

TRENDY TIMES

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JANUARY 21, 2014 VOLUME 5 NUMBER 8

NHFD Gets “Defib” From Bikers

The Ammonoosuc River Turkey Run is a non-competitive dual sport charity motorcycle event that has been held for over 30 years. The originators of the event were locals from Littleton, NH. In 1976 the Norumbega Trail Riders (NTR) took over the challenge of hosting this event as the founders were moving on. The Norumbega Trail Riders is an off road motorcycle club based in Massachusetts. The Montshire Trail Riders of Vermont partnered with NTR in 2010 to host a Saturday event. The NTR club is a charter member of the New England Trail Riders Association (NETRA). NETRA has an approximate membership of 3000 riders across the six New England states.

The two day ride is a sanctioned event with NETRA. The state of NH grants a permit for this event as well. All motorcycles are registered for street use. To assist us in policing the event the Grafton County Sheriff's and Haverhill police departments are requested to, and have provided a uniformed officer at the starting area.

The Saturday and Sunday events at present are each approximately 100 miles long and held annually the first weekend after Labor Day. Both events start from the North Haverhill Fairgrounds in NH. The Saturday scenic ride goes through many communities in Vermont which include Topsham, Newbury, Bradford, Corinth,

West Fairlee, Washington and Vershire. The Sunday ride passes through New Hampshire and Vermont including the towns of Haverhill, Swiftwater, Landaff, Lisbon, Lyman, Monroe, Bath, and Woodsville, NH. In VT the towns of Wells River and Newbury. The course uses a combination of Class 4 & 6 un-maintained roads, town roads and private land. The event draws riders from not only the New England area but as far away as NY, NH and Canada.

The clubs are not for profit organizations. The proceeds raised at the event are donated to the communities that the ride passes through. Over the years the recipients range from the 4-H, VFW, Life Squads, Senior Centers, Jimmy Fund, Shelters, Special Needs for Children, historical building renovation, Covered Bridge Restoration, Schools and even a town Gazebo. To date more than \$89,000.00 in gifts and donations have been given back into the communities. The landowners that help & work with us to put on this event are also asked for suggestions where donations could be made at the local level.

In 2003, ZOLL Medical Corporation located in Chelmsford, Massachusetts and the NTR entered an agreement for the purchase of ZOLL's Automated External Defibrillators (AED's). With ZOLL's commitment to advancing resuscitation at the local level, the club intends to make AED dona-



Steve Trainor of ZOLL presents the “Defib” to North Haverhill Fire Department Chief Don Hammond and Preston Hatch. Photo courtesy of Joe McQueeney.

tions an annual event.

In 2013 the proceeds of the two day event allowed for the purchase of 3 ZOLL AED defibrillators bringing the total to 31 defibrillators donated to the surrounding communities. This year's defibrillator recipients were the North Haverhill Fire Department, the Little Rivers Health Clinic in East Corinth and the Town of Orange. Financial contributions were also made to the Lisbon Lions Santa Fund (\$300), Newbury

Alumni Scholarship fund (\$300), a cancer fund raiser for a teacher in Lisbon (\$300), the North Haverhill 4-H Club (\$100) and the Orange County Sheriff's department (\$750). In addition a fundraiser dinner was put on by the North Haverhill Fire Department with 50 people in attendance.



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TRENDY Dining Guide

Happy Hour Restaurant

By Gary Scruton

My wife and I had the opportunity, once again, to visit the Happy Hour Restaurant in Wells River, recently. This occasion was a post holiday get together of about 25-30 people. This particular group is rather diverse with ages ranging from mid-twenties to early eighties. But when it was first talked about putting this evening together, there was no question that the location would be the Happy Hour. The reasons are actually numerous.

Probably the first reason for choosing this location is the fact that many in this group visit the Happy Hour on more occasions that just this once a year gathering. In fact the Happy Hour hosts regular meetings for several local groups. Some of these groups order from the menu and others have arrangements to serve all present the same meal. I have been at both styles of meetings and have invariably gotten a hot meal, served with a smile, and in a reasonable amount of time.

This gathering was one of those "order off the menu" groups. And it seemed that a good variety of meals were ordered. Many came with the nicely stocked salad bar. So that became the next stop for most of us in this group.

Some lettuce with onions, cheese, eggs, bacon bits and 1000 Island dressing for me. Plus a slice of that nice home made bread.

The meal on this evening for me was sirloin steak and shrimp. The steak was ordered medium and came to me just that way. Nicely cooked and offering a great taste. The shrimp were in a garlic sauce and had their own delectable flavor. As per usual it all tasted just right, almost like being at home.

The Happy Hour Restaurant actually has two ban-

quet/meeting rooms that are available for any gathering or group to use. The two rooms are also connected with a pair of double doors so that one even larger room can be created. Both rooms are also equipped with an area well stocked with adult beverages, again designed to accommodate whatever type of gathering may happen.

As I have done before, I am happy to say that once again a visit to the Happy Hour Restaurant did amount to a happy hour (or two in this case) with friends and colleagues.

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In Vino Veritas – Bottle Nineteen

“In Wine There Is Truth – And Beauty”

By Robert Roudebush

QUESTION - Occurs to me, looking at that headline, “bottle nineteen”, that you and I have been talking about wine for a while now.

ANSWER – Right. Good relationship. About three years now, you ask, I answer, good information passed, some folks read, learn, maybe have a laugh or two, enjoy some wine better than they might have. So the question is...?

Q - Why do you care?

