November 6th for CAROL A. ELLIOTT, GRAFTON COUNTY TREASURER. Thank you!

Respectfully Submitted,
Barbara Dunn Dutille
Haverhill

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Letter To The Editor

Dear Editor,

As an economist who is familiar with Rep Paul Ingbretson's voting record (Grafton 15), I have great confidence that he will represent my fiscal conservative interests in Concord. Out of 280+ Republicans, he was ranked number 5 by the NH House Republican Alliance for his fiscal conservatism. He is so humble, he didn't even know his ranking when I asked him about it.

He is also a great champion of states' rights and understands that too much regulation can cripple business whether it is at the state or federal level which is why he successfully sponsored and passed legislation that sent \$1 million to set up Obamacare in the Granite State back to Washington.

Paul also values preserving the rights of parents to homeschool their children, which is why he sponsored and passed legislation that according to the National group Home School Legal Defense Association will move New Hampshire up in its rankings when it comes to home school friendliness. As a homeschooling mom, his proven commitment to school choice and homeschooling is extremely important to me.

I've had the privilege of getting to know Paul as a Director of a non-profit in Concord and as a former selectman in my town. The first two words that come to mind to describe him are humble and intellectual. His humility and thoughtfulness have helped him build strong relationships and respect within the Republican caucus such that he is a credible voice that can effectively persuade other legislators to limit the size and scope of government.

Additionally, as an economist, I value the passage of right-to-work in NH as it would be tremendous for economic growth here given that the closest right to work state is Virginia. Paul's opponent Democrat Linda Lauer states she is not an advocate of right-to-work. Paul Ingbretson will not only vote to pass right-to-work but he will lead the effort in the NH House to get it passed.

I hope you will join me in supporting Representative Paul Ingbretson (Grafton 15) on November 6th as I can confidently say that I trust that Paul won't choose to expand or enrich government at the expense of my freedoms.

Wendy Warcholik, Ph.D.
Woodsville

Letter To The Editor

Dear New Hampshire taxpayers:

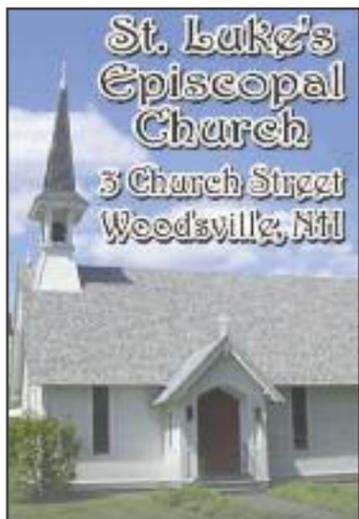
I am running for election as State Representative from Grafton District 15 (Bath, Benton, Easton, Haverhill, Landaff, Orford, Piermont, and Warren). I would appreciate your vote on November 6.

I am running for office for the first time because I care about the future of my neighbors and our state. I believe that our current legislature, however well intentioned, had the wrong priorities and that their short-sighted education, health care, and infrastructure policies will ultimately hurt our middle class families. I believe that the strong communication, prioritization, and problem-solving skills that I developed as a US Navy veteran, US Naval Academy Instructor, and over 25 years in defense industry research and laboratory management have prepared me to represent our local communities in Concord. The skills that I developed in my professional career have continued to evolve since I moved to Bath, where I am currently the town's Emergency Management Director, a Library Trustee, member of the town's Conservation Commission, Master of Pine Grove Grange, and a volunteer speaker for the UNH Cooperative Extension's "Speaking for Wildlife" program. I also sit on the Board of Directors of the New Hampshire Grange Foundation, a group that includes the Commissioner of Agriculture and two Republican legislators.

I am a landowner in Bath and pay real estate taxes. Maintaining fiscal responsibility in our state budget is a priority. I am proud of the fact that, of the three major research programs that I managed in the defense industry (the last of which was development of a specialized glass for the Joint Strike Fighter optical system), I was able to complete the tasks on schedule and under budget. As Bath's Emergency Management Director, I was able to obtain over \$200,000 in grants to reduce the financial burden on local taxpayers, and I have underrun my department budget each year. I will bring those same financial management skills to Concord.

An effective State Representative must be accessible, responsible, have common sense, and have excellent problem-solving skills. I believe that I have those qualities. Regardless of your political affiliation, I ask for your vote on November 6 for State Representative from Grafton District 15.

