

TRENDY TIMES

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Firefighter Rescue Demonstration

By Robert Roudebush

The young firefighters from three different companies were working hard in difficult circumstances – virtually blind and without most of the use of their standard senses and on unfamiliar ground – learning how to save your life and mine. They often worked on their knees, practicing entering a simulated burning building to find me or you if we were trapped and to extract us and to do so safely and successfully.

It was not easy but it was necessary and it worked.

Phil Blanchard called the October 21st evening training exercise “purposeful disorien-

tion”. He speaks knowledgeably and with infectious enthusiasm about this recent fire safety and rescue practice demonstration at the Lodge of the Haverhill District of Mountain Lakes.

He should know. In addition to serving as a police officer in the Haverhill Community, as well as his job as an automobile repair service adviser, Mr. Blanchard is an Assistant Chief and Training Officer in the North Haverhill Fire Department. It was Chief Blanchard's department, along with participants from the Bath Fire Department and the Haverhill Cor-

ners Department who planned and oversaw the October 21st evening event at Mountain Lakes, called “Search And Rescue” training.

This training is all part of continuing education firefighters undergo in order to achieve and maintain “interior certified” status in fire-fighting ability. One of the objects of this effort was to test a device each fire-fighter carries with them in conjunction with their Self-Contained Breathing Apparatus, called a PASS, or PERSONAL ALERT SAFETY SYSTEM, or sometimes DSU, or ADSU, Distress Signal Unit, or Automatic Distress Signal Unit. Used primarily by fire-fighters entering a hazardous environment such a burning building, it sounds a loud audible alert to notify others in the area that the firefighter is in distress, possibly from low-oxygen levels.

As Mountain Lakes Administrative Assistant Kristi Garofalo informed those folks living in Mountain Lakes ahead of time, “Mountain Lakes Residents are invited to watch as our local firefighters demonstrate their skills at extinguishing a fire in a smoke-filled building – our



Assistant Chief and Training Officer Phil Blanchard (left) of the North Haverhill Fire Department instructing young firefighters in up-to-date victim rescue procedures in a recent training exercise at the Mountain Lakes Lodge. Photo courtesy Joe McQueeney.



Haverhill area firefighters on their knees practicing proper burning building entering procedures as part of a fire-rescue training exercise recently at the Mountain Lakes District Lodge. Photo courtesy Joe McQueeney.

Lodge! They be using simulated smoke from the NHFD's fog machines and tying into our new dry hydrant system as well. The Firefighters will also hold a Q&A period and show off the new NHFD fire engine. It'll be a fun opportunity to learn about firefighting and also a chance to thank our firefighters for their work.”

The new dry hydrant actually utilized in this safety exercise is one of three brand new water sources – installed in the last two summers with MLD designated funds - located throughout the ML District. While one of the two

newest ones is located quite near the lodge and draws water from a small, deep pond there, the new hydrant actually used was farther-away, near the edge of the upper of the two Mountain Lakes, near the flagpole area. Assistant Chief Blanchard explained that the choice to use the farther-away dry hydrant was purposely done in order to gauge the time spent in filling a tanker and then transporting the water to be dumped into “portatanks” to be used at the scene of a potential fire.

The value of a dry hydrant is to provide water for fire-fighting equipment where no current pressurized water source exists, as in a standard fire hydrant. The usual sources for dry-hydrants include lakes, streams and ponds. New hydrants, an even newer 3,000 gallon tanker just recently purchased, continual training, and a professional approach, preparation for what no one wants to be victims of.

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TRENDY Dining Guide

Bradford Pizza

By Gary Scruton

Every business goes thru some good days and some bad days. It seems that some of those bad days happened to Bradford Pizza a few weeks ago when one of the last thunderstorms of the season rolled thru Bradford. One of the lighting strikes got a direct hit on the building that sits at the corner of Main and Barton Streets. That building holds a nightclub, an insurance agency and Bradford Pizza. The immediate and very hurtful damage done by this storm was Bradford Pizza's telephone system. Try running a business that sends about three quarters or more of their business out the front door because of phone calls, and take away those phones. What you end up with is a large drop in business. Add to that fact that it happened late afternoon on a busy Friday. That meant that for more than a single day the phones at Bradford Pizza were not ringing. That is bound to hurt a business.

The good news is that all is repaired, up and running, and ringing quite often. Clue and the crew have survived, and even without phones continued to put out what has become some of the best food served in Bradford. As we have written about in

the past the pizza, wings, chicken fingers, salads, burgers and grinders are all considered outstanding by many, many customers.

The big chalk board, behind the main counter, that serves as a menu is full of many combinations for some of those items, while others are self explanatory. Of course you can order a pepperoni & onion pizza (my favorite), but you can also get a Godfather pizza with a few more toppings added. Remember too that there are four sizes of pizzas to consider, small, medium, large & super for those that are feeding a crowd.

Bradford Pizza is also proud of their home made chicken fingers and wings. Both of these are made with fresh ingredients and use Clue's recipes that make for some excellent taste. Both can be ordered as sides, or get a large order and make

either one you whole meal.

For the sub or grinder lovers Bradford Pizza can whip one of those great sandwiches up for you as well. Give them your choice of ingredients, or look up at the board and pick out one of those tactfully named items. Either way you should be able to please your taste buds and fill your stomach at the same time. Oh, and you probably will not need to empty out your wallet. The prices charged at Bradford Pizza are in line with the working public that they serve so well.

So whether you want to eat in and enjoy the atmosphere they have created, or if you want to take it home, or even if you want to try those phones and have your order delivered (within limits), you can depend on a meal that is tasty, priced right, and prepared fresh from Bradford Pizza.

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In Vino Veritas – Bottle Seventeen

“In Wine There Is Truth – And Beauty”

By Robert Roudebush

QUESTION - Let's play true or false a little here. I'll run some conventional wine wisdom by you, and you tell me if it is FOI -(full of it) – or ROM – (right on the mark) and why. What do you say?

ANSWER – Go for it.

Q - Gotta keep everything short and snappy, move it right along. I'm not as patient as I used to be sixteen columns ago.

A – OK, but you should also be more wine-educated by now too. First question, keep it short and snappy please.

Q - You should always drink red wine with meat and white wine with fish, chicken, and damned if I know when to drink Rose, or blush wine.

A – That's an FOI. You know better by now. Drink whatever wine you like with whatever food you like. No reason you can't drink a medium bodied red like Pinot Noir - (PEE-no No-war) – with a meaty fish, like tuna, maybe with a hearty cream sauce of some kind. That qualifies as a red wine with fish. And no reason why you can't drink a full-bodied dry wine like Chardonnay -(shar-do-NAY) – with steaks, barbeque, pizza, pork chops, any of that. That qualifies as a white wine with meat. You drink what you like with what you like to eat. It is always your choice. Try different wines with different foods, figure out what YOU like. There are reasons for those basic guidelines, red with meat, white with fish, but no rule is hard and fast.

As for that rose, or blush wine question – like white zinfandel – same rules apply. Drink it if you like it, maybe cooled down some, maybe with a slice of lime in it, maybe mixed with ginger-ale in a tall glass full of ice – that's called a “wine-cooler” – nothing better on a hot summer day. Well, maybe an ice-cold beer is better.

Q - You like beer?

A – You betcha, that's a direct ROM, but that's another column. What next?

Q - Is it true that some Franciscan Monk invented Champagne? Dom somebody?

A – Probably not, but Dom Perignon has been assigned that historic honor for a long time now, and sometimes the myth is better than the truth and folks stick with it. So this conventional wisdom qualifies as partly FOI, and partly ROM. First of all, there really was a monk named Dom Perignon, working away in the vineyards of his monastery in the seventeenth century, but he was a Benedictine, not a Franciscan. If you're going to pass along the myth, at least get his religious affiliation right. However it came about, this religious/agricultural fellow drastically changed the methods of wine-making. Sparkling wines had been known before this monk ever lived of course, for centuries. All the growers of the world had noticed that certain wines re-fermented in the spring, and if enclosed, became sparkling, usually breaking the containers in which they were kept. Bubbles cause internal pressure, you see, the carbon dioxide caused by the re-fermentation could not escape into the atmosphere as in normal fermentation. Some of this should ring a bell with you. Some of this wine was even called “vin diable”, or “devil wine”, or “saute bouchon”, which means “cork popper”. How about that?

Q - Get on with it.

A – Sure. So this monk – or some of his contemporaries – began to put this new sparkling wine in stronger bottles, created better stoppers, sometimes cotton wadding soaked in oil and tied with a string. And he pioneered the blending process which guaranteed a consistent taste year after year. Just FYI, Dom Perignon's official title was Cellar master at the Benedictine Abbey of Hautvillers for nearly 50 years until he died in 1715. He's honored today, of course, by the Champagne which bears his name. It is the most famous Champagne made, but not necessarily the best.

