

TRENDY TIMES

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SEPTEMBER 30, 2014 VOLUME 5 NUMBER 26

Dar Williams At The Colonial

The Colonial Theatre in Bethlehem, with the support of Chutters of Littleton, will present Dar Williams Thursday, October 2. Now a major force in the New England folk scene, Williams emerged nationally in the mid-1990s, winning fans with her idiosyncratic songwriting, acerbic wit and lovely soprano voice. Before turning to writing and performing full-time, Williams directed plays and served as stage manager for the Opera Company of Boston.

A prolific songwriter who writes folk songs from a unique, often insightful perspective, Williams takes pains to avoid the coy and the quirky; her songwriting and performing style has been compared to that of Joni Mitchell and Joan Baez, but with a few acidic and at times hilarious twists. Williams began studying guitar at age nine and wrote her first song at 11.

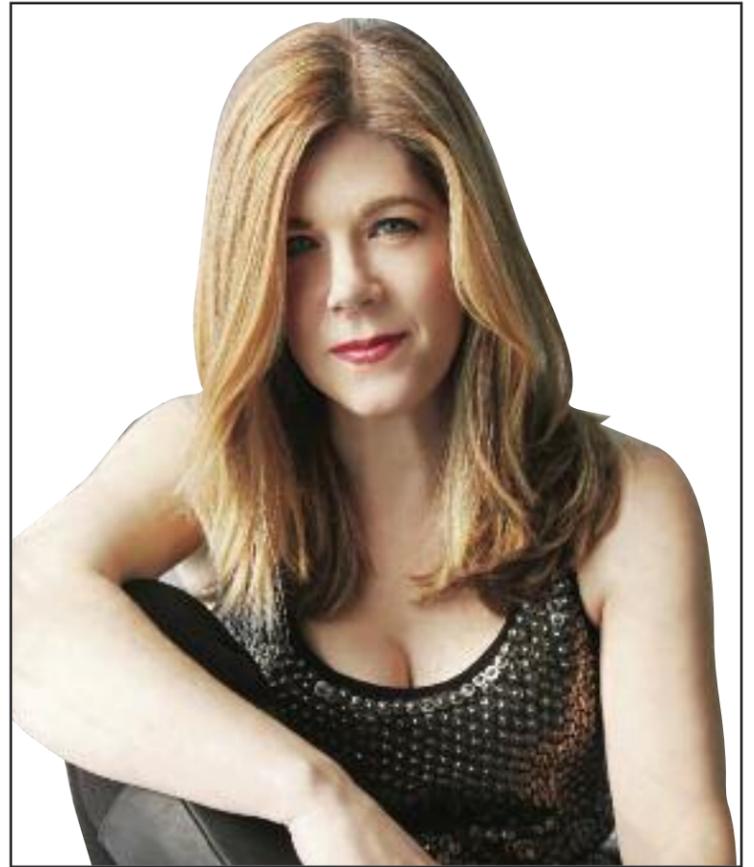
Williams claims to draw much inspiration from her home community. Her love of the folk scene stems from her admiration of its integrity toward honesty and real emotion, and a creative freedom not found in more pop-

ular music genres. She loves trying to use traditional methods to express the realities and foibles of contemporary life. After several self-released cassettes, Williams made her proper debut in 1993 with the independent Honesty Room to considerable critical acclaim for both her beautiful voice and her intriguing songs. The following year she signed to Razor & Tie Records, which reissued the album. Her second album, *Mortal City* (1995), was similarly praised, and was followed by 1997's *End of the Summer*.

Williams performs on the college and coffeehouse circuit and has also won rave reviews for her festival appearances, including the Newport Folk Festival and the Mississippi River Music Fest, St. Louis. She issued *Cry Cry Cry* as part of the folk trio of the same name in 1998, and her own *The Green World* followed two years later. Over the next few years, Williams remained a major presence on the concert trail; she also recorded songs during a two-year trek across America and Europe. She hooked up with Alison Krauss, Béla Fleck, Dave Matthews

Band's Stefan Lessard, trumpet player Chris Botti, and others for the impressive *The Beauty of the Rain*, which appeared in February 2003. *My Better Self*, Williams' most personal set of her career yet, arrived two years later, followed by *Promised Land* in 2008. In 2010, Williams released the career-spanning two-disc set *Many Great Companions*, which features one compilation disc of fan favorites and another disc of newly recorded songs from her catalog performed in an acoustic format. Williams' ninth studio project, *In the Time of the Gods*, appeared in 2012 from Razor & Tie.

General Admission tickets for the 8 PM performance are \$20; Colonial, Catamount Arts and St. Kieran's Community Center for the Arts members \$16; Reserved Front & Center tickets (available on-line only) are \$25. Tickets are available in advance at Maia Papaya Cafe, Bethlehem, The Littleton Food Coop, or Catamount Arts, St. Johnsbury. The doors open at 7 PM for the 8 PM performance with refreshments on the patio. For more information about this or upcoming live events



find The Colonial on Facebook (Facebook.com/BethlehemColonial), follow The Colonial on twitter (@ColonialNH), 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 folk music is generously sponsored by Chutters with additional support from New Hampshire Public Radio, and The Cold Mountain Café, The Wayside Inn, The New Hampshire State Council on the Arts, and The Colonial's presenting partner, Catamount Arts.

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TRENDY Dining Guide

Peyton Place

By Gary Scruton

If you are looking for a place to have a special meal. Or perhaps your taste buds are looking for a real treat. Or maybe there is a group that wants to get together for a very special meal. Any of these circumstances can be satisfied with a trip to Route 10 in Orford, and a stop at Peyton Place. This eating establishment has been around for some time. It began in Bradford and moved to Orford some years ago. It found a home in an old historic building that sets itself well for the type of establishment that the Peyton family has created. There are several different rooms that each have their own flare and appeal.

On our recent visit the Peytons were playing host to not only the two of us, but several other couples looking for a quiet and very tasty dinner. But there was also a table of five in our dining area. A group of some apparent diversity that, like us, had questions about the items on the board for the evening's meal. As we have mentioned before Peyton Place does not have a printed menu, but rather a chalk board that they bring to your table and leave for you to peruse. The menu on this night had light

fare or appetizers at the top. Plus there were some more robust entrees further down. Our waitress was very well versed in each item that we asked about and even mentioned a special for the weekend that was not on the board.

Each table, after being seated, is given a printed beverage list. The hosts at Peyton Place have a very extensive wine list, several types of beer, including tap beers, and a good variety of teas and coffee. Again, our waitress was

well versed in all of the choices and when asked about what might go best with my choice for a meal was more than happy to make a recommendation about a draft beer that was on special for the evening. She even offered to allow me to have a taste to be sure it was suitable. I agreed, she did, and I highly approved.

My wife and I had very different meals on this night. I went with a pulled pork sandwich. It was tasty and a bit

spicy as well. Excellent. It was served with onion rings and some sliced cherry tomatoes. On the side was some freshly made barbecue sauce. My choice was not to add the sauce to the pulled pork, but rather to use it as a dressing to go with the onion rings. Both must rank at the top of my list of either items. The onion rings were a golden brown, and the pulled pork, as mentioned, was spicy and delicious.

My wife chose a chicken breast dish that was stuffed with spinach and cheese. Again the best description was "excellent".

I also need to mention that

even before we ordered we were brought a wonderful little dish of sliced bananas (plantains) cooked in peanut oil. Along with a pair of wonderful rolls and some dipping sauce made of olive oil infused with garlic. Both of these dishes were tasty, and a real treat to the taste buds.

Peyton Place is indeed a fine dining establishment, with knowledgeable and helpful staff. They are not your local diner. And they are not priced only for the elite. They offer a menu of variety, without being overwhelming. And they have an atmosphere that is one that all should experience, and it can be done on most budgets.

