

TRENDY TIMES

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OCTOBER 28, 2014 VOLUME 6 NUMBER 2

Edson Park Dedication A Lasting Point Of Beauty For Longtime Mountain Lakes Residents

By Robert Roudebush

The unembellished stone weighed nearly 300 pounds and was grey Barre, Vermont Granite. Rectangular in shape, about 18 inches by 11 inches and polished engraved, it was carefully lowered by strong hands and willing arms to the ground from the back of the Mountain Lakes District pickup truck. A volunteer crew led by Don Drew, MLD Water System Supervisor and his assistant Nathan then worked together to position it securely into the bed of red mulch and stabilized it within an oval of white marble chips.

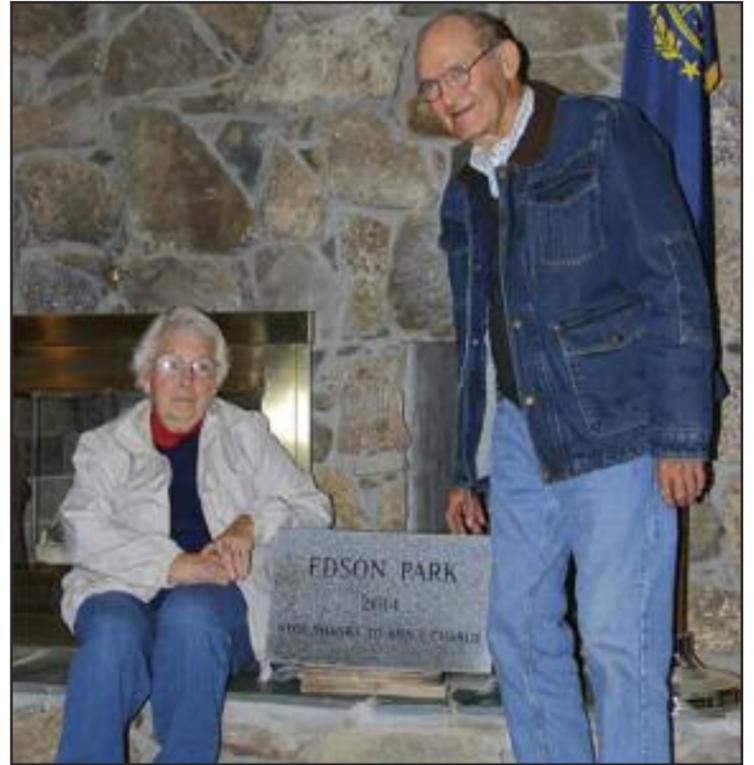
The three colors popped and caught attention near the outside perimeter of the newly named EDSON PARK in the residential precinct of Haverhill.

The engraving reads:
EDSON PARK
2014 WITH THANKS
TO ANN & CHARLIE
Longtime active MLD residents Ann and Charlie Edson were being honored by the placement of the small monument in the landscaped area now and forever to be known as EDSON PARK. The planted and landscaped area was created some three years ago through Charlie's initiative. Both Ann and Charlie continue helping to lovingly tend it now - it is a collection of seasonal blooming perennial bushes and trees with large ornamental boulders. From the moment of its creation, it was a focal point of beauty and has remained so for folks arriving at the district for business or pleasure. It is

located just behind the mailboxes on a gentle down-slope to one edge of the upper of the two mountain lakes. It may be best appreciated for folks driving across the causeway, away from the beaches and toward the pool and flagpole area. An inviting bench is located nearby, offering a place to rest and appreciate a fine view across EDSON PARK to the lake below.

The dedication ceremony was officiated by Chairman of the Board of MLD Commissioners Bob Long as the first item of business at its regular October 13 evening meeting. Mr. and Mrs. Edson were lured to the monthly meeting on some pretext of needing their advice on district Beautification Committee affairs. The two respected residents were then surprised with the reading of the dedication by Mr. Long and the uncovering and viewing of the engraved granite marker.

They seemed surprised



Ann and Charlie Edson pose with the granite marker that was recently installed at the new Edson Park. Photo courtesy of Joe McQueeney.

and each spoke words of gratitude. Mrs. Edson, with a 50-year background as a Registered Nurse, brought appreciative laughter to the packed meeting chambers by telling them that she had first become interested in Mountain Lakes Beautification efforts, "to get out of meetings". Mr. Edson, a decades-long special education teacher, stood facing the attendees and spoke softly, thanking them for their thoughtfulness.

He then showed his own thoughtfulness by thanking current MLD residents who now carry on his work in the Beautification efforts for the district.

It was a night of honoring and appreciating two vital people who are beloved within the district. Mrs. Edson, renowned for her secret turkey gravy recipe was not, however, moved to the point of sharing it with the assembled group.

POLITICAL ADVERTISEMENT POLITICAL ADVERTISEMENT

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TRENDY Dining Guide

Bliss Village Store

By Gary Scruton

Those who are regular readers to this column probably understand that I try to visit all of the eateries that advertise in the Trendy Dining Guide. In fact it is thru that visit that I gather the information for this column.

The Bliss Village Store has become a regular advertiser in this section of Trendy Times and we thank them for that. It also gave me a good reason to stop in

and try some more of their food.

We found the opportunity before the recent Rusty Dewes show on Sunday night, October 19. The great thing was that it was a Sunday and the good folks at Bliss offer a Sunday pizza special. The special is a large cheese pizza for \$5.00 or a large Pepperoni pizza for just \$7.00. Personally, I like pepperoni. And so the

choice was pretty easy. The gentleman working behind the deli counter took our order and told us that the pizza would be up in 20 minutes. That would work for us and still give us time to get to the BA. The timing was right on. Just 20 minutes later he came out back to the dining area with pizza in hand. We had already grabbed a drink from the wide range of beverages

that Bliss offers.

The pizza was indeed a large one. My wife and I barely got around the whole thing. In fact one piece left the building still in my hand so that I could shake down what I had eaten and make room for the last couple of mouthfuls. I will say that there was nothing real super special about the pizza. It was what one would expect and certainly one that could be enjoyed. The crust was a bit crispy, but not too crispy. And the pepperoni was plentiful, but not overflow-

ing. It really was "as advertised".

Bliss Village Store is a lot more than just the Sunday pizza special though. If you like those tasty morning pastries, there are plenty on the shelf that are freshly made right there behind the deli counter. The deli case itself is also full of many interesting and delicious looking items. For those times you need to get a quick dinner together stop in and pick up one of their pasta salads, or some deli meats.



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Contact Gary - 603-747-2887 or gary@trendytimes.com
These rates are for Trendy Dining Guide ads only.

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River Restoration Projects Happening This Month In Groton & Piermont

Pomfret, Vermont – During the last two weeks of October, the Connecticut River Watershed Council (CRWC) and project partners will plant more than 300 native trees and shrubs along 540 feet of riverbank along Eastman Brook in Piermont, NH and along the Wells River in Groton, Vermont.

The plantings will reduce erosion, improve water quality, provide shade reducing instream temperatures, increase habitat for fish and wildlife, increase summer

food for songbirds and other wildlife and stabilize the stream banks. The planned plantings build on earlier work done this year by the CRWC and project partners, including a dam removal on the Wells River.

In addition, a “wall of vegetation” at both sites will further reduce erosion. Adding this vegetation by digging trenches atop the riverbanks, installing bundles of live willow and dogwood cuttings (called fascines), and backfilling the trenches

so the cuttings can root, grow and create a thick wall of vegetation that will stabilize these highly erodible areas.

“These on-the-ground projects help maintain and protect clean water and wildlife habitat, as well as to restore our rivers to their natural states,” said Andrew Fisk, Executive Director of the CRWC. “This will bring the total number of trees and

shrubs planted by our staff, volunteers and team of partners to 8,100 since Tropical Storm Irene -- which will have meaningful benefits to all of us who enjoy the Connecticut River and its tributaries.”

As a result of the increase in violent storms and flooding experienced in Vermont and New Hampshire in recent years, river restoration projects like these plantings can help reduce

damage by protecting public infrastructure and personal property. A grant from the New Hampshire Charitable Foundation made the plantings possible.

CRWC is a membership based nonprofit working to protect the four state watershed of the Connecticut River from “source to sea” through on-the-ground projects, public education and advocacy.

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VOTE ON NOV. 4TH
JOHN HALL
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ASSISTANT JUDGE
 Nominated in the primary by both the
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 STATE SENATOR
 CALEDONIA-ORANGE DISTRICT



RE-ELECT STATE SENATOR JOE BENNING
 “A strong voice from the wilderness”
 - The Caledonian-Record (May 3, 2012)
PAID FOR BY THE COMMITTEE TO ELECT JOE BENNING FOR STATE SENATE

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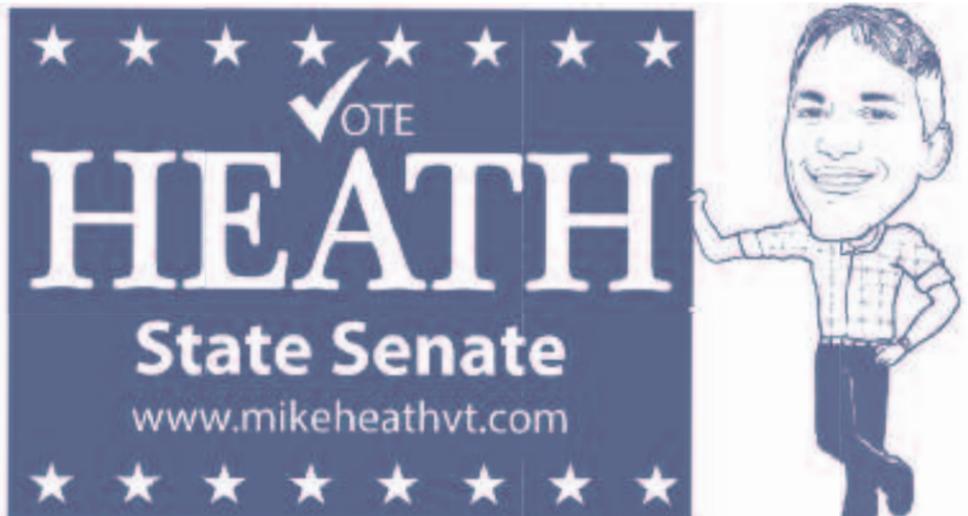
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- Keep The State Budget Balanced
- Make Programs Serving Vermonters Effective And Accountable

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My name is Mike Heath. I grew up in the Northeast Kingdom, and have lived and worked here my entire life. My wife Laura and I have two great kids, Addison, 7 and Willoughby who is 4. Both of my children attend public school. I am a small business owner, part time chicken farmer, gardener, scuba diver, and obstacle racer. But more importantly, I am an average, everyday hard working Vermonter.

