

TRENDY TIMES

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RAY BURTON

There'll Never Be Another

By Robert Roudebush

He's one of those legendary folks who really did die with his boots on, working public appearances and people's hearts within days of his quiet passing.

His abdominal cancer kind of went away and then came back and got him. But only his body. His spirit lives on in anyone who knew him or was lucky enough to work with him.

There has been no one like him before him, and there will be no one like him after him. Others will soon hold his two important offices, but no one will do it quite like Ray did.

He was present and smiling, surrounded by former and current state and national dignitaries as recently as the opening ceremony for the Mount Washington Scenic Overlook in Bretton Woods a short time ago. One recent newspaper photo showcases Mr. Burton there with current New Hampshire Governor Maggie Hassan, United States Senators Kelley Ayotte and Jeannie Shaheen and former NH Governor John Lynch. A more representative photo could easily have shown him surrounded by hundreds, maybe thousands of well-wishers.

WHO WAS RAYMOND S. BURTON?

When you spoke with him, he was eye-to-eye with you and he'd shake your hand, maybe even pat you on the shoulder, but with Ray, that was not the end of the connection, but just the beginning. He knew somebody, or knew somebody who knew somebody who could do something for you, and if he did not, it was only because there was nobody who could do it, period.

That level of knowledge comes partly from having been on the Governor's Council since 1976 – (lost the next election to Paul Mayette of North Haverhill, then came roaring back as a winner on the NEXT one) - and also serving as one of three Grafton County Commissioners for more than 22 years. But that level of "let me help you" knowledge is only partly explained by Mr. Burton's longevity in two key offices. The other part has nothing to do with time in service, but with integrity on the job. If his thousands of constituents and casual acquaintances got the feeling he really cared and would try, that was because he really did and really would. As

one recent editorial opined, "Burton operated at the subsurface of state government – bringing constituent's problems to the attention of agency commissioners and bureau directors who were in a position to do something about them. Those commissioners and directors were the levers of government that Burton maneuvered to serve the people who elected him and he made no apologies for it either."

BUT WHO WAS HE REALLY?

Well, in a state with no Lieutenant Governor, somewhat unusual, and in a state with an Executive Council – the "Governor's Council – so rare as to be nearly unheard of, Ray was referred to more than once as the "Assistant Governor". On being elevated to the honorary rank of "Dean of the Executive Council" because of his historic time in service, he is reputed to have said, "Why would I want to be dean of the council when I'm already King of the North Country?". Ray's statewide influence was such that "he moved the field of play for the council from



the old chamber inside the State House to the mountains and valleys of the state at large." "...Burton's district is geographically more than half the state". The last quote about Mr. Burton came from the fine piece written by Charles M. Arlinghaus recently printed in the "NEW HAMPSHIRE UNION LEADER."

Mr. Arlinghaus continued, "When most politicians enter a room, people ask, 'what's he running for?' They then smile politely until that guy leaves and they can get on with our business. Ray's presence was different. His speeches were never about him but about making sure people knew what was happening and that he could be counted on if they needed him."

WHO WAS HIS FAMILY?

His constituents were his family. The "NASHUA TELEGRAPH" put it another way OCTOBER 30 - "Ray's district stretched from the Connecticut River to the borders of Maine and Canada. Most of all, Ray knew his people. His memory

for names and relationships was encyclopedic and there was no telling where he'd show up – Church suppers, funerals, parades, high school football games, selectman's meetings, or any sort of political gathering. When Ray showed up, no one was surprised. Heck, he was around more than most of your relatives anyway." His constituents were his family, you and I were his family.

And as I recently wrote to Ray in a letter, "At every opportunity to know you better, I felt you were unique. My subsequent research confirmed what I knew down deep - there really is no one like you in the entire United States, not just in New Hampshire. It was always fun bumping into you at the delicious Bath Church dinners – my favorite was the corned beef, beautifully seasoned with great conversation with you. My heart and soul tells me we'll have more time together, at your pleasure. It will be totally mine."

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TRENDY Dining Guide

Peyton Place

By Gary Scruton

There are many places to eat in the area we call the Upper Valley, or the North Country. You can choose from fast food, to diners, to restaurants, to fine dining. One of the most unique of those fine dining spots in this area is located in Orford, NH. It is called Peyton Place. Some older readers may remember the TV show or the movie of the same name. After all name recognition, or having a name that is easy to remember is a big part of marketing any business. But this Peyton Place comes by its name because of the last name of the fine owners. Chef Jim Peyton and his wife Heidi, who maintains the position of hostess.

The establishment is unique in many fine ways. The 1773 Mann Tavern where the business is housed has seen plenty of changes over its 240 years of existence. But the feel of an old country tavern can still be felt as you are seated in one of the dining areas on the ground floor. The Peytons has made great use of this grand old building, while still being able to update where need be to keep up with today's regulations and their own high standards.

Those standards are also shown off when it comes to the menu. Whether you choose to dine in Orford, or if you would like a special event

catered, the Peytons can handle the situation. The menu features appetizers that include such delights as Broiled Oysters or Crab Cakes. Entrees feature Coconut Scallops, Filet of Beef, or even a Sirloin Burger with fries.

Another great aspect of Peyton Place is their extensive wine list. Add to that the knowledge of host Heidi, and getting the right glass of wine to go with a meal, or for the occasion when you simply want to stop in for a drink with friends, becomes a much more enjoyable task.

Chef Jim is a proud graduate of the New England Culinary Institute. But running

Peyton Place is not his first position. In fact over his 30 year career he has made stops in New Orleans, New York, and even Washington, DC. Opening and operating Peyton Place has happened because of his past experiences. And when it comes to preparing a dish for his customers those past experiences count for a lot.

So, if you are looking for a place to really enjoy your time eating, or just stopping in for a beverage, put Peyton Place high on your list of destinations. Not only is it worth the drive from wherever you are, but you will remember your evening for a long time to come.



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Holiday On The Common

On December 31, 2012, a New Year's Eve ball at the Clifford Memorial Building in Woodsville began the year-long celebration of the 250th

anniversary of the chartering, by Jacob Bayley, John Hazen and others, of the towns of Newbury, VT and Haverhill, NH. Attendees en-

joyed a catered buffet dinner and danced to the live music of Swing North Big Band. Throughout the year the towns have, in conjunction

with areas libraries, historical societies, and other groups, hosted a monthly lecture series, developed a commemorative book, presented a day-long Founder's Day Celebration (May 18th) across both communities, co-sponsored the American Veteran's Traveling Tribute at the North Haverhill Fairgrounds, presented a day-long celebration of our mutual railroading history including a passenger train ride, re-dedicated the Bayley-Hazen Military Road monument, and held an old fashioned Field Day/Community Supper/Dance. We thank all of our supporting organizations and businesses for helping to make most of these events available at no charge to the public.

The (local choirs) Sing throughout the day and at 4:30 we'll light the Christmas tree while everyone is Caroling, Caroling. Lest you say, but Baby It's Cold Outside, we will Deck the Halls of the gym where traditional crafters will demonstrate their skills, and perhaps invite you to assist. Storyteller Hope Hutchinson will entertain the young (or cold) in the library. Before we bid Auld Lang Syne, gather with friends and neighbors for a community meal in the school cafeteria and then watch the fireworks over Pulkaski. No, it won't be a Silent Night. Sue Hunt and her musicians will get you moving at an evening square dance in the gym, or you can go moonlight snowshoeing. Do You Hear What I Hear? This entire day of events is free! Watch for upcoming ads regarding the schedule. This Season Will Never Grow Old so Let It Snow! Let It Snow! Let It Snow!

We now invite everyone to one last celebration of this 250th anniversary year. It's the Most Wonderful Time of the Year on Saturday, December 14th at a Winter Wonderland (Newbury Common) where sleigh bells ring and Santa Claus is Coming to Town (at the gazebo). Dalton Thayer's horses will Jingle Bells and, while there won't be chestnuts, there will be hot cocoa, cider and a bonfire, skating, snow sculptures and more. Hark!

Enjoy The Holidays With Shows For Families And Adults At Jean's Playhouse!

Coming up this holiday season, the community theatre group the Playhouse Players are producing the holiday classic A Christmas Carol at Jean's Playhouse in Lincoln! A full cast of local actors will reenact the tale of miserly Ebenezer Scrooge, who meets the ghost of his old partner, Jacob Marley, and three spirits who teach him the true meaning of Christmas! A Christmas Carol will play Thursdays through Saturdays at 7:30 pm and Sundays at 2:00 pm from December 5 to December 22. Tickets are \$20 for adults and \$16 for seniors and students.

Local favorite Fran Page will take the stage again in the one-man show, The SantaLand Diaries, an essay written by American comedian David Sedaris and adapted for the stage by Joe Mantello. The SantaLand Diaries is the biting hilariously account of Sedaris' short-lived experience working as



Tiny Tim and the Cratchits; Scrooge meets the Ghost of Christmas Present; Christmas Carolers.

a Christmas elf at Macy's in New York City over the holidays. Join Fran as "Crumpet the Elf" when The SantaLand Diaries plays December 20 and 21 at 8:00 pm at the Woodstock Station Function Room, and the following weekend from December 26-28 at 7:30 pm at Jean's Playhouse. Tickets are \$20 for adults and \$16 for seniors and students. Tickets may be purchased by calling 603-745-2141, visiting www.papermilltheatre.org, or at the door.