September 30, 2014 Volume 5 Number 26

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



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Littleton Rotary Club's 42nd Annual Lobsterfest Set For Saturday, October 18th At Bretton Woods

The Littleton Rotary Club's annual Lobster Festival dinner returns to the Bretton Woods Base Lodge/Slope Side on Saturday, October 18th from 5:00 to 7:30 PM to raise funds for local charities and Rotary projects. This is the 42nd year for the popular event, the largest charity dinner in the region.

"LobsterFest is a wonderful opportunity to enjoy delicious food and simultaneously support our local non-profit organizations," said event co-chair Kathy Jablonski. "Many folks return year after year for a reunion with family and friends. What better way to bring the fall foliage season to a delightful close?"

Ticket holders have their choice of lobster or steak, in addition to chowder, steamed clams, coleslaw, baked potato, and dessert. Be sure to buy some "Baskets of Cheer" raffle tickets for a chance to win one of 40 creative gift packages assembled by Rotary Club

members.

To purchase tickets or get more information regarding this year's LobsterFest go to the Club's website: www.littletonnhrotary.org. Tickets may also be purchased from any Littleton Rotarian. All net proceeds the \$35 ticket price goes to local charitable organizations; last year exceeding \$10,000.

Littleton Rotary President Chad Stearns noted that, "The success of this important fund raiser depends on many hours of extraordinary volunteer effort and generous ticket buyers. Additionally, we are most grateful to the Omni Mount Washington Resort for allowing us to use its dining and cooking facilities at no charge."

Area non-profit organizations that received Rotary donations from last year's LobsterFest proceeds include the Littleton Area Senior Center, The Mayhew Program, Boys & Girls Club of the North Country, Copper

Cannon Camp, Adaptive Sports Partners, Ammonoosuc Community Health Services, Ammonoosuc Habitat for Humanity, North Country Home Health & Hospice, Bancroft House, Burch House, Boy Scouts of America - Daniel Webster Council, Littleton Food Pantry (c/o the Bridge Outreach Center), LifeBridge, Honduras Hope, Mt. Eustis Ski Area, NH Catholic Charities, The Bethlehem Fire Department Auxiliary and Trees for Troops.

"We hope that folks who have not yet attended a LobsterFest will join us this year," said Stearns. "They will discover what our many repeat customers know - that it is a wonderful opportunity

to enjoy good food for a good cause, in a beautiful setting."

The Littleton Rotary Club provides and supports a wide range of community

services. More information can be found at www.littletonnhrotary.org. To purchase tickets, ask any Rotarian or call 823-7022.

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New HAMPSHIRE HOUSE UPDATE

By Rick Ladd - Haverhill

On September 17, the New Hampshire House of Representatives convened in Concord to act on Governor Hassan's veto of three bills, HB 1224, HB 591, and HB 685. When receiving proposed legislation, the Governor has the option to not sign a bill and allowing the bill to become law without her signature, to sign the bill into law, or to veto the bill and return the bill to the originating legislative body for reconsideration. The legislature must obtain a 2/3's vote to override a veto.

HB 591, "Relative to Curbing Workplace Bullying," received the Governor's veto, and 154 representatives voted to agree. Supporters of the bill

fell well short in overriding the veto by more than 50 votes.

While well intentioned, HB 591 contains a number of poorly defined and unworkable provisions that would inevitably lead to a dramatic increase in unwanted workplace-related litigation. Among the bill's most oppressive or burdensome provisions, the legislation defined "abusive conduct" in a broad and unworkable manner based upon an individual's subjective perception, not upon a clearly established, objective standard. For example, under this legislation an individual could claim workplace abuse if the employee feels he or she has an "unreasonable" workload, even if it is

a workload similar to coworkers. Terms such as "constant" or "harsh" or "disrespect" were not defined. As another example, under proposed wording in the bill, if an employee fills out the same form wrong every day, or comes to work late every day, or consistently takes a longer lunch break than established, then a supervisor who offers constructive and corrective guidance apart from an annual review could be accused of bullying. In the matter of the undefined word "disrespect," an employee would be able to claim abuse if a co-worker regularly failed to say "hello" in the morning.

Throughout the bill's development, the Attorney General, legislators, commissioners, and the Governor worked with the State Employees Association to develop reasonable, well defined language without denigrating the bill's intent. HB 591 should never have reached the Governor's Office. I voted to sustain the Governor's veto due to the fact that much of this issue as it relates to workplace environment can and should be addressed through department policy. This is a management-employee issue that should not require resolution through another law.

Wednesday, September 17, marked the last day of this session. The next session will begin after the New Hampshire General Election held on November 4. Thank you!

Grafton County UPDATE

By Grafton County Commissioner Linda Lauer

Things are on the move at the Grafton County Complex in preparation for repairs to the Grafton County Nursing Home. The second floor of the 1930s Administrative Building has been vacated and is being retrofitted to accept Nursing Home patients during the repairs. The Commissioners Office, conference room, Executive Assistant, IT Department, Human Services Department, Finance and Payroll have all been moved to the basement of the building. The County Register of Deeds and the Human Resources Department will continue to be located in their current offices on the first floor of the Administrative Building. In addition, the UNH Cooperative Extension Office location will not change during the move.

Nursing Home repairs are tentatively scheduled to start in November and should take no more than six months. The current plan is to vacate the second floor of the 1969 wing of the Nursing Home, complete repairs on that floor, and then repopulate the second floor and vacate the first floor to finish the repairs.

The positive attitude that the Nursing Home staff, patients and families

have shown throughout the planning process is very much appreciated. Moving residents from floor to floor and building to building will be a challenge for everyone, but it continues to be the best option for multiple reasons. The Grafton County Nursing Home typically operates at or near full capacity, so relocating residents to open beds within the facility is not an option. Relocating residents to other nursing homes would, in most cases, take them significant distances away from friends and families as nursing home beds are in short supply in our area. In addition, simply closing down one floor of the 1969 wing for six months would result in significant revenue loss for the County and its taxpayers. The proposed plan is the best available compromise for Nursing Home residents, county employees, and Grafton County taxpayers.

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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Filmgoers in Bethlehem and the White Mountains will unite with audiences in over 250 cities spanning six continents to view and judge the work of the next generation of filmmakers from around the world when the 17th Annual MANHATTAN SHORT Film Festival screens at The Colonial Theatre in Bethlehem Friday and Saturday, October 3 & 4 at 5:30 and 8 PM. All times and dates will include the entire program.

This year, MANHATTAN SHORT received 589 short film entries from 47 countries, England, Norway, Australia, Netherlands, France, Mexico, Germany and the USA are the countries represented in this year's Festival. These short films will not only entertain a global audience but will be judged by that audience as well. Cinema goers will become instant film critics as they will be handed a ballot upon entry that allows them to vote for Best Film and Best Actor. Votes will be sent through to MANHATTAN SHORT HQ with the winner announced at ManhattanShort.com on Monday, Oct. 6, at 10 AM (EST).

With past finalists achieving the ultimate in recognition by being nominated and even winning the Oscar in the short film category, MANHATTAN SHORT is known as a breeding ground for the next big thing in film. The 10 selected films are set in diverse locales, ranging from outer space to the deserts of Mexico and the mountains of Norway to the streets of New York, Berlin, London, and Amsterdam.

