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HOW DO WE GET YOUNG PEOPLE UP HERE TO STAY?

By Geoffrey Sewake,
University of New Hampshire
Cooperative Extension



People often ask me, how do we get young people to move here? How do we get young people to stay? While there is no quick and easy answer, I do think there's some things we can do right away, and it's as easy as saying, "Hello." Friendship and warm smiles are powerful tools that can engage people, including young ones, and tie them to a community like nothing else. How do I know? Because it's worked on me.

My wife and I are fairly young, we're millennials, and have lived in big cities like

New York and LA, but the small town charm of Northern New England really captured us, so a few years ago we decided to move out here. Last year, we bought our first house in a town of 700. Within the first few days of moving in, people greeted us, introduced themselves and welcomed us with smiles. People said hello. After settling in we were welcomed to join events and groups in town. Truthfully, I've never felt as welcomed or happily tied to a community in my life. In New York I knew maybe two people in my apartment building and in LA I knew zero. I had no ties to those places and never really felt like home---I now know what home feels like. It's not just your apartment or house, but

the community that surrounds the place you live. It's the friendly faces, kind words and nice conversations you have that make you feel like you belong. Make you want to stay. Even make you want to give back---funnily enough I'm now a member of the planning commission and my wife and I have done some other volunteering here and there. It's that friendly community spirit that can welcome and keep folks in it, young ones included.

If you're a community thinking about how to keep and attract young people, and don't know where to start, I encourage you to begin with a hello and follow it up with nice conversation.

The author, Geoffrey Sewake, is a Community & Eco-



Image courtesy of Geoffrey Sewake

economic Development Field Specialist for the UNH Cooperative Extension out of the Grafton County office. You may contact Geoffrey at (603) 787-6944, or at geoffrey.sewake@unh.edu.

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TRENDY Dining Guide

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Peyton Place

There are many types of restaurants, even in this area of Vermont and New Hampshire. Just look around and you can find almost everything from fast food to fine dining. It was our opportunity for this edition to visit one of those fine dining establishments.

Peyton Place is located in a great old home on Main Street in Orford. The owners are the people most important to the running of this establishment. Jim Peyton is the chef, and wife Heidi Peyton is the hostess who also spends plenty of time taking care of the needs of her guests as a wait person.

We made sure to call ahead and get reservations for the Friday evening we wanted to make our visit. They do welcome walk ins, but we have seen the night where there simply was no room for those wanting to walk in. Plus, now that the temperatures are lower and the outdoor patio is empty, there are a few less seats to be occupied.

On this Friday our reservations were for 7 PM, but we arrived a bit earlier than that. Not a problem at all as we were quickly given a choice of a number of tables in one of several downstairs rooms. We picked a small table for two and at one point almost wanted a bigger table as there was so much in front of us to enjoy.

It started with some hot rolls with butter, and a bowl of crispy plantain chips. We

added to those items a carafe of a red house wine and settled in for an enjoyable evening of dining. In the meantime the evenings menu was brought by for us to study. One of the notable differences with Peyton Place is that they offer a small but very well thought out menu that changes on a very regular basis. It allows for an adventure in dining whenever you choose to visit.

This particular evening my wife and I chose Leg of Lamb and a Sirloin steak topped with wild mushrooms. As is the case with most fine dining establishments, the chef has paired those entrees with vegetable and starch that enhance the dining experience. Job well done! Another note about fine dining, and the waitstaff at such establish-

ments is that they are quite capable of coming to your table to discuss your choices and yet do not need a pad and pen to keep track. Peyton Place is no exception to that rule as Heidi and her helper (sorry, I forgot her name) simply stopped at the table and helped us make our choices and then left with the knowledge to pass it on to the chef and whomever else needed it.

The entrees arrived and we were well pleased. The steak was cooked as I requested and the topping only increased the flavor. The potato was a kind of potato pancake and the vegetable was also not just a plain dish, but had some character and plenty of flavor. The lamb that my wife ordered was cooked just right and she also enjoyed her sides of a pasta tossed with herbs and mixed vegetables.

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We both enjoyed the meal, along with a glass or two of wine, and when done asked about deserts. Again, Peyton Place offers different items on different nights. This night the puff pastry topped with cinnamon ice cream tickled our fancy, even though we were told it would be fifteen minutes or so to prepare it. Actually we spent that time quite comfortably sipping the wine and savoring the final bites of our meal. When the pastry did

arrive we shared it and were both quite pleased with the flakiness and the flavor of this fresh baked dessert and ice cream.

In all we spent about two hours at Peyton Place. Two hours that seemed like less as we certainly enjoyed ourselves. So if you are looking for a fine dining experience, not just a quick bite to eat, than put Peyton Place on your list. They are open year round, though a few less hours in the winter.



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Haverhill "Girls Club"

Long Benefitting Far More Than Girls

By Robert Roudebush

North Haverhill, New Hampshire) Marge Moore spoke with TRENDY TIMES recently and described what today's "Girls Club" does, why and how. Within her vintage large well-kept home on Dartmouth College Highway, we sat in her airy front room, made more interesting by the presence of both a piano AND an organ - tips to Marge's past and present activities. After a 40 year teaching career, she "did not retire, but 'refocused'".

She hasn't stopped teaching yet. Her 'refocus' includes guiding piano students these days, as well as helping to lead Girls Club. "More than a half century ago, a few young mothers with their young children got together in the afternoon to visit and socialize while doing knitting, crocheting or darning socks. This became the group now called North Haverhill Girl's Club working as a service club for citizens of the community" - Marge Moore. It meets monthly in the homes of its 35 to 40 members, all ladies. Maybe something to do with the name. Marge is quick to add, "we've got nothing against men joining, just not one has ever applied, but many of the male gender, fathers, husbands, sons have dropped in and helped, whenever the women can twist their arms."

People in the North Haverhill area interested in joining or simply learning more about the group are always welcome - contact Marge 603-787-6785, or have a chat with any of the current members you might see working on one of the projects.

The Club is well-known by most folks because of the yellow food booth it has maintained for decades at the Haverhill Fair, located toward the back of the grounds close to the horse arena. The booth is the group's main fund raiser and the salads, chili, donuts, brownies, and cookies, are all homemade by the ladies of the group.

Years ago there was a need for little league uniforms and playground equipment for the elementary school. Group members voted to spend their limited funds for the kids. Over the years, they continued their aid to include "camperships", student participation in People -To- People exchanges and at least one teacher's special training to bring unique experiences to her students. As Marge puts it,

"We try to put a helping hand on the shoulders where it's needed."

In earlier days, members looked forward to obtaining, preparing and placing the Holiday trees on the light poles in the village. When this was no longer possible, they established an array of trees in the flower barrels along the main street and Benton Road.

Some activities have been in cooperation with other community groups - at Christmas time the club, working with area schools, supplies and packs homemade goodies for people in need, and donation and delivery is supplied by the North Haverhill Fire Department.

- December gift giving among the club's members has been transformed into donating food to the local Food Pantry. Recently members of the Club are being trained for volunteer service at the Pantry and to help others volunteer as well.

- At the time the birthing center was open at Cottage Hospital, some group members gathered to create a special blanket for each new baby, and some members shared an interest in creating

knitted small caps for the newborns.

- More recently the group has helped with support for the KIP (Kids in Prevention Program) at the middle school.

- The Club also awards scholarships to High School or home-schooled seniors heading for higher education.

Marge was born here in the original Cottage Hospital, the old white frame building still standing near the river. After a degree from the Northern Conservatory of Music in Bangor, Maine, where she studied piano and music education, her career started and later education and certification qualified her as a reading specialist. What job has Marge had that she least enjoyed over the years? She can't come up with one, she's enjoyed them all.

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4 VT Commission on Women Earns \$173,794 Grant

(MONTPELIER, Vt., September 29, 2015) – The Vermont Commission on Women will receive a \$173,794 grant from the U.S. Department of Labor's Women's Bureau to study the feasibility of developing a statewide paid family and medical leave program. Such a program would ensure all Vermont workers have access to paid time off to care for themselves, a new child, or a seriously ill family member, the Department of Labor announced today.