I think taxes are too high. And like you, I don't think I am getting what I pay for. The property tax method of school funding is broken, teachers still aren't paid enough and sending students to schools that have no budget, is really counterproductive to the process of education. We need to identify the drivers of the cost explosions that every district in the state is experiencing and quell them, while at the same time diversifying our sources of funding.

Our college students are being fleeced. Asking our kids to take on tens of thousands of dollars in debt at double-digit interest rates that can't be refinanced or discharged in bankruptcy is ludicrous, and it is holding our economy down. I would like to see a system where students pay an appropriate percentage of future income over a given period of time, in lieu of tuition fees and loans for education.

Universal healthcare is a human right, and we can in fact afford to make it happen if we are willing to think outside the box. I don't want the government running my healthcare any more than I want insurance companies running it. I want all aspects on my healthcare placed squarely in the hands of my Doctor. We need to move away from the for-profit business model that provides more financial incentives to keep people sick, than it does in making people healthy. We need to remove control of our food system from the hands of those trying to keep GMO's from being labeled, and put it back in the hands of our farmers. A healthy body, starts with healthy food. Under our current food system, healthy food is an unaffordable option for most Vermonters. We need to institute our own state standard and label for organic food, and we need to take steps to keep Vermonters from eating out of boxes and packages, and start eating from farms. Our healthcare will be cheaper, the economy will be stronger and Vermonters will be healthier, in body, in mind, and wallet.

If we are serious about fighting and fixing inequality, than these are the first steps we need to take. I don't believe that the person with the most campaign ads is necessarily the best person for the job, nor do I believe that unlimited spending is free speech. In fact, I like to think of it as “Premium Speech”. All elected officials should have term limits, elections should be publically financed, and corporations must be banned from the political process altogether, as they are certainly NOT people. I think political spending is a ridiculous waste of resources and (as evidenced by our current state of affairs) doesn't give us the best that money can buy. All too often, our candidates represent the interests of their largest donors, and not the average Vermonter. To date, I have taken \$0 in contributions and as such, I am beholden to no one but the Citizens of Caledonia and Orange County. This is the only ad I intend to run and do so purely as an introduction. I would appreciate it if you would learn more about my positions on my facebook page: www.facebook.com/votemikeheath, then consider voting for me on Nov. 4th. Thank you!

Paid for by Mike Heath

Final Thoughts And New Legislative Priorities

By Rep. Rebecca Brown

With just a few weeks until the November election, this is the last Freshman Year column I'll write. If I'm re-elected I'll come up with another name for my column, and will continue writing it as a way to let people know what's happening in the State Legislature in Concord.

Here are some legislative priorities for the next session and some overall impressions and lessons from two years in the Legislature.

I love the democratic openness of our Legislature. The NH House is truly the "people's house." Any citizen can bring an idea or propose a change. Committee hearings can be amazing and inspiring for the range of people who attend and speak. It's not all lobbyists and lawyers in suits. A lot of "regular" people show up to testify on issues they care about, and hearing their stories was always very helpful to me in trying to discern the

pros and cons of proposed laws. Even if you can't get there in person to testify, letters to legislators on with specific information on issues are very effective (form letters are not).

If re-elected, I will use this column as well as Facebook and other media to alert residents here about some of the key upcoming issues so you can make your North Country voices heard. With so few of us up here compared to the rest of the state, we really need to hang together on the issues most important to us. That's nowhere more important than on Northern Pass, which is my first legislative priority:

Stop Northern Pass: Burial is an option, but I believe this project should not go forward, period. I helped organize and hosted legislative tours here of the proposed route. Seeing is believing – the legislators left appreciating how detrimental

the project would be to our landscape, and better understanding that this is a poorly conceived project which at root is a bailout for PSNH.

Other legislative priorities are these:

Keep Cannon Local: Continue to ensure that ticket pricing is advantageous for locals; keep Cannon public (not leased); work for adequate funding. With my colleague from Monroe, I stopped a bill on the floor of the House that would have taken away free midweek skiing for seniors. No one up here was ever consulted on this change. If the state wants to adjust ticket prices, local skiers must be part of the decision making.

Protect Private Landowners: Public use of private land is one of NH's greatest traditions. Yet, landowners who allow public use of their land for hiking, XC skiing, and other non-motorized uses do not have the

same state protection against frivolous lawsuits as those who allow motorized use. Legislation I introduced last year addresses

Help facilitate local action to save money: Putting people together to accomplish things better than they might do separately is something I've tried to do throughout my career. As a State Rep I'm learning more ways to do that. An example is road repair. I'm convinced – through watching our skilled road agent's work in Sugar Hill and many conversations with the select board in Lyman – that towns may do road and bridge repairs more quickly and cost effectively than the state can. So why not let towns repair some of the deplorable state roads and bridges, and have the state reimburse them? The town of Lyman is preparing to do just that on their state road (Lyman Road) after I arranged to have the district DOT engineer meet with the select board.

Encourage more farms and local food businesses: The Legislature made a good start this year by creating NH's first Farm to Plate policy, which calls on all state departments and agencies to work to improve conditions for local agriculture. This is just the beginning. Revisions in the law are needed to allow new, creative forms of local food markets and distribution. The state should bring back its dedicated program for farmland conservation. No land = no farms = no food!

Fewer, Better Laws: 1800 potential new laws (yes, that's the number of bills introduced in the last legislative session) are way too many. The sheer quantity means that many of them are not thoroughly vetted, their consequences not thoroughly understood. Cutting down the number of bills would require a major change in the House rules – which we should consider. In the meantime, I will work with colleagues to encourage better analysis and law making: Is there really a problem that needs fixing? Will the proposed law/regulation really get at the issue? Is there a non-legal way to accomplish the same thing?

These are just a few of the issues (with all those bills we are never at a loss for issues). Of course there are all the "big" ones (such as gambling – I'm opposed; death penalty – should be repealed; marijuana – decriminalize possession of small amounts and wait to see Colorado and Washington for impact of legalization). I've chosen to highlight ones that – with the exception of Northern Pass – typically don't make the headlines but are better examples of what I as a Rep can do for you, for my district, and for the North Country. As always please don't hesitate to call me with questions, ideas, and suggestions. It's been my privilege to represent the towns of Franconia, Lisbon, Lyman, Monroe, and Sugar Hill!

October 28, 2014 Volume 6 Number 2

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

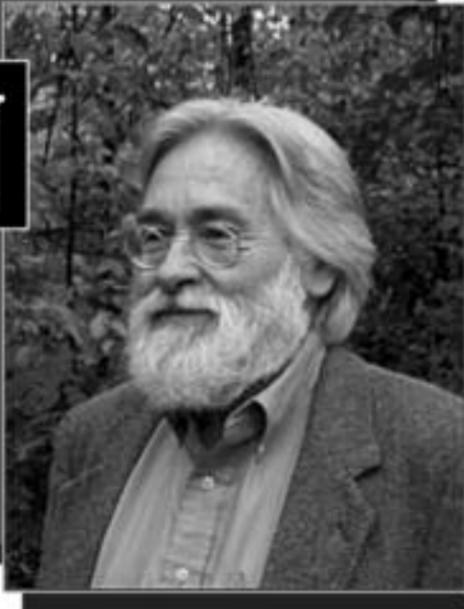
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See more at www.lindalauer.com or www.democracy.com/lindalauer

Paid for by Friends of Linda Lauer Linda Lauer, Fiscal Agent PO Box 147, Bath NH 03740



Amelia McIntire Chosen For Congress Of Future Medical Leaders In Washington, DC

BRADFORD,VT — Amelia McIntire, a Senior at Oxbow High School of Bradford has been nominated to attend the Congress of Future Medical Leaders in Washington, DC on November 14, 15 and 16th, 2014. The Congress is an honors-only program for high school students who want to become physicians or go into medical research fields. The purpose of this event is to honor, inspire, motivate and direct the top students in the country who aspire to be physicians or medical scientists, to stay true to their dream and, after the event, to provide a path, plan and resources to help them reach their goal. Amelia was nominated by Dr. Connie Mariano, the Medical Director of the National Academy of Future Physicians and Medical Scientists to represent Oxbow High School based on her academic achievement, leadership potential and determination to serve humanity in the field of medicine. During the three-day Congress, Amelia will join students from across the country and hear Nobel Laureates and National Medal of Science Winners talk about leading medical research; be given advice from Ivy League and top medical school deans on what is to expect in medical school; witness stories told by patients who are living medical miracles; be inspired by fellow teen medical

science prodigies; and learn about cutting-edge advances and the future in medicine and medical technology. "This is a crucial time in America when we need more doctors and medical scientists who are even better prepared for a future that is changing exponentially," said Richard Rossi, Executive Director, National Academy of Future Physicians and Medical Scientists. "Focused, bright and determined students like Amelia McIntire are our future and she deserves all the mentoring and guidance we can give her." The Academy offers free services and programs to students who want to be physicians or go into medical science. Some of the services and programs the Academy plans to launch in 2014 and 2015 are online

social networks through which future doctors and medical scientists can communicate; opportunities for students to be guided and mentored by physicians and medical students; and communications for parents and students on college acceptance and finances, skills acquisition, internships, career guidance and much more. The National Academy of Future Physicians and Medical Scientists was founded on the belief that we must identify prospective medical talent at the earliest possible age and help these students acquire the necessary experience and skills to take them to the doorstep of this vital career. Based in Washington, D.C., the Academy was chartered as a nonpartisan, taxpaying institution to help address this cri-

sis by working to identify, encourage and mentor students who wish to devote their lives to the service of humanity as physicians, medical scientists,

technologists, engineers and mathematicians. For more information visit www.FutureDocs.com or call 202-818-8319.

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LOCAL VETERANS SUPPORT



Over 50 veterans from across SD#2 have joined "Veterans for Jeanie" and endorsed my re-election effort.

I would like to thank these local veterans and their families. I am so grateful for their service and humbled by their support:



- Earl Aremburg – Navy, North Haverhill**
- Rich Clifford – Marine Corps, North Haverhill**
- John S. Cobb – Air Force, Woodsville**
- Mike Conrad – Air Force, Pike**
- Wayne Fortier – Marine Corps, Haverhill**
- Howard Hatch – Army, North Haverhill**

- Harvey Keyes – Air Force, Haverhill**
- Rick Ladd – Army, Haverhill**
- Bernie Marvin – Marine Corps, Piermont**
- Wayne Mitchell - Air Force, North Haverhill**
- Becky Minickiello - Navy, Plymouth**
- Steven W. Wheeler – Army, Woodsville**

Lisbon Lions To Host Holiday Dinner

The Lisbon Lions Club is once again showing their appreciation to local senior citizens by sponsoring the 17th Annual Senior Holiday Dinner, free for all senior citizens living in Lisbon, Lyman and Landaff, on Saturday, November 8th, at the Lisbon Regional School cafeteria at 12 noon. The dinner menu will include roast turkey with stuffing, gravy, mashed potato, vegetables, cranberry sauce, rolls and butter, and a variety of home baked pies.

