

# TRENDY TIMES

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SEPTEMBER 17, 2013 VOLUME 4 NUMBER 25



## Apple Festival Kicks Off Groton Growers Fall Season

By Marianne L. Kelly

GROTON, VT—You can tell fall has arrived by the crisp morning air, kids back in school and apple season.

What better place to kick off the apple and fall foliage season than the Groton Growers Farmers Market's second annual apple festival on Sept. 21.

Highlighting the festival is a repeat of last year's popular apple pie contest. The contest is open to all area bakers. Visitors and customers are invited to a free tasting of each pie before voting for the best. The winner receives a \$10 gift certificate to the market. En-

trees should arrive at the market no later than 11 am. So, get those paring knives and rolling pins going! You just never know if yours will win.

Our vendors are once again busy creating delicious apple treats for you to savor and enjoy. Thus far, we can look forward to apple jellies, jams and apple butter from Adams Family Farm, apple pie fudge and apple caramel humus from Dinner on Demand, apple pies and pastries from Nana's Kitchen, apple pie scones and spiced apple coffee loaf from Spice of Life and apple cheddar kabobs from Sugarbush Farm. Brown's Market Bistro will no doubt surprise us with one of their delicious lunches.

The harvest keeps rolling in so bring those reusable

shopping bags and fill them with fresh, locally grown and produced seasonal veggies, pies, pastries, breads, meat, maple syrup, honey, peanut brittle, jams, jellies, pickles, and of course apples. When you buy from the Groton Growers, you can be sure your food was grown, raised, produced and harvested locally, as you are dealing directly with the grower or producer.

Those looking for a gift can choose fine local quality crafts that you simply cannot find commercially.

Do you or someone you know heat with wood? Stop by the Groton Growers table and purchase raffles tickets for one cord of firewood. Winner will be announced on Nov. 1.

Don't forget to bring those



knives, scissors and small tools for Sean to sharpen while you enjoy everything our fun, family market has to offer. Speaking of which, Sean will take any old knives and scissors you may wish to donate.

As we wind down the summer market and look forward to going indoors in October, we find we need volunteers to help set up, man the Groton Growers table, and weigh out bulk items. Volunteers will receive a 10% discount from participating vendors. Those interested can

stop at the market or call Marianne at (802) 222-9258. The winter markets take place the third Sat. of each month.

Groton Growers now accepts EBT and debit cards.

We look forward to serving you and celebrating this special time of year with you, your family and friends.

The Groton Growers Market is located on the front lawn of the Groton Community Bldg. Rte. 302, and is open from 10-1.

See you at the market!

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September 22, 29 & October 6

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St. Luke's, an active growing parish, worships in both traditional and contemporary settings, placing emphasis on many avenues of community outreach. Among active areas of parish life is Sunday school, Bible study, fellowship programs and special worship services. Sunday school meets during the 10:00 am Sunday service. At St. Luke's, hearts are open to God, minds are open to possibilities, and arms are open to all. St. Luke's was the first church established serving in Woodsville and is a member of the episcopal Diocese of NH. Everyone at St. Luke's looks forward to seeing you on one or all of the "Come and See" Sundays. For more information please call Father Watts at 603-444-1121, or St. Warden Dick Bowal at 603-989-5543.

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# TRENDY Dining Guide

## Happy Hour Restaurant

By Gary Scruton

Visiting an old friend is always a good experience. Add some great food and you have an experience that never gets old. That is the feeling I get when visiting the Happy Hour Restaurant on Main Street in Wells River. They have been in the same location for many, many years. And when going there for a meal, whether lunch or dinner, it just feels like visiting an old friend. Part of the reason for that is that so often there are friends also there dining. Other times it is the wait staff who are such familiar faces. And of course the food can always be counted on to be plentiful, well prepared, and served with a smile.

The Happy Hour features daily as well as monthly specials. On our last visit we actually got one of each. The monthly special for september is a traditional chicken and biscuits. They are served with a light gravy, mashed potatoes, a hot vegetable and, of course, cranberry sauce. And when they serve chicken and biscuits, it truly is chicken first. There is plenty of meat to fill up most any healthy appetite.

One of the daily specials that we took advantage of

was the fish fry. All You Can Eat Haddock, served with french fries. It is a meal we have enjoyed many times in the past and it is always a good choice. And on a Thursday night it also comes with the salad bar. Now the salad bar itself can be a meal, so add that to the haddock and you probably only need the first serving.

The Happy Hour seating offers quite comfortable booths or tables in the main dining room. There is a second area with similar choices including spots for larger groups. And if you want to show up with a large group they can normally accommodate you in the lounge area. This area is used often for local organizations to have regular meetings seating up to about 40 people. That area also offers a bar where some people will even re-

quest to sit so that they can watch the TV. This is not to say that this is a sports bar, but more of a spot for the occasional lone diner to have a spot to be entertained while eating.

With the holiday season fast approaching, it can also be mentioned here that the Happy Hour has a fourth room that is also equipped to serve a large group. Of course they always appreciate reservations for such groups as the number of possible dates and times is limited.

Once again it has been a pleasure to take a few minutes to write some kind words about the Happy Hour Restaurant. It really is like visiting a friend. So I would certainly recommend that you make friends with the staff and visit this well established, and well run establishment.

Educate your tastebuds, read the *Trendy Dining Guide* every issue!

# A Walk In The Woods – September 2013 <sup>3</sup>

By David Falkenham, UNH Cooperative Extension Grafton County Forester

My morning is going perfectly. The camp coffee is black and strong and it is gradually pulling my foggy brain out of its morning grind. A bright sun rises over an old clear-cut and mist starts to roll off the leaves of the young vibrant forest before me. The woodcock who sang late into the night have been replaced in the morning by the familiar call of the white throated sparrow. Their song is like a wall of music that surrounds me and penetrates the morning stillness. Occasionally a flock of ducks or geese fly overhead, often close enough to hear their wings whistling through the foggy air.

Camping on my own land in Lancaster has always been a spring and fall ritual in my family. Technically this is not my land. The land is cooperatively held in a revocable trust in which my dad and uncle are equal power trustees and my cousin and I are successor

trustees. This arrangement has been in place since the 1980's and was originally put into place by the trustees as a way to protect the land for forestry, wildlife and recreational enjoyment for our family.

Recently we have started the process of transferring power of the trust from my dad and uncle to me and my cousin, the soon to be trustees. This event in my life has met with some emotions of pride and of course some sadness as my dad and uncle pass the land on to their families. It is a brilliant move on their part as their legacy will be protected in family hands with a guiding legal document to manage the land into the future under their wishes.

All of this might sound a little hyper-organized for something as simple as owning land. However owning forest land is a huge responsibility that has many rewards, and this responsibility should be

taken seriously by all generations involved. How the banks and the IRS view your land is very different to how you might view it. It is important to make proper legal preparations for the transfer of the land to the future owners of the land which in many cases, as in mine, are the siblings and cousins of the next generation.

I visit with dozens of landowners each year and tote the merits of good land stewardship. Questions about land management are important to landowners, and although the answers are different on every landscape, they are not difficult questions. Land and estate planning is a very different matter.

Good land and estate planning requires members of the family to get together and discuss the future of the land that is currently owned by the senior generation. Difficult questions have to be asked and answered. Questions about life, death and the future, are all

very difficult topics of discussion, but they must be discussed and agree upon in writing with the help of a good lawyer. I can tell you from experience that it is not easy, but it should be a priority. The efforts are worth it as the successor generations are rewarded with a clean transition of land ownership, rather than a big legal mess that ends up costing more than you planned. Estate planning is something that

UNH Cooperative Extension can help with so feel free to contact me at 603-787-6944, dave.falkenham@unh.edu.

This fall I will return to this land to enjoy hunting season. The song birds will be replaced by rutting bucks and flushing grouse. My cousin and I will joke about our new responsibilities of trust and my dad and uncle will enjoy the fruits of their labors as their responsibilities grow lighter.

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

September 17, 2013 Volume 4 Number 25

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Anthracite Coal	28,000,000/Ton	1 Ton
Fuel Oil (No. 2)	140,000/Gallon	200 Gallons
Electricity	3,412/kWh	8,206 kWh's
Natural Gas	1,028,000/1,000 Cubic Ft.	27,000 Cubic Ft.
Propane	91,330/Gallon	306 Gallons
Wood (Air Dried)	20,000,000/Cord	1.4 Cords
Wood Pellets	16,500,000/Ton	1.7 Tons

Assumes 100% Efficiency. Source: US Dept. of Energy

### TEN REASONS TO CHOOSE COAL OVER PELLETS

1. Cost – Anthracite coal costs a lot less than wood pellets per unit of heat (BTU). A pound of Anthracite coal has almost twice the heat as a pound of wood pellets, therefore pellets have to be almost 1/2 the cost of Anthracite coal to be at the same cost per unit of heat. The cost of pellets would have to drop to \$140/ton to be equal to the cost per unit of heat (BTU) of Anthracite coal that cost \$260/ton.
2. Heat Output – Reading Anthracite Stoves are capable of putting out twice as much heat as most pellet stoves. Reading Stoves are rated at 85,000 BTU/hour, but most pellet stoves are rated below 35,000 BTU/hour.
3. Availability – In some years, there has been a shortage of pellets and many people had trouble finding pellets. Heat, Inc guarantees a reliable supply of anthracite coal at competitive prices.
4. Predictable – Anthracite coal has increased in cost at less than the rate of inflation over the last 20 years.
5. Low Maintenance – Reading Stoves can operate continuously from Fall to Spring without having to be cleaned. Pellet stoves on the other hand have to be shut down and cleaned at least once a month.
6. Convenience – Anthracite coal is sold in bulk (loose) or bagged and can be stored outside without the weather affecting it, whereas wood pellets have to be kept dry.
7. Value – Reading Stoves cost less than the same BTU size pellet stove.
8. Clean – Anthracite coal burns as clean as natural gas and cleaner than heating oil which allows you to use a power vent instead of a chimney at a fraction of the cost.
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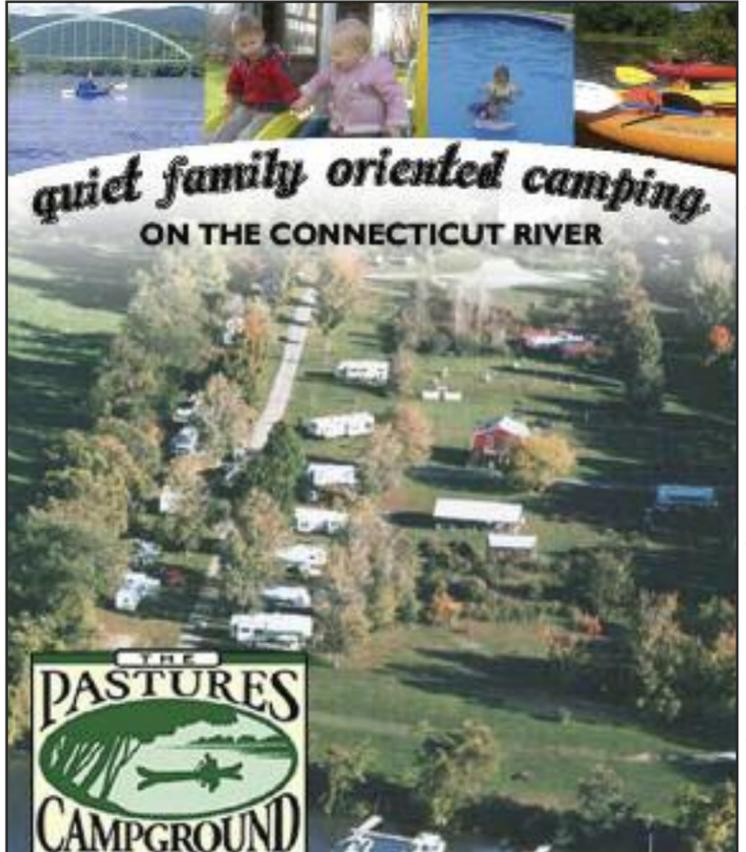
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# Grammy-Winner Cassandra Wilson To Play St. Johnsbury September 22

