

TRENDY TIMES

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Creative Classes Coming This Fall

Looking to get creative this Fall? A new series of classes and workshops will be offered at Court Street Arts at Alumni Hall this Fall spanning painting, felting, and music to dance. Artist Ed Kadunc's popular four week watercolor session will start on Monday, September 8th. He will be teaching additional workshops on getting to know the basics of watercolors on September 1st and tutorials in October focused on understanding perspective and color mixing.

Newbury, VT painter Robert Chapla will be joining Court Street Arts this season to lead a four week class with an emphasis on acrylic landscape painting on Tuesday afternoons from 1 - 4pm starting on October 7th.

A handful of new opportunities are being added this Fall including, Thriller: Dance It!, that celebrates the Halloween season with a fun filled afternoon workshop where students of all abilities

will learn Michael Jackson's iconic dance with Laurel Lakey on Saturday, Oct. 25th.

Local artist Beth Harwood will be teaching an Introduction to Nuno Felting workshop on Saturday, November 8th. Participants will learn the basics of felting while creating a scarf using techniques to transform wool fibers into a silk fabric base.

Rounding out the season, the acclaimed musicians from the newgrass ensemble Hot Flannel will be holding a workshop on Saturday, December 6th in conjunction with two live performances that weekend. The 90 minute workshop will address the ins and outs of playing in a string band and will touch upon rhythmic steadiness, harmony, improvisation and performance craftsmanship.

For more information or to register visit, www.courtstreetarts.org, email info@alumnihall.org or call (603) 989-5500.



Artist Ed Kadunc will bring his popular watercolor class back to Court Street Arts at Alumni Hall this September. The organization will bring a host of favorite and new classes throughout the year.

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TRENDY Dining Guide

Miss Lyndonville Diner

By Gary Scruton

"Breakfast is the most important meal of the day." We have probably all heard that phrase. The question becomes, is that a true statement? And if it is, then where you eat breakfast is also one of the most important decisions you make each day. If you are like me the question of where to eat breakfast, most days, has a pretty simple answer. Home. For me that generally means coffee and toast or an english muffin (with peanut butter of course). But on the weekend that story changes. Generally there is more time, and often the breakfast bell rings much later. It was just such an occasion on a recent Saturday morning.

Our plan for the day was to visit the 169th Annual Caledonia County Fair in Lyndonville. This meant that we would be going right by one of the Northeast Kingdom's best little diners, the Miss Lyndonville Diner. It is situated right on Route 5, or Main Street in Lyndonville, part way between the interstate and the main village. Some of the parking is right off that road, but there is also a nice parking area just beyond the building that allows for much better site of the road as you leave. In either case, whichever side of the building you enter, there is an entrance where you are most often met with the "Please Wait To Be Seated" sign. And it has never taken long to be seated. The wait-staff tends to be quite attentive to those coming in the door, and will get you seated promptly. Once seated it also does not take long before the beverage question is asked and that first cup of coffee arrives.

As mentioned earlier Saturday breakfast tends to be much later in the day for me, and usually much bigger as well. On this occasion my taste buds were already say-

ing "Omelet, please". My omelet of choice is ham and cheddar. At Miss Lyndonville, this order also comes with two slices of homemade white or wheat toast. My wife chose scrambled eggs and toast which also came with hash browns and hash. All together, including tax and a decent tip, the entire bill was only \$21.00.

Because of our timing on this day (almost 11 am) this meal was more of a brunch than a real breakfast. In other words there would be no lunch. But even if you arrived later in the day, breakfast is still available at Miss Lyndonville. All that being said, my 3 egg omelet and toast would have been plenty, but I ended up with a third slice of wheat toast, plus most of an order of hash. I do enjoy hash for

breakfast, and this was quite tasty with a flavor that you could certainly savor. With all that, it was a chore to get around the whole meal, but a chore that was worth doing, and one that I was proud to complete. Even the second cup of coffee was well timed and helped to get me the start I wanted for the day.

All in all it was another visit to Miss Lyndonville Diner that did not in any way disappoint. The service was efficient without making us feel rushed. The food was very quick to appear after ordering, and was well presented along with being delicious. And the price was also very easy to swallow. I can only end by saying that if you are in the Lyndonville area and want a fine breakfast, Miss Lyndonville will not disappoint you.



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The Other Side Of The Menu: How Good Is Your Server?

By Robert Roudebush

QUESTION - How do you handle a bad waiter?

ANSWER - What's a bad waiter?

Q - You know what a bad waiter is, you've had them. In fact, because of your restaurant background, and how long you worked in that business, you might even have BEEN a bad waiter, at least sometimes.

A - You're right - I've had bad waiters and I waited tables long enough to have been one sometimes. Part of my learning process included being a bad waiter. I lasted a long time in that business and left it with a reputation as an excellent server, expert enough to train others as first-class servers. But I'd like to know how YOU define a bad waiter.

Q - You know, the food's late, he gets the orders wrong when it's delivered, not very polite, doesn't know about the food or wine, you never see him around, doesn't do what I want him to do, you know, a bad waiter or waitress. How do you handle them?

A - You handle a bad server the same way you handle a good one - with courtesy and directness.

Q - Say what?

A - Not everything that goes wrong at your table is your waiter's fault, though some things certainly may be. Only some of those things you just mentioned are under the waiter's control. You handle

a bad or good waiter or waitress in the exact same way. With a good server, you tell them verbally or in a tip, that they did well, and when you can, you articulate exactly what they did well and how much you appreciated it. Positive re-enforcement. It's also good manners. Your server is just working people, just like you and me, and they will remember you and how you like things done, and how you handled it when things were right. Their living depends on it, and so does their self-esteem.

So you do the same thing with a server who is not meeting the mark. Try to remember the term, "pleasant reminder". With courtesy, or at least civility, maybe even a sense of humor, you let your server know how their service is not right for you. Be open to hearing a valid reason why something that should be happening is not happening. Take note of how your server accepts the direction, and don't put up with nonsense. Believe me that a server who cares and who is trying to please will recall that low-key direction, and your courtesy, and try to abide by it. I call that good manners too. Done properly, it makes things better for all parties involved next go-around. By the time you get to the point of drawing your server's attention to a problem, of course, you must also have shown the patience to figure out how that problem may have occurred and how to fix it. Again, not everything that goes wrong at your table is the server's fault and so you may not have a bad waiter.

Q - So, what's his fault and what isn't?

A - Food's late? - probably not his fault, usually the kitchen's. Nothing wrong with informing your waiter that you've noticed it's taking too long. He may have an acceptable reason for you, which will set your mind more at ease, or it could be he was so busy, he did not know, which does happen sometimes in busy places. He'll appreciate your frankness then. Gets the orders wrong? - is his fault without a doubt - it's his job to keep them clear from table to kitchen and back to table again. Not very polite? - again his fault, though you might ask yourself just how polite YOU were with him in your interaction. Doesn't know about the food? - that's also his call, he should know just about any question you ask him about what is being served, or be able to find out. Never see him around? - he might have just been "slammed" - lots of tables at once - and is more embarrassed than you about neglecting you. Doesn't know about the wine? Could be his fault, his personal lack of knowledge, but even if he doesn't know about the wine, he knows SOMEBODY in the place who does know. Also, ask yourself, have you been clear with him about your needs?

Q - What if you do all that and the server still sucks?

A - Ask for another server, and if that does not work, you are in the wrong place to eat.

Bon Appetite!

Lyndon State College To Hold Open Audition For Staged Reading Play Series

As part of Lyndon State College's 2014-15 campaign 'Year of Social Justice', Twilight Players will be presenting a series of four plays in a 'reader's theater' format. An open audition will be held of Saturday September 6th at 11 am at the college's Burke Mountain Room. The auditions will be open to LSC students, faculty, staff and the general public in an effort to create unique casts of varying ages and backgrounds.

The four plays selected examine social and political issues and will be presented throughout the upcoming academic year. The Laramie Project by Moises Kaufman presents a theatrical document about the events and aftermath around Matthew Shepard's death. Seven showcases the voices of seven different women documented and brought to life by seven different female playwrights. Trouble in Mind by

Alice Childress, tells the story of an African American actress in the 1950's starring in her first major Broadway play and examines the subtleties of prejudice and racism. A Peasant of El Salvador by Vermont artists Peter Gould and Stephen Stearns, takes a closer look at the civil wars in El Salvador in the 1980's and world politics. The four productions combined have over 30 roles available for actors of varying cultures and ages.

The auditions will be held for all four productions on September 6th, though the productions will be presented throughout the academic year. (Laramie 10/17, Seven 2/13, Trouble 3/5 and Peasant 3/26). If you are unable to make the September 6th auditions (or would like more information) please contact Gianna Fregosi at gianna.fregosi@lsc.vsc.edu.

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New HAMPSHIRE HOUSE UPDATE

By Rich Ladd - Haverhill

On September 15, I will request legislative services in Concord to draft a bill that has the potential of growing NH's Rainy Day Fund.

My proposal draws upon intent and wording within the Alaska Constitution. In 1969, many Alaskans believed that the legislature acted too quickly and inefficiently in spending the first \$900 million bonus the state received from oil field leases. Legislators spent the \$900 million like a young child would raid an unsupervised candy jar. Alaskan's wanted fiscal responsibility from politicians, so the people amended the state constitution to require a minimum of 25% of oil lease revenue and royalties be placed in the Permanent Fund, a rainy day account. New Hampshire should also demand the same fiscal accountability, as our rainy day account is only \$15 million, the smallest such account in

New England. NH should have \$140 million in the account; Massachusetts has over \$1 billion in their revenue stabilization reserve.