These funds are to be used for planning purposes, including research and analysis, examining program design and eligibility guidelines. In addition to Vermont, the grants—totaling \$1.55 million—were awarded to five other states: California, New Hampshire, Tennessee, Rhode Island and Washing-

ton; and to two municipalities: New York City and Montgomery County in Maryland. Read the US DOL Women's Bureau press release for more information.

"I congratulate the Vermont Commission on Women on receiving this well-deserved grant," Vermont Senator Patrick Leahy, D-VT., remarked. "As more states move forward on paid family and medical leave, it is clear that there is no one-size-fits-all approach. This grant will help ensure that Vermont, led by the Commission's efforts, will formulate a strategy that meets the needs of our working families and businesses alike."

"When you look at what other wealthy countries are doing, what you find is that the United States of America is the only advanced economy that does not guarantee its workers some form of

paid family leave, paid sick time or paid vacation time," said Sen. Bernie Sanders. "This federal grant to the Vermont Commission on Women is a good first step to help develop a statewide, paid family and medical leave policy that would allow working families to have paid time off to care for a newborn child or a sick family member."

"Most Vermonters agree that if you're sick you shouldn't be faced with the decision to either go to work and put others at risk or miss work, sacrifice your paycheck, and potentially lose your job," Governor Peter Shumlin stated. "That's why this study is vital in allowing us to better recognize needs of families, as well as costs and burdens to businesses so that we may move forward in a balanced and thoughtful way to bring this important benefit to working Vermonters. I am so proud of the good work being done by the Vermont Commission on Women and congratulate them on their successful application for a Paid Leave Analysis grant by the Department of Labor."

Responding to the grant announcement, Cary Brown, Executive Director of the Vermont Commission on Women, said, "This money

comes at an opportune time, as public conversation, political will and legislative momentum in support of paid leave have intensified in Vermont. People are recognizing the reality that in 2015, most families have both parents in the workforce, and supporting working families is not only the right thing to do, it supports business and the state economy. We want to applaud the Department of Labor for prioritizing the needs of all workers, and for investing in Vermont. The Commission has been working for 51 years to expand opportunities for women in the workforce and we look forward to exploring solutions that suit the needs of both employers and workers."

"This is an exciting opportunity to explore how we can better support Vermont families," remarked State Representative Jill Krowinski, Co-Chair of the Women's Caucus, "I thank the Vermont Commission on Women for their leadership on this grant. We know that access to paid family and medical leave can improve economic security for women. On October 8th, the Commission and the Vermont Women's Legislative Caucus will be hosting a Women's Economic Security

Summit at the State House and are thrilled to host Latifa Lyles, the Director of the Women's Bureau at the U.S. Department of Labor, as our guest speaker."

The Vermont Commission on Women's grant work will consist of analysis of potential administrative structures, including both public and private insurance models. Grant work will also examine costs of a program: both employee-funded and combination employer/employee funded models; implementation costs; usage, cost and coverage for both male and female workers; and a cost-benefit analysis. The study also will collect and analyze data regarding current practices of employers and employees; public opinion; the practical impact on employers; the need for access by both men and women; and the impact on children and families.

* The Vermont Commission on Women (VCW) is a non-partisan state government commission established in 1964 working to advance rights and opportunities for women and girls. Sixteen volunteer commissioners and representatives from organizations concerned with women's issues guide VCW's public education, coalition building, and advocacy efforts. VCW offers many services to the public, including a toll-free information and referral service at 800-881-1561 and many publications, including the handbook *The Legal Rights of Women in Vermont*. VCW has recently launched the VT Equal Pay Compact, a voluntary pledge that employers sign to indicate their commitment to closing the gender wage gap in Vermont, and a new statewide events calendar.

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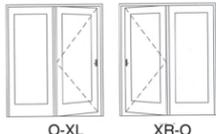
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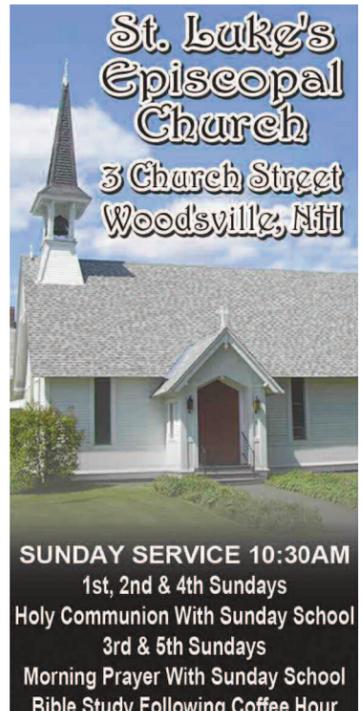
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Grafton County Conservation Projects

What better way to learn about conservation practices that improve soil and water resources than seeing it for yourself? Join Grafton County Conservation District (GCCD) and participating landowners and learn first-hand what's new, and what works when it comes to beneficial conservation practices. The GCCD Fall Tour of Conservation Practices will meet Friday, October 16, 2015 at 10:00AM at the Grafton County Farm Stand, Route 10, North Haverhill, NH. All are welcome to join us. The Tour will be held rain or shine, so dress for variable weather, and plan on light hiking at each stop. Bring a bag lunch. We will caravan in personal vehicles from site to site. Call Pam at (603) 353-4652, ext 103 if you plan to attend. Feel free to join us along the way. Our schedule of site visits includes:

Grassland Habitat Restoration Project, 3855 Dartmouth College Highway, North Haverhill, above the Grafton County Farm Stand: Partly due to diminishing habitat, grassland birds are disappearing. Join Wildlife biologist John Lanier of the Wildlife Management Institute to look at grassland bird habitat restoration work completed in Fall 2014. Grassland bird habitat was enhanced using a brontosaurus to remove unwanted understory and create soft edges around the hayfield. The County Farm periodically mows/brush hogs several smaller fields (10+ acres) that are prime habitat for woodcock, grouse, songbirds and other wildlife, and are right in the CT River Flyway used by migratory birds. By delaying mowing in these fields, ground nesting birds are able to fledge their young. John will help us understand bird behaviors and habitat requirements for thriving grassland bird populations.

Grafton County Farm Stand, 3855 Dartmouth College Highway, North Haverhill: Grafton County Farm is managed by Donnie Kimball. The Farm produces vegetables for the County Nursing Home, Department of Corrections and to sell at its farm stand, which opened in 2003. Inmates serving sentences in the County Department of Corrections can be found tending the fields, picking the crops and manning the stand. Numerous

donations of vegetables, primarily root crops, are given away to shelters, senior centers, and a number of non-profit agencies. Farm Manager Donnie Kimball will tell us about the Farm Stand program and benefits working with the Department of Corrections, and partnering with UNH Cooperative Extension in the Integrated Pest Management program funded by NH Department of Agriculture, Markets and Food.

Lunch: We will plan to drive to StoneFen Farm and eat our bag lunches.

StoneFen Farm, LLC, 698 Daniels Rd, Pike: StoneFen Farm is owned by Steve and Lora Goss. As manager, Lora has worked with Natural Resources Conservation Service (NRCS) to manage abundant water in her grazing pastures. Lora has installed several grassed waterways, and recently installed a low water stream crossing to protect water quality. Using a no-till seeder, Lora planted a cover crop mix to improve soil health. She has also installed fencing for the rotational grazing system, two season extension high tunnels for berry production, and an access road for planned forest management activities. Lora will share her experiences implementing her conservation plan, and the environmental and economic benefits of the installed conservation practices.

The Matchmaker in St. J.

Probably everyone has heard of the play or movie "Hello Dolly". But do you know about what came before that story. A play entitled "Matchmaker" was actually the basis for the later, and arguably more well know production. Dolly Levi was a major part in both, and the St. J. Players are currently in production of the first of these two stories.

Suzanne Pellerin was cast as Dolly and did a very credible job with her part. First night jitters were seen at times on opening night, but she and J. Peter Young as Horace Vandergeld soldiered on and put their own stamp on these characters.