Jean's Playhouse operates the professional Papermill Theatre Company, the community group the Playhouse Players, summer touring Children's Theatre, and the educational teen theatre program, Jean's Teens. Jean's Playhouse is located at 10 Papermill Drive in Lincoln, adjacent to the Village Shops on Main Street off I-93's Exit 32.



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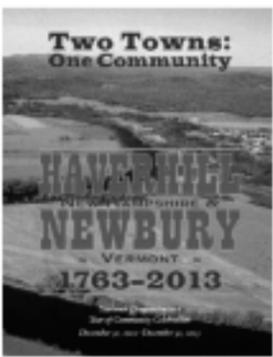
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Your math teacher was right! Algebra matters and New Hampshire employers are shouting for greater emphasis on preparing high school graduates for future workforce positions that range from mechanics and lab support to process technicians. According to projections from the Center for Education and Workforce at Georgetown University, 64% of jobs in New Hampshire (486,000 jobs) in 2018 will require some college or a post secondary credential. Simply stated, we must better prepare all students in science, technology, engineering, and math.

In 2010, the NH State Board of Education adopted the Common Core Standards in math and language arts. These standards delineate what children should know at each grade level and describe the skills that they must acquire to stay on course toward college or career readiness. Common Core is not a curriculum; it's up to school districts to choose curriculum materials and to provide instruction that lead toward success in meeting the standards. While we often hear that these standards were developed under President Obama's administration, the truth is that the academic standards were well underway before he took office in January 2009.

Common Core Standards have been adopted in 46 states. Some groups who strongly oppose the

standards say that this is a "federal take over of education" and question "privacy of student information." First, Common Core is a clear response to strengthening expectations for knowledge and skills students acquire, K-12. Second, Common Core Standards are adopted by the state, and local school boards can accept, reject or strengthen the standards. Lastly, New Hampshire has the strongest statutes in the country regarding protection of student data as stated in RSA 193-E:5.

Although several bills have been filed in NH to delay or upend the standards, I do not see legislative support to do so in either the House or Senate. The standards are supported by the: NH Business and Industry Association, US Chamber of Commerce, and the Business Roundtable. Companies such as Exxon Mobil, Intel Corporation, and State Farm Insurance recognize that we need to improve educational outcomes in every subject. The conservative think tank, Fordham Foundation, rated NH's old standards against the Common Core Standards; NH's old standards received a "C" in English/ Language Arts and a "D" in mathematics. Common Core Standards received a "B+" and "A-" respectively. To remain competitive and to meet future workforce needs, the Granite State needs to raise the standards bar.

New Bethlehem Fire Training Facility To Be Named "Raymond S. Burton North Country Fire And EMS Training Facility"

On May 29, 2012, Senate Bill 291 for the appropriation to establish a North Country Fire Training Facility was signed. The Department of Safety established a committee composed of fire chiefs and firefighters from throughout the North Country to determine the needs and location of a training facility. A site in Bethlehem, located within 60 miles of all of the targeted municipalities, was chosen based on location, cost of development, existing infrastructure and community acceptance. This 12.1 acre lot will be the home of a new four story burn building, as well as a classroom building consisting of a small conference/meeting room, a 35-40 student classroom and a field office. This is being renovated from an existing garage.

Ground was broken and site work began this past Monday. There has been past discussion regarding the naming of the new facility. There was overwhelming agreement and acceptance

of bestowing this honor on Executive Councilor Raymond Burton. Through an item put forward by Governor Maggie Hassan, followed by a unanimous vote by his fellow Council members on Wednesday, the new facility will be named, "Raymond S. Burton North Country Fire and EMS Training Facility."

"For decades, Ray Burton has provided unmatched dedication and public service to the people of the North Country and all of New Hampshire," Governor Hassan said. "Councilor Burton has steadfastly stood watch on behalf of the North Country and its people, and it is fitting to name this new facility in Ray Burton's honor as it seeks to train future generations of public servants to watch over and protect our communities."

"This facility will meet the needs of many fire and EMS agencies in the North Country. Through certification classes held there, these folks can receive the knowl-

edge and skills necessary to allow them to respond to the emergency needs of their communities safely and efficiently. I also envision the site being used for community CPR and first aid classes as well as a meeting area for regional emergency management planning," said Deborah Pendergast, Director of NH Division of Fire Standards & Training and EMS. "We are so pleased to name our facility after Councilor Burton who is such a strong advocate for not only the needs of the citizens in his district, but of the needs of the emergency responders."

The burn building is scheduled to be complete by the end of January. Plans for the classroom building renovation are well underway with some demolition having been completed to date. That portion of the project should wrap up some time this spring at which time there will be a formal ribbon cutting and dedication ceremony.

Governor Hassan Calls Special Election To Fill Executive Council District 1 Seat Primary To Be Held On January 21, General Election March 11

CONCORD, NH – Governor Maggie Hassan recently called a special election to fill the Executive Council Dis-

trict 1 seat left vacant by the passing of Councilor Ray Burton. The primary election will be held on January 21

with a general election to follow, if necessary, on March 11, town meeting day.

The filing period for the election will be November 25, 26, and 27, as well as December 2.

"All of New Hampshire continues to mourn the passing of Ray Burton, one of the most dedicated and caring public servants that the North Country and our entire state have ever known," Governor Hassan said. "Though no one can truly replace Councilor Burton, and the pain of his loss remains fresh, Ray would want the people's work to move forward as quickly as possible."

If only one candidate from each party files for the election, the general election will be held on January 21 instead of March 11.

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Medicaid Expansion Rewards Work, Helps Hospitals

By Senator Jeff Woodburn

I ran for the Senate to be practical, independent and focus on issues that improve life for rural people and stabilize our fragile communities. This focus made supporting the expansion of Medicaid an obvious and important priority. Poverty runs through the North Country like a river -- and it erodes hope, good health and systems that provide both. We have more uninsured, low income workers and fragile hospitals burdened by providing care to people who can't pay their bills. This cost drives up prices and threatens our small hospitals very existence. This is our unfortunate reality and as our region's Senator I feel compelled to be practical, not ideological.

For months, the Senate has studied this issue to try to find the best possible way to use federal money to insure those making less than \$16,000. In the North Country, where people work twice as hard for half as much of the rest of the state, there are a lot of people who would qualify for this benefit. Expanding Medicaid's often overlooked attribute is that it rewards work by putting work on par with welfare. Presently, if you leave welfare and get a job you lose your health insurance. The

entire system seems rigged against work, but fortunately in the North Country we value work -- even when it makes little economic sense. Instead of ridiculing low wage workers we should celebrate them. In the short term, they may see few tangible benefits when their pittance of pay is erased by child care, travel expense (many drive a long way to work) and heating and food costs that are always higher than our southern friends. In the long term the low wage earner, like the entrepreneur, sees a brighter future through hard work, skill development and an expanded network.

The Senate Republicans refused to compromise and as a result 50,000 low wage

workers will go without health insurance. But that's not all, it was a sad day for those who want balanced, reasonable and centrist government. As the Senate's most independent member, I had hoped to have a little Republican competition this session. My vote is always in play, my mind open to work with everyone regardless of party to do what's right and best for my people and my state. I hope we can find a way to expand Medicaid and break the ideological log jam that prevents us from doing the people's work.

(Jeff Woodburn, of Dalton, represents the North Country in the State Senate. He can be reached at atjeff@jeffwoodburn.com)

North Country Senator Jeff Woodburn Will Not Run For Executive Council

"Despite the encouragement of many people, I've decided not to run for Executive Council. I think I can best serve the North Country by staying in the Senate and focusing on issues of importance to our region. The raw size of this district,

now encompassing two-thirds of the state, would require me to spend too much time away from home -- a place that I love, want to be and needs government to work especially after the loss of our strongest advocate, Councilor Burton."

Grafton County Commissioner Position To Be Filled

A second seat in government that needs to be filled due to the recent death of Raymond Burton is the third seat on the Grafton County Board of Commissioners.

The Commissioners are charged with the running of the county government with the assistance of other elected officials and some hired department heads at the Grafton County Complex in North Haverhill. The Commissioners are governed by the Grafton County Delegation, which is made up of the elected NH State Representatives from the towns within Grafton County.

The delegation was scheduled to meet on Monday, November 25. At that

time, according to one member of that delegation, plans will probably be set forth to choose a successor to Mr. Burton. There is a livelihood that the remaining Commissioners will put out notifications that anyone interested in the seat may apply. Upon receiving such applications interviews will be held and the Executive Committee of the delegation would then make a recommendation to the full delegation. At that time a new Grafton County Commissioner would be named. Again according to this one delegate the time frame would hopefully be to have a new commissioner named by early 2014.