The MANHATTAN SHORT 2014 line-up is as follows: Finalists for 2014:

"97%" (Ben Brand)
Netherlands

"Crime – The Animated Series" (Alix Lambert & Sam Chou)
USA

"On The Bridge" (Elena Fuller)
England

"Shift" (James Croke)
Australia

"The Fall" (Andreas Thaulow)
Norway

"On/Off" (Thierry Lorenzi)
France

"La Carnada" (Josh Soskin)
Mexico

"Mend And Make Do" (Bexie Bush)
England

"The Bravest, The Boldest" (Monn Molson)
USA

"Rhino Full Throttle" (Erik Schmitt)
Germany

"This film festival will unite people in all corners of the globe, from Sydney to Mumbai, from Buenos Aires to Cairo. Venues also include cinemas in 20 cities in the Ukraine, 40 cities in Russia, and 47 states in the USA. In times like these, cross-border

events like MANHATTAN SHORT that contribute toward greater tolerance and understanding are needed more than ever. I want to thank and congratulate all the filmmakers and cinemas involved in this global cinematic event. This project is not going to cable TV or Video on Demand, it's about communities bonding together via their local cinema," said MANHATTAN SHORT Founding Director Nicholas Mason.

MANHATTAN SHORT began in 1998, when Mason screened 16 short films onto a screen mounted to the side of a truck on Mulberry Street, Little Italy, in New York City. A year later, the Festival moved uptown to Union Square Park in New York City. In the aftermath of 9/11, MANHATTAN SHORT transformed into a worldwide phenomenon, becoming the only film festival on the planet that unfolds, simultaneously, in more than 250 cinemas on six continents, bringing over 100,000 film-lovers in all corners of the globe together for one week, via the next generation of filmmakers.

For more information about upcoming movies, concerts, and other special events call 869-3422, find The Colonial on Facebook, follow Theatre news on Twitter or visit on line at www.BethlehemColonial.org. For more information on the Festival and to read detailed interviews with the 10 Finalists visit www.ManhattanShort.com.



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Do you have questions about Medicare – the federal health insurance program for seniors and people with disabilities? Here's your chance to learn more from an expert without anything to sell.

On Thursday October 16, 2014 from 9:00 - 11:00 a.m., Pat Paine, Health Insurance Information Specialist with the Area Agency on Aging, will offer a workshop for those new to Medicare – individuals approaching the age of 65 or who have become disabled on a long term basis. Individuals working in the Health Care Field are also invited to attend. The workshop will be held in conference room #127 at Northeastern Vermont Regional Hospital.

It's easy to become over-

whelmed by the complexity of Medicare. Pat will offer an informal presentation that addresses the basics of how the Medicare program works. Topics include fraud prevention, supplemental insurance, prescription drug coverage and state and federal health insurance programs that work alongside Medicare. There will be plenty of time for questions, too.

Pre-registration for this workshop is required. Reservations can be made by calling Pat at the Area Agency on Agency at 802-748-5182.

For more information about the services available to older adults and family caregivers in this region, contact the Agency on Aging via the Senior HelpLine at 1-800-642-5119 or www.nevaaa.org

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RED PINE UNFINISHED
FLOORING 1X6 & 1X8 \$2.50 SF

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

CRIBBAGE

7:00 PM
Orange East Senior Center, Bradford

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

WEDNESDAY, OCTOBER 1

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

THURSDAY, OCTOBER 2

PEACHAM'S PASTA SPAGHETTI SUPPER
5:00 PM & 6:30 PM
Peacham Congregational Church

DAR WILLIAMS IN CONCERT

8:00 PM
Colonial Theater, Bethlehem
See article on page 1

FRIDAY & SATURDAY

OCTOBER 3 & 4

MANHATTAN SHORT FILM FESTIVAL

5:30 PM & 8:00 PM
Colonial Theater, Bethlehem
See article on page 5

FRIDAY, OCTOBER 3

ANNUAL FALL FOILAGE BOOK & WREATH SALE
2:30 PM – 7:00 PM
Groton Free Public Library
See article on page 7

SATURDAY, OCTOBER 4

ANNUAL FALL RUMMAGE SALE
8:00 AM – 1:00 PM 603-869-3143
VFW Hall, Littleton

ANNUAL FALL FOILAGE BOOK & WREATH SALE

9:00 AM – 3:00 PM
Groton Free Public Library
See article on page 7

FALL FESTIVAL

9:00 AM – 3:00 PM
Horse Meadow Senior Center, N. Haverhill
See ad on page 7 and article page 9

QUILT SHOW & BROWN BAG LUNCH

10:00 AM – 3:00 PM
Congregational Church of Orford
Route 10, Orford

PENNY SALE

10:00 AM – 1:00 PM
Robert Clifford Memorial Building
See ad on page 7

TURKEY DINNER

5:00 PM
Methodist Church, East Concord, VT

SUNDAY OCTOBER 5

PADDLE THE BORDER

10:30 AM
Newbury Boat Launch, Newbury
See ad on page 9

BENEFIT TEXAS HOLD 'EM TOURNAMENT

1:00 PM / Cash games 11:00 AM
ELKS POST 1541, 14 Elks Street, Hartford, Vt.

MONDAY, OCTOBER 6

GOOD OLE BOYS MEETING

12:00 Noon
Happy Hour Restaurant, Wells River
Public is invited.

HAVERHILL SELECTBOARD MEETING

6:00 PM
Morrill Municipal Building, North Haverhill

TUESDAY, OCTOBER 7

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, OCTOBER 8

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

IMPACT OF I-91 ON THE AREA / POT LUCK DINNER

6:00 PM 802-222-4423
Bradford UCC Vestry, Main Street

THURSDAY, OCTOBER 9

COMMUNITY MEAL

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

FRIDAY, OCTOBER 10

AMERICAN LEGION RIDERS MONTHLY MEETING

6:00 PM
American Legion Home, Woodsville

SATURDAY, OCTOBER 11

MORE THAN YOU CAN EAT BREAKFAST

8:00 AM – 10:00 AM
Lakeview Grange, West Barnet

ROAST TURKEY SUPPER

5:00 PM / 6:15 PM / 7:15 PM
West Newbury Congregational Church
See ad on page 7

SUNDAY OCTOBER 12

BENEFIT TEXAS HOLD 'EM TOURNAMENT

1:00 PM / Cash games 11:00 AM
AMERICAN LEGION POST 58, St. J., Vt.

MONDAY, OCTOBER 13

ROSS-WOOD AUXILIARY UNIT 20 MONTHLY MEETING

6:00 PM
American Legion Home, Woodsville

THURSDAY, OCTOBER 16

MEDICARE BOOT CAMP

9:00 AM – 11:00 AM
NVRH, St. Johnsbury
See article on page 5

VFW POST #5245 MONTHLY MEETING

7:00 PM
VFW Hall, North Haverhill

SATURDAY, OCTOBER 18

LITTLETON ROTARY LOBSTER FESTIVAL

5:00 PM – 7:30 PM
Bretton Woods Base Lodge
See article on page 3

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, October 9th for our October 14th issue.

Groton Free Public Library Event

Raffle Tickets on Sale for beautiful autumn-inspired knit afghan created and donated by GFPL's Crafts & Conversation group. All proceeds directly support Groton Library programs. One ticket for \$1 or six tickets for \$5, on sale at library and from group members. Raffle to be held on Oct. 4.

NEW! Round Robin Reading, a weekly toddler/preschool storytime at the library, will begin this Fall. If you are interested in attending and/or volunteering to be a reader, please contact the library. Day & time TBA.

Friday, Oct. 3, 2:30-7pm: Annual Fall Foliage Book & Wreath Sale. Huge assortment of fiction, nonfiction, kids & adults - come and pick up

that book you have always wanted to read, or even find the perfect gift! Also, this year we are featuring beautiful, handmade floral wreaths.

Saturday, Oct. 4, 9am-3pm: Annual Fall Foliage Book & Wreath Sale. Plus, 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.

Saturday, Oct. 11, 10am-12pm: Starting this day, we'll be able to offer weekend open hours again, thanks to the power of volunteers! (Saturdays, 10am to noon.)