Other very notable performers were Graeme Hall as Barnaby Tucker and his almost constant companion Geoff Hunt portraying Cornelius Hackl. Graeme did a wonderful job with both voice and physical action that were required for his part. Mark Carter also deserves a shout out. Mark started the play on stage as Joe, the barber. He came back a bit later as Malachi Stack a job seeker and a bit of an all around person. Not only did Mark have a great stage voice (loud and clear) but he also played a portion assuming a drunken state, and another at the front of the stage addressing the audience with one of a number of monologues that put the point of the production in full view. One of these best such monologues was that of Dolly when she compared manure to cash. (I would give you the whole thought, but that might take away from your enjoyment of this play.)

The production itself had a total cast of over a dozen

(with Elizabeth Bergman playing three roles) and came not only from the St. Johnsbury area but as far east as Bethlehem and as far west as Marshfield. All of these cast members were brought together by director Sarah Bengston to form a wonderful on stage presence. The St. Johnsbury School Auditorium is a great location for a play like "The Matchmaker". It is a big stage, has some great lighting, and offers plenty of seating for those who want to sit up close, or for those who like nose bleed seats. The Players also offer snack avail-

ability during the intermission between acts 2 and 3.

I believe that the St. Johnsbury Players have done Thornton Wilder proud for their rendition of "The Matchmaker". And the good news is that there is still time to see this production. There will be performances on Friday & Saturday, October 16 & 17 at 7:30 PM and a final performance on Sunday, October 18 at 2 PM. I wish them all the best and certainly encourage any live play enthusiasts to make plans to take in this performance.



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Free Calendar of Events

A Full Page of Events from local Non-Profits, Schools and Towns. Presented Free by *Trendy Times*

TUESDAY, OCTOBER 13

GARDEN GROUP
6:00 PM 802-757-2693
Baldwin Memorial Library, Wells River

WEDNESDAY, OCTOBER 14

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

THURSDAY, OCTOBER 15

VFW POST #5245 MONTHLY MEETING
7:00 PM
VFW Hall, North Haverhill

FRIDAY, OCTOBER 16

GRAFTON COUNTY CONSERVATION TOUR
10:00 AM
Grafton County Farm Stand, North Haverhill
See Article on Page 5

RUMMAGE SALE

5:00 - 7:00 PM
Haverhill Congregational Church Parish Hall

ST. J PLAYERS / "THE MATCHMAKER"

7:30 PM
St. Johnsbury School Auditorium
See Article on Page 5

SATURDAY, OCTOBER 17

FALL RUMMAGE SALE
8:00 AM - 1:00 PM & Following 4 PM Mass
St. Rose of Lima Parish Hall, Littleton

RUMMAGE SALE

9:00 AM - 2:00 PM
Haverhill Congregational Church Parish Hall

GROTON GROWERS FARMERS MARKET

10 AM - 1:00 PM
Groton Community Building
See Ad on Page 7

NEW 4-H BEEF CLUB MEETING

10:30 AM
in the conference room at the
Grafton County Extension Office, North Haverhill

FALL FESTIVAL

3:00 - 6:00 PM
Bath Village School
See Article on Page 7

HARVEST SUPPER

5:00 - 7:00 PM
Woodsville United Methodist Church

ST. J PLAYERS / "THE MATCHMAKER"

7:30 PM
St. Johnsbury School Auditorium
See Article on Page 5

SUNDAY, OCTOBER 18

FALL RUMMAGE SALE
Folling 8:00 AM & 10:30 AM Mass
St. Rose of Lima Parish Hall, Littleton

BENEFIT HOLD 'EM TOURNAMENT

1:30 PM
American Legion Post 58, Maple St., St. J.

ST. J PLAYERS / "THE MATCHMAKER"

2:00 PM
St. Johnsbury School Auditorium
See Article on Page 5

MONDAY, OCTOBER 19

POULTRY GROUP "FOWL FRIENDS"
6:00 PM 802-757-2693
Baldwin Memorial Library, Wells River

HAVERTHILL SELECT BOARD MEETING

6:00 PM
Morrill Municipal Building, North Haverhill

GOOD OMENS BOOK DISCUSSION

7:00 PM
Haverhill Library

THURSDAY, OCTOBER 22

MEDICARE BOOTCAMP
9:00 AM - 11:00 AM
NVRH, St. Johnsbury
See Article on Page 15

COMMUNITY DISCUSSION: MARIJUANA LEGALIZATION

6:00-7:30 PM
Lyndon State College ASAC 100
See Ad on Page 8

NORTHERN GRAFTON COUNTY REPUBLICAN COMMITTEE MEETING

6 PM
Topic of the Town, Littleton.

SATURDAY, OCTOBER 24

AERIAL DRONE PHOTOGRAPHY DEMO
11:00 AM
The Foundry, Lyndon Institute True Building
See Article on Page 9

BENEFIT HOLD 'EM TOURNAMENT

1:30 PM
Breslin Center, Main Street, Lyndonville Vt.

TEEN JACK-O-LANTERN CHALLENGE

2:00-4:00 pm 603-444-5567
First United Methodist Church, Littleton

LORD'S ACRE AUCTION & DINNER
6:00 PM DINNER / 6:30 PM AUCTION
North Haverhill United Methodist Church
See Ad on Page 3

SUNDAY, OCTOBER 25

BENEFIT HOLD 'EM TOURNAMENT
1:30 PM
VFW Post 10038, 156 Hill Street, Lyndonville

Ongoing Weekly Events

SUNDAYS

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

MONDAYS

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Darling Inn, Lyndonville
ADULT STRENGTH TRAINING
1:00 - 2:00 PM - North Congregational Church, St. Johnsbury
9 AM - 10 AM
Municipal Offices, Lyndonville
10:30 AM - 11:30 AM
Municipal Offices, Lyndonville
BINGO - 6:00 PM
Orange East Senior Center, Bradford
TOPS (TAKE OFF POUNDS SENSIBLY)
6:00 PM - Peacham School

MONDAYS/WEDNESDAYS

RSVP BONE BUILDERS
10:30 AM - 11:30 AM
Linwood Senior Center, Lincoln
CARE COORDINATOR/
ENROLLMENT SPECIALIST -
1 PM, Baldwin Library, Wells River

MONDAYS/THURSDAYS

ADULT INTERVAL AEROBICS CLASS
6:30 Woodsville Elementary School

GOLDEN BALL TAI CHI

8:30 - 9:15 AM - St. Johnsbury House

TUESDAYS

BREAKFAST BY DONATION
8:30 AM - 10:00 AM
Horse Meadow Senior Center, N. Haverhill
ADULT STRENGTH TRAINING
9 AM - 10 AM - St. Johnsbury House
10:30 AM - 11:30 AM
Senior Action Center,
Methodist Church, Danville
NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Senior Action Center,
Methodist Church, Danville
NOON - Presbyterian Church, S. Ryegate
NOON - Darling Inn, Lyndonville
T.O.P.S. (TAKE OFF POUNDS SENSIBLY)
Weigh In 5:00 PM - Meeting 6:00 PM
Horse Meadow Senior Center, N. Haverhill
EMERGENCY FOOD SHELF
4:30 PM - 5:30 PM
Wells River Congregational Church
WEIGHT WATCHERS MEETING -
5:30 PM
Orange East Senior Cntr, Bradford
AA MEETING (OPEN BIG BOOK)
7:00 PM - 8:00 PM
St. Luke's Parish Hall, Woodsville

TUESDAYS/THURSDAYS

ACTIVE OLDER ADULT
STRENGTH CLASS -
1:30 PM
Woodsville Post Office, S. Court St
GROWING STRONGER FITNESS
CLASS 2:00 PM - 3:00 PM
East Haven Library

TUESDAYS/FRIDAYS

GOLDEN BALL TAI CHI
8:30 AM - 9:15 AM
First Congregational Church, Lyndonville

WEDNESDAYS

AQUA AEROBICS - 9:00 AM
Evergreen Pool, Rte 302, Lisbon
ADULT STRENGTH TRAINING
1 PM - 2 PM
North Congregational Church,
St. Johnsbury
BINGO - 6:30 PM
Haverhill Memorial VFW Post #5245
North Haverhill
CRIBBAGE - 7:00 PM
Orange East Senior Center, Bradford