Please come out to celebrate the holidays a little early, enjoy great food and visit with friends and neighbors. Home deliveries are available again this year for those unable to attend the dinner at the school. We are also happy to provide transportation to the event, if needed.

To make reservations to eat at school, to request a dinner delivered to your home, or to request assistance with transportation to the school, please call Donna & Phil Clark at 838-5043 by November 6th.



"Jeanie Forrester has a special place in her heart for Veterans. She is incredibly accessible to ALL of her constituents, is very hard working and unafraid of tackling the tough issues facing our state. She truly is a model state senator and I hope you will join me in voting for her on November 4th."

– Wayne Fortier
Veteran & Haverhill Selectman



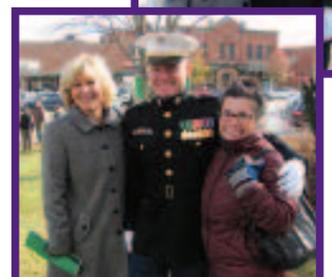
November 4th – Please Vote
Jeanie Forrester for State Senate!

www.JeanieForrester.com

Contact Jeanie anytime at:

(603) 279-1459 or jeanie@jeanieforrester.com

Paid for by Friends of Jeanie Forrester, Rusty McLearn, Chairman.



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

THURSDAYS

CRIBBAGE
1:00 PM
Horse Meadow Senior Center, 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

WEDNESDAY, OCTOBER 29

NORTH COUNTRY FRUIT AND VEGETABLE SHOW
9:00 AM – 3:30 PM
Mountainview Grand Resort, Whitefield

THURSDAY, OCTOBER 30

SERVSAFE® PROGRAM
See article on page 8

FRIDAY, OCTOBER 31

PEACHAM CORNER QUILD'S ANNUAL CHRISTMAS SHOW
10:00 AM – 3:00 PM
Peacham Town Hall

SATURDAY, NOVEMBER 1

PENNY SALE FOR ANDREW STROUT
9:00 AM – 2:00 PM
Bath Village School

AMATEUR RADIO LICENSE EXAME
10:00 AM
Franconia Town Hall

PENNY SALE
1:00 PM – 3:00 PM
Orange East Senior Center
176 Waits River Rd, Bradford

SUNDAY, NOVEMBER 2

DAYLIGHT SAVINGS TIME ENDS
2:00 AM – Turn Your Clocks Back 1 Hour

BENEFIT TEXAS HOLD 'EM TOURNAMENT
1:00 PM / Cash games 11:00 AM
ELKS POST 1541, 14 Elks St, Hartford, Vt.

MONDAY, NOVEMBER 3

GOOD OLE BOYS & GIRLS MEETING
12:00 Noon – Lara Saffo
Happy Hour Restaurant, Wells River

TUESDAY, NOVEMBER 4

ELECTION DAY
At A Ballot Box Near You!

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

STORYTIME
10:00 AM – 11:00 AM
Groton Free Public Library
See article on page 7

CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING
7:00 PM
Morrill Municipal Building, North Haverhill

WEDNESDAY, NOVEMBER 5

SERVSAFE® PROGRAM
Grafton County Complex, North Haverhill
See article on page 8

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

THURSDAY, NOVEMBER 6

AARP SMART DRIVER CLASS
1:00 PM – 5:00 PM
Orange East Senior Center, Bradford
See article on page 7

FRIDAY, NOVEMBER 7

MIDNIGHT MADNESS
Bradford, VT

SATURDAY, NOVEMBER 8

ANNUAL HOLIDAY BAZAAR
9:00 AM – 2:00 PM
North Haverhill Methodist Church
See ad on page 9

SENIOR HOLIDAY DINNER
12:00 Noon
Lisbon Regional School
See article on page 5

SUNDAY NOVEMBER 9

BENEFIT TEXAS HOLD 'EM TOURNAMENT
1:00 PM / Cash games 11:00 AM
AMERICAN LEGION POST 58, St. J., Vt

MONDAY, NOVEMBER 10

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

TUESDAY, NOVEMBER 11

VETERANS DAY PARADE
11:00 AM
Central Street, Woodsville
See ad on page 8

WEDNESDAY, NOVEMBER 12

THANKSGIVING MEAL
11:30 AM
Samuel Morey Elementary School
See article on page 7

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

THURSDAY, NOVEMBER 13

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

BOOK CLUB DISCUSSION
6:00 PM
Bath Library

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

Submit your entries by:

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

Deadline for submissions is Thursday, November 6th for our November 11th issue.

Groton Free Public Library Event

Tuesday, Nov. 4, 10-11am: NEW Storytime! Children ages 0-5 and their caregivers are invited to Round Robin Reading, a new weekly storytime at the library. Will meet every Tuesday at 10am for a storytime, followed by opened ended play.

Friday, Nov. 14, 3-6pm: Groton Game Day! Twister - Scrabble -- Mancala -- Yahtzee -- Connect Four -- Chess -- Uno -- All ages are invited to drop in during the afternoon to play your favorite games in celebration of International Game Day (15th).

Monday, Nov. 17,

6:30pm: Young Adult (YA) Book Discussion of "Rotters" by Daniel Kraus. Join us for lively conversation about one of this year's Green Mountain Book Award nominees. New readers (teens & adults) welcomed!

Monday, Nov. 24, 7pm: Book Discussion of "Rooftops of Tehran" by Mahbod Seraji. New participants welcomed. Copies of the book available for borrowing at the library.

Every Tuesday, 10-11am: Round Robin Reading Storytime. For children ages 0-5 and their caregivers, starting Nov. 4.

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, Sat 10am-12pm.

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 Thanksgiving Meal at the Samuel Morey Elementary school is on Wednesday, November 12. There is transportation available from the center to the school and back that will leave the center at 11:00a.m. If you are interested in going, please let us know so we can give them an estimated count. The dinner is at 11:30 a.m. The center will be closed on that day.

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 are welcome—please come to enjoy! If you have any questions, please call Sally Osgood 802-222-5756

BINGO IS COMING TO THE ORANGE EAST SENIOR CENTER.

PLEASE LOOK IN THE LOCAL PAPERS FOR THE STARTING DATE. WE ARE LOOKING FOR VOLUNTEERS TO HELP WITH BINGO - IF INTERESTED PLEASE GIVE US A CALL.

An AARP Smart Driver class is scheduled for Thursday, November 6 from 1:00 to 5:00 pm at the Orange East Senior Center in Bradford.

This highly effective defensive driving course (which may earn you an auto insurance discount with some insurance companies) is designed to reduce the chances of having an automobile crash for drivers age 50 and older. The class is open to all drivers, and the cost is \$15 for AARP members or \$20 for non-members. For more information and to pre-register (required), call the Orange East Senior Center at 222-4782

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

The Senior Center has a foot care clinic on the second Wednesday of the month. The next clinic is November 12. 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 Tai Chi Easy classes on Wednesday are at 8 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. Directly after exercise class on Tuesday and Thursday we continue with a balance class that helps build balance.

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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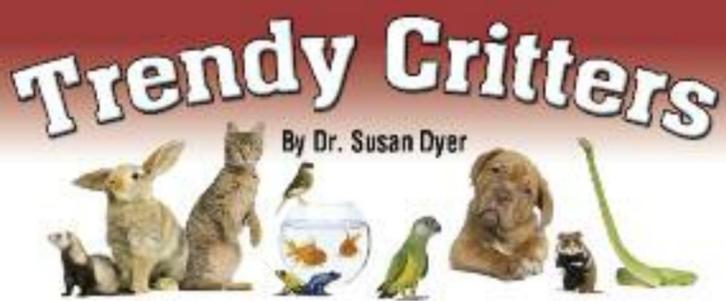
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Chinchillas Make Wonderful Pets

Chinchillas make wonderful pets and are one of the more long-lived small pets at up to 20 years! Chinchillas are native to South America and nearly extinct in the wild due to overhunting. Most captive chinchillas are descended from a group of animals imported in the 1920s.

Chinchillas should be housed in a large cage with multiple levels to satisfy their need for exercise. Cages need to be constructed of chew-proof materials, so wire is often the preferred housing with a solid bottom.

Bedding should be made up of inert materials like recycled paper products (Care-Fresh), shredded newspaper or aspen bedding. Avoid cedar, pine or other aromatic bedding. The enclosures should be cleaned at least twice per week since chinchillas are prone to skin infections in their feet.

Chinchillas are not tolerant of temperatures over 80 degrees due to their thick haircoat, so air conditioning in the summer may be necessary. Chinchillas are great

fun to touch due to their specialized haircoat. While the average dog or cat may have 3-20 hairs per follicle, a chinchilla can have up to 100, leading to the soft texture you can feel. They should have a hide box or two in their enclosures to give them privacy. Chinchillas should be offered a dust bath 2-3 times per week for 10-20 minutes to maintain proper coat health. If the dust isn't removed, prolonged exposure can cause eye and breathing problems.

Chinchillas should be fed a diet of high quality timothy, oat or orchard grass hay, chinchilla pellets and a small variety of dark green leafy vegetables like romaine, collard and mustard greens. Fruits and raisins should be used in moderation since the sugars in these foods can lead to dental and gastrointestinal disease. Moderation means less than one of these "treats" per day!

Chinchillas make great pets and should live a long, healthy life with proper diet, exercise and housing.

UNH Cooperative Extension To Offer ServSafe® Certification Programs

We are being constantly reminded in the media that food can become unsafe when basic sanitation measures are not followed; whether in the production line, as food is delivered, when it is stored on premises or when careless food service workers neglect standard hygiene measures. The result of these actions causes almost 50,000,000 people to become sick from foodborne bacteria each year.

This fall UNH Cooperative Extension will be offering two ServSafe® programs in Grafton County. Thursday, October 30th a class will be held on the Dartmouth Hitchcock Medical Center Campus in Lebanon. On Wednesday, November 5th, a class will be held in North Haverhill at the Grafton County Complex.

ServSafe® is a one-day food safety training program,

designed to share the latest science-based information on food safety and best practices in the industry. This in-depth training is critical for owners, food managers and food handlers who work in restaurants, schools, hospitals, nursing homes, or specialty food producers who manage their own small businesses.

