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TRENDY



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TIMES

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## New Therapeutic Recreation Initiative Expands ASPNC Impact & Programs

Franconia, NH, Matthew Jerals, a graduate of the University of New Hampshire's Therapeutic Recreation Program and licensed CTRS-L, has joined the team at Adaptive Sports Partners of the North Country (ASPNC) to implement therapeutic recreation services for ASPNC and their participants. Matthew has volunteered and worked in a variety of recreation settings, most notably at Northeast Passage (NEP) in Durham, a nationally recognized leader in the fields of Adaptive Sports and community and school-based Recreational Therapy. At Northeast Passage, Matt implemented NEP's veteran in-home therapeutic recreation program and assisted with many adaptive sports programs including the NEP Quadriplegic Rugby Team.

"The addition of Matt and the new ASPNC Recreational Therapy Initiative keeps our mission to enrich the quality of life for people with disabilities moving forward," shared Sandy Olney, Executive Director of ASPNC. "The health-promoting program deepens ASPNC's continuum of services and impact by adding person-centered treatment for individuals and groups in their home communities. Our focus will be on wellness education, fitness plans, functional skill development, community integration, resource and network

development, and individual and family recreation, all geared toward helping our participants reach their full potential." This new initiative is paid for in part through a grant from the New Hampshire Charitable Foundation.

An immediate goal for Matt and ASPNC is to implement a Community/Home Based Recreational Therapy program and a School-Based Recreational Therapy Program, both modeled after existing, successful programs at Northeast Passage. The new ASPNC Programs will include outreach to local schools, healthcare organizations, and human service agencies for collaborative partnerships and coordinated services. Matt will also be identifying organizational volunteer staffing needs, recruiting volunteers, and organizing training opportunities. "I look forward to meeting all our volunteers and members of the community. Together we can create a truly special program for the North Country."

Adaptive Sports Partners of the North Country (ASPNC) serves 185 partic-

ipants annually. Current programs include team sports like sled hockey, unified basketball, and power wheelchair soccer, individual recreational activities such as alpine skiing, snowshoeing, cycling, and kayaking, and social, and wellness activities including a garden buddies program. ASPNC is a community-based, not for profit organization. Participants and volunteers are essential partners and are encouraged to engage with ASPNC through organizational membership. Membership details can be found here: <http://adaptivesportspartners.org/partner/>. New Volunteer Information Sessions are scheduled for October 28th, 29th, and November 2nd. More information



on these sessions is available via the ASPNC website, [www.AdaptiveSportsPartners.org](http://www.AdaptiveSportsPartners.org).

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# TRENDY Dining Guide

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## Anthony's

by Gary Scruton

It was a Friday evening that Janice and I were able to visit the newest member of the Trendy Times Dining Guide. The place is known as Anthony's and sits on Railroad Street in St. Johnsbury. Anthony's has been in this location for quite some time as their menu proudly proclaims over 40 years of their famous Woodsman Burger.

When we arrived and drove around back to find a parking spot we found that Anthony's was a hopping place. We stepped inside the pair of screen doors and saw others already standing in line. One gentleman told us that he was in line to pick up his take out meal. As a waitress came thru we asked if we could just take

the two person booth that was currently empty. "Sure" she told us, and we moved out of the doorway and into the comfortable little seating spot.

Though the waitresses were obviously quite busy it took very little time before one showed up at our table with menus. This is, to me at least, one of the toughest parts of going to a new eatery. Looking over the menu and making a call as to which way to go. It turned out that Janice and I went in very different directions for this meal.

After working our way thru the menu we came up with our orders and were ready when our waitress returned. Janice decided to see how well Anthony's did with seafood and ordered the whole belly clams. They came with

french fries and cole slaw.

I succumbed to the suggestion on the menu (and in their advertisement) and went with a burger. Not the Woodsman, but instead what they refer to as a 4x4 burger. Plus I got something from their specials white board, a cup of clam chowder.

It wasn't too long before my larger than normal cup of chowder arrived along with a couple of packages of saltines. I dug in and was pleased by the large amount of "stuff" in the chowder. There was plenty of clam taste and clams, but also good chunks of potato and an all around good taste.

Next came our meals, served together. Janice's meal was actually served

on two plates. There were so many clams that the french fries needed to be brought to the table on a separate plate. And these were not small plates, but regular sized dinner plates. An excellent serving of clams. And tasty as well. The fries are hand cut and were also cooked very well. My fries were well cooked, but not so crispy that they crunched. They were just at that point of browned, but still soft inside.

In regards to my burger, the 4x4 is listed as coming with sautéed onions and mushrooms with American cheese. I did not notice how big the burgers were according to the menu, but on my plate it was certainly a two handed burger. The layer of toppings was as big as the burger and the whole thing was just as tasty as one

could ever want to have.

I did manage to finish my meal, but Janice needed to get one of those styrofoam containers in order to take some of her fries and clams home. She told me that the reheated ones were also a nice treat.

As with many first time visits, I really wanted to try out the desert menu, but that will obviously have to wait for another visit to Anthony's.

I should mention also that even though the eatery was quite busy, there did not seem to be a line for very long and yet they were still able to get our meal served to us in a timely manner and we were in and out in just about an hour, a time that I fully expect to spend when going out to eat.

The total cost of our two meals was \$38.64 before tip.

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## Mentoring Board Gets New Members

### Mentoring Board Gets New Members

In recent weeks, The Mentoring Project of the Upper Valley (TMP) has welcomed four new members to its Board of Directors: Jeff Spiegel of Corinth, Susan Underwood of Newbury, Lance Mills and Peter Berger of Fairlee. In doing so, they have committed to serving as ambassadors to their communities to inform others and promote the work of the program.

The responsibilities of the now 8-member board includes oversight of the finances and offerings of The Mentoring Project, problem-solving and fund-raising for the program. "The newest members of the Board have already 'gotten their feet wet', according to Program Coordinator Nancy Jones. "They've been very helpful with fund-raising efforts and have brought new perspectives to the Board with great ideas for improving and sustaining our services."

The Mentoring Project



Recent additions to The Mentoring Project Board of Directors, Lance Mills, Jeff Spiegel and Peter Berger. Susan Underwood was unavailable for photo

matches adult volunteers with youth who have requested a mentor, and together they make a commitment to spend at least 5 hours per month together engaging in wholesome activities for at least one year. The over-arching goal is to have those relationships last through high school graduation. With an eye toward increasing the number of mentor/mentee matches in the Program, the Board and Coordinator are working toward ensuring that the budget can sustain the growth of the program and can

provide optimum monitoring and support of each match. Over the past several months, The Mentoring Project of the Upper Valley has gone through a rigorous process to be identified as a Quality Mentoring Service (QMS) and has achieved that status. At each of its monthly meetings the TMP Board reviews and updates each segment of its Policies & Procedures to insure that the Program maintains its QMS standing among mentoring programs in VT.

## Curiosities of History and Science in the Old World and New

To walk among the artworks of W. David Powell is a little journey in time travel, into another dimension where centuries mix and match, smack of reality and fantasy laced with intellectual curiosity. Professor Powell writes in his artist statement: "I am increasingly interested in the 19th century, when knowledge was shared and scientific pursuit was part of a holistic "natural philosophy" not a narrow search for new weapons or drugs. We have lost much of our child-like wonder and awe for a universe that presents us with new marvels. The need to quantify existence has become a shackle to science and education."

You may feel that you've stepped into a side room at the Fairbanks Museum, a century ago, that these works are, just liked the stuffed animals and birds in the central hall, part of a world in love with all the curiosities of the universe in the newly reawakened world of science and nature. These works are in a variety of mediums, including collages, digital prints, mixed media, tapesties and assemblages.

A resident of Underhill, Vermont, W. David Powell is an Associate Professor of Art at SUNY in Plattsburgh. Originally hailing from Georgia, where he received his BFA in Painting at the University of Georgia, we continued his studies to receive his MFA from the

Vermont College of Art. In the 1980's Powell founded Wonder Graphics where he created the album cover for "Eat a Peach" Album for the Allman Brothers, which was selected by Rolling Stone Magazine as one of the top 100 album covers of all time. He also founded Porcupine Graphic T-Shirts (including works for Ben & Jerry's and Vermont Castings. He was also the Art Director for Computer Games Magazine in Burlington, VT. W. David Powell's art has been shown in galleries and museums in London, England, and all over the United States. And best of all his work is shown all over our beautiful state of Vermont. (He recently designed the poster for the Boreal Feast group exhibit at Miller's Thumb in Greensboro.) His work is in the collections of MOMA in



NYC, the Fleming Museum, Hampshire College, New York Public Library, University of Pittsburgh, Smith College, University of Vermont and Yale University, as well as in numerous private collections.

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## “Smartphones,” What Do You Think?

A recent article titled, “How Smartphones Hijack Our Minds” was published in The Wall Street Journal. The article sparked several NH representatives to ask what can be done to address research referenced in the article that suggests that as “the brain grows more dependent on phone technology, the intellect weakens.” As a “typical smartphone owner, you’ll be pulling your phone out and using it some 80 times a day,” and that implies that we will be staring into our small, hand held devices nearly 30,000 times over the coming year.