WEDNESDAYS/FRIDAYS

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Presbyterian Church, West Barnet
NOON - Darling Inn, Lyndonville

WEDNESDAY THRU MONDAY

PEACHAM CORNER GUILD
10AM-5PM
643 Bayley Hazen Road, Peacham

THURSDAYS

ADULT STRENGTH TRAINING
10:30 AM - 11:30 AM
Senior Action Center
Methodist Church, Danville
NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Senior Action Center,
Methodist Church, Danville
NOON - Darling Inn, Lyndonville
PEACHAM FARMERS MARKET
Peacham Academy Green
LISBON FARMERS MARKET
3:00 PM - 6:00 PM -
Main Street, Lisbon

FRIDAYS

ADULT STRENGTH TRAINING
9 AM - 10 AM - St. Johnsbury House
1 PM - 2 PM - North Congregational Church, St. Johnsbury
WORSHIP UNDER THE TENT - 7 PM
100 Horse Meadow Rd, No Haverhill
AA MEETING (OPEN DISCUSSION)
8:00 PM - 9:00 PM
Methodist Church, Maple St, Woodsville

Groton Free Public Library News

Did you know that all Groton Library cardholders can log in to see their accounts online from any computer? Go to grotonlibrary.kohavt.org. Your "login" is your full barcode, starting with "2vtk+" Your password is your last name, starting with a capital letter.

Monday, Oct. 26 @ BMU: CLiF Grant Launch. Haven't heard? Our library is 1 of 12 lucky libraries in VT & NH to receive a CLiF Rural Libraries grant for 2015-2016! (CLiF = Children's Literacy Foundation.) The public library and school library unite for this special presentation of TONS of new kids' books for both libraries! Plus, free take-home books for the kiddos.

Monday, Oct. 26 @ 7pm: Book Discussion. The month's feature title: "The Spirit Catches You and You Fall Down" by Anne Fadiman. Copies available at the library for borrowing. New folks welcome!

Wednesdays from 1-3pm: Crafts & Conversation. 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 M (2:30-7) W (10-4) F (2:30-7). Online catalog: grotonlibrary.kohavt.org.

Open Hours: Mon 2:30-

Neil Gaiman Discussion Series At Haverhill Library

The Haverhill Corner Library has will sponsor a fall book discussion series featuring the work of bestselling writer Neil Gaiman, the library has announced. The series will kick off with a discussion of Good Omens (co-authored with Terry Pratchett) on Monday, October 19 at 7:00 PM.

The series will continue on November 16 with American Gods and conclude on December 14 with The Ocean at the End of the Lane. The discussions will be free and open to the public, and copies of the books will be available to borrow from the library in advance.

The author of novels, film and television scripts, and comic books, Neil Gaiman was born in England and now lives in the United States, where he is Professor of Arts at Bard College. He first gained recognition for his ground-breaking comic book Sandman. His work has won the Hugo, Nebula, and Bram Stoker awards, as well as the Newbury and Carnegie Medals. The Ocean at the End of the Lane was voted Book of the Year in the British National Book Awards.

Already a successful writer of comic books, Gaiman joined with Terry Pratchett to write his first novel, Good Omens: The Nice and Accurate Prophecies of Agnes Nutter, Witch (1990), a comedy about the End Times. The book was a finalist for the World Fantasy Award and has been a cult classic for a quarter of a century.

According to The Nice and Accurate Prophecies of Agnes Nutter, Witch (recorded in 1655) the world will end on a Saturday – next Saturday, as it happens. So the armies of Good and Evil are massing, the Four Bikers of the Apocalypse are revving up their hogs, Atlantis is rising, frogs are falling, tempers are flaring and everything appears to be going according to Divine Plan. However, the somewhat fussy angel Aziraphale and the fast-living demon Crowley – each of whom rather favors the lifestyle of Earth's mortals – are not especially looking forward to Rapture, and in fact are out to prevent it.

For more information, visit the library's web site at hliba.blogspot.com or call 603-989-5578.

Haverhill, NH Haverhill Corner Library will hold its next Book Club for Writers discussion on Thursday, October 22, the library has announced. The discussion will feature short stories by T. C. Boyle, Raymond Carver, and Stephanie Vaughn.

Copies of "Dogology" by T. C. Boyle, "Jerry and Molly and Sam" by Raymond Carver, and "Dog Heaven" by Stephanie Vaughn will be available to pick up at the library in advance. The discussion will begin at 7:00 PM and will be free and open to the public.

Widely regarded as one of the great American short story writers of the late twentieth century, Raymond Carver was born in 1943 and died of lung cancer in 1988. He published ten books of prose and poetry in a career shadowed by alcoholism, poverty, a broken marriage, and cancer. His celebrated story collections

include Will You Please Be Quite, Please?, What We Talk About When We Talk About Love, Cathedral, and Where I'm Calling From. Carver was considered a leader of the minimalist style that became popular, especially in short stories, in the 1980s. In addition to their spare narration, his stories typically featured ordinary people – often blue collar – and focused on daily episodes of sadness and loss. In 1988, he was inducted into the American Academy of Arts and Letters.

T. C. Boyle is known as an author of both novels and short stories; he has published eight collections of the latter and regularly appears in such magazines as The New Yorker, Harper's, Esquire, and The Atlantic Monthly. He is also a recipient of the Rea Award in the Short Story. Distinguished Professor of English at the University of Southern California, Boyle describes his approach to story-writing saying that he seeks "to experiment with form and mode and to know no restrictions of setting, place or time." He is a winner of the PEN/Faulkner Award and an inductee of the American

Academy of Arts and Letters.

Stephanie Vaughn has published but a single collection of stories – Sweet Talk in 1990 – but she continues to be a writer revered by her peers. "There is not a weak story in Sweet Talk," said Mother Jones, "and few are less than spectacular." She is currently Professor of English at Cornell University and is at work on a novel set in Italy.

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

The next Book Club for Writers discussion will be held on Thursday, January 28, 2016 and will feature "Here We Are in Paradise" by Tony Earley, "Water Liars" by Barry Hannah, and "On the Rainy River" by Tim O'Brien.

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

Bath Fall Festival

The Bath Historical Society is holding a Fall Festival on Saturday, October 17th at the Bath Village School from 3 to 6 PM. The Festival features a Chili/Chowder Cook-off for Adults and a Cornbread/Corn Muffin Bake-off for youth ages 8 - 17. We will also have Bath Historical Trivia, a 50/50 raffle, a White Elephant table, a bake sale, children's games and music. Come spend an enjoyable afternoon with us!!! Inclement weather ... we will be inside the school!



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Support HOPE at Colonial Theater

Please join North County Serenity Center with our host The Colonial Theater and our Sponsor HOPE for New Hampshire Recovery for a screening of the documentary: -The Anonymous People with a panel discussion to follow immediately after the screening. On October 15, 2015 at 6:30 PM at The Colonial Theater 2050 Main St. (Route 302), Bethlehem NH. There is a requested donation of \$10.00 per person. All proceeds will support the mission of the North Country Serenity Centers efforts.

As you're driving through Piermont, Bath, Woodsville, and Haverhill keep your eyes open to see some very creative scarecrows. Making the scarecrows for approximately 20 businesses in the district is our way of

thanking the community for all of their support. We, at Woodsville High School, are very grateful for the financial and moral support of the community. There is a long tradition of community support for the high school which has allowed our students many opportunities.

that meet weekly with a WHS staff member) at Woodsville High School were randomly assigned a business to make a scarecrow for. Some businesses requested a specific theme and others left it up to the students. We hope that everyone in the community enjoys these scarecrows.

The Roundhouse Groups (groups of 6-10 students



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WHS FBLA At Work

Congratulations and a BIG Thank You to Woodsville High School for tripling their donation to the Make a Wish Foundation from last year!! This year's WHS FBLA Spare Change Day raised over \$330.00!!

WHS FBLA would like to send out a special thank you to Mr. de Boer's classes who raised over \$180!!