UNH Cooperative Extension has been offering ServSafe® classes since 1998 and has reached more than 2000 food service workers across the state with their food safety programs. The focus of the ServSafe® program is to reduce the risk of food borne illness by paying close attention to personal hygiene, cross contamination and time and temperature issues in the food preparation area. Participants that successfully complete the exam at the

end of the training will receive the industry-wide recognized ServSafe® certificate as food safety managers.

When a food service establishment focuses on food safety for their customers, the quality of food served is improved, costs are lower, profits increase, and staff makes sound decisions that keep customers safe.

Deb Maes is a retired Food Safety Specialist for UNH Cooperative Extension and a nationally certified ServSafe® instructor. Register on-line for the October 30th class at Dartmouth Hitchcock Medical Center or the November 5th class Grafton County Extension Service. For more information, contact Maes by e-mail at deborah.maes@unh.edu or call 787-6944. Seating is limited.

My Food Pantry Morning

By Suzi Williams

Editor's note – writer Suzi Williams is a long-time resident of Norfolk, Va., very active in her church's food pantry, and shared her inspiring experience with her brother, Haverhill resident Robert Roudebush, a regular contributor of TRENDY TIMES.

Interestingly, Haverhill's own food pantry, originally operated by TRI-COUNTY CAP in Woodsville, is in flux and plans are in discussion for some area churches to undertake its continuing op-

eration. For the latest details see article on page 9.

She wasn't very tall and I could barely see her sad eyes above the sign on the front door. Her smile was warm, however, and I knew she had a loving heart.

You see, she is now burdened with a sick husband and a house full of grandchildren with no other place to live. Pride had kept her away from here, but desperation drove her into my arms this morning, for a hug and some

help from our food pantry.

Several months ago, I had met this sweet little woman in the same place for the same reason. And today, needing that hug and what I could give her because of the generosity of others, she had come back. Joyfully, I was able to help feed her family for a few days and she wept with gratitude and hugged me back when I helped her with her bags. She waved as she drove her old car away up the driveway praying no one would notice the expired license tags. Her dear face is etched on my heart and she'll be in my prayers for many days.

This Dear One is just one example of the needs that exist in our neighborhood. Our Community Food Pantry is a joint effort supported by 6 area churches and housed locally. All provide volunteers to staff the pantry when it is open, prayers, goods for the shelves, and monies to purchase more, thus making this outreach ministry possible.

I felt compelled to introduce you to one of God's children and to relate how He allowed me to share His love with her. When you donate a can of food or make a contribution to a food pantry, you are helping to keep this ministry going. Please feel free to call the pantry if you have questions or want to help in some way.

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VETERANS' DAY PARADE

**Tuesday
November 11, 2014
11:00 AM**

Central Street, Woodsville

**Guest Speaker: Robert Roudebush,
Haverhill Selectman, Navy Veteran**

Parade starts at Bond Auto, marches to the monument on Central Street for a ceremony, & then continues to the Ray Burton Bridge and finally to the American Legion Home on Ammonoosuc Street.

All are welcome to attend and show your American Spirit!

Tri-County CAP/The Good Shepherd Ecumenical Food Pantry

Tri-County Community Program, Inc. is pleased to announce that as a result of ongoing organizational meetings, an Ecumenical group of dedicated area parishes has come forward to ensure the pantry will continue its' mission of feeding the needy in our communities. This new group will be known as The Good Shepherd Ecumenical Food Pantry and will relocate to the Clifford Memorial Building in Woodsville in the near future. Until that time the pantry will continue to operate from the TCCAP Church Street site under the direction of the newly formed organization and will be open Mondays, Tuesdays, Wednesdays & Thursdays from 10am to

2pm. The pantry will be closed on Fridays.

The Good Shepherd Food Pantry will be led by a board of volunteers from various communities, including Douglas McDonald-North Haverhill United Methodist Church, Kathy Lindsey-Woodsville United Methodist Church, Father William Watts-St. Luke's Episcopal Church, Duane Baxter-Bath Congregational Church, Sandy Roy-St Joseph & St. Catherine of Sienna Catholic Churches, Ed Ballam-First Congregational Church of Haverhill and Trish Peters-Haverhill Area Resource Team (HART). Linda Brake of Woodsville is serving as the administrative coordinator for the organizing com-

mittee and the newly formed board. Anyone interested in donating toward start-up costs to support the pantry may do so by contacting Linda Brake at 747-3442. Food donations may continue to be dropped off at the Church Street location during pantry hours. Anyone interested in volunteering their time to help in the operation of the pantry should contact Linda Brake.

More information will follow as developments unfold. Tri-County CAP and these devoted individuals are committed to a smooth transition of services and they thank everyone for their patience and understanding as this important endeavour moves forward.

Dear Marci...

Dear Marci,

I received a notice a few weeks ago in the mail from my prescription drug plan. It said that my monthly premiums were going to go up in 2015, and that some of the drugs that the plan covers are going to change. Should I consider switching my Part D plan during Fall Open Enrollment?

Helen

Dear Helen,

Yes, during Fall Open Enrollment, you should reassess your Part D coverage and consider changing plans if your current plan will no longer meet your needs next year. Even if you are happy with your plan, it is very important to reexamine your Part D coverage each year during Fall Open Enrollment, as plans typically change their costs and list of covered drugs, known as a formulary, at the start of each year. Most people can only make changes to their Part D coverage during Fall Open Enrollment, so it is essential that beneficiaries use this opportunity to decide on their prescription drug coverage for the following year. Remember, Fall Open Enrollment takes place from October 15 to December 7 every year.

Each year, consider that there are two ways that you can get Medicare drug coverage. If you have Original Medicare, you must purchase a stand-alone Part D plan. If you have a Medicare Advantage plan, these plans often include prescription drug benefits as part of their plan's benefits. The guidelines below can help people determine the best Part D coverage for them next year whether they have a stand-alone Part D plan or a Medicare Advantage plans

with prescription drug benefits. As a reminder, you can change stand-alone Part D plans, Medicare Advantage plans or switch between Original Medicare with a stand-alone Part D plan and Medicare Advantage every year.

Before you start your research, make a list of the medications that you take on a regular basis, the dosage, and how much you pay for them. Also make a list of the pharmacies that you use regularly.

To review your Part D coverage, read your plan's Annual Notice of Change (ANOC). Each fall, your Part D plan and/or your Medicare Advantage plan will send the ANOC to notify you of any changes for the following year. You should have received this notice by September 30th. If you did not receive it, call your plan to ask for it. Read your ANOC carefully to see whether your drugs will be covered next year. If you are unsure after reading the ANOC if the drugs you take will be covered next year, you can also call your plan to ask a representative. If your drug is not listed on your ANOC, do not assume it is covered next year. Instead, call your plan to ask. During the call, find out whether your monthly premiums or copays will change, and if the plan is adding or changing any coverage restrictions. For example, your doctor may need to ask special permission of your plan for a drug before the plan will cover it.

Also know that if your doctor asked your plan to make a special request—like prior authorization or an exception request—to cover a specific drug for you for this year, you should take steps to make

sure the plan continues to cover your drug. Your doctor may have to make a new request for the next calendar year.

If your plan will no longer cover a drug that you take, you should consider enrolling in a new plan that does during Fall Open Enrollment. If you'd like to remain in your current plan, your plan must help you complete the exception process or change to another drug formulary by the end of the year. If the plan fails to do this, your plan must provide you a 30-day supply of the drug during the first 90 days of the year, and send you a notice explaining that the prescription is temporary and that you must file an exception to continue taking it. You may want to consider switching plans during Fall Open Enrollment if your current plan will no longer cover a drug you need next year.

Once you review your coverage, you can compare it with other plan options to find one that works best for your health needs.

You can call 800-Medicare to get a list of plans in your area, or use Medicare's online Plan Finder tool at www.medicare.gov/find-a-plan to compare plans in your area.

It is best to enroll in a new plan by calling 800-Medicare, as this will protect you if there are any problems with enrollment. Write down the name and employee identification number of the Medicare representative you speak with. You will be automatically disenrolled from your old plan once your new coverage goes into effect. Any changes made during Fall Open Enrollment will go into effect January 1, 2015.

-Marci

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North Haverhill United Methodist Women's Annual Holiday Bazaar
Saturday, Nov. 8, 2014
9AM to 2PM

Cookie Walk
 Candy
 Crafts
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 Soup 'n Sandwiches
 Baked goods

New this year- a special children's area for making crafts & Christmas cards hosted by NHUMC Youth Group

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

October 28, 2014

Volume 6 Number 2

Cottage Hospital Auxiliary Helps With Heart Health

HAVERHILL, NH Cardiology specialty services are currently being provided right here at Cottage Hospital and patients do not need to travel to access this quality health-care. On Tuesday, October 14th the Cottage Hospital Auxiliary presented Dr. Maria Ryan, C.E.O., of Cottage Hospital with a donation of \$5,000 toward the hospital's purchase of a new cardio stress test treadmill system for the Cottage Hospital Cardiology Department to even further improve local healthcare.



Left to right: Karen Woods, Administrative Director of Cottage Hospital; Karen Rajsteter, Auxiliary Member; Dr. Maria Ryan, CEO Cottage Hospital; Don Perlee, Auxiliary Member; Barb Fitzpatrick, Auxiliary Member

The donation was presented at the Auxiliary's monthly meeting, which was held at the Mountain Lakes Lodge and a potluck dinner followed the presentation and meeting. Donation funds were the proceeds of the Auxiliary's 2014 golf tournament. Arrangements for use of the Mountain Lakes Lodge off Valley Road were made by Auxiliary member Ann Edson and she decorated the lodge with a fall theme while fellow Auxiliary members prepared and shared their home made appetizers, entrees, and desserts.

Dr. Ryan stated that the Auxiliary's donation will help ensure the best quality care is provided in the hospital's Cardiology Department. She also spoke about current changes in healthcare and future plans for the hospital.

Perlee of Lyman. This donation is in keeping with the Auxiliary's mission to support and enhance the facilities, programs and services at Cottage Hospital.

The donation check was presented to Dr. Ryan by Barbara Fitzpatrick, co-chairperson of the 2015 Cottage Hospital Auxiliary Golf Tournament, Auxiliary co-presidents, Linda Pair of North Haverhill and Marcia Selent of Mountain Lakes together with the 2014 Golf Tournament co-chairpersons Karen Rajsteter of North Haverhill and Don

Membership in the Cottage Hospital Auxiliary is open to everyone, men and women, and hospital employees. The auxiliary's mission is to support Cottage Hospital in its efforts to provide quality health care to area residents. Auxiliary members participate in a variety of fund raising and other service projects throughout the year. Since 1968 the Cottage Hospital Auxiliary has effectively served to help the hospital offer the best health services possible. The Auxiliary meets monthly at Cottage Hospital. Contact the Cottage Hospital Office of Community Relations at 603-747-9000 to obtain more information or to become a member. Join the Cottage Hospital Auxiliary and make a difference in your health and your community.