As with any new research, there will be critics and defenders. The concern that a few legislators are questioning, asks if and how smart-

phones may impact student learning in public schools, and should this issue be directed to the department of education for further inquiry.

In a nutshell, here is some of the research supporting the claim that smartphones may restrict our brains from taking the time to think. Smartphones provide immediate data, but may constrict our capacity to turn information into knowledge. “Simply upgrading our gadgets won’t solve the problem. We need to give our minds more room to think. And that means putting some distance between ourselves and our phones.”

A number of studies have been completed on this topic that offer food for thought. 520 undergraduate students at the University of California, San Diego were administered two standard tests of intellectual acuity. The only difference between the two tests was the location of test taker smartphones. Some students were asked to place the phones on their desks, in their pockets or handbags, or leave the phones in another room. Testing results clearly demonstrate that the group that could visually see the phones on the desktops did the worse. Those who had the phones placed in an-

other room did the best! As phone proximity to a test taker became closer, test performance decreased. Another study at the University of Arkansas found that students who didn’t bring their phones to the classroom scored a full letter-grade higher on a test that both groups were equally prepared. It did not matter whether the students who had phones used them or not. An interesting study completed in the United Kingdom involved 91 secondary schools. It found that the students’ testing scores significantly increase when schools ban smartphones in the classroom. The weakest students benefited the most.

The Wall Street Journal concluded with statements made by Doctors Wegner and Ward written in Scientific America, “When people call up information through their devices, they often end up suffering from delusions of intelligence. They feel as though their own mental capacities had generated the information, not their devices.” After viewing information so often on a hand held gadget, the brain is trained to believe without giving the brain more room for thinking about what has been read or seen.

Perhaps it would be wise to give pause. The Wall Street Journal article and supporting research has been submitted to the NH Department of Education. In light of the studies, it might be wise for parents to work with school boards in developing working policies regarding smartphone use in schools. As with everything, there are pluses and minuses and an appropriate time and place for use. It should be noted, that legislators are asked not to use smartphones while in the General Court on session days.

Respectfully,  
Rep Rick Ladd  
Chair, House Education

## Alice In Woderland to be Staged at Jean’s Playhouse

Lincoln, NH - Jean’s Teens and Lin-Wood Public School Present Alice in Wonderland!

Jean’s Teens, the teen theatre group operated by Jean’s Playhouse in cooperation with Lin-Wood Public School, will be presenting Alice in Wonderland on November 3rd and 4th at 7:30 pm and November 5th at 2:00 pm.

This beloved tale is based on the book by Lewis Carroll. A curious young girl follows a white rabbit down a rabbit hole and into Wonderland. There, she encounters some of the strangest and most peculiar creatures, including the Cheshire Cat and the Mad Hatter.

Tickets are \$15 and may be purchased online at [www.JeansPlayhouse.com](http://www.JeansPlayhouse.com) or over the phone at 603-745-2141.

Jean’s Teens is operated in collaboration between Jean’s Playhouse and Lin-Wood Public School. This innovative, professional-level theatre education program offers more than 50 youth from Plymouth, Campton,

Lincoln, Woodstock, Littleton and other area towns the opportunity to build their self-confidence, learn new skills, create a sense of team, and participate in plays and musicals with their peers every spring and fall!

Alice in Wonderland is sponsored by: Susan & Donald Babson Trust, Dead River Company, New Hampshire Electric Co-op Foundation and Price Chopper.

Jean’s Playhouse is a non-profit performing arts center that operates the professional Papermill Theatre and IMPACT Children’s Theatre Companies in the summer and fall and the community Playhouse Players and Jean’s Teens theatre companies in the winter and spring. Jean’s Playhouse also offers a limited year-round guest artist series of magicians, comedians and musicians. Jean’s Playhouse is located at 34 Papermill Drive in Lincoln, adjacent to RiverWalk Resort at Loon Mountain (newly opened!) off I-93 Exit 32. Visit [JeansPlayhouse.com](http://JeansPlayhouse.com) or call 603-745-2141 for more information.

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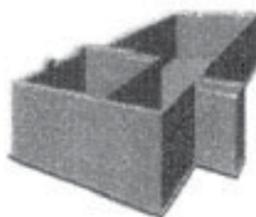
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# Famous Novel "Ethan Frome" On Stage at OCT

BRADFORD, VT: On October 20th, "Ethan Frome" will begin two weekends of performances, concluding the 2017 season at Old Church Theater. In a play unlike any other that the group has presented in recent years, "Ethan Frome" is Edith Wharton's famous novel of tragic romance, as adapted by Gary Blackwood for the stage. Production dates are October 20-21-22 and 27-28-29, with shows at 7:30pm Fridays and Saturdays and Sundays at 4pm. Admission is just \$12, \$10 for seniors and \$6 for students. Old Church Theater is located at 137 North Main St in Bradford VT.

"Ethan Frome" is directed by Miles Conklin, who may be remembered as one of the eccentric brothers in the season-opener last June in "One Night in the Valley". In the cast are Marcela Williamson, Carrie Anne Quinn, Emma Steincross, Liane Allen, Dan Naranjo, Anthony Helm and Jeremy Wheeler. The stage manager is Diane Chamberlain.

"Ethan Frome" tells of rural Massachusetts life near the turn of the twentieth century, where Ethan Frome is a bitter and broken middle-aged man who has resigned himself to a loveless marriage. But when a naive

and appealing young relative comes to live with them his bleak existence changes, and through a series of flashbacks, we see what made him that way. "Ethan Frome" is a powerful story with a local slant: The movie was filmed in nearby Peacham in the 1990's starring Liam Neeson and Patricia Arquette.

For reservations, call 802-222-3322 anytime for the best seats (if you arrive with no reservations you may sit in any non-reserved seat). Reservations may also be made by emailing [reservations@oldchurchtheater.org](mailto:reservations@oldchurchtheater.org). Visit [www.oldchurchtheater.org](http://www.oldchurchtheater.org) for preview photos, made available a few days before "Ethan Frome" opens, and anytime on Facebook too.

Old Church Theater is a non-profit organization based in Bradford, Vermont, and has produced community theater since 1985 presenting five or more productions from May through October in Bradford's historic "old church". Plans are currently underway for a major renovation of the 224 year-old building while the group relocates to temporary quarters to continue its full theatrical season for the next three years.



"In a rehearsal photo from Old Church Theater's current production of "Ethan Frome", Ethan's wife Zeena (played by Carrie Anne Quinn) is suspicious of Ethan (Dan Naranjo) and his attention to Mattie, (Marcela Williamson). The drama, also billed as a tragic romance, opens October 20th and plays two weekends, Fridays and Saturdays at 7:30pm and Sundays at 4pm. For reservations call 802-222-3322 anytime."

# "Odd Couple" Come To St. Johnsbury

On October 27th St. Johnsbury Player's will open their Fall production of Neil Simon's Broadway smash hit, The Odd Couple. This comedy masterpiece later became a hit Hollywood movie starring Walter Matthau and Jack Lemmon, and later a hit TV sitcom.

The Odd Couple is a laugh filled comedy from the very first speech to the last. Friday night is poker night at superslob sportswriter Oscar Madison's (Stephen Robertson) Upper East side apartment in New York City. All the usual poker players (Brendan Hadash, Calvin Longe, Adam Lumbra and Nathaniel Wayne) are there except Oscar's oldest friend, Felix Ungar (Dennis MacKay), a CBS newswriter and germaphobic neatfreak, who never misses the game. We learn that Felix has been thrown out of his home by his soon to be ex-wife. He moves in with Oscar, his behavioral opposite, and the fun begins. Add to the mix, two charming and attractive British Pigeon sisters (Mira George and Johanna Schillemat) who live upstairs and the humor ramps up exponentially.

The Odd Couple is directed by Jan Clausing who has directed many shows for the SJP, most recently On Golden Pond and Plaza Suite. He is ably assisted as assistant director, and stage manager by veteran director, Michele Laberge who for a number of years directed the theater program at Lyndon State College. Michele



Poker night at Oscar Madison's. (L-R) Adam Lumbra as Vinnie, Calvin Longe as Murray, Stephen Robertson as Oscar, Dennis MacKay as Felix, Nathaniel Wayne as Speed and Brendan Hadash as Roy.

is a long time resident of St Johnsbury.

The Odd Couple opens on Friday October 27th at the St. Johnsbury School auditorium on Western Ave. in St Johnsbury with another performance on Saturday Oct. 28th. There will be three additional performances on Nov. 3, 4, and 5th. Curtain times are at 7:30pm with the exception of the Sunday Nov. 5th performance, which is a two o'clock matinee. Ticket prices are \$10.00 for adults, \$8.00 for students and se-

niors and will be available at the door or can be purchased in advance through Catamount Arts. The play is suitable for all ages. The Odd Couple is produced in part through generous sponsorship by Community National Bank, Passumpsic Savings Bank, Union Bank and by special arrangement with Samuel French. For more information check us out on Facebook or on our website at [www.stjohnsbury-players.org](http://www.stjohnsbury-players.org). For more information call 802-467-03043.