If we use the value benchmark from Northern Pass's land buys in Coos County, it can be determined that the completed transmission project value would approximate \$2 to \$5 million per mile (Responsible Energy Action LLC). Based upon these figures and if the transmission line is located on 200 miles of state-owned right-of-way, the project's capital value would be \$400 million to \$1 billion. If the state and energy business can agree to locate transmission structures on state ROW, and with an annual lease rental of 5% of the capital value, the annual rent to the state would be \$20 to \$50 million. Lastly, if NH saves 25% of this revenue, then the Rainy Day account

would receive \$5 to \$12.5 million annually.

My drafted bill may read as follows: "At least twenty-five percent of lease rental, royalties, or royalty sale proceeds received by the State of New Hampshire from electrical transmission and distribution facilities, natural gas transmission lines, carbon dioxide pipelines, and any other energy transport pipelines or conduits shall be placed in the State Revenue Stabilization Reserve Account (Rainy Day Fund), of which principal and interest from the aforementioned energy infrastructure shall only be used for those income-producing investments and reinvestments specifically designed by law for the Revenue Stabilization Reserve Account." I am sure bill drafters will make wording changes, but the intent is established. New Hampshire can benefit from energy transmission leases, but more importantly, the state needs to avoid the candy jar mentality and pass legislation that saves for our future.

Grafton County UPDATE

By Grafton County Commissioner Linda Lauer

One of the Grafton County programs that seems to draw a good deal of interest is our nationally recognized Drug Court Program. The Grafton County Drug Court was initiated in 2007. It is an alternative sentencing program that allows high risk non-violent offenders to enter an 18 to 24-month-long drug rehabilitation program instead of being incarcerated. Upon successful completion of the program, the Court may issue an order of annulment of the felony to which the participant pled guilty upon entering the program. Participants who fail to meet the program requirements must serve out the sentence for their original crime.

The Drug Court Program is not an easy way out for an offender. Participants must adhere to a strict set of rules as they progress through four phases of treatment. For the initial phase, which lasts a minimum of 90 days, they must provide a weekly schedule of their whereabouts. A minimum of two random visits by a Supervision Officer ensures that accurate schedules are supplied. They must actively seek and then maintain employment or attend school full-time. They must attend three 3-hour treatment sessions and three 12-Step or equivalent meetings each week, appear in court once a week, and undergo random urine screenings at least twice a week. They must procure adequate housing. They may not travel out-of-state without permission. They must agree to allow their residence, vehicle, cell

phone, computer and social media sites to be searched. They are also required to pay a weekly fee toward their treatment. As participants move through the different program phases, the frequency of treatment, urinalysis, and court appearances diminishes but does not disappear. The program requires a minimum of 18 months of treatment.

The Grafton County Drug Court program has a completion rate of 52%, which is in line with similar programs nationwide. The more important statistic, however, is that of recidivism. Of the 41 successful Grafton County Drug Court Program graduates, only 5 have been rearrested. By comparison, a 2012 study in the Journal of Criminal Justice indicated that the average recidivism rate nationwide for nondrug-court offenders is 50 percent.

Grafton County taxpayers save money with the Grafton County Drug Court program. The average annual program cost per Drug Court participant is less than 2/3 of the average annual cost to incarcerate an individual in the Grafton County Correctional Facility. That figure does not even take into account the annual bond payment for the construction of the correctional facility. In addition, available data indicate that Drug Court participants are much less likely to return to jail at taxpayers' expense in the future. Add to that the fact that the Drug Court Program has converted many of its participants from substance abusers into contributing members of society, and everyone wins.

As always, if you would like additional information or if you have any questions or comments, please feel free to contact me at 603-747-4001, by e-mail at llauer@co.grafton.nh.us, or via my website at www.lindalauer.com.

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Grafton County 4-H Golf Tournament Names Winners

By Kathy Jablonski, Youth and Family Field Specialist, UNH Cooperative Extension

Hayloft Inn at Blackmount came in first place on August 9, 2014, at the 18th Annual Playing for Clover Golf Tournament at Blackmount Country Club in North Haverhill, NH. The tournament, sponsored by Grafton County 4-H Leaders' Association, benefits 4-H youth development work throughout Grafton County. Their prize of four rounds of golf, with cart was provided by Mountain View Grand. Playing for Hayloft Inn at Blackmount were Ruth Maffai, Eddie Chamberlain, Larry Schieman and Cindy Schieman.

In second place were T Time Therapists, played by 4-H supporters and alumni, Mark Nickerson, Eloise Nickerson, Ted Olejnik and Jim Helling.

Poulos Insurance of Woodsville and central New Hampshire garnered third place with players Dan and Nicole Whyte, Seth Whyte and Dominic Lucente.

Fourth place was earned by Ken Horton, Dave Joslin, Brian Markee and Mike LaVoie playing for bronze sponsor K and A Carpentry.

Littleton Chevrolet, a member of the AutoSaver Group, sponsored the hole-in-one for a 2014 Sonic and a \$100.00 gift card for each player. Blackmount Equip-

ment sponsored the hole-in-one for \$10,000 cash prize or a new John Deere garden tractor. Though many were close, no one won these items.

Sixty players competed in the tournament. Grafton County 4-H Teen Club provided the meals, including serving the barbecue chicken dinner. Club members and leaders throughout Grafton County provided the workers for the event including setting up, monitoring contest holes, and taking photos.

Over 120 merchants and businesses throughout Grafton County provided special awards, silent auction items and door prizes for each of the participants. The entire list of folks who donated can be seen at: <http://tinyurl.com/GolfFor4H>

Gold Sponsor for the event was Cooperative Insurance Companies. They were joined by Bronze Sponsors: Blackmount Country Club, Blackmount Equipment, Budget Lumber, Harry Burgess Surveying, Hayloft Inn at Blackmount, Farm Family Insurance/Darrell Louis Insurance, Grafton County Farm Bureau, K and A Carpentry, Poulos Insurance, Poulin Grain, Royal Electric, John

Stoddard Friends of 4-H, T Time Therapists and WYKR.

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This year's planning committee, chaired by Van Anderson of North Haverhill, were John Stoddard, 4-H Alum; Amy Gall, Grafton County 4-H Leaders' Association President and advisor for Grafton County Teen Club; Kathleen Jablonski,



Pictured is the fourth place team from the 2014 Grafton County 4-H Leaders Golf Tournament held August 9, 2014. K and A Carpentry were represented by (left to right) Ken Horton, David Joslin, Brian Markee and Mike Lavoie.

Extension Field Specialist in Grafton County; Linda Stoddard of Blackmount Country Club; Anne Clement and Joyce Read of Hayloft Inn, Faith DellaRova 4-H Leader for Haverhill Corner Clovers; and Dana Huntington of

North Haverhill Agway.

For information about the 2015 tournament on Saturday, August 8, 2015, please contact any of the committee members or call the UNHCE office at 603-787-6944.

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HELP TOWN EMERGENCY RESPONDERS FIND YOU AND ASSIST YOU IN YOUR TIME OF NEED FOR MEDICAL RESPONSE, OR FIRE AND POLICE PROTECTION! PUBLIC NOTICE-911 STREET NUMBERING ORDINANCE

The Selectboard of the Town of Haverhill adopted an ordinance for 911 Street Numbering on 9/20/1999. One of the purposes of this ordinance was to provide more expedient emergency response.

For primary buildings from which a street number affixed thereto would be readily distinguishable, as viewed from the street, the street number shall be conspicuously displayed on that side of the building which faces the street.

For primary buildings from which a street number affixed thereto would not be readily distinguishable, as viewed from the street, the assigned street number(s) shall be conspicuously displayed at the main vehicular (or pedestrian if no vehicular access exists) access to the property, so as to be visible on a year round basis. The preferred method of display is on both sides of the mailbox but if no mailbox is located at the main access, then the assigned street number shall be displayed on a sign post or similar means.

All displayed street numbers shall be of a contrasting color and be at least three (3) inches in height. The size of numbers placed on mailboxes shall be in accordance with U.S. Postal Service requirements. Roman numerals and/or scripted street numbers are prohibited.

Please consider this a courtesy notice that the Town of Haverhill intends to proceed with enforcement of its "Street Numbering System Ordinance" which may include fines.

Please make sure that your buildings comply with the 911 Street Numbering Ordinance within 60 days of this notice to avoid enforcement which shall include a fine of up to \$250. First notice to run on Thursday, July 24, 2014. 60 day period ends September 24, 2014.

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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

GROTON GROWERS FARMERS MARKET
9:00 AM – 1:00 PM
Groton Community Building

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

BINGO
6:00 PM
Blue Mt. Grange Hall, Ryegate Corner

SUNDAYS

CRIBBAGE
1:00 PM
American Legion Post #83, Lincoln

**MONDAY/THURSDAY
ADULT INTERVAL AEROBIC CLASS**
6:30 PM
Woodsville Elementary School

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

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

FRIDAYS

LYNDON FARMERS MARKET
3:00 PM – 6:00 PM
Band Stand Park, Rte 5, Lyndonville

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

TUESDAY, SEPTEMBER 2

**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, SEPTEMBER 3

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

SATURDAY, SEPTEMBER 6

18TH ANNUAL JAKES EVENT
7:00 AM Check In
Bunnell Camp, Passumpsic
See ad on page 4

ALZHEIMER'S WALK

9:00 AM
Grafton County Complex, North Haverhill

COHASE CHAMBER FARM TOUR

12:00 Noon – 4:00 PM
See ad on page 3

SOUNDS OF THE SAHARA

8:00 PM
Colonial Theater, Bethlehem
See article on page 18

MONDAY, SEPTEMBER 8

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

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

TUESDAY, SEPTEMBER 9

NH PRIMARY ELECTION DAY
A Ballot Box Near You

WEDNESDAY, SEPTEMBER 10

FREE PARENTING WORKSHOP
9:00 AM – 11:00 AM
Butterfly Beginnings Child Care Center
Wells River
See article on page 7