Linda Lauer - Bath



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On November 6th

Re-elect
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Respectfully, Paul Ingbretson

 **NEW FLORIAL DISTRICT 15:** Haverhill, Piermont, Orford, Warren, Bath, Benton, Landaff and Easton

Paid for by Paul Ingbretson, Fiscal Agent

Car Talks – Gas Is Too High

By Mike Lavoie

(EDITOR'S NOTE – THIS SIXTH SUBMISSION IS FROM ASE-CERTIFIED MASTER TECH MIKE LAVOIE, OWNER/OPERATOR SINCE 1980 OF LAVOIE'S AUTOCARE CENTER IN HAVERHILL. MIKE HAS BEEN RECOGNIZED WITH THE NATION-WIDE HONOR OF NAPA ASE TECH OF THE YEAR. HE SAYS HE HAS NO PROBLEM WITH THE WORD "MECHANIC" BECAUSE "THEY HAVE ALWAYS BEEN THE ONE WHO CAN FIX THINGS" – THE AUTOCARE CENTER HE RUNS WAS STARTED BY MIKE'S DAD JOSEPH IN 1949.

QUESTION – “So Mike, gas prices keep going up, you noticed?”

ANSWER – Here we go. Yes, I have noticed. So do my customers. I hear about it. Next question.

Q – “How come they're so high?”

A – This is a car-talk piece, not a political column. We don't get into world-wide geo-energy production and distribution discussions here. Next.

Q – “What can we do about it?”

A – Take a bicycle, walk, get a horse and buggy, wanna go on?

Q – “All right. Supposing I still want to use a car that burns some gasoline, are there specific things I can do to use less gas in everyday driving?”

A – Now the rubber's hitting the road. Yes there are, lots of them, steps you can take to reduce your gas usage, increase your mileage. We can't control the price of gas at the pump BUT you can control how much gas you use thru good sense and timely maintenance. One simple way is to just plan our trips and errands for efficiency and being wise with our driving habits and throttle control – plan your driving route, what you have to do, where you have to go to do those things, and don't floor it when it's not necessary.

A lot of what I'll mention is already in the mainte-

nance schedules that are outlined by the car manufacturers – some of these tips we've talked about before. Really, most folks don't regularly consult those recommendations or follow them.

Q – “Are you talking about replacing spark plugs?”

A – You bet. I've seen people go way too long on changing spark plugs. Same goes for filter replacements. These two simple items seem to be overlooked. Regarding the spark plugs – part of this may be due to people being told years ago that plugs do not need to be changed for one-hundred thousand miles. This is not true in my experience and views. Now, some types of spark plugs may go that long due to the way the plug is made and what is made out of – I'm talking about primarily the ELECTRODES. In the business lingo, these modern long-life “high-value” plugs are made of “noble metal” high temp materials - there are platinum plugs, and double platinum, iridium, copper plus plugs, gold and silver, just to name a few. Such manufacture allows the use of smaller central wires which have sharper edges but will not melt or corrode away. Most of these will last longer than usual under most conditions, but again you need to follow the manufacturer's recommendations and do the scheduled maintenance. You can't just forget about them.

A – “Let's pretend I don't know exactly what a spark plug does, Mike. Wanna help me out here. What's the importance?”

Q – That's why you get the big bucks, to ask the tough questions. The spark plug is the part that ignites the air/fuel mixture – you gotta ignite that mixture to make the engine do its job. In England, sometimes they are called “sparking plugs”. Basically plugs are a device for delivering electric current from an ignition system to the combustion chamber of a spark-ignition engine. When the plugs are worn – meaning a wide gap – or contaminated, those conditions adversely effect the efficiency of the plug then the engine and reduces the fuel

mileage of your vehicle. At one time, it was common to remove plugs, clean deposits off the ends either manually or with specialized sand blasting equipment, and file the end of electrodes to restore sharp edges, but that practice has become less frequent. Now about the air filter – it is extremely important to be kept clean because a dirty – clogged – filter will obstruct the air flow and an internal combustion engine uses a huge amount of air to run properly. Also have your mechanic or auto tech pay attention to the fuel injector – it's important because if the fuel is not sprayed in an even mist, it can cause a less efficient burn time of the mixture.

Q – “I did not know that, about the fuel injector”

A – I'm betting not. The number one thing you can do for fuel efficiency is to keep the tires inflated to the proper pressure so that rolling resistance is minimal.

Q – “This rings a bell”

A – It should. We covered this back in the column about tires. Always go by the car maker's recommended pressure – remember, this is posted on the placard on the door post or the gas door on some vehicles. And recall that pesky little light we've talked about before, the one that comes on your dashboard instrument display, the one that alerts you to low tire pressure? Pay attention to that, check your tires when that happens. The reason the light comes on so much in colder weather when the outside temperature drops is that the tire pressure is relative to the outside temperature.