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Edith Wharton's famous novel of tragic romance

# ETHAN FROME

Adapted for the stage by Gary Blackwood

## October 20-21-22 October 27-28-29



Directed by  
**Miles Conklin**

**Reservations 802-222-3322**  
137 North Main St. Bradford Vt  
[www.oldchurchtheater.org](http://www.oldchurchtheater.org)

**Fridays & Saturdays 7:30pm**  
**Sundays 4pm**  
Admission \$12.00, Seniors \$10.00, Students \$6.00

Not all Times are Trendy, but there will always be Trendy Times October 17, 2017 Volume 9 Number 1

# Calendar of Events

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

## TUESDAY, OCTOBER 17

NH STATE VETERANS COUNCIL  
REPRESENTATIVE  
9:00 AM – 12:00 Noon  
Woodsville American Legion Post #20

## WEDNESDAY, OCTOBER 18

SYMPOSIUM FOR CIVIC ENGAGEMENT  
6:00 - 8:00 PM  
ALUMNI HALL, HAVERHILL  
See Ad on Page 9

## THURSDAY, OCTOBER 19

MARKETING ON A SHOESTRING  
10:00 AM - 12:00 NOON  
WREN Offices, Bethlehem  
See Article on Page 13

## VFW POST #5245 MONTHLY MEETING

7:00 PM  
VFW Hall, North Haverhill

## FRIDAY, OCTOBER 20

ETHAN FROME  
7:30 PM  
Old Church Theater, Bradford  
See Article & Ad on Page 6

## THE GREAT GATSBY FALA

Common Man Inn & Spa, Plymouth, NH  
See Article on Page 8

## SATURDAY, OCTOBER 21

FRIENDS OF BATH CRAFT FAIR  
9:30 AM - 2:30 PM  
Bath Village School

## BENEFIT TEXAS HOLD "EM POKER

1:30 PM Cash Game  
Dancers' Corner, 93 Pine St., White River Jct.

## HALLOWEEN HARVEST CORN BEEF DINNER

5:00 PM  
United Congregational Church of Orford UCC

## 4-H LASAGNA DINNER

5:00 - 8:00 PM by donation  
Pythian Hall, On the Common, Warren

## ETHAN FROME

7:30 PM  
Old Church Theater, Bradford  
See Article & Ad on Page 6

## SUNDAY, OCTOBER 22

BENEFIT TEXAS HOLD "EM POKER  
11:00 AM Cash Game 1:45 PM Tournament  
American Legion Post #58, St. Johnsbury  
ETHAN FROME  
4:00 PM  
Old Church Theater, Bradford  
See Article & Ad on Page 6

## FRIDAY, OCTOBER 27

CHURCH RUMMAGE SALE  
9:00 AM - 2:00 PM  
Peacham Church

## THE ODD COUPLE

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

## ETHAN FROME

7:30 PM  
Old Church Theater, Bradford  
See Article & Ad on Page 6

## SATURDAY, OCTOBER 28

VINTAGE QUILT SALE  
9:00 AM - 1:00 PM  
Haverhill Congregational Church Parish Hall

## CHURCH RUMMAGE SALE

9:00 AM - 12:00 NOON \$2 Bag Sale  
Peacham Church

## THE ODD COUPLE

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

## ETHAN FROME

7:30 PM  
Old Church Theater, Bradford  
See Article & Ad on Page 6

## SUNDAY, OCTOBER 29

BENEFIT TEXAS HOLD "EM POKER  
11:00 AM Cash Game 1:45 PM Tournament  
American Legion Post #30, Lyndon

## ETHAN FROME

4:00 PM  
Old Church Theater, Bradford  
See Article & Ad on Page 6

## MONDAY, OCTOBER 30

NORTH COUNTRY FRUIT AND VEGETABLE  
SEMINAR AND TRADE SHOW  
Mountain View Grand Resort, Whitefield  
See Article on Page 16

## WEDNESDAY, NOVEMBER 1

WOODSVILLE AREA FOURTH OF JULY  
COMMITTEE MEETING  
7:00 PM  
Woodsville Emergency Services Building

## FRIDAY, NOVEMBER 3

ALICE IN WONDERLAND  
7:30 PM  
Jean's Playhouse, Lincoln  
See Article on Page 4

## THE ODD COUPLE

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

## SATURDAY, NOVEMBER 4

CELEBRATION OF PRAISE  
3:30 PM  
Littleton Opera House  
See Ad on Page 11

## ALICE IN WONDERLAND

7:30 PM  
Jean's Playhouse, Lincoln  
See Article on Page 4

## THE ODD COUPLE

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

# Ongoing Weekly Events

## MONDAYS

**NEK COUNCIL ON AGING'S HOT MEALS**  
11:30 AM - St. Johnsbury House  
NOON - Darling Inn, Lyndonville  
**ADULT STRENGTH TRAINING**  
1:30 - 2:30 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  
**KIWANIS CLUB OF ST JOHNSBURY**  
6:15 PM - VFW Post, Eastern Ave.

## MONDAYS/WEDNESDAYS

**RSVP BONE BUILDERS**  
10:30 AM - 11:30 AM  
Linwood Senior Center, Lincoln

## 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,  
North 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  
**TOPS (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  
**COMMUNITY DINNER BELL** -  
5:00 PM September 5- June 5  
All Saints' Church, School St., Littleton  
**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**  
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**  
Evergreen Pool, Rte 302, Lisbon  
**ADULT STRENGTH TRAINING**  
1:30 - 2:30 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

## 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  
**ST PAUL'S BIBLE STUDY ON JAMES**, 6:15  
PM, 113 Main St., Lancaster  
**FRIDAYS**  
**ADULT STRENGTH TRAINING**  
9 AM - 10 AM - St. Johnsbury House  
1:30 - 2:30 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  
**SUNDAYS**  
**CRIBBAGE** - 1:00 PM  
American Legion Post #83, Lincoln  
NORTH DANVILLE BAPTIST CHURCH (ABC),  
Worship and Sunday School, 9:30 AM  
Refreshments at 10:20 a.m.



## Local Food Sale Boost for Vermont Retailers

Montpelier, Vt. – The “Take 5” retail training video series, produced and distributed by the Vermont Farm to Plate Network, helps Vermont retail stores effectively source and merchandise more local food. The video series provides retailers with online technical assistance that can lead to increased local food purchases and sales at Vermont retail outlets and improved profitability for the stores throughout Vermont.

The Take 5 training videos are available at no charge on the Vermont Farm to Plate website at <http://bit.ly/Take5RetailTraining>.

“The Take 5 videos are such great tools for busy retailers to gain quick tips on purchasing, getting new ideas for merchandising, or gaining insight on how to sample products. In a busy retail environment, these quick video tips are exactly what store owners need so they can focus on running their business while also staying up to date on fresh ideas,” says Erin Sigrist, president of the Vermont Retail & Grocers Association.

A total of 12 videos, each approximately five minutes in length, teach promotions,

purchasing, merchandising, in-store displays, signage, sampling, and procurement. Retail stores including convenience, general, and grocery are invited to use the videos to help train staff in different ways to increase sales of Vermont products at the store. Farmers and specialty food producers as well as food distributors, food hubs, and regional food organizations interested in learning more about best practices in retail merchandising may also find value in the video series.

“The need for these videos was identified through research conducted by the Farm to Plate Network in 2014 and 2015 to better understand the opportunities and barriers to selling local food at independent grocery stores, and to assess what local products stores currently carry,” says Jake Claro, Farm to Plate director. “Retailers requested technical and marketing assistance to help increase local food sales. In response, the Take 5 videos were created to provide short and easily accessible trainings for retailers.”

The Take 5 retail training video series help implement Vermont’s Farm to Plate food

system plan goals to support locally owned and operated food system businesses and increase local food availability, consumption, and farmer/producer viability. The Farm to Plate food system plan is being implemented statewide by the Farm to Plate Network (over 300 farm and food sector businesses, non-profits, institutions, and government agencies from across the state) to increase economic development and jobs in Vermont’s farm and food sector and improve access to healthy local food for all Vermonters.

The implementation of Vermont’s Farm to Plate food system plan (per 2009 legislation) is administered by the Vermont Sustainable Jobs Fund, a non-profit organization based in Montpelier, Vermont.

Annie Harlow, chair of the Farm to Plate Network Independent Retailers Task Force, serves as the project manager in collaboration with the Vermont Retail & Grocers Association, Mark Mulcahy of Rising Stars & Organic Options, and the Vermont Sustainable Jobs Fund. Additional support was provided by The Intervale and UVM Center for Rural Studies.

## Ray of Hope Celebrates Successful First Year

Second annual benefit seeks to raise funds for revolutionary Ray of Hope Unit

Since its much-lauded inception in October 2016, Cottage Hospital’s Ray of Hope Unit has successfully helped a multitude of older patients navigate through their mental health challenges and get back to a healthier lifestyle.

To gear up for another groundbreaking year, Cottage will host its second annual fundraising benefit for the Ray of Hope Unit on October 20, 2017.

The Great Gatsby-themed gala will be held at the Common Man Inn & Spa, located in Plymouth, NH, and feature music by the Wicked Smart Horn Band, an acclaimed local band based out of Franconia, NH.

The Ray of Hope unit is a voluntary adult behavioral health program that benefits individuals throughout the tri-state region and beyond. The 10-bed unit provides both psychiatric and supportive medical care services to older adults suffering from acute psychiatric, behavioral or emotional issues. This can include depression and mood disorders, dementia,



anxiety disorders, and other mental illnesses.