A – “Neat part of life, wine is, can't learn about it without learning about language, geography, history, culture – studying wine is a lot more than learning about an alcoholic beverage. Goes back thousands of years. Man has made wine almost as long as he has husbanded the earth. We're talking agriculture here, one type of farming. Big deal in New Hampshire, and all of New England, the Midwest, the whole country. Paleontologists have found evidence of masses of grape pips, skins, and stems that apparently had been crushed by prehistoric man. No one knows when wine was first made. It is possible that a cliff dweller who had gathered wild grapes to use their sweet juice as a thirst quencher returned from a hunting trip, picked up the vessel he had left with the grapes in it, and discovered, to his amazement and delight, that the grapes had crushed themselves under their own weight, and the grape juice had become a different drink, one that made him happy – that the grape juice had fermented and become wine.

Q - So, a naturally occurring process was discovered, some early guy got a wine buzz, liked it, learned something he did not know, so what?

A – Hey man, we're talking the progression of man and his tapping into the art and science of agriculture, one of the most important milestones in the civilization of mankind. Important stuff, historically, not to mention the discovery of mood-altering wine buzzes, one of man's greatest legal pleasures.

Q - So, man discovered wine once, a long time ago, then what?

A – He liked it – he kept doing it because he wanted more of it. That first sip of fermented grape juice was a magic moment. The wine-maker's life is not a happy one. Even when nature's helping out. Sometimes she doesn't. Making wine is not merely a matter of gathering grapes, crushing them and leaving them to ferment. It ain't the simplest and most profitable of agricultural pursuits when you consider that every vine must be carefully watched, pruned back so that all its strength will not go into the stalk or excess grapes or foliage but into producing grapes of rich quality, and sprayed against lots of diseases always waiting to attack.

The producer has to take care that birds, which love the grapes, don't eat up the crop. He or she's gotta gather the grapes when just ripe, crush and press them, and then see that conditions favorable to a perfect fermentation are present. He must watch carefully over the casks of new wine to make sure that vinegar yeasts that are in the air don't get in and ruin his product. And after the wine gets in the bottle, he hopes that eventually it will reach an appreciative buyer. Add to this he's always worrying over too much or too little rain or too little sunshine, just like any farmer, and it is a wonder that anyone has the courage to carry on such an arduous task.

Q - Whoa, this is getting deep. Can we talk about wine?

A – We are talking about wine.

Q - Nah, we're talking about wine history. Let's talk about drinking wine.

A – The greatest single influence upon wine has been the Church, dig that or not – indeed, the development of the vine has accompanied the spread of Christianity. As God goes so goes wine. Wine was needed for sacramental functions and the priests recognized its food value too. Since they made wine for their own use and not for commercial purposes, they were more interested in quality than quantity and every effort was directed toward improving the vines and perfecting the wine they made. As a result of the Church's efforts a long time ago, the winemakers outside the church began to follow their example and the general standard of wine-making was raised to a higher level.

Q - So, thank God for wine.

A – I do daily.

Q - I get it. Today's lesson is mainly about the history of wine. A little more and let's call it a day.

A – OK. Here's the church's part again. It was men of the church who first made elixirs from wine and brandy, combined with herbs and plants, that were originally used for medicinal purposes. The two most notable examples, with their secret formulas still in use today after hundreds of years, are the famed Benedictine and Chartreuse liqueurs.

Q - I've heard of those. All right, now I've got something for you. Might sur-



prise you. Remember last column, number 18, we talked about that expensive bottle of Italian Red you had called 'BRUNELLO DI MONTALCINO'? For that price, you recall. I looked it up and here's what I found that you did NOT tell me. It's long lived alright, supposedly up to half a century sometimes. It is not one of the first to get DOCG ranking in Italy, it is THE first wine to get it. It is compared to some of the finest of the French Red Burgundies. And my source even stated that before drinking that wine, the

cork should be pulled from the bottle 12 hours earlier to let the wine breathe. How about that. So you don't know everything about wine, do you?

A – No I don't – that's why I keep learning. And I'm happy that you know how to learn too. Well done. Guess we'll end this column here – can't do any better.

(Editor's Note – Roudebush worked for years in restaurants as a wine specialist – he submits occasional pieces on the wonderful world of wine, and also good students.)

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New HAMPSHIRE HOUSE UPDATE
By Rick Ladd

On Wednesday, January 15, the New Hampshire House voted, 170 – 162, to support the legalization and regulation of marijuana. The number of representatives voting indicates that 68 elected officials were not present. Unfortunately, I was among the 68 non-attending members. On Tuesday evening prior to the Wednesday House session, I was admitted to Dartmouth Hitchcock's Cardiac Unit with a racing ticker. All was quickly returned to normal, and I was released Wednesday afternoon with a green light. Thanks to those wonderful health care providers!

and Means Committee for hearing on the bill's projected 25M revenue. Following Ways and Means consideration, the bill will be sent back to the House for another vote.

I cannot support this bill for several reasons. Most readers know that my past professional life has been that of an army officer, elementary teacher, school administrator and local official, and I believe that the key to a productive future in NH is directly tied to quality, meaningful education. So, one might ask how do this marijuana bill and education connect?