The Future Business Leaders of America (FBLA) is the largest business career student organization in the world. This student organization has over a quarter of a million students with

membership ranging from middle school to college level members and business professionals.

Woodsville High School's Future Business Leaders of America are made up of students in grades 9-12 who are interested in business or business related careers, volunteering in the community, fundraising for state and national conferences as well as raising money for nationally known organizations including the Make-A-Wish Foundation, David's House, and March of Dimes.



Northern Community Investment Corporation celebrated their 40th year at their annual meeting at Lyndon State College. From the left is NCIC staff leadership -- Mollie White, Cathy Conway, and Jon Freeman are with North Country Senator Jeff Woodburn and state Department of Resources and Economic Development Commissioner Jeff Rose.

Marijuana Community Forum

To begin an open and balanced conversation on the possible legalization of marijuana. Pro or con, all interested community members are encouraged to attend.

Thursday, October 22nd
from 6 to 7:30 pm
at LSC in ASAC 100

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Rose Sheehan at 748-7532

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Aerial Drone Photography Demonstration At The Foundry

Lyndon Center, VT – The Foundry Creative Workshop will be hosting Steve Mermelstein and his unmanned flying drone at Lyndon Institute's True Building, Saturday October 24, 2015 from 11AM to 1PM. Steve will be showing how unmanned aerial vehicles can be used for photography and fun.

This demonstration is part of a larger series of Saturday Seminars, a string of topics of interest to the, the potential inventor, the potential business founder, or the beginning to advanced home-crafter.

Mr. Mermelstein is a photography workshop instructor, award-winning commercial, event, and aerial photogra-

pher, naturalist, birder and nature lover based in South Burlington, Vermont. He says, "Vermont Drone is all about capturing Vermont's beauty, not only from the ground, but from the air as well."

There will also be tours of the Foundry Workshop and displays of the projects taking place there. The workshop provides members with the ability to use tools and equipment that they may not own themselves, allowing members exposure to a wide variety of techniques, and disciplines. This space will encourage the development of ideas and inventions.

A partnership between the Foundry and Lyndon In-

stitute allows space for members of the Foundry to collaborate and brainstorm new ideas using LI's metal fabrication and woodworking shop. The Foundry is open Monday and Wednesday, 5-8:30 p.m. and Saturday, 9 am – 1 p.m.

"We want to build a community where arts and the sciences can work together, having a long-term positive social and economic impact on the Northeast Kingdom," said Jim Schenck, President

of the Foundry. "Our alliance with Lyndon Institute allows the Foundry to empower people with both the inspira-

tion and the resources to innovate and develop ideas. The Saturday Seminars are a natural extension."



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2014 Ford Escape \$21,896 \$247/mo 2014, 4Cyl, 2.0L, 2014, 4Cyl, 2.0L, 24 MPG	2011 Chevy Equinox \$18,892 \$239/mo 2011, 4Cyl, 2.0L, 2011, 4Cyl, 2.0L, 24 MPG	2012 Chevy K1500 \$29,970 \$377/mo 2012, 4Cyl, 2.0L, 2012, 4Cyl, 2.0L, 24 MPG
2011 Chevy K2500 Just a Must See 2011, 4Cyl, 2.0L, 2011, 4Cyl, 2.0L, 24 MPG	2013 Dodge Durango \$25,586 \$322/mo 2013, 4Cyl, 2.0L, 2013, 4Cyl, 2.0L, 24 MPG	2012 Chevy K1500 \$25,578 \$322/mo 2012, 4Cyl, 2.0L, 2012, 4Cyl, 2.0L, 24 MPG

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

October 13, 2015

Volume 7, Number 1



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Volume 7, Number 1

October 13, 2015

Larry's Story

By Robert Roudebush
(Haverhill, New Hampshire) Larry tells a story about common sense and common courtesy – he's seen a lack of both and thinks we can all do something about it. He believes in "the grace of God, and the responsibility of man" and is straightforward that "corporate policies" he's encountered around here recently could be improved with just a little effort.

His service background includes the military and work in drug and alcohol counseling.

The story starts when Larry was in a convenience store not long ago and found a five-dollar bill on the floor. As he tells it, he picked it up and put it onto the counter in front of the two clerks working there, informing them, "I found this on the floor – it's not mine – I'm sure someone lost it and is looking for it. Would you hold onto this until someone comes in and claims it?" He recalls one of the clerks, who appeared to be an Assistant Manager nodded and said "yes". He remembers "I was under the impression that they'd put the money into an envelope beside the cash register, and pass it along to the next shift."

Larry went back the next day (and got a large coffee), spoke with the same Assistant Manager - "Did anyone claim the five-dollars?"

"No."
"What happened?"
"No one claimed it. It's in the cash register. That's how it works."

"You could have given it to the little girl."

"That's not how things work here," the assistant manager told him.

(Larry explained to me during our interview that by "little girl" he meant the other clerk on duty the first day, the one not the Assistant Manager.)

Larry indicated he wanted to speak with another supervisor, and the next time he came back into the store, he spoke with one, introduced himself as the person who

found the five-dollar bill. The supervisor was aware of the his connection to the store. "She educated me on corporate policy, said "we can't just hand money over to fellow workers." Larry said, "I did not hand it over to anyone, I laid it on the counter". Then, the supervisor mentioned again the corporate policy, mentioned the presence of multiple surveillance cameras. This exchange, more or less the same, was repeated a couple times more, Larry relates.

Larry then said, "But someone's out five dollars."

It occurred to me, as a listener of Larry's story, that there might be several reasons why no one had yet claimed the money – maybe nobody noticed they'd dropped it. Even if somebody had noticed they were short five bucks, maybe they'd not bothered to expend the effort to find out where it was. It also struck me as somewhat odd that Larry had suggested that the money might be given to the "little girl", the other clerk.

Those reflections aside, I asked Larry what would have made the whole experience a better one for him. "I'd like to have had the five dollar bill claimed by someone, or passed on to someone who needed it." In the convenience store, toward

the end of all the verbal exchanges, Larry had asked the store supervisor if she had anymore to say to him on the subject. There was nothing forthcoming, he recalled. "I told her I want you to know that I'm going to pursue this. I understand about the rules, about the cameras – but the whole time, there was not, from anyone, a thank you for being courteous enough to pick up the five dollars, turn it in so someone might have claimed it". As far as Larry knows, no one ever claimed the money that he picked up and handed over. He does not know today what happened to it.

Larry does in fact "pursue this" with a local feature writer - "I feel that lots of folks think the country is going down the tubes and that nothing can be done", and even he feels that way sometimes. But, he adds, "all of us have opportunities, day by day, exchange by exchange, to make a positive difference."

I wondered to myself if the five dollars ended up getting donated somehow to some kind of local charity. Maybe it did, maybe not.

Larry would not mind hearing from you 814-591-4544 or at his email gollary1966@yahoo.com.



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Orange East Senior Center 11 Calendar

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

We are looking for substitute drivers for our Meals on Wheels routes. If you are interested, please call or come by.

The Visiting Nurse and Hospice of Vermont and New Hampshire will be here on Friday, October 16 for the Seasonal Flu Clinic from 10:00 a.m until 12:00 p.m. All adults 18+ welcome. Please bring your Medicare Part B insurance card so they can bill them directly. The fee for all others is \$25.00.

There will be a Penny Auction held at the Orange East Senior Center on Saturday, November 7 from 9am to 2pm. There will be many new items, gift certificates, and items from local merchants. In addition, there are items from the Boston Red Sox and Boston Bruins. Please come and support this fundraiser for Meals on Wheels.

Bingo is every Monday at 6:00 p.m. The doors will open at 5:00 p.m. The

kitchen will be open selling drinks and food.