Time Magazine calls Cassandra Wilson, "America's best singer" for her ability to take any song and breathe new life into it through her fresh interpretations and rich vocalizations. Music critic Gary Giddens praises Wilson as "a singer blessed with an unmistakable timbre and attack" "who has expanded the playing field" by incorporating country, blues, jazz, and folk music into her work. Wilson has won two Grammy Awards for Best Jazz Vocal Performance (1996) and Best Jazz Vocal Album (2009).

Kingdom County Productions will kick off its 2013-14 season with an exclusive northern New England concert by jazz singer Cassandra Wilson, 7pm, Sunday, September 22nd at Fuller Hall, St. Johnsbury Academy.

Tickets are now on sale online at KingdomCounty.org or by calling 888-757-5559 (toll-free) or 802-748-2600. Walk-up sales are also available at Catamount Arts, St. Johnsbury.

Cassandra Wilson is internationally acclaimed for her remarkable ability to stretch and bend musical pitches, elongate syllables, and manipulate tone and timbre from dusky to hollow. Wilson is known for her unforgettable originals and jazz standards but she has also performed and adapted songs by artists as diverse as Robert Johnson, Joni Mitchell, Neil Young, The Monkees, and Hank Williams. Her collaborations include work with The Roots, Angelique Kidjo, Luther Vandross, Elvis Costello,

Charlie Haden, and many others. She also performed one of the lead roles in Wynton Marsalis' "Blood on the Fields," the first jazz work to receive the Pulitzer Prize.

Cassandra Wilson will perform her St. Johnsbury concert with a jazz quintet that has also earned many accolades. Harmonica ace Gregoire Maret has performed as part of Pat Metheny and Herbie Hancock's bands—and he has won a Grammy. Guitarist/composer/singer/songwriter Brandon Ross has played and recorded with Henry Threadgill, Jewel, Tony Williams, The Lounge Lizards, Leroy Jenkins, Butch Morris, Meshell N'degeocello, Arrested Development, Archie Shepp, and many others, crafting a per-

sonal approach to guitar and improvisation, that has taken him all over the world.

Louis Armstrong Jazz Award-winning bass player Lonnie Plaxico was born into a musical family and started playing at the age of twelve, turning professional at fourteen. He has played stints and recorded with Chet Baker, Dexter Gordon, Sonny Stitt, Junior Cook, Hank Jones, Alice Coltrane, Abbey Lincoln, Bill Cosby, and Ravi Coltrane. Plaxico first came to public attention through his work with the Wynton Marsalis group in 1982 and through his first regular attachment with Art Blakey's Jazz Messengers (1983–86), with whom he recorded twelve albums.

Cassandra Wilson's St.



Johnsbury concert is produced and presented by Kingdom County Productions working in association with Lyndon State College, Passumpsic Savings Bank, Catamount Arts, and St. Johnsbury Academy. For more information contact series producer Jay Craven (jcraven@marlboro.edu).

## Where Were YOU On September 11?

By Elinor P. Mawson

Most of us over the age of 12 remember where we were on 9/11/01, and we are no exception.

We had planned our Alaska trip for months. I had bought a magazine with a

wealth of information for tourists, and outlined our itinerary down to the last detail. With happy hearts, we embarked on our journey on Sept. 4th.

All went well for the first week. We rented a car in Anchorage and did all the touristy things, like shopping, taking a whale-watching cruise and drinking in the fabulous scenery that Alaska is famous for.

We looked forward to the next highlight of our trip—a 12-hour bus tour of Denali Na-

tional Park, which began at 7 in the morning. During breakfast, someone came into the kitchen (where we were eating) and announced that a plane had just crashed into the Pentagon.

Since we didn't have any other information, we paid little attention, finished breakfast, and went along to our bus.

All day, there were bits of information about the twin towers and the Pentagon, but nothing really specific. Every time we came to a rest stop, we saw people hanging around their car radios, but still didn't quite get the meaning of what was going on in the "lower 48". And besides, we were basking in a fabulous day, weatherwise, and the many many wild animals that abounded in the National Park.

When we returned from our trip that night, we turned on the TV and finally grasped what had happened. We called home; we were implored to please return by train so nobody would worry about our flying back. And they were all as aghast as we were.

We glued ourselves to the TV for the rest of the evening. About 11 o'clock, we got a phone call from the front desk, apologizing for the late hour and telling us to look out the window at the Northern Lights. They were spectacular!

Since all planes were not allowed to fly, we wondered how we were going to get home, but went along with our itinerary since we were in a rental car and could do what we wanted.

We kept an eye on the TV, but noticed that, although there was concern among the people we saw, the whole terrorist attacks seemed far away.

We were scheduled to fly to Barrow on Friday the 15th, and didn't find out until 4:00 that morning that the plane would be allowed to fly. Barrow was interesting. We put our hands into the Arctic Ocean, ate at a Mexican (yes, Mexican!) restaurant and picked tundra moss. When we flew back to Fairbanks, we were accompanied by a prisoner who was attached by handcuff to a sheriff.

We returned to Anchorage by train, and met several people who had been flown by seaplane to remote areas to go fishing and couldn't understand why the planes didn't return for them at the appointed time.

The Anchorage airport was a zoo. There was such a backup of passengers because of the long delays the week before. One lady was there for the fifth time, trying to return to Michigan.

The opposite was true when we boarded the next flight at Dallas-Fort Worth. Very few people were flying in the US it seems. We slept all the way back to Boston, found our car, and finally got home, thankful to be back.

I will always remember our trip to Alaska, a place where I had dreamed of for years. Although our time was tainted by the terrorist attacks, we still had an unforgettable experience.

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VPR SEVEN DAYS The Point

# Eight Short Plays At Old Church Theater Concludes 2013 Season

Bradford, VT: In its final offering of the 2013 season, Old Church Theater is presenting "Caught in the Act(s)", eight short plays by New Hampshire or Vermont writers, opening September 20th for two weekends. Shows are Friday and Saturday at 7:30pm and Sundays at 4pm. The theater is located at 137 North Main Street in Bradford.

The eight plays are fresh, witty, provoking and new, ranging from 5 to 20 minutes each, and are directed and cast with familiar and new faces. The directors include Melissa Mann, Barbara Swantak, Peter Richards, Gloria Heidenreich, Sheila Kaplow, Robert O'Leary, John Galton and Mian O'Dowd. Producing the entire event is Robert O'Leary who played Ensign Pulver in last month's "Mister Roberts".

The plays are "Kissing Rodin" by Elizabeth Vickers; "Shades of Pemberly" by Charles Fray; "From Maine to Idaho" by Robert H. Nutt; "Happy Trails" by Jeanne Beckwith; "Breathe!" by Jeannie Hines; "Doll Hospital" by Jeanne Beckwith; "Left Unsaid" by Leah Burdick; and, "Birthday Wishes" by John Kern.

The 18 cast members include Jordan Barbour, Elizabeth Gilmartin, Lori Barbour, Brenda Danielson, Samantha Davidson Green, Vincent Moore, Naomi Wallner, Nic Buonaduci, Scott Johnson, Barbara Payson, Michelle Carlson, Robert O'Leary,



Some of the more than 20 directors and actors pose at a rehearsal for "Caught in the Act(s)!", Old Church Theater's upcoming production featuring eight one act play by NH and VT writers. Left to right are Mian O'Dowd (director) Nic Buonaduci (actor), Naomi Wallner (actor), Robert O'Leary (director and producer), Samantha Davidson Green (actor), Vincent Moore (actor), and Gloria Heidenreich (director).

Marilyn Blaisdell, Natalie Nicholson, Mark Alloway, Paul Hunt, Meghan Bullard, and Sarah Jo Damron-Brown.

Reservations may be made by calling 802-222-3322 or emailing reservations@oldchurchtheater.org. Tickets are available at the door for \$10.00, or \$5.00 for students. Theatergoers

should be advised of stronger language after intermission (but probably nothing they have not heard on TV or in movies).

Old Church Theater is a non-profit organization based in Bradford, Vermont, concluding its 28th year presenting five plays from May through September.

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Dean Memorial Airport in North Haverhill held the Annual Airport Awareness Day providing first time flights for the Youth Flying Eagle Program. Shown is l-r-Jim Fortier, Airport Manager, Wayne Fortier, Chair Haverhill Board of Selectmen, Roger Fournier, Airport Commissioner, Councilor Burton, Thomas Friel, and Robert Roderbush, Haverhill Selectmen.

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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!