The marijuana bill now heads to the House Ways

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veying to teenagers that smoking tobacco and drinking alcohol are substances not conducive to good health, as nationwide trends are downward. This is not the case for marijuana. According to the National Institutes of Health annual monitoring study of 41,765 students in grades 8, 10, and 12, there is a troubling increase in teenage use of marijuana. Twenty years ago, 72.5% of teenagers viewed it as harmful. In 2012, 44.1% saw marijuana as harmful, and in 2013, 39.5% viewed smoking pot as harmful. This trend is moving in the wrong direction. In states where the use of medical marijuana is legal, 34% of responding 12th graders indicated that they had obtained the drug with someone else's prescription and 6% said they had their own prescription. Obviously, this begs the question, "how and is medical marijuana properly regulated?" As a state that just adopted medical marijuana last year, we need to go slow, and make sure this drug is regulated properly, and we must also address attitudes among teenagers regarding the drug. Science does explicitly say that marijuana use among teenagers with developing brains will negatively impact brain receptors, blocking normal functions such as memory, problem solving and learning.

I support Governor Hassan as she will veto the bill.

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Secretary Of State, Senator Tour North Country, Honor Long-time Officials

CONCORD – Secretary of State William Gardner will tour 15 North Country election polling stations with Sen. Jeff Woodburn on January 21, the District 1 Executive Council special election primary day. The two also will honor at each stop the longest serving local official with a state proclamation.

Gardner, who is the state's top election official, is the state's longest serving elected official. He has served in his current position since 1977.

Gardner and Woodburn will make brief stops in 15 communities voting locations including:

- 08:00 a.m. Thornton town hall – Moderator Robert Gannett since 1979
- 08:30 a.m. Woodstock town hall – Moderator Ken Chapman since 1975
- 09:30 a.m. Jefferson town hall - Opal Bronson town clerk since 1967
- 10:30 noon Randolph town hall - Judith Kenison Ballot Clerk since 1972
- 11:15 p.m. Gorham town hall – Moderator Lee Carroll since 1986
- 12:45 p.m. Errol town hall – Selectman Larry Enman since 1972
- 01:00 p.m. Millsfield – Selectman Lewis Sweatt since 1975
- 01:30 p.m. Dixville Ski Area – Moderator Tom Tillotson for 30 years
- 02:00 p.m. Colebrook Elementary School – Trustee of Trust Funds Granvyl Hulse since 1977
- 03:00 p.m. Pittsburg School – Tax Collector Norma Covill since 1970
- 03:45 p.m. Columbia old town hall – Norman Cloutier, Selectman, who has served since 1991.
- 04:30 p.m. Whitefield /McIntyre Building – Checklist Supervisor Coleen Malone since 1989
- 05:15 p.m. Littleton fire station – Moderator Gerald Winn since 1966
- 06:00 p.m. Benton town hall – School Treasurer Maxine Tyler for 47 years.
- 06:45 p.m. Lincoln town office - Selectman O.J. Robinson (Moderator 1995-2011)

The public is welcome to join at any of the stops. For more information, contact Sen. Woodburn at 259.6878 or jeff@jeffwoodburn.com



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Participants in the ServSafe® training will learn basic food sanitation principles from receiving to serving, how to improve the quality of food served, lower costs, increase profitability, and make

sound decisions that will keep customers safe. Participants who successfully complete the exam will receive their industry-wide recognized ServSafe® Certificate as food safety managers.

Deb Maes, a University of New Hampshire Extension Field Specialist in Food Safety is a nationally certified ServSafe® Instructor, and will be conducting the program in North Haverhill at the UNH Extension office. The dates for this two-day program are February 5 & 12 from 9:00 a.m. to 3:30 p.m. with a snow date of February 19. Information about registering for the training is available by calling the UNH Cooperative Extension office in North Haverhill at 787-6944. Seating is limited. Call soon to register.

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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

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10:00 AM – 12:00 Noon
Littleton Fire Station

SUNDAYS

CRIBBAGE
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MONDAY/THURSDAY

ADULT INTERVAL AEROBIC CLASS
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TUESDAYS

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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

WEIGHT WATCHERS MEETING

5:30 PM
Orange East Senior Center, Bradford

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

MONDAY, JANUARY 19 THRU FRIDAY, FEBRUARY 28

**KNITTED SCULPTURE
BY DORIAN MCGOWAN**
NEK Artisans Guild
430 Railroad St. St. Johnsbury
See article on page 8

TUESDAY, JANUARY 21

**NH EXECUTIVE COUNCIL
REPUBLICAN PRIMARY**
Your hometown voting location

NH STATE VETERANS COUNCIL REPRESENTATIVE

8:30 AM – 12:00 Noon
Woodsville American Legion Post #20

EMERGENCY FOOD SHELF

1:00 PM – 2:30 PM
Wells River Congregational Church

ARTS ALLIANCE ANNUAL "BYOP"

6:30 PM
Karl Drerup Art Gallery, Plymouth

THURSDAY, JANUARY 23

BOOK CLUB FOR WRITERS DISCUSSION
7:00 PM
Haverhill Corner Library
See article on page 7

FRIDAY, JANUARY 24

CRAFTS 4 KIDS
3:00 PM – 6:00 PM
Groton Free Public Library
See article on page 7

SATURDAY, JANUARY 25

VINTAGE SNOWMOBILE RACES
Route 302, North of Lisbon

SNOWMOBILE (OHRV) SAFETY COURSE

8:00 AM – 3:00 PM
Haverhill Municipal Building, North Haverhill

PENNY SALE & SILENT AUCTION

9:00 AM – 3:00 PM
Bath Village School

HOMEMADE CHICKEN POT PIE SUPPER

5:00 PM – 7:00 PM - \$10/person
American Legion Post 83, Lincoln

CASINO NIGHT

6:00 PM – 10:00 PM
Boys and Girls Club, Rt 302, Lisbon
See ad on page 7

MONDAY, JANUARY 27

**LEGISLATIVE BREAKFAST
W/BETSY BISHOP**
8:00 AM – 9:00 AM
St. Johnsbury House

HAVERHILL SELECTBOARD MEETING

6:00 PM
Morrill Municipal Building, North Haverhill

BOOK DISCUSSION

7:00 PM
Groton Free Public Library
See article on page 7

FRIDAY, JANUARY 31

CRAFTS 4 KIDS
3:00 PM – 6:00 PM
Groton Free Public Library
See article on page 7

SATURDAY, FEBRUARY 1

1ST ANNUAL PENNY SALE
10:00 AM – 12:00 Noon
Clifford Building, South Court St, Woodsville
See ad on page 4