Q - I'll never remember all that.

A – That's why you keep these TRENDY TIMES columns, right? Plus you can always access this column or any previous columns at www.trendytimes.com. Next question.

Q - So, when I walk into a restaurant or bar, the wine waiter, or wine steward, or even the bartender, or bar manager probably knows more than I do about wine, right?

A – FOI. He or she does not know what you like, the most important thing, although he may have some wine knowledge, or he may not. He will be doing you a favor to make some effort to find out what you like, not tell you what to have. Next.

Q - Screw tops and wine boxes do not indicate a cheaper wine the way they used to, right?

A – ROM. Next.

Q - The word “Brandy” comes from the word “brandywine” right?

A – ROM again. And “brandy wine” comes from the phrase “branded wine”, and that phrase comes from the phrase “burned wine”, and that phrase refers to the centuries-old process of distillation of still wine, which is what created the first “brandy” in the first place. The most famous brandies are of course Cognac, and Armagnac. And those names...



Q - Represent the geographic areas from which those well-knowns brandies come from, I know, I know. Here's another question for you. One you never expected, I'll bet a glass wine. What's a NEBUCHADNESSAR.

A – Oh, I know that. It is the name, spelled various ways, given to a giant Champagne bottle, holding as much as 20 ordinary bottles – 750 mls times 20 – or 1 2/3 cases. Unwieldy and ridiculous when full, extremely difficult to open, it makes for a fun conversation piece when empty. Other names of larger-than-usual Champagne bottles are BALHAZAR – 16 bottles, SALMANAZAR – 12 bottles, METHUSELAH – 8 bottles,

and RHEOBOAM and JEROBAUM – 6 bottles and 4 bottles, respectively. So there, sparkling wine heaven or hell, depending on what you think of the stuff.

Editor's Note – Roudebush worked for years in restaurants as a wine specialist – he submits occasional pieces on the wonderful world of wine.

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HB660, a bill that requires the labeling of genetically engineered foods and agricultural commodities in New Hampshire, is generating much discussion. This bill compels food manufacturers to label products containing genetically modified organisms, otherwise referred to as GMO's. The intent of the bill may be worthy, but the mischief is in the details.

On November 7, the House Environment and Agriculture committee voted 13-7 to oppose labeling foods and commodities for GMO's. The bill will be considered by the full House later this session.

HB660 is the type of bill that quickly grabs public attention and will gather support from right to know groups and food advocates working to influence New Hampshire citizens and state legislators. Those supporting this movement indicate that Americans want to know if the food they are purchasing contains GMO's. Advocates state that countries such as Japan, China, Russia, Australia, and the European Union already mandate the labeling of GMO's. But, there is much more to this topic.

On November 5, the State of Washington voted to reject a ballot measure very similar to HB660 by a 55% to 45% outcome. A similar measure had previously been turned down in Califor-

nia. Measures to label GMO foods have been rejected due to lack of supporting science, increased costs, and a better-informed public, but in addition, labeling products for uniform nutrition and safety is a responsibility of the FDA, not individual states.

93% of food consumed in NH is transported to the state, and regulating interstate commerce is a responsibility of the federal government. The proposed bill also carries a hefty enforcement price tag for New Hampshire taxpayers that could approach \$500,000.

Groups opposed to GMO labeling include: FDA, NH Farm Bureau, NH Department of Agriculture, Markets and Foods, American Medical Association, World Health Association, and the Bill and Melinda Gates Foundation. Lastly, HB 660 addresses the issue of labeling retail foods; however, as in the State of Washington, more than 50% of food would be exempt from the law, including: meals at restaurants, take-out food, food in hospitals, food in schools, and alcoholic beverages. While retailers get loopholes from enforcement, farmers who produce and sell their own foods to the public get no loopholes.

Respectfully,
Rick Ladd

NH Representative
Ladd.nhhouse@charter.net

Haverhill Civic Forum Listening Session Preview Of Findings

Summary: The Center for Rural Partnerships at Plymouth State University is pleased to announce the preliminary results from the community listening sessions held in the Greater Haverhill Area between May and September. In the initial phase residents identified topics of community importance for further public exploration. The second phase will include formation of a community lead steering committee and short term projects that leverage PSU resources to foster community building.

The initial phase of the project consisted of a series of facilitated small group discussions in which local residents identify topics of community importance for further public exploration. These community conversations highlighted challenges and opportunities and laid a foundation for taking informed action. A specific priority of the Haverhill Civic Forum listening sessions was to include underrepresented groups in the conversation. Participation among seniors and middle and high school students was strong.

Through constructive dialogue community members participating in the Haverhill Civic Forum identified significant themes relating to quality of life. Some concerns that came up include; lack of shared public space, need for improved communication and a desire for increased engagement of residents in community life. While many challenges exist within the community, they are not insurmountable. Participants brainstormed suggestions for specific actions to address challenges and improve quality of life. These suggestions range from facilitating collaboration among districts, to creation of a youth center. Additionally, there are many bright spots to celebrate. Listening session participants identified a rich cultural heritage and wealth of natural resources as key points of community identity and shared values. Horse Meadow Senior Center, the North Haverhill Fair and many Recreation Department programs are highly valued by community members.

The second phase of the Haverhill Civic Forum calls

for formation of a community member steering committee and short term projects that leverage Plymouth State University resources to foster increased engagement and strengthening sense of place. The steering committee will aspire to develop a specific action plan to ultimately enhance quality of life in the Haverhill area. A full reporting session and discussion will be held in early January. Details will be announced after the New Year. If you are interesting in serving as a member of the steering committee please contact Rachelle Lyons at (603) 535-3270 or rlyons@plymouth.edu

The Haverhill Civic Forum is a two year community-based engagement project focused on the quality of life in the greater Haverhill Area. The Center for Rural Partnerships dedicates Plymouth State University's research, outreach, and educational capacities to foster collaborative projects that promote community resilience, opportunity, and a high quality of life in rural New Hampshire.

Writing Contest For Middle School Students –

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CONCORD - In an effort to raise awareness about the young people with chronic health conditions, the Council for Youths with Chronic

Conditions, is hosting a New Hampshire Youths with special health care needs Essay

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Rules and Prizes

- To participate, students in grades six through eight can write an essay, no longer than 500 words, describing how someone with a chronic health condition has inspired them.
- Then, submit the essay along with the child's age, city, state, and a parent or guardian's preferred method of contact to Social Security Disability Help by December 1, 2013. The essays can be submitted by email to Jeff@ccachc.org.
- Three winners will earn the chance to win a \$150 savings bond
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For more information, contact the CYCC at jeff@ccachc.org or 603.259.6878.

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From The Desk Of NH State Senator

**Jeanie
FORRESTER**

Dear Constituents,

On November 7th, the legislature began a two-week special legislative session to address the issue of health care for low-income New Hampshire residents*. If you've been reading the newspapers, you probably know that this is a policy issue has consumed much of our time this year and rightfully so.

The question of Medicaid expansion was among the most contentious issues discussed during this year's budget negotiations. You may recall that the Governor included Medicaid expansion in her version of the budget but Senate Republicans removed the language and replaced it with a commission (Medicaid Expansion Study Commission) that called for a thoughtful, deliberative study of the issue before moving forward. (In at least three situations where Medicaid was expanded in New Hampshire in the past (1989, 1992, and 1994), there was a five-month deliberative process (SB195, SB319, SB774 respectively).

Chief among our concerns about moving forward too hastily was the intentional act of putting more lives into an already broken Medicaid system and the potential for NH being forced to institute an income tax to pay for this very large expense if federal funding disappears. This issue was too important not to have a full study and public hearings.

With that provision removed, Senate Republicans led the way in passing a balanced budget with no new taxes, no new fees, and limited spending. I was pleased that our budget lived up to conservative principles and passed both bodies of the legislature on a nearly unanimous vote and signed into law by the Governor.

The Medicaid Expansion Study Commission recently completed its work and while the Commission offered a number of important ideas, what they offer is a not a New Hampshire solution.

After much research, we continue to believe that growing the Medicaid entitlement and accepting a Washington one-size fits all plan will not only provide substandard health care for the uninsured, it will also break our

budget and lead to a broad-based tax. Instead of being led by Washington, we took the initiative and sought out health care experts and asked them to work with us to create a viable plan for how we can work through the private market to attain coverage for low-income residents who struggle to afford health insurance coverage.

The result of that collaborative effort is the New Hampshire Health Protection Program. This program will fully protect NH taxpayers, it will support our state's medical providers, and it will provide high quality insurance to thousands of NH residents who lack it today.

This proposed legislation will increase access to private insurance coverage for upwards of 58,000 low-income New Hampshire residents. By maximizing available federal dollars, we will provide better coverage for our citizens than would be offered under Medicaid and we can do so with a program design that will provide rock solid protections for New Hampshire taxpayers.