The unit’s namesake is a nod to the late Raymond Burton, the longest-serving executive councilor of NH District 1 of over forty years. Ray Burton exemplified the values of public service and collaboration as a dedicated resident who cherished his roots in the North Country and made Cottage Hospital his hospital of choice.

“One of the biggest benefits this unit has provided is to those at home who are caring for a loved one, but need help coping with the mental health issues,” said Dr. Chad Findley, MD.

Cottage Hospital remains committed to educating and raising awareness to the behavioral health needs of residents – and this event hopes to bring together the community’s circle of support. Each tax-deductible ticket purchase or business sponsorship will help sustain and expand the mission in the ongoing mental health crisis.

To learn more about the Ray of Hope, or purchase tickets for the gala, go to <http://www.cottagehospital.org/ritz/> or contact Cottage Hospital’s Community Relations Department at 603.747.9707

Cottage Hospital is a community hospital located in Woodsville, NH. The only designated trauma center in the North Country, the hospital has been serving the Upper Connecticut River Valley of New Hampshire and Vermont for over 110 years with a broad range of services. For more information, visit [www.cottagehospital.org](http://www.cottagehospital.org) or call 603-747-9000.

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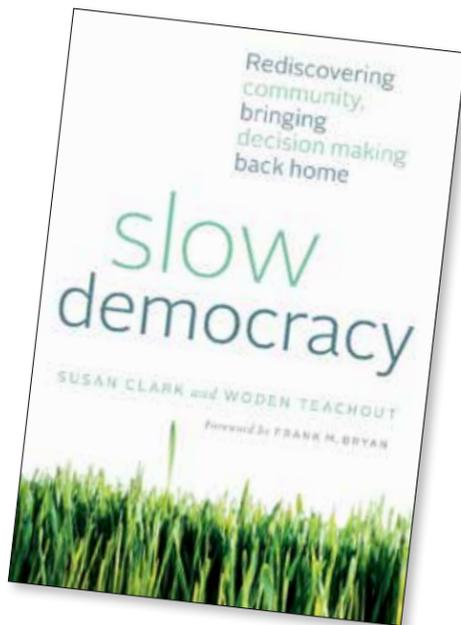
Wednesday, October 18, 6-8 P.M.

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Join us for a one-hour presentation given by Susan Clark, author of *Slow Democracy*, where she will discuss a brief history of civic engagement in New England and introduce key points from her book. Following the presentation will be a Q&A and discussions session.

This is part of a series of events focusing on civic engagement in the Haverhill area.

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**Author Susan Clark will be signing her book. Come early and receive a complimentary copy!**

Refreshments will be available.

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See further up here.

# Old Church Theater Relocates To Temporary Home

BRADFORD, VT: After 32 years in the same location, Old Church Theater of Bradford will be moving to temporary quarters as "the old church" at 137 North main Street, the group's home since 1985, undergoes repair and renovations. Originally built in 1793 on Bradford's upper plain, the "old church" has been moved twice, ending up in its current location after the (new) congregational church

was built next to it.

The temporary home of the theater will be at 176 Waits River Road, just past Farmway, in the same building occupied by the Bradford Veterinary Clinic and The Orange East Senior Center, in a presently-unoccupied section facing the main road. There, Old Church Theater will stage its next few seasons while repairs and renovations are underway at "the old church". Happily,

the new temporary home will offer ample parking and full handicap access, heat and air conditioning, and fully accessible bathrooms for patrons. Plans are already underway to convert the space into a cozy theater for the 2018 season of plays.

A \$20,000 grant to begin repairs on "the old church" has already been applied for, and Old Church Theater has received many emails and letters of support for that proposal from all over



the upper valley area. Other fund-raising is scheduled as well for a hoped 2020 return to "the new old church".

The building has filled many roles over its long life and is probably Bradford's oldest building, having been a church, town meeting hall, movie theater, Odd Fellow hall, basketball court, and more. Following restoration and reopening of the "new old church", it is expected the building will be able to host many performance artists, and even dance, music, recitation and travelling theater troupes. Dependent upon the weather and the building's new heating capabilities, year-round use may be possible.

At this time, the "the old church" is owned by the Bradford Congregational Church, and it is likely that ownership will be transferred to Old Church Theater, who has been renting the building every year since

1985. Upon assuming ownership, Old Church Theater (a fully non-profit organization under state and federal law) will begin seek grants and donations to structurally repair and renovate the building by 2020 with special attention to these areas:

- Rebuild the south lower wall and other areas where the building connects to the foundation
- Revise all safety exits
- Completely re-cast the building's basement
- Reconfigure the lobby and restrooms
- Create handicap access to the theater, lobby and rest rooms
- Secure new audience seating
- Install new insulation, heating and ventilation.

For more information, visit [www.oldchurchtheater.org](http://www.oldchurchtheater.org) to keep up-to-date on progress to restore Bradford's oldest building.

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# You are invited to garden and learn! UNH Grafton County Master Gardener Volunteer Fall Work Day – October 28, 2017

All members of the public are invited to volunteer alongside experienced Master Gardeners at the Grafton County Master Gardener Volunteer Fall Work Day event at the Grafton County Complex Memorial Gardens, 3855 Dartmouth College Highway, North Haverhill, NH on Saturday, October 28th. Learn about low maintenance, integrated landscaping techniques during this educational, hands-on session from 9:00 a.m. to 12:00 p.m. Participants will gather to begin the work day in the gardens on the south side of the Grafton County Nursing Home.

The Memorial Gardens are now in the 12th year. These gardens offer a beautiful spot for nursing home residents, their families, employees and visitors to



relax, contemplate, and admire nature's beauty. The gardens were developed by Master Gardeners using specific design principles including minimal upkeep, use of native NH plants, and use of hardy drought tolerant plants. While you are there, take a close look at the newly implemented pollinator

garden. Master Gardeners will share lessons learned in the first year of that wonderful project!

To register for the event, please email Janene.Robie@unh.edu or call UNH Cooperative Extension – Grafton County at 603-787-6944.



As part of national Mental Health Awareness week North Country Senator Jeff Woodburn visited the Littleton Peer Support Center (67 Main Street) where he presented a state resolution to their leaders Laura Mekinova, Executive Director, The Alternative Life Center; and Angle Smith, Team Leader, Littleton Peer Support Center.

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## Donald Ernest Kidder - OBITUARY

Woodsville, NH – Donald Ernest Kidder, 88, of Melody Lane, died Friday, October 6, 2017, at Dartmouth Hitchcock Medical Center, Lebanon, NH.

He was born in Littleton, NH, July 26, 1929, the son of Ernest F. and Anna M. (Lamb) Kidder. Don lived in Bethlehem, NH, until 1945, when he moved with his parents to Woodsville. He loaded and unloaded baggage for the railroad, then worked for his father at Kidder's Service Station. On November 12, 1948, he married Virginia "Ginger" Beaton.

He served in the US Army with the 35th Truck Company from January 9, 1952 until his honorable discharge on December 11, 1953.

Along with Virginia, they farmed the Beaton Farm until 1962. He then drove milk truck for John Mitchell until he began working at Grossman's Lumber in North Haverhill in 1967, where he eventually served as the Assistant Manager, retiring in 1988. During his retirement, he worked for Doug Murray Trucking in East Ryegate, VT from 1988-2002.

Over the years, he kept active with his family's school activities and 4-H. Over the course of his life he enjoyed raising beef cattle, pigs, and horses. Don and Virginia enjoyed riding and driving horses and drove

their Morgans in local parades and for weddings. They wintered in Florida for several years and participated in Army reunions throughout the country. He continued to enjoy caring for his horses to the very end. Family and holiday gatherings were an important part of Don's life. Don and Virginia provided a family gathering place for a Fourth of July celebration at their farm for over thirty years. Don's greatest joy in life was being Papa for his three grandchildren and other's who knew him by this endearing name.

Don was a member of Haverhill Memorial VFW Post # 5245 of North Haverhill, was a nine year member of the Haverhill Planning Board, and served as a member of the Haverhill Cooperative School Building Trades Program. He was a 50+ year member of the Woodsville United Methodist Church.

He was predeceased by his wife, Virginia Kidder on March 10, 2015 and by a sister, Dorothy A. Lloyd on February 25, 2011.

Survivors include three children, Franklin S. Kidder, Paul L. Kidder, and Toni L. K. Mayo and husband Thomas W. all of Woodsville; three grandchildren, Benjamin P. Kidder, Rachel P. Kidder, and Cooper A. E. Mayo; two sisters-in-law, Jackie Estes of



Lisbon, NH and Thelma Klark of North Haverhill, NH; along with nieces, nephews and cousins.

Calling hours were to be on Tuesday, October 10, from 6-8 PM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH.

A memorial service was held on Wednesday, October 11, at 11 AM at Ricker Funeral Home.

Burial will be at the convenience of the family.

Don's family would like to express special gratitude to Arlene Gonthier and to his own son, Frank, for the love and care they provided to Don over the past several years.

Memorial contributions may be made to Cottage Hospital, PO Box 2001, Woodsville, NH 03785.