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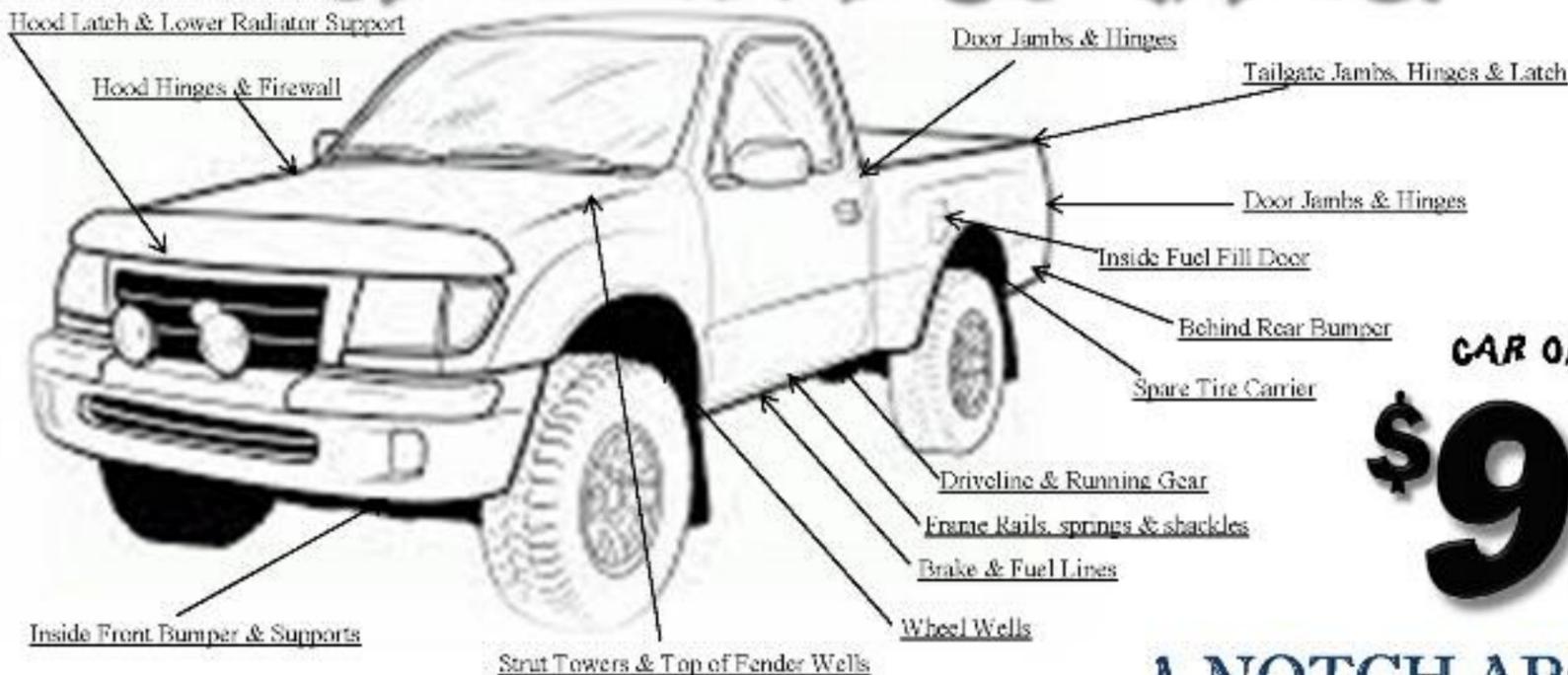


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Calendar of Events

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 27

**COTTAGE HOSPITAL
AUXILIARY BAKE SALE**
9:00 AM – 11:00 AM
Cottage Hospital, Woodsville

SUNDAY, DECEMBER 1

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

1ST SUNDAY OF ADVENT

10:00 AM
Wells River Congregational Church
See ad on page 7

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

WEDNESDAY, DECEMBER 4

**WOODSVILLE/WELLS RIVER 4TH OF JULY
COMMITTEE MEETING**
7:00 PM
Woodsville Emergency Services Building

FRIDAY & SATURDAY

**DECEMBER 6 & 7
BETHLEHEM, YOU'VE NOT BEEN
FORGOTTEN - LIVE NATIVITY**
7:00 PM
Christ Covenant Church, Marshfield

SATURDAY, DECEMBER 7

CHRISTMAS BAZAAR & LUNCH
9:00 AM – 2:00 PM
Haverhill Congregational Church

PIERMONT PTO HOLIDAY CRAFT FAIR

10:00 AM
Piermont Village School

CHRISTMAS FAIR

12:00 Noon – 6:00 PM
St. Joseph Church, Pine St., Woodsville

SUNDAY, DECEMBER 8

BREAKFAST
8:00 AM – 10:00 AM
American Legion Post 83, Lincoln, NH

BENEFIT TEXAS HOLD 'EM POKER TOURNAMENT

11 AM Satellites 1 PM Tournament
Post 58 American Legion, St. Johnsbury

PIKE MANUFACTURING - WHETSTONES SOLD WORLDWIDE

2:00 PM
Pike Hall
See ad on page 7

MONDAY, DECEMBER 9

**ROSS-WOOD AUXILIARY UNIT 20
MONTHLY MEETING**
6:00 PM
American Legion Home, Woodsville

DIABETES SUPPORT GROUP

6:00 PM – 7:30 PM
Rehab Waiting Room, Cottage Hospital

WEDNESDAY, DECEMBER 11

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

THURSDAY, DECEMBER 12

BATH LIBRARY BOOK CLUB
6:00 PM
Bath Library

FREE COMMUNITY MEAL

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

FRIDAY, DECEMBER 13

19TH ANNUAL BUSINESS CELEBRATION
11:30 AM – 1:30 PM
Black Bear Tavern & Grille, St. Johnsbury
See article on page 8

AMERICAN LEGION RIDERS MONTHLY MEETING

6:00 PM
American Legion Home, Woodsville

PINE HILL SINGERS "IN THE SPIRIT"

7:00 PM
Alumni Hall, Haverhill
See article on page 10

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, DECEMBER 14

HOLIDAY ON THE COMMON
10:30 AM – 9:00 PM
Newbury Common
See article on page 3 and ad on page 20

MUSIC JAM

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

SUNDAY, DECEMBER 15

PINE HILL SINGERS "IN THE SPIRIT"
3:00 PM
Sugarhill Meeting House
See article on page 10

MONDAY, DECEMBER 16

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

TUESDAY, DECEMBER 17

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

THURSDAY, DECEMBER 19

VFW POST #5245 MONTHLY MEETING
7:00 PM
VFW Hall, 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, December 5th for our December 10th issue.

Bath Veterans Day

(Bath, NH) It was a brisk morning on Friday, November 8, 2013, at the appropriate hour of 11.00 am, when the children of the Bath Village School celebrated the veteran's of their town. There was a brief ceremony on the village green where patriotic words were spoken, tiny flags placed at the soldiers memorial in remembrance and small handshakes of gratitude for their service offered to each veteran present.

Everyone then trudged up the hill to the school for a delicious warming lunch and more activities. Songs were sung, poems spoken, gifts to each veteran and new this year, a power point show produced by the children about all the services.

In addition this year a Certificate of Appreciation was presented to the school by the current State Commander, Department of NH, Maurice Anderson and a Bath resident, acknowledging their service to veteran's and their community.



Many flags were placed around the monument on the Bath Common by students and faculty.



Ross-Wood Post #20 American Legion members thanked residents at the Grafton County Nursing Home on Veterans Day.

Orange East Senior Center

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

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

When Oxbow High School closes due to bad weather OESC also closes. School closings are announced in the morning on WCAX-TV Channel 3. All other times, be sure to listen for an announcement on radio WYKR 101.3 on your dial.

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 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!



On October 12th, the ninth annual "Make-an-Offer" benefit yard sale was held in the Warren Town Hall. The proceeds from this event benefits local charities. This year \$1,042 is being donated to the Warren-Wentworth Food Pantry. Since government support is being pared back and since the need is increasing, the community has responded with overwhelming support for their neighbors in need. THANKS to all who participated. The food pantry is open Fridays from 1-3 pm. Your friends, Donna, Nancy, Maggie, Sue & Kathy.

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SUNDAY DECEMBER 1 – FIRST SUNDAY OF ADVENT

Combined worship service at Wells River at 10:00.

Rev. Arthur Cheney will preach.

SUNDAYS DECEMBER 8, 15 AND 22

Each church will meet in their own Sanctuary.

Wells River at 9:00 a.m. Newbury at 10:30 a.m.

TUESDAY DECEMBER 24

Christmas Eve Worship Service at Newbury at 7:00 p.m.