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Cottage Hospital Auxiliary Members Attend NH Association Of Hospital Auxiliaries And Volunteers Annual Meeting

Haverhill, N.H. On Thursday, October 16, 2014, ten Cottage Hospital Auxiliary members attended the Annual Meeting of the N.H. Association of Hospital Auxiliaries and Volunteers held at The Chase House in Meredith, N.H.

Keynote speakers were Russell G. Keene, CEO of Androscoggin Valley Hospital I Berlin and Richard Elwell, SVP and CRO of Elliott Hospital and Health System. Mr. Keene spoke on issues facing small hospitals including a proposed affiliation of four North Country hospitals. Mr. Elwell, while from a large N.H. Hospital, echoed many of the same issues facing N.H. Health facilities regardless of size. Mr. Elwell also shared current happenings at the Elliott as well as plans for their future.

The New Hampshire Association of Hospital Auxiliaries and Volunteers is an organization whose purpose is to help educate auxiliaries/volunteers on what's happening at the State level in health care. It also provides an opportunity



*Seated: Don Perlee, Ann Edson, Susan Aldrich
Standing: Barb Fitzpatrick, Kelly Fitzpatrick,
Brenda Long, Linda Pair, Linda Monaghan,
Karen Rajsteter, Lynn Rhoads.*

to share ideas on recruiting, retention, and recognition, as well as fund-raising and gift shops. Any NH/Vt Hospital Auxiliary/Volunteer Program is eligible to join. More information can be obtained by contacting a board member.

Brenda Long of Bath, current recording Secretary of Cottage Hospital Auxiliary, was elected to the N.H. Association of Hospital Auxiliaries and Volunteers Board

of Directors for a two year term.



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OBITUARY – CLAUDE ROBIE FOOTE



Warren, NH - Claude Robie Foote, 97, former long-time resident of Warren, died on Tuesday, October 14, 2014 at the Grafton County Nursing Home, North Haverhill, NH.

Claude was born on February 14, 1917, the son of Clinton and Edna (Robie) Stetson of Piermont, NH. On June 14, 1946, he married Leona Irene Paige.

In the early years, Claude and Leona worked and lived on logging jobs before settling, in 1952, on the Foote Farm in Warren, a family farm for five generations. Along with farming, Claude was a sugar producer, winning the prestigious Carlisle Trophy from the NH Sugar Makers Association for the best maple syrup in NH.

Together with Leona, Claude enjoyed camping and traveling to 48 states and five Canadian provinces. They were also early snowmobile fans, riding the trails in Warren. He was an avid outdoorsman and hunting guide who loved fishing, deer hunting and coon hunting with his dogs. Many folks will remember Claude riding his mule, Kate, throughout the area. He was a member of the Knights of Pythian, the Good Sam's Club, the Coon Club and the Swimming Dog Club.

Claude was predeceased by his wife of 64 years, Leona Foote on October 21, 2010, and by his siblings, Wesley, Lillian, Louise, Lois, and Evelyn.

He is survived by his daughter, Jeanne I. Harlow of East Thetford, VT; his son, Charles A. Foote and wife Nancy of Glenciff, NH; six grandchildren, Jonathon Foote and wife Wanda of Wentworth, NH, Heather Sackett and husband Chuck of Warren, Wanda Vaughan and husband Jeff of

East Thetford, Christine Busby and husband Paul of East Thetford, Drew Foote of Rumney, NH, and Buck Foote and wife Jen of Ashland, NH; several great grandchildren; former daughter-in-law, Sheila Foote of Warren; a special niece, Kimberly Cole of Wells River, VT; and many nieces and nephews.

There were no calling hours.

A funeral service was held on Friday, October 17, at 2 PM at the Warren United Methodist Church, Warren, NH with Rev. Mel Hansen, officiating. Burial followed in the Warren Village Cemetery.

Memorial contributions may be made to the Alzheimer's Association MA/NH Chapter, 480 Pleasant Street, Watertown, MA, 02472, in memory of his wife.

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

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

OBITUARY

ELSIE H. JOHNSON



Johnson, Sr. on October 17, 2010; two sons, Gary A. Johnson in August 1991 and Stephen E. Johnson in March 2005, and two sisters, Beverly Hogan and Irene Duncan.

Survivors include a son David E. Johnson, Jr. and wife Kathryn of Woodsville; four grandchildren; three step grandchildren; one great grandson; five step great grandchildren; two daughters-in-law, Lori Johnson of New York and Sheng-Nan "Gen" Johnson of California; a sister Marion Jutras of Enfield, CT; along with several nieces, nephews, and cousins.

There were no calling hours.

The funeral service was held on Monday, October 27th, at 11 AM at Ricker Funeral Home, 1 Birch Street, Woodsville, with Pastor Clint Brake of the Woodsville United Methodist Church officiating. Burial followed in Pine Grove Cemetery, Swiftwater Road, Woodsville.

Memorial contributions may be made to VFW Auxiliary Post #5245, c/o Mrs. Bertha Aremburg, 2929 Dartmouth College Highway, North Haverhill, NH 03774, the Horse Meadow Senior Center, 91 Horsemeadow Road, North Haverhill, NH 03785, or to the Woodsville United Methodist Church, c/o Mrs. Paula House, PO Box 282, Woodsville, NH 03785.

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

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

Wells River, VT – Elsie H. Johnson, 90, a former long-time Woodsville, NH resident, died Tuesday, October 21, 2014, at Cottage Hospital, Woodsville.

She was born in Haverhill, NH, July 3, 1924, a daughter of Eugene E. and Edith (Jesseman) Lamarre. Elsie was a graduate of Woodsville High School, Class of 1942. On August 12, 1943, she married David E. Johnson.

For many years Elsie was a sales clerk at the former E.B. Mann Drug Store and Johnson Electric in Woodsville. While living in Lebanon, NH for several years, she worked at Dutile's Jewelry Store. In her spare time, Elsie enjoyed cake decorating and knitting. She operated a yarn store out of her home on Pleasant Street in Woodsville for many years.

Elsie was a member of the Haverhill Post # 5245 VFW Auxiliary, North Haverhill, the Woodsville United Methodist Church and Girls Club of Woodsville, the Progressive Club, and the RSVP Morning Call Program.

Elsie was predeceased by her parents, Eugene E. Lamarre in 1969 and Edith M. (Jesseman) Johnson in 1991; her husband, David E.

OBITUARY – REITA MAE JONES



Woodsville, NH - Reita Mae Jones, 83, a long-time Woodsville resident, died on Friday, October 17, 2014, at Northeastern Vermont Regional Hospital, St. Johnsbury, VT, following a period of failing health.

Reita was born on September 30, 1931, in Thetford, VT, to George and Sybil (Stone) Boyd. She graduated from Woodsville High School, Class of 1949, and attended college in North Hampton, MA. On May 30, 1964, she married Frederick M. "Bud" Jones. For many years Reita was a supervisor for the Health & Human Services Division Office in Woodsville, and later in Littleton, NH. She retired from this position on September 30, 1993. She then worked at Cottage Hos-

pital in Woodsville as a unit secretary for six years.

Reita was a member of the Woodsville United Methodist Church, and Women's Club where she served as Treasurer, and was a member and treasurer of the Woodsville Public Library Board. She was also a member of Ladies Auxiliary Post # 20 American Legion of Woodsville, a member of the Haverhill-Bath Covered Bridge Restoration Project, a member and past president of the Cottage Hospital Auxiliary, and the Woodsville Sunshine Bowling League. Reita was an avid reader. She enjoyed playing bingo and cribbage, was passionate about the Red Sox, and was a Celtics fan, also.

She was predeceased by her husband, Frederick "Bud" Jones on February 1, 2008, and by her siblings, Andrew "Duke" Boyd, Clifford "Tug" Boyd, Betty Dresser, and Gloria Kenney.

She is survived by a son Clifford Call and wife Linda of Auburn, ME, and a daughter Barbara Byrne and husband Harry of North Danville, VT; three grandchildren, Tina

Wyman and partner Amy Cole and their children Brandon Wyman and Grace of Littleton, NH, Angela Call and fiancé Michael Tomer of Braintree, MA, and Christopher Byrne and wife Robyn of Bethlehem, NH; along with several sisters- and brothers-in-law, and nieces, and nephews.

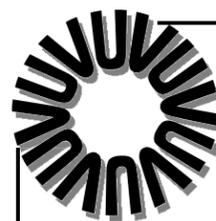
Calling hours were held on Thursday, October 23rd from 6 to 8 PM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH.

A memorial service was held on Friday, October 24th, at 11 AM at the Woodsville United Methodist Church, Maple Street, Woodsville, with Pastor Clint Brake, officiating. Burial followed in Pine Grove Cemetery, Swiftwater Road, Woodsville.

Memorial contributions may be made to the Woodsville United Methodist Church, c/o Mrs. Paula House, PO Box 282, Woodsville, NH 03785.

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

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Letter To The Editor

VOTE HAVENSTEIN AT YOUR PERIL

Don't look now but there is something far worse than the fringe Tea Party and Libertarians who is casting his net in New Hampshire. Yes, it's Walt, sign the Koch brother's Americans for Prosperity pledge, Havenstein. In other words, he sees himself, like other conservative governors, as the servant of the corporate rich. Social issues will now be dealt with in strictly commercial terms. Consider his so called three phased economic plan. 1. Reduce the business profits tax and require a 2.5% reduction across state government after which 2. He will go begging to neighboring states and pitch low taxes, deregulation and a workforce that has been browbeaten by his neoliberal mean streak. 3. Dialogue between business, colleges and local schools to "better align educational goals with workforce needs". Translation? No room for liberal arts and the humanities since they don't fit the picture of the university as a factory. Yes, it's coming to a campus near you: "the notion that thinking is dangerous". As for local high school teachers? Just shut up and teach toward the tests.

Do we really want people like Havenstein and Scott Brown controlling this State? Do we really want self-interests to trump social needs? Do we really want to celebrate profit-making as the essence of our democracy? Do we really want to privatize and deregulate everything in sight then call in the vultures to pick the rest of us clean? Do we really want our citizenship to be viewed only in terms of our consumption patterns? Now more than ever our Democratic representatives become the front line in this neoliberal assault on our way of life.