Monday, Oct. 27, 7pm: Book Discussion of "Reading

Lolita in Tehran: A Memoir in Books" by Azar Nafisi. New participants welcomed.

Every Wednesday, 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

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 and Thursday. If you are interested, please call or come by.

The East Corinth Cribbage Club will be on Wednesdays for the 2014-2015 season at 7:00 p.m. Cost is \$2.00 per night. A raffle drawing will be held on the last Wednesday of every month. Any level welcome—please come to enjoy! If you have any questions, please call Sally Osgood 802-222-5756

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

The Senior Center has a foot care clinic on the second Wednesday of the month. The next clinic is October 8. If you would like an appointment, please call.

Computer class is now on Wednesdays from 3:00 p.m. until 5:00 p.m. This class is for all levels.

There will be no Tai Chi Easy classes on Wednesday September 17 and the 24th.

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.

There is balance class being held on Tuesdays at 9:40 a.m. This is to help with

not slipping and falling.

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

Your ad could be here for \$12 or less.

Contact Gary 603-747-2887 gary@trendytimes.com

56TH ANNUAL ROAST TURKEY SUPPER

Saturday
October 11, 2014
5:00, 6:15 & 7:15 PM

West Newbury
Congregational
Church



Adults \$12 • Children Ages 2-10 \$6 • Take Out \$12
Reservations: 802-429-2632 • E-mail ckidder28@gmail.com



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1st Annual Fundraiser

Fall Festival

Saturday, October 4, 2014
9:00 am – 3:00 pm

Horse Meadow Senior Center
North Haverhill, NH

Live Entertainment • Craft Show • Flea Market
Giant Yarn Sale • Wagon Rides • Face Painting
Knife, Scissors & Small Hand Tool Sharpening
Burgers & Hotdogs • Candy Apples • Cake Walk
Door Prizes • Drawings

Haverhill Recreation's 2ND ANNUAL PENNY SALE

SATURDAY, OCTOBER 4, 2014
10:00 AM - 1:00 PM

ROBERT E. CLIFFORD MEMORIAL BUILDING
65 SOUTH COURT STREET
WOODSVILLE, NH 03785

A Penny Sale is when you purchase a sheet of 100 tickets for \$1.00. You then browse the items we have on display and drop a ticket (or multiple tickets) into the cup of the item you wish to win.

Drawing starts at noon.
Winners must be present to claim their winnings!

This Penny Sale is going to be **HUGE**

Raffle tickets are \$1.00 each or 6/\$5.00
Refreshments will be available for purchase!
All proceeds to benefit Haverhill Recreation.

Phone: (603) 787-6096
Email: rec@haverhill-nh.com





A Quilt Of Value was presented to Rev. Wm. Watts of St. Luke's Parish on Sept. 14, 2014, by Eleanor Leach, QOV quilter. Sgt. Wm. Watts served in the Vietnam Era. Thank You for your service. Photo courtesy Eleanor Leach.

Season Finale At OCT

By Gary Scruton

The curtains have now closed for the season at Old Church Theater. As has been their custom over the past few years the final performance was "Caught In The Act(s)". A night of one act plays of various styles. This year there was less humor (during the plays themselves) and a bit more thought and emotion provoking productions.

The opening one act of the night was titled "Two Geckos". In actuality there were two actors on stage. Anne Foldeak and Eric Downing were seated in a pair of beach lounge chairs with the required umbrella. But being on vacation obviously meant different things to this married couple. He was ready to sit back and enjoy the written word. She was, however, ready to use the spoken word. What finally brought them together was those two lizard type critters and their amorous, off stage, courtship, culmination and continuation of life.

The next play, by its name, seems to have been in the wrong order for the evening. "Just Desserts" should be last, but instead the three ladies took center stage for a conversation that really only took two to occur. Though Eve, Anne Foldeak, was in the middle of the table, she was certainly on the far edge of the conversation. That is until the end when she revealed that her attention was on a completely different person. A person not even of the same gender, which certainly fit into the gist of the conversation.

The third play before intermission was entitled "Nothing Stays". This was a

play that seemed to be a mix of Twilight zone and Grorundhog Day. The play was one act, but four scenes, each being eerily similar. And it wasn't until the fourth scene that the audience was actually let in on the secret of why things were so emotionally charged. A missing child must be one of the biggest fears of any parent. Christine Williamson and Eric Downing were the two cast members who did a great job of showing what PTSD can be like for just a normal couple who have gone thru such a tragedy. The intensity of this play was high enough that when the house lights came up for intermission the audience needed a bit of prompting to realize it was time to get up and stretch.

After the break the audience was entertained by Scott Johnson and his guitar as he told the story of Peter Kagan and the Wind. A heartwarming, but tragic story of a fisherman was lost his battle with the wind, and lost his wife. Scott did a wonderful one man performance.

"The Fall" was another play with just two actors, husband and wife. Paul Hunt and Brenda Danielson had the roles of an older couple with a very complicated relationship. And the lay made it even more complicated as an old classmate became injured and with that the discovery was made of an illicit night a year earlier.

The final performance also had just two performers, both being women. But the title was "A Matter of Husbands". And it was strange that the audience never really finds out the name of either character. Instead they

are simply listed as the actress, Meghan Bullard, and the young woman, Christine Williamson. In this circumstance the actress is accused of man theft. And though she denies it, and manages to sell the story to the lung woman, it is eventually revealed that the accusation is correct and that she has managed to make any idea of it being different is simply ignored.

This review would not be complete without a mention of one more piece of the entertainment on this evening. That part is how to bring all these different plays together as a whole performance. Producer John Hunt did this in a way that also kept the audience entertained during set changes. The method was from the very old 'Laugh In' TV show, repeated as well in a later show "Hee Haw". Yes, what we heard were old knock knock jokes, road crossing questions, and even some "deer" jokes. Though they were all old classics and received the anticipated groans, laughs, and "I can't believe they said that's" from the crowd, it certainly was a nice added touch to the evening.

This was the final performance of the season at Old Church Theater. And it appears that they have had another great season. But remember that it will not be long before auditions will be open for the 2015 season. And this group will always be looking for new performers, directors, and even play writes. So stay tuned for your chance to join this local, talented, amateur group that produces very professional productions.

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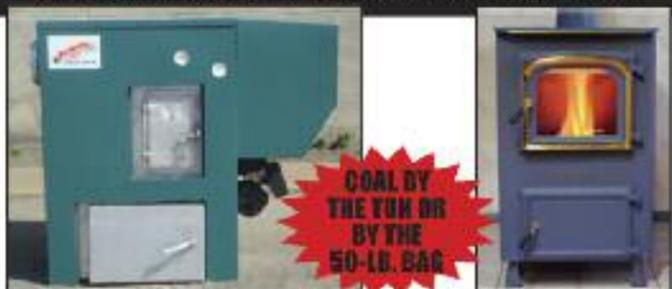
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Horse Meadow Senior Center Hosts 1st Annual Fall Festival

Come celebrate Autumn in the north country by bringing family and friends to The Horse Meadow Senior Center's First Annual Fall Festival on Saturday, October 4, from 9-3, and help us raise funds for a new activity room.

There is something for everyone, including the kiddies in this flea market outdoors, and craft & food show indoors.

The fun includes live entertainment, giant yarn sale, face painting, wagon rides, candy apples, a cake walk, drawings for prizes, and so much more.



Blueberry muffins and coffee will be available for breakfast. Burgers and hot dogs on the grill will be available for lunch.

This festival features beautiful creations by talented local artisans, home baked goodies, homemade egg rolls, and other vendor food.

We even have a local

sharpener who will sharpen your knives, scissors and small tools while you shop, eat and enjoy everything this festival has to offer.