SUNDAY DECEMBER 29

No morning worship service

Candlelight worship service at 7:00 p.m. in the Newbury Church

Celebrating the end of a wonderful

250th Celebration for Haverhill/Newbury

FOR THE MONTH OF JANUARY

Wells River will join Newbury at 10:00 a.m. for worship

FOR THE MONTH OF FEBRUARY

Newbury will join Wells River at 10:00 a.m. for worship

A YEAR OF CELEBRATIONS A YEAR OF MEMORIES

Pike Manufacturing- Whetstones Sold Worldwide

Sunday, December 8

2:00PM

Pike Hall, Pike NH



Local resident and Pike native Wayne Fortier will speak on the history of the Pike Manufacturing Company. In the 19th century Pike Manufacturing made and shipped whetstones all over the world. Hear some interesting facts and see sample whetstones from Pike that are now in private collections. This event is free. The Haverhill Historical Society is dedicating this program to the memory of John Page, formerly of Haverhill Corner. Mr. Page's previous research will be the basis for this informative talk.

Haverhill/Newbury 250th anniversary souvenirs will be available for sale.

WWW.CELEBRATE250.ORG



WWW.FACEBOOK.COM:
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Nineteenth Annual Business Celebration On December 13 Features Some Exciting Changes

There are a number of exciting changes afoot for the Nineteenth Annual Business Celebration to be held Friday, Dec. 13, from 11:30 a.m. to 1:30 p.m., at the Black Bear Tavern & Grille, Hastings Hill, St. Johnsbury.

The most noticeable change will be that the event will have fewer speakers, allowing time for guests in attendance to stand up and make short and extemporaneous updates on accomplishments at their businesses in the past year. The event will also celebrate special company anniversaries, achievements and employee accomplishments during a special section of the event.

"This event has been held for almost 20 years, and while it has always been a

popular and well attended event, we thought the celebration needed a reboot, to be re-energized," said Northeast Kingdom Chamber Executive Director Darcie McCann, whose organization established the event in 1995. "We don't ever want this event to become stale."

The event recognizes businesses of all sizes and types, which has always been its strength, said McCann. The committee has made a point to look into other elements of what makes this region a special place to run a business, including employees who have gone above and beyond to assist their companies and businesses who have assisted other economic development efforts in the area beyond their own.

"There have always been good stories to share about how wonderful businesses are in the Northeast Kingdom. We just want to expand our horizons on what these stories may entail at this event, that it is not just about an accomplishment but work done above and beyond what was expected, something or someone that may have exceeded everyone's expectations," said McCann. Companies are invited to share their achievements prior to the event by contacting McCann at director@nekchamber.com, so

their news can be included in the program.

Community members and individuals are encouraged to attend this festivity, as it is an opportunity to acknowledge many local businesses and celebrate the Northeast Kingdom as a place to do business. The event runs from 11:30 a.m. to 1:30 p.m. The cost of the lunch is \$14. Businesses and organizations are encouraged to reserve one or more tables of eight for their employees and guests.

The event has received major sponsorship from St.

Johnsbury Academy and the Northeast Kingdom Chamber with corporate sponsorship from Community National Bank, Passumpsic Savings Bank, Union Bank, the Burke Area Chamber and the Lyndon Area Chamber.

For reservations or more details on the celebration, contact the Northeast Kingdom Chamber at 2000 Memorial Drive-Ste. 11, St. Johnsbury, VT 05819; call (802) 748-3678 or 1-800-639-6379; fax (802) 748-0731; or e-mail atnekinfo@nekchamber.com

The Glasses

By Elinor P. Mawson

We took the bus from Fort Kent, Maine to Portsmouth NH that late summer day. Problems with our car had necessitated using public transportation; a 13-1/2 hour trip one way was the result, and we weren't terribly happy about it.

When we reached Madawaska, two small boys boarded.

Their mother waved to them as we resumed the ride. We figured that the boys were going to spend time with their father before school started. They sat across from us, and seemed quite accustomed to bus transportation. One of the boys wore glasses, they were about 8 and 10 years old, and were soon reading their comic books.

We traveled Route 1 down to Presque Isle, Caribou and on to East Millinocket. Somewhere along the way, a man got on and sat right in front of us. He paid no attention to anyone or any thing, and we figured he went to sleep as soon as he sat down.

Midway to Bangor, the boys grew restless, and the one with glasses took them off and subsequently

dropped them on the aisle floor.

Quick as a wink, the man in front of us lunged after the glasses and appeared to put them in his pocket.

The boys stared at the man, one of them asked for his glasses and received no reply. We wondered what it was all about, and sat and waited for the man to hand them over.

When nothing happened, my husband went to the bus driver and told him the story. The driver replied that he would speak to the man, and we trundled on toward Bangor.

Bangor was the halfway point in our journey; we had an hour layover in order to eat our lunch, use the restroom and stretch our legs before the long trip to Portsmouth.

Two things happened when we reached the Bangor bus station. The man was approached by the bus driver, said he didn't know what glasses he was talking about, and disappeared into the men's room. We approached the two boys and asked them to sit and eat lunch with us, and not to leave our sight until we got back on the bus. We asked

them what they knew about the glasses and they were just as mystified as we were as to why the man had taken them.

The four of us sat and ate our lunch, and after the boys visited the rest room (with my husband right outside), we took a walk around the block; then it was time to board the bus once more

We never saw the man with the glasses again.

When we got to Portsmouth, it was 11 PM. We waited with the boys until their father appeared, and they ran to him with the news about the glasses. My husband and I were right behind them, telling the father what we knew, hoping to give credibility to their story

"You just lost a pair of glasses two weeks ago!" shouted the father. "I am sick and tired of shelling out my money so you can be irresponsible!" And, grabbing the boys by their upper arms, he pulled them toward his vehicle.

So he never knew the whole story, or what might have happened to his two boys.

I am glad we were there.

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Arts Alliance Director Receives Governor's Arts Award

LITTLETON — Frumie Selchen, Executive Director of the Arts Alliance of Northern New Hampshire, was presented with the Distinguished Arts Leadership Award on November 6 during the Governor's Arts Awards at the New Hampshire Institute for Art in Manchester. The Governor's Arts Awards recognize outstanding contributions made by individuals, organizations and communities to cultural life in New Hampshire.

"Frumie is tireless in her mission to bring the arts to the North Country, and to link these efforts to the broader goal of improving life for all those who live in — or visit — the region," said Trish Lindberg, PhD, Plymouth State University, Coordinator, Integrated Arts Program,

in her nomination. "She believes passionately in what she does and works very hard to achieve both organizational and regional goals that advance the understanding of the importance of the arts in our lives."

In her support letter, ecologist Cynthia Robinson noted that Selchen is "a master with an uncanny ability to make connections between people, ideas, and locations, creating communities and partnerships wherever she goes. She is the ultimate champion for the importance of the arts in communities, constantly seeing the possibilities for interweaving, enriching, and leveraging ideas."

The Arts Alliance began as a marketing and information-sharing network for pro-

fessionally run arts organizations in 1987 and, in the mid-90's opened its membership to the broader community. Under Selchen's leadership, the Arts Alliance added programming, with an emphasis on learning through the arts. It now coordinates more than 150 events each year, works with schools, communities and organizations in every part of the North Country, and has raised more than \$700,000 in grant money.

"Frumie's energy, enthusiasm, creativity, and inspired ideas have built and sustained the Arts Alliance, which has evolved into an important supportive network for arts and culture, and the go-to partner for many agencies in the North Country and state-wide," said Lindberg.

"It's wonderful to have



Arts Alliance of Northern New Hampshire Executive Director Frumie Selchen, right, accepted the Distinguished Arts Leadership Award from Governor Maggie Hassan. (Courtesy photo)

this acknowledgment of the work of the Arts Alliance and affirmation of our efforts to collaborate with the growing

cultural community to integrate the arts into every aspect of life in our region," said Selchen.

NCHC Annual Meeting

Friday, November 8th, representatives of local health and human services organizations joined together at the Annual Meeting of the North Country Health Consortium at the Mountain View Grand Resort in Whitefield.

The Consortium was created in 1997 as a vehicle to address common issues through collaboration among health and human service providers serving Northern New Hampshire.

In opening remarks, NCHC Executive Director, Nancy Frank, emphasized the theme of "Collaborative Impact" — a new way of thinking about how to address difficult societal problems. The approach relies upon the development of broad partnerships involving multiple stakeholders who bring their collective resources together to solve big problems.

NCHC Board President, Roxie Severance, highlighted the organization's accomplishments during the past year, and thanked the staff and members of the organization's Board of Directors for their service.

Guest speakers for the event included Commissioner Nick Toumpas of the New Hampshire Department of Health and Human Services, Commissioner Roger Sevigny of the New Hampshire Department of Insurance and Alisa Druzba of the Office of Rural Health and Primary Care.

Commissioner Sevigny



Elaine Belanger and Kathleen Kennedy of the North Country Health Consortium greet guests at the organization's annual meeting held last week.

briefed the group on the status of the Health Insurance Marketplace and other changes related to the Affordable Care Act. Commissioner Toumpas addressed a number of issues including the possibility of expanding the Medicaid program to serve more New Hampshire residents, and the initiation of care management in the state's Medicaid program.