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

THURSDAY, SEPTEMBER 11

BATH LIBRARY BOOK CLUB
6:00 PM
Bath Public Library

FRIDAY, SEPTEMBER 12

**AMERICAN LEGION RIDERS
MONTHLY MEETING**
6:00 PM
American Legion Home, Woodsville

SATURDAY, SEPTEMBER 13

MORE THAN YOU CAN EAT BREAKFAST
8:00 AM – 10:00 AM
Lakeview Grange, West Barnet

OPEN HOUSE

2:00 PM – 4:00 PM
Atkinson Residence, Main Street, Newbury
See article on page 9

MIRAGE

6:00 PM – 8:00 PM
Railroad Park, Woodsville

SUNDAY, SEPTEMBER 14

BENEFIT TEXAS HOLD 'EM TOURNAMENT
Satellites 11:00 AM – Tournament 1:00 PM
Breslin Center, Main St., Lyndonville

TUESDAY, SEPTEMBER 16

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

EMERGENCY FOOD SHELF

4:30 PM – 6:00 PM
Wells River Congregational Church

THURSDAY, SEPTEMBER 18

NCC PUBLIC HEARING
5:30 PM – 7:00 PM
Haverhill Municipal Building, North Haverhill
See article on page 8

VFW POST #5245 MONTHLY MEETING

7:00 PM
VFW Hall, North Haverhill

FRIDAY, SEPTEMBER 19

INFAMOUS STRINGDUSTERS
7:30 PM
Fuller Hall, St. Johnsbury Academy
See article on page 11

SATURDAY, SEPTEMBER 20

ANNUAL HIGHLAND GAMES BBQ SUPPER
5:00 PM – 7:00 PM
American Legion Post #83, Lincoln

CHICKEN PIE SUPPER

5:00 - 6:00 - 7:00 PM
South Ryegate Presbyterian Church

TEXAS HOLD'EM TOURNAMENT

6:00 PM
Orange East Senior Center, Bradford
See article on page 7

SUNDAY, SEPTEMBER 21

BENEFIT TEXAS HOLD 'EM TOURNAMENT
Satellites 11:00 AM – Tournament 1:00 PM
American Legion Post #58, St. Johnsbury

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

Submit your entries by:

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

Deadline for submissions is Thursday, September 11th for our September 16th issue.

Groton Free Public Library Events

Friday, Oct. 3: Annual Fall Foliage Books & More Sale. We offer a large assortment of fiction and nonfiction, as well as children's and young adults' books -- all from donations and library de-aquisitions. Come and pick up that book you have always wanted to read, or even find the perfect gift!

Saturday, Oct. 4: Annual Fall Foliage Books & More Sale. Along with current titles, we have many "elderly/interesting" collectible books published in the 1800's and up.

Book sellers are welcome! Most books are sold by donation, with some having suggested prices.

Saturday, October 4: GFPL's online card catalog will "GO LIVE!" Come on in during the Fall Foliage festivities for a new library card complete with an official barcode. Enjoy the benefits of our local library going online!

Every Wed, 1-3pm: Crafts & Conversation (for adults). Join us with your ideas and

projects-in-process -- or -- just join us!

All of our programs are free and open to residents of all towns. 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, Fri 2:30-7pm.

Visit us on Facebook: www.facebook.com/Groton-FreePublicLibrary and at our website: www.grotonlibraryvt.org

Join The Fun Of Story Hour At The Bath Public Library

Tuesday's at 10 am: Pre-School through 3rd Grade. Listen to entertaining and educational books and participate in a fun take-home craft.

Thursday's at 10 am: 4th Grade and up. Read as a group award winning Junior Fiction books, create an art project and play Minecraft on

our "Big Screen" projector on the first Thursday of every month.

These programs run September through June and are free and open to the public.

For more information, contact the Bath Public Library at 747-3372 or e-mail bathlibrary@together.net.

Free Parenting Workshop For Parents

WELLS RIVER—A free parenting workshop through the Vermont Family Network will be held Sept. 10 from 9 a.m. to 11 a.m. at Butterfly Beginnings Child Care Center, 2284 Route 302, Wells River. At the workshop focused on parent involvement and titled "Advocating for your child," parents will explore skills they can use to become more effective advocates for their child. Topics

in this interactive workshop will include: what is advocacy? How do I communicate more effectively? Why is validation and effective communication so important to successful advocacy? Vermont Family Network promotes better health, education and well-being for all children and families, with a focus on children and young adults with special needs. The workshop allows par-

ents to learn and share, meet other parents, learn practical tips and refreshments will be available. For questions or to request special accommodations, please contact Lori Christopher at 802-373-5382 or email Lori.Christopher@vtn.org or Janice Sabett at 1-800-800-4005, Ext. 218 or email Janice.Sabett@vtn.org.

Orange East Senior Center

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

We are looking for volunteers for the kitchen for Tuesday, Thursday and Friday. If you are interested, please call or come by.

Cribbage will start at the senior center on Wednesday, September 17 at 7:00 p.m. For more information, please call Sally Osgood at 222-5746.

The Texas Hold's tournament will be on September 20 at 6:00 p.m. The entry fee is \$50.

The penny auction will be on Saturday, September 27 from 9 a.m. to 3 p.m. We still need unopened and unused items for the penny auction. Please drop them off at the Senior Center between 9:00 a.m. and 3:00 p.m. Monday through Friday.

We will also be having a bake sale that day-if you are able-any baked items would be greatly appreciated. Thank you.

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 September 10. If you would like an appointment, please call.

The time for the computer class has changed to 3:00 p.m. until 5:00 p.m. on Wednesdays starting August 27. This class is for all levels.

Tai Chi Easy classes are on Wednesdays at 8:00 a.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.

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.

Balance class is 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 Tuesday at 10 a.m. Come On Down!

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North Country Council To Hold Open Houses Around The Region

North Country Council (NCC) will soon be releasing a first draft of "A Plan for the North Country" for public comment. North Country Council is the regional planning commission serving fifty-one communities in Northern New Hampshire. The Council is required under state law (RSA 36:47) to periodically develop an updated plan to assist municipalities, state and federal agencies, business organizations and non-profits in making decisions that will be consistent with the vision of residents for the future of the region. The plan addresses a wide variety of current and emerging issues such as disaster preparedness, broadband, transit, and housing for the region's aging population.

A series of six "open house" style public meetings will be held around the region in September to engage in discussion with residents about the proposed strategies, and to gather ideas on potential partners for implementation of the plan. Residents can drop in at the locations listed below on the following dates any time between 5:30 PM and 7:00 PM to talk with representatives of the Council about the draft plan and make suggestions for implementation.

Albany Town Hall
Monday, September 8
Stratford Town Hall
Tuesday, September 16
Gorham Town Hall
Thursday, September 18
Haverhill Municipal Building
Tuesday, September 23
Franconia Town Hall
Monday, September 29
Rumney Town Office
Tuesday, September 30

"Common sense, taking care of what we have, building upon it, doing the things we do now but doing them better." That's how NCC's Planning Coordinator Tara Bamford sums up the direction of the new regional plan. "The plan is based on a year and a half long public engagement process to ensure

we understood what residents care about and what their needs are" explained Bamford. "What we heard was that residents care just as much about the region's scenic natural resources and recreation opportunities as visitors do. The highest need continues to be for livable wage jobs, but it is essential that economic development is consistent with resource protection." Bamford also reported that local agriculture and energy efficiency/renewable energy are high priorities of residents and noted "there are many great examples of locally driven solutions, from the North Country Farmers Cooperative to the Plymouth Area Renewable Energy Initiative. We are already planning a next step that will compile information on examples from around Northern New England and get them into a form easily accessible to our member communities."

Two of the region's most pressing needs – broadband and transit – have been addressed in stand-alone documents, enabling a more in-depth discussion and analysis of the region's resources and needs. The North Country Region Broadband Report is part of a greater state- and nationwide effort to evaluate broadband infrastructure and availability. When asked about the Report's findings, NCC Regional Planner Geoffrey Sewake noted, "Broadband in the North Country region, although available to many of its residents, is still very limited in choice and speed. The next steps will be to improve choice, speed and value to the region, and also to educate businesses and residents of broadband's value."

A large number of the state's residents do not have access to personal automobiles. Given the rural nature of the North Country region, there is inadequate access to public transportation and transit. "This makes it difficult to access activities of daily living, including employment,

education, health care, shopping and recreation" explains the Council's Transportation Planner Mary Poesse. North Country Council updated the Coordinated Public Transit and Human Services Transportation Plan with the purpose of developing a comprehensive strategy to assist stakeholders like the New Hampshire Department of Transportation (NHDOT), New Hampshire Department of Health and Human Services (NHDHHS), transportation providers, transportation coordinators, and other community agencies to help affected residents meet their transportation needs.

NCC's Executive Director Christine Frost is especially excited about the potential for the regional plan to facilitate partnerships. "We need to both increase incomes and lower the cost of living in the North Country. Strategies to move the region in this direction, such as making the North Country a place that better builds and supports young entrepreneurs, are going to take a concerted effort on many fronts, but there are already an amazing number of individuals and groups ready to take on the challenge. I am really looking forward to meeting with residents at the open houses and hearing their ideas for implementing the plan."

Refreshments will be available at the open houses. No preregistration is needed. Please pass along these dates to your neighbors. The draft plan will be sent to North Country libraries and posted at www.NCCouncil.org by the end of August. Announcements of additional opportunities for public comment prior to adoption of the plan by the Council will be posted on the Council's website as well. For those unable to attend meetings in person, written comments or questions can be sent to: tbamford@nccouncil.org or Tara Bamford, Planning Coordinator, North Country Council, 107 Glessner Road, Bethlehem, NH 03574.