This festival promises to be fun and exciting. The Center is located on Route 10, North Haverhill.

See you there!

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Commissioner Jeff Rose of the Department of Resources and Economic Development visited and toured Thomson Industrial Sandblasting and Painting in Orford, NH. Stay tuned for announcement of open house coming in October.

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Paddle The Border
Sunday, October 5, 2014
From Newbury Boat Launch
Beside The Haverhill/Newbury Bridge, Newbury, VT
To Bugbee Landing
Next To Bradford Golf Course, Bradford, VT
Rotary Club Will Be Selling Hamburgers, Hotdogs & Beverages 1-3pm

The "Strawberry Farm Band" will be performing with Bluegrass Music. Plus there will be displays set up by various local organizations offering information about the Connecticut River, the Connecticut River Valley and events happening in the Upper Connecticut River Valley.

All Events Are Weather Permitting
All participants MUST abide by safe boating rules and regulations
Suggested Launch Time 10:30am - 11:30am • Approx. Paddle Time is 3 Hours

FREE Shuttle Service (for persons and personal equipment only) from Bradford to Newbury available from 10-11am. Volunteers will be at the boat launch to help unload and protect boats before launching.

EVENT SPONSORED & SUPPORTED BY:
Newbury Conservation Commission
Haverhill Recreation Commission
Cohase Chamber of Commerce
Woodsville/Wells River Rotary Club
Butler's Bus Service

Paddle The Border - Spring is scheduled for Sunday, May 17, 2015

Info: Mike Thomas 802-757-3960 or email hpcanoes@charter.net or go to www.cohase.org

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GROTON, VT: Incredible value for the money. 28' x 72' Manufactured home with a finished basement situated on 13.40 acres. Jacuzzi with mountain views. 2 ponds, pasture, horse shed. All the upgrades that anyone would want. Total of 14 Rooms, heated garage, Shop garage 40' x 60' with a 35' x 30' addition. The lot goes on \$190,500.

LISBON, NH: Lovely home and perfect for the family. Features include 4 Bedrooms, 2 baths, Dining Room, Living Room, fireplace, large dry basement w/woodstove and forced hot water heating system. Two car garage, nice solid construction. Very nice neighborhood. \$125,000.

NORTH HAVERHILL, NH: Splendid renovation skills brings this historic unique 3 bedroom Cape back to a charming home. Formal Dining Room, Eat-in Kitchen, hardwood floors, gas heat stove and pellet stove. Terraced gardens and oversized Amish Shed. Convenient to town. \$147,500.

HAVERHILL, NH: Brand New Mobile home features- Living Room, Kitchen fully appliances, washer/dryer hookups, 2 bedrooms, 2 baths, wall to wall carpet in living room and bedrooms. Energy star rated. Special offer first 6 months rent FREE. Price is right! Great place, reasonable park rent. \$45,000.

HAVERHILL, NH: Split level tucked away in the pines. Spacious Living room, slider to deck, cathedral ceiling, 2 woodstoves, 1st floor bedroom and bath, lower level with walk-out. Finished with family room and 2 bedrooms. Year round lot at Mountain Lakes. \$107,000.

NORTH HAVERHILL, NH: Gorgeous Home- Very private setting with nearly waterfall, pond, trails, Living Room overlooking pond, woodstove with stone hearth and 2 fireboxes. Enclosed 3 season porch, 4 Bedrooms, 2 hobby rooms, separate office area, 2 bay garage, 6 stall horse barn, 11.22 Acres, very private setting. Plenty of Living Area. \$149,900.



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Letter To The Editor

Lets get more Jobs in NH

According to the ranking CNBC business ranking our state slipped from 27 to 30th place under the present administration. The top five states in the ranking for attracting business are Georgia, Texas, Utah, Nebraska and North Carolina and all have one thing in common, they are all Republicans.

A snap shot of one year may not be accurate because of abnormalities in that one year, so you have to look at multiple years.

According to the CNBC business ranking of NH for the following Years:

Year Ranking Party of the Governor
2011 17 Democratic
2012 19 Democratic
2013 27 Democratic
2014 30 Democratic

Phil,

Well, yours is the first of what I hope are many Letters to the Editor endorsing a candidate in the November 4 election. Thank you so much for your point and for your willingness to write about your opinion.

As we have done in the past, Trendy Times will not endorse any candidate. We will be happy to print as many Letters to the Editor, as we can in favor, or against, any candidate in our readership area.

Writers, just remember that letters need to have a name and address, plus we ask that they be kept to 300 words or less.

And as always, be informed and remember to vote on November 4.

Gary Scruton, Editor

Aren't we going in the wrong directions.

We must be more business friendly in order to keep our young people here. Nevada gave 1.3 billion (Over 10- years) in tax breaks in order to get Tesla to built their new Battery factory in Nevada in order to create thousands of jobs, incidentally the Governor of Nevada is also a Republican.

Maggie Hassan, our Governor, has a background in law, not business. Walt Havenstein has over 30 years in business including serving as CEO of BAE Systems, NH largest employer. If you want to attract more business into our state you need someone that knows business, vote for Walt Haverstein.

Phil Gaeta
Center Conway

Letter To The Editor

To the Editor,

Teachers of "yesteryear" threatened to keep children back a year if they failed the school year. . . And they did!

It is my position as an educator that our educational philosophies over the last four or five decades are NOT helping our children or our society. Think about then and think about now.

An example of then: Teacher to student: "There is NO excuse for not having your homework completed. I called your mother earlier today, and she said you had PLENTY of time to do your homework and will make sure this doesn't happen again. This HAS happened before, and the principal says that if it DOES happen again, you are to be sent to his office."

An example of now: Parent to teacher: "You expect too much. We went for pizza and a movie last night. When we got home, my son played some video games and was too tired to do his homework. I

want you to give him a break and let him finish it in class. If not, I'll go to the principal and he'll see that you do what I ask!" Unfortunately, as is too often that case today, the principal would not stand up for the teacher and Special Education took over, developed an IEP for that student and, thus, excuses and pardons were made for him through the rest of his school years. By the way, this young man is over 21 and is still living at home where he plays video games and where his parents still make excuses for him. He was 20 when he finally graduated high school. (Sound all too familiar?)

I say we go back to discipline, structure and accountability. Maybe we would have a less violent, whiney, self-centered society and one of greater responsibility and common sense.

Lee Mahle, B.A., M.A., Ph.D.
Bath, NH



Lee,

Schools are not the only place that this sort of parenting has taken over. The term "helicopter parents" comes to mind. Whether it be in school or in sports it seems that the pendulum has swung to the point of "it's not my fault" is the norm rather than the exception. Stepping up and taking responsibility for one's actions is a life lesson that we all are taught. Just some learn it sooner, or better, than others.

Gary Scruton, Editor

A Walk In The Woods –¹¹ September 2014

By David Falkenham, UNH Cooperative
Extension Grafton County Forester

It is possible that I could be considered a "tree-hugger", depending of course on your perspective of my forest philosophies. I have spent my life working and playing in the forest. As I wander through the woods I have been known to stop and stare admiringly up at the trees. As a forester I have been and will be responsible for the cutting of trees for human use. Am I a tree hugger?

I am just as fascinated with small trees as I am the large ones. I am much more interested in forest diversity than I am in the size of the trees. A recent clear-cut that is loaded with a mixed tangle of plants is rich ground for plentiful wildlife. Large trees inspire awe and daydreaming; thickets of small trees trigger the instinct to look for wildlife sign. All trees, including small trees, need hugs too.