MONDAY, FEBRUARY 3

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

TUESDAY, FEBRUARY 4

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

FRIENDS OF LINCOLN LIBRARY'S ANNUAL MEETING

7:00 PM
Jean's Playhouse, Lincoln

CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING

7:00 PM
Morrill Municipal Building, North Haverhill

WEDNESDAY, FEBRUARY 5

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

MALLORY LEWIS AND LAMB CHOP

7:30 PM
Fuller Hall, St. Johnsbury Academy
See ad on page 7

WEDNESDAY

FEBRUARY 5 & 12

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UNH Extension Office, North Haverhill
See article on page 5

MONDAY, FEBRUARY 10

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

HAVERHILL SELECTBOARD MEETING

6:00 PM
Morrill Municipal Building, North Haverhill

WEDNESDAY, FEBRUARY 12

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

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Deadline for submissions is Thursday, January 30th for our February 4th issue.

Haverhill Corner Library Announces Discussion Of Stories By Saunders And Wallace

HAVERHILL, NH — The Haverhill Corner Library will hold its next Book Club for Writers discussion on Thursday, January 23, the library has announced. The discussion will feature short stories by George Saunders and David Foster Wallace.

Copies of "Mister Squishy" by David Foster Wallace, and of "In Persuasion Nation" and "The Semplica Girl Diaries" by George Saunders, will be available from the library in advance.

The discussion will begin at 7:00 PM at the library and will be free and open to the public.

George Saunders is a writer known primarily for his short stories. His most recent collection, Tenth of December, was published last year; it was a national bestseller, a finalist for the National Book Award, and was named one of the ten best books of the year by the New York Times Book Review. Last year, Saunders won the

PEN/Malamud Award for Excellence in the Short Story, and he had previously been the recipient of both a MacArthur Fellowship (the so-called "genius grant") and a Guggenheim Fellowship. His other books include Civil-WarLand in Bad Decline, Pastoralia, and The Brief and Frightening Reign of Phil. He teaches at Syracuse University.

David Foster Wallace was "one of the most influential and innovative writers of

the past twenty years" according to the Los Angeles Times. He is best remembered for his 1996 novel Infinite Jest, named by Time magazine as one of the 100 best English-language novels from 1923 to 2005. Wallace was also the recipient of a MacArthur Fellowship and he taught at Illinois State University and Pomona College, but after years of battling depression, he committed suicide in 2008. His unfinished novel The Pale King was published posthumously in 2011 and was a finalist for the Pulitzer Prize. His other books include the story collections Brief Interviews with Hideous Men and Oblivion, and the essay collections A Supposedly Fun Thing I'll Never Do Again and

Consider the Lobster.

Book Club for Writers is a fiction discussion program that meets four times a year. Discussions are open to all, and focus particularly on questions of craft and technique that will interest writers and aspiring writers. Created by the New Hampshire Writers' Project, Book Club for Writers is sponsored locally by a fiction writing group that meets weekly at the Haverhill Corner Library.

The next Book Club for Writers discussion will be held on Thursday, April 24 and will feature "Sonny's Blues" by James Baldwin and "The Appropriation of Cultures" by Percival Everett.

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

Groton Free Public Library

Fri, Jan. 24 from 3-6pm: Crafts 4 Kids! All materials provided for Snowman Boxes. Decorate your own treat boxes — popcorn provided! Free -- drop in anytime!

Mon, Jan. 27 at 7pm: Book Discussion. This month's featured read: Bel Canto by Ann Patchett. New folks welcome!

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

Fri, Jan. 31 from 3-6pm: Crafts 4 Kids! All materials provided for a Yarn Barnyard. Use yarn and felt to create some fluffy animal pals. Free -- drop in anytime!

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.

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Knitted Sculpture By Dorian McGowan Will Be On Exhibition At The NEK Artisans Guild

Knitted Sculpture by Dorian McGowan will be on exhibition at the NEK Artisans Guild from January 19 through February 28.

Legends and myths, whimsy and beauty, humor

and affection mark these surprising, deftly constructed, knitted men and women. They are complemented by painted portraits, all by McGowan, whose lively classes inspired generations of stu-

dents at Lyndon State College.

Growing up in Fairfax, Vermont, Dorian remembers first learning to knit from an elderly neighbor, Mrs. Parah. He recalls sitting on a bench



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outside in the backyard when Mrs. Parah passed by. "She locked eyes on me, a nine-year old with nothing to do, she must have thought: 'That boy looks too bored for his own good!' And so she taught me to knit." McGowan first learned to knit and purl in a checkerboard pattern. This turned into a scarf, followed soon by a kelly green pull-over vest with a neck so tight that he never got it over his head. He stopped knitting in high school due to peer pressure, but took it up again when he married a beautiful Norwe-

gian knitter named Kari. They knitted together for more than forty years, producing four children in "knit & purl" process. McGowan was a one man art department at Lyndon State College until he retired recently. Now he gardens in the summer and knits in the winter. Besides gay blades and foxy ladies, his knitted wild flowers are included in this show. "Knitting wild flowers in winter brings the garden into the house."