Moreover, unlike Medicaid expansion, our private option plan will not grow government. Unlike Medicaid expansion, our private option plan will not leave taxpayers on the hook for millions of dollars in new costs over the next ten years. And unlike Medicaid expansion, our private option plan will require co-pays, deductibles, and

limits to those folks receiving this coverage.

The plan we are presenting has received support from health experts in New Hampshire and we are pleased with their support. But make no mistake, for the NH Health Protection Plan to work, it will require our Governor to roll up her sleeves and work with us to get this done. I have no doubt that Governor Hassan has the influence and ability to make this happen and we all look forward to working with her on this critically important issue. The New Hampshire Health Protection Plan is a plan that is right for NH, and could be the model for health care reform.

Many, many thanks to all those citizens who volunteered their time and expertise, who stepped up to the plate and were willing to work with us to create a plan that provides better health insurance for low-income NH citizens, better payments to the health care providers, and protects NH taxpayers. I urge you to review the proposed legislation at <http://www.gencourt.state.nh.us/legislation/2013/SSSB0001.html> then call the Governor at 271.2121 and ask her to support the New Hampshire Health Protection Program—the New Hampshire solution.

As always, I want to hear from you. If you have a concern you'd like to share, an event you'd like me to attend, or a problem you think I might be able to help with—please call (271.4980 [o] or email (jeanie@jeanieforrester.com)). If you would like to subscribe to my e-newsletter, visit www.jeanieforrester.com and sign up.

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Jeanie Forrester



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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

SUNDAYS

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

T.O.P.S. (TAKE OFF POUNDS SENSIBLY)
Weigh in – 5:00 PM – 5:45 PM
Meeting – 6:00 PM
Horse Meadow Senior Center, North Haverhill

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

CRIBBAGE GAMES
1:00 PM
Horse Meadow Senior Center, No. Haverhill

FRIDAYS

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

WEDNESDAY, NOVEMBER 13

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

THURSDAY, NOVEMBER 14

FREE COMMUNITY MEAL
5:00 PM – 6:30 PM
St. Luke's Parish House, Woodsville

OLIVE KITTERIDGE BOOK DISCUSSION
6:00 PM
Bath Library

FRIDAY, NOVEMBER 15

TURKEY RAFFLE
6:00 PM
American Legion Home, Woodsville

SATURDAY, NOVEMBER 16

**CHRISTMAS BAZAAR /
CORN CHOWDER LUNCHEON**
9:00 AM – 2:00 PM
Bath Congregational Church

GROTON GROWERS FARMERS MARKET

10:00 AM – 2:00 PM
Groton Town Hall
See ad on page 7 and article on page 8

250TH ACTIVITIES DAY/POTLUCK SUPPER

1:00 PM / 6:00 PM
REC Building, Woodsville
See ad on page 8

250TH POTLUCK SUPPER AND DANCE

6:00 PM / 7:00 PM
REC Building, Woodsville

TWILIGHT DANCE ENSEMBLE

7:00 PM
Alexander Twilight Theater, Lyndonville
See article on page 14

SUNDAY, NOVEMBER 17

ANTIQUES MARKET
9:00 AM – 3:00 PM
Lake Morey Inn & Resort, Fairlee
See ad on page 11

BENEFIT TEXAS HOLD 'EM POKER TOURNAMENT

11 AM Satellites 1 PM Tournament
Bresslin Center, Main St., Lyndonville

MONDAY, NOVEMBER 18

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

TUESDAY, NOVEMBER 19

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

WEDNESDAY, NOVEMBER 20

GETTYSBURG ADDRESS LECTURE
7:00 PM
Haverhill Corner Library
See article on page 7

THURSDAY, NOVEMBER 21

SIGN LANGUAGE FOR "TOTS"
6:00 PM
Groton Free Public Library
See article on page 7

VFW POST #5245 MONTHLY MEETING

7:00 PM
VFW Hall, North Haverhill

FRIDAY, NOVEMBER 22

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

SATURDAY, NOVEMBER 23

SWEET JAMM DANCE
7:00 PM – 10:00 PM
Horse Meadow Senior Center, North Haverhill

HAVERHILL AREA YOUTH CRAFT FAIR

10:00 AM – 3:00 PM
Bagonzi Community Building, Woodsville
See ad on page 15

SUNDAY, NOVEMBER 24

HUNTERS' (& OTHERS) BREAKFAST
7:00 AM – 9:00 AM
Pike Hall, Rt. 25, Pike

BENEFIT TEXAS HOLD 'EM POKER TOURNAMENT

11 AM Satellites 1 PM Tournament
VFW Post 10038, 156 High St., Lyndonville

SENIOR THANKSGIVING DINNER

12:30 PM
American Legion Home, Woodsville

MUSIC JAM

1:00 PM – 5:00 PM
REC Building, Woodsville

SUNDAY, DECEMBER 1

**BENEFIT TEXAS HOLD 'EM
POKER TOURNAMENT**
11 AM Satellites 1 PM Tournament
Bresslin Center, Main St., Lyndonville

MONDAY, DECEMBER 2

GOOD OLE BOYS MEETING
12:00 Noon
Happy Hour Restaurant, Wells River
Public is invited.

HAVERHILL SELECTBOARD MEETING

6:00 PM
Morrill Municipal Building, North Haverhill

TUESDAY, DECEMBER 3

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

CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING

7:00 PM
Morrill Municipal Building, North Haverhill

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, November 21st for our November 26th issue.

You're Invited To Groton Free Public Library

Sign Language for "Tots." Thursday, Nov. 21 at 6pm. An American Sign Language instructor from Burlington will teach us how to help infants and toddlers communicate. Great for parents, grandparents, caregivers, and teachers. RSVP if you'd like to join us for free pizza dinner at 5:30pm.

Crafts 4 Kids! Fridays from 3-6pm. All supplies provided for a variety of

drop-in kids' crafts – something different each Friday! This month featuring Pine Cone Animals, Edible Thanksgiving Table Favors, Play-Dough Fiesta.

Crafts & Conversation. Every Wed. from 1-3pm. Join us with your ideas and projects-in-process – or – just join us!

Book Discussion Groups. 3rd and 4th Mondays. Call or email anytime

for the titles we are sharing!

All of our programs are free and open to the public. Find us on Facebook (Groton Free Public Library) or contact Anne: grotonlibraryvt@gmail.com, 802.584.3358.

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

Visit us on Facebook: www.facebook.com/Groton-FreePublicLibrary

Orange East Senior Center

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

The center is now selling raffle tickets for a complete turkey dinner for Thanksgiving. The tickets are \$1 each or 6 for \$5. The drawing will be on November 25-if you would like to buy some tickets-just come to the center.

We are looking for vendors for our Holiday Bazaar on December 14. If you are interested, please call for information.

There is Medicare D sign-up on Tuesday, November 19 from 10 a.m. until 2 p.m. Please call to set up an appointment

The Center will be closed on Thursday, November 28 and Friday, November 29 in observance of Thanksgiving. We hope you all enjoy your holiday.

There are gift certificates available for sale for lunch for that hard to buy person for the holidays.

The East Corinth Cribbage Club will be at O.E.S.C on Wednesdays, 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

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

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 November 13. 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 birth-

day 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!

Bath Library Book Club

The Bath Library Book Club will be discussing "My Life in France" by Julia Child on Thursday, December 12th at 6 pm at the Bath Public Library. In her own words, here is the captivating story of Julia Child's years in France, where she fell in love with French food and found her "true calling". From the moment the ship docked in Le Havre in the fall of 1948 and Julia watched the well-muscled stevedores unloading the cargo to the first perfectly soigne meal that she and her

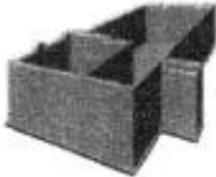
husband, Paul, savored in Rouen en route to Paris, where he was to work for the USIS, Julia had an awakening that changed her life. Books may be picked up at the Bath Library; hours are Tuesdays and Thursdays 9:00am to noon and 1:00pm to 6:00pm and Saturdays 9:00am to noon. Anyone with an interest in 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 To Sponsor Lecture On Gettysburg Address

HAVERHILL, NH — The Haverhill Corner Library will host a program to commemorate the 150th anniversary of the delivery of the Gettysburg Address, the library has announced. The Gettysburg Address is one of the best-known speeches in American history, and David Pruitt will discuss its original delivery and subsequent historical and cultural significance on Wednesday, November 20 at 7:00 PM.

The program will be held at the Haverhill Corner Library and will be free and open to the public.