Forest diversity also means diversity of uses, whether it is human use, wildlife use, or preferably a little of both. This is where New Hampshire really shines. Throughout my years as a forester I have always admired the spectrum of forest uses and ownership patterns that New Hampshire boasts. These ownership and use patterns are part of a strong New England land ethic and are part of the fabric of our rural culture. Farmers, loggers, landowners and foresters, along with a core of support groups, work very hard to create an open and forested landscape that supports many uses, recreation, forestry, farming and protected wilderness areas. All of this is fairly equally represented and accessible throughout the state. If you need a place to walk in the woods in New Hampshire, it is not hard to find.

Every year I also explore the Adirondack Mountains of upstate New York. In this area, there really are only two colors

of land use and ownership. The forest preserves of the Adirondack Park are vast and logging is not allowed. The Adirondack Park is an amazing place and I appreciate the opportunity to dip my canoe paddle into some of the finest wilderness waterways available in the east. The trees in this forest are old and reach to the sky. However with no logging, there is little forest diversity and equally limited wildlife. Consequently, the only economic activity here is second homes and tourism.

On the other side of the Adirondack coin are the very large private landowners. These landowners have a vested economic interest in their land and they are good at gaining back their investment either through developed tourism or heavy logging. In this area, land is either heavily logged, developed, or completely protected. There isn't much color or economic stability in that equation.

There is plenty of logging in New Hampshire but it is a percentage of a large mixture of land-based uses. New Hampshire has incredible landscape diversity, both public and private, and that diversity is part of our culture and a contributor to our economic stability. We have great organizations that support this land-based way of life and help landowners make decisions about their land and I am very proud to be part of that support as a County Extension Forester.

I love the Adirondacks, but I love coming home! Every year I sense a slight bit of disappointment as the waters cool and I hang up my canoe for the season. But Hunting Season is coming and the dogs are ready for some of the finest walks in the woods of the year back in the land were grouse, woodcock, and other forest critters abound.

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What's Smarter -- Paying Off Debts Or Investing?

It probably doesn't happen as much as you'd like, but from time to time, you have some extra disposable income. When this happens, how should you use the funds? Assuming you have adequate emergency savings — typically, three to six months' worth of living expenses — should you pay off debts, or fund your IRA or another investment account?

There's no one "correct" answer — and the priority of these options may change, depending on your financial goals. However, your first step may be to consider what type of debt you're thinking of paying down with your extra money. For example, if you have a consumer loan that charges a high rate of interest — and you can't deduct the interest payments from your taxes — you might conclude that it's a good idea to get rid of this loan as quickly as possible.

Still, if the loan is relatively small, and the payments aren't really impinging on your monthly cash flow that much, you might want to consider putting any extra money you have into an investment that has the potential to offer longer-term benefits. For instance, you might decide to fully fund your IRA for the year before tackling minor debts. (In 2014, you can contribute up to \$5,500 to a traditional or Roth IRA, or \$6,500 if you're 50 or

older.)

When it comes to making extra mortgage payments, however, the picture is more complicated. In the first place, mortgage interest is typically tax deductible, which makes your loan less "expensive." Even beyond the issue of deductibility, you may instinctively feel that it's best to whittle away your mortgage and build as much equity as possible in your home. But is that always a smart move?

Increasing your home equity is a goal of many homeowners — after all, the more equity you have in your home, the more cash you'll get when you sell it. Yet, if your home's value rises — which, admittedly, doesn't always happen — you will still, in effect, be building equity without having to divert funds that could be placed elsewhere, such as in an investment. In this situation, it's important to weigh your options. Do you want to lower your mortgage debts and possibly save on cumulative interest expenses? Or would you be better served to invest

that money for potential growth or interest payments?

Here's an additional consideration: If you tied up most of your money in home equity, you may well lose some flexibility and liquidity. If you were to fall ill or lose your job, could you get money out of your home if your emergency savings fund fell short? Possibly, in the form of a home equity line of credit or a second mortgage, but if you were not bringing in any income, a bank might not even approve such a loan — no matter how much equity you have in your house. You may more easily be able to sell stocks, bonds or other investment vehicles to gain access to needed cash.

Getting some extra money once in a while is a nice problem to have. Still, you won't want to waste the opportunity — so, when choosing to pay down debts or put the money into investments, think carefully.

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



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Grafton County Youth To Celebrate National 4-H Week October 5-11

North Haverhill, New Hampshire - More than 6 million young people across the country today will celebrate National 4-H Week, an annual celebration of 4-H during the first full week of October. Grafton County 4-H will leverage National 4-H Week this year to showcase the great things that 4-H offers young people and highlights the incredible 4-H youth in the community who work each day to make a positive impact on the community.

4-H'ers in Grafton County will be doing window displays and holding achievement nights in their club settings. Leaders and youth will be gathering at club meetings to plan their year and get ready for the Fall Festival, to be held on October 17th in North Haverhill.

"4-H makes a lifetime impact on people," said Kathy Jablonski, Field Specialist, Youth and Family. "This summer, I had a chance to chat with alumni about the impact 4-H had on their lives. One young woman, Sherry Gray of Woodsville, credits 4-H with her current career in food service."

Jablonski goes on to report that Mrs. Gray has been a 4-H leader for 23 years with the Bob-O-Links 4-H club in North Haverhill, New Hampshire. She has served as a food and nutrition project leader, general helper with the club and at county events.

Gray told her, "4-H taught me a lot about cooking, nutrition and getting along with

people."

Her community service work as a 4-H leader, a member of the Girls' Club of North Haverhill and her church, are examples of her civic mindedness.

"I credit my 4-H leaders with teaching me all those life skills I use every day," said Mrs. Gray.

Research has proven that participation in 4-H has a significant positive impact on young people. Recent findings from the Tufts University 4-H Study of Positive Youth Development indicate that, when compared to their peers, young people in 4-H are:

- Nearly four times more likely to contribute to their communities
- Two times more likely to pursue healthy behaviors
- Two times more likely to engage in Science, Technology, Engineering and Math (STEM) programs in the out-of-school time

In Grafton County, New Hampshire, more than 250 4-H youth and 102 volunteers from the county are involved in 4-H throughout the county's 4-H clubs.

Also during National 4-H Week, hundreds of thousands of youth from all around the nation will complete a single, innovative experiment on 4-H National Youth Science Day, which will be held on Wednesday, Oct. 8, 2014. The 2014 National Science Experiment Rockets to the Rescue, will task youth to design and build an aerodynamic food transportation device that can de-

liver a payload of nutritious food to fictitious disaster victims. Youth will learn engineering concepts, develop math skills, learn about nutrition and help solve a relevant, global issue. To learn more about National Youth Science Day, please visit <http://www.4-h.org/nysd/>. Locally, youth in Franconia, Haverhill and Bethlehem will have opportunities in October to do the experiment at community events.

About 4-H:

4-H, the nation's largest youth development and empowerment organization, cultivates confident kids who tackle the issues that matter most in their communities right now. In the United States, 4-H programs empower six million young people through the 109 land-grant universities and Cooperative Extension in more than 3,000 local offices serving every county and parish in the country. Outside the United States, independent, country-led 4-H organizations empower one million young people in more than 50 countries. National 4-H Council is the private sector, non-profit partner of the Cooperative Extension System and 4-H National Headquarters located at the National Institute of Food and Agriculture (NIFA) within the United States Department of Agriculture (USDA).

Learn more about 4-H at www.4-H.org, find us on Facebook at www.facebook.com/4-H and on Twitter at <https://twitter.com/4H>.

The Girdle

By Elinor P. Mawson

They are called all sorts of other names now, like body shaper--which sounds so much kinder than Girdle. They come in nice colors, all sorts of shapes and sizes and bear very little resemblance to the garments of several generations ago.

In fact, my mother's mother called it a "foundation garment" and it was lucky that the public couldn't see it under her clothes! It was a flesh-colored item with bones (called stays) and laces up the back. It had garters, too, which, when they held up stockings, kept the garment from riding up to the chin.