Q – “I do remember. You said that for every ten-degree drop in outside temp, that means a change downward in the tire pressure of one psi.”

A – You actually listened the last time we talked about this. Good for you. Sounds like you don't need me anymore.

Q – “I'll always need a first-class dependable mechanic, especially one with a great sense of humor

and tolerance for lots of questions. Thank you Mike.”

A – Got space for a “by the way”?

Q – “Go for it.”

A – We talked once about a good method of mouse repellent, for keeping mice out of vehicle engine compartments, nesting there, that kind of thing, the kind of infestation that can cause problems mechanically. One of my customers recently had his large pick-up truck towed in here with clutch trouble. Transmission non-

functional. Only 38,000 miles, no usual reason for that. I checked out the bell housing for trouble, and found the works clogged up with enough mouse nesting matter that it interfered with clutch operation. What we've used at our house, what I know works for keeping rodents away from any space is called ESSENTIAL OIL PEPPERMINT, or even SPEARMINT – get it at health stores, maybe on-line, comes in small packed bags, like reison bags, with bottles of the oil to refresh the scent from time to time. Place it in the engine compartment. This really works.

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Gallbladder Health

What is the function of the gallbladder? The gallbladder is a small, pear shaped organ located beneath the liver on the right side of the abdomen. It stores bile, a yellow-brown fluid produced by the liver, and secretes bile into the small intestine to help digest fats. The gallbladder is connected to the liver and the small intestine by a series of tubes known as the bile ducts. In approximately 10 percent of the North American population, or 30 million people, these tubes are blocked by hard, crystalline structures called gallstones. People are more likely to develop gallstones as they age, and women are more prone to them than men.

About 80 percent of all gallstones are made prima-

rily of cholesterol. They form when the bile contains too much cholesterol and not enough bile salts. Cholesterol stones also may form if the gallbladder fails to empty frequently enough, or if the liver fails to secrete certain proteins into the bile.

Other factors play a role in gallstone formation, but the exact cause is not clear. Obesity is a risk factor, probably because of excess cholesterol and because the pressure that fat tissue places on the gallbladder interferes with normal emptying. Very rapid, low calorie diets also are frequently associated with gallstone formation.

Additionally, increased levels of estrogen are related to an increased risk of stones. Pregnancy increases estrogen levels, as

do hormone replacement therapy and hormonal contraceptives.

Gallstone attacks frequently come after a large, fatty meal that follows a period of fasting. The pain associated with gallstones, steady and severe, is located in the upper abdomen. The pain may last from one to four hours and then be followed by a residual mild ache or soreness that may persist for a day or so. Nausea, vomiting, and chills frequently accompany gallstone attacks, and blood tests show elevated amounts of the liver pigment "bilirubin", which may be reflected in dark urine and jaundice. Most people, though, have "silent stones," or stones causing no symptoms.

Fever or chills with a gallstone attack indicates an underlying problem that requires medical attention. Fewer than 2 percent of all people who have gallstones, however, require surgery in any given year, and 95 percent of them are treated with gallstone lithotripsy, in which sound waves are used to break up the stone. People with silent stones detected

during routine physicals are usually given cholesterol lowering medications.

Herbs used in gallstone treatment relieve the symptoms of gallbladder irritation, which include muscle spasms, pain, and general tension. Gallbladder irritation, although not the stones themselves, can result from food allergies, often wheat and dairy. Vegetarians run half the risk of gallstone formation as that of meat eaters. Vegetarians tend to weigh less than people who eat meat, which may reduce their risk. They also often eat fewer calories and less cholesterol. Constipation has been linked to the formation of gallstones and also yo-yo dieting increases the risk of gallstones and the necessity for surgery by as much as 70 percent.

For inflammation of the gallbladder, eat no solid food for a few days. Consume only distilled or spring water. Then drink juices such as pear, beet, and apple for three days. Then add solid foods: shredded raw beets with 2 Tablespoons of olive oil, fresh lemon juice, and freshly made applesauce made in a blender or food processor. Apple juice aids in softening gallstones. For gallstones, take 3 tablespoons of olive oil with the juice of one lemon before bed and upon waking. Stones are often passed and eliminated in the stool with this technique.

There are two groups of herbs, those that can be used during an acute attack

and "those that cannot." Using the second group of herbs during an acute attack can result in a stone becoming stuck in the bile duct, a condition that requires immediate surgery.