George Maloof, Plymouth

George,

All I want to say in response is that with the election on November 4, many points of view will move forward while other take a step backwards. It will also allow for all sides to claim victories of one nature or another. We can only hope that those who are elected keep the voters in mind and help move our state, national, and county governments in a positive direction.

Gary Scruton, Editor

Letter To The Editor

Editor, Trendy Times,

First, Congratulations on your 5th year Anniversary of Trendy Times.

The listing of all your advertisers during the past 5 years illustrates the pitfalls of lists, as inevitably someone or some group is left off and many times are upset or hurt.

I make the following comments as a member of the Newbury 250th Committee and am not speaking on behalf of the entire Newbury 250th Committee.

One group listed as an advertiser was the Haverhill 250th when it should have been Haverhill/Newbury 250th Committee. And the Newbury 250th Committee should also have been listed separately as it sponsored several events without the financial support of the joint committee and paid for ads with money approved at Newbury's 2012 town meeting and the sale of Newbury 250th souvenirs and not money raised by the joint committee.

Here are a few factoids that people may not know.

Citizens from both towns worked hard to give the two towns "A Year of Celebrations – A Year of Memories". There were 60 events during the year, technically starting December 31, 2012 with a New Year's Ball in Woodsville and ending December 29, 2013 with a candlelight service in Newbury.

Let me explain how I arrived at 60. There

Richard,

Thank you for the Anniversary wishes.

Regarding the list, yes, there is always a risk of leaving a name (or two or three) off. However, I felt that our list would include almost all of our advertisers and wanted to publicly thank as many as possible for their support over our first five years. My apologies that we did not have the Newbury 250th committee listed as an advertiser. And my apologies to any other group, business or individual who was not included in the list.

In regards to the Haverhill/Newbury 250th Celebration. I also served on that joint committee, and it was indeed a full year, with numerous events and even more people who donated their time, effort and money to make all of those events happen. And I would like to again thank all of those people.

For those who like such historical events, keep your eyes open as several other local towns will be hitting, or have hit, that 250 mark.

Gary Scruton, Editor

Letter To The Editor

To the Editor:

Old Church Theater has just concluded its 29th season here in Bradford. Almost 1700 people came to the shows, and the Board would like to thank Trendy Times for its reviews and coverage of our season's offerings. We have received many favorable comments about our choices for plays, and want to remind people they can attend the annual meeting of the theater on Sunday, November 2nd at 2pm to participate in next years plans- our 30th anniversary year. The annual meeting will be held at the Upper Valley Services building across from Farmway in Bradford, where bylaw changes, voting for 2015's board, and reports will be presented of the work of the various committees.

The Board wishes to thank the many businesses who display our posters and advertise in our program, our theatergoers, and the many people to donate their time to make each production a success. You'll find them

Jim & Board of Directors,

It is always a pleasure to visit Old Church Theater and an honor to be able to write reviews of your productions throughout the season. The variety of shows that you put on, the wide range of talented actors, directors and others, all add up to some of the best community theater one could ask for. It is always a bit sad to see the last show of the season.

So congratulations on another successful season, and may 2015 bring more of the same to the stage in Bradford.

Gary Scruton, Editor

Letter To The Editor

Dear Editor,

In the issue of Trendy Times of 10/14/14, page 13, your response to a letter from Phil Greta.

Your response to Mr. Greta's letter was that among other qualifications to own a gun in your opinion was that it be registered.

Registered? With whom or what agency?

I do not agree! Please refer to the book "Gun Control of the Third Reich" by Stephen P. Holbrook, published by The independent Institute of Oakland, California in 2013. It lays out in detail what happened when the Nazis came to power. I do not want that to happen here!!!

P.S. I really enjoy your paper!!

Guy Harriman
Littleton

Guy,

I reprint part of my response here so that all can read it again.

"In regards to specifically the 2nd Amendment. I strongly believe that all citizens have the right to own a firearm, provided they are qualified to do so. Therein lies the biggest questions. What qualifies a person to own a firearm? Again, in my opinion, 1) at least 18 years old 2) successfully completed a firearms training course 3) is of sound mind & 4) the firearm is registered."

You ask to what agency the firearm would be registered. I believe that they are already being registered. Partly so that if stolen, the firearm can be returned. Also, I believe, so that they can more easily be traced in case of use in a crime. Both being sound reasons to register firearms.

Regarding your concern about another Nazi Germany, I believe that if we, the people, continue to keep firearms, as we are entitled to do because of the 2nd Amendment, than we will not see that happen in America.

Gary Scruton, Editor

Letter To The Editor

To the Editor,

I first want to say that I have the upmost respect for the volunteer firefighters that serve Woodsville. My oldest son is graduating from college in December with a criminal justice degree and a minor in firefighting and my youngest son and husband were volunteer firefighters in New Mexico where we came from. With all of that being said it bothers me immensely that the volunteer firefighters here do not have any respect for the children or residents that live around the high school. The house on the corner of Smith and King has been purchased after a year of being on the market and as I am told many years of being empty.

The new owners want to burn the house down and have offered the fire department the use of the building to train in. While I know that these departments need to train I think it is unreasonable for them to not say anything to the residents of the neighborhood and then show up each and every Monday for the last three weeks at 8:00pm to run drills in the home until 10:30 or 11:00pm. Most of the children can not do their homework or go to sleep with the engine lights going, engines running, saws buzzing, yelling, flashlights going all directions, not to mention that the street is closed off blocking neighbors egress to Smith street. All of this with no communication to

the residents of the neighborhood and don't dare to go and ask what is going on.

Not only do they block the street but also park in the neighboring residents parking spots blocking driveways and on one occasion came very close to putting a ladder in a car window. They leave trash on neighbors yards and basically disrespect the surrounding homes. I am not sure who this fire department answers to but I do think that someone needs to stop this intrusion on our quiet street and allow the children to do their homework and get a good nights sleep every Monday night so they can do well in school the rest of the week.

I know many of these individuals work, as do the residents of this neighborhood, but there are weekends and weekend nights that they could take the opportunity to drill and practice in this home. It would also show some goodwill to have some communication with the neighbors as to what the plans are for their drills and when they are going to burn the home. I and many of the neighbors have concerns about the closeness of the home to others and what is in the home that may cause caustic fumes in the neighborhood when the home is burned; not to mention our vehicles that may be damaged with water or heat from the fire.

Ruth Guin, Woodsville

Ruth,

My understanding is that many parts and pieces from this home are being torn out to be reused by contractors. That should help reduce the amount of caustic materials being burned. Also, I believe, that even the fire department must follow certain regulations when burning such a building.

I firmly believe that they will do their best to keep the fire under control during the final burn so that there is no damage to vehicles or property in the area.

In regards to communicating with the residents in the neighborhood, that seems like a reasonable request. A heads up so that parents can plan for their students. Perhaps even an opportunity to move vehicles out of the area, etc. And certainly a final burn date should be posted or communicated to all residents and/or landowners in the area.

Finally, I also agree that training for our local volunteers is always helpful, even though I hope that they will never need it.

Gary Scruton, Editor (and local property owner)

Letter To The Editor

To the Editor,

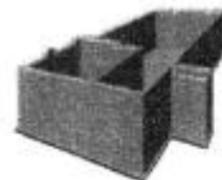
New Hampshire has historically been known for its low tax burden thanks to no income or sales tax. The low tax burden has been dubbed the New Hampshire Advantage and New Hampshire has been referred to as the Orange County of New England. However, over the last 15 years, we have seen the New Hampshire Advantage eroding. Since 1998, tax rates have climbed dramatically while economic growth has downshifted. Since 1998, the meals and room tax has increased by 13 percent, the real estate transfer tax by 50 percent, the business profits tax by 21 percent, the business enterprise tax by 200 percent and the cigarette tax by 1,192 percent. At the same time, growth in real per household personal income has grown at less than one-third of the growth rate in the 1990s. Clearly, the higher tax rates have taken a toll on New Hampshire's families and small businesses. Additionally, we are among the top 5 states for highest health insurance costs. Our lack of a right-to-work law makes us an unattractive location to companies who can locate in the south or now go to Indiana and Michigan which recently passed right-to-work. As an economist, I am proud to support Paul Ingretson as Representative in Grafton 15 (Haverhill, Piermont, Orford, Warren, Benton, Bath, Landaff and Easton). Paul is a very fine gentleman who, as a former Representative in New Hampshire's House, has a voting record that shows he has always pushed back against tax increases, voted for right to work and supported solutions to bring down NH health insurance rates. I can trust that he will always vote to support personal and economic freedom and know that he will support efforts that will help New Hampshire reclaim the New Hampshire Advantage because his voting record has shown he has always done so in the past. As such, I urge you to vote for Paul Ingretson on November 4th.

Sincerely,
Scott Moody, Haverhill

Scott,

Thank you for this well written supportive letter. As I have mentioned before, and will again, it is nice to read a letter that promotes a candidate, rather than a letter, or ad, that attempts to tear down the opponent.

Gary Scruton, Editor



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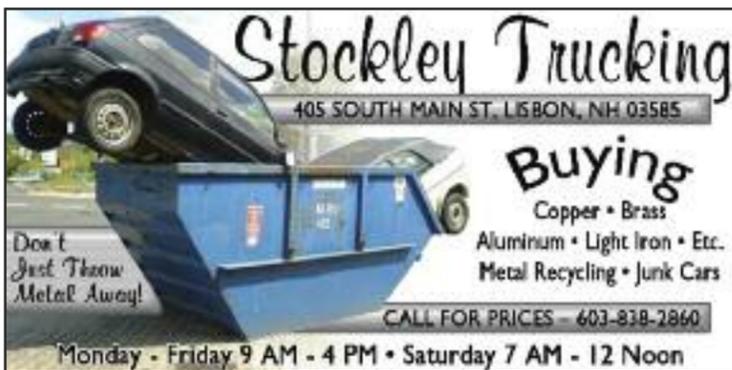
Good Habits Going Forward?