My mother wore one of these until she turned 80 and decided she had had enough of that foolishness. It didn't stop her from making me wear a girdle of some type all the time I lived at home. I feel the

discomfort to this day!

Even worse was the famous Playtex 18-hour girdle from the 60's. It was made of rubber and designed by the devil himself. Woe unto the poor female who had to wear it during a hot summer! It took all your life was worth to put it on, and it was nigh onto impossible to remove it.

A friend of mine describes her first plane trip. She was decked out in her best clothes and had a toddler in tow. She was using the restroom just before boarding, and she says that between wrestling with her girdle and keeping her little girl from escaping under the door, she almost missed her flight.

I remember a teacher friend of mine who came up to me after class one day. "Elinor, I need help! My girdle has gotten a rip in it and I'm afraid

it will come apart and embarrass me during the next class. Would you mind stapling it together?" I did! And many years later when I saw her and reminded her of the incident, she looked dumbfounded! I don't know whether she completely forgot, or wanted to pretend it never happened.

I never had "midriff bulge" until I bought my Playtex. My tummy and hips looked smooth as silk; however all the extra traveled North and I sported the best Muffin Top in the East. Only my mother saw an improvement.

I didn't want to wait until I was 80 to give up my girdle. After trying all kinds of "foundation garments" including all-in-ones and body shapers, I finally gave it all up when I turned 50. I may not look too cute, but I'm a lot more comfortable.

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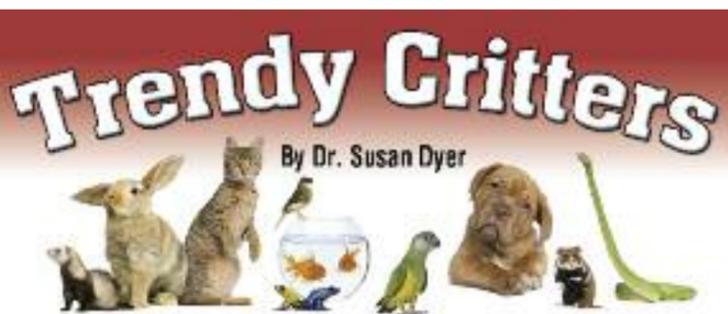
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How to Prevent Rabies: A Killer Disease

By M. Kathleen Shaw, DVM

Vermont Veterinary Medical Association

What would you do if you found your dog outside fighting with a raccoon? Or if you found your inside-only cat playing with a dying bat inside your home? You might think that these are uncommon occurrences, but these scenarios do happen and could have a deadly outcome. Rabies remains a major concern worldwide, killing more than 55,000 people every year.

Rabies is a disease we usually think of as having well under control with vaccines, but despite mandatory vaccines for all pets, hundreds of cats, dogs, horses, and other domestic animals contract this killer each year. The deadly disease seems to emerge each spring and summer as a problem in foxes, raccoons, skunks and bats and can be transmitted to pets and people through contact with their saliva. Rabies is a very scary disease because it is fatal to both people and unvaccinated pets. The good news is with vaccination, rabies is almost 100% preventable in our animals and with some common sense precaution when it comes to wildlife.

Vaccination of your animals is the best way to prevent rabies. *Vermont state law requires that all dogs and cats be vaccinated for rabies.* If your pet is not vaccinated and fights with an unknown wild animal (or even a confirmed rabid one), your pet will be required to be quarantined for six months. Please remember that your unvaccinated pet can infect you and your family and

that rabies is always fatal to our unvaccinated pets. There is no treatment and the only way to test for rabies in our pets is to examine a post-mortem sample of brain tissue.

Never assume that your "indoor" only pet is safe from rabies, either. Bats, the largest reservoir of rabies virus in North America, can easily find their way into homes. Attracted to their fluttering flight or a dying bat on the floor, our pets, especially cats, risk exposure. And, since bat bites are almost undetectable due to their size, you might miss the fact that your pet has been bitten.

Finally, always contact an animal control officer or wildlife expert if you see a wild animal acting strangely. Wild animals are just that: they avoid humans and should run away when they see you. Most are active at night, too. So if you see a wild animal in your yard that doesn't appear to be afraid of you, especially in broad daylight, or if it is acting strangely, do not attempt to capture the animal on your own. Keep your pets inside so they are not exposed, and call animal control. It is especially important that cats that spend a significant time outdoors, and thus may come in contact with wild animals without the knowledge of the owner, be fully vaccinated.

For more information including a county-by-county summary of rabies cases in Vermont, go to <http://health.vermont.gov/prevent/rabies/Rabies.aspx> or call the Rabies hotline at 1-802-223-8697.

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CASA Volunteers Representing What's Best For Children – One Kid At A Time

By Robert Roudebush



Editor's Note – In this second part of a two-part series on COURT APPOINTED SPECIAL ADVOCATES for abused and neglected children in New Hampshire, we learn more about volunteer training and meet George and Jeremy, two unforgettable people involved at either end of the CASA life-changing lifeline.

As a C A S A volunteer for abused and neglected children, Susan Brown's not an attorney, and she doesn't need to be. She has no legal training and doesn't need to have. But there is substantial training required to serve as a CASA, a course some forty hours long, and there are required 12 hours yearly "in-service" continuing education for every year thereafter.

CASA is a nationwide association that supports and promotes court-appointed advocacy for abused or neglected children – it does this with over 77,000 advocates serving in 933 state and local programs that have assisted over 200,000 children since the late 1970s.

Children in need may be anywhere between newborn, and 18 years old, or once they graduate high school, when they age out of the system. CASA volunteers receive their assignments from Case Supervisors or Program Managers.

A great deal of current information is easily available

on line – www.casanh.org promotes "striving to protect every abused child's right to grow up in the embrace of a loving family." The site will direct you to a video, "Meet George and Jeremy." It's the unforgettable tale of how a 6 year-old boy named Jeremy came into the life of a newly minted CASA advocate named George. "George is a Manchester native. When his two children had grown up he found he had more free time and wanted to give back. He came to learn about CASA through TV commercials and pamphlets." The boy Jeremy had experienced neglect and NH DCYF filed a petition with the courts, the court referred him to CASA and that's how the two met, the troubled child and the trained, caring older man."

"For Jeremy, being moved into a foster home and getting involved in a seemingly never-ending series of court hearings was confusing and he didn't know what would happen next. With Jeremy's world turned upside down, CASA George was the one person to stand by him throughout the entire process. George was to become an expert on Jeremy, meeting regularly with everyone connected with the youngster's life – his birth family, his foster family, his teacher, DCYF. A grown-up Jeremy now recalls in the video the times he and George would play catch in the backyard. The CASA vol-

unteer did it all so he could effectively represent the boy's best interests to the judge in the courtroom."

George, to the outsider, seems an ordinary guy. But with the training and supervision of CASA NH to back him up, he's been empowered to do extraordinary things for children in need.

For someone unfamiliar with CASAs, the multiple courtroom hearings to determine what's best for the child-at-risk is challenging enough that it helps to have a flow chart. As the circumstances for each situation are different, so are the legal actions taken. What's amazing is how important and effective is the CASA's advocacy for his or her CASA kids in the courtroom – especially so since most CASAs have not set foot in a courtroom prior to doing this.

Pulitzer Prize-winning journalist Anna Quindlen says of CASA - "You go into a courtroom and you see lawyers who know the law and have dozen's of kids' files, or you have social workers who know the regulations and have dozens of kids' files. But if a CASA volunteer is in the room, you will see they have just one file, and what they know is that one child. And that can make all the difference to a judge's decision regarding how the rest of that child's life is going to go." Call (800) 626 0622 or go online.