For more information or to offer an online condolence, please visit [www.rickerfh.com](http://www.rickerfh.com)

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

## Kala Jean Myers - OBITUARY

Our flower that never bloomed

Sometimes, it's the smallest things that take up the most room in our hearts.

Kaia Jean Myers, newborn daughter of Craig and Lindsay (Nickles) Myers, became a heavenly angel on Friday, October 6th at Littleton Regional Hospital.

She joins her maternal grandfather, Raymond Nickles, Jr.; maternal great-grandmother, Nanetta (Crown) Downing; and maternal great-grandfather, Raymond Nickles, Sr. She is survived by her parents, Craig and Lindsay (Nickles) Myers, and brother Craig; maternal grandmother Laura (Downing) Nickles; paternal grandparents James and Carolyn (Northrop) Myers; maternal great-grandfather, Edgar Downing; maternal great-grandmother, Rita (Miller) Nickles; paternal

great-grandparents, James and Geraldine Myers, and John and Donna Northrop; maternal aunts and uncle, Ralynn Taylor and Benjamin Nickles and Magan Hoisington; paternal aunts and uncles, Thomas and Arielle (Myers) Hartwell, James and Jillian (Fifield) Myers, Olivia Myers, and Jenna Myers; and cousins, Logan and Ashton Taylor, Bennett Nickles, and Madison Hartwell; and many great aunts, uncles, and cousins.

SERVICES – The funer-

al will take place on October 21st at 11:00 AM at the Grove Hill Cemetery in Lisbon, NH. A gathering of family and friends to follow at the Town Hall. In lieu of flowers, please donate to the March of Dimes.

Pillsbury Phaneuf Funeral Home and Crematorium, Littleton is in charge of arrangements. To view an On-Line Tribute, send condolences to the family, or for more information, please go to [www.pillsburyphaneuf.net](http://www.pillsburyphaneuf.net).

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## Glenn Chalton Mitchell - OBITUARY 13

Woodsville, NH/Lake Mary, FL – Glenn Chalton Mitchell, 69, died unexpectedly on Sunday, October 8, 2017, at the Central Florida Regional Hospital in Sanford, Florida.

He was born in Haverhill, NH, July 28, 1948, a son of Chalton S. and Eula E. (Chamberlin) Mitchell.

As a young child, Glenn lived in Lancaster, NH and Bath, NH before moving to Woodsville around the age of 8. He graduated from Woodsville High School, class of 1968. Glenn graduated with an Associate Degree in Refrigeration and Heating and a Bachelor Degree in Electrical from the NH Technical College in Manchester, NH. He married Rebecca Shiner in 1971 and they lived on the Piscataqua River enjoying water sports. Rebecca and Glenn both worked at Foster Beef in Manchester. They decided to move to Woodsville in the late seventies to work with Glenn's dad, Chalton, and bought the family business around 1984. In addition to running the mobile home park, selling mobile homes, and moving them, Glenn also had a business selling Royal Enfield Motorcycles.

Glenn sold his business in 2011 and moved to Lake Mary, FL, where he and Becky enjoyed retired life in the family built home. They spent summers in New Hampshire at the River Meadow Campground in North Haverhill. Glenn enjoyed family get-togethers, reunions, and just spending time with family. He especially enjoyed time spent with his two grandchildren, Jared and Joseph.

Glenn was very involved with the Masons and the Eastern Star. He became a Mason in December of 2000 and a Master Mason in March of 2001. Glenn was a 32nd degree in the Scot-



tish and York Rights. He was also a past Master of Grafton Kane Lodge.

He was predeceased by his father, Chalton S. Mitchell on October 6, 1994; his mother, Eula E. (Chamberlin) Mitchell on December 31, 2007; his grandparents, Chalton B. and Bessie Mitchell and Edwin and Ethel Chamberlin.

Survivors include his wife of 46 years, Rebecca (Shiner) Mitchell of Lake Mary, FL; a son, Chad Mitchell and wife Beth of Woodsville, NH; two grandsons, Jared Mitchell and Joseph Mitchell; a sister, Marilyn Bedell of Monroe, NH; two brothers, Kenneth Mitchell and wife Kathi of Hillsboro, TX, and Wayne Mitchell and wife Rhia of North Haverhill, NH; four nieces; five nephews; three great nieces; two great nephews; five aunts; and numerous cousins.

Calling hours will be Monday, October 16 from 6 to 8 PM at the Ricker Funeral Home, 1 Birch Street, Woodsville, NH.

A funeral service will be on Tuesday, October 17, at 11 AM, at the Ricker Funeral Home, with Pastor Clint Brake from the Woodsville United Methodist Church, officiating.

Burial will follow at the Pine Grove Cemetery, Swiftwater Road, Woodsville.

For more information or to sign and online condolence please visit [www.rickerfh.com](http://www.rickerfh.com)

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

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## Put Lessons From “Retirement Week” to Work

To raise public awareness about the importance of saving for retirement, Congress has designated the third week of October as National Save for Retirement Week. What lessons can you learn from this event?

First of all, save early – and save often. Too many people put off saving for retirement until they are in their late 40s – and even their 50s. If you wait until you are in this age group, you can still do quite a bit to help build the resources you will need for retirement – but it will be more challenging than if you had begun saving and investing while you were in your 20s or early 30s. For one thing, if you delay saving for retirement, you may have to put away large sums of money each year to accumulate enough to support a comfortable retirement lifestyle. Plus, to achieve the growth you need, you might have to invest more aggressively than you’d like,

which means taking on more risk. And even then, there are no guarantees of getting the returns you require.

On the other hand, if you start saving and investing when you are still in the early stages of your career, you can make smaller monthly contributions to your retirement accounts. And by putting time on your side, you’ll be able to take advantage of compounding – the ability to earn money on your principal and your earnings.

Here’s another lesson to be taken from National Save for Retirement Week: Maximize your opportunities to invest in the tax-advantaged retirement accounts available to you, such as an IRA and a 401(k) or similar employer-sponsored retirement plan. If you have a 401(k)-type plan at work, contribute as much as you can afford every year, and increase your contributions whenever your salary goes up. At a minimum, put in enough to earn your employer’s matching contribution, if one is offered.

Apart from saving and investing early and contributing to your tax-advantaged retirement accounts, how else can you honor the spirit of National Save for Retirement Week? A key step you can take is to reduce the barriers to building your retirement sav-

ings. One such obstacle is debt. The larger your monthly debt payments, the less you will be able to invest each month. It’s not easy, of course, to keep your debt under control, but do the best you can.

One other barrier to accumulating retirement resources is the occasional large expense resulting from a major car repair, sizable medical bills or other things of that nature. If you constantly have to dip into your long-term investments to meet these costs, you’ll slow your progress toward your retirement goals. To help prevent this from happening, try to build an emergency fund big enough to cover three to six months’ worth of living expenses. Since you’ll need instant access to this money, you’ll want to keep it in a liquid, low-risk account.

So, there you have them: some suggestions on taking the lessons of National Save for Retirement Week to heart. By following these steps, you can go a long way toward turning your retirement dreams into reality.

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

## Connecticut River Joint Commissions Receives Grant from State of Vermont

Connecticut River Joint Commissions (CRJC) announces that it has received a \$34,960 grant through the State of Vermont Agency of Natural Resources Department of Environmental Conservation. This one-year grant provides funding to implement CRJC’s July 2017-June 2018 work program.

The Commission will continue its emphasis on the grassroots work of the local river subcommittees as our local eyes and ears, and in guiding implementation of our river management plans. CRJC will focus on the key issues facing the watershed, and will continue to play its bi-state role of convening, catalyzing, and leading dia-

logue on these issues, and making recommendations to the two states as appropriate.

Current focus areas for CRJC include:

- Participating as a stakeholder in the federal relicensing of hydroelectric facilities at Wilder Dam, Belows Falls Dam, and Vernon Dam in New Hampshire and Vermont, and the Turners Falls Dam and Northfield Mountain Pumped Storage project in southern Vermont/New Hampshire and northern Massachusetts;
- Providing a forum for open discussion about projects affecting the Connecticut River and its watershed;
- Joining with The Vermont Clean Water Initiative – Clean Water Vermont, an exciting and growing collaboration among municipalities, state agencies, local and regional partners, farmers, businesses and the public to take action that will safeguard the public’s access to clean and safe water throughout the state.

Vermonters and visitors love the state’s streams, rivers, lakes, ponds and wetlands – they help define the Green Mountain landscape. We know our quality of life depends upon access to clean and healthy water.

New Hampshire’s Connecticut River Valley Resource Commission and Vermont’s Connecticut River Watershed Advisory Commission, created by their respective legislatures in 1987 and 1988, were directed to cooperate with each other to preserve and protect the resources of the Connecticut River Valley, and to guide its growth and development. They have met together as the Joint Commissions since 1989.

Both Commissions are advisory and have no regulatory powers, but advocate for and engage in public involvement in decisions which affect their river and their valley.