## SATURDAYS

**FREE BLOOD PRESSURE CLINIC**  
10:00 AM – 12:00 Noon  
Littleton Fire Station

**GROTON GROWERS FARMERS MARKET**  
10:00 AM – 1:00 PM  
Groton Community Building

## SUNDAYS

**LITTLETON FARMERS MARKET  
(UNTIL OCTOBER 13TH)**  
10:00 AM – 1:00 PM

## CRIBBAGE

1:00 PM  
American Legion Post #83, Lincoln

## TUESDAYS

**BREAKFAST BY DONATION**  
8:30 AM – 10:00 AM  
Horse Meadow Senior Center, North Haverhill

**UCC EMERGENCY FOOD SHELF**  
4:30 PM – 6:00 PM 802-584-3857  
Wells River Congregational Church

**AA MEETING (OPEN BIG BOOK)**  
7:00 PM – 8:00 PM  
St. Luke's Parish Hall  
121 Central Street, Woodsville

## WEDNESDAYS

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

## THURSDAYS

**PEACHAM FARMERS MARKET**  
3:00 PM – 6:00 PM  
Bailey-Hazen Road, Peacham

## FRIDAYS

**LYNDON FARMERS MARKET**  
3:00 PM – 7:00 PM  
Bandstand Park, Rt 5, Lyndonville

**AA MEETING (OPEN DISCUSSION)**  
8:00 PM – 9:00 PM  
Methodist Church, Maple Street, Woodsville

## TUESDAY, SEPTEMBER 17

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

**FREE CLOTHING EVENT**  
6:00 PM – 8:00 PM  
Warren Town Hall

## THURSDAY, SEPTEMBER 19

**FREE CLOTHING EVENT**  
10:00 AM – 2:00 PM  
Warren Town Hall  
**VFW POST #5245 MONTHLY MEETING**  
7:00 PM  
VFW Hall, North Haverhill

## FRIDAY & SATURDAY

**SEPTEMBER 20 & 21  
CAUGHT IN THE ACT(S)**  
7:30 PM  
Old Church Theater, Bradford  
*See article and ad on page 5*

## SATURDAY, SEPTEMBER 21

**CORN HARVEST CEREMONY**  
Pike Hall  
*See article on page 10*

## 2ND ANNUAL APPLE FESTIVAL

10:00 AM – 1:00 PM  
Groton Growers Farmers Market  
*See article on page 1 and ad on page 7*

## FREE CLOTHING EVENT

10:00 AM – 2:00 PM  
Warren Town Hall

## AMERICAN LEGION LEADERSHIP MEETING

10:00 AM  
Ross-Wood Post #20, Woodsville

## LITTLETON ROTARY CLUB'S LOBSTER FESTIVAL

4:30 PM – 8:00 PM  
Bretton Woods Base Lodge/Slope Side

## BBQ CHICKEN DINNER

5:00 PM – 7:00 PM  
American Legion Post 83, Main St., Lincoln

## SUNDAY, SEPTEMBER 22

**BENEFIT TEXAS HOLD 'EM  
POKER TOURNAMENT**  
11:00 AM Satellites  
1:00 PM Tournament  
VFW Post 10038, 156 High St., Lyndonville

## CIRCLE DANCE 101 4:00 to 4:30pm

**CIRCLE DANCE 4:30 to 6:30 p.m**  
Neskaya Movement Arts Center  
1643 Profile Road, (Route 18)  
Franconia

## CAUGHT IN THE ACT(S)

4:00 PM  
Old Church Theater, Bradford  
*See article and ad on page 5*

## CASSANDRA WILSON CONCERT

7:00 PM  
Fuller Hall, St. Johnsbury Academy  
*See article and ad on page 4*

## MONDAY, SEPTEMBER 23

**Haverhill Selectboard Meeting**  
6:00 PM  
Morrill Municipal Building, North Haverhill

Monday/Thursday Starting  
September 23 - 12.16

## NCYMCA ADULT INTERVAL AEROBIC CLASS

6:30 PM  
Woodsville Elementary School cafetorium

## TUESDAY, SEPTEMBER 24

**Haverhill Civic Forum Listening Session**  
5:15 PM – 6:45 PM  
Emergency Services Building, Woodsville  
*See article on page 7*

## FRIDAY, SEPTEMBER 27

**DRUM CIRCLE**  
7:00 PM – 9:00 PM  
Neskaya Movement Arts Center  
1643 Profile Road (Route 18), Franconia  
Drums provided or bring your own.

## FRIDAY & SATURDAY

### SEPTEMBER 27 & 28

**CAUGHT IN THE ACT(S)**  
7:30 PM  
Old Church Theater, Bradford  
*See article and ad on page 5*

## FRIDAY THRU SUNDAY

### SEPTEMBER 27 - 29

**CIRCLE DANCE/  
GUIDED MEDITATION WORKSHOP**  
Neskaya Movement Arts Center  
1643 Profile Rd. (Rte. 18), Franconia

## SATURDAY, SEPTEMBER 28

**SUGARHILL AUTUMN CELEBRATION**  
10:00 AM – 3:30 PM  
Route 117, Sugarhouse Meeting House  
*See article and ad on page 9*

## LITTLETON LIONS CLUB CAR SHOW PARADE

1:00 PM 603-444-2652  
Littleton

## SUNDAY, SEPTEMBER 29

**LITTLETON LIONS CLUB CAR SHOW**  
9:00 AM - 2:30 PM  
Sears Field, Meadow Street, Littleton

## SUGARHILL AUTUMN CELEBRATION

10:00 AM – 3:30 PM  
Route 117, Sugarhouse Meeting House  
*See article and ad on page 9*

## BENEFIT TEXAS HOLD 'EM POKER TOURNAMENT

11:00 AM Satellites / 1:00 PM Tournament  
Elks Lodge, 118 Western Avenue, St. Johnsbury

## CIRCLE DANCE 101 4:00 to 4:30pm

**CIRCLE DANCE 4:30 to 6:30 p.m**  
Neskaya Movement Arts Center  
1643 Profile Road, (Route 18) , Franconia

## CAUGHT IN THE ACT(S)

4:00 PM  
Old Church Theater, Bradford  
*See article and ad on page 5*

## TUESDAY, OCTOBER 1

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

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

*Submit your entries by:*

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

**Deadline for submissions is Thursday, September 26th for our October 1st issue.**

## Bath Public Library Book Club

The Bath Library Book Club will be discussing "The Elegance of the Hedgehog" by Muriel Barbery on Thursday, October 10th at 6 pm at the Bath Public Library. Explore life, art, literature, philosophy, culture, class, privilege, and power as seen

through the eyes of a 54-year old French concierge and a precocious but troubled 12-year old girl. Books may be picked up at the Bath Library; hours are Tuesdays and Thursdays 9:00am to noon and 1:00pm to 6:00pm and Saturdays 9:00am to

noon. Anyone with an interest in reading and conversing about books is welcome to attend. For information please contact the library at 603 747-3372 or email bathlibrary@together.net.

## Haverhill Corner Library Announces Fantasy Book Discussion Series

HAVERHILL, NH — The Haverhill Corner Library's fall book discussion series will feature three masterworks of British fantasy, the library has announced. Discussions of works by C. S. Lewis, J. R. R. Tolkien, and T. H. White will be free and open to the public.

The series is entitled "The Fantastic Fifties: British Fantasy at Mid-Century or, What's With All the Initials?" The discussions will feature: The Lion, the Witch, and the Wardrobe by C. S. Lewis on Monday, October 14; The Lord of the Rings by J. R. R. Tolkien on Monday, November 11; and The Once and Future King by T. H. White on Monday, December 9. All discussions begin at 7:00 PM and copies of the books

will be available to borrow in advance.

These three books, published in the fifties and still enormously popular, played a crucial role in transforming fantasy from an esoteric taste to mainstream entertainment. They have each been repeatedly adapted to other media, they have spawned legions of imitators, and they have generally increased the public's tolerance of and appetite for the fantastic. Today, works of fantasy — from boy wizards to lovelorn vampires — dominate the bestseller lists, the cineplex, and the television screen, thanks in part to these books.

This series will allow readers to visit — or re-visit — works that have become

icons of popular culture. The Lion, the Witch, and the Wardrobe (1950) was the first book to be published in Lewis's seven-volume Chronicles of Narnia series. Tolkien's The Lord of the Rings (published in three volumes in 1954 and 1955) became a cultural phenomenon and set the template that works of epic fantasy would follow for the next several decades. The Once and Future King (1958) collected and concluded White's tetralogy of Arthurian fantasies. Readers will come to understand why these works enjoy such enduring appeal.

For more information, visit the library's web site at <<http://hliba.blogspot.com/>> or call 603-989-5578.

## Haverhill Civic Forum Woodsville Listening Session

The Center for Rural Partnerships at Plymouth State University is pleased to host a Haverhill Civic Forum community listening session to be held in Woodsville. This community-based engagement project focuses on the quality of life in the Haverhill/Woodsville area. This final listening session will take place on September 24th from 5:15-6:45 at the Emergency Services Building on

Route 10 in Woodsville. All are community members welcomed and encouraged to attend.

The Haverhill Civic Forum consists of a series of facilitated small group discussions in which local residents identify topics of community importance for further public exploration. Through constructive dialogue and in partnership with student and faculty facilitators,

community members participating in the Haverhill Civic Forum will identify local priorities, set achievable objectives, and ultimately enhance quality of life in the Haverhill area. A specific priority of the Haverhill Civic Forum is to include underrepresented groups in the community conversation.

For additional information please contact: Rachelle Lyons (603) 535-3270.

## Upcoming Book Sale At Groton Free Public Library

GFPL's annual Foliage weekend Books and Beyond Sale will take place at the library on Friday, October 4 from 2-7pm, and on Saturday, October 5 from 9am-3pm. We offer a large assortment of fiction and nonfiction, as well as children's and young adults' books -- all from donations and library de-aquisitions. Come and pick up that book you have always wanted to read, or even find the perfect gift! Along with current titles, we have many "elderly/interesting" collectible books pub-

lished in the 1800's and up. Book sellers are welcome! Most books are sold by donation, with some having suggested prices. The "Beyond" part of the sale is always a surprise, though puzzles are a sure thing! All profits benefit Groton Library. 802.584.3358, grotonlibraryvt@gmail.com.

Open Hours: Mon 2:30-7pm, Wed 10am-4pm, Thurs 10am-12pm, Fri 2:30-7pm, Sat 10am-12pm.

Visit us on Facebook: [www.facebook.com/Groton-FreePublicLibrary](http://www.facebook.com/Groton-FreePublicLibrary)

**GROTON GROWERS FARMERS MARKET**  
RTE 302-GROTON COMMUNITY BUILDING

**2ND ANNUAL APPLE FESTIVAL**  
Saturday, September 21, 2013  
10:00 am - 1:00 pm

Apple Pie Contest - Open To All - Free Tastings  
Winner Receives \$10 Market Certificate  
Bring All Entries By 11 am

Apples for sale • Apple pie fudge • Apple butter  
Apple caramel hummus • Apple jams and jellies  
Apple pies & pastries • Apple & cheddar kabobs

**THE HARVEST KEEPS GROWING!**  
Tomatoes • Potatoes • Onions • Garlic • Cucumbers  
Summer squash • Zucchini • Carrots • Sweet Peppers  
Hot Peppers • Lettuce • Chives • Broccoli • Beans • And...  
Chicken, pork, sausages, bacon, goat meat, pies, pastries,  
breads, pizza, cheese, hummus, fudge, peanut brittle,  
maple syrup, honey, fine quality handcrafts.

Raffle for one cord of firewood. Winner announced Nov.1  
We take EBT and debit cards  
Volunteer for monthly winter market - get  
10% discount from participating vendors.

See You At The Market!