The North Country Health Consortium is a unique rural health network dedicated to improving the well-being of Northern New

Hampshire residents through innovative collaboration. Members include community hospitals, health centers, faith-based groups, home health agencies, community mental health centers, emergency medical service professionals, social service providers and other groups.

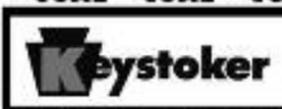
For more information about the North Country Health Consortium contact Nancy Frank at 603-259-3700, or visit the organization's website at <http://www.nchcnh.org>.



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November 26, 2013 Volume 5 Number 4

The Pine Hill Singers Get "In The Spirit" This Holiday Season!

Get "In The Spirit" of the coming holidays with music that celebrates the season, performed at two concerts on December 13th and 15th by the area's premier women's choral group, the Pine Hill Singers. Under the musical direction of Judy Abbott with Anita Bonnevie, accompanist, the program contains an em-

phasis on Christmas spirituals and jazz tunes--both traditional and modern, and they all will move you. You'll also hear uplifting holiday classics and melodies, along with the sassy and humorous. Highlights include a jazzy Christmas Time is Here from Charlie Brown's Christmas; Louis Armstrong's sassy 'Zat You,

Santa Claus?; traditional spirituals Mary Sat A-Rockin' and Rise Up Shepherd; some southern shape-note hymns; a modern and moving arrangement of The First Noel by exciting arranger Dan Forrest; Benjamin Britten's A New Year Carol and This Little Babe to celebrate his 100th birthday, and much more.

"In The Spirit" will be presented on Friday, December 13th at 7:00pm at the Alumni Hall in Haverhill, NH and on Sunday, December 15th at 3:00 pm at the Sugar Hill Meeting House in Sugar Hill, NH. Admission is by donation and for the shared benefit of the Pine Hill Singers, Alumni Hall, and the Pine Hill Singers Annual Music Award for a



graduating high school senior pursuing musical interests.

Each venue offers a timeless concert experience. The beautifully restored Alumni Hall, located at 75 Court Street, was once the Grafton County Courthouse. It is now in its 7th year as a regional cultural center. The Sugar Hill Meeting House, located on Main Street in Sugar Hill, was built in 1830 and is a treasured center for concerts and town gatherings.

For more than 16 years, the Pine Hill Singers have

brought outstanding performances to the local area. Their concerts include a large repertoire from classical to jazz, Broadway to patriotic, and serious to silly. The close knit choral singers from NH and VT meet weekly, and from this weekly sharing of music, they know the personal healing as well as the community outreach in the joy of music. Just after 9/11 the singers began to insert a quote on all their programs attributed to Leonard Bernstein – "This will be our reply to violence: to make music more intensely, more beautifully, more devotedly than ever before." Thus the Pine Hill Singers have established a fund for future musicians. They will be selecting their sixth award recipient in June 2014.

Always "In The Spirit", the Pine Hill Singers kick off the holidays with glorious music and great cheer.

November 26, 2013 Volume 5 Number 4

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Frank Tilghman and Jennifer Fischer of Wells River Savings Bank, with Jean Brown, Executive Director of Friends of Norris Cotton Cancer Center.

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Frank Tilghman and Jennifer Fischer of Wells River Savings Bank - pictured with Jean Brown, Executive Director of Friends of Norris Cotton Cancer Center. In addition to hosting the Stop-And-Go site on the Newbury, Vermont Common for several years, Wells River Savings Bank is also a corporate sponsor for The Prouty Century Ride. The mission of The Prouty Century Ride is to support the work of The Norris Cotton Cancer Center by raising funds for cancer research and patient services, acting as ambassador between the Cancer Center and the communities it serves. For more information, or to donate log

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

November 26, 2013 Volume 5 Number 4



East Ryegate, VT – Harvey Fay Hatch, 68, of Davenella

Drive, died unexpectedly on Wednesday, November 20, 2013 at his home.

He was born in Haverhill, NH, January 23, 1945, the son of Gerald Stanley "Fred" and Madlyn Ashford (Henderson) Hatch. He married Rose Dutton on June 22, 1969. Harvey worked for many years as a forklift operator at Vermont Log Cabin in Hartland, VT. He loved hunting and being outdoors, going to yard sales and

adding to his numerous collections, and attending local fairs. Harvey had a love for country music and anything related to music. For many years Harvey and Rose lived in Hartland, VT before moving to East Ryegate. He was a former member of the Hartford Elk's Club.

He was predeceased by siblings.

Survivors include his wife of 44 years, Rose Hatch of East Ryegate, VT; three chil-

dren, Robert Farnham, Jr. and wife Pam of Burlington, VT, Laurie Adams and husband Dana of Windsor, VT, and Bruce Farnham and wife Debbie of East Lempster, NH; eight grandchildren; five great grandchildren; a sister; three brothers; and several aunts, nieces, nephews, and cousins.

In keeping with Harvey's wishes, there will be no public calling hours or services.

A private graveside service will be held at the con-

venience of the family in the spring at the Boltonville Cemetery.

In lieu of flowers, memorial contributions may be made to the American Heart Association, Founders Affiliate, PO Box 417005, Boston, MA 02241-7005.

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

For more information or to offer an online condolence please go to www.rickerfh.com

OBITUARY

RAYMOND S. BURTON



Bath, NH - New Hampshire Executive Councilor and Grafton County Commissioner Raymond S. Burton, 74, of River Road, died peacefully at his home, the Burton Family Farm, on Tuesday, November 12, 2013.

Raymond was born in Burlington, VT, on August 13, 1939, to Stephen J. and Natalie (Hill) Burton. He attended the Bath Village School, then graduated from Woodsville High School, Class of 1958. Following his high school graduation, he earned his Bachelor Degree in Education from Plymouth State College in 1962. As an educator, he taught for a short time in Andover and as a teaching principal at the Warren Village School and Springfield College.

In his public life, Raymond will forever be known for his lifelong dedication to the people of New Hampshire, particularly the residents of the North Country, whom he has continuously served as Executive Councilor for District 1 since 1981. He often stated that, "We cannot let anybody in Concord forget that there's life north of Concord. We have to tell them to start looking out their north windows." Throughout his fifty plus

years of service, he has received multiple forms of recognition. He was proud of being a sponsor for the YMCA Youth in Government Program, involving high school students in the process of government. He initiated the student intern program for high school and college students to obtain experience in government. In 2010, he was a recipient of the Granite State Award and the Blair Award in 2013 from his alma mater, Plymouth State, for his exceptional contributions to the State. He also was presented with the White Mountains Treasure Award by the Mt. Washington Chamber of Commerce for his dedication to the North Country.

Councilor Burton attended functions throughout his District and belonged to multiple committees and organizations, including the Grafton Kane Masonic Lodge # 46 of North Haverhill, NH; Chairman of the Bath Town Republican Committee, Clerk of the Grafton County Board of Commissioners, member of the Governor's Highway Advisory Council, member of the Grafton County Conservation District, member of the NH Farm Bureau, member of the Pine Grove Grange (7th Degree), and a member of the United Church of Christ in Bath. In recent years and weeks there had been dedications of the Raymond S. Burton Bridge on Route 135 in Woodsville, the Ray Burton Park at the Grafton County Complex, the Raymond S. Burton Commons in North Woodstock, and two weeks ago, the Raymond S. Burton Overlook in Bretton Woods, to name but a few.

Raymond never put himself first. It could be said that his credo was, "I am third." Growing up in Bath, the Church was a very important part of family life. Even with his busy schedule, he would

be found playing the organ for the Sunday service. The North Country and New Hampshire were then second in his life. He was always available to his constituents and assisted them in every way possible. He put himself third. Service to others was his life...."Burton for Certain."

Raymond was predeceased by his father, Stephen Burton on January 12, 1964 and by his mother, Natalie Burton Grimes on February 28, 2013, and his step father, Gerald Grimes on February 2, 1991.

He is survived by two sisters, Mary Grimes and husband Ken of Columbia, NH and Joan Day and husband Dan of Concord, NH; a brother, Stephen Burton and wife Martha of Hanover, NH; a niece, Donna Frye and her daughter, Breanna of Wichita Falls, TX; a nephew, Jay Grimes and wife Judy and their sons, Jacob and Jace of Columbia, NH; a step sister, Helen M. Smith of Haverhill, NH; an aunt, Evelyn Prescott of Sanborn-ton, NH; along with several cousins.

There will be no calling hours. A private service for family and members of the Bath Community was held at the Bath Congregational Church.

The public is welcome to attend a service of celebration and remembrance of Ray's life that will be held on December 14 at 1 PM at Plymouth State University, Student Union Building, High Street, Plymouth, NH.

In lieu of flowers, memorial contributions may be made to the Raymond S. Burton Scholarship Fund, PO Box 17, Bath, NH 03740.

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

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

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Letter To The Editor

Dear Editor:

I meet new people interested in the peace movement, and I see surprise on their faces when I tell them that our Plymouth Common peace vigil has run Saturdays for an hour since February of 1998. We miss occasionally for family reasons, but pretty much we maintain it. We leaflet with a peace / justice issue topic, timely, handing out between 25-30 of these. We raise up a peace banner between light-post and tree. We've done this in the work for no-war through administrations of Clinton, Bush, and now Obama.