Haverhill Area Transportation Access Discussed At Recent NCC Meeting

By Robert Roudebush

HAVERTHILL, N.H. - There aren't many public transportation options in the Haverhill region, with some exceptions, and there are reasons for that lack, attendees agreed at a recent meeting of the North Country Council. The public meeting at Haverhill's Municipal Building drew a small group of people which nonetheless was "one of the best discussions" of the north country's transportation situation, according to meeting facilitator and Transportation Coordinator Mary Poesse. Those in attendance considered several questions:

- Who are the transportation providers in your area?
- What has been your experience in accessing transportation to meet your needs?
- How hard (or easy) has it been for you to find rides to medical appointments, shopping, or social outings?

Meeting attendees included Town Manager Glenn English, Executive Director of the Grafton County Senior Citizen Council, Roberta Berner, Director of the Horse Meadow Senior Center, Deb Foster, two members of the Haverhill Selectboard, including Lynn Wheeler, and retired Naval Officer and Piermont Resident A. George Mertz, husband of District 15 State Representative candidate Terri Mertz.

This was the third in a row of at least 4 or 5 scheduled meetings sponsored by The North Country Council, a regional planning commission and economic development district for New Hampshire's north country – earlier meetings occurred at the Littleton Senior Center on June 5th, and the Colebrook Courtroom in Colebrook, NH, June 9th. Future meetings were tentatively scheduled in Berlin, on the twelfth of June, and the Conway area.

The Council is updating their Regional Coordinated Transit Plan, something they do every five years or so in cooperation with New Hampshire's Department of Transportation.

Haverhill's geographic spread does not encourage establishment of regularly scheduled fixed-route public transportation – people and residences are widely dispersed throughout large rural areas. Mass transportation makes more economic sense in densely populated central downtown areas, such as Woodsville. Town Manager English and Selectperson Wheeler pointed out that NCC already sponsored one method of dealing with transit needs, a

ride-sharing program, matching those needing rides with private citizens providing them, and that obtaining a more fair, IRS level mileage-reimbursement rate for private drivers would strengthen that program. Limited transportation modes do exist for certain population segments, the group agreed – Horse Meadow maintains a small capacity transportation van for the area's seniors and disabled, and employ a driver to operate that van.

DAV – Disabled American Vets, is a national organization whose regional two-state operations include coordination of a small group of volunteer drivers, typically operating 6-8 passenger vans for veterans up and down both sides of the Connecticut River. They pick-up participants four days a week, Tuesday through Friday, typically for appointments noon or earlier. DAV vans travel to the VA's Regional Health Center at White River Junction, Vermont, and Dartmouth Hitchcock Medical Center on occasion. Regional Coordinator David Pruitt may be reached at 603 989 5946 - Mr. Pruitt indicates the organization is always seeking volunteer drivers.

Director Foster indicated that Horse Meadow had received requests from Cottage Hospital, which does not operate a dialysis program, to transport patients from the hospital to other medical centers for that treatment. She indicated that while they wanted to help all who required it, such trips were difficult because one such drive would tie up their driver for much of a single day. She concurred however, that possibilities existed for creating and working with a system which paired volunteer drivers, operating private vehicles, with those requiring rides for medical and other reasons.

NCC facilitator Poesse (pronounced per-sa) made available a partial listing of Transportation Services available in the Haverhill area, which includes Tri-County CAP Transit, North Country Transit, which provides direct routes from one downtown to another, Door-to-door for 60+ and disabled persons. Serviced towns include Berlin/Gorham, Lancaster/Whitefield, Littleton, Coos and northern Grafton Counties. A recent internet survey from NCC seeking opinions on transportation reflected only two respondents from Haverhill.

For more information contact – Mary Poesse at 603 444 -6303 Ext. 24, or online at mpoesse@nccouncil.org.

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34th Fall Festival Comes To Newbury

Newbury – This is the time of year when everyone thinks of the lovely colored leaves, trees, and bushes. Come celebrate autumn in beautiful Newbury, Vermont on Saturday, September 27, 2014 at the First Congregational Church from 9:00 am to 3:00 pm for the 34th annual Fall Festival. Set aside this time for a family day of fun with music by Brian Emerson & the Rangers, hay rides, cookie walk, and sales of fudge, candy, white elephants, books, plants, and the famous Cracker Barrel Cookbook. There will also be activities for children, including the popular Bouncy House.

A silent auction will be held in the vestry with the theme “Celebrate the Holidays”, offering items just right for any gift-giving occasion. There will also be sales tables set up to sell special gifts, Christmas items, and local crafts and handiwork. The silent auction will open at 9:00 am and close at 2:30 pm so that

all items will be ready for pick-up at 3:00 pm.

Some of this year’s silent auction offerings include: an Asian vase, a print of the Bradford Library, copper molds, indoor/outdoor thermometer, gift boxes filled with assorted surprises, framed and matted artwork, John Deere items, local farm produce, 3.5 yards of Pendleton fabric and lining, fine woodworking by Copelands, a mirror, 1937 Bradford Academy plate, hand-embroidered Irish linen tablecloth & napkins, crystal dishes, and many gift certificates from local businesses and individuals.

The Women’s Fellowship will display its annual quilt for raffle. This year’s quilt is queen-size with a Bear Paw design. The raffle drawing will follow in early October.

A la carte lunch will be served from the Sugar House, featuring hamburgers, hotdogs, potato salad, baked beans, chili, coleslaw, beverages, and dessert.

The First Congregational Church of Newbury, located at 4915 Main Street South, is the second oldest church in Vermont. The original church building was built in 1856. Across the street, in the former parsonage, is the Mustard Seed Thrift Shop where used clothing, household items, books, and toys are sold year-round to help support the church and local charities. The Mustard Seed is open on Thursdays and Fridays from 10:00 am to 4:00 pm and on Saturdays from 10:00 am to 2:00 pm.

Following a productive 3-year interim ministry by Rev. David Pruitt, the Church has called Rev. Kate Maver as a shared pastor with the Wells River Congregational Church. On September 14, the Church will celebrate its 250th birthday in a joint service with special music, drama, and remembrances at 10:00 am, followed by a free community lunch at 11:30 am in the vestry.

NH Fire Academy Director Presents At National Conference

Dallas- The International Association of Fire Chiefs held its Annual Fire & Rescue Conference in Dallas August 13-16. 12, 000 of the most prominent fire and emergency service leaders from around the world participated and addressed managing change, ethical leadership, and EMS issues.

Deb Pendergast, Director of New Hampshire Fire Standards & Training and EMS, addressed the topic of the “culture” found in the US fire service. New and experienced fire chiefs see “generational conflict”. Technology, educational backgrounds, the requirement and experience of less social contact creates a very real barrier for chiefs trying to relate to their younger members.

Pendergast also addressed the challenges of the “200 years of tradition unimpeded by progress” attitude that makes it very difficult to consider new technology, methods of fighting fire, of considering new equipment or new ways to train. Many firehouses have to deal with the “good shift”, “lazy shift”, is-

sues and types of behavior that support the attitudes of these different groups. Between many firehouses there has developed a “tribal culture” where different firehouses operating in the same city have a difficult time relating to each other.

Into this mix is the evolution of women as firefighters, Hispanic firefighters, black and Asian firefighters, college and high school educated firefighters. This is what many new chiefs have to deal with as they review departments staffing. Pendergast noted that “Since leadership involves motivation and motivation involves understanding what, why and how your employees act the way they do it is important that today’s chief understands the ‘culture’, the psychology of their department to achieve optimum service delivery while developing good, solid relationships between department members.

A scholarship awarded her and 19 of her colleagues allowed them to participate in the Fire Service Executive

Development Institute. The experimental program has proven successful and another class will be formed this year.

Prior to her assuming command at the NH Fire Academy, Director Pendergast served as the deputy fire chief of the Laconia (NH) Fire Department. She also serves as a member of the NH Fire Standards and Training and EMS Commission and is a board member of the NH Association of Fire Chiefs.

The International Association of Fire Chiefs represents the leadership of firefighters and emergency responders worldwide. Members include the world’s leading experts in firefighting, emergency medical services, terrorism response, hazardous materials spills, natural disasters, search and rescue, and public safety policy. For over 140 years the IAFC has provided a forum for fire and emergency service leaders to exchange ideas, develop professionally and uncover the latest products and services available to first responders.

The Frances Atkinson Residence Presents Its Annual Open House In Celebration Of National Assisted Living Week

Newbury, VT – The Atkinson Residence invites the public to an Open House, taking place at 4717 Main Street, Newbury, VT, 2 pm to 4 pm on Saturday, September 13, 2014, featuring musical entertainment, refreshments and tours.

Fall is the perfect time to look into assisted living. Did you know that the Atkinson offers more than traditional long-term residency? A temporary stay may be perfect for an older person recuper-

ating from a hospitalization or illness; whose usual caregivers may be unavailable; or who would like to spend the upcoming winter in a safe, comfortable, supportive setting.

The Atkinson Residence is a licensed, non-profit residential care home providing personalized assistance and comfortable, affordable accommodations for active elders since 1963. Find us on Facebook and on the Web at www.atkinsonresidence.org.



34TH ANNUAL FALL FESTIVAL
Saturday, September 27, 2014
9:00 am - 3:00 pm
 Silent Auction 9:00 am - 2:30 pm
 First Congregational Church, Main St, Newbury

Brian Emerson & The Rangers Band • Cookie Walk • Bake Sale
 Fudge Candy Table • Plant Sale • White Elephant Sale • Quilt Raffle
 Craft & Homemade Items • Christmas & Gift Table • Rada Knives Sale
 Cracker Barrel Cookbooks • Hay Rides • Library Book Sale
 Postcard Collection • Local Pictures & Note Cards on Sale
 Spinning Demonstrations • Craft Vendors • A Food Stand
 The Bouncy House and much more!