**St. Luke's Episcopal Church**  
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SUNDAY SERVICE 10AM  
1st, 2nd & 4th Sundays  
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3rd & 5th Sundays  
Morning Prayer With Sunday School  
Bible Study Following Coffee Hour

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## Old Photos Sought By Local Bank For Heritage Calendar And 125th Anniversary Celebration

Woodsville, NH — Woodsville Guaranty Savings Bank is asking for the public's help in locating old photographs and other paper memorabilia for use in its annual Heritage Calendar and during the bank's 125th anniversary celebration, coming up in 2014. Two scanning days have been scheduled in order to facilitate the photo sharing. More details on the scanning events are included below.

All old photographs of local interest are welcome, however photos of the bank and sites where the bank now has offices would be of particular interest. In addition, any antique or vintage memorabilia, including WGSB bank books, promotional items, or other documents will be reviewed for possible use.

Scanning events are

planned at two office locations: Thursday, September 26, 9-10AM at the bank's Central Street, Woodsville office; and Friday, September 27, 8:30-9:30AM at the bank's Cottage Street, Littleton office.

If you have questions or would like to make other arrangements to share your photos, please contact Erica Perkins, WGSB Marketing Assistant, at 603-747-2735.

Woodsville Guaranty Savings Bank is a New Hampshire state-chartered savings bank headquartered in Woodsville, with nine banking offices in the communities of Woodsville, Piermont, Lisbon, Littleton, Lancaster, Plymouth, and Franconia. For more information, call 1-800-564-2735, visit the bank's website at [www.theguarantybank.com](http://www.theguarantybank.com), or find them on Facebook.

## The Rivers Hide More Trash Than You Think & Need Your Help

*Join The 1,400 Clean-up Volunteers Already Registered*

The 17th annual Source to Sea Cleanup is gearing up to be one of the biggest river clean up events along the Connecticut River yet. Hosted by the Connecticut River Watershed Council (CRWC), the Source to Sea Cleanup is an annual trash clean up of the Connecticut River and its tributaries all along the four-state watershed (NH, VT, MA, CT). Registration for the Cleanup is underway now. Twenty-five groups and over 1,400 volunteers from Hanover, NH to Old Saybrook, CT have already signed up to clean the rivers on Friday & Saturday, October 4 - 5.

"Some really unbelievable things have been pulled from our rivers, such as a cement mixer, parking meters, propane tanks and junk cars," says Jacqueline Talbot, Cleanup Coordinator. "This is human produced trash that becomes river trash and then ocean trash, while making our natural spaces less safe and less welcoming for people and wildlife. We can do something about that and give a cleaner river to our neighbors downstream. To date, volunteers have prevented more than 806 tons of trash from flowing

downstream, but our waterways could always use the help of those willing to work for cleaner spaces. This is a positive event with a true impact, and it is open to all." To report a trash site in need of clean up or to participate in the cleanup event, visit [www.ctriver.org](http://www.ctriver.org) and click on 'Source to Sea Cleanup.'

"It's wonderful to see this level of support for cleaning up our rivers," says CRWC Executive Director Andrew Fisk. "There are 30 sponsors this year, many of them new. Lead sponsors Brookfield Renewable Energy Group, Lane Construction, NRG Middletown and TransCanada's generous financial support enables us to organize the thousands of volunteers who participate in the Cleanup, and to take on complex projects that require the use of heavy equipment and professional divers. Last year we were able to pull two junk cars from the river in CT and we'll tackle more big projects like that this year."

Those not interested in picking up trash can still support the Cleanup by attending one of three benefit concerts happening throughout the region, September 20-22, featuring

well-known artists Robin & Linda Williams and Their Fine Band from NPR's Prairie Home Companion. They will perform their blend of bluegrass, folk, old-time and acoustic country music live on Friday, September 20, 7:30pm at the Pentangle Town Hall Theater in Woodstock, VT; Saturday, September 21, 7:30pm at Memorial Hall in Shelburne Falls, MA; or Sunday, September 22, 3pm at The Kate in Old Saybrook, CT. Tickets can be purchased online at [www.ctriver.org/news-events/concert/](http://www.ctriver.org/news-events/concert/) or by calling 1-800-838-3006 (877-503-1286 in CT). Memorial Hall tickets can also be purchased at World Eye Bookshop in Greenfield, MA, Mocha Maya's and Boswell's Books in Shelburne Falls, MA.

For information about the Source to Sea Cleanup, to join a group near you, register online, or to report sites in need of cleaning visit [www.ctriver.org](http://www.ctriver.org) and click on 'Source to Sea Cleanup.' Anyone with questions or a trash tip may contact CRWC's Cleanup Coordinator Jacqueline Talbot at [cleanup@ctriver.org](mailto:cleanup@ctriver.org) or by calling 860-704-0057.

The Connecticut River Watershed Council has been an advocate for the 11,000 square-mile watershed of the Connecticut River since 1952. CRWC is a non-profit organization supported by individual members, public and private foundations, corporate sponsors and government grants. To learn more about CRWC, or to make a contribution to help protect the Connecticut River, visit [www.ctriver.org](http://www.ctriver.org) or call 413-772-2020.



### GOT AN OPINION?

Send it to:

[gary@trendytimes.com](mailto:gary@trendytimes.com)

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*Just be ready for one of our editors to respond.*

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# Colonial Theatre Presents Lake Street Dive

The Colonial Theatre in Bethlehem, NH will present indie pop quartet Lake Street Dive, Friday, September 20. Classic soul and R&B, jazz, and British invasion form the backdrop for the quirky and irreverent brand of pop for which Lake Street Dive has become known. Combine this with the unstoppable joy of their live shows and near viral collection of YouTube videos, and you get the sum of the Lake Street Dive equation: pure pop music fun. Knock-your-socks-off vocals and virtuosic instrumentals top it all off, and with the release of their third and self-titled record on Signature Sounds, which

Popmatters calls "a staggering, monumental disc," this Brooklyn based quartet is garnering a growing fan base in and beyond their native East Coast. Incorporating the unlikely elements of upright bass and jazz-inflected trumpet along with more traditional rock staples, drum set and electric guitar.

How is it that something so unlikely can also be so infectious, so naturally exhilarating? Pulling in familiar elements and irreverently scrambling and recombining them, Lake Street Dive is at once jazz-schooled, DIY-motivated, and classically pop obsessed. Beginning with catchy songs that

are by turns openhearted and wryly inquisitive, this northeastern quartet proceeds to inject them with an irresistible blend of abandon and precision. Composed of drummer Mike Calabrese, bassist Bridget Kearney, vocalist Rachael Price, and trumpet-wielding guitarist Mike "McDuck" Olson, Lake Street Dive encompasses a myriad of possibilities within its members' collective experiences, and the resultant music is a vivid, largely acoustic, groove-driven strain of indie-pop. "It seems the only limitation we have," Kearney explains, "is that we try to make music that we

would like listening to."

Lake Street Dive makes the most of pop music virtues: solid, evocative song craft; propulsive grooves; and Price's disarming, forthright vocals. However, it's a personal strain of pop that is refracted through the band members' rich backgrounds: a sinewy Motown bass line is reborn with woody heft on Kearney's upright, Calabrese's drumming mixes timekeeping with more adventurous jazz-inflected outbursts, and McDuck's nimble trumpet is an unexpectedly warm counterpoint to Price's singing. It all makes for a sound with familiar roots, but with a slant that is entirely their own. Lake Street Dive's eventual artistic breakthrough came not without struggle, and still surprises original instigator Mike "McDuck" Olson. "Now we're a pop band, leaning very heavily on soul and rock, with hook-y

writing, which I never expected," he concludes. "If I could travel through time, I'd go back six years and play the new record for my younger self, just to assure him that the awkward, new-band phase doesn't last forever."

General Admission tickets for the 8 PM performance are \$20; Colonial, Catamount Arts and Kingdom County Productions members \$17. General Admission tickets are available in advance at Maia Papaya Cafe, Bethlehem, The Littleton Food Coop, or Catamount Arts, St. Johnsbury. The doors open at 7 PM for the 8 PM performance with refreshments on the patio. For more information about this or upcoming live events find The Colonial on Facebook (Facebook.com/BethlehemColonial), follow The Colonial on twitter (@ColonialNH) or visit the Colonial on line at www.BethlehemColonial.org.

## Vermont Fiddle Orchestra Concert

Everyone is invited to enjoy a free concert at the Sugar Hill Meetinghouse with the Vermont Fiddle Orchestra on Sunday, September 29th at 1 pm. This concert is part of Sugar Hill's Autumn Weekend Celebration and the concert is sponsored by Crosstown Motors of Littleton, NH.

The Vermont Fiddle Orchestra plays toe-tapping music and loves it when their audience decides that they can't sit still and just have to dance. This community orchestra is open to all levels and ages of players. The orchestra performances span several generations, from beginning level players to professional soloists playing simultaneously while providing entertainment, education, and preserving the traditional fiddling of Vermont and beyond.

This entertaining group is celebrating their 10th year, was founded in 2003. In May of 2003, Sarah Hotchkiss awoke in the middle of the night and paced the floor for a full hour working out the details for a community orchestra. Six weeks later, the VFO held its first rehearsal with about twenty members. Sarah envi-



sioned musicians of multi-levels (beginners to experts) playing together in such a way that it would be simultaneously fun and enriching for all participants. Sarah also wanted to help preserve the tradition of fiddling "by ear".

The Vermont Fiddle Orchestra is more than just "fiddles". You'll find cellos, guitars, mandolins, flutes, accordions, and other instruments in the orchestra, too. The VFO wants the audience and the musicians to have fun at their concerts. One of their most favorite joys is the hear that someone came to one of their concerts and was inspired to



pick up a fiddle (or other instrument) and join the orchestra.

This free concert is made possible by the generous sponsorship of Crosstown Motors of Littleton, New Hampshire. The concert is held rain or shine, inside the Sugar Hill Meetinghouse on Sunday, Sept. 29th at 1 pm.

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

September 17, 2013 Volume 4 Number 25

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## SUGAR HILL'S AUTUMN CELEBRATION

SATURDAY & SUNDAY, SEPTEMBER 28-29  
10:00 AM - 3:30 PM (RAIN OR SHINE)

Rt 117 • Sugar Hill Meetinghouse • Carolina Crapo Building • Historical Museum

Over 30 Unique Artisans & Businesses • Homemade Jams, Relishes, Pickles  
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Saturday, September 28 • 10:30 am or 1:30 pm  
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**TOE-TAPPING CONCERT • VERMONT FIDDLE ORCHESTRA**  
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# 10 Linny Kenney

# The Koasek Community Green Corn Harvest Ceremony



Join the Koasek Traditional Band for their Harvest Celebration. Since 2007 when the ancestral "Koasek Corn" was brought back to the tribe, the Koasek people have been working to reestablish their ancient agricultural practices, reclaim other, almost-lost crop plants, and enhance their community-affirming agricultural ceremonies and gatherings. In 2013, the Koaseks have much to be thankful for; they have successfully raised over a dozen types of corn, beans, squash, sunflowers and other crops indigenous to the area, including a few extremely rare and endangered varieties, until now seen nowhere else in the United States. The Koasek community is sharing the stories about these new crops with each other, as well as rekindling the song and dance aspects of their Green Corn Ceremony.

invited by the White Pine Association to share their knowledge and teach about the Abenaki Culture.