Group one: Peppermint tea or capsules relieves mild spasms of the bile duct or Prickly Ash Bark extract or externally as a salve, temporarily relieves pain and spasms of the bile ducts. Drink 1 Tablespoon of apple cider vinegar in a glass of apple juice, this should relieve the pain quickly, if the pain does not subside, go to a hospital room to rule out other disorders, such as a heart problem.

Group two: for preventative measures, again "not to be used during an acute attack." Alfalfa tea or capsules, cleanses the liver and supplies necessary vitamins and minerals.

Boldo tea stimulates bile production, flushing small gallstones out of the ducts.

Gentian root relieves inflammation and stimulates bile production.

Celandine tincture stimulates bile production and relieves bile duct spasms.

Milk Thistle Seed capsules or tincture lowers cholesterol content of the bile.

Soy Lecithin capsules reduces cholesterol production in the liver.

Turmeric capsules inhibit formation of cholesterol crystals.

October 30, 2012 Volume 4 Number 2

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The German Shepherd

Of all the dog breeds that are known to man, one of the most favorite and beloved is the German Shepherd. This beautiful dog is particularly known for his obedience, keen sense of hearing and smell, his eagerness to learn, but most of all, his courage. They are fearless when it comes to protecting and serving the ones they love. They would not hesitate to give their life for their human family. This dog is most on alert when he feels his family may be in jeopardy and will be very wary of strangers. Though they are very loving to their human family in general, they do usually favor one specific human that will receive their undying loyalty, which is usually their main caretaker.

The origination of this breed was from Karlsruhe, Germany and created around 1900 by mixing old breeds of farming and herding dogs. They were bred for their strength, stamina and bravery. As time went on, it was realized that the incredible intelligence of this dog could be put to so many tasks that he became known more as a 'working dog'.

For many years, Shepherds have been trained to assist the blind. In order to be schooled in this function, he needs to have intelligence, patience, and the ability to sometimes make a call in judgment. For example, his owner who is blind starts to step off a curb on a street corner and a car suddenly will start to negotiate a turn at the same corner. The dog needs to see the car coming and pull the owner out of harm's way.

This wonderful breed is trained for Police and Military K-9 Units which are used for tracking fugitives, seeking out and finding illegal drugs, as well as doing search and rescue during disasters. Within his training for this vocation, he is taught not to be gun-shy and his training will include being desensitized to loud sudden noises. With his eagerness to learn, this highly intelligent animal will take all in his stride and pick it up quickly. When their work is done at the end of the day, this working class dog becomes the family pet when he and his handler go home.

One of the best known talents of this dog is to wow the spectators during a Dog Show. There are so many attributes that a dog would need to have in order to "win the day". This breed does come in 3 different coat varieties: the longhaired, the

double coat, and the plush coat. The most common color for this dog is black and tan, but there are other colors that are acceptable for showing them. The only color shepherd not acceptable for showing as a German Shepherd is the color white. This breed is now being acknowledged as a new breed called the American White Shepherd.

If you are thinking of this breed, he does need space to run and play, does better with long walks and likes to be challenged to do a job. If left alone for long periods of time, he can become anxious as well as destructive. This is a great dog that does need to have an active lifestyle to stay happy and healthy. The males of this



breed do grow up to 26 inches and 85 lbs. Females are slightly smaller in height and weight. As most dog breeds do, they have some inherent illnesses such as hip dysplasia and epilepsy.

Again, the German Shepherd has so many wonderful qualities that he would be eager and willing to offer to the right family.

— Bobbe McIntyre

(Note: **This article is for our little fan, Annie.)

Automobile enthusiasts dream home!



Property has heated 3 car detached garage with lift as well as an attached 2 car garage. This beautiful 4 bedroom, 3 bath, colonial house was built in 2005 and has over 3,700 sq. ft. of living space, that includes a finished basement and sits on 6.9 private hillside acres with a great view. House has custom birch cabinets, a mixture of hardwood, slate and tile floors, central vac system, hardwired smoke detectors, and is wired for a generator. Littleton, N.H. was recently rated in the 'Top 10 Best Places' to live and raise a family in the U.S. Nestled in the White Mountains and close to ski resorts. For more information contact Alan Corliss at Century 21 Winn Associates Realtors. \$429,900



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Over 50 veterans from across SD#2 have joined "Veterans for Jeanie" and endorsed my re-election effort.