For Information Contact: Sue Hebb
 3886 Scotch Hollow Road, Newbury
 802-429-2204

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 POWri Dirt Midgets + Lightning Sprints

SUNDAY, SEPTEMBER 14
 Twilight Racing Challenge + SCoNE

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 Kids 11 and Under \$2 • Family Pack \$25
 Pit Gate Admission \$30

So Long Summer, Hello Fall Festival Presented By WRAP

Erica Griffin, OD Joins Eye Care Centers Of Littleton, Woodsville And Lincoln



Hod Symes led a walking history tour of downtown Wells River. At this stop he handed over the presentation to local "poet" Gerry Brooks, who rhymed his way through the years.



One of the "big" events of the festival was the zucchini judging. The "judge" was brought in from Chicago and is shown here with two of the winners. A large number of vendors also lined Main Street of Wells River during the Festival.

Littleton, NH – The Eye Care Centers of Littleton, Woodsville and Lincoln are pleased to announce the appointment of Erica Griffin, OD as the newest member to their professional optometric care team. Dr. Griffin recently moved to Littleton after attaining her Doctor of Optometry degree from Rosenberg School of Optometry in San Antonio, Texas. She is certified for the treatment and management of ocular disease and her special interests include primary eye care and contact lenses.



"I am looking forward to serving the local communities by offering the best vision care possible for family members of all ages," said Dr. Griffin. Originally from Michigan, Dr. Griffin is looking forward to advancing her skiing skills this winter. Her hobbies also include yoga, karate and traveling.

Dr. Griffin is now accepting new patients and appointments can be made through any of the following office locations: Littleton 603-444-2592, Woodsville 603-747-3190 or Lincoln 603-745-4882.

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September 2, 2014 Volume 5 Number 24
Not all Times are Trendy but there will always be Trendy Times

Bluegrass Super Group, Infamous Stringdusters, To Play St. J. September 19th

Kingdom County Productions will open its 2014-15 season with the exclusive northern New England concert by the Grammy-nominated INFAMOUS STRINGDUSTERS. Showtime is 7:30pm, Friday, September 19th at Fuller Hall, St. Johnsbury Academy.

Known for their innovation and fabulous improvisations, the Infamous Stringdusters came together in 2007 during one of the International Bluegrass Music Association's legendary "doorway jam sessions." And live jamming remains the integral philosophy of this cutting-edge group, with spur-of-the-moment chemistry powering their legendary live performances. In upwards of a thousand shows in six years, every one is something special and fresh for these dedicated bluegrassers. The band has become known for a complex, distinctive, and groove-friendly sound along with a bluegrass theme. The Stringdusters will travel to St. Johnsbury just before their performance at MassMoCA's 2014 Fresh Grass Festival, where they are the only band to have been invited to play at each year's festival.

Throughout the Stringdusters' years touring, the group has been described as "a future super group," "phenomenon," "intricately improvisational," and "flawless" by bluegrass critics. Awards include 2007 International Bluegrass Music Association (IBMA): Emerging Artist of the Year, Album of the Year, and Song of the Year and 2011 IBMA nomination for Entertainer of the Year. Their sin-



gle, Magic No. 9 was nominated for a 2011 Grammy award for "Best Country Instrumental." The band's lineup features Andy Hall (Dobro), Andy Falco (guitar), Chris Pandolfi (banjo), Jeremy Garrett (fiddle), and Travis Book (upright bass).

Lead New York Times music critic, Jon Pareles, wrote about the group, saying, "With flying fingers and close harmonies, The Infamous Stringdusters don't leave bluegrass behind; they're stretching it from within. What sounds casual and good-timey — handoffs from player to player, solos that turn into intertwined duets — is intricately plotted and arranged, attentive to the textures of each voice and string."

Video of the group can be seen at: http://www.youtube.com/watch?v=YEghQY3M_8Y

Tickets for the Infamous Stringdusters can be purchased online at the Cata-

mount Regional Box Office or online at KingdomCounty.org. Or by calling (toll-free) 888-757-5559 or 802-748-2600.

The Infamous Stringdusters are produced and presented by Kingdom County Productions (KCP), an arts non-profit working to animate community and culture through performing arts presentation, innovative arts education, and place-based narrative and documentary filmmaking. More information is available at KingdomCounty.org. KCP's performance series is made possible through support from Lyndon State College, The Passumpsic Savings Bank, Vermont Broadcast Associates, Vermont Public Radio, Catamount Arts, Blue Cross Blue Shield of Vermont, and St. Johnsbury Academy.

Show sponsors include Saint J. Subaru, Greensboro Garage, Anthony's Restaurant, Point FM, Seven Days, the Newport Daily Express, WDEV, and WYKR.

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Letter To The Editor

To The Editor:

As the owner of a small business who provides good jobs for local people, I am happy to endorse Jeanie Forrester in her bid to remain our State Senator in District 2.

Recently, we were notified by the State that our business was liable for worker's compensation costs for an employee who voluntarily left our employment last year. We knew that there must be a mistake and submitted the necessary paperwork to the State and called to confirm that it was received. We then got another notice saying that this same employee was receiving financial benefits without any indication that our documentation was even consulted. More paperwork, more calls and more of being ignored by the State. Finally, we had enough and sent one simple email to Jeanie. THE SAME DAY, Jeanie forwarded our concerns to the appropriate

Commissioner. The next day, we got confirmation from the Dept that, after reviewing the documentation, we were not in fact liable and would receive a refund.

WOW! That is the type of constituent service most people can only hope for. If Jeanie hadn't stepped up, our local business would still be held hostage to a bureaucratic system which wasn't at all responsive to our efforts to show that there had been a mistake.

Jeanie Forrester is smart, experienced and most importantly responsive to the needs of her constituents. I would encourage everyone to support her in the upcoming Primary and General Elections to insure that we have an advocate in Concord.

Sincerely,
Christopher Boothby, M.P.A., N.H.A.

Meredith

Christopher,

It certainly is refreshing when an elected official can help get things ironed out so efficiently. Of course we would all like to think that mix ups of this nature do not happen in the first place. And I hope that someone follows up on that part of your story. How can this particular division of state government be tweaked so that if an error occurs it does not take a State Senator to get it corrected.

In regards to the Senator herself, I recall that when she first got into the political ring one of her teachers was the late Ray Burton. And as we all know, constituent assistance was one of his main ideals. Obviously she learned well.

Gary Scruton, Editor

Letter To The Editor

To the editor,

Remember when Barack Obama became President, the first time. Mitch McConnell said his goal for this President is to make him a "one term President." When the President won his election for the 2nd term, Mitch McConnell said his goal for the President and the Democrats was to make sure that there wouldn't be any Jobs Bills introduced for a vote.

Now its Mitch McConnells re-election time and his goal is for the GOP is to take back the House. So they can shut down the United States Government. Well, we all know how well that went. And its taken a long time for the President and the Democratic Party to try and get the United States back up on their feet. We are doing better, especially where there was no help from the GOP. Just think how much further ahead the bridges and roads would be if they had Passed the Jobs Bill.

Nancy,

Well, that is a new twist on the Patriot Act.

My personal thoughts are that all of our elected officials would be so much better if they simply worked in the best interest of the nation. Not in the best interest of themselves, their supporters, their party, or even their home state. The US has two senators from each state for a reason. I believe that is so that the diverse portions of the county can come together to decide on the best of the country as a whole. The Interstate System is just that: Inter State. Not state by state. We do not have customs at each state border. If we were to work together, as has been done in the past, we would certainly move forward much more quickly and efficiently.

Again, as I have said before, your vote in the upcoming NH primary, and the November election nation wide, will influence what happens in our future. Be informed. Make an intelligent decision. And be sure to VOTE!

Gary Scruton, Editor

Senile Mitch forgot..he is the Government..

Remember The Patriot Act/Domestic Terrorism signed by President Bush 2001 and the US Congress??? Well this is what should be done to some of those in Congress, "treasonous acts against the United States and bringing down the US Government and the President of the United States..."

The Patriot Act...look it up, the Congress just renewed it with their vote..apparently they forgot to read it..again...it will be their end of "obstructionist, treasonous acts." So go ahead "sue the President". Remember he's not running again..

Want to Shut down the United States Government again...you know who to vote for.

No Thanks, I'll Vote Blue.

Nancy Leclerc
North Woodstock, NH

Letter To The Editor

Dear Editor:

Registered Independents in NH outnumber registered party voters by more than 100,000. At this time, I am one. I've now had three lengthy polling calls. In each case I am given the choice of Shaheen or Brown for U.S. Senate. Each time I've said, "What about Rubens? We haven't yet had our September 9th primary. Aren't you skipping something here?"

I suggest the polling is skewed. It's also disrespectful of NH voters. Certainly Democrats will choose Shaheen. But in the primary race, Republican voters who don't want an out-of-stater candidate or who do want someone not bought off by Wall Street money backing the candidate, may very well vote for Jim Rubens, or for Bob Smith. Independents, too, are a huge force in this primary election. They can take a Republican ballot on the 9th.

So don't heed the polling. Let the ballots, checked by real people on September 9, do the deciding, not polling, not out-of-state big money spent on TV ads for Brown that will certainly require legislative payback. Look online at Independents for Rubens. Be ready for September 9th.

Sincerely,
Lynn Rudmin Chong
Sanbornton, NH

Lynn,

I reside in the same boat as you. I am a registered independent (and plan to stay that way). I have also seen the phone light up often of late with those toll free numbers. Thanks to caller ID I do not have to answer them. (As a member of the media I choose not to participate in any of those polls anyhow.)

When it comes to the September 9th primary I will echo your voice by saying be prepared. There are a number of races on the ballot, whether you go into the voting booth with a Republican or a Democratic ballot. Whichever you do, be sure to be informed. The choices you make now will be reflected in who you have the chance to vote for in November. And who you vote for in November will have an impact of the direction of our county, state and nation.