Since 2003 the Backroom Gallery has hosted individual and collaborative shows by many of Vermont's finest artists. View the exhibit any time during the Guild's hours, Monday through Saturday 10:30 am - 5:30 pm. 802-748-0158.

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Cohase Chamber Annual Meeting

By Gary Scruton

The Cohase Chamber of Commerce held their annual meeting on Monday, January 13 at Lake Morey Inn in Fairlee. But the meeting itself was the least of the items on the agenda for the evening.

The night began with a time of social mingling where many members and guests had the opportunity to chat with friends they had not seen since last year, or perhaps had seen just last week. Some new friendships were also undoubtedly made and many contacts as well.

Once all those in attendance were settled the staff at Lake Morey served up a meal to give all the nourish-

ment they needed for the remainder of the program. That program began with a talk by Lisa Gosselin, Vermont State Commissioner of Economic Development. Her main point was that the State of Vermont had recently finished a report about the economic status in the state. She stressed that the hope was that the report would not just take up space on a shelf, but instead would be used as a guide and reference for anyone in the state who has any type of economic question.

Next on the agenda was the presentation of the annual Business of the year

award. This year the 2012 winner, Stephen Puffer of WYKR radio presented the 2013 award to Raymond Aremburg of Blackmount Equipment in North Haverhill. In accepting Raymond stressed the many years of experience that his staff (including several family members) has at the business. Combined among the two dozen or so employees there was close to 500 years of John Deere green history.

Next up was the Chamber's Citizen of the Year award. This year Marilyn Fuller of Newbury was presented that distinction. And her family was well represented as they took up two full tables right up front. It was mentioned that Marilyn also has plenty of experience. In fact 64 years of work with local 4-H organizations, and counting!

Those in attendance were then entertained by the



2013 48 Hour Film Slam winning film. This production had won the People's Choice as well as the judges' choice for best film.

The final bit of business

was the election of four new members to the Board of Directors, and the re-election of four others, all four three year terms.

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Madeline was born January 1, 2014 at 7:06AM weighing 9 pounds and 6.5 ounces. Dr. Sarah Young-Xu of Ammonoosuc Community Health Services was the delivering physician. Madeline is the daughter Tiffany & Justin Bates and little sister to Lillian and Charlotte.

St. Johnsbury Food Co-op Announces Co-manager

The St. Johnsbury Food Co-op announces that Becky Colpitts has joined the team as co-manager and bulk department buyer. Colpitts brings a wide variety of skills to this position. Colpitts has worked with different sectors of the population in her roles as Volunteer Manager at UNH, Religious Educator for various congregations, Vocational Educator and Herbalist. "Her diverse background focusing in working with people significantly upgrades our customer service level" explains co-manager

Sunshine McNabb.

Colpitts looks forward to employing her vast range of social skills, civic dedication, passion for education and organizational talents at the co-op. McNabb offers "The management team and staff enjoy having Becky as part of our team. Her composure and calm under pressure encourages the entire team to follow her lead." The St. J. Food Co-op looks forward to expanding the bulk department's offerings including educational components under Colpitts management.



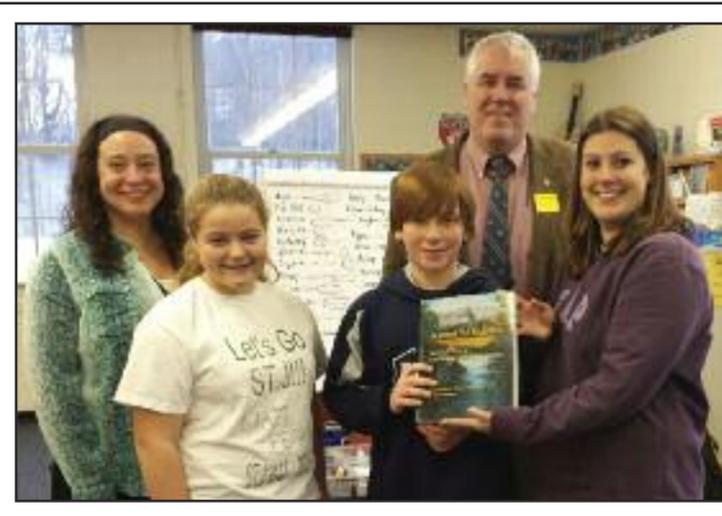
When Becky is not at the co-op she enjoys time with her family on their homestead in Monroe, NH.

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North Country Sen. Jeff Woodburn continued his tour of the 42 schools in his district with a visit to the Monroe Consolidated School, where he gave the school a copy of the book "Beyond the Notches." He is shown with (from the left) Acting Principal Leah Holz, 7th graders Breanna Fearon and Tyler Vosinek, and librarian/technology teacher Allie Jette.

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Investors Can Learn Much From Super Bowl Teams

If you're a football fan (and probably even if you aren't), you are aware that we're closing in on the Super Bowl. This year's event is unique in that it is the first Super Bowl held in an outdoor, cold-weather site — New Jersey, to be specific. However, the 2014 game shares many similarities to past Super Bowls in terms of what it took for the two teams to arrive at this point. And some of these same characteristics apply to successful investors.