Op-Ed By Hon. Paul Ingretson

State legislatures get into habits. When I first entered the New Hampshire legislature spending increases approaching double digits were considered acceptable and were routinely passed by both houses. Increases that failed to notice the inability of the economy to keep up. While it wasn't always expressed so bluntly as the Majority Leader did when they were in charge, the Democrats' habit was to commit to spending first and hunt up the money later. Both are clearly habits that no sane household would employ for long. Yet that was the climate, those the norms, of previous New Hampshire Houses probably following the incredibly destructive pattern set by the federal Congress. That is, until Speaker O'Brien's conservatives took over four years ago. What they did was unheard of across the nation really, they voted to think realistically about the declining state of the economy. They set a new paradigm, the one all households in economic difficulty choose all the time,

cutting their spending and paying their bills. In the most recent legislature, despite the governor's 'old habits' spending desires, and thanks to the pressures imposed by a responsible Senate, it actually looks like we have almost established a wiser new set of budgeting habits. Well, until last week, that is, when the dreamers in the Governor's executive branch demanded an 18% increase in next years spending, almost 2 billion dollars more. So this is the warning bell to the voters who remember the \$800 million shortfall of the last spending spree inspired by dreams of utopia on earth. Any rational household, having found itself once in the deep stuff, opts to either keep the spending down or improve the economic base. Which brings us to where we are now. Building up the economy, the bottom line of every household and every business, and then keeping spending habits at levels that don't wreck the economy must be the new habit going forward.

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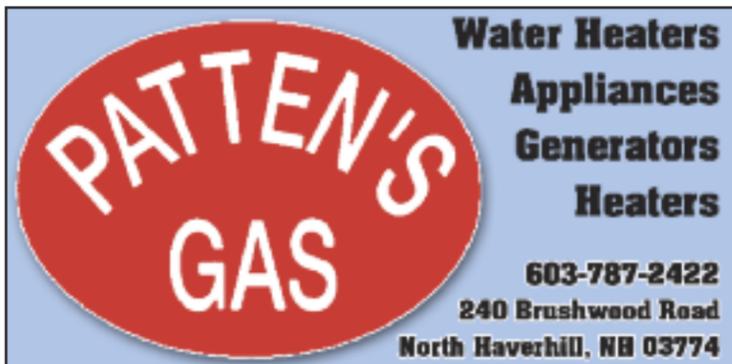
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Letter To The Editor

To the editor,

We are supporting Claudette Sortino for state Representative in the Caledonia - 1 District, and we urge your readers in Barret, Ryegate and Waterford to vote for Claudette on November 4.

We support Claudette, because she supports easing the burden on property taxpayers by having the State of Vermont use other revenue sources to support our schools along with property taxes.

Claudette also supports the expansion of cell phone service availability in our district to help stimulate economic growth, to provide jobs and to provide for personal safety and convenience.

In addition, Claudette supports changing the way political campaigns are funded

Kevin & Lura,

Thank you for a well written supportive letter. All that I can add is to again urge all voters to be informed and exercise your right to vote on Tuesday, November 4.

Gary Scruton, Editor

in our country. Since the Citizens United decision, corporate money has drowned out the voices of those unable to compete with it in order to push their limited agendas to the detriment of our country.

Health care should be available to everyone, and Claudette supports a health care system that is right for Vermont and will not exclude other important priorities.

As a member of the Select Board in Ryegate, Claudette has fought tirelessly to improve the lives of Ryegate residents, and if elected on November 4, she would do the same for all residents of the Caledonia-1 District.

Kevin R. Bruno & Lura C. Bruno
West Barret

Letter To The Editor

Federal Budget

I heard the other day about Jeanne Shaheen's bill to change the federal budget from one year to two years. She says it would give them more time to agree on a budget.

It does not make sense to me. The federal budget keeps getting extensions. We have not passed a federal budget since 2009, so essentially we now have a budget that goes beyond 2 years already.

The House has created the budgets per the Constitution and passed them to the Senate. There the budget dies. Harry Reid does not bring the budget before the Senate to discuss. He is in violation of the Constitution.

2013 Federal budget included:

\$385,000 to study the duck penis

17.5 million in special tax exemptions for Nevada brothels

Almost 1 million to study romance novels

\$10,000 on a pole dance study

\$125,000 on a documentary on superheroes

1.9 million in life style coaching for Senate staffers

1 million for a bus stop with heated seats and wifi

\$415,000 to California wine growers to promote wine sales in China

\$704,000 for landscaping at residence of Brussels ambassador (Makes me wonder if money like this was spent foolishly the year Ambassador Stevens begged for more security and was denied)

3.5 million to cover solar panels at Manchester airport because the panels blinded pilots and air traffic controllers (I

wonder how much green energy is in use today that was subsidized by the federal government)

1.5 billion on government owned properties with very little or no use at all – some set for demolition but still being maintained

9 million in advertising for the Army on recruiting while they are cutting back 80,000 troops

\$437,000 for IRS employees in Las Vegas on union training (shouldn't their union pay for this?)

\$300,000 on administration portraits (Senator Shaheen co-sponsored a bill that limits price of portrait to \$20,000 – Other than President – why do we need portraits - photograph would do)

The list goes on and on and comes to a whopping \$30 billion in 2013 alone. Just think, we are borrowing money and paying interest to pay for these and other frivolous items.

Even when the Democrats were in power of both houses, they did not pass a budget. Only one budget was passed since Obama got elected. Could it be, that some politicians do not want their name to a bill that they voted for or against. It might not be helpful in elections years.... It might actually hurt.

I personally have a budget. I want a federal budget. A factual federal budget where we cannot spend more than what we make. I want a budget that does not pay for frivolous items.

Linda Riley,
Meredith

Linda,

It is hard to believe that such expenses are still being put into our federal budget. I could not agree with you more that we need a balanced federal budget. Not to mention balanced budgets at every other level of government.

In order to get a balanced budget we need to have elected officials that also believe in balanced budgets and will work to pass one. So again, I urge all voters to learn about those running for office, and to vote with knowledge.

Gary Scruton, Editor

Letter To The Editor

Dear Editor:

The Primary is over and now is the time to make the real choice for our state senator.

Jeanie Forrester has done an excellent job on our behalf as our state senator and is always ready to take the time to listen to us as residents and voters. She votes in the best interests of District #2 and the State of New Hampshire.

Senator Forrester is cost conscious, thinks about the future and weighs whether or not these decisions work effectively and

benefit us.

She is well acquainted with business needs, the cost and benefits of education, recreation, vocational training, and the budget needs of the police, fire, highway department, and the schools.

Vote for Jeanie Forrester. Talk is cheap. Votes count. Her record shows that we can count on her. Can she count on you?

Jim Hughes
Meredith

Jim,

As I have written several times, I urge all citizens to do their duty and vote.

Trendy Times has not, and will not endorse any candidate for any office. We have, however, done our best to give space to any candidate and/or supporter of any candidate to get their opinion in print for others to read. We hope we have in some way helped the voters to choose well in the November 4 election.

Gary Scruton, Editor

Remember "Hope & Change" On November 4th!

Op-Ed By Tom Thomson

It wasn't long ago that Obama and the Democrats promised you "Hope and Change" if you would vote for them and now six years later their promise of "Hope and Change" has turned into "Doom and Gloom" along with scandal after scandal. Don't be fooled again on Election Day, November 4th 2014.

In a recent U.S. Senate hearing, it was said that "Facts are Stubborn"; so let's look at the latest facts, scandals and breaking news.

Ebola outbreak: President Obama told us not to worry after Thomas Duncan who traveled from Liberia, and died in a Texas hospital "my Administration and the CDC have everything under control," yet two nurses who cared for Mr. Duncan, who had followed the protection and precautions, now have Ebola and the President and the Democrats say not to worry again. Really!

In a recent poll, 67% of Americans want the President to temporarily suspend travel (a travel ban) from West Africa to the United States in order to protect Americans from Ebola. The President says he will not and many Democrats agree with President Obama!

Let's look back over the past six years of Obama and the Democrats promise of "Hope and Change" or what many call "Scandals."

1. "Fast and Furious," in which US Border Patrol agent Brian Terry was murdered.
2. IRS targets Democratic op-

ponents, the Tea Party and Conservative Republicans.

3. Benghazi Scandal, where US Ambassador and three other Americans were murdered.
4. James Foley from NH was beheaded by ISIS.
5. Secret Service's recent security breaches and Columbian prostitution scandal.
6. ISIS disaster in Syria and Iraq.
7. VA Hospital Scandals.
8. ObamaCare disastrous roll out, loss of your Doctor & 10 New Hampshire Hospitals and much higher costs coming soon.

If the above wasn't enough to worry about, our US National Security is in total freefall under the Obama Administration and the Democrats. Our allies are worried if the US will protect their backs, and our enemies are taking advantage of the total lack of US leadership under Obama.

NH voters should be extremely concerned with our US Senator Shaheen and both US Congresswomen Carol Shea Porter and Annie Kuster – all Democrats – who are in lock step with President Obama; all voting and supporting Obama's agenda, up to 99% of the time.

This same Obama agenda has led to a stagnant economy where people's wages are getting killed by inflation. Today, whether it is rising energy, food or health-care costs, people are paying more and getting less. In a recent jobs report, Democrats pointed to a drop in the unem-

ployment rate, but failed to mention that the same report showed wages also plunged. Our families need to benefit from an expanding economy from policies that embrace growth, not more command and control government policies that drain our wallets and grow government.

What's also striking is the lack of openness with their NH constituents when it comes to holding Town Hall meetings to allow all voters to ask questions of their elected officials. Shaheen, Shea Porter and Kuster all have been AWOL in holding Town Hall meetings while Republicans are holding them all over the state.

Recently, one of NH's most respected Democrats, State Senator, Lou D'Allesandro said on WMUR channel 9 that he wished Carol Shea Porter and Annie Kuster would hold Town Hall meetings and even WMUR's James Pindell said "why is Annie Kuster hiding from her constituents?" Comments like this from Senator D'Allesandro and James Pindell should be a wakeup call to all voters.

I encourage you to vote on Election Day, November 4th, as if your children's and grandchildren's future depends on how you vote, because it does. For me, I will vote for every Republican on the ballot and hope and pray it will begin to change the direction of this great nation. I encourage you to do the same.

Tom Thomson, of Orford, owns Thomson Family Tree Farm. 603-353-4488

A Long And Disturbing List

Op-Ed By Rick Ladd

Within one week, New Hampshire residents will visit the polls to cast their ballots. State and national issues are varied: over-regulation of small business, an anemic economy, stifling business taxes, foreign policy, a not so affordable national health plan, state verse national control of education, and more. The list is long and disturbing.

Your vote impacts every level of government. Now is the time to act, we need to send strong, competent leadership to Concord and Washington. Among the lengthening list of foreign policy issues, is the administration's failed policy to exploit America's economic potential. Continued rhetoric and lack of action in Washington is allowing the world to pass us by.

Just recently, Prime Minister of Canada, Stephen Harper, stated, "We know that the United States is unlikely to be a fast-growing economy for many years to come." This statement was made in September when Mr. Harper visited London praising the trade agreement completed between Canada and the European Union. Canada has gained international momentum while the President's speeches continue to promote a new economy built upon solar panels and windmills. Bureaucratic roadblocks of the Keystone Pipeline Project in Washington have resulted in

Canada's decision to move forward without America. By 2018, a new Trans-Canada pipeline will bring Alberta's oil to Saint John, New Brunswick and from there to the global market. This oil could have been flowing through the United States via the Keystone Pipeline if American leadership had acted. Economically strong Canadian leadership has already lined up customers in India.