It is an honor, and a privilege to vote. Don't waste the opportunity. And don't throw your vote away.

Gary Scruton, Editor

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North Country Senator Jeff Woodburn poses with Smokey the Bear and Cindy Montanez, of the White Mountain National Forest. Smokey celebrates his 70th birthday this month. "Smokey the Bear has become an iconic symbol for forest fire protection and helped change attitudes and nearly eradicate the once-major public policy problem of forest fires in New Hampshire. Think back, it wasn't too many years ago, in my childhood, when most families had backyard trash-burning fires, spring and fall clean up fires and the casual, predictable act of tossing cigarette butts to the ground was common," Woodburn said. "Today, we have a public that better understands the risk and trained, well organized fire safety and protection officials ready at a moments notice."

Write-In Candidate Announced

Dolly (Dorothy) McPhaul of Sugar Hill has announced her candidacy as a viable, write-in candidate for the New Hampshire State Senate and asks for your write-in vote on September 9th in the District One primary.

McPhaul is concerned with attracting new businesses to the area and supplying new jobs. To do this, the state must make it more attractive by reducing regulations on small businesses, repealing the Business Enterprise Tax, make it easier for business to hire additional workers, help supply a trained work force and reduce costs in general for doing business.

How business is conducted in government and the need for politicians to be responsible to the citizens, not lobbyists and industry, is another area of great concern. Having participated in Concord regarding various bills, she is aware of the extent to which lobbyists and big business will go to achieve THEIR goals. While aware New Hampshire needs to be attractive to business, it should not be at the expense of the citizens. She will push for transparency and make participation by citizens easier and respected.

Education has been very important to this candidate and her family for many years. "Education is the key to a better life and society," McPhaul states. "Merit pay, review of course studies, consideration of charter schools and full day kindergarten are all areas to consider."

The current state senator, seeking re-election, has stated he supports partial burial of the Northern Pass Transmission Lines. He also states certain areas are not as "sensitive" as other areas (the same wording stated by Public Service of New Hampshire). That stance is unacceptable to many residents of northern New Hampshire, including McPhaul. A member of the opposition of the Northern Pass, she states, "I will accept TOTAL burial as a compromise; partial burial is not an option. Who is to determine which town or view is more 'sensitive' than others? Why should some people, any people, pay the price for the towers? Should the towers become a part of the New Hampshire landscape, the tourism business and second home ownership will pay the price. Since that is the only substantial revenue source for much of District One, it must be protected." Bipartisanship is critical to progress, McPhaul states. "I am very concerned with politicians who will only consider and vote their party line. My job would be to represent the

people, not just the Republicans or the Democrats, something that is lacking in our government today, at both state and federal levels. I crossed party lines for two candidates in the last election. We need to 'work together' and truly try to understand other points of view. Our federal government cannot make progress because political parties don't want the 'other side to be winners'. It is time for the PEOPLE TO BE THE WINNERS."

McPhaul has been working for three plus years fighting the Northern Pass serving on STOP (Sugar Hill Tower Opponents) and Co-Chair of SNOPAC (the Sugar Hill Rights Based Ordinance Committee). She participated on two Site Evaluation Committee Work Groups (the state committee that grants the permits for energy projects), the SB-99 Aesthetics Work Group and the Orderly Development Work Group. McPhaul, commenting on those work groups, revealed, "I was stunned when the group's first conference call was placed through the law offices of Thomas Getz, an attorney for Public Service of New Hampshire; he had also been made a co-chair of the committee after the initial meeting when no public members were present. The number of Public Service of New Hampshire and energy lobbyists and attorneys present on those committees, working to establish rules by which 'their' projects will be judged, was an absolute outrage and a mockery of any semblance of fairness." She has had letters published in eight newspapers, including the New Hampshire Business Review and testified before the New Hampshire State Senate, the New Hampshire House of Representatives and at a Department of Energy Scoping Hearing.

McPhaul, previously Dorothy MacEwan, has been a resident of New Hampshire most of her life, is been married to David McPhaul, Sr., the mother of three children and grandmother of seven. They own Harrison Publishing House, Inc., a small business located in the Industrial Park in Littleton, NH.

McPhaul, rather than telling you what she wants to do, wants the residents of District One to tell her THEIR main concerns. She states, "I have always loved New Hampshire, its beauty and people. It is time to return government's priorities to what is best for the people and to protect our state's beauty and many blessings. Many people vote a straight party ticket, so I NEED your WRITE-IN VOTE on Tuesday, September 9th. Thank you."

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The Jacuzzi

By Elinor P. Mawson

Not long ago we attended a couple of concerts in a nearby state, and booked into a local Bed and Breakfast for the night.

Our room was called the "Honeymoon Suite" and for a couple of people who have been married 56 years, we thought it was quite amusing and not at all appropriate--especially since the room included a huge Jacuzzi tub--something with which we had never had an experience. We eyed it balefully, looked at each other, and decided then and there that we hadn't missed a thing.

After the concert, we again looked at the tub, shook our heads and, in a moment of weakness, said "Let's do it!"

Filling the tub was very tricky. First you had to climb 3 steps, lean across the entire tub and turn on the water. It was hard to keep my balance throughout this process; I was sure I would end up diving in fully clothed. At one point, I accidentally hit a knob, enabling a shower head to come on, spraying me all over. (My husband just loved my expressions, both facial and verbal.)

It took a few minutes to figure out how to put the stopper in the drain--it wasn't where you would think it would be, but something finally worked.

It was then we noticed a hand-printed sign saying, "Please No dogs in the Jacuzzi".

When the tub was half full with water over the jets, it was time to climb in. Climbing was a misnomer. My husband went first, and when his feet hit the bottom of the tub, he slid in all directions. And when he sat down, he still slid, and had to hang on to the grab bars to stay upright.

For me, getting in the tub was both funny and painful. I am "skeletal challenged" with bones who have minds of their own. My feet slid all over the place, but there wasn't as much room in the tub now that my husband was there. Sitting down was extremely challenging since my knees did not want to bend enough to allow sitting. I ended up hitting the water with a mighty splash and howls of laughter from my tub-mate.

After pushing every button on the tub, we finally got the jets moving, which they did with a roar.

And my husband and I sat there, looking at each other in the altogether, the likes of which we hadn't seen in years.

After several minutes along with a dislike of the loud noise, we decided our Jacuzzi experience was over. It was time to get out.

I wish I could tell you it was not only easy, but dignified and quick.

None of the above!! We had to wait for the water to go out, and after slipping and sliding in all directions, we finally put a towel down, which did the trick-- for my husband. Here again, my knees refused to cooperate and it took both of us pulling and hauling until we were both standing at the foot of the 3 steps, laughing fit to kill.

We may go to that same Bed and Breakfast when we go to our next concert, but we have already informed our hosts that we will not be needing their honeymoon suite again. We'll leave that to some more young and agile people who might be celebrating their 6th anniversary.

Sean Kelly Named Vermont Representative For Bonika Shears

As a professional hair stylist or barber, you have seen many ads for expensive shears sold at trade shows and web sites of companies who cater to the hair and barber salon trade, and came away thinking they were too expensive for your salon. Year after year, you continue to use the same shears until they become so dull as to be unusable, so you finally discard them. No need to tell you how detrimental this is to your bottom line.

Sean Kelly of "A Sharp Edge," Bradford, Vermont has been professionally sharpening salon and barber shears for many years, but until now was unable to find an American company with whom he could partner, and whose products he could recommend to his clientele.

Recently Sean connected with Gene Megowen, husband of shears designer and co-owner of Bonika Shears, Bonnie Megowen. He was seeking a professional sharpener in Vermont to represent Bonika Shears in the North Country, and invited Sean to represent his company. Sean agreed and now has catalogs for those interested in exploring the



possibility of owning a pair of Bonika Shears.

Sean can be found each Saturday from 9-1 at the Groton Growers Farmers Market on the lawn of the Groton Community Building, Route 302. Sean also participated in the "So Long Summer, Hello Fall Festival," in Wells River on Saturday Au-

gust 30.

You can bring your shears and knives to these events, and Sean will sharpen them while you shop.

For more information call 802-222-9258 or email: sean@asharpedge.com.



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<p>6:00a HomeWord Jim Bums</p> <p>6:31a BreakPoint Eric Metaxas / John Stonestreet</p> <p>6:35a Just Thinking Ravi Zacharias</p> <p>7:00a Turning Point David Jeremiah</p> <p>7:30a Today in the Word Bob Lepine</p> <p>8:00a Family Life Today Dennis Rainey</p> <p>9:00a Insight for Living Chuck Swindoll</p> <p>9:30a Running to Win Erwin Lutzer</p> <p>10:00a Walk in the Word James MacDonald</p> <p>10:30a Living on the Edge Chip Ingram</p>	<p>11:00a Focus on the Family Jim Daly</p> <p>11:30a Grace to You John MacArthur</p> <p>12:00p MoneyWise Howard Dayton and Steve Moore</p> <p>12:25p Daily Direction Melvin Banks</p> <p>1:00p Midday Connection Anita Lustrea and Melinda Schmidt</p> <p>2:00p PowerPoint Jack Graham</p> <p>2:30p Radical David Platt</p> <p>3:00p Chris Fabry Live ! (Hour 1)</p> <p>4:00p Chris Fabry Live ! (Hour 2)</p> <p>5:00p In the Market (Hour 1) Janet Parshall</p>
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Work To Become A Better Investor

On Sept. 1, we observed Labor Day — a celebration of the American worker. Of course, you work hard at your own job, but, when you think of it, every worthwhile endeavor in life requires significant effort — and that's certainly the case with investing. The harder you work at it, the more likely you are to make progress toward your goals. So as you think about investing, consider the following areas in which you will need to apply yourself:

Work to identify your goals. It's important that you know just why you're investing. Do you want to send your children (or grandchildren) to college? Do you want to retire early? What sort of retirement lifestyle do you envision? What kind of legacy do you want to leave? Identifying your financial goals is the necessary first step toward achieving them.