Here are a few of these shared traits:

A good offense — Most Super Bowl teams are adept at moving up and down the field and crossing the goal line. And good investors know how to choose those investments that can provide them with the gains they need to keep moving toward their own goals, such as a comfortable retirement. That's why, at every stage of your life, you will need to own a reasonable percentage of growth-oriented investments, such as stocks and stock-based vehicles.

A strong defense —

Even a good offense usually isn't enough to vault a team into the Super Bowl, which is why most participants in the Big Game also have strong defenses. Similarly, the best investors don't just put all their money in a single type of aggressive instrument and then forget about it — they know that a downturn affecting this particular asset class could prove extremely costly. Instead, they "defend" their portfolios by diversifying their holdings among a range of investments: stocks, bonds, government securities, certificates of deposit, and so on. And you can do the same. Keep in mind, however, that although diversification can help reduce the impact of volatility on your portfolio, it can't guarantee a profit or always protect against loss.

Perseverance — Every team that makes it to the Super Bowl has had to overcome some type of adversity — injuries to key players, a difficult schedule, bad weather, playoff games against good opponents, etc. Successful investors have also had to overcome hurdles, such as bear markets,

bad economies, political battles and changing tax laws. Through it all, these investors stay invested, follow a long-term strategy and continue to look for new opportunities — and their perseverance is often rewarded. You can follow their example by not jumping out of the market when the going looks tough and not overreacting to scary-sounding headlines.

Good coaching — Super Bowl teams contain many fine players, but they still need coaches who can analyze situations and make the right decisions at the right times. Smart, experienced investors also benefit from "coaching — in the form of guidance from financial professionals. It's not always easy for busy people to study the financial markets, stay current on changing investment-related laws, monitor their own portfolios and make changes as needed. By working with a financial professional who knows your situation, needs, goals and risk tolerance, you will find it much easier to navigate the increasingly complex investment world.

As we've seen, some of the same factors that go into producing a team capable of reaching the Super Bowl are also relevant to investors who want to reach their own goals. By incorporating these behaviors and attitudes into your own investment strategy, you'll be following a pretty good "game plan."

are loosened and blown off. The buildings adjacent to the chimney, however, appear to be too far gone to save.

The other buildings that make up downtown Pike are the Pike General Store, formerly known as the Pike Station Store, the Pike Depot Apartments, and the Pike Hall.

There are many issues which have prevented the restoration and preservation of the chimney, the prime one being that it is privately owned, the second one being that understandably there are legal liabilities for whoever takes on the task of owning and restoring such a landmark.

It's sad, though, because one more part of the history of this small part of the District of Haverhill will soon end up being nothing more than a pile of antique bricks.

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

A Vanishing Landmark In Pike, NH

By Jacques Finlay

We can't count how many times we have driven or walked past the few hundred yards that constitute downtown Pike. In the forty years we've lived here, we've learned a lot over the years about the emergence and glory years of the Pike Manufacturing Company which led to the naming of this section of the Haverhill District. A few months ago, as part of the Town of Haverhill's 250th anniversary, Se-

lectman Wayne Fortier gave a lecture on the history of Pike, based partly on an article by the late John Page.

Now in 2014, there is only one tangible reminder of Pike's fabled past: the tall brick chimney, approximately thirty feet in height, bearing a bronze marker upon which is inscribed the date "1899". The tower itself is in remarkably good shape except at the top where, with each passing storm, a few bricks

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Grafton County Campus To Be Tobacco Free *The Smoking Lamp Is Out*



By Robert Roudebush

If Donna Cramer and Craig Labore have anything to say about it – and they do – tobacco use of every kind will soon cease on the grounds surrounding the Grafton County Complex.

Smoking is already prohibited in each area of the main lengthy building and nearby structures, and has been for years. A visitor entering through the main entrance of the Nursing Home in early January of this year noticed three signs addressing the smoking issue - one announced in bold letters, “NO SMOKING – This a smoke-free facility”. The second instructed those who were smoking out-of-doors to dispose of cigarette butts in the provided receptacle. And the third and newest sign on that sliding glass door said, “FRIDAYS ARE NO-TOBACCO DAYS ON GRAFTON COUNTY CAMPUS – THANK YOU FOR YOUR COOPERATION”.

The adverse health impact of tobacco use of all kinds – including 2nd and 3rd hand smoke – are well-established by now to the vast majority of Americans, and so are the well-known benefits of cessation. Statistics show smoking is down significantly nationwide, except in the parking lot around WalMart in Woodsville. So called “electronic cigarettes” also rank pretty low in the opinion of the Grafton County “Wellness Committee” and they are out too.

The current initiative is a multi-step program which ends all tobacco use on the campus in targeted stages by November the 20th of this year. Several yellow signs on the grounds tell you that. It is no accident it happens to be the Great American Smoke-Out-Day. The Grafton County Complex includes the Nursing Home, The Department of Corrections Jail Facilities, the Grafton County Drug Court, County Administrative Offices, the Courthouse, and the farm buildings. The program underway will mean no smoking or tobacco use of any kind – yes, that means chewing tobacco – on the numerous acres of land associated with those buildings. This includes the popular Grafton County Farm stand and its agricultural area across Dartmouth College Highway from the complex.

Grafton County Human Resources and Craig J. Labore is the Administrator of the County Nursing Home. They are joined by Nancy Bishop, Director of Human Services, as the lead warriors in this year-long battle, and they represent the several members of the Wellness Committee who initiated and planned the strategies and tactics for winning the fight. The Committee's path to the current stage of promotion began with presenting their findings and discussing them with Executive Director Julie Clough, then the Department Heads, then to an Employee Council, finally the three Grafton County Commissioners. The spreading of the word included employee notification starting with paychecks dispersed September 27, of 2013.