It is not to be a pow-wow, with competition dancing, vendors and the pow-wow drum, but a unique, more nature-based expression of Koasek heritage, identity and connections to the earth.

The day's goal is to develop a workable community and public program that will be the ceremonial culmination of the Koasek Farming Community's yearly labors. The plan is to develop a day-long mix of fun, ceremony, learning and community affirmation that works for both the Koaseks themselves and the public at large -- and so public feedback is very much desired. The day's program will begin with introductions by the Koasek Chief, Bernie Mortz. Koaseks and neighbors will first learn about the struggles to find and obtain seed of the ancient crops; what has been learned by planting them in both traditional plots as well as larger, monoculture fields in the Connecticut and Champlain Valleys. The morning will end with a conversation on the plans for a Koasek seed bank and community garden. Exhibits and demonstrations of the crops will illustrate the morning discussion. After a 12:00-1:30 lunch break, the

Koaseks will begin rehearsing the Green Corn Dance and other songs and ceremonies that will be the focus of the planned green corn celebration. Professors Wiseman and Brook will explain the meaning and context of each component of the planned ceremony to the community, illustrate the costuming and equipment, and walk performers through the dances so that they can get a feel for the choreography. The spiritual back-stories to the songs, dances and regalia are especially important for the community to understand; and these issues will be dealt with as well. The cultural revitalization work will be punctuated by fun dancing for the children such as the "feather dance," and intercultural dances such as the "Round Dance," so that the public can join in the learning. We will also hear the first public performances of the Koasek Women's Singing Group performing the songs necessary for the ceremonies. So if you wish to see the immense progress of a small rural indigenous community has made in its quest for bringing its ancient ways of farming back, and their exciting plans to use its bounty as a focus of community pride and identity each September, please join us at Pike Hall, Pike NH, on September, 21, 2013.

Linny Kenney, who runs her custom leather art business out of the Tannery Marketplace in Littleton, NH, has been nominated as one of Martha Stewart's American Made Makers in this year's competition.

Voting opened up to the public on August 26th and runs through September 24th when the winner is announced. Voters can vote up to 6 times each day by following this link: <http://www.marthastewart.com/americanmade/nominee/82086>

In November of 2010, Linny rode to Bath, NH from Los Angeles, California, on her Arabian horse, Sojourner. While slowly riding through New Mexico on her

way to New Hampshire, she was inspired by the incredible wildflowers that scatter across the desert in the Spring.

When the ride was completed over 8 months later, Linny began painting the ride-inspired "Wildflower Belt" which helped her get a name for herself as a leather artist.

She now sells her custom pieces around the world via on-line sales and her guitar straps are worn by artists such as, "The Tallest Man On Earth", David Rawlings, Julia Stone, and many other world renowned musicians. Linny's work can be seen at [www.linnykenney.com](http://www.linnykenney.com)

September 17, 2013 Volume 4 Number 25

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



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# The Any Which Way Triathlon Challenge Returns For A Third Year



Franconia, NH, August 27, 2013: Adaptive Sports Partners of the North Country (ASPNC) and Bank of New Hampshire are excited to announce that registration is open for the 3rd Annual Any Which Way You Can Triathlon! This unique triathlon is open to everyone and anyone; with or without a disability, and their families, friends and co-workers! Everyone can participate and compete in this unique triathlon which take place any time you choose, between Labor Day and Columbus Day weekends. That's right, you decide when!

Your event will include a 0.75 mile paddle, 6.5 mile bike & 2 mile hike/roll; all in beautiful Franconia Notch State Park. Complete each event in the same day and be classified as an "Iron Athlete"! ...or do each discipline on a different day of your choosing. It's up to you, Any Which Way You Can!

Teams are also encour-

aged and if you need assistance, the ASPNC will arrange for one or more of our experienced and enthusiastic volunteers to be your assist/guide!

There's just no good excuse not to participate. You compete in and complete this triathlon "any which way you can"!

The Which Way is sponsored by Bank of New Hampshire. All proceeds to benefit Adaptive Sports Partners of the North Country, a community-based, nonprofit organization located in Franconia, New Hampshire; with a mission to enrich the quality of life for people with disabilities through year-round opportunities for sport and recreation.

Register online at: [www.AdaptiveSportsPartners.org](http://www.AdaptiveSportsPartners.org)

For more information contact: Sandy Olney, Executive Director, 603-823-5232 or [info@adaptivesportspartners.org](mailto:info@adaptivesportspartners.org)



**Haverhill, NH** – Chalet – features walking distance to the beach and pool, but on side road features 2 bedrooms, bath, hearth, cute kitchen, master bedroom with balcony and skylight, deck, several heating options. Broker/Owner \$69,500.



**WOODSVILLE, NH** – A place to call home - Very roomy home with living room, dining room, family room, newly remodeled kitchen, enclosed screen porch onto a large deck and above ground pool, 3 bedrooms, 1 1/2 baths, level yard and fenced. Move right in. \$82,900.



**NORTH HAVERHILL, NH** – Attractive Ranch with 3 bedrooms, home situated on 1.4 acres. Living Room/Dining Area. Front Porch. Cathedral Ceilings in Dining Area, oversized windows, walk-in closet, fenced yard, perfect for pets. Easy commute from this location. \$146,500.



**HAVERHILL, NH** – Sprawling Ranch, offers 1,700 sq. ft. with 3 bedrooms, office/hobby room, sun room with deck, family room, 10'x16' kitchen, plenty of cabinets, fully remodeled with new forced hot water heating and hot water system. Secluded 3.46 acres. Broker/Owner \$167,500.

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# 4th Annual Quilt Show

The 'Ville Quilters, in conjunction with the Congregational Church of Orford, will be having their 4th Annual Quilt Show on Saturday, October 5, 2013, 10 am-4 pm, at the church, Rt. 10, Orford. Admission is \$4/person. The church will also have their delicious brown-bag lunches at \$5 each. All proceeds are split between the church and The 'Ville Quilters.

Help us to make our show even better! Please pass the word to friends and

family, and dig through closets and drawers for quilts, etc., that you would like to display!!! We would like to fill every pew in the church with quilts, old and new, hand made and machine made, even afghans, braided rugs, and other fabric crafts. Viewers will again vote for their favorite for the People's Choice Award. We will also be having a silent auction of craft items up for bidding.

Also: We are looking for crafty artisans to sell their

products during the show. Anyone who has any hand crafted items they would like to sell (e.g., holiday decorations and gifts, pottery, needlework of all kinds, cards, etc.) is encouraged to participate. All proceeds of sales are yours to keep.

For information on vending and exhibiting, please contact Elaine Cole at 603-353-4359; e-mail [villequilter@hotmail.com](mailto:villequilter@hotmail.com) or Eva Daniels at 603-353-4220; e-mail [egd@myfairpoint.net](mailto:egd@myfairpoint.net)



*The St. Johnsbury Community Farm has a bumper crop of various fresh and drying beans. Through a collaborative grant with University of Vermont extension the beans are being grown to teach NEK residents about drying beans as a protein source for winter eating. St. J. ALFA manages the garden and is looking for volunteers to help harvest the beans. For more information go to [StJALFA.org](http://StJALFA.org) or call Melissa Bridges at 802-748-9498 and visit the St J ALFA and St Johnsbury Community Farm facebook pages.*

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<p><b>2005 Jeep Grand Cherokee</b>                  #40222, Limited, 4x4, Hemi, Moonroof  <b>\$13,875</b>  <b>\$217<sup>96</sup></b>                  A MONTH                  60 months @ 5.99%</p> 	<p><b>2007 Saturn Vue</b>                  #23104C, Awd, 3.5L, Chrome Pack  <b>\$11,384</b>  <b>\$149<sup>47</sup></b>                  A MONTH                  72 months @ 4.99%</p> 	<p><b>2008 Chevy Suburban</b>                  #9092T, LTZ, 4x4, Nav, Moonroof, TV  <b>\$25,483</b>  <b>\$335<sup>71</sup></b>                  A MONTH                  72 months @ 4.99%</p> 
<p><b>2008 Dodge Grand Caravan</b>                  #40198A, SXT, Stow-N-Go, Low miles  <b>\$13,624</b>  <b>\$178<sup>33</sup></b>                  A MONTH                  72 months @ 4.99%</p> 	<p><b>2010 Toyota RAV4</b>                  #40213, AWD, Fully Equipped, 37K miles, 27 mpg  <b>\$18,811</b>  <b>\$239<sup>71</sup></b>                  A MONTH                  72 months @ 3.99%</p> 	<p><b>2011 Chevy K1500</b>                  #40210, LT, Crew, 4x4, 5.3, All-Star  <b>\$28,710</b>  <b>\$362<sup>01</sup></b>                  A MONTH                  72 months @ 3.99%</p> 
<p><b>2011 Chevy K1500</b>                  #23048C, LT, Xcab, 4x4, 5.3, Z71  <b>\$26,702</b>  <b>\$336<sup>87</sup></b>                  A MONTH                  72 months @ 3.99%</p> 	<p><b>2012 Chevy K1500</b>                  #23020S, LT, Xcab, 4x4, 5.3, Z71  <b>\$28,867</b>  <b>\$363<sup>96</sup></b>                  A MONTH                  72 months @ 3.99%</p> 	<p><b>2013 Chevy Tahoe LT</b>                  #40209, 4x4, Heated Leather, 7 Pass, 12k miles  <b>\$40,431</b>  <b>\$508<sup>66</sup></b>                  A MONTH                  72 months @ 3.99%</p> 

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# World War II Era War Ship Surges Forward Into The Past

By Robert Roudebush

She's a sleek, grey tough old lady of seventy years, pugnacious as hell, who fought an entire world war, then lived with the Greeks for forty years, and finally came back to the United States and now allows hundreds of people to give her a facelift, to keep her looking great.

She's a ship, a U.S. Naval Warship. Her name is the USS Slater (DE - 766) and she's afloat today and would love to have you visit her.