Work to know your own risk tolerance.

It's essential that you know your own investment personality — that is, how much risk you can comfortably handle. If you think you can handle a relatively high level of risk, but you find yourself worrying excessively over every drop in the market, you may need to re-evaluate your risk tolerance and adjust your investment habits. Conversely, if you believe yourself to be

highly risk-avoidant, but you find yourself frustrated over the relatively low returns you get from conservative investments, you may need to revise your thinking — and your actions.

Work to avoid bad habits. Many investors chase after "hot" stocks or try to "time" the market. However, hot stocks can cool off quickly, while efforts to predict market highs and lows are doomed to fail — because no one can accurately forecast those points. You will want to be especially diligent about learning to look past the headlines and beyond short-term price movements in the financial markets — because too many people overreact to these events. If you can avoid these bad investment habits, you'll be doing yourself a favor.

Work to follow a consistent investment strategy. If you invest over the course of several decades, you are going to see a lot of ups and downs in the financial mar-

kets. And when the markets get choppy, you may be tempted to take a "time out" from investing. But if you do this repeatedly, you will certainly interrupt the progress you need to make toward your financial goals. If you can develop the discipline to follow a consistent investment strategy and to keep investing in all types of markets, you have a pretty good chance of "smoothing out" the effects of market volatility over time. And, as a bonus, you'll be far less likely to concern yourself over day-to-day price fluctuations.

Work to review your progress. Along with your financial advisor, consistently review your progress toward your goals. Your investment professional should establish your portfolio review frequency and meet with you to discuss your investments at least once a year.

So, there you have it — some ideas on how you can work to be a better investor.

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Dear Marci...

Dear Marci,

My doctor said that I might benefit from home health care services due to my illness. When does Medicare pay for home health care services?

Anne

Dear Anne,

Home health care is care provided to you at home in order to treat an illness or injury. Medicare does pay for home health care services, but only under specific circumstances. Medicare will pay for home health care only if you meet all four of the following requirements:

1. You are homebound, which means you need the help of a person or equipment to leave your home, and it is extremely difficult to do so;
2. You require skilled care on an intermittent basis, such as skilled nursing care or skilled therapy services that must be administered by a licensed nurse or therapist;
3. Your doctor has signed a home health certification stating that you qualify for Medicare home health care because you are homebound and need intermittent skilled care. The certification also must state that you have a plan of care that is

regularly reviewed by your doctor. As part of this plan of care, you must have a face-to-face visit with your doctor related to the main reason you need home care within 90 days of starting home health care or within 30 days after the start date; and

4. You receive your home health care services from a Medicare-certified home health agency (HHA).

If you meet all four of these requirements, Medicare should pay for the skilled care that you receive in your home. The Medicare home health care benefit will cover skilled nursing care, which are services and care that can only be performed safely and effectively by a licensed nurse, such as injections or wound care. The home health benefit will also cover skilled therapy services like physical, speech, or occupational therapy. Note that if you need only occupational therapy, you will not qualify for the Medicare home health care benefit. However, if you qualify for Medicare home health care on another basis, you can also get occupational therapy. Medical social services, and certain medical supplies provided by the Medicare-certified home health

agency, such as wound dressings and catheters that are needed for your care, are also covered under Medicare's home health care benefit.

You will continue to receive home health care for as long as you qualify for the benefit. However, your doctor will need to approve a new plan of care every 60 days for the benefit to continue. Note that you do not need to meet face-to-face with your doctor each time you renew your plan of care, but you must do so when first developing your plan of care.

If you have Original Medicare, the traditional Medicare program administered directly through the federal government, Medicare pays the full cost of home health care. Medicare Advantage plans must follow the same rules as Original Medicare for providing you care, but may have different costs and restrictions for home health care. Contact your plan directly to learn more about your plan's coverage of home health care and its network of home health care providers.

-Marci

A Walk In The Woods – August 2014

By David Falkenham,

UNH Cooperative Extension Grafton County Forester

Throughout my days as the Grafton County Extension Forester I get the pleasure of walking on an amazing diversity of private woodlands. Generally speaking, north and east Grafton County are dominated by rocky soil covered by spruce, balsam fir and northern hardwoods with a mix of pine and oak. The forests and farms of the Connecticut River Valley on the other hand have better soil and are dominated by oak, pine and hemlock.

Walking this complex array of land also gives me a chance to witness a lot of different wildlife. Wildlife varieties and their population densities differ greatly in Grafton County depending on location. The most dramatic differences I see are in the densities of deer in different regions of the county. In the north and east and into Coos and Carroll counties, deer densities are healthy, but thin. Head into the farmlands of the river valley and the deer densities increase dramatically.

During my walks on private woodlands in western Grafton County I almost always see deer. Occasionally I will get very close to deer that seem completely unconcerned about my presence. This never happens to me in north and eastern Grafton

where the few deer are not as used to humans.

One telltale sign of high deer densities is heavy browsing on native woody and herbaceous vegetation. In some locations in all towns along the river I have seen deer browse that is so intense that native trees and shrubs can hardly get established in the forest. This is not a healthy situation and often leads to limited vegetation diversity and a heavy concentration of invasive plants, which the deer do not eat. In these locations deer can also do a lot of damage to cropland by eating what farmers work hard to grow.

Deer are incredibly adaptable animals. One major element of their adaptability is their reproduction rates. A mature doe almost always carries twin fawns. The idea is that sometime between late winter and mid-summer, one of the fawns won't survive, but the other fawn will, maintaining the population. During good years, both fawns do survive creating a population boom. That's three deer for a single doe that you see!

Another population strategy is the variety of foods that deer eat. Research has shown that deer eat nearly 70 varieties of food, including farm crops. Starvation is almost never an issue for deer except during harsh winters

and when population densities get too high.

The management of our deer herd is a complex social issue that involves an interesting combination of biology, tradition, social science, opinions and emotions. This is a tough mix and I don't envy the state Fish and Game Departments for the fine job they do managing this animal. Consider the following hypothetical statement: "we are going to increase the number of does harvested in this state during hunting season to reduce overall deer densities". Make this statement to a hunter and an anti-hunter and you are very likely to get two very opposing and sometimes angry reactions. Make this statement to a farmer or a forester and you will get another reaction. Tell that same group that we are going to increase the number of deer in this state by decreasing the doe harvest and see what reaction is given! All wildlife is a public trust and that is how it is managed, we all have some control.

New Hampshire's forests are very diverse, with dramatic differences in population densities of deer as you travel north, south, east and west. The answer to managing our deer herd is not a simple answer, but we all get some opportunity to be part of this discussion.

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Sounds Of The Sahara Come To The Colonial

Meditative and earthy, Niger-based musician Bombino performing Saturday, September 6 at The Colonial Theatre in Bethlehem with his band, conjures the expansiveness of the Sahara landscape.

Born in 1980 as Goumar Almoctar in the nomadic Tuareg encampment Tidene, Bombino (so nick-named as the youngest of 17 children) came of age during much political upheaval, fleeing with his family to Algeria by 1990 and returning to northern Niger's largest city, Agadez, seven years later,

when he took on music professionally. After years of playing with local bands, legend caught up to him, as he traveled to California in 2006 on tour with the band Tidawt and recorded a desert blues take on the Rolling Stones classic "Hey Negrita" alongside Keith Richards and Charlie Watts.

The following year, filmmaker Hisham Mayet captured Bombino and his electric band for the recording Music from Niger: Guitars from Agadez, Vol. 2, released in 2009. As the political landscape heated up in

Niger again in 2007, Bombino fled to Burkina Faso, where in 2009 he was tracked down by another filmmaker, Ron Wyman, who wanted to help the artist make a proper record. A year later, Bombino made a safe return to his native land, performing a celebratory concert at the Grand Mosque, and with Wyman's help, completing the record Agadez. Released in 2011, Agadez showcased Bombino's captivating vocals, trance-like guitar playing and evocative rhythms, cited as one of NPR's best discoveries of the year. (Director Ron Wyman and writer Jack McEnany's film portrait of the Tuareg and Bombino Agadez: The Music and the Rebellion will screen at The Colonial Wednesday, September 3 at 9 PM)

For his second album, 2013's Nomad, Bombino travelled to Nashville to record with the Black Keys'

Dan Auerbach, and the result is a marvelous set, full of grit and funky elegance, a kind of mesh of Tuareg rhythms with Deep South delta country trance blues. The album has been named among NPR Music's 50 Favorite Albums of 2013, to Rolling Stone's list of the 50 Best Albums of 2013 and to Uncut's list of the Best World Music Albums. Nomad debuted at #1 on the Billboard World Music album chart and iTunes World chart and has earned rave reviews from top media outlets around the world including BBC World Service, which calls it "utterly, utterly fantastic" and Rolling Stone, which calls Nomad "a perfect match of sound and soul [that] introduces a new guitar hero." His dazzling live performance and virtuosity on the guitar have led notable music critics to compare him to Jimi Hendrix, Carlos Santana, Neil Young, and Jerry Garcia.

The Tuareg, known amongst themselves as the Kel Tamasheq, have long been recognized as warriors, traders and travelers of the Sahara Desert - as a people of grace and nobility as well as fighters of fierce reputation. They are a nomadic people descended from the Berbers of North Africa and for centuries have fought against colonialism and the imposition of strict Islamic rule.

Four thousand years of living in a hostile environment taught the Tuareg that the will to survive with dignity intact is stronger than any external threat. Bombino puts that sentiment to music, writes its anthem, and gives

it a life of its own. He is known as being emblematic of the next generation of Tuareg, a new voice of the Sahara, fusing traditional Berber rhythms with the energy of rock and roll and songs about peace. After thirty years of drought, rebellion, and tyranny, Bombino extols his audience to remember who they are, but also realize who they can be.