The Gettysburg Address was delivered on April 19, 1863 at the dedication of a cemetery in Gettysburg, Pennsylvania, four and a half months after the Union victory in the battle there. Lincoln's speech was not intended to be primary focus of the ceremony; that honor belonged to the two-hour oration delivered by Edward Everett. But while Everett's speech has been largely forgotten, Lincoln's brief address is now regarded as one of the premier examples of American oratory.



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GROTON GROWERS FARMERS MARKET

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CELEBRATE THE THANKSGIVING HARVEST

Saturday, November 16, 2013
10:00 am - 2:00 pm

Locally grown garlic, onions, kale, beets, chard, parsnips, shoots, sprouts & more.
Bulk potatoes in 25lb. & 50lb. bags

Locally produced chicken, pork, beef, sausages, goat meat.
Maple syrup, honey, jams, jellies, relishes, pickles, eggs
Raisins, almonds and walnuts weighed to order
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The ever popular "You can take it" table
Knives and scissors sharpened while you shop
or have coffee & lunch in the café

Entertainment by Kermit O'Meara and friends
Purchase raffle ticket for a harvest basket
filled to the brim with market goodies.

Raffle tickets \$1.00 on sale at the market.
Please bring a non-perishable food item
to be donated to the local food bank.

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The Triumph Of Low-Tech

By Sheila Asselin

Technology, ah yes! I am still unfamiliar with much of it. When my husband had to learn Boolean algebra years ago I did not know it from bouillon cubes. Now I knew how to use bouillon cubes! Then a friend was taking a computer course on the use of microwaves. Heck I knew how to use them too, but apparently not the one related to computers! Glad I did not ask her for any recipes!

Kids these days who have grown up on computers seldom think of low tech when it comes to having fun but I just spent a great Sunday afternoon with two great grandsons ages 3 and 5 having lots of low tech fun. Went shopping for some play doh with their grandmother but none to be found in the stores we hit. What to do? We had promised the boys we would make Christmas tree ornaments from scratch. Then inspiration struck. I remember I was an old Girl Scout and a scout is always prepared!

There is a recipe for play doh using stuff already in the kitchen. Flour, oil, salt, water and food coloring. What

could be simpler?

We cooked up a batch and let it cool a bit. Then the fun really began. We let the boys work in the food coloring until both batches were a bright red or green. Rolling them out and cutting into tree, stocking, snowmen, or star shapes and be sure to make a hole in the top with a drinking straw so we can hang them from the tree. Press in sequins, beads, bits of colored yarn, or whatever else strikes your fancy and let dry out. Two cookie sheets full of original creations! All ready to proudly take home to Mom and Dad.

Sure the boys could have created pictures on the computer but sometimes low tech is best. Nothing beats the fun of kneading the wads of home made play doh until the colors are just right. Marbles, jig saw puzzles, pick up stix, tic tac toe, kick the can, hide and seek. These games are lots of fun and do not cost much more than imagination. While we embrace the new let us not toss out the old. Sometimes simple fun is the best!

Groton Growers Celebrates Thanksgiving Harvest

By Marianne L. Kelly

GROTON, VT — Over the river and through the woods (or the highway and back roads) to the Groton Growers Farmers Market we go.

Yes folks, it's that time of year again when we celebrate the harvest and give thanks for nature's bounty and the hard working farmers, growers and producers who bring it to our tables.

At this year's Groton Growers Farmers Market you'll find a myriad of fresh vegetables including garlic, onions, potatoes, beets, kale, chard, parsnips shoots, sprouts, and more. Also available are bulk potatoes in 25lb. and 50lb. bags. In addition to locally grown vegetables, you'll find locally produced chicken, pork, beef, sausages, goat meat, cheese, humus, salsa, maple syrup, honey and of course farm fresh eggs.

Treat your sweet tooth to several varieties of fudge, peanut brittle, pies, pastries and cookies...and don't forget to pick up some delicious home-made bread.

The Groton Growers

market is a great place to find that special, unique gift that you simply won't find anywhere else. Check out the woodcrafts, lotions, soaps, lip balm, and tea melts along with quilted purses, embroidered towels, hand knitted items, potato bags, lace angels for your tree and lace bookmarks for your holiday reading. Knitters can come watch our resident spinner magically spin his beautiful fleece into wonderful yarn.

Don't forget to stop by the ever popular "take me" table. You just never know what surprises and delights you might find.

Adding to the festivities is the annual Harvest Basket raffle. Tickets are \$1.00 at the market, and one lucky winner will take home a basket filled to the brim with market goodies from participating vendors. Kermit O'Meara and friends will be there entertaining everyone with their lively, toe tapping music.

Get those knives and scissors ready for holiday duty by bringing them for sharpening while you enjoy

lunch in the café and everything this fun, family friendly market has to offer.

Knowing we have friends and neighbors whose holiday may not be so festive and bountiful, the Groton Growers requests all who are able, please deposit a non-perishable food item in the box at the entrance of the market. All donations go directly to the local food bank. Your generous donations are greatly appreciated, and do make a difference.

Everything you purchase at the Groton Growers Farmers Market is locally grown, produced and handcrafted. When you buy direct, you can rest assured you are getting the best in taste and nutrition, as well as unique, gifts that you will not find in any box store, and great value for your dollars.

The Groton Growers Thanksgiving market takes place on Sat. Nov. 16, 10-2, in the Groton Community Bldg. gym on Route 302.

Happy Thanksgiving! And...

See you at the market!



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Haverhill/Newbury 250th Committee
ACTIVITIES DAY
Saturday, November 16
Clifford Building, Woodsville

Individual & Team Competition

Registration: Noon - 1:00 PM / Events 1:00 - 5:00 PM

INDIVIDUAL EVENTS	TEAM EVENTS
Sprint Run	Teams will consist of five members
Cross country Run	Hoola Hoop Circle
Basketball Free Throws	Pizza Delivery Race
Football Accuracy Throw	Soccer World Cup
Hoop Roll with stick	Golf Ball Relay
Hoola Hooping	Balloon Race
Frisbee Throw	Tug of War
Pie Eating	

Must compete in 6 of 8 individual events to qualify for best overall award

Teams must compete in 5 of 6 team events to qualify for best overall award

Complete Rules Are Available at the Haverhill and Newbury Town Clerks' Offices, or contact Gary Scruton @ 603-747-2887 or email gary@trendytimes.com

Team members may compete in individual events to earn points for team. Awards will be given for individual events, overall winners in various age/gender groups, and team competition.

Free Admission For All Events

All Ages Welcomed

Pot luck dinner: 6:00-7:00 PM
Activities awards presentation 7:00 PM
Dancing from 7:30 - 11:00 PM

Veterans

In September of 2005, on the first day of school, Martha Cothren, a History teacher at Robinson High School in Little Rock, did something not to be forgotten. On the first day of school, with the permission of the school superintendent, the principal and the building supervisor, she removed all of the desks in her classroom.

When the first period kids entered the room they discovered that there were no desks. 'Ms. Cothren, where are our desks?'

She replied, 'You can't have a desk until you tell me how you earn the right to sit at a desk.'

They thought, 'Well, maybe it's our grades.' 'No,' she said.

'Maybe it's our behavior.' She told them, 'No, it's not even your behavior.'

And so, they came and went, the first period, second period, third period. Still no desks in the classroom. Kids called their parents to tell them what was happening and by early afternoon television news crews had started gathering at the school to report about this crazy teacher who had taken all the desks out of her room.

The final period of the day came and as the puzzled students found seats on the floor of the desk-less classroom. Martha Cothren said, 'Throughout the day no

one has been able to tell me just what he or she has done to earn the right to sit at the desks that are ordinarily found in this classroom. Now I am going to tell you.'

At this point, Martha Cothren went over to the door of her classroom and opened it. Twenty-seven (27) U.S. Veterans, all in uniform, walked into that classroom, each one carrying a school desk. The Vets began placing the school desks in rows, and then they would walk over and stand alongside the wall.

By the time the last soldier had set the final desk in place those kids started to understand, perhaps for the first time in their lives, just how the right to sit at those desks had been earned.

Martha said, 'You didn't earn the right to sit at these desks. These heroes did it for you. They placed the desks here for you. They went halfway around the world, giving up their education and interrupting their careers and families so you could have the freedom you have. Now, it's up to you to sit in them. It is your responsibility to learn, to be good students, to be good citizens. They paid the price so that you could have the freedom to get an education. Don't ever forget it.'

By the way, this is a true story. And this teacher was awarded Veterans of Foreign Wars Teacher of the Year for the State of Arkansas in 2006. She is the daughter of a WWII POW.



Pat Ottina from the Cottage Hospital Auxiliary and her husband serving coffee and homemade pastries at the Vermont, Rte. 91 Rest Stop. All Donations went to the Cottage Hospital Auxiliary to be used in the Community.