For more information about CRJC, please visit the website at [www.crjc.org](http://www.crjc.org)



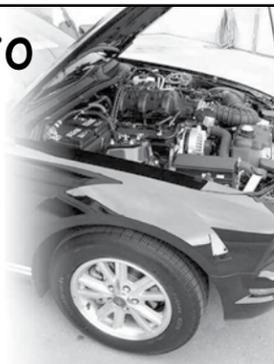
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# Firewood Season, Part 2

By Jim Frohn,  
Grafton County Forester  
UNH Cooperative Extension  
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## Sources of Wood

I get my wood from a variety of sources. As my wife likes to say, "the best wood is free wood". Free from an outlay of cash, perhaps, but certainly paid for with labor, fuel, and wear and tear on equipment. So I'm not fussy when sourcing wood, if it's available for the price

of labor. One year a client had some aspen pulpwood leftover from a logging job, not enough for the contractor to haul to the mill. So I gladly cut it up for firewood. Aspen dries quickly and burns hot, so it's great for getting a fire going. The key is to use it within a couple of years, or else it turns punky and doesn't burn well. Red maple and black cherry also make decent firewood. Though they aren't as prized as sugar maple, beech, or oak, these species seem to dry relatively quick-

ly and provide a reasonable amount of heat.

I also use cedar, spruce, and pine for kindling. I have a large pine in front of my house that shed a bunch of limbs in an ice storm one winter. After drying out for a couple of years, I'm using them for kindling.

Other sources of wood include cleaning up ends and pieces on log landings that result from cutting trees into logs and pulp, assuming of course one has permission from the logger, landowner, or forester. When I worked as a consulting forester, this was a regular source of wood. Bringing home a pick-up load of odd lengths every few days would result in quite a pile of wood in the yard after a while. Being handy with a chainsaw helps with wood procurement, when taking down a tree or two for friends and neighbors. If one owns a woodlot, especially one with double digit acres or more, that's a sure source of plenty of firewood. I only have about an acre or so of woods, and unfortunately at this point it's mostly stocked with grey birch, but hey, free wood, right? So I cut the birch for firewood and release sugar maples and apple trees in the process. Firewood gathering is a great tool for woodlot improvement. Thinning, crop tree release, patch cuts for wildlife and regeneration can all be accomplished through

the course of gathering firewood, and can be done by a landowner with chainsaw skills.

## Byproducts of firewood processing

Making firewood also makes a bit of a mess – bark, short chunks of wood, slivers of wood, sawdust, all by-products of cutting and splitting. I'm fascinated with the idea of turning potential waste into something useful, such as taking food scraps that would be thrown away and turning them into compost, so I look for uses for the potential waste from the firewood operation. The chunks of wood that are too short to split for firewood are put in a pile and either gradually fed to the stove, or are made into charcoal. An arti-

cle in Northern Woodlands magazine a few years ago described how to turn a couple of metal trash cans into a charcoal kiln. It's a good use for scrap wood and works well in the grill. It's also a fun gift for friends who barbecue.

Some of the slivers of wood that are the inevitable by-product of splitting are gathered and stored in boxes to be used for kindling. Piles of loose bark leftover are fed into a small chipper/shredder and made into mulch for use around the property. Of course one of the great things about wood is that none of it is really waste – even if the byproducts of the firewood operation were simply left in place, they'd all eventually break down and return to the soil.

## ServSafe® Food Protection Certification Course

Registration must be received by October 23rd as space is limited.

This in-depth training is critical for owners, food managers, chefs, and cooks who work in restaurants, hospitals or nursing homes, or specialty food producers who manage their own small businesses.

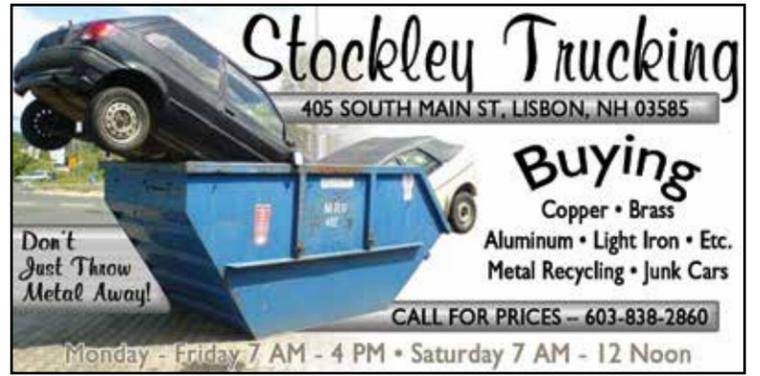
Participants in the ServSafe® training will learn basic food sanitation principles from receiving to serving, improving the quality of food served, lowering costs, increasing profitability, and making sound decisions that will keep customers safe. Participants who successfully complete the exam will receive their industry-wide recognized ServSafe® cer-

tificate as food safety managers.

Mary Saucier Choate, UNH Cooperative Extension Field Specialist, Food Safety, is a nationally certified ServSafe® instructor and will be teaching this class on Monday, November 6th from 9:00 a.m. to 5:00 p.m. at the Mt. Eustis Commons Office Building in Littleton, NH.

For more information go to <http://bit.ly/ServSafe11-6> or call the Grafton County UNHCE office at 787-6944.

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# THEN

BY JIM HOBBS

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# NOW



The Soldiers' Monument in North Haverhill was unveiled and dedicated on September 12th, 1912. People came from miles around! Equally, perhaps, those gathered for the 4th of July parade in Woodsville and the hanging of Josiah Burnham on August 12th, 1806, probably the only historic event that ever occurred on Powder House Hill.



# Leo, the boy across the street

by Elinor Mawson

We watched them move in. It looked like a father and mother and two kids--an older girl and a small boy about 4. It wasn't long before we met the boy--he came into our garage and started playing with the toys he found there. We had a son about 3 at the time and when they got together, it wasn't a pretty sight. We found out his name was Leo and he was a very independent child. He bossed around our son, took his toys home and left them there and tried to make himself at home in our house at any time of day.

We finally had to tell him that he had to ask us if he wanted to come in, and

when his visits got to be a problem we sent him home. It was then that we saw him roam the neighborhood, doing the same things he did in our house and he became a problem to everyone.

Leo got to be a real pest with our son; and we noticed some new behaviors that we were very unhappy about. Finally we had to tell Leo not to come into our yard. It was very difficult to keep him away, but our son wasn't allowed to cross the street and I found myself being very vigilant.

Once another neighbor drove around the corner and found Leo lying in the middle of the road. Leo wouldn't move when asked, and the neighbor, a volatile man,

rang the mother's doorbell and their conversation was heard all over the neighborhood. Unfortunately that didn't stop Leo from lying in the road--he did it regularly.

After about 6 months of this behavior, I got a call from Leo's mother. "What has Leo done that is so terrible?" she whined.

I told her that Leo was completely undisciplined and I couldn't have him in our yard because there were too many problems. I described how he had brought chalk and written all over our shingles, he'd somehow cut gouges in one of our trees, and once we found him in our house when we got home from somewhere. We had made a cold frame out of a window, and soon found all the glass broken. The mother didn't apologize; there were a lot of excuses, and subsequently we never spoke again.

As Leo got older his roaming became wider. The police visited his home every so often, but he never got in trouble. I heard he was an A student in school. When he reached Middle School, I heard he had been breaking and entering--and still there were no consequences. When he got his driver's license he had some brushes with the law, but his mother always intervened and Leo kept on driving.

Of course all the problems with this kid were not all his fault. I am sure that he needed attention and discipline and we couldn't understand why he never got it. One day we found all the tires flattened on our car. Another time we found corners of shingles on our driveway; when we looked across the street, we saw that every corner of the garage's roof shingles were missing!

I could go on and on.

I would like to say that Leo became a successful college student or a well-thought-of adult. When he was about 19, he won a car in a radio contest. It wasn't long before he was speeding up and down our road and being a real nuisance. The first time he took it to Boston he ran into a bridge abutment and totaled the car. He almost totaled himself--he got a brain stem injury which was life changing. He now walks with a cane, and speaks with difficulty. He can't work and has to live with a caretaker.

We feel badly for him, but after watching him for 30 years from across the street, it isn't hard to understand how he got the way he is.

# Huge Windfall For Utilities at the Expense of Taxpayers

Op-Ed by  
Rep. Brad Bailey, Monroe

A bill before the New Hampshire House of Representatives seeks to streamline the process of determining the value of utility properties in the State by using one formula applied to all properties in all towns and cities. Utilities claim individual municipalities have different ways of determining the value of properties for tax purposes, which in many cases they believe overvalues them. The result is constant litigation between towns and utilities.

Under New Hampshire state law, all these properties are to be appraised at "fair market value." HB 324 throws that out the window. Instead, one unelected individual at the Department of Revenue Administration will determine the value of all utility properties in the State by using their own formula, which incidentally values the vast majority of these properties at much less than they are now appraised, resulting in an enormous windfall to the utilities and their bottom line.

If approved, the result would have a devastating impact on towns in the State; specifically the North Country. This is not hyperbole. Several of the most valuable properties in New Hampshire are located in the North Country. They include Moore Dam Station in Littleton, Comerford Dam in Monroe, and the Great Lakes Hydro Dams in Berlin and Gorham. Under this

formula, Littleton's tax rate would increase over \$5.00 per thousand which translates into a 20% increase in each property taxpayer's bill. On a \$200,000 home that would be an increase of over \$1,000 a year. Likewise, Berlin taxpayers would see an increase of over \$10.00 per thousand which would slap the taxpayer with an additional \$2,000 a year on a \$200,000 home. Similarly, Gorham taxpayers would pay almost \$900 more annually, and Monroe an additional \$1,252 a year.