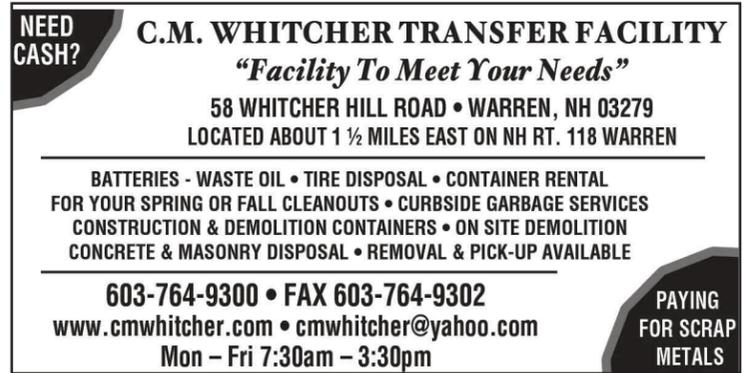
Computer class is on Wednesdays from 3:00 p.m. until 5:00 p.m. This class is for all levels.

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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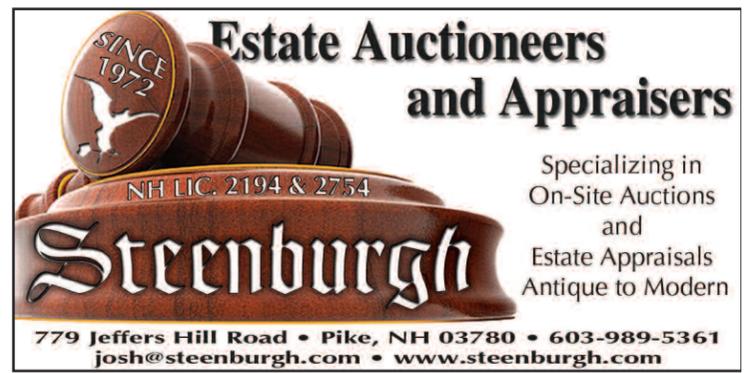
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Will You Be Ready for Retirement?

National Save for Retirement Week is observed Oct. 18 – 24 this year. And this week has some weight behind it, as it is recognized by the U.S. Senate for its importance in encouraging Americans to prepare themselves financially for retirement. Are you doing all you can?

Many of your peers aren't. About a third of working adults have no retirement savings or pension, according to a survey by the Federal Reserve. And more than half of workers report that the total value of their household's savings and investments, excluding the value of their primary home and any defined benefit plan (such as a traditional pension), is less than \$25,000, according to the Employee Benefit Research Institute's 2015 Retirement Confidence Survey.

Such figures help explain why many people are unsure if they'll ever be able to retire. Nearly 40%

of the respondents in the Federal Reserve's study either have no intention to retire or plan to keep working for as long as possible.

Of course, if you enjoy your career, or just simply like to work, you may be in no hurry to retire. But you may want to put yourself in a position someday when work is optional – not mandatory. To reach that point, consider taking these steps:

Estimate your cost of retirement. At what age do you plan to retire? When you do retire, will you stay home and pursue your hobbies, or will you travel the world? Will you do some consulting or other part-time paid work, or will you volunteer? By answering these and other questions, you can at least estimate your costs during your retirement years.

Contribute to your 401(k). Contribute as much as you can afford each year to your employer-sponsored retirement plan, such as a

401(k), so you can build a portfolio that's appropriate for your goals and risk tolerance. In 2015, you can contribute up to \$18,000 to your 401(k), or \$24,000 if you're 50 or older.

Fully fund your IRA. Even if you participate in a 401(k) or other employer-sponsored retirement plan, you're probably still eligible to contribute to an IRA as well. In 2015, you can contribute up to \$5,500 – or \$6,500, if you're 50 or older – to an IRA. A traditional IRA offers tax-deferred earnings, while Roth IRA earnings can grow tax free, provided you don't start taking withdrawals until you're 59½ and you've had your account at least five years. Plus, you can fund your IRA with virtually any type of investment you choose. Try to "max out" your IRA every year.

Control your debts. Control your debts as much as possible. Every dollar that doesn't go into a debt payment could be invested for your retirement.

These aren't the only steps that can help you move toward a comfortable retirement – but they can certainly help get you on the right path.

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Letter To The Editor

To the editor,

This is as true today in 2015, as it was then, in the 1950's. Should be repeated every time the topic "war" comes up.

Who said this?

"Every gun that is made, every warship launched, every rocket fired signifies, in the final sense, a theft from those who hunger and are not fed, those who are cold and are not clothed. This world in arms is not spending money alone. It is spending the sweat of its laborers, the hopes of its children. The cost of one modern heavy bomber is this: a modern brick school in more than 30 cities. It is two electric

power plants, each serving a town of 60,000 population. It is two fine, fully equipped hospitals. It is some 50 miles of concrete highway. We pay for a single fighter plane with a half million bushels of wheat. We pay for a single destroyer with new homes that could have housed more than 8,000 people. This, I repeat, is the best way of life to be found on the road the world has been taking. This is not a way of life at all, in any true sense. Under the cloud of threatening war, it is humanity hanging from a cross of iron."

Dwight D Eisenhower (Ike)

Submitted by Nancy Leclerc

Nancy,

How many times have we all heard that if we do not learn from our past, we are doomed to repeat it. There are many spending programs that could, and probably should, be redirected by our federal government. The issue always comes to which ones? Defense, foreign aid, border patrol, welfare? It is not as simple as we might hope, but I must agree that something needs to be done to curb spending as a whole, and to redirect many of those funds to be better spent.

Gary Scruton, Editor

OBITUARY - WENDELL ERNEST ESTES



Bath Fiber Mill, G.A. Clark Automotive in Lisbon, NH, and by Lotta Rock Dairy in Littleton. He then finished his working career at New England Wire in Lisbon, retiring in 1990.

Wendell was a member of Ross-Wood American Legion Post #20 in Woodsville, NH. In his younger years, he was a motorcycle enthusiast. He enjoyed hunting and working with Sam, his work horse. Mostly, Wendell loved spending time with his family and always inquired as to the well-being of everyone.

He was predeceased by his wife of nearly sixty years, Beverly Estes on November 14, 2011; a son, Keith Wendell Estes on December 4, 2009; three sisters, Blanche Page, Bernice Dexter, and Thelma Stebbins; and four brothers, Lyle, Robert, Howard, and Roger Estes.

He is survived by a daughter, Jody Youngman and husband Gary of Bath; a son Dana Estes and wife Vicky of Bath; four grandchil-

dren, Ryan Youngman, Tara Hamlett, Donnie Estes and Melissa Lyndes; eleven great grandchildren; a sister, Lois Estes of Portsmouth, NH; and several nieces, nephews, and cousins.

There was a calling hour on Friday, October 2 from 10-11 AM with a funeral service following at 11 AM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH. Father William Watts officiated.

Burial followed in the Bath Village Cemetery, Bath.

Memorial contributions may be made to either the Ross-Wood American Legion Post #20, 4 Ammonoosuc Street, Woodsville, NH 03785 or to the Grafton County Home Association, 3855 Dartmouth College Highway, North Haverhill, NH 03774.

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

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

Bath, NH - Wendell Ernest Estes, 85, formerly of West Bath Road, died on Sunday, September 27, 2015, at Cottage Hospital, Woodsville, NH.

Wendell was born in Bath on March 14, 1930, to Ernest and Catherine (Corey) Estes.

On November 29, 1951, he married Beverly Margaret Lewis.

Wendell served in the US Air Force during the Korean War from June 29, 1951 through June 28, 1955.

He was employed by the

Memorium for a Great Dog ¹³

Submitted by:
Lisy Meyers
North Haverhill

Cody, 10 yr old retired grey hound, born 14 February 2005 in Massachusetts, died from cancer late Sept. 30th at Littleton Emergency Vet Services. His registered track name was Wicked Madhatta. He lived up to his name. His dam was State of the Art and his sire was Jetstar Journey. Wicked Madhatta was an intrepid, dominant competitor at Seabrook Dog Track and Hinsdale Raceways in NH as well as Lincoln Park in Rhode Island. He also raced at Ebro Dog Park in Florida and Raynham/Taunton Dog Track in Massachusetts. At the age of 3, he was surrendered to Fast Friends Greyhound Rescue in 2008. They named him Cody. Although he bore the scars and injuries from the track, he was a large (86 lbs) handsome white and brindle male with perfect manners, and extreme intelligence. It took 4

years to find him a home. He walked out of the cage and into the woods with us, to scare up grouse, chase turkeys and enjoy freedom for the first time. He leaves behind his grieving humans, Bill & Lisy Meyers of North Haverhill, NH. He also leaves behind his greyhound buddy, Tucker, who is mourning as much as we are. He leaves Pumpkin the barn cat who he tried to catch but never could. We watched Wicked Madhatta come to life on the trails and in vast deep woods. He went from not caring about anything, to enjoying every day, every meal, every car ride, every hike. He brought us so much joy in the 4 autumns we had him. His ashes will be scattered in the woods he loved. It will be the 4th anniversary of his arrival here which was, October 17th 2012 His undaunted spirit will be out there running and following the exciting scent of freedom. His last words might be" I once was a star.....remember me!"