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New Program Manager Joins The Arts Alliance



Jamie Feinberg

LITTLETON — The Board of Directors of the Arts Alliance of Northern New Hampshire (AANNH) is pleased to welcome Jamie Feinberg as the organization's new Program Manager. The Artistic Director and Founder of Not Your Mom's Musical Theater in Manchester, Feinberg received a BA in Music from Smith College and an MS in Community Economic Development from Southern New Hampshire University. She most recently worked at The

Bike Cooperative in Manchester and previously was an independent contractor in the arts (including a stint with the Missoula Children's Theatre) and in local schools and arts centers. She also serves as a church accompanist and interim church choir director.

As Program Manager for the Arts Alliance, Feinberg will focus on strengthening and expanding the reach of existing educational programs and partnerships and on planning future programming. "I'm es-

pecially interested in exploring opportunities to use culture as a tool to enhance the quality of life and to support sustainable development in communities throughout northern New Hampshire," she says. "I have admired the Arts Alliance from a distance, and I'm delighted to bring my background in music, theater, education and community economic development to the organization. I'm especially looking forward to using social media to encourage dialogue and create more awareness of the wonderful work the Arts Alliance is doing."

"We talk a lot about wanting to bring talented, smart,

idealistic, and energetic young people to our region," says Arts Alliance executive director Frumie Selchen. "In hiring Jamie, we're actually doing it! We're thrilled about the enthusiasm, savvy and artistic chops Jamie is bringing to the Alliance and to the North Country."

Feinberg, a New Hampshire native who currently lives in Hooksett, expects to move north within the next few months. "I'm very excited because this job gives me a reason to live in the North Country, and to enjoy — and contribute to — the wonderful cultural, recreational and community activities available

here," she says.

The Arts Alliance of Northern New Hampshire is a non-profit organization that promotes, supports and sustains culture, heritage and the arts in Northern New Hampshire. The Arts Alliance serves as a network for arts information and arts programming, with a particular interest in providing arts opportunities to North Country audiences by coordinating projects and presentations in schools and community sites.

November 12, 2013 Volume 5 Number 3

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

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WCCOSVILLE, NH - Charming Village home featuring a marble fireplace, 4 bedrooms, 2 baths, dock, front porch, fully appointed basement bar. Move in condition. \$119,900.

NORTH HAVERHILL, NH - Attractive Ranch with 3 bedroom home 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 - Pristine Home features brand new interior that really pops. 3 bedrooms, open concept design, Living Room, Eat in Kitchen, 1 1/2 baths, enjoy the lakes, beaches & other amenities. Lot is 0.61 of an Acre. Enjoy Mountain Lakes. \$150,000.

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Jon Hobbs Accepts Commercial Lending Position At Woodsville Guaranty Savings Bank

Woodsville, NH – Frank Stiegler, Vice President and Senior Commercial Loan Officer of Woodsville Guaranty Savings Bank announced that Jonathan Hobbs has accepted the position of Commercial Loan Officer with the bank's commercial loan team. This position is an expansion for the bank's growing commercial loan department and a new role for Jon, who has been a mortgage lender at the bank since 2003. Jon will assume management of Woodsville area business accounts starting December 1.

Jon joined the bank in August 2003 as a residential lender and was promoted to Residential Loan Officer in May 2008. During the past ten years, Jon has gained deep knowledge of the residential and consumer loan process, and has developed an excellent following. His move to the commercial loan department is due to his personal interest in the local business community and in more fully serving the needs of the sole proprietors who he has served on the personal side for so many years.

Jon is a 1990 graduate of Blue Mountain Union High School in Wells River, Vermont, and a 1996 graduate of the New England Institute. He also attended America's Community Bankers Lending School in Stamford, Connecticut. Prior to joining Woodsville Guaranty Savings Bank, Jon was employed by Ricker Funeral Home in Woodsville.

Jon resides in Woodsville with this wife, Kindra, and children, Kyle and Paige. He serves as vice president on the board

of the Home for the Aged, Woodsville Precinct Commissioner, member of the Haverhill Budget Committee, assistant treasurer for the town of Haverhill, and member and past president of the Cohase Lions Club. Jon is very excited about this new career opportunity and looks forward to serving the businesses within the community.

"We are very proud to have Jon join our team," said Stiegler. "He is highly respected by his mortgage customers and cares deeply about the people and businesses of this community. This is a great move for Jon and for the bank's business customers."

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The American Legion Riders held their monthly meeting Friday, Nov 8th at Ross Wood Post #20. A presentation was given to Dept. Commander Maurice Anderson for his project this year. Wounded Warriors 45 North. proceeds will stay in the state of NH for Veterans.

Attending left to right: Judy Grinstead, Kim Brummer, Dept. Commander Maurice Anderson, Director Steve Pickens, Treasurer Kathy Fitzgerald, Secretary Tom McDermott, Mickey Leaf, Jeff Thompson, Alice Besaw, Sitting: Chaplin Paul LaCroix.

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November 12, 2013 Volume 5 Number 3

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

OBITUARY – PAUL A. BAILEY



Bath, NH – Retired Lt. Col. (USAF) Paul A. Bailey, 67, of Joy Road, passed away on Monday, October 28, 2013, at Cottage Hospital in Woodsville, NH after a courageous battle with cancer.

He was born in Milwaukee, WI, May 29, 1946, a son of Paul C. and Dorothy (Wallace) Bailey.

Paul graduated from Clover Park High School, Class of 1963 in Tacoma, WA. After graduation, he joined the U.S. Army that started a distinguished 37 year military career. In November 1963, he completed parachute jump school and was assigned to the 82nd Airborne Division. Paul married Nancy Rainey on October 18, 1969. In 1970, he received a Bachelor of Science degree in Elementary Education from Lowell State College in Lowell, MA. In 1974, he received a Master of Science degree in Educa-

tional Administration from University of Massachusetts, Lowell. In February of 1975, Paul enlisted in the U.S. Air Force Reserve and in 1980 he was assigned to the 58th Aerial Port Squadron at Westover AFB, Westover, MA. Upon his promotion to Major in 1994, he transferred to Hanscom AFB in Bedford, MA. In 2001, he was promoted to Lieutenant Colonel. Paul retired from the Air Force Reserve on May 3, 2006 as the Deputy Director Strategic Planning, Plans, and Program Directorate, Electronic System Center at Hanscom AFB. Paul also worked for Fidelity Investments, managing the logistics, mail, and currier operations for over 14 years in Boston, MA.

Paul was a Communicant of St. Joseph's Catholic Church in Woodsville. He was a member of the Haverhill Memorial VFW Post #5245 of North Haverhill, Ross-Wood American Legion Post #20 of Woodsville, Bath Planning Board, Life Member of the Retired Officers Association, National Rifle Association, and the C 123 Veterans Association.

He was predeceased by his father, Paul C. Bailey.

Survivors include his wife of 44 years, Nancy (Rainey) Bailey of Bath, NH;

a daughter, Laura LaValle and husband Sal of Pelham, NH; two grandchildren, Joseph and Rachael LaValle both of Pelham, NH; his mother, Dorothy Bailey of Sanford, ME; a sister, Maryann Sousa of Sanford, ME; three brothers, William Bailey of Grand Junction, CO, Thomas Bailey of Lowell, MA, and David Bailey of Mechanicsburg, PA; a foster daughter, Brooke McNiff of Groton, MA; and several nieces, nephews, and cousins.

Calling hours were held on Sunday, November 3, from 2 to 4 PM, at Ricker Funeral Home, 1 Birch Street, Woodsville, NH.

A Mass of Christian Burial was held on Monday, November 4, at 10:30 AM, at St. Joseph's Catholic Church, 15 Pine Street, Woodsville, NH with Father Jeffrey Statz as celebrant.

Burial was held at New Hampshire State Veterans Cemetery, 110 Daniel Webster Highway, Route 3, Boscawen, NH on Monday, November 4, at 2:30 PM with full military honors.

For more information or to sign an online condolence please visit www.rickerfh.com

Ricker Funeral Home & Cremation Care of Woodsville is in charge of arrangements.

Oxbow DAR Chapter Sponsors Essay Contests

Members of the Oxbow Chapter, Daughters of the American Revolution, have devoted themselves---since--1897---to the National Society's mission to support education, historic preservation, and patriotic citizenship.

The Oxbow Chapter recently announced that it is sponsoring an American History Essay Contest for local students in grades 5 through 12. Schools in the area have been asked to pass along information about the contest to interested students, including those attending public, private, or parochial school, or those who are home schooled. This contest is conducted without regard to race, religion, sex, or national origin.

The title of the essay for grades 5-8 is: "The Lives of Children during the American Revolution." Students are asked to use historical facts to present a narrative, written as if they are a boy or girl living during the colonial fight for independence.

"How Do Americans View Christopher Columbus and George Washington Today?" is the writing prompt for the essay for students in grades 9-12.