It is time to regain our leadership role on the world economic scene. Affordable, reliable oil is basic to New Hampshire's economy; we cannot lose sight of this fact. Over regulation of business, carbon credit agreements, and government subsidized energy schemes do not work. In short, America no longer has the "home-team advantage." Our neighbor to the north has stepped to the front of the leadership line.

There is little doubt that the current state budget needs some major work. New Hampshire's high business taxes have a chilling effect on attracting new businesses and jobs to our state. It is time to take action so we can keep taxes low while growing our economy. Reliable energy from Alberta and the Dakotas is a necessary part of the economic equation.

Please consider "leadership" when voting on November 4.

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Avoid These Scary Investment Moves

Whether you have young children or not, you're probably well aware that Halloween is almost here. However, despite the plethora of skeletons and ghosts you might see floating around this week, you probably don't have much to fear (except, possibly, running out of candy). But in real life, some things genuinely are frightening — such as “scary” investment moves.

Of course, investing, by its very nature, is not a risk-free endeavor. Ideally, though, these risks are also accompanied by the possibility of reward. Nonetheless, some investment moves carry very little in the way of “upside” potential and should be avoided. Here are a few to consider:

Not investing — The scariest investment move you can make is to not invest at all — because if you don't invest, you are highly unlikely to achieve a comfortable retirement or meet any other important financial goals. In a recent survey conducted by the National Council on Aging and other groups, 45% of the respondents who were 60 or older said they wished they had saved more money, and almost one-third said they wished they had made better investments. So make investing a priority — and choose some investments that have the potential to provide you with the growth you'll need to meet your objectives.

Overreacting to “scary” headlines — The financial markets like stability, not uncertainty. So the next time you see some news about domestic political squabbles or unsettling geopolitical events, such as conflicts in foreign lands, don't be surprised if you see a drop, perhaps a sizable one, in the Dow Jones Industrial Average and other market indices. But these declines are usually short-lived. Of course, the markets do not exist in isolation — they can and will be affected by what's happening in the world. Yet, over the longer term, market movements are mostly governed by mundane, non-headline-grabbing factors, such as corporate earnings, interest rate movements, personal income levels, and so on. Here's the point: Don't overreact to those scary headlines, or even to short-term market drops. Instead, focus on the fundamentals driving your investments — and maintain a long-term perspective.

time you get to these investments, they may already have cooled off — and, in any case, may not be appropriate for your needs. Stick with investments that offer good prospects and are suitable for your risk tolerance.

Failing to diversify — When it comes to investing, “too much of a good thing” is a relevant term. If your portfolio is dominated by one type of asset class, such as aggressive growth stocks, and we experience a downturn that is particularly hard on those stocks, you could face sizable losses. But if you spread your investment dollars among growth stocks, international stocks, bonds, government securities and certificates of deposit (CDs), you can lessen the impact of a market drop. Keep in mind, though, that while diversification can reduce the effects of volatility, it can't guarantee a profit or prevent losses.

Halloween is over quickly. But scary investment moves can have a lasting effect — so stay away from them.

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

Chasing hot investments — You can receive tips on “hot” investments from multiple sources: television, the Internet, your friends, your relatives — the list goes on and on. But by the

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Herbs For Insomnia

Although insomnia is not well understood, most agree that in 95% of the cases insomnia is a side effect or symptom rather than a primary disease in and of itself. Emotional stress, anxiety, and pain are common causes of insomnia. One of the earliest projects on herbs involved observing the effects of a blend containing Valerian root, Skullcap, Hops and Passionflower showed positive. The results showed that those who partook in the study slept longer and got to sleep faster, and felt better in the morning.

Insomnia is a state of inadequate sleep. It may take the form of an inability to fall asleep, or of a tendency to wake up in the night and be unable to go back to sleep. Although older people tend to sleep less than younger people, insomnia is a problem for people of all ages. Conventional medicine use tranquilizers and other sleep aids to ease insomnia, unfortunately there are many side effects associated with these medications.

Insomnia may be short-term, persisting for between a few days and three weeks. This is caused by protracted stress, such as surgery or short-term illness. After three weeks, insomnia is considered to be chronic. Chronic insomnia, which can persist for months or years, is caused by an imbalance in the emotional body. Breathing difficulties also can lead to insomnia. Such difficulties include sleep apnea, in which the sleeper stops breathing momentarily throughout the night. Another possible cause of insomnia is restless leg syndrome, which causes uncomfortable "jumpy" sensations in the legs.

VALERIAN ROOT: (Valeriana Officinalis), A strong pain relieving safe sedative herb for insomnia, anxiety, and depression, without narcotic side effects. It is also an effective anti-spasmodic and healant to the nervous system. A specific in any

and all combinations for mental exhaustion, nervous tension, stress, insomnia, nerve and arthritic pain, menstrual cramping and muscle spasms; a specific with feverfew for the relief of migraine and cluster headaches; as a cardio-tonic agent to normalize heart palpitations while strengthening circulatory activity; as part of a safe calming formula for hyperactivity and restlessness in children; as part of a combination for hypertension and high blood pressure; as a sedative for childhood diseases, so that natural rest and sleep can promote healing.

HOPS FLOWER: (Humulus Lupulus), like Valerian root, A sedative relaxant for the central nervous system. Primary uses: as a specific in formulas for insomnia, or to relax tension and anxiety. Taken internally, remarkably large amounts of Hops can be used without fear of any side effects.

SCULLCAP HERB: (Scutellaria Latiflora), An aromatic powerful nervine, with wide

ranging sedative, anti-spasmodic and calming use. A specific for every nervous system problem, including insomnia, hysteria, convulsions, tremor and palsy, muscle tics and twitching, neuralgia, Parkinson's disease, vertigo and many others; for nervous tension and emotional upset; an excellent herb for a formula to break alcohol and drug addiction; as part of a high blood pressure combination.

PASSION FLOWER, LEAF AND HERB: (Passiflora Incarnata), A primary nervine, anti-spasmodic and sedative, high in flavonoids, and effective for a broad range of nerve disorders, including Parkinson's disease, epilepsy, shingles, neuralgia, anxiety and severe depression. A specific for almost every nerve, insomnia, and seizure condition, for rest and relief without the accompanying "narcotic hangover", effective in a formula to overcome alcohol abuse; in a treatment for asthma spasms; as part of a formula to relieve the pain of shingles.

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

Caramelized Onion & Apple Meatballs

Have you ever seen a recipe that you wanted to try, but by the time you actually got around to making it, you could no longer find the recipe? Well, that's exactly what happened to me recently. One of my foodie-friends posted a link to some delicious looking beef meatballs, where caramelized onion and apple (among other items) were folded into the meat mixture, giving them an autumnal flair. I got to ruminating on the idea, and thought to myself, "Hmm...how about substituting the beef with turkey?" Great idea! So, I got myself some ground turkey, and decided to proceed. Unfortunately, try as I might, I could not locate that recipe link, so I decided to just wing it, and go with my instincts. That turned out to be a very good thing! I used poultry seasoning to highlight the turkey, and to assist with binding the mixture, I replaced the usual milk-soaked bread panade with a version using pickle juice (or cider vinegar, if you wish), to reinforce the caramelized apple. Just a touch of hot sauce gave the whole thing a slight kick, and the final result was a beautiful meatball; nicely browned on the outside, moist and tender within. And talk about tasty...all the flavors meld so nicely, you may never want any other type of meatball, EVER!



Serve these beauties as an appetizer, or with mashed potatoes and gravy, or make my favorite sandwich, a Vietnamese Banh Mi, by layering the meatballs on a warm ciabatta roll, with some pickled ginger, cucumber, and a yogurt or sour cream & garlic sauce. My version of heaven on a bun!

- 1 large onion
- 1 apple
- 3 Tablespoons Olive or Canola oil (2T for the onion/apple mixture; 1T for meatballs)
- 1 slice white bread
- ¼ cup apple cider vinegar (or pickle juice, if you have it)
- 1 heaping teaspoon poultry seasoning
- ½ teaspoon garlic powder
- ¼ cup grated parmesan cheese (the stuff in the green can is fine)
- 2 dashes Sriracha (or other hot sauce of choice)
- 1 pound ground turkey (or beef, if you're a turkey-hater)
- Salt & pepper

Slice the onion into thin slices, and chop the apple into small dice. Heat 2T oil in a large skillet. Add the onion slices, a little salt and pepper. Turn heat to medium low and cook, stirring occasionally, for about 5 minutes, or until onions are translucent. Add the chopped apple, and continue to cook over low heat, until the mixture is browned and caramelized; about 10 more minutes. If mixture starts to stick on, stir in a few tablespoons of water. Remove to a bowl, and cool thoroughly before proceeding with recipe. When ready to continue, pre-heat oven to 350°F. Chop the cooled onion/apple mixture and set aside. Roughly tear up the slice of bread and place in a large bowl. Pour the vinegar (or pickle juice) over the bread and add the poultry seasoning, garlic powder, grated Parmesan, Sriracha, and the remaining 1T of oil. Mash into a paste, then add the turkey, cooled onion/apple mixture, 1 teaspoon salt, and ½ teaspoon pepper; mix thoroughly. Form meatballs, using about 1T of mixture per meatball (hint: This is much easier if you refrigerate the mixture for about ½ hour, first). Place meatballs on a sheet pan that has been lightly oiled, or is lined with parchment. Bake for ½ hour, until meatballs are browned and cooked through. Serve as a main dish with mashed potatoes, as an appetizer with a Tzaziki-type dipping sauce, or my favorite: a Banh Mi sandwich!

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A Day At The Spa

Please join us for our newest scheduled short term 4-H project, "A Day at the Spa", which will run 3:30pm to 5:30pm for three consecutive Tuesdays beginning November 4, 2014. This project is open to any youth (current 4-Hers and non 4-Hers are welcome), age twelve and up. It is being held at the UNH Cooperative Extension office on Route 10 in North Haverhill. Come discover how to make homemade body products and learn dif-

ferent relaxation techniques to simulate a day at the spa. Our Special Interest (SPIN) class instructor will be Amy Peters-Basch, 4-H Leader and owner of Basch-ful Beauty Salon. Class size is limited with a registration deadline of Monday, October 27, 2014. For more information or to reserve your place in this class, please call the Extension office at (603) 787-6944 or email Donna Lee at donna.lee@unh.edu.

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