I would like to thank these local veterans and their families. I am so grateful for their service and humbled by their support:

- Earl Aremburg** – Navy, North Haverhill
- George Beaumier** – Navy, Orford
- Rich Clifford** – Marine Corps, North Haverhill
- John S. Cobb** – Air Force, Woodsville
- Mike Conrad** – Air Force, Pike
- Wayne Fortier** – Marine Corps, Haverhill

- Howard Hatch** – Army, North Haverhill
- Harvey Keyes** – Air Force, Haverhill
- Rep. Rick Ladd** – Army, Haverhill
- Bernie Marvin** – Marine Corps, Piermont
- Wayne Mitchell** - Air Force, North Haverhill
- Steven W. Wheeler** – Army, Woodsville



"Jeanie Forrester has a special place in her heart for Veterans. She is incredibly accessible to ALL of her constituents, is very hard working and unafraid of tackling the tough issues facing our state. She truly is a model state senator and I hope you will join me in voting for her on November 6th."

— *Wayne Fortier*
Veteran & Haverhill Selectman



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By Ronda Marsh

Microwave Maple Bread Pudding In A Mug

Every once in a while I have an epiphany. Unfortunately, it usually occurs in the middle of the night when I should be sound asleep, and by the time morning comes, the details of whatever seemed so important at 3 a.m. are hazy at best. That's what happened to me concerning this bread pudding recipe. In one week, I had seen a Rachael Ray segment where Sunny Anderson made all sorts of microwave desserts in mugs, and then a few days after, I saw a recipe for a microwave Maple Bread Pudding on Presby's Maple Farm website. I guess I must've been ruminating on the possibilities somewhere in the recesses of my subconscious, because several nights later I woke up with random thoughts for fusing those two ideas together. The next day, I sat down and actually worked out a possible recipe and gave it a try. Guess what? It was a huge success! With just a few ingredients and very little time, I managed to end up with a really tasty dessert, served in it's own mug. Very cute, very trendy, and pretty inexpensive, to boot.



Here are a few things I figured out during this recipe experiment:

1. Use a bread with some chew to it. This is
 - 2 cups cubed bread
 - 2 tablespoons brown sugar (or maple sugar, if you have it)
 - 1 large egg
 - 1 cup evaporated milk
 - 1/4 cup REAL Maple syrup
 - 1/2 teaspoon maple or vanilla extract

not the place for Wonder Bread. A heavier, country-type bread is best, and feel free to use the ends and crusts; they add texture and flavor.

2. Stale bread is better than fresh, as it will absorb more of the custard. And if it sits a few minutes before you microwave it, even better.
 3. Don't be afraid to mound it right up in the cup. I didn't do that, as you can see in the picture...don't be like me!
 4. If you top hot bread pudding with cold vanilla ice cream, you end up with the closest thing to heaven on earth there is!
- Now here's how you do it:

- Pinch of salt
- 1/2 teaspoon cinnamon
- 1/2 cup raisins (or dried cranberries, apricots, etc.)
- Nutmeg
- 2 teaspoons butter

Spray 2 large mugs with cooking spray, then sprinkle a tablespoon of the brown sugar inside each one and roll around a bit to cover inside. Set aside. In a medium bowl, add the egg, evaporated milk, syrup, vanilla (or maple extract), salt, and cinnamon. Whisk to combine, and then dump in the bread cubes and raisins, making sure all the bread is well soaked (if you let it sit a few minutes, that will ensure the bread has absorbed as much liquid as possible). Fill the prepared mugs with the mixture, pouring in any of the remaining liquid on top. Sprinkle top of mugs with a little nutmeg, and then dot each one with a teaspoon of butter. Microwave the filled mugs on "high" for 3 to 5 minutes (I have an 800 watt microwave, so it took the full 5 minutes) until all the liquid is absorbed, and a toothpick inserted in the cup comes out clean. Allow to cool at least 15 minutes before serving. May be topped with an additional drizzle of syrup, a dollop of whipped cream or ice cream.



On 10/10/12 Aylhea LaBadie, age 3 and a Junior Auxiliary member from Unit 20, took Fire Safety booklets and information to the Woodsville Elementary School. Also in the photo is Tina Hebert, Secretary at WES. This information was provided to the American Legion Auxiliary by FEMA.



A newly paved 8.1-mile section of NH 112 (Kancamagus Highway) in Lincoln contains the rubber of more than 62,500 tires. A ribbon-cutting was held on October 18th for the Asphalt Rubber Chip Seal project, which is one of several cost-effective treatments used by the NH Department of Transportation to "keep good roads" at one-fourth the cost of a full repaving project. Cutting the ribbon to mark the completion of the project were: (left to right) NHDOT Commissioner Chris Clement, Rep. Gene Chandler (Bartlett), and Gus Lerandean of All States Asphalt, Executive Councilor Ray Burton, and Alan Chicoine of All States Asphalt, the contractor for the \$875,000 project.

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