One essay at each grade level will be selected as the chapter winner and will be entered for the Vermont division-level judging, and one essay will go on to national-level competition. Students submitting essays will be honored by the Oxbow Chapter, and winners will receive awards from the appropriate Chapter, State, and/or National Society organizations. Winning essay

writers will be invited to read their essays at state and national ceremonies.

Recognition of prize winners will appear in the media and may appear in official DAR communications.

Oxbow Chapter DAR of Newbury, VT is sponsoring these contests, and encourages our youth to honor and preserve the history and service of our country's patriots. Please contact Oxbow Chapter Vice Regent and American History Committee Chairwoman Phyllis Vogel at phyllis913@charter.net for more information or entry forms.

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Eager Fourth And Fifth Graders Absorb Fire Prevention Knowledge

By Robert Roudebush

There were around one hundred of them, active young Haverhill Cooperative Middle School students, seated on the cool school cafeteria floor, some of them cushioned by their cold-weather coats, wide-eyed, curious, young voices inquiring, as they learned how to deal with fire and live.

They had just been directed to take their seats by Principal Brent Walker and they greeted him in full multi-voiced unity, "Good Morning Mr. Walker". The Principal then outlined a couple rules of basic courtesy to the group, as they settled in to learn some stuff that might save their lives.

And professionals were teaching them. White-shirted, gold-badged, Walt Dellinger, Lieutenant of the North Haverhill Fire Department, a man who just recently finished up more than 30 years of service in the National Guard. Firefighter Mike Bonanno of the same de-

partment, a seasoned pro who previously served in big-city Boston as a firefighter, and who for several years now has served as an NHFD Assistant Fire Warden and also fills the role of Safety Officer for the same department. And also present was the youngest firefighter in the three man group, Andrew Dellinger, the Lt.'s son, 24 years old, a young man no longer a "probationary" member, having been recently achieved a certain level of certification and who had been voted in by his fellow firefighters as a full-fledged member of the team.

The questions came quickly throughout the firefighter's presentation, dozens of hands shooting into the air to be called on, most of the voices a little timid and difficult to hear in the large echo-booming room, as supervising teachers and at least one local newspaper writer listened and looked on.

"What do we do when we

have a fire?", piped up one pretty little blonde girl. The pros stepped closer to the group of sitting students, and leaned forward, ears cupped to hear her more clearly. Lieutenant Dellinger - "What do you do? You get out of the house as quick as you can. Keep low to keep out of the worst smoke, look for, feel for, a window or door". Added Mr. Bonanno, "Get to know your house ahead of time, your room you sleep in, so you know where the doors and windows are."

"Shouldn't we use the phone to call 911 first?", came from a boy, his voice barely audible in the large squirming group of youngsters. "Sure you should call 911, but get out of the house first, don't stay in the house and look for a phone, your phone wires might be burned, might not work, get to safety outside, maybe take a cell phone, or use the neighbor's phone, but get out first".

Came another question, "What about plastic over my windows, what do I do if I want to get out?" The question was sincere, the concern genuine. The reply came the same way, without patronizing, just straightforward advice. "What's more important, the plastic or your life, or your family's life? Go

ahead and tear that plastic, it'll be OK, get to safety."

Another question, this time from a small boy way in the back of the sitting group, "My room is upstairs, how can I get out from up there?" This time Safety Officer Bonanno replied - "Don't forget, when we get to your house, and the police will too and other emergency people, we'll all be looking all around your house, walking around it and looking up and all around. If you can't get out, hang a blanket or something out the window, let us know you're there, we'll see it and know someone's up there. We'll be there to help you."

"What if we don't know our address when we call, or maybe there's no street sign for you to see?" Answer - "We can see the smoke from a long away, or smell it, we are your neighbors, we know the territory, we will work to find you." More questions continued, always a sea of hands, the young students learning more with each exchange. The importance of the "MUSTER POINT" was discussed - the pre-determining among a family of an agreed-upon point of gathering for family members after fleeing a burning home.

In addition to the Q & A session, Mr. Dellinger the

younger demonstrated how quickly a trained person can don the entire suit of firefighting protection gear, including boots, helmet, face-shield and Self-Contained Breathing Apparatus. It was explained to the kids that one of the differences between a full-time fire department and the kind we have in the Haverhill area is that in a full-fledged department, the firefighters live in the fire houses, and around here, each firefighter has a communicating device and goes to a fire call from their home or place of work.

Finally, the youngsters moved outside the cafeteria on the bright cold day to the parking lot and spent enough time so that each of them could climb aboard and then pass through the six-man seating area of Engine Number One, "the main attack" piece of firefighting equipment for the Department.

Later that same day, the three members of the NHFD attended a session for older students, Eighth Graders, at the Middle School, designed to acquaint the students with the "Young Explorers" program, information and training for youngsters which can lead willing youth to learn more about the important profession of fighting fires.

Lyndon State College Presents Twilight Dance Ensemble

Lyndon State College's Twilight Players will present

for the first time the Twilight Dance Ensemble. The Twilight Players first established the Twilight Dance Ensemble last year, and the main purpose was to bring another type of performing arts to the community. The dance recital will be performed November 16th at 7:00pm in the Alexander Twilight Theater. This dance performance will bring a variety of styles including Jazz, Contemporary, Hip-hop, Musical Theater, and Swing Dance.

Nikki Slabinski has been leading this group through numerous technique classes where the dancers could learn how to dance. Outside of these classes Nikki along with other choreographers such as Sarah Burnett, Kerry Lucey, and Scott Gross have been working to choreo-

graph dances to perform on stage.

This show is meant to showcase everyone's hard work throughout the semester and to provide the community with another form of the performing arts. Twilight Player's advisor Gianna Fregosi has been supporting the success in the Twilight Dance Ensemble, while set and technical director Britt Moore has been assuring that the performance has everything that will be needed for the final performance.

The show will be performed at LSC's Alexander Twilight Theater on November 16th at 7pm. Admission is by donation. For more information contact (802) 626-3663 or find Twilight Players on Facebook.



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Quaker Meetinghouse-3

By Elinor P. Mawson

Enter Gil.

He was a relative newcomer to the family, a contractor, a brother in law. Very little else was known about him, but it seems that Gordon felt that hiring him to restore the meetinghouse was the right thing to do.

It was soon apparent that Gil had other things on his mind. He had his sidekick, Jimmy, work on the house, and did very little himself. He would show up late, go home for lunch, come back later in the afternoon, sweep up the sawdust made by Jimmy, and go home. What we didn't know, was that Gil was an alcoholic who spent that time at home with his bottle.

Of course, my father was back in his Vermont classroom, thinking everything was hunky-dory.

My husband and I would visit the site a couple of times a week, shake our heads and try to forget what was going on. It was a good thing that Jimmy was a good carpenter, although slower than cold molasses.

Gordon would visit from time to time, and of course

Gil was right there agreeing with him and explaining the "progress" --sort of like the Emperor's New Clothes. Otherwise, nothing changed,

After nearly a year, Gordon again came to stay, things proceeded a little faster, and it was almost time for the BIG MOVE. Of course the house wasn't done--no kitchen, no wall between house and garage, and a lot of odds and ends that needed doing. By this time, my father was fit to be tied--and fired Gil.

The moving van came and went, and my parents were in their partly done house. Thank heavens that it was late summer, or they would have frozen. Thank heavens that they were related to a plumber or they would have really been in a mess. And thank heavens they knew another carpenter who showed up on time, worked an 8-hour shift, and finished the place in short order.

I don't have to tell you that Gordon and Lois had a lot to talk about that Fall. Fortunately they both had teaching jobs in local schools or

they would have had a lot of trouble paying the very large bills they received from Gil. There was quite a bit of bad blood in the family for a long time. My mother had to use all the savings for her old age, which didn't set too well with her.

They lived in the Quaker Meetinghouse longer than they had ever lived anywhere. I know my father was happier there than he had ever been.

My mother was another story. After my father died, she didn't lose much time putting the house on the market, selling it, and moving bag and baggage back to Vermont. She was happier there than she had ever been. She bought another "fixer upper" and she and my brother made it livable. She planted her huge yard with perennials and had a showplace for the rest of her life.

And the new owners of the Quaker Meetinghouse have no idea of the long, drawn-out process of how their home got there or the ups and downs it took to make it the beautiful place that it is now.

Willing

Worker's Annual Christmas Sale

Sugar Hill, NH - The annual Willing Worker's Christmas Sale, featuring Holiday Decorations, Attic Treasures, Toys, Handmade Items, and a wonderful selection of Home-Cooked Foods and Baked Goods, will be held on Saturday, November 23 from 10 am to 1:30 pm at the

Sugar Hill Meetinghouse, 1448 Route 117, Sugar Hill.

Homemade corn chowder, tomato bisque soup, assorted sandwiches, cookies and bars, plus beverages will be available for eat-in or take-out lunch. Please plan to join us for this festive, annual event.