The utilities claim that by having one formula, rate payers will see a decrease in their electric bills. If that's the case, then why won't they come out and say how much a household will save? They have not provided that information, but some believe it may be somewhere around \$2 a month. That's nothing compared to a property tax increase of between \$1,000 to \$2,000 or more a year for the economically challenged households of the North Country.

Finally, the flawed formula that the DRA would use has been rejected by the New Hampshire Board of Tax and Land Appeals and ultimately by the New Hampshire Supreme Court.

HB324 attempts to address an issue brought by utility companies, but the impact of this legislation passing would crush communities and provide a huge windfall to power companies. This bill needs to be defeated.

## North Country Fruit & Vegetable Seminar & Trade Show

The nights have started to chill, and that means one thing, the North Country Fruit and Vegetable Seminar and Trade show is here! This year's event will be held on October 30th at the Mountain View Grand Resort in Whitefield, NH.

The daylong event will feature Sustainable Horticulture Specialist, Becky Sideman, providing updates on vegetable production research at UNH. Bruce Hoskins a Soil Scientist with UMaine will discuss soil fertility management in high tunnel production systems. Olivia Saunders of UNH Cooperative Extension will discuss innovations in cover crops, and Jeremy Delisle, also of UNH Cooperative Extension, will discuss new

and old tree fruit production systems that will fit with North Country Production.

There is a substantial pre-registration discount if you sign up by October 23. For more information, please go to <https://extension.unh.edu/events/files/ACF3977F-5056-A432-4F2AB32FE8F1F632.pdf> or call the UNH Carroll County Cooperative Extension office at 603-447-3834.

In addition to the educational programming, pesticide recertification credits will be available for licensed applicators and there will be ample time to visit trade show booths highlighting companies that provide the services, supplies and equipment needed for fruit and vegetable production.

**Letter To The Editor**

To the Editor:

On August 23rd, the Department of Transportation presented the Ten Year Highway Improvement Plan to the Governor's Advisory Commission on Intermodal Transportation (GACIT). The GACIT committee is made up of five NH Executive Councilors and the Department of Transportation (DOT) Commissioner.

The Executive Council initially set up 19 public hearings which has now grown to 24 hearings. In District 1 public hearings have taken place in: Errol, Berlin, Conway, Lebanon, Littleton, Plymouth, Laconia and a joint meeting in Rochester. The only remaining public hearing left in District 1 is in Claremont on October 23rd. Each Councilor is responsible to preside over each hearing within their District.

The hearings are an opportunity for the Executive Councilors, and the NH DOT to obtain public comment on transportation needs in the region, and specific feedback on the draft 2019-2028 Ten Year Highway Improvement Plan.

Throughout the GACIT public hearings, Peter Stamnas, Director of Project Development, has been making a comprehensive presentation on the Ten Year Highway Improvement Plan to include: GACIT

Process Overview, Current State of Infrastructure, Ten Year Highway Improvement Plan Funding Synopsis, Unfunded Needs and Supplement Information Review. After each presentation, the Regional Planning Commissions have provided their input and Regional Philosophy on projects.

The Ten Year Highway Improvement Plan was developed back in the 1980s and it is mandated by State law. The process provides communities, NHDOT and GACIT direction as to what the State's priorities are relative to transportation projects. The process repeats itself every two years and as one cycle ends, the next cycle begins.

Following the public hearings this month, the Department will prepare a revised draft Ten Year Highway Improvement Plan for GACIT to adopt. Once adopted by GACIT, the Ten Year Highway Improvement Plan will be forwarded to the Governor in December for his review and comments and he will forward it to the Legislature in January of 2018. The Legislature will hold additional hearings and enact the Ten Year Highway Improvement Plan into Law by June 2018.

Some general observations during this process is that the NHDOT has more projects than there is funding. The 2019 to 2028 funding (state and feder-

al) is on average 252m per year, down from the current amount of 270m per year. The Red List bridges have trended upward over the past seven years, the SB 367 has added funding for I-93, State Aid Bridges and TIFIA loan pledge for paving & bridge work. Debt service for I-93 is 2m per year and increases to 23.4m per year from 2026 to 2034. Transit funding totals 324m for an average of 32m per year with funding primarily coming from the Federal Transit Administration.

The overall strategy of the Ten Year Highway Plan will focus on: pavement preservation and maintenance, Red Listed bridges and preservation, dedicate SB 367 funds for TIFIA loan pledged to rural roads and bridges, completion of I-93 and funding for Exit 4A and heightened financial constraint to increase levels of accountability, predictability and ability to deliver.

Written comments regarding this current Draft Ten Highway Improvement Plan may be submitted through November 6th to NHDOT. The address is NHDOT, 7 Hazen Drive, Concord, NH 03302. Attention: Bill Watson. <https://www.nh.gov/dot/>

Joseph D. Kenney  
Executive Councilor District 1  
Wakefield, NH  
(603) 581-8780

Councilor Kenney,

*Thank you for this report on the Ten Year Highway Plan. It does offer some good background on how this plan is created and how often it is revised. I would anticipate that the*

*report itself will have much more information about the specifics of which roads and bridges, especially here in the North Country, will get some much needed attention.*

Gary Scruton, Editor

**Letter To The Editor**

To the editor,

No Longer is there a "We The People" only we the "NRA", the "GOP N Congress",

"POTUS Donald Trump".

How many more lost lives, will be "death by gun"? "Money Talks". The only way we can stop the killing of "death by gun." If not by the shooter, but those who are in the be-

ginning responsible for, and their neglect, to make the laws to, "serve and protect" the American people. The families of the deceased, injured, must sue the GOP Congress, NRA, for "negligent homicide." Failing to protect those citizens who have died from "death by gun" for no fault of their own, for being in the wrong place. The Citizen of America have ask for Congress and NRA to protect

the children, the people in schools, in theaters, at work, at concerts on the street, to stop the killing. Out of their mouths GOP Congress and NRA spew, 2nd Amendment, but they ignored the Ten Commandments, Thou Shall Not Kill. (except for abortion)

So which is it?.... "We the People, Thou shall not kill" or "GOP, NRA way."

Nancy Leclerc  
North Woodstock

Nancy,

*There is, apparently, no easy answer to this long standing question of guns in America. There are plenty of numbers and statistics about guns. But really only one that is absolute fact. "Guns don't kill people, people kill people". Sure there are methods of reducing the availability of firearms to those who should not have them. But honestly, the bad guys will get guns if they want them.*

*Well intentioned people will continue to debate the matter, while at the same time those who wish to do harm to others will find a way to do so. Whether it is by gun, vehicle or explosive, if someone really wants to create mass casualties, they will find a way.*

*The 2nd Amendment allows for firearm ownership in America. I believe in that right.*

Gary Scruton, Editor

**Letter To The Editor**

To the Editor -

**WORSE THAN TRUMP?**

Been wondering lately how could any future president be worse than Trump - think I got a handle on it. Had to make up a list - what exact attitudes, habits and character traits would make such an impossible person possible?

Had to dream up some dreadful poppycock to make it plausible, couldn't count too much on previous presidents' history as Trump has established such historically rock-bottom standards.

This man or woman would first need to be a galaxy-class liar, effective enough you don't trust a word out of their mouth, He'd be a thin-skinned finger pointer, he could never be wrong, everything would always be someone else's fault.

Add sexist and racist, demonstrated throughout their lives.

Add attacks on the judicial system, the free press, our allies worldwide, his own cabinet appointees, and add someone who mocks national war heroes as well as folks with physical disabilities.

This illusional delusion-  
Robert,

*Isn't America great? We live in a land where you can write a letter like this, and I can print this letter, and we both have no fear of being thrown in jail or shut down because of it. Freedom of the Press is a great right that we should be proud to back.*

*Whether or not you like our current elected officials you can say (or write) what you think. You can even help raise money for a future opponent.*

*A reminder to all voters that the election of 2018 is now just over 12 months away. Much will probably happen between now and then, both good and bad, all depending on your outlook of course. Just be sure that you are informed when that time comes. Know who is running and what they stand for so that you can cast your ballot from a point of conviction.*

Gary Scruton, Editor

al person would claim they lost a popular vote due to widespread voter fraud that does not exist, and then spend taxpayer millions pretending to investigate that fraud which did not exist.

This nightmare would be small-spirited, small-minded - an ill-informed self-aggrandizing bully who incites violence at campaign rallies. He would serve faithfully only as the chief operator of the national rage machine. He would divide us all to conquer his own short-comings. He'd have no sense of history, no level-headed perspective, no sense of moral integrity, or a clue to what really makes America great.

He'd be a shoot-from-the-hip electronic communicator at a grade-school level, with no basic humanity, not a fleck of grace during national emergencies.

He might be a rich old white man. He'd be...wait a minute.

The only way we'll ever have a president as bad or worse than Trump is if we happen to elect him again.

Robert Roudebush  
North Haverhill, NH



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# What About Ma?

by Kellie Quackenbush

LOCAL  
ENTERTAINMENT

What do we do for fun? The question becomes more relevant as we retire and find that now, there is time to do something "for fun".