IT'S ALREADY STARTED – THE CALANDER

The three leaders are under no illusions about the difficulties to be encountered in quitting habits which could be years or decades long. Said Mr. Labore, “We all have recognition of how hard it is to stop for some folks – we are pretty sure that stepping away from tobacco use in defined anticipated stages makes it easier and more effective”. Their structured time-line for quitting:

- starting this past January 10th, 2014, all Fridays from then on became tobacco free.

- beginning this coming March 8th, all Saturdays from there on become tobacco free.

- May 11th, all Sundays will become tobacco free.

- July 7th, all Mondays become tobacco free.

- September 2nd, Tuesdays become tobacco free.

- October 29th, Wednesdays become tobacco free.

If you know your calendar, and are doing your mental exercises, you realize the only day of the week not brought into the tobacco free zone thus far under the time-line is Thursday. THAT happens November 20, 2014, which also happens to be the next Great American Smoke-Out Day, a Thursday. The old military term, “Smoke 'em if you got 'em” just ain't gonna apply anymore. And that other military term familiar to many from their Naval service on board ship or shore now applies increasingly - “The Smoking Lamp Is Out”.
Smoke-free is already the

rule at other public spaces in Haverhill, including Cottage Hospital – a full tobacco-free campus – and the medical offices building across Swiftwater Road from the hospital.

IT'S OK TO HAVE A SENSE OF HUMOR ABOUT IT

Lightening the impact of this determined effort with a welcome dash of humor includes “Kick The Habit Baskets”. They are in place throughout the buildings, inviting “tobacco users trying to quit- please help yourself”. Director Cramer smiles with wry understanding as she speaks of the hard candies, lifesavers and other treats available in these baskets, not only for the folks who are breaking the habit, but also for the relief of those on staff who are dealing with them.

Tim Parsons too was chipping in with smiles and good humor as he handed out “stress balls” to numerous folks in the Nursing Home lobby - blue and white pill-shaped foam-rubber – to physically relieve smoke-quitting nerves. Squeezing beats puffing and inhaling. Mr. Parsons, as good-natured as

he was, was there working – he's a Health and Safety Advisor representing HealthTrust, an employee benefits pooler devoted exclusively to serving towns, cities, counties and schools among other groups. He wanted folks to know his company, which provides high quality cost-effective products and services for public employers and employees in New Hampshire “has many resources and benefits to improve your chances of succeeding in stopping smoking. These benefits – including all dosage forms of the medication “Chantix” - are available to all medically-covered enrollees, retirees, spouses and dependents, age 18 and older”.

TELL ME AGAIN WHY I SHOULD CARE

HealthTrust's Mr. Parson's message was on target and clear:

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- you will feel better, have more energy and breathe easier
- your baby or kids in your family, anyone you live with, will be healthier
- you will have extra money to spend on things other than tobacco products

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Donna Cramer is Director,

Keeping Your Figure In Winter

Impossible? It's not easy when the cold weather invites our bodies to host parasitic invaders and creates fat cells to stay warm. However, we can "outsmart" both with a little help from our herbal allies and of course movement. Weight loss doesn't start in the abdomen, but in the brain. Most indicate that lack of willpower is their greatest barrier to weight loss success – making it the number one stumbling block. Being unable to overcome the urge to eat excessively doesn't stem from personal weakness. Rather, it comes from a survival mechanism rooted in the fact that until the middle of the 20th century, most people had to worry more about consuming too few calories instead of too many.

In response, our bodies have become adept at conserving energy output while increasing energy input in the form of high-calorie foods. Hence, we are now the products of an overweight and tired population. The way to override this "default setting" is through better regulation of metabolism, energy usage and other individual factors directed by the brain. We must reconnect to our bodies "brain reward system" and aid the brain to recognize when "enough is enough." This brain system is controlled by neurotransmitters, a precisely calibrated combination of amino acids, vitamins and minerals has helped people cut food cravings, especially for sweets. Herbs can supply all of your nutrients in a condensed state, by suppressing your appetite, controlling your food cravings, speeding up your metabolism and increasing physical energy.

Where do we start? First and foremost, sugar regulators, keeping glucose (blood sugar) under control sup-

ports weight loss efforts by helping to curve hunger and hold fat formation in check. One way to manage glucose is to block the movement of simple sugars from the intestines to the bloodstream; the other is to regulate it once it gets there. Inulin takes the first approach. A plant fiber, inulin powder provides digestible bulk and food for the probiotic bacteria within the large intestine. Chromium takes the second line of attack. It enhances the effects of insulin, which leads glucose into cells for energy production. Herbs that contain Chromium include Catnip, Horsetail, Licorice, Nettles, Oat Straw, Red Clover, Sarsaparilla, Wild Yam & Yarrow. An Indian herb called Gymnema acts on insulin and a number of other hormones involved in weight management. Rhodiola and green tea also have sugar-controlling effects; Green tea has also shown an ability to reduce fat accumulation.