Similarly NH Peace Action has passed our 30-year mark, last year. We have now seen the U.S.'s longest war, and we lament the loss of life, the maimed lives, the excessive monetary cost. We think the U.S. can do better. As President Eisenhower said,

"Every gun that is made, every warship launched, every rocket fired signifies in the final sense, a theft from those who hunger and are not fed, those who are cold and are not clothed. This world in arms is not spending money alone. It is spending the

sweat of its laborers, the genius of its scientists, the hopes of its children. This is not a way of life at all in any true sense. Under the clouds of war, it is humanity hanging on a cross of iron."

I invite others beyond our NH Peace Action mailing list to donate to our statewide effort to shape a peaceful and sustainable world. Our website is nh-peaceaction.org, or call 228-0559. At year's end we look forward to being useful in 2014, to organizing, to providing speakers and speak-out opportunities. Our projects are both long-term and fledgling. We hire a full-time director and keep a Concord office. My daughters are now 43 and 40, so most of their lives their Mom has been working for peace, and not alone in that. As Chair of NH Peace Action Education Fund at this time, I thank all who do support us and ask others to prioritize peace and justice by connecting with us. Peace in 2014.

Sincerely,
Lynn Rudmin Chong
Sanbornton, NH

Lynn,

I must echo you call for peace. Though I am a proud veteran I still believe that war is not the answer. It most often only delays certain results. And in the process takes lives, limbs, and souls. So I applaud your work. And I urge others to find out more about your movement and do what they can to help bring peace in 2014.

Gary Scruton, Editor

Letter To The Editor

To The Editor,

It's all over for the extremists.

Voters have finally had it with the partisan bickering. Republicans are beginning to see the handwriting on the wall. During this Holiday season there aren't enough nut crackers in existence to crack all the nuts in their Party. Talk is beginning to emerge for 'non-partisan' primaries which would be a step in the right direction and draw both parties toward the middle where compromise is possible. Extremists need only to look in the mirror for the cause of our problems. Politicians are too busy pandering to their nutty extremist views rather than concentrate on the public good.

The advantages of 'non-partisan' elections are many. To name a few:

1. Helps eliminate 'extreme' candidates from the process.
2. Independents and 3rd party candidates have a better chance of beating traditional candidates.
3. Candidates are more free to state their true beliefs rather than pandering to

the nuts in their own party.

4. Reduces the gamesmanship that goes on in party politics.

5. Eliminates blind straight ticket voting where uninformed voters simply bow to their party ideals regardless of the merits of the individual candidates.

6. More than anything, this is an alternative to the present system, which is broken.

Several States have already adopted this method, among them California where Arnold Schwarzenegger was chosen on 48.6% of the ballots and won by 1.3 million votes. Think about it. Politicians beholding to their constituencies rather than the party that got them elected. What a novel idea. Perhaps then we will not see horrid legislation that cuts food stamps for veterans and other homeless people. Just for that I'm adding another oxymoron to my lexicon—"Compassionate Republican".

George Maloof
Plymouth, NH

George,

While I may not agree with all of your ideas the idea of a non-partisan election does make some sense. Even here in New Hampshire we use such a ballot when we elect local Select Board and School Board members. There is no announced or indicated party flag for any of those candidates.

Whether or not that simple change would correct all that is wrong with our political system could certainly still be debated. However, I must also agree that the system does not work as well as it should. So making changes would definitely make sense, and this seems like a first step that has already been taken in some states and could be expanded further.

Gary Scruton, Editor

Submitted By Nutrition Connection's Grafton County Program Associate, Lisa Ford

It's the time of year when there is more emphasis placed on food. The holidays are here.

For some it is not Thanksgiving without green bean and mushroom casserole topped with dried, fried onion rings. For others, a must at the table is yams topped with marshmallows.

Anytime of the year, there are a variety of foods to like to eat. They change like the seasons. The time just before Thanksgiving until just after the New Year brings a variety of occasions when foods are sweeter; pies, cakes and cookies are in greater abundance and we seem to let our guard down about how much we are eating. Nor do we think about the salt or fat used in preparing many holiday dishes.

With all the tasty treats available, it is important to be mindful of how much food and what types of food we are consuming. Holiday weight gain doesn't need to be part of anyone's plans. We can enjoy the season and enjoy what is being served.

If you are the preparer of the food, many recipes can be made using less sugar,

salt and fat. Have an old favorite no one wants to change? It's ok to keep it. Regardless of what you are eating, it is about being aware of how much and what you are consuming.

Speaking with a woman who recently graduated from a class I taught, she was sharing with me how she is putting into practice what she learned about portion control. She is working on making healthy food choices and using portion control to lose weight. After attending a holiday gathering, she was so happy to share with me, "I used portion control and filled half my plate with fruits and vegetables. I had dessert, but only one piece. When the meal was over, I was satisfied, but not stuffed. It was hard; I made the best choices I could. I ate a lot of vegetables."

When being served turkey, when it seemed to her that a portion had been put on her plate, she asked the man to not give her any more. "He wanted to put more on my plate, but I told him I'm watching what I eat!" "He said, 'it's the holidays, its ok'."

"I held my ground and

didn't allow him to give me more!"

My acquaintance shared with me that her family Thanksgiving meal was coming up and one dish that was always served is sweet potatoes topped with marshmallows. She told me, "No more marshmallow." "I'm going to ask if it is okay to bring sweet potato fries like we made in class."

For someone who is learning about making healthy choices and using portion control to lose weight, I applaud her for the decisions she made. She held her ground.

For me, I think I'll take the easy route for my sweet potato and have it baked.

BAKED SWEET POTATOES

Preheat oven to 350°

Wash potatoes under cool running water by scrubbing them with a soft brush.

Pierce the potato a few times with a fork

Place on an oven proof dish and place in the oven.

Cook for about 50 minutes. Depending on the size of the potato more time may be needed.

Potatoes should feel soft

reached is that when dealing with hopefully, "adults", I shouldn't have to worry about their sensitivities on any subject as long as the opinion is fair. If that other person has a willing and strong opinion to express, I'm sure they will express it without regard to any of my sensitivities and they should if they are equally fair-minded. That philosophy come from the adage about "leading, following, or getting out of the way" or something about "heat" and "the kitchen," whatever works for you.

Of course any rational person should realize the need for "biting one's tongue" on occasion, sometimes just as a matter of common sense or courtesy. But sometimes it's just because you are engaged in a "battle of wits" with some one who is clearly unarmed and so some mercy is required at times. There is an old quote or saying which I admit I need to paraphrase and can't attribute to anyone specific at the moment. It goes something like this: "If you know what you are talking about you are entitled to an opinion, if you don't, you are only entitled to a vote..."

Now, does that seem so difficult to most people???

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

* "Difficult People"

By Charlie Green

Defining "difficult people" is a little like defining pornography was for the Supreme Court. I forget the justice's name at the moment, but to paraphrase him, "I don't know if I can define pornography (insert "difficult people"), but I'll know them when I see them..." Actually hearing them at a distance not great enough works too.

For me, some "difficult people" have become in part, people who have an over-developed sense of entitlement. They believe that because of some special name or social position or even accumulated net worth; the rules of normal and civil society simply don't apply to them or theirs.

A different but larger group of "difficult people" that purely rankle most of the rest of us are those who lack any sense of responsibility. The idea of responsibility just

doesn't seem relevant to their lives. These misinformed people believe that there are always some circumstances of their life or condition which make others and never them, responsible for their actions. That thought applies across the board in their game of "Life". Whether they come from racial or economic disadvantaged beginnings therefore persecuted in some way, or believe it or not, from the overtly privileged and advantaged class who feel they are being singled out for punishment because of their name or other advantages. In either case these "difficult people" are simply not responsible for anything, at no time... period. Anyone of us simply needs to ask one of these down trodden to explain and listen to the logic of their answer.

Another conclusion I've

when they are cooked. Sweet potatoes don't need any additional toppings and the skins are delicious!

Loaded with Vitamin A and C, sweet potatoes are a good choice anytime.

Want to spend time with friends and family and keep the conversation or fun going? Like a recipe can be changed, we can also change our after dinner plans. Maybe even make a

new tradition. It could be taking a walk together or going outside to have a fun game of football.

May your holiday season and coming year be filled with health and happiness. The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer. University of New Hampshire, U.S. Department of Agriculture and N.H. counties cooperating.

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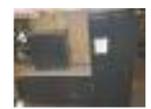
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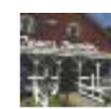
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Despite Setbacks, New Hampshire Food Labeling Advocates Undeterred

(November 16, 2013 – CONCORD, NH) New Hampshire advocates of genetically engineered food labeling say they're redoubling efforts after the defeat of Washington State's labeling measure, confirmed on Thursday. This follows on the heels of last week's disappointing vote from the Environment and Agriculture Committee regarding NH's labeling bill, HB660.