General Admission tickets for the 8 PM performance are \$33; Colonial, Cata-mount Arts and St. Kieran's Community Center for the Arts members \$28; Reserved Front & Center tickets (available on-line only) are \$39. Tickets are available in advance at Maia Papaya Cafe, Bethlehem, The Littleton Food Coop, or Cata-mount Arts, St. Johnsbury. The doors open at 7 PM for the 8 PM performance with refreshments on the patio. For more information about this or upcoming live events find The Colonial on Facebook (Facebook.com/BethlehemColonial), follow The Colonial on twitter (@ColonialNH), visit the Colonial on line at www.BethlehemColonial.org or tune in to Bethlehem's own community radio, WZNC, broadcasting from atop the historic Colonial Theatre at 99.9 on the FM dial.

This evening of great World Music is generously sponsored by Peabody & Smith Realty with additional support from New Hampshire Public Radio, Vermont Public Radio and The Cold Mountain Café, The New Hampshire State Council on the Arts, and The Colonial's presenting partner Cata-mount Arts.

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September 2, 2014 Volume 5 Number 24 Not all Times are Trendy but there will always be Trendy Times

Respiratory Ailments

Lifestyle changes help prevent respiratory ailments including allergies, asthma, bronchitis, pneumonia, croup, tuberculosis, colds, flu, hayfever and emphysema. Herbs help repair, rebuild and restore an exhausted immune system. Antioxidant-rich herbs are important in supporting the thymus control gland of the immune system – to help prevent thymic shrinking, and to encourage activation of immune-enhancing hormones that the thymus releases. Stress reduction techniques are essential, since stress and tension aggravate allergic reactions. Exercise is also important to increase oxygen uptake in the lungs and to enhance immune response. In fact, keeping normal immune response healthy is the key to overcoming all types of respiratory problems, because the things that depress immunity – air and water pollutants, toxic household substances, chemically treated foods, drugs, stress, and poor nutrition are the same things that cause respiratory problems. Providing immune-enhancement at the first sign of a respiratory infection improves the body's defense shield.

Although these herbs are primarily used as a treatment for the symptoms, some of their actions have been shown to remedy and/or prevent some forms of respiratory disease itself. Virtually every herb in this blend has been shown to help relieve distress due to cough, infection or inflammation. Simply swallowing the capsules is perhaps the least effective method of utilizing these herbs; a bit of honey, saturated with the contents of one or two capsules is recommended. Teas and gargle are also excellent methods.

PLEURISY ROOT: (Asclepias Tuberosa), A cleansing bitters herb, expectorant and anti-spasmodic, particularly effective in the treatment of lung, chest and respiratory infections. Primary Uses: as a specific for pneumonia, acute bronchitis, and thick mucous chest congestion; as part of an anti-viral for flu; to induce sweating for relief of fever and respiratory infection.

WILD CHERRY BARK: (Prunus Serotina), One of the best herbs for respiratory complaints, coughs and lowered wintertime immune defenses. Primary Uses: as a specific in a throat coat for ir-

ritating coughs, whooping coughs, and bronchial congestion coughs; as part of a formula for asthma. Nutrients: Calcium, iron magnesium, phosphorus, potassium, zinc.

SLIPPERY ELM BARK: (Ulmus Fulva), A strengthening, soothing demulcent herb, ideal for sore, inflamed, ulcerated mucous membranes and wasting disease. Primary Uses: as a key part of combinations for stomach, bowel and colon sores, ulcers and inflammation; as a specific for stomach and lung cancer lesions; as a throat coat and demulcent expectorant for dry sore throats and coughs. Calcium iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. vitamins B1, B2, B3 & C.

PLANTAIN HERB: (Plantago Lanceolata), Plantain mucilage in the diet dramatically reduces serum cholesterol levels. Plantain is a soothing astringent herb, ideal for relieving inflammation of lung and bronchial membranes, as well as burning hemorrhoid and bladder conditions. Primary Uses: as a gentle expectorant for inflammatory lung and bronchial formulas. Nutrients: Potassium & Vitamin A.

MULLEIN LEAF: (Verbascum Thapsus), An anti-spasmodic and astringent herb, effective for a wide-range of respiratory problems and swollen membrane conditions. Primary Uses: as a specific for bronchitis, envi-

ronmental allergy symptoms, chest and sinus congestion, asthma, emphysema, and cough; as an expectorant to help loosen and remove mucus; the oil is for ear infections. Nutrients: calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 & C.

CHICKWEED HERB: (Stellaria Media), A diuretic, alkalizing, chemistry-balancing herb; has anti-septic properties when exposed to the blood, and has been called an effective anti-cancer agent. Rich in vitamin C, B-complex, iron, copper, calcium and sodium, it also contains vitamin D, manganese, phosphorus and zinc. A valuable herb for treating blood toxicity, fevers and inflammation. Nutrients: calcium, essential fatty acids, iron, magnesium, manganese, phosphorus, potassium, selenium, silicon, sulfur, zinc. Vitamins B1, B2, B3, C & E.

HOREHOUND HERB: (Marubium Vulgare), A bitters herb that can help in respiratory problems through sweat cleansing and expectoration. Primary Uses: as an expectorant for cough, lung congestion, whooping cough and laryngitis; as part of a formula for bronchitis. Nutrients: B-Complex vitamins, iron, potassium. Vitamins A, C & E.

LICORICE ROOT: (Glycyrrhiza Glabra), has been the subject of numerous scientific studies involving anti-inflammatory and antitussive

properties. A typical study shows that it curbs inflammation throughout the body, including the lungs and throat. Licorice root derivatives have been shown to be as effective as codeine in terms of suppressing coughs. Sugars, glycosides and other constituents with adrenocortical activity are probably responsible for its effectiveness.

SAW PALMETTO BERRY: (Serenoa Serrulata), A primary tissue building and gland stimulating herb for toning and strengthening the male reproductive system; also effective in cases of wasting pulmonary diseases. As part of a formula for gastro-intestinal infection; to help rid the lungs and chest

of excess mucous in respiratory problems. Beta-carotene, Beta-Sitosterol, Ferulic Acid, Mannitol, Tannins, Vanillin.

KELP, LEAF & STEM: (Ascophyllum Nodosum) & **CAYENNE** (Capsicum Annum), provide nutritive support and stimulate circulation, thereby increasing the oxygen exchange capacity of the lungs. The nature of Cayenne is to break up mucus, promoting the expectorant nature of other herbs in this blend. Nutrients: Amino Acids, calcium, essential fatty acids, folate, iron, magnesium, phosphorus, potassium, zinc. Vitamins B1, B2, B3, B5, B6, C & E.

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

Dajana's Cherry Bundt Cake

September 2, 2014 Volume 5 Number 24

Have you ever had a food craving for something that is beyond your reach, but then, somehow it actually becomes a reality...sort of a déjà vu in reverse? Well, that is exactly what happened to me a few weeks ago. While browsing Facebook, I just about gasped out loud when I saw the drop-dead gorgeous picture of this amazing Bundt cake, posted by my foodie friend, Dajana. Granted, she is a chef-quality baker, and every food pic she takes looks like a work of art, but this one just struck a chord in me. I could almost taste it! Now, I love fresh cherries, but unlike where Dajana lives in Modena, Italy, where there are many prolific cherry varieties, the seasonal availability of them here makes them a rather rare treat, so I did not anticipate this cake would find its way into my tummy any time soon. I did, however, bookmark the recipe from her blog "Baker's Corner...Somewhere In My Kitchen", thinking I might refer back to it sometime. Oh well...(picture me heaving a big sigh).



Fast forward a few hours. My friend, Leslie, walks in my door with a smile on her face and a big bag of beautiful Bing cherries. Talk about destiny! I handed her a copy of Dajana's cake recipe, and VOILA! A few hours later I was munching on a generous slice of that scrumptious Bundt, studded with juicy, ruby-colored cherries, and it was every bit as good as I had envisioned, maybe even better.

I know there is a saying that you should be careful what you wish for, as it might come true, but in this case, it worked out just fine!

Preheat oven to 350°F. Wash and pit the cherries. Cut them in half, and set aside while preparing the cake batter. Put the eggs into the bowl of an electric mixer, add sugar and the vanilla extract and beat well on high speed, until foamy and pale. Add the oil while continuing to mix on low speed, and then the flour, which has been sifted together with the baking powder and a little cinnamon. Add in the yogurt. Mix shortly in this phase, just until everything comes together into a homogeneous batter. Generously grease and flour a Bundt pan. Pour half of the batter into the pan; distribute half of the cherries over it. Cover the cherries with the remaining batter and then the remaining cherries. Push the cherries lightly in. Bake the cake in the preheated oven for about 45 minutes or until a wooden skewer comes out clean. Remove cake from oven and allow to rest 10 minutes before inverting onto a cooling rack. Sprinkle with powdered sugar once it's cooled, and serve by itself or with ice cream.

- 3 eggs
- 1 cup sugar
- 1 teaspoon vanilla extract
- 1/2 cup vegetable oil
- 2 cups flour
- 2 teaspoons baking powder
- 1 cup (8 oz. container) Greek style yogurt
- 2 heaping cups pitted Bing Cherries
- a little ground cinnamon

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



Ammonoosuc Community Health Services hosted an open house for their new Dental and Oral Health Center on Wednesday. North Country Sen. Jeff Woodburn presented a state proclamation celebrating the occasion. Woodburn is with from the left, office manager Janice Phelps, Dr. Keith Batchelder, and ACHS board member Ned Densmore. For more information call 603. 444.2464 or www.ammonoosuc.org

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