Let's keep all of this clear. The WW II era U.S. Naval fighting ship is a Destroyer, and to be very clear, it is really a Destroyer Escort, a different kind of ship altogether, although similar. Its keel was laid down in March of 1943 (yes, that's seventy years ago plus), launched in February of 1944, and commissioned in May of that year. She was built at the Tampa Shipbuilding Company, of Tampa Florida. Destroyers are typically designated DD, and the Slater, a Destroyer Escort, is designated a DE. She went through several years of service in the Pacific arena of

that war, spent an even more trying time during 40 years in the Hellenic (Greek) Navy, and finally was towed back to America in lousy shape and has been restored to nearly authentic end-of-war condition by a dedicated group of volunteers today.

## WHO'S DOING THE WORK?

That group of volunteers, and the specialized knowledge they possess, is rapidly diminishing because the core of the group was former officers and men who served aboard DEs in the war and they are dying off now. An 89 year-old man today keeps the sole remaining original wooden floating whale boat attached to a DE, the USS Slater, operational. That boat was used as the "Captain's Gig", his personal boat, and as a "liberty boat", to ferry the crew to shore for leave. It's in great shape and looks brand-new. Something of a miracle.

She floats (ships of war are normally referred to in the feminine gender) right this minute in the Hudson River in all her immediate

glory at the Port of Albany, New York - some of my family and I recently were welcomed aboard her grey metal decks - we stepped up and over shin-high watertight door sill enclosures below-decks, took in the mess-deck and galley, (where the food was served and where the food was cooked) stood in the pilot house with armored porthole covers, and checked out the various armaments still mounted for its defense forward and aft on the fantail. It smells like a Naval ship of war - it smells just like the Destroyer I served aboard briefly during the Vietnam war, a combination of diesel fumes, paint and oil, stressed metal, and human sweat in contained spaces. All that was missing from those memories of my time as a sailor on a warship was the dead-fish salt sea spray at San Diego Naval Station. It smelled good to me.

## SO WHAT IS A DESTROYER ESCORT?

A destroyer escort is the U.S. Naval classification for a smaller, lightly armed warship designed to be used to ESCORT convoys of merchant marine ships, primarily of the United States Merchant Marine in WW II. We were helping Britain in its fight against



Germany through the "Lend-Lease Act", before we actually entered the war. DEs were deployed primarily for anti-submarine warfare, but also provided some protection against aircraft and smaller attack vessels. If small fast Destroyers were called, "THE GREYHOUNDS OF THE SEA", the even smaller Destroyer-Escorts have sometimes been called the "Destroyer that fought like a battleship", as in the case of the SAMUEL B. ROBERTS as it inflicted damage from its torpedoes and its gunfire on much larger cruisers during the second world war.

## HOW'S IT DIFFERENT THAN A DESTROYER?

Full-size destroyers must be able to keep up with and exceed the speed of fast capital ships, typically needing better than 25-30 knot speeds (dependent on the era and the Navy) and carrying torpedoes and smaller caliber of cannon to use against enemy ships, as well as anti-submarine detection equipment and weapons.

A destroyer escort only needed to be able to maneuver relative to a slow convoy (which in WW II would travel at 10 to 12 knots), defend

against aircraft, detect, pursue and attack submarines. These lower requirements greatly reduce the size, cost, and crew required for the DE. While fleet destroyers were more effective for anti-submarine warfare, the destroyer escort outweighed this by being able to be built faster and cheaper.

## AND WHY DO I CARE?

Well, you might not you fool, but you should, as did Ernie Pyle in those unprecedented days. Pyle was a war correspondent, maybe the most famous one of his time. He said, "A destroyer escort. It is the answer to the problem of the tremendous amounts of convoying in a war, amounts so huge we simply hadn't the time to build the full-fledged destroyers for escort. The DE was the result. They roll and they plunge. They buck and they twist. They shudder and they fall through space. Their sailors say they should have flight pay and submarine pay both - because they're in the air half the time and under the water half the time." You should care because that was a pragmatic working Naval warship that got the job done.

## GOT TIME FOR A FEW QUESTIONS?

Naval shipboard terminology. An "overhead" is the ceiling. A "bulkhead" is a wall. The "deck" is the floor. The "ladder" is a set of steps from one deck to another. The "head" is where you do your bodily elimination processes. The "mess-deck" is where you eat, and the "galley" is where what you eat is prepared. When you "hit the rack" you get in your bed and sleep. The "CO" is the commanding officer, or "the captain", or "the old man", and the "XO" is the Executive Officer, typically second-in-command of a Naval vessel. The "brig" is where you lock up the law-breakers, the "infirmary" is where you take the sick people. "Fantail" refers to the back of the ship. "Port" is the left side of the ship as you move forward, and "starboard" means the right-hand side of the ship. What is a "poop deck"? Look it up, think about it, take a guess, have some fun with it. Face the facts.

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# What Does Anthem's Health Insurance Exchange Network Mean For Our Community Hospital?

By Maria Ryan, PhD, APR, Chief Executive Officer

I would like to clarify a few points about the introduction of Anthem New Hampshire's Health Insurance Exchange prospective network and what it means for Cottage Hospital and the community we serve.

- The Anthem Network (known as Pathways) for the Health Care Exchange, a bi-product of the Affordable Care Act, is limited to individuals who are financially eligible and choose to purchase insurance through this program.

- Here is a list, provided by Anthem of who is NOT impacted by the new network:

- Individual members who bought their plans prior to March 23, 2010

(also called Grandfathered plans)

- Seniors on Medicare
- Employees who receive their health benefits through small group employers
- Employees who receive their health benefits through large group employers

It is important to note that Cottage Hospital was never asked to participate in the Anthem Network for this new type of product and was given the explanation by Anthem officials that it was due to our border state location and that the network was determined from a geographic standpoint. In a time when individuals

face transportation barriers and access to care issues it seems inconceivable that we would limit their healthcare choices.

We take great pride in caring for our New Hampshire and Vermont communities. We make every effort to run an efficient and effective organization to maintain lower healthcare prices.

Cottage has been serving our community for 110 years and while we are saddened by Anthem's decision to not even ask us to be part of their Individual & Exchange Network, we will continue to work with them, and all insurance carriers, to offer affordable care and put our patients first.

# A Job I Truly Loved

By Sheila Asselin

It was 1968 in Alabama. Significant civil rights progress had been made but there still was (and still is) a long way to go. As part of Lyndon Johnson's War on Poverty there was a program called Project Discovery. The purpose was to give afro-American children from the projects experiences which middle class white children take for granted.

Simple things such as a meal in a real restaurant, one with table cloth and linen napkins. Fast food was all they had ever had and they were lucky to get that. A trip to the model farm at A and ME College. They were amazed to discover where milk and eggs came from. Who knew? Chickens did not very accommodatingly shed their feathers, beaks and claws, fall to pieces and arranged themselves in plastic wrapped packages on the grocery shelf. A trip to a state historical site or NASA museum. A plane ride in a small Cessna. Was the group integrated? Yes it was when I brought my Loretta age 10 and David age 8 to the events.

We always told the parents all fees, admissions and lunch would be provided. The parents were poor but they still had their pride. Too proud to let their children go without any money. Usually there would be a quarter tied up in the corner of a handkerchief. The children's clothes might be mended and faded but they were always neat and clean, the little girls with their hair in braids and brightly colored beads.

One thing which always made me want to cry. Every child at the beginning or the school year has pictures taken. A middle class child would take the package home parents and family to purchase and display. The parents I worked with were just as proud of their children, but no pictures were displayed in their dingy apartments. The trash bins outside the school were full of photo packets the children had discarded. They knew even at a young age their parents could never afford to buy them so they did not even bother to bring them home. Another middle class experience they might never know.

We always packed plenty of lunch. The bus left at nine. As the bus pulled out the children were clamoring for snacks. They were hungry. Most of them had not had breakfast.

I hope the children benefited from my work. I know I did. I learned how lucky I was to have a husband who supported his wife and family. To live in government quarters. Maybe not the Ritz but it was clean and comfortable. It did not smell of roach spray. If you have ever smelt the spray, which was sprayed frequently in the project apartments, you will never forget it. To me it says two things, hopelessness and poverty.

My children came to see that while they certainly did not get everything they wanted they did get everything they needed. Plenty to eat, new clothes, a warm house in the winter and most of all two parents who loved them unconditionally and would always be there for them. I received a lot more from this job than the modest pay and mileage. If I could I would do it again in a heartbeat!

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September 17, 2013 Volume 4 Number 25  
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# Notes From Above Ground

Articles appearing here are original writings by a group known as the Vintage Voyagers. They meet weekly at Horse Meadow Senior Center at 10:30am on Wednesdays. Anyone interested is welcome to come & enjoy the company.



Vintage Voyagers

## Good Vibrations?

By Eben Crawford

Long ago, in a small New England town, the citizens voted to build a new high school. It was modern in every way and the townspeople were justifiably proud of their new school. I have good memories of the place myself, for I spent three months there doing my student teaching working for a highly capable supervising teacher.

I remember the layout well. The shop and the administration offices were located on the ground floor. On the second floor the first thing I saw was a huge corridor-study hall which was surrounded by the library and several class rooms. This set up made me feel a little uneasy. This colosseum sized study hall was large enough to accommodate one hundred students easily, and it quickly became clear that if I couldn't keep this study hall

quiet, it wouldn't exactly be a secret. Getting control of that study hall became top priority. That aside, it was a good place to work, and I spent twelve pleasant weeks in room number eight, the English room.

Skip ahead five years, and now my sister is teaching English in room eight. She had her ups and downs there just as I did, and I remember one story she told me that made me wonder a bit about the school's construction.

She started to have a problem with a student known at first as "The Vibrator". She had a third period class of twenty-five students, and at some point during the class period this student would brace his legs against the desk, which was bolted to the floor, and start to vibrate it. Soon the whole room was shaking. It took her a week to catch him, be-

cause whenever she would get close to the source, he would back off. Eventually he became careless, let his guard down. She caught him and told him to come back after school.

"Ok" she thought, "I've got him. What do I do with him?" Eventually she had what seemed to be a brilliant idea. When he showed up, she told him to take his usual seat. Then she said, "Ok, start vibrating." And he did.

Now vibrating with a room full of students is one thing, but vibrating in an empty room is another. The room began to shake violently. The windows rattled. A couple of books fell off a shelf. Even the pictures of Washington and Lincoln were flapping. After five minutes of this, both teacher and student burst out laughing. A deal was struck and "The Vibrator" was no more.

Twenty-five years later I was in the area, and I drove by the old school, but it wasn't there. In its place was an entirely new and even more modern building. For a moment I had a mad idea that they had torn the old place down, but, no. They had expanded the old place beyond recognition. Nice! Hope they found time to tighten up room number eight.

# Free Catamount Arts Concert

The Fall concert of the Nashville Songwriter's Round will feature some of the best musicians and songwriters in the Northeast Kingdom and northern Vermont. Come celebrate the St. Johnsbury Colors of the Kingdom day with this free community concert in Catamount's Cabaret Room.