Maine and Connecticut passed labeling laws earlier this year, but they don't take effect until nearby states pass similar laws. The Washington measure would have been the first in the nation to pass without these conditions.

Sixty-four other nations require labeling of genetically modified foods and some ban the sale or importation of these foods.

Genetically engineered foods are altered using DNA from other species, creating living organisms that could not occur in nature.

It's estimated that up to 80 percent of processed food found in a typical super-

market contains genetically engineered ingredients, primarily corn, soy, canola, sugar beets, and cottonseed oil. No long-term health studies have been done to prove their safety.

"In Washington, we saw enormous public support eroded by industry dollars," says Bonnie Wright of New Hampshire Right To Know GMO.

Early polls in Washington predicted I-522 would pass with a 64 percent majority. Final results show it was defeated by fewer than 50,000 votes, or approximately a 2% difference.

The measure under consideration in New Hampshire was endorsed by a subcommittee of the House Environment and Agriculture Committee. However, after a heated debate, the full committee narrowly voted against recommending the amended bill, HB660, and its amendment, will still move to the full House in early 2014 for a debate and vote.

A recent poll found that nine out of ten New Hampshire residents support GMO

labeling.

"With the subcommittee's recommendation and the support of a vast majority of New Hampshire residents, the committee's failure to support this measure stunned all of us," Wright says.

Wright said it also heightened awareness and re-energized labeling advocates. "As a result, not only is New Hampshire's campaign gaining strength, but consumer awareness of the health and environmental hazards posed by GMOs is growing."

"In both Washington and New Hampshire, we've lost battles, but the war is far from over!"

NH RIGHT TO KNOW GMO is a statewide grassroots network of safe food advocates, working together to educate NH citizens, and our state legislators. Its goal is to reach a critical mass of awareness and support for HB660, a bill that will require the labeling of genetically engineered (GE) foods in New Hampshire. More information is at <http://NHRightToKnowGMO.org>.

Letter To The Editor

To the editor,

What's going on with all these hospitals and doctors refusing Medicaid, Medicare patients, especially when they are suppose to be a "non-profit" hospitals. And we give them govt help. AND why is Anthem the only Healthcare for ACA, in NH? WHICH can only be used in New Hampshire... So don't get sick anywhere else?

The ACA is only as good as the people who represent and inform us. If our representatives are only interested in bringing down the ACA, campaigning/running for office. Spending 80% of their energy on the Armed Service Committee, 10% campaigning, that leaves 5% to take care of their family, and that leaves the people who

got them elected 5% to do the job, And that was "getting jobs for their state.", NH. Not sending jobs to foreign countries. NO weapons of any kind either. And that means Republicans and Democrats. Don't pat yourself on the back, you are doing such a great job. We can't survive on tourism, gambling, one big drop in the stock market, housing bubble, and "poof" we're gone.

But if we have another WAR, money flows as rampart as our poor and middle-class "blood!"

Ever notice,... We always have money for WAR.

Nancy Leclerc
N. Woodstock, NH

Nancy,

I must agree about a Affordable Care Act, or for that matter any rules or regulations, they are only as good as the people who administer them. I do wish that both parties could come together to make the ACA better. Like so much legislation in the past, when first enacted, there are glitches. But you don't have to "throw out the baby with the bath water". Instead, why not work to tweak it to make it better for the people who most need this legislation. Those without health care. There are many of those people here in the North Country. It seems a waste of time to go all the way back to the beginning. Why not try to fix what is already in place?

As far as New Hampshire insurance companies are concerned, I am not sure what the issue is that we have so few. But again, there must be an avenue to travel that will improve the environment for such companies so that more with come to NH to do business. That will undoubtedly drive down the price of insurance, as well as the cost of health care in general.

Gary Scruton, Editor

Sharing Your "Bounty" Can Be Rewarding

Thanksgiving is almost here. If you have the financial resources to provide a comfortable life for your family, you have reason to be thankful. And if you can afford to share some of your "bounty" with charitable organizations, you may want to be as generous as possible — because your gifts may allow you to both give and receive.

By donating cash or other financial assets, such as stocks, to a qualified charity (either a religious group or a group that has received 501(c)(3) status from the IRS), you help benefit an organization whose work you believe in — and, at the same time, you can receive valuable tax benefits.

To illustrate: If you give \$100 to a qualified charity, and you're in the 25% tax bracket, you can deduct \$100, with a tax benefit of \$25, when you file your 2013 taxes. Therefore, the real "cost" of your donation is just \$75 (\$100 minus the \$25 tax savings).

Furthermore, if you donate certain types of non-cash assets, you may be able to receive additional tax benefits. Suppose you give

\$1,000 worth of stock to a charitable group. If you're in the 25% bracket, you'll be able to deduct \$250 when you file your taxes. And by donating the stock, you can avoid paying the capital gains taxes that would be due if you had eventually sold the stock yourself.

To claim a charitable deduction, you have to be able to itemize deductions on your taxes. Charitable gifting can get more complex if you choose to integrate your charitable giving with your estate plans to help you reduce your taxable estate. The estate tax is consistently debated in Congress, and the exemption level has fluctuated in recent years, so it's not easy to predict if you could eventually subject your heirs to these taxes. Nonetheless, you can still work with your tax and legal advisors now to take steps to reduce any possible estate tax burden in the years ahead.

One such step might involve establishing a charitable remainder trust. Under this arrangement, you'd place some assets, such as appreciated stocks or real es-

tate, in a trust, which could then use these assets to pay you a lifetime income stream. When you establish the trust, you may be able to receive a tax deduction based on the charitable group's "remainder interest" — the amount the charity is likely to ultimately receive. (This figure is determined by an IRS formula.) Upon your death, the trust would relinquish the remaining assets to the charitable organization you've named. Keep in mind, though, that this type of trust can be complex. To establish one, you'll need to work with your tax and legal advisors.

Of course, you can also choose to provide your loved ones with monetary gifts while you're still alive. You can give up to \$14,000 per year, per individual, to as many people as you choose without incurring the gift tax. For example, if you have three children, you could give them a cumulative \$42,000 in a single year — and so could your spouse.

Thanksgiving is a fine time to show your generosity. And, as we've seen, being generous can be rewarding — for your recipients and yourself.

Edward Jones, its employees and financial advisors are not estate planners and cannot provide tax or legal advice. You should consult your estate-planning attorney or qualified tax advisor regarding your situation.

Dear Marci...

Dear Marci,

I received a notice that says that my Medicare Advantage plan will not be available in 2014. I don't qualify for any assistance programs. What options do I have if my Medicare Advantage plan is ending at the end of the year?

Rick

Dear Rick,

If your Medicare Advantage plan is ending at the end of the year, you should have already received a few importance notices. Your Medicare Advantage plan should have sent you a notice in October, telling you that the plan will no longer be available in 2014. The Centers for Medicare & Medicaid Services (CMS) should also send you a notice in November, reminding you that your plan is ending and that you will need to choose different Medicare coverage in 2014.

If your plan is ending at the end of 2013, you need to decide whether you want to enroll into another Medicare Advantage plan or switch to

Original Medicare. Remember, you can get your benefits through Original Medicare, the traditional Medicare program administered directly by the federal government, or a Medicare Advantage plan, also known as a Medicare private health plan.

If your plan is ending in 2013 and you want to enroll into another Medicare Advantage plan, you can do so until February 28, 2014. However, it's best to sign up for a Medicare Advantage plan by December 31, 2013, so that you have coverage beginning January 1, 2014. If you wait until January or February to sign up for a new plan, your coverage will start the first of the month after you enroll. In the meantime, you'll have Original Medicare with no drug coverage until your Medicare Advantage plan coverage starts.

If your plan is ending in 2013 and you want to have Original Medicare in 2014, you will be automatically enrolled into Original Medicare

beginning January 1, 2014. You can also call 800-MEDICARE to make this change beforehand. In most cases, people with Original Medicare also need to sign up for a Medicare Part D plan to have prescription drug coverage. In this case, you can sign up for a Part D plan by February 28, 2014. However, it's best to sign up for a Part D plan before December 31, 2013 so that you can get drug coverage January 1 of the upcoming year.

It's important to know about the steps you can take when your Medicare Advantage plan ends in 2013. In most cases, you will not be able to make any changes to your Medicare coverage outside of the mentioned times, as well as outside of Medicare Fall Open Enrollment.

Keep in mind that you may have different options if your plan is ending in 2013 and you have Extra Help, the federal assistance program that helps people with Medicare afford their prescription drugs if they qualify.

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Escape the Holiday Bulge

Want to avoid holiday weight gain this year? Here are a few tips that will get you moving more, eating healthier, getting more rest, and creating more holiday harmony.

Go shopping rather than sit and shop online. You can rack up a lot of extra steps—and support our local businesses!

Cook. You burn more calories by cooking and cleaning your mess up afterward, than you do if you simply sit in a restaurant, allowing all the work to be done for you. Cooking for yourself also puts you in control of what goes into your food and how it's prepared.

Chop down your own tree. Hiking into a tree farm to find that perfect fir, chopping it down, and hauling it

out, will burn lots of calories all while getting your heart and muscles pumping.