2013 "Helping Santa" Coat Drive

"This winter let's make sure that no one, old or young, goes without a warm coat."

In 2011 Bunker Hill Publishing published the book Helping Santa: My First Christmas Adventure with Grandma. Inspired by this story in which Grandma challenges her grandson to become one of Santa's helpers suggesting he buy and deliver a gift to someone who really needs it, we began organizing coat drives. We teamed up with One Warm Coat, an organization started in 1992 in San Francisco, donating a portion of the royalties from the sale of the book to them and benefiting from their expertise and assistance in running the drives. The coats we collect will be given to Operation Santa in Bradford, VT and the Upper Valley Haven in Lebanon, NH.

What began with 5 drop-off locations that year has blossomed into 7 locations this year where anyone with a new or 'gently used' warm

coat may go to donate it. At each location there will be a chance to enter a raffle and the winner will receive a copy of the book Helping Santa. The winners will be drawn on Dec. 14th.

The drive will be running from Saturday, November 16th through until Saturday, December 14th.

The 7 drop-off locations are:

Bradford, VT – Hill's 5 & 10 and Odell Insurance Agency

Fairlee, VT - Chapman's Country Store

Lyme, NH – Stella's Italian Kitchen and Market

Hanover, NH – The Dartmouth Bookstore

Piermont, NH – The Piermont Village School

White River Junction, VT – Oodles

Join Bunker Hill Publishing in sharing the dream: That One Warm Coat will become a part of the American lifestyle; that when a coat is no longer needed, people will think of us and donate it: that donors will be warmed by the knowledge that their coats will go directly to children, women and men in need.

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Haverhill Area Youth Annual Holiday Craft Fair
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Short-term vs. Long-term Investments: What's The Difference

At various times, many people may feel frustrated by the performance of their investments. For example, they expect growth, and they don't get it — or they think the value of their investment won't fluctuate much, but it does. However, some of this frustration might be alleviated if investors were more familiar with the nature of their investment vehicles. Specifically, it's important to keep in mind the difference between long-term and short-term investments.

What defines long-term and short-term investments? Long-term investments are those vehicles that you intend to hold for more than one year — in fact, you generally intend to hold them for several years. On the other hand, you usually hold short-term investments for one year or less.

You can find several key distinctions between short-term and long-term vehicles. Here are a few to consider:

They carry different expectations. When you purchase an investment that you intend to keep for many years, you may be expecting the investment to increase in value so that you can eventually sell it for a profit. In addition, you may be looking for the investment to provide income. When you purchase a short-term vehicle, you are generally not expecting much in the way of a

return or an increase in value. Typically, you purchase short-term investments for the relatively greater degree of principal protection they are designed to provide.

They meet different needs at different times of life. You will have different investment needs at different times of your life. When you're young, and just starting out in your career, you may require a mix of long- and short-term investments. You might need the short-term ones to help pay for a down payment on a home, while the long-term ones could be used to help build resources for your retirement. But later in life, when you're either closing in on retirement, or you're already retired, you may have much less need for long-term vehicles, with a corresponding increase in your need for short-term investments.

They can satisfy different goals. If you purchase investments that you intend to hold for the long term, you probably have a long-term goal in mind — such as building resources

to help pay for a comfortable retirement or leaving a legacy. On the other hand, a short-term investment would be more appropriate if you know that you will need a certain amount of money at a certain time — perhaps to purchase a car or to fund a vacation.

They carry different risks. All investments carry some type of risk. One of the biggest risks associated with long-term investments is volatility, the fluctuations in the financial markets that can cause investments to lose value. On the other hand, short-term investment vehicles may be subject to purchasing power risk — the risk that your investment's return will not keep up with inflation.

As an investor, you'll probably need a mix of long-term and short-term vehicles. By knowing the differences between these two categories, you should have a good idea of what to expect from your investments — and this knowledge can help you make those choices that are right for you.

Health Consortium To Address Obesity

The North Country Health Consortium (NCHC) is pleased to announce that it has received funding in the amount of \$450,000 from the Health Resources and Services Administration (HRSA) to fund a three-year project designed to address the issue of adult obesity in rural Northern New Hampshire.

North Country residents experience higher rates of obesity than those living elsewhere in New Hampshire. Obesity contributes to the development of diabetes, heart disease and other illnesses. In addition to the hardship that these diseases cause for individuals and their families, they add millions of dollars in health care costs that are borne by everyone in the form of higher taxes and more costly insurance premiums.

Nancy Frank, NCHC Ex-

ecutive Director, said, "Obesity is perhaps the most serious health issue we face in the North Country. We are pleased that the Federal government responded positively to our proposal, and to be able to bring these additional resources to the region."

The project will be implemented at four community health centers: Ammonoosuc Community Health Services, Coos County Family Health Services, Indian Stream Health Center and the Mid-State Health Center. Staff at each of the health centers will develop strategies and learn new skills to help area residents fight obesity.

"Obesity diminishes the quality and length of life of far too many area residents," said Adele Woods, Chief Executive Officer of the Coos County Family Health Services in

Berlin. "This project provides us with the opportunity to improve the quality of care we provide to our patients, and to test new ideas about how to best help people facing this issue."

All four of the Centers are members of the North Country Health Consortium (NCHC). Consortium members include community hospitals, faith-based groups, home health agencies, community mental health centers, emergency medical service professionals, social service providers and other groups.

The Consortium is a unique rural health network dedicated to improving the well-being of North Country residents through innovative collaboration. Consortium members meet on a monthly basis to coordinate their work, identify and address service gaps and implement new strategies designed to enhance the health of individuals, families and Northern New Hampshire communities.

For more information about this project or the North Country Health Consortium contact Nancy Frank at 603-259-3700, or visit the organization's website at <http://www.nchcnh.org>.



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A Walk In The Woods - November 2013

By David Falkenham, UNH Cooperative Extension
Grafton County Forester

The sun rises and starts to warm the forest, bringing to life what was engulfed in a dark silence only moments earlier. A leaden sky shows through the cold leafless November trees and time goes by like the slow drip of spring sap. Steam rises from my face with each breath and the cold morning air nips at my only exposed skin. Through the slowly rising concert of squirrels and forest chatter I listen intently for the sound that I came specifically to hear; the slow purposeful footfalls of an approaching deer. It is finally opening day.

Opening day means many things to many people and sometimes even non-hunters get caught up in the frenzy. In September there are the opening days of bear season and archery deer season. October brings the openers for small game and migratory birds. Then finally in November comes the opener for deer with a muzzle-loader and then rifle. For many of us these days mark the beginning of the holiday season every year.

No matter what game you hunt, opening day means something special to every hunter. It is a Christmas-morning like anticipation that is preceded by the eve of opening day. On this eve every hunter can be found staying up late (often keeping other family members awake) and fidgeting over their equipment making final preparations for morning. Rifles and shotguns are oiled, blades are sharpened, ammunition is religiously placed in its proper location, clothing is pulled out of boxes and hunting coats, pants, vests, hats and gloves are hung on hooks or over chairs when there are no more hooks left.

I'm a fool to think my dogs don't anticipate the opening day of grouse sea-

son. The bird vests were never washed after last season and the shotguns in the corner have a smell of oil and gunpowder. What smells good to me is simply intoxicating to the dogs and they too will sleep fitfully tonight.

Early morning on opening day, an old bird-dog, possibly in his last years, will walk stiffly into his family's bedroom and wake them with a warm, wet poke from his greying muzzle. It's opening day and he knows it. His age does not dampen his spirit for a cold morning and this feeling is felt by all hunters, young or old, who will rise early and take to the woods. Opening day dials back the clocks for every hunter and makes us all feel just a little bit stronger.

The protection and management of our local wildlife and wild places is something that most folks take for granted, however this effort is not free. The "Sport Fish

and Wildlife Restoration Act" of 1939 is a federal excise tax on firearms, ammunition, fishing and archery equipment which is dog-eared and administered back to state wildlife agencies. This money helps to fund wildlife habitat improvement, Hunter Education and other wildlife management programs in every state. The fees from the sale of hunting licenses funds the NH Fish and Game Department and makes possible the management and protection of wildlife and habitat on all land in New Hampshire. So the next time you enjoy the sight of a moose, a white-tailed deer or a flock of migrating geese at sunset, feel free to thank your local Conservation Officer and a hunter that you know for providing that opportunity. For more information on forestry and wildlife management in New Hampshire, feel free to contact me at 603-787-6944 or dave.falkenham@unh.edu.

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18 **North Country Home Health & Hospice Agency Conducts Annual Appeal**

November is National Home Care and Hospice Month. During this month, North Country Home Health & Hospice conducts its annual fundraising appeal. We have been providing compassionate home health and hospice care to our Clients for more than forty years. We celebrate our dedicated Staff along with our past and present Board Members and many Volunteers. We celebrate and thank You, our Community Supporters, for your generosity and support throughout the years.