Carol Ann Jones, is a singer, songwriter, recording artist and dairy farmer from Georgia, Vermont. When you listen, you might think she wrote the songs for you! Life stories, full of hope, from this New England storyteller, sure to pull at your heartstrings. Carol also performs with her five piece band, The Superchargers, playing rockabilly, country, rock & roll, bluegrass and contemporary music.

Carol Hausner started singing and playing guitar when she was seven. She has been playing traditional, contemporary and original bluegrass, country, and folk music with various bands in the Mid-Atlantic States and New England. In 2009 she won First Place at the legendary MerleFest Chris Austin Songwriting Contest in Wilkesboro, NC, with co-writer Colin McCaffrey, in the Bluegrass Category for "Love Gone By."

Jim Karns is a singer songwriter that plays keyboards and guitar. Jim won the Baltimore/Washington Songwriter's Association's, songwriting Contest and has played in numerous rock and country bands up and down the East Coast. At one point in his career he was playing in a band that opened for Charlie Daniels and has shared the stage with players from well known southern rock bands. Jim now lives in west Burke.

Ashley Miles is a teen singer/songwriter/musician from Concord, VT, who has been performing since the age of 7. She performs new and traditional country music as well as her own original music and recently released her first CD. Ashley is currently the New Hampshire Country Music Association's "New Country Female Entertainer of the Year." Come hear this "Future Star of Tomorrow" (one of her numerous other country music awards) so you can say you heard her when.

The event is coordinated by Catamount Arts and John Heartson, Regional Chapter Coordinator in Vermont for the (NSAI) Nashville Songwriters Association International. John is also a

published songwriter and lives in Barnet Vermont.

"The Nashville Songwriters Association International (NSAI) is the world's largest not-for-profit songwriters trade association. Established in 1967, the membership of more than 5,000 active and pro members spans the United States and six other countries. NSAI is dedicated to protecting the rights of and serving aspiring and professional songwriters in all genres of music. NSAI consists of a body of creative minds, professional and amateur, who are committed to the future of the profession of songwriting. Their mission is to educate, elevate, and celebrate the songwriter and to act as a unifying force within the music community and the community at large.

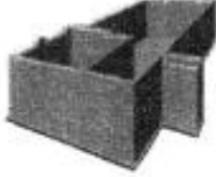
The Northern Vermont/New Hampshire chapter of NSAI meets on the third Thursday of each month at the Catamount Arts Center in St. Johnsbury, Vermont at 6:45pm. If you or someone you know would be interested in coming to a meeting, you are encouraged to contact, John Heartson at john@heartson.com for more information. New members are always welcome.

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# Healthy Lunches On The Go!

By *Kathy Jablonski,*  
*Field Specialist, Youth and Family, 4-H Healthy Living*

In the last few days before writing this column, the topic of healthy lunches on the go had come up in conversation. We all want to economize, have something good to eat and get it ready FAST. Folks swapped ideas. It was great. Going back to the office, I did some research. Here's what I found:

Planning is important.

As we all move forward to choose to live healthier lifestyles and the "right" things for ourselves, we need to plan ahead. Carve out some time each weekend, especially Sunday night, to plan lunches for the week. Do you have ice packs that fit your bag and will stay frozen for the travel and waiting time? Do you have items that will travel well? Have you planned your grocery shopping to include items that can be easily packed and used for lunches? Can you take the time to prepare containers of items that you can grab and go?

Clemson University Extension, in a web article, states lunch should include a variety of nutritious foods from USDA's MyPlate. Recommended amounts vary depending on gender, age, weight and activity level. Refer to ChooseMyPlate.gov for tips on making better food choices.

Nutritionists recommend including at least three parts of MyPlate in a nutritious lunch. They are 1) a source of protein (e.g. lean meat), 2) a source of grains (e.g. bread or cereal), 3) fruits and/or vegetables, and 4) a source of calcium (e.g. skim or 1% milk). The beverage can count toward this

amount. Dessert is an optional lunch item.

The right size reusable containers are convenient.

Do you have small containers you can use? Do you have an insulated lunch sack or a refrigerator available when you get to your workplace or school? Do your containers fit your insulated carrying bag?

Since I have a 30+ year old collection of a popular home party plastic ware, I did a look see at a local store's kitchen section. You can now buy insulated lunch boxes complete with containers. Some featured freezable gel packs. There were all sizes and shapes of containers to fit the foods you might regularly choose. Check the container materials. Are they dishwasher safe? PBA free? Microwavable? Be sure the materials are compatible with your lifestyle. Of course, you can always save and wash reusable containers from your groceries.

Choose nutrient rich foods.

Now here is the fun part. What can you prepare ahead, have ready to grab and be nutritious. Here are some ideas by food types. Grains: granola bars (read the labels!), rice noodles, whole grain baked tortilla chips; rice cakes, whole grain bread, instant brown rice; Protein: dry roasted or natural nuts, cottage cheese, hummus, water pack tuna, peanut butter, refried bean dip; grilled or baked meats; Vegetables: cut up raw veggies, baked kale, salad, Fruits: fresh fruit, canned fruits in juice or water pack, 100% juice boxes or small

bottles, Dairy: cottage cheese, skim or lowfat milk, 1" cubes of natural cheeses, part skim string cheese. Some combination foods: salad in a tortilla roll up; whole grain muffins with added veggies or fruit, sandwich spreads mixed with low fat or fat free yogurt or hummus instead of mayonnaise. The list could go on and on...Be creative.

Planovers are a way to save.

When making meals, plan a serving more for a lunch. Be sure foods are cooled thoroughly in the refrigerator and held at 40 degrees F or below to prevent food borne illnesses.

Some of the suggestions made in my research were: meatballs, chop suey, grilled chicken and other lean meats, casseroles.

Keep Hot Foods Hot and Cold Foods Cold.

Purchase an insulated container to keep food hot (140 degrees F or above) or cold foods cold (40 degrees F or below). Have at least two cold sources in the carrying bag that are at least 5 x 3 inches or one with a frozen juice box or bottle of water.

Need more ideas? Try a search on the internet. There are many sites with clever ideas. Keep in mind that Cooperative Extension sites will give you the research based information for reference. Many popular social media sites and blogs will give you the "packaging" to make the lunch appealing. I think I need to start my own board of ideas....

For more information about University of New Hampshire Cooperative Extension Youth and Family programs contact our office at 603-787-6944 or email: [ce.grafton@unh.edu](mailto:ce.grafton@unh.edu).

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# Consider Your Investment Strategy... At Each "Season" Of Your Life

Fall is almost officially here — and if you're like most people, you're probably wondering how summer went by so fast. Those trips to the lake or the beach are fading in memory now, giving way to helping kids with homework, raking leaves and the other rites of autumn. And just as your day-to-day tasks change with the seasons, so, too, will your money management and investment activities at different phases of your life.

Here's how these scenarios might look:

**Phase one: Planning for possibilities** — When you're young and you're starting out in the working world, your most immediate financial concerns may be to pay off student loans and then, possibly, save for a down payment on a house. To address both these goals, you'll need to budget carefully. And yet, even at this stage of your life, you should start thinking about saving for retirement — because time is your biggest ally. Consequently, if you work for an employer who offers a retirement plan, such as a 401(k), contribute

what you can afford. At the very least, put in enough to earn your company's matching contribution, if one is offered. You may also want to open an Individual Retirement Account (IRA).

**Phase two: Gearing up for other goals** — As you move through life, and possibly begin a family, you'll likely develop other financial goals, such as helping your children pay for college. You may want to consider investing in a tax-advantaged college savings vehicle, such as a 529 plan. Also, it's important to have enough life insurance to protect your young family.

**Phase three: Ramping up for retirement** — When you reach the mid-to-later stages of your working life, you may find you have more financial resources available, as your earnings may have increased significantly, your children have grown and your mortgage may even be paid off. If you are not already doing so, "max out," if possible, on your 401(k) and IRA. And if you still have money available to invest, you may want to look for

other tax-advantaged retirement vehicles.

**Phase four: Reaping the rewards** — Now it's time to enjoy the results of your lifetime of hard work and your many years of saving and investing. You may have to tap into your retirement accounts, so you'll need to choose a sustainable annual withdrawal rate. The amount you withdraw each year from your IRA and 401(k) depends on a variety of factors: how much you've saved, the lifestyle you've chosen, your estimated longevity, how much you have available from other sources, and so on.

**Phase five: Examining your estate plans** — During your retirement years, if not sooner, you'll want to review your estate plans so that you can leave the legacy you desire. If you have a need to create or update your legal documents, such as a living trust and durable power of attorney, you should consider consulting a qualified estate-planning attorney.

You'll need to make the appropriate financial and investment decisions at many different times over the years. This may sound daunting, but with diligence and discipline, you can discover the paths to take as you move through the seasons of your life.

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

## Orange East Senior Center

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

We are looking for a substitute driver for our Meals on Wheels Program. If you are interested, please call for more information

The senior center will have a Reiki Clinic here starting on September 18 at 10:00 a.m. Reiki is a Japanese Technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us. If one's life force energy is low or obstructed, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy. Please come to check it out and see what Reiki is all about.

The Visiting Nurse and Alliance are doing a wellness clinic on the 3rd Friday of the month from 10:30 a.m. until 12:00 p.m. This includes a blood pressure check and a wellness check. The next wellness clinic is September

20.

The East Corinth Cribbage Club will be starting at O.E.S.C on Wednesday, September 18, 2013 for the 2013-2014 season at 7:00 p.m. Cost is \$2.00 per night. A raffle drawing will be held on the last Wednesday of every month. Any level welcomes—please come to enjoy! If you have any questions, please call Sally Osgood 802-222-5756

Weight Watchers is now meeting at the Orange East Senior Center on Tuesdays—the meeting starts at 5:30 p.m.

The senior Center has a foot care clinic on the second Wednesday of the month. The next clinic is October 9. If you would like an appointment, please call.

There is now a computer class at the Orange East Senior Center. Class is being held on Wednesdays from 10 a.m. to 12 p.m. All levels of knowledge are welcome.

Tai Chi Easy classes are Thursday at 1:30 p.m.

The Orange East Senior Center is available for rent. We have a capacity of 125. If you would like to book your

wedding reception or birthday party or if you have any questions, please give us a call.

The Orange East Senior Center now has a Wii game system for the seniors to come and try. There are golf, tennis, baseball and bowling games. Please come join us for some fun!!!! We have started the bowling league but we still would like more people to join us in our fun!!!

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

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

There is balance class being held on Tuesdays at 9:40 a.m. This is to help with not slipping and falling.

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

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What is your workout focus? For many women it's cardio (and for some it's avoiding it as much as possible!). Are you strength training? Studies show that the best exercise for fat loss is a combination of cardio and strength training. But there are many benefits of strength training beyond just fat loss.