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September 30, 2014 Volume 5 Number 26

Nausea Symptoms And Cures

Nausea is a symptom that arises from many physiological conditions, some of which are the result of stomach and digestive problems such as the flu, gallstones, indigestion, and poisoning. Conditions like ear infections, vertigo, motion sickness, headaches, fever and inflammations, psychological stimuli, sickness, headache, fever and inflammation, physiological conditions stimuli, and dizziness cause nausea indirectly, taking advantage of rich neural connections between the stomach and certain brain centers. Certain nutritional states, such as pantothenic acid and vitamin B6 deficiencies, can make a person more susceptible than usual to nausea-causing events. Most medicines for nausea attempt to curb it through the nervous system, or through neutralization of the nauseating toxins in the stomach. This blend works at both levels. The primary effects of these herbs are due to the Ginger Root. Licorice Root is added for its gastrointestinal healing properties, yet, can only be utilized if the person is not on medications. A tiny amount of Cayenne is present for its pleasantly stimulating effect. In earlier versions of this blend, I combined the Ginger root with other carminatives, such as Fennel Seed, Catnip and Peppermint, all good herbs in their own right. However, none of them were as good as Ginger root; they only served to dilute the Ginger root. Licorice root and Cayenne, however, provide properties that Ginger root does not possess, and actually potentiate the activity and effectiveness of the Ginger root.

GINGER ROOT: (Zingiber Officinale), A warming circulatory stimulant and body cleansing herb, with excellent effectiveness for cramping, indigestion, nausea, cough, sinusitis and sore throat. Used as a catalysts in all formulas where circulation to the extremities is needed, (as in arthritis); for respiratory and lung/chest clearing combinations; in digestive system stimulants and alkalizers for clearing gas; as an aid in promoting menstrual regularity and relief from cramping and sluggishness; for all kinds of nausea, motion sickness and morning sickness; for dizziness and vertigo; stomach flu; migraine and other

headaches; learning disabilities; as a direct compress with cayenne to stimulate venous circulation. Secondary Uses: as a catalysts in nervine and sedative formulas; as a gargle and part of a sore throat syrup; as a diaphoretic where sweating is needed for removing toxic wastes; as a stimulant to the kidneys for extra filtering activity; externally as a compress for muscle pulls and ligament strains. Nutrients: Amino acids, calcium, essential fatty acids, iron, magnesium, manganese, phosphorus, potassium, zinc. Vitamins B1, B2, B3, B6 & C. Ground ginger also contains vitamin A.

LICORICE ROOT: (Glycyrrhiza Glabra), A wide-ranging, anti-inflammatory, anti-fungal, anti-spasmodic, and anti-bacterial herb, particularly useful as a blood cleanser, nervine, endocrine and hormone support. Other important functions include effectiveness as a blood sugar regulant, healant for gastro-intestinal conditions such as ulcers, and capable adrenal nourishment. It also acts as natural cortisone. Used as a specific in a blood cleansing and detoxification tonic; as a specific in a formula to regulate both hypoglycemia and diabetes; as a specific in formulas to balance both male and female hormones; to speed healing of mucous membranes in a formula for gastric and duodenal ulcers; as a primary stimulant to the adrenal glands; as an anti-fungal in treating Candida Albicans yeasts; as part of an anti-

bacterial formula against staph and strep; and for acute bronchitis and serious congestion. **AVOID: IF HIGH BLOOD PRESSURE AND ON PRESCRIPTION MEDICATION.** Nutrients: calcium, choline, iron, magnesium, manganese, phosphorus, potassium, selenium, silicon, zinc. Vitamins B1, B2, B3 & C.

CAYENNE PEPPER: (Capsicum Annum), A highly aromatic, carotene-rich digestive and heart tonic with anti-bacterial qualities, used as a central system catalyst and circulatory stimulant in many formulations. Used as a specific in heart muscle regulation, to strengthen all parts of the circulatory system and to normalize blood pressure; as a specific in digestive formulas to control gas, flatulence and upset stomach; as a warming agent for arthritic, lower back and rheumatic pain; as a specific in breaking up mucous congestion in colds, flu, bronchitis, respiratory and cleansing formulas; to treat shock, and to prevent the onset of shock (as in a heart attack). Secondary Uses: as a hemostatic both externally and internally to stop bleeding, and fight infection; externally, as an antiseptic wash; or a stimulating compress; as a gargle to heal a sore throat. 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

Apple Rose Tarts

Just take a look at that beautiful picture. Believe it or not, these little tarts are truly as lovely to look at as they are delicious to eat, and YES, you really can make them yourself...no special equipment or talent required!

I was cruising through Facebook one day when I saw a video link someone had posted entitled "Apple Rose Tarts", so naturally, my curious self couldn't resist taking a peek to see. Actually, there were several videos, but most were demos in foreign languages, and I found things I liked and disliked about each one. The video I thought the most helpful showed the baker going through a whole process of making, rolling, and trimming her own dough. Way too laborious for me, when I knew I had a single sheet of puff pastry in the freezer that needed to be used soon. I also thought her tarts might be rather bland, as she used no flavorings other than the sweetness imparted by the honey. That certainly could be fixed with the addition of a little cinnamon sugar, right? So, after pondering all the details for a bit, niece Adrienne and I embarked on our little Apple Rose experiment one rainy Saturday morning. We were both genuinely amazed at how quick, easy, and pretty our pastries turned out, and knew this recipe was a keeper, for sure!

I've tried to make the directions as easy to understand as possible, but if you find you need more visual guidance, just Google "Apple Rose Tarts", and you can see how the rolling process works.

Trust me when I say you really need to try making these; the end result will give your self-esteem a definite boost when you see the beauty of what you've created!

- 2 medium red-skinned apples, peel on
- 1 Tablespoon honey
- 2 Tablespoons sugar
- 3 Tablespoon water
- 1 sheet frozen Puff Pastry, thawed in fridge overnight
- Cinnamon/Sugar (2 Tablespoons + 1/2 teaspoon sugar)

Slice the apples in half from pole to pole. Remove core, and lay apple halves cut side down. Slice lengthwise into thin, half-moon slices. Place apple slices in a pan, then add the honey, sugar, and water. Gently combine, and bring to a boil over medium heat, gently stirring occasionally, for 3 to 5 minutes until apples are pliable but not mushy. Remove slices and lay out in single layer on a plate to cool. Unfold a sheet of frozen puff pastry (I use Pepperidge Farms) that has been thawed in the fridge overnight. With a sharp knife, cut down the three fold lines, then slice each of those sections in half lengthwise, so you have 6 separate strips of dough. Sprinkle some of the cinnamon sugar on the dough strips (set aside the remaining cinnamon sugar mixture for later). Place slices of apple along first dough strip, leaving about 1/4" of dough uncovered on each end, overlapping apples by 1/2, and placing them so the curve of the apple slices are laying extended above the dough (each strip takes 7 or 8 apple slices...you will have plenty). Gently roll up the apple-covered dough strip, and set upright in a paper cupcake liner, slightly pinching the dough together on the bottom, and flaring out the top "petals" of the completed rose. Place in a muffin pan. Repeat with remaining 5 dough strips. Bake in preheated 375°F oven 25-30 minutes, until tops are lightly browned, and dough is cooked. Remove from oven and lightly brush tops of each rose with honey. Sprinkle lightly with remaining cinnamon sugar mixture, then remove cupcake liners to a rack to cool. Makes 6 spectacular Apple Rose Pastries!



The Schilling Beer Company celebrate their first anniversary on Saturday night with a festive Oktoberfest event with the Mad Bavarian Horn Band. North Country Senator Jeff Woodburn along with Littleton Area Chamber of Commerce Executive Director Lauren Anderson presented a state proclamation to Schilling's owners, Jeff Cuzzens and John Lenzini. Photo courtesy Armorfoto.

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