Give your home a good holiday cleaning. Crank your favorite tunes and go at it with zest! You'll burn more calories—and get it over with more quickly, leaving more time for the festivities.

Walk. Rather than hitting the couch after your holiday meal, hit the pavement. Or how about organizing a neighborhood football game? Make physical activity a part of your holiday traditions!

Size matters. According to a Cornell University study, when moviegoers were served stale popcorn in big buckets, they ate 34 percent more than those given the same stale popcorn in medium-sized containers. Another study showed that making simple changes, such as using salad plates rather than dinner plates, keeping unhealthy foods out of sight, and not eating in front of the television resulted in people losing two

pounds a month.

Condense your workouts. While it's tempting to skip exercise during this busy time of year, you can shorten your workouts by kicking up the intensity. Or try alternating bursts of cardio with one or two strength training exercises. Boom... done!

Get enough ZZZZZs. It's true—you need an average of eight hours of sleep a night for optimum health. When we don't get enough sleep, we gain weight, because it screws up hormones responsible for appetite and satiety. Do you crave carbs when you're overtired? That's because they provide quick energy and glucose (sugar) is the

brain's preferred source of energy.

Pamper yourself. The holidays can add stress on top of an already stressful life. Chronic stress causes the release of cortisol, the hormone responsible for packing on the belly fat. Take a little time each day to unwind and look for ways to simplify your holiday season.

Avoid showing up to a holiday party in "starvation" mode. Banking calories throughout your day by not eating until the party will backfire. Eat lightly throughout the day and stay well-hydrated. Have a cup of hot tea or broth-based soup before heading out to the party and use a smaller plate while there.

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Carrie Myers has a degree in exercise science and health education, is a magazine writer and author of Squeezing Your Size 14 Self into a Size 6 World, owner of CarrieMichele Fitness, and mom to four amazing sons. Contact her with any questions or comments at carriemyerssmith@gmail.com.

Large advertisement for Puffer Broadcasting, Inc., featuring 'Radio Flier' branding, a turkey illustration, and contact information for WYKR 101.3 FM and WTWN AM 1100.

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

November 26, 2013 Volume 5 Number 4

Happy Thanksgiving to all, I am very grateful to Gary, all of my readers, students/friends and customers and especially the support of my family. Thanksgiving is a time for giving thanks over a shared meal, and a time to reflect upon all of the abundance one has been gifted with in life. May you all find joy and happiness in those that you receive in your presence.

Many of us have through generation's savored recipes abundant in flavors from the herbs and spices we label "culinary," meaning to cook with. Yet, many do not realize that these delectable flavorings are also incredibly medicinal. Most other cultures only believe and focus upon cooking with herbs for the full benefit of health and healthy healing. Let's focus our Thanksgiving and all meals to include all aspects of being healthy in body, mind and spirit.

Popular Culinary Herbs include:

ALLSPICE BERRY: (Pimento Dioica), A pleasant tasting digestive spice, and an aromatic stimulant and carminative for the gastrointestinal tract, resembling cloves in its action. Used to dispel flatulence, gas and indigestion and as a flavoring agent.

ANISE SEED: (Pimpinella Anisum), A highly aromatic licorice flavored seed, basically used as a digestive and bronchial aid. Primary Uses: in throat-coat, soothing cough teas, digestive, and enzyme stimulating

blends. Nutrients: Calcium, iron, magnesium, manganese, phosphorus, potassium, zinc. Vitamins A, B1, B2, B3, B5, B6, C & E.

BASIL (Ocimum Basilicum) Its actions include: anti-depressant, anti-septic, stimulates the adrenal cortex, prevents vomiting, tonic, carminative, febrifuge, expectorant, soothes itching; an aromatic digestive stimulant.

BAY LEAF: (Laurus Nobilis), An aromatic herb beneficial to the stomach and intestinal tract. Used as a soothing agent for sore throat and cough, and as an alkalizing aid for an over-acid system.

CARAWAY SEEDS (Carum Carvi) An aromatic digestive aid. Caraway contains the B-Complex vitamins, is high in calcium and potassium and contains smaller amounts of magnesium, silicon, zinc, lead, iodine, copper, cobalt and iron. Primary uses: as a relieving, carminative drink for indigestion, gas and flatulence; helps to settle the stomach after nausea or indigestion.

CARDAMOM PODS: (Elettaria Cardamomum), Aromatic spice that supports digestion; supports balanced stomach acid levels and promotes a comfortable post-meal experience. Promotes a healthy appetite and fresh breath; supports healthy lungs and promotes clear, comfortable breathing; a digestive aid and culinary spice, medicinally effective for relief of gas and flatulence.

CINNAMON/CASSIA, BARK: (Cinnamomum Cassia), A wonderfully aromatic kitchen spice that enkindles the digestive fire and eliminates natural toxins in the GI tract; supports healthy circulation throughout the body and promotes warmth in the extremities, joints, kidneys and lungs; relieves nausea. Nutrients: Calcium, chromium, copper, iodine, iron, manganese, phosphorus, potassium, zinc. Vitamins A, B1, B2, B3 & C.

CLOVES, FLOWER BUD & OIL: (Syzygium Aromaticum), A stimulating spice for the digestive system and general energy levels; for indigestion, especially where there is belching and nausea. Nutrients: Calcium, iron, magnesium, manganese, phosphorus, potassium, zinc. Vitamins A, B1, B2, & C.

PARSLEY LEAF: (Petroselinum Sativum), A concentrated chlorophyll, B vitamin and potassium source, with broad spectrum healing activity; a strengthening diuretic and specific for liver, kidney and bladder problems; an effective stone dissolving agent, digestive aid, blood tonic, and or immune enhancer; a specific chlorophyll source for toxic blood and degenerative disease formulas; as a key diuretic herb with balancing potassium for water retention; as a specific for digestive improvement, gas and flatulence relief. Nutrients: calcium, folate, iron, magnesium, manganese, phosphorus, potas-

sium, selenium, zinc. Vitamins A B1, B2, B3, B5, C, D & E.

PEPPERCORNS; BLACK PEPPER: (Piper Nigrum), A warming digestive stimulant, particularly effective where digestion is weak and congested; as a catalyst to circulate nutrients, stimulate metabolism and system warmth.

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SAGE LEAF: (Salvia Officinalis), A "spring cleaning", high mineral tonic herb, ef-

fective in improving weak digestion and drying up chronic winter mucous excess; a specific for night-sweats, low energy, peri-menopausal exhaustion/insomnia; as part of a formula for colds and flu; as a primary herb in teas for gas and indigestion; as a gargle for sore throat. Nutrients: Boron, calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. vitamins B1, B2, B3, B5 & C.

THYME LEAF: (Thymus Vulgaris), An excellent children's all-purpose remedy; an anti-spasmodic and aid to sluggish digestion, with some anti-oxidant and antibiotic activity; as part of a digestive formula where there is weak HCl activity; as part of a gentle remedy for childhood respiratory infection, asthma, bronchitis, diarrhea, whooping cough, colds and flu. Nutrients: Amino acids, calcium, essential fatty acids, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 C.

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

Coconut Custard "Impossible" Crust Pie



I have been saving this recipe especially for the holiday season, as I know there are bound to be many readers who will be stressing over what to make for that perfect Thanksgiving or Christmas dessert...particularly if they are not a person to whom baking comes easily. This pie can be effortlessly made by anyone, even if they've never before turned on an oven in their life! It sure beats one of those frozen pies from the grocery store, and the fact that you made it yourself is always a bonus. The beauty of this pie is that

it forms its own crust, so you need not concern yourself with all the issues of rolling and fitting a pie shell. The filling could not be simpler; merely dump everything in a blender and give it a whirl, although, to be honest, the first time I made this, I didn't have a blender, so I

just whisked it up in a bowl, and that worked out fine. As the pie bakes, it will rise up quite high and you might be worried that it will overflow, but it will not. As it cools, it will collapse again, and the crust will form itself.

One taste of this pie and you will be so glad you skipped the supermarket version and opted for this fuss-free dessert. The flavor is perfect, with the subtle taste of vanilla and nutmeg highlighting the smooth custard, while the slightly crunchy and toasted coconut layer gives it a wonderful toothsome texture. ABRA-CADABRA! You are now a pie baker!

- 1 cup shredded coconut
- 1/2 cup butter, melted
- 4 eggs
- 3/4 cup granulated sugar
- 1 pinch salt
- 2 cups milk
- 2 teaspoon vanilla extract
- 1/2 cup all-purpose flour
- 1/4 teaspoon grated nutmeg

Butter and flour a 9" pie plate (I used Pyrex). Put all ingredients, except the nutmeg, into a blender, and blend until combined. Pour mixture into the prepared pie pan, and sprinkle with nutmeg. Bake for 45 minutes until set, and a silver knife inserted in the center comes out clean. Allow to cool on a wire rack, then refrigerate for at least 3 hours before serving. Serves 8.

November 26, 2013 Volume 5 Number 4

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

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