Letter To The Editor

Dear Editor:

I'm about to make a small donation, fourth time, to Bernie Sanders' presidential campaign. Easy enough to do, going online to his official site.

Bernie has things to say about the Trans Pacific Pact, last free trade agreement of the 20th century bleeding into our second decade of the 21st century (because we didn't learn last century with H. Ross Perot's 1992-campaign prediction of "sucking sound of jobs leaving the country" coming true). How long have we heard praises for the better fair trade agreements, connected mostly at this time with our coffee buying and chocolate bar

buying? Obama and his conservative party members and the Republicans who love these deals, well representing Wall Street and international corporations, really want this TPP deal to happen.

Bernie says: "The TPP would give multinational corporations the ability to challenge laws passed in the United States that could negatively impact their 'expected future profits'. For example, a French waste management firm has sued Egypt for over \$100 million for increasing the minimum wage and improving labor laws. Egypt's "crime" in this case is trying to improve life for their low-wage workers. Or

Vattenfall, a Swedish energy company, has used this process to sue Germany for \$5 billion over its decision to phase out nuclear power. Should the people of Germany have the right to make energy choices on their own or should these decisions be left in the hands of an unelected international tribunal?"

We face the same threats here in the U.S. of A. If the TPP passes. Bernie stands up for our best, ordinary-people interests. Support Bernie. Feel the Bern.

Sincerely,
Lynn Rudmin Chong,
Sanbornton

reasonable, informed decision. The NH Presidential Primary is now less than 4 months away (February 9, 2016) so it is time to start learning in order to decide from an informed position. Then be sure to take the time to visit your local polling place and vote!

Gary Scruton, Editor

Lynn,

I am sure this is the first of many letters that will back a specific candidate for a specific reason. As before Trendy Times will not endorse, or voice decent toward, any particular candidate. Instead we simply urge all voters to learn as much as they can about all of the candidates. Then make a

Letter To The Editor

To the Editor,

There are judges and so called human rights organizations in this country that want to toss religious liberty, right of conscience, and freedom of speech out the window. And what happens

in a country where these three essential elements of security are tossed out the window?

Has anyone reading this ever heard of the Third Reich?

Jim Jordan, Lincoln, NH

Jim,

I certainly hope it has not gone that far. The liberties you speak of are, I agree, essential to our way of life. These freedoms and several others are what this country was built on. We can not, and I believe we will not, give these up. The real question is how far will we allow that line be pushed before it gets pushed back in the other direction?

Gary Scruton, Editor

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Dear Marci

Dear Marci,

Last year around this time I started receiving a lot of notices in the mail advertising different health insurance plans for my Medicare coverage. I was overwhelmed by the amount of information I received, and I don't want to experience that again. How can I sort through these notices and make sure that I am not being taken advantage of? How are insurance companies allowed to market their plans?
Naomi

Dear Naomi,

You are not alone—this is a common concern among beneficiaries. October 15 marks the beginning of Fall Open Enrollment. This is when Medicare beneficiaries can make changes to their health care coverage.

Starting October 1, Medicare Advantage Plans will start advertising their offerings for next year. While most plans abide by the marketing rules set forth by Medicare, not all plans do. It is important to be aware of these rules and to be on the lookout for other potential red flags so that you can make informed decisions about your Medicare options.

Some of Medicare's marketing rules for plans are:

Unless you are already a member of a plan or have given permission, plans are not allowed to contact you in any way other than through the mail.

Plan names cannot suggest that the plan is preferred or endorsed by Medicare.

Plan representatives cannot approach you in public places, such as parking lots of malls. In health-care settings, plans can only advertise in common areas such as cafeterias. They may not advertise in waiting rooms.

If you schedule a time to speak with an insurance broker about Medicare Advan-

tage options, they cannot try to sell you products other than a Medicare Advantage Plan, such as a life insurance policy.

Plans cannot offer gifts worth more than \$15. Further, they must provide the gift even if you do not sign up for the plan.

In addition to being aware of these rules, you should consider these tips to help avoid becoming the victim of marketing fraud:

Always verify all information you receive from an insurance plan representative. If an agent says that a particular doctor is in network, you should call the practice to confirm.

Be aware of your right to choose how you receive Medicare coverage. Medicare Advantage Plan agents should not tell you that Medicare Advantage is your only option.

If you are feeling pressured, you can tell the plan representative you will follow up at a later date. This will give you time to make your decisions.

Use government websites and official sources of information.

Request translation services when necessary.

The important thing to remember around this time of the year is that it is your right to decide how you would like to receive your benefits. There are many options, and it is important to consider your health care needs in the coming year when making decisions.

Finally, to report fraud and abuse, you can contact 800-Medicare or the Office of the Inspector General (OIG) at 800-447-8477. Before calling the OIG, write down as many details as possible, including names, dates, locations, and the care or services received. You can also contact your local Senior Medicare Patrol (SMP) 888-865-2683.

Marci

Don't Wash That Chicken!

And other tips for washing food

By Jessica Sprague, MNSP
UNIVERSITY of NEW HAMPSHIRE
COOPERATIVE EXTENSION

I was recently entranced by a food blog on the internet that addressed the proper way to handle and cook chicken to avoid foodborne illness. Every comment written in response to this blog introduced a new opinion on the matter. The most controversial topic was undoubtedly whether chicken should be washed before it is cooked. Some folks argued that using the hottest water possible was the way to go, and others insisted on washing the chicken in a diluted bleach solution. Some suggested soaking the chicken, while finally others thought washing chicken was a bad idea. What is the right answer? We associate washing with cleanliness in our lives, but this doesn't always carry over to our food. The following article is adapted from a factsheet from the USDA Food Safety and Inspection Service, "Washing Food: Does it Promote Food Safety?"

Despite the variety of opinions you might find online, the USDA does not recommend washing raw poultry, beef, pork, lamb or veal before cooking. Washing these items can increase the chance of bacteria on the raw meat and poultry being spread to other foods, surfaces or utensils through unintentional splatter. This spread of pathogens is called cross-contamination, something you certainly want to avoid in your kitchen. In most kitchens, including my own, clean dishes dry right next to the sink. I cer-

tainly don't want any raw chicken juice getting on those. I don't have a dishwasher so I'm especially protective of my clean dishes!

While some bacteria may splatter and spread when you wash the surface of poultry or meat, others are so tightly bound to the surface that they aren't going anywhere no matter how much you rinse or wash. It really is a no-win situation. Washing poultry or meat is either ineffective because the bacteria are tightly bound to the surface or they could potentially splash out of your sink and contaminate other items in your kitchen. The take home message? Focus on reaching the proper internal temperature of poultry and meat to ensure safety and skip the washing.

Some folks choose to soak poultry in salt water. This is personal preference and does not play a role in food safety. If you do soak poultry it should be done in the refrigerator to limit the growth of bacteria. Be careful to avoid cross-contamination when soaking and removing poultry from the water.

Washing commercial eggs is also not recommended. The USDA regulates the procedure of washing and cleaning eggs from commercial producers, and they do not need to be washed again in your home. In commercial operations, the natural coating on fresh-laid eggs (called "bloom") is removed by washing and a light coating of edible mineral oil is applied to the egg. The mineral oil coating restores protection to help prevent

bacteria from entering the shell. Handing the eggs more than necessary increases the chance of contamination, especially if the shell becomes cracked. Keep in mind that these recommendations for not washing are for commercially produced eggs.