North Country Home Health and Hospice Agency makes it possible for hundreds of people a year to continue to fulfill their desire to remain in their own home. We coordinate all aspects of

our clients' care with a keen respect for individual needs. It is the respect for our clients' values and expectations that has earned us the reputation for providing compassionate home health care and hospice services.

PayPal contributions are welcomed this year. Those wishing to make a donation using this method may go to our website www.nchha.org and click on "Support" to use the PayPal option.. Additional information about our agency and our services may be obtained on our website also.

During these challenging times of diminished funding combined with an increased demand for our services, your contributions to our agency are so very much ap-

preciated. North Country Home Health & Hospice prides itself with the ability to meet the home care needs of our community regardless of an individual's ability to pay. This is possible through the tremendous support of this community.

As we prepare for Thanksgiving and recall our many blessings, please pause for a moment to think about the many people in our surrounding communities that rely on the support that North Country Home Health & Hospice Agency delivers to their homes. As the motto for National Home Care and Hospice month states "Because there is no place like Home."

Dear Marci...

Dear Marci,

I just received a notice from my Medicare Advantage plan, called an Annual Notice of Change. What is an Annual Notice of Change?

Kristoff

Dear Kristoff,

An Annual Notice of Change (ANOC) is a notice sent to people who have a Medicare Advantage plan (Medicare private health plan) or a Part D plan (Medicare prescription drug plan). The Annual Notice of Change is sent by plans to notify current plan members of plan cost and benefit changes that will take effect January 1 of the next year. If you currently have a Medicare Advantage plan or a Part D plan, your plan should have already sent you an Annual Notice of Change. If you have not yet received your plan's Annual Notice of Change, contact your plan and ask for it.

The Annual Notice of Change is typically mailed with the plan's Evidence of Coverage, which is a more comprehensive list of the plan's costs and benefits for the upcoming year. Review these notices to see if there will be any changes made to your Medicare coverage in 2014. Remember, Medicare plan benefits and costs can change from year to year. It is very important that you review your plan's Annual Notice of Change and Evidence of Coverage to know whether your plan will cover your health care needs in 2014. It's also important that you know how much you will be expected to pay for health

care services and prescription drugs in 2014.

It's especially important that you review these plan notices, since you have the right to make changes to your Medicare coverage during Fall Open Enrollment. Fall Open Enrollment occurs from October 15 to December 7 of each year. During this time, people with Medicare can make any changes to their Medicare coverage. Any changes made during this time will take effect January 1, 2014.

Even if you've reviewed the notices and you have learned that there will not be any changes made to your Medicare coverage in 2014, it may be helpful to take a look at other Medicare options and compare them with your current Medicare coverage. There may be another plan in your area that will offer you better health and/or drug coverage at a more affordable price in 2014. Research shows that people with Medicare could lower their costs by shopping among different plans each year. For example, another Medicare Advantage plan or stand-alone Part D plan in your area may cover the drugs you take with fewer restrictions and charge you less in the upcoming year.

To find and learn about different Medicare coverage options, you can call 800-MEDICARE or go online and visit www.medicare.gov/find-a-plan. Keep in mind that it's best to call 800-MEDICARE when making changes to your Medicare coverage, as this may help you avoid enrollment errors.

-Marci

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Oral Care

Our immune systems start in the mouth. Tooth decay rivals the common cold as the most prevalent human disorder. It is not a natural process, as many people believe, but a bacterial disease. This bacteria can enter the bloodstream and cause other problems in the body. Bacteria in the mouth combine with mucous and food debris to create a sticky mass called plaque that sticks to the surfaces of the teeth. The bacteria in the plaque feed on ingested sugars and produce an acid that leaches calcium and phosphate from the teeth. Gradually, if the sticky deposits are not removed, the teeth erode – first the enamel (the outer layer) and then the dentin (the body of the tooth). If unchecked, decay can progress even further, into the pulp that contains the nerve in the center of the tooth, resulting in a toothache. Infection may result, leaving the tooth vulnerable to abscess.

Tooth decay depends on three factors: the presence of bacteria; the availability of sugars to feed on; and the vulnerability of tooth enamel. Poor nutrition and poor oral hygiene are probably the main factors behind most cavities. In particular, people who consume large quantities of refined carbohydrates – especially sticky-textured foods that cling to tooth surfaces or who snack frequently without cleaning their teeth afterward are much more likely to have a problem with tooth decay. There are also some people who, for reasons not yet understood, seem to have unusually acidic saliva and/or higher than normal levels of bacteria present in their mouths, and they too are

more prone to tooth decay. There are pH testing strips available to insure that your levels are normal. Tooth decay normally causes no symptoms until it is rather far advanced. Then the tooth may become sensitive to heat, cold and the consumption to sugar. In later stages, a toothache may occur.

Eat plenty of raw fruits and vegetables; these contain minerals that help to keep the saliva from becoming too acidic. Avoid carbonated soft drinks; these are high in phosphates, which promote the loss of calcium from the tooth enamel. Avoid all refined sugars and do not smoke. Please practice good oral hygiene, brush your teeth after eating and floss between teeth daily; this is the only way to remove cavity-causing plaque. Do not brush overzealously or more than two or three times per day. Too much brushing can cause the gums to recede, exposing the root areas of the teeth, which are more prone to decay than the rest of the tooth. Use a soft-bristle toothbrush to protect the enamel of the tooth outlayer and replace it every month. Do not use chewable Vitamin C supplements, which can erode tooth

enamel. Tablets or powders designed for swallowing do not pose this danger.

The best toothpaste and rinses would be the ones you make for yourself.

TOOTHPASTE

Ingredients:
 1 tsp. dried Irish Moss powder
 1 C distilled water
 1 tsp. Sea salt
 1 tsp. Aluminum-free baking soda
 1 tsp. Chlorophyll (Chlorella, Spirulina...)
 Essential Oils of Spearmint & Peppermint for double-mint flavor, or Cinnamon, or Fennel Seed for a licorice flavor.

To make: Soak the Irish Moss in the water for about 15 minutes and then bring it to a slow boil in your small enamel pot and simmer for 10-15 minutes. Mix sea salt and Aluminum-free baking soda and add to the gel, incorporating it completely. Add chlorophyll and Essential Oils and mix completely. Adding a Chlorophyll source kills bacteria on contact, and as my hygienist reminds me with every cleaning “bacteria are bugs and their feces are what are between your teeth, starve them with supergreens, sea salt and baking soda.”

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

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By Ronda Marsh

Italian Roasted Sausages & Grapes



A number of years ago, I ordered a salad at The Mount Washington Hotel which came topped with a few roasted grapes. I had never thought to do such a thing, and really liked the little burst of concentrated sweetness they provided. Then I forgot all about roasted grapes, until I saw Ina Garten on TV, cooking this recipe with the owner of Rhode Island's AL FORNO restaurant. This is simple Italian fare, yet it possesses all the complex flavors of "agra dolce", a term used to describe a successful blending of sweet and sour, which

hits all your taste buds in a single bite. Since I had a package of fully cooked chicken sausages flavored with apple that I wanted to use, I substituted them for the traditional pork kind, which worked just wonderfully, and eliminated the need to parboil them, further streamlining the cooking time. The completed dish tasted even better than I anticipated, and I'll

be making it again, soon! This can be served alongside polenta, or (my personal favorite), a heaping mound of mashed potatoes. Whatever you do or do not serve it with, do not forget to include some good, rustic bread to mop up the sauce in the bottom of your plate. It's like liquid gold on your tongue...Mangia!!

- 1-1/2 pounds Italian hot or sweet sausage links (I actually used fully cooked chicken sausages)
- 2 to 3 cups of seedless grapes (red, green, or both)
- 3 Tablespoons butter
- 2 Tablespoons red wine
- 4 Tablespoons balsamic vinegar

Preheat oven to 500°F. If using uncooked sausages, parboil in water to cover for 10 minutes, to eliminate extra fat. If using fully cooked sausages, skip this step. Melt the butter in a large heatproof roasting pan, add the grapes, and toss to coat. Over moderately high heat add the wine. Stir with a wooden spoon for a few minutes until the wine has reduced by half. Using tongs, transfer the sausages to the roasting pan and push them down in the grapes so the sausages will not brown too quickly. Roast in the oven, turning the sausages once, until the grapes are soft and the sausages have browned, 20 to 25 minutes. Place the roasting pan on top of the stove over a medium-high heat and add the balsamic vinegar. Scrape up any browned bits on the bottom of the roasting pan, and allow the vinegar and juices to reduce until they are thick and syrupy. With a slotted spoon, transfer the sausages and grapes to a serving platter. Serves 4

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