**Stronger Bones.** Training with weights and other resistance exercises places stress on the bones. This in turn strengthens them. This is why programs such as "Bone Builders" are so popular among seniors.

**Better Function for Everyday Activities.** Before anything changes on the scale, you will probably notice that simply living becomes easier. Whether

it's painting your porch, carrying groceries, or lifting your kayak on and off your car (all real-life examples from my clients), living becomes more enjoyable when you don't have to struggle at it.

**Maintain or Improve Function As We Age.** Walking up and down stairs, opening jars, and sitting on the toilet are all things you may currently take for granted, but as we age, these activities can become more difficult, and for some, dangerous. Have you ever seen an elderly person "plop" down into a chair and then have to give it a "heave-ho" several times to get up out of it? This simple act is not so simple if you have lost leg and core strength.

Many avoid strength train-

ing because they're intimidated by weights and weight machines and are afraid of hurting themselves or looking foolish. Here are a few tips to get you started.

Start with less weight and progressively increase it over several workouts. While muscle soreness the next day or two following your workout is a good sign you've worked your muscles hard enough, you don't want to be so sore that you never want to workout again. Begin with weight that feels easy to lift and gradually increase the resistance with each workout until you get a weight that feels right...which brings us to our next point...

Make sure you use enough weight. You'll read various opinions on this but generally, after you've gotten through three or four workouts, you should be at a weight for each exercise you do that allows you to do 8-12 repetitions (one set), with the last rep or two being difficult to do. Why? Because if you train with enough weight, you break the muscle tissue down, creating tears in the muscle fibers (you want this to happen, by the way!). The muscle fibers then recover and rebuild, which is how your muscles become stronger. If you're doing 12 reps of biceps curls with three-pound weights, you're really not doing much to improve your muscle strength.

Don't worry about doing several sets of the same exercise. Again, you'll hear various opinions on this, as well, but I feel for the novice exerciser, it's a waste of time. For the average person looking to become healthier and stronger, I personally prefer to do two or three exercises for the same body part as opposed to doing two or three sets for the same body part with the same exercise. For instance, rather than doing three sets of bench press for the chest (pectoral) muscles, do one set of push-ups, one set of reclining dumbbell press, and one set of flys. Not only are you still working the chest muscles, but you recruit more muscle fibers by changing the exercise for the same muscle group; you can also immediately move from one exercise to the next, rather than wait a minute or two between sets.

Use the whole range of motion (ROM). Lift the weight from the bottom of the range of motion to the top of it, without locking out joints. For instance, your biceps pull your lower

arm from straight to your hand being close to your shoulder. Beware using so much weight that you cannot use the entire ROM or have to throw your back into it. You also want to avoid locking your elbows and knees while your arms and legs are fully extended.

**Focus!** I've seen many people who are consistent with working out, but they've had the same routine for years and don't have to put any thought into it. You can increase the intensity of your workout without even increasing your resistance by simply focusing on fully contracting the muscle(s) you're working.

**Mix it up often.** By changing your routine up often, you will keep your muscle growth moving forward. You can change it up every workout or every few weeks.

When in doubt, seek out a qualified fitness professional who can show you proper technique, how to use various gear, and even how to strengthen your body with just your body weight.

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# Herbs For Heartburn/Acid Reflux <sup>19</sup>

Heartburn is a burning sensation and pain in the stomach and/or chest, behind the breastbone. It may be accompanied by bloating, gas, nausea, shortness of breath, and/or an acidic or sour taste in the throat. It often occurs when hydrochloric acid, which is used by the stomach to digest food, backs up into the esophagus (the tube between the throat and stomach), causing sensitive tissues to become irritated.

Normally, the esophageal sphincter muscles pinches itself shut and prevents stomach acid from surging upward. However, if the sphincter is not properly functioning, the acid can slip past it into the esophagus. This condition is referred to as "gastroesophageal reflux disease" (GERD) rather than dyspepsia, chronic heartburn or acid indigestion. GERD can strike anyone, at any age. GERD can scar the esophagus, and if stomach acids make their way into the lungs, it can cause asthma-like symptoms.

People with hiatal hernia often experience heartburn. It can be triggered by certain foods. Common trigger foods include alcohol, caffeine, chocolate, citrus fruits, fatty or fried foods, peppermint, spicy foods and tomatoes. Gallbladder problems, stress, allergies and enzyme deficiencies are other contributing factors. At the first sign of heartburn, drink a large glass of water. Raw potato skins contain large amounts of potassium, this often helps to juice a raw potato and mix the juice with equal water, and or wash and eat the peels, purple potatoes are considered the best. Celery juice every day, sip 1 Tablespoon of raw apple cider in a glass of water while eating. Do not drink any other liquids with meals. Do not eat for three hours before bedtime. Wait at least three hours after eating before lying down.

Estrogens can weaken the esophageal hiatus muscle, which keeps stomach acids in the stomach. Women who are pregnant and women who take birth control pills that contain estrogen and progesterone are therefore more likely to suffer from heartburn. Try to maintain an exercise program that includes walking, biking or low-impact aerobics. Antacids often provide temporary relief of symptoms, however, many over-the-counter antacids contain excessive amounts of sodium, aluminum, calcium and magnesium. With prolonged use of these products, dangerous mineral imbalances can occur. Excess sodium can ag-

gravate hypertension, and excess aluminum has been implicated in Alzheimer's disease. Do not ignore symptoms of GERD. This condition can cause serious health problems. If heartburn lasts longer than two weeks, you should seek medical and/or holistic treatment.

Herbs for consideration include:

**GOLDEN SEAL ROOT:** (*Hydrastis Canadensis*), A major anti-biotic and healing tonic herb, used to fight infections of all kinds; it is also a source of natural insulin, and a hemostatic to control both external and internal bleeding. Used to heal stomach ulcers, colitis and other gastric/bowel inflammation. **NOTE: AVOID DURING PREGNANCY BECAUSE OF UTERINE MUSCLE STIMULATION.** Nutrients: Calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 & C.

**LICORICE ROOT:** (*Glycyrrhiza Glabra*), A wide-ranging, anti-inflammatory, anti-fungal, anti-spasmodic, and anti-bacterial herb, particularly useful as a blood cleanser, nervine, healant for gastro-intestinal conditions such as ulcers, and capable adrenal nourishment. It also acts as natural cortisone. Used to speed healing of mucous membranes in a formula for gastric and duodenal ulcers. **AVOID: IF HIGH BLOOD PRESSURE AND ON PRESCRIPTION MEDICATION.** Nutrients: calcium, choline, iron, magnesium, manganese, phosphorus, potassium, selenium, silicon, zinc. Vitamins B1, B2, B3 & C.

**GENTIAN ROOT, FRENCH:** (*Gentiana Lutea*), A bitters fortifying tonic particularly useful for liver malfunction, bile production; as part of a formula for sluggish digestion, acid reflux and heartburn. Nutrients: Calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 & C.

**PAPAYA LEAF & SEED:** (*Carica Papaya*), A nutritive protein digestant with farther reaching enzyme therapy properties for serious disease. Used as part of a gas, bloating, and flatulence relief formula; to relieve colic in infants; as part of a cancer and degenerative disease control compound for enzyme therapy. Nutrients: calcium, iron.

**MYRRH GUM RESIN:** (*Commiphora Molmol*), A disinfectant and digestive stimulant with potent anti-septic

and anti-pathogenic properties for stomach, lung, and bronchial problems. Used as a specific for ulcers and inflamed mucous membranes.

**IRISH MOSS, LEAF & STEM:** (*Chondrus Crispus*), A sea coast vegetable widely used for its natural gelling, emulsifying, and food stabilizing properties; it also has soothing demulcent ability for the kidneys, lungs and externally for the skin; best used as a soothing/coating agent for gastritis and stomach ulcers; as a mineral-rich combination to overcome deficiencies. Nutrients: Calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 & C.

**FENUGREEK SEED:** (*Trigonella Foenum-Græcum*), A soothing mucilaginous herb for metabolism dysfunction and to alleviate mucous congestion in both

respiratory and waste elimination systems. Used as a specific to remove phlegm and soothe mucous membranes in the lungs and gastrointestinal tract. Nutrients: Amino acids, calcium, essential fatty acids, folate, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 & C.

**GINGER ROOT:** (*Zingiber Officinale*), A warming circulatory stimulant and body

cleansing herb, with excellent effectiveness for cramping, indigestion, nausea, cough, sinusitis and sore throat. Used for respiratory and lung/chest clearing combinations; in digestive system stimulants and alkalizers for clearing gas. Nutrients: Amino acids, calcium, essential fatty acids, iron, magnesium, manganese, phosphorus, potassium, zinc. Vitamins B1, B2, B3, B6 & C. Ground ginger also contains vitamin A.

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By Ronda Marsh

## Apple Dumplings

This is a recipe that was originally published in this column back in 2011, and is being re-run at the request of several readers who are anxious to cook with some of our wonderful, crisp NH apples. I have to admit it's a personal favorite, so here it is!

Have you ever in your life heard of a dessert where you can serve 4 people with just one apple? Believe it or not, it can be done, and with a relatively small (albeit strange) cast of characters to round out the rest of the dish! When I first saw a version of this recipe a few years ago, I immediately decided it was just too weird to be true; after all, whoever heard of using Mountain Dew as a recipe ingredient? As someone who detests carbonated beverages, and would rather have a hot poker stuck in my eye than to even take a sip of the stuff, I just couldn't imagine how soda pop could possibly work in this, but somehow, it does. The lemon/lime flavor melds with the apple and cinnamon to make a lovely, sweet sauce, and renders the ordinary crescent roll into a beautiful, tender casing, to-



tally unrecognizable as it's former self. When I finally relented and tried this dish, I was so glad I did! It is very easy to put together, and boy-oh-boy, let me tell you, served warm out of the oven with a scoop of ice cream, these are pretty hard to beat. This recipe makes enough dumplings for 4 people, al-

lowing 2 per person, but by simply switching a 13x9 pan, using the whole can of Mountain Dew, and doubling the other ingredients, you can make dumplings for eight people. Or, at least that's what you can tell folks, until they catch you stealing bite after bite after bite!



- 1 Granny Smith, or other tart apple
- 1 can Pillsbury Crescent rolls
- 1 stick (8 Tablespoons) butter
- 3/4 cup sugar
- 1 teaspoon vanilla
- cinnamon
- 1-12 oz. can Mountain Dew

Peel and core apple. Cut apple into 8 slices. Roll each apple slice in a crescent roll. Place in an 8x8 buttered pan. Melt butter, then add sugar and barely stir. Add vanilla, stir again, and pour over the wrapped apples. Pour about half of the can of Mountain Dew around the edges of the pan. Sprinkle with cinnamon and bake at 350°F for 40 minutes, or until browned and bubbling. Serve with ice cream, and spoon some of the sweet sauces from the pan over the top.



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