Burning fat is the third step in staying healthy and slimmer, Ginger root is a popular tasty tea and an incredible enhancement of flavor to many of your favorite soups and side dishes. In addition to helping hold hunger at bay, Garcinia Cambogia interferes with fat formation by impeding the process by which excess carbohydrates are broken down to be repackaged as body fat. Lastly, let's touch upon metabolism boosters, Guarana, a vine found in the Amazon rainforest, produces fruits rich in caffeine, caffeine is known to increase satiety (the sensation of fullness after eating). Also, Guarana has been found to improve cognition, and people who use it regularly are less likely to suffer metabolic disorders. All three show the ability to fight inflammation as well, a condi-

tion that often accompanies obesity.

Burdock Root – is commonly used to neutralize and eliminate toxins in the body. It promotes kidney function to help clear the blood of harmful acids and contains volatile oil that helps remove toxic wastes through the sweat glands. Burdock contains up to 45% Inulin which is the reason for most of its curative actions. Inulin is important in the metabolism of carbohydrates.

Dandelion Root – is a powerful diuretic that stimulates the liver to eliminate toxins from the blood. Though most diuretics result in a loss of vital potassium from the body, dandelion is one of the best natural sources of potassium, making it an ideally balanced diuretic. Dandelion has a high content of Inulin, an excellent liver cleansing and toning herb, bile producer aiding gallbladder function.

Garcinia Cambogia "Vrikshamia" Garcinia cambogia reduces the conversion of carbohydrates into stored fat by inhibiting certain enzyme processes. When less fat is available for use and slowed down, the body burns calories at an accelerated pace. Doctors found in a clinical study that people using Garcinia cambogia lost weight 12 times the rate of people not using it. Benefits include: suppresses appetite, supports normal cholesterol, LDL and triglyceride levels, considered a heart tonic, supports normal appetite level, supports normal body weight, supports normal lipid levels and supports normal fat and carbohydrate metabolism.

Ginger Root: (Zingiber Officinale), Promotes digestion and the elimination of natural toxins. Supports a comfortable post-meal experience; a warming circulatory stimulant and body cleansing herb, with excellent effectiveness for cramping, indigestion, nausea, cough, sinusitis and sore throat. Nutrients: Amino acids, calcium, essential fatty acids, iron, magnesium, manganese, phosphorus, potassium, zinc. Vitamins B1, B2, B3, B6 & C. Ground ginger also contains vitamin A.

Gymnema (Gymnema Sylvestre) – an Ayurvedic herb used to treat diabetes since the sixth century; helps repair damage to the pancreas, increasing its output of insulin to near normal levels. An herb that reduces blood sugar levels after sugar consumption. Gymnema has a molecular structure similar to that of sugar that can block absorption of up to 50% of dietary sugar calories. Both sugar and gymnema are digested in the small intestine, but the larger molecule of gymnema cannot be fully absorbed. Therefore, if taken before sugar, the gymnema molecule blocks the passages through which sugar is

normally absorbed, and fewer sugar calories are assimilated. A person who eats a 400 calorie, high sugar dessert only absorbs 200 of the sugar calories when taking gymnema - the remaining sugar is eliminated as waste. Primary uses: used to treat diabetes and hyperinsulinism; helps repair damage to the liver and kidneys.

Guarana Seed: (Paulina Cupana), A plant containing natural caffeine, effective as a short term stimulant. Primary Use: in an energy formula, where there is a need to stay awake. Acts as a general tonic, stimulant & intestinal tract cleanser. Increases mental alertness. Improves stamina and endurance. Reduces fatigue. Useful for headaches, urinary tract irritation, diarrhea.

Rhodiola Root: (Rhodiola Rosea), Scientifically proven to maximize energy; fight the effects of stress and aging; sharpen energy and concentration; protects against heart disease and cancer; eases anxiety and depression; improves sexual function; enhances physical performance; blocks fat for lasting weight loss.

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 250 medicinal bulk herbs, tinctures, teas and capsules, all made on premise. 603-838-5599 thymetoheal01@yahoo.com

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Math Facts

By Elinor P. Mawson

"I never was very good at math".

As teachers, my husband and I heard these words from a lot of parents. They were trying to explain why their kids struggled with math. It was almost like they thought it was genetic.

We begged to differ.

In my husband's case, he found it very difficult to teach math on his grade level when a lot of the students hadn't mastered the facts and concepts along the way to middle school.

In my case, I found that my third graders hadn't learned the facts and concepts at all. Many times I had to start at the beginning. Kids need to know that we use numbers in all aspects of life--time, money, distance, measurement, and many others.

Along the way, I tried to instill the idea that Math is wonderful! To begin with it consists of only 10 digits, and

by putting those digits in the correct places, you have the entire number system. A 2 can be 2, and by putting other numbers with it, a 2 can be 22, 602, or 2954! So once you realize that you'll be using the same digits in different places--units, tens, hundreds, thousands, etc. you'll be ready for the next concepts--addition, subtraction, etc.

Somewhere along the line, the idea of negative numbers, fractions, decimals are introduced. This is all well and good, but you really need to know the previous concepts before these come into play.

With my husband's middle-schoolers, they had somehow missed some of these previous concepts. In third grade, when they were supposed to learn and master multiplication, they weren't comfortable with addition and subtraction. In fifth grade when their teacher introduced long division and

decimals, they still hadn't gotten the multiplication tables down pat. And they didn't realize that one concept is built on a previous one.

So when Algebra is introduced in Middle School, without the concepts mastered in the previous grades, Algebra might as well be Hieroglyphics. And without Algebra, you can forget geometry, calculus, trigonometry and all the rest.

And when people say, "I was never much good at math", this is basically what they mean. Most of them weren't developmentally ready in the first place, to "get" what was being discussed in class. Genetics had nothing to do with it-- it was just the wrong time for them.

Think about it.

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