If you collect eggs from your own backyard flock, recommendations will vary. Water temperature for washing, the use of cleansing products, and drying and storing conditions are just a few factors to consider when dealing with your own farm fresh eggs. If you have questions about washing eggs from your own flock, please contact the UNH Cooperative Extension Education Center and Information Line at 1-877-398-4769 or answers@unh.edu.

Finally, washing fruits and vegetables prior to eating or preparing is recommended. Produce should be washed under water that is the same or slightly warmer temperature (about 10°F higher) than the produce itself. Produce with a firm surface (potatoes, apples) and items with a rough texture (cantaloupe) should be scrubbed with a brush. Washing with soaps or detergents is not recommended. Some detergent products are not approved for use on foods and residues left on produce could be ingested. Running, potable tap water is adequate for washing produce. Wash fruits and vegetables immediately before using or eating. Some fruits, like raspberries, will be prone to mold growth if they are stored wet after washing.

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Transforming Clinical Practice Initiative Award

Littleton, NH – The North Country Health Consortium is a partner in one of the 39 health care collaborative networks selected to participate in the Transforming Clinical Practice Initiative, announced by Health and Human Services Secretary Sylvia M. Burwell. The Northern New England Practice Transformation Network is a partnership between the New Hampshire Citizens Health Initiative at the University of New Hampshire Institute for Health Policy and Practice, Maine Quality Counts, and Vermont Program for Quality in Healthcare, Inc.

In New Hampshire, the Practice Transformation Network will be led through the NH Citizens Health Initiative at the University of New Hampshire's Institute for Health Policy and Practice. "We are very excited to be able to provide NH's medical practices with practical assistance to help them respond to the changing health care payment and practice environment and better serve their patients' needs," said Jeanne Ryer, Director of the NH Citizens Health Initiative.

The Citizens Health Initiative will connect Practice Transformation Network activities to its Accountable Care Project learning network and work with key partner North Country Health Consortium to provide health practices around the state with Practice Transformation Coaches. Coaches will assess individual practice needs and provide

technical assistance to enhance patient care, improve care coordination and quality outcomes, and lower costs. "We are thrilled to be a partner in this important initiative and to work with practices throughout the state. We will be working at the community level to ensure patient and clinician needs are being met as we move New Hampshire forward toward better health," said Nancy Frank, Executive Director of the North Country Health Consortium. The North Country Health Consortium (NCHC) is a rural public health organization whose mission is to improve the health status of North Country residents. NCHC will be working with the statewide Area Health Education Center (AHEC) program to provide a network of Practice Transformation Coaches at the community level.

"Having worked with CHI on both the patient centered medical home and accountable care project efforts in my role as CEO of Ammonoosuc Community Health Services, as well as a Board Director at NCHC on efforts including the North Country Accountable Care Organization,

I am pleased to see this investment in CHI and NCHC as it will once again demonstrate how New Hampshire is first in the nation in moving health care reform forward," said Ed Shanshala.

The Northern New England Practice Transformation Network

will support 500 primary care and specialist practices to expand their quality improvement capacity, learn from one another, and achieve common goals of improved care, better health, and reduced cost. The network will conduct a readiness assessment for each practice; provide direct technical assistance through the network of practice "coaches"; offer a range of options and opportunities for regional and cutting-edge distance-based collaborative learning; provide evidence-based team trainings; and build networking and tools to improve care coordination across the participating practices.

These awards are part of a comprehensive strategy advanced by the Affordable Care Act that enables new levels of coordination, continuity, and integration of care, while transitioning volume-driven systems to value-based, patient-centered, health care services. It builds upon successful models and programs such as the Hospital Value-Based Purchasing Organization Program, Partnership for Patients with Hospital Engagement Networks, and Accountable Care Organizations.

For more information on the Transforming Clinical Practice Initiative, please visit: <http://innovation.cms.gov/initiatives/Transforming-Clinical-Practices/>

"Medicare Boot Camp" at NVRH, St Johnsbury

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

On Thursday October 22, 2015 from 9:00 - 11:00 a.m., Pat Paine, Health Insurance Information Specialist with the Area Agency on Aging, will offer a workshop for those new to Medicare – individuals approaching the age of 65 or who have become disabled on a long term basis. Persons working in the Health Care Field are also invited to attend. The workshop will be held in conference room #126 at Northeastern Vermont Regional Hospital.

It's easy to become overwhelmed by the complexity of Medicare. Pat will offer an informal presentation that addresses



Medicare program basics. Topics include fraud prevention, supplemental insurance, prescription drug coverage and state and federal health insurance programs that work alongside Medicare. There will be plenty of time for questions, too.

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

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Ronda's Harvest Chicken

Editor's Note: Ronda is currently a bit "Under the Weather" and we have therefore pulled a recipe from the past for your enjoyment. We wish Ronda a speedy recovery.



This is the perfect dish for early fall; it is redolent of the flavors we in New England associate with the turning foliage and the accompanying clear, crisp days. Now is the time to try this recipe, when our local apples are prime for the picking and just waiting to be transformed into a delicious meal. If you have always thought of apples as being strictly for use as an element of a dessert, you are in for a treat. Apples can be used in many savory applications, too; a secret the French have known for a long time. Something about the slight sweetness of the fruit has a natural affinity for any white meat, such as pork or chicken, and the pectin which apples contain acts as a natural thickener for the sauce which dresses the dish. Add the smoky overtones of a little maple syrup, and you have the picture perfect autumnal dinner.

I got the inspiration for this recipe from a chef's cooking demo on VT Public Television, but as usual, I tweaked and fiddled with her version until I had something which felt easy and more user friendly for all of us non-chef types. I served it with a mound of sautéed spinach and simple buttered noodles,

but it sure would be just as tasty with a big 'ole pile of mashed potatoes, too. Please, please, please give this a try soon, while you still have that bag of fresh apples begging to be used!

- 3 or 4 Boneless/skinless chicken breasts, rinsed, trimmed and dried
- Salt & pepper
- 1 Tablespoon butter
- 1 Tablespoon olive or vegetable oil
- 1 medium onion, sliced
- 1 apple, peeled, cored, and sliced in thin wedges
- 1/4 cup REAL maple syrup
- 2 Tablespoons cider vinegar
- 1 cup chicken broth (or bouillon)
- 1 teaspoon dried thyme

Preheat oven to 350°F. Liberally season the prepared chicken breasts on both sides with salt and pepper. In a large, oven-safe skillet, heat the butter and oil until almost smoking. Add the seasoned breasts and do not move for a couple of minutes, allowing them to brown and release from the pan before turning to brown on the other side. Remove meat to a plate and set aside. Add the onions, apples, and thyme to the pan and cook for several minutes, until apples are softened and onions

are translucent, scraping bottom of pan to incorporate the fond left behind by the chicken. Add the syrup, vinegar, and about half of the bouillon to the pan, bringing it to a boil before nestling the browned chicken back in amongst the vegetables. If necessary, add more of the bouillon, so that the chicken is about half submerged in liquid. Place uncovered skillet in the oven and cook for 30-40 minutes, until liquid is reduced by about half and chicken is thoroughly cooked. Remove from oven and allow to sit for about 5 minutes, before slicing each chicken breast into medallions. Serve chicken slices topped with the apples, onions, and pan gravy.

NOTE: This recipe serves 4, but can be easily doubled. You can also substitute pork chops for the chicken breasts, for an equally delicious meal!



On a recent weekend members of the Cohase Lions Club replaced the roof on the utility building at the A.P. Hill Community Pool in Woodsville. The Club, an affiliate of Lions Club International (LCI), provided all materials and labor to complete the work. The Club welcomes as new members men and women who are interested in community service. The motto of LCI is "We serve." Pictured above are (front kneeling) Tim Corey and Richard Thompson; standing left to right Roger Fournier, Roland Clifford, Bob Fagnant, Doug Dutile, Steve Wheeler, John Aldrich, Lynn Wheeler and Barb Dutile. Absent at the time photo was taken: George Cook, Glenn English, and Dan Brady.

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