A part of retirement planning needs to be about what you will spend your time doing as you will no longer be going to work. It is as important to think about how you will spend your time as it is to plan your finances. Beyond the daily chores of everyday living, is the need to feel purpose and to be entertained.

In the summer months, we are enjoying among other things—the theater. Local community theater is a great way to become a part of something that adds to the quality of the lives of those around us and to be entertained. Supporting "the Arts" is never a bad investment (either time or money) as it enriches the lives of so many.

Theater, the community groups that bring plays from everywhere to our corner of the world. The local theater groups are generally sponsored by donations and the local businesses that buy advertisement space in the programs. Our local theater groups have a limited number of plays they produce for the warmer months and use local talent.

A local group that has a solid seasonal offering is "The Old Church Theater" in Bradford, VT, a local

non-profit theater that has a fixed location in downtown Bradford, VT. The "Old Church" is indeed very old and has had many upgrades and renovations over the years. The many stairs leading to the entrance and the stairway to the "powder rooms" speak to the age of the building.

"The Old Church Theater" relies on donations and donated time for many of the repairs to the building and building upkeep. A recent move to obtain a grant would have helped them to improve building access. Volunteers keep the shows, generally, five to six productions a season going. The last show of the 2017 season will be on October 20, 21, 22, 27, 28 and 29th—a drama, "Ethane Frome".

For a modest ticket price, you get to see live theater close to home. For retired people, the opportunities provided by this group are many. Becoming an usher, running the ticket booth, helping with lights and sound, painting and building sets, ironing costumes, sewing costumes and the list goes on for the amount of volunteer work that is needed to make the theater experience great. For those who value the experience of live theater, donating to non-profit theater groups gives a tax break as well as supports a seasonal tradition.

# My Farmers Market... "We have arrived!"

By Marianne L. Kelly

Groton, VT—Accompanied by a shot from the mini cannon that kicked off Groton's annual foliage festival, My Farmers Market officially opened the doors of their new larger location on Main Street to throngs of enthusiastic locals and visitors. The lines to enter never stopped growing.

Those entering the new premises marveled at its size and incredible variety of products on the shelves, in baskets and the deli case... not to mention the pizza that they were able to order by the slice.

Beginning with food, visitors saw a deli case filled with prepared meals, and homemade pies. Moving into the larger room they found a wide variety of seasonal fruits and vegetables including tomatoes, garlic, onions, potatoes raspberries, apples, organic grapes, lettuce, carrots, beets and more. Also on hand were homemade breads, pastries, jams, jellies, salsa, pickles, ice cream, honey, maple syrup, locally produced meats, cheese, eggs, personal care products, natural tinctures, "staples," bulk items and so much more.

Not to be outdone by the food, talented artisans were well represented with beautiful jewelry, knitted items, gorgeous pottery, yarn, hand designed cutting boards, soaps and lotions, children's books and more. There is still limited amount of space for artists and local authors to display their wares. We would like to create an "authors corner" that showcases the work of local authors.

Mark your calendars for October 28 when My Farmers Market will have another

pop up dinner buffet. Cost is \$20 per person and \$50 per family.

New to this market is our featured vendor, Jason Duval, owner of Mountain Man Pizza, affectionately known as "Jay," whose pizza creations had people willingly standing in line for their slice or whole pizza on opening day.

Jay's journey to Groton was a combination of fate and serendipity. "I was living in Smugglers Notch and met the owner of the pizza place who hired me to make and deliver pizza," he said. "When not making pizza, I was a short order cook," he added.

His life path led him to a farm in Lisbon, NH and eventually to Groton and My Farmers Market where Mountain Man Pizza makes its home, and where Jay uses his passion for good clean food and his imagination to create an interesting variety of pizza. "We knew from the start we wanted only Jay to be our pizza guy," said market owner Jennifer Bone.

In addition to the usual plain, pepperoni, sausage, etc., Jay has created several other types of pizza to test and tease your pallet. "The Mountain Man Special" is topped with Northeast beef, pepperoni and uncured bacon. "Margherita" is a three cheese blend of Mozzarella, Romano, Parmesan cheeses, topped with fresh basil, sliced tomatoes and homemade tomato sauce.

For barbecue fans, Jay offers a topping of grilled chicken, homemade barbecue sauce, onions, and tri-color peppers. Those looking for a change of pace can find "Pork 'n' Pine," topped with fresh pineapple, ham and bacon.

Not to be left out of the pleasures of pizza, vegetarians can choose three of

their favorite veggies for a "Walk Through The Garden" pizza. There are a number of items on hand for customers to build their own pizza. Just ask Jay!

Along with their Mountain Man Pizza, customers can add a house salad, Caesar Salad, or Market Salad with a choice of freshly made dressings.

Jay's passion is not only evident in the superb pizza he produces but in the satisfaction he gets when his customers seek him out and praise their "awesome" pizza.

"There simply are no words like that feeling and that look you see in customers eyes when they take that first bite of your pizza and pronounce it delicious," said Jay. He already has a following of "regulars" that will keep growing as word gets out about this gem in the center of Groton.

"I am the pizza guy and hope to expand in the future. I'd rather offer a limited number of items excellently prepared and presented, than a large number that are merely mediocre," he commented.

Change keeps it all interesting," he added. The Pizza Guy makes it all special and delicious. A full Mountain Man Pizza menu is available at the market.

Mountain Man Pizza and My Farmers Market are located on Main Street in Groton, in the former Brown's Market Bistro building.

My Farmers Market hours are Tues-Sat 9-6 and Sunday 9-3.

Mountain Man Pizza hours are Thurs-Sat, 11-9 and Sun. 11-5.

For more information or to order a pizza call (802) 584-9900.

Visit My Farmers Market Facebook page. Email: my-farmersmarket@gmail.com

See you at the market!

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# Trendy Critters



## Does This Collar Make Me Look Fat? Obesity in Pets is a Serious Problem

By the Vermont Veterinary Medical Association  
M. Kathleen Shaw, DVM

The obesity epidemic in America is not only affecting people, it is affecting our pets as well. Many pets are overweight, but often owners don't know it until they take their pet to the veterinarian for another reason. As veterinarians, it would be irresponsible of us to ignore your pet's weight when we do a physical exam, just as it would be for a physi-

cian to ignore a human patient's overweight condition. As your pet's medical caretakers, we need to bring it to your attention because we are responsible for your pet's health. So, Fido or Fluffy is a little pudgy. Does it matter? YES. Numerous studies have proven that pets who are overweight or obese are much more likely to develop diabetes, heart disease, arthritis, high blood pressure, asthma, and many other diseases.



Kingdom Animal Shelter Director Nancy J. Rivet, left, accepts 31 handcrafted cat mats from the NEK Council on Aging's Senior Companion Margo McKee and her client, Shirley A. John, who crocheted the padded mats from left-over yarn. The two women discovered they both loved cats, and spend part of their time together each week making these mats to donate to KAS in St. Johnsbury Center. Helping with the delivery are John's granddaughter, Carma Young, and Senior Companions Coordinator Patty Beckwith, who is looking for new volunteers to train, especially in southern Caledonia County. If you are interested, please call: 800-642-5119.



Isabella Kondi from Cardigan Mountain Bobcats 4-H Club attended the 2017 Eastern States Exposition with the New Hampshire 4-H Goat Team. She brought two goats with her and spent three days in Springfield, Massachusetts competing in 4-H fitting and showing, breed confirmation classes, ag. olympics, herdsman-ship, and skill-a-thon. Bella earned the Grand Champion honor for her Alpine goat. She also placed in the top six for both Ag Olympics and herdsman-ship. Bella was a valuable part of the NH 4-H Goat Team studying, helping, and working with her fellow team members.

How do you know if your pet is overweight? Since ideal weights vary by breed, a good way to judge your pet's weight is to place your hands on either side of its rib cage and feel for the ribs. You should be able to easily feel the ribs (but not see them). When viewed from above, your pet should have a waist and when viewed from the side should have a slightly tucked abdomen. If you can't feel the ribs and you can't see a waist from above, your pet is overweight. Still aren't sure? Ask your veterinarian.

Now, let's take a look at why our pets are becoming overweight and what we can do about it.

Our pets gain weight for the same simple reason that people do: they eat more calories than they use. We are the ones buying and giving the food, so we need to look at how we contribute to this problem. Some pets are expert beggars or even act like they haven't had breakfast, leading different members of the household to feed them more than once. Many of us substitute treats and extra food for affection. There is always that one person at home who sneaks the pet extra treats, and some of us are 'guilt' feeders. The animal begs, so we give just a

few more kibbles. Unfortunately, those kibbles add up. Just a teaspoon - about 20 kibbles - extra per day for a cat adds up to a pound in a year. In a human, that's like gaining ten pounds! People food is a huge source of extra calories. A little cube of cheese to a small dog is like a human eating a couple of Big Macs. A pizza crust is the same. It all adds up. Sometimes there is a medical reason for the weight gain. Sometimes it is related to a slower metabolism with age.

So, what can we do about our overweight pets? The first step is to have your veterinarian do a thorough physical to assess your pet's overall health and to help rule out any medical reasons for the weight gain. Perhaps your dog has a low thyroid level and needs some medication or maybe your cat has arthritis, which makes it painful to be active and burn off calories. Did you know that by age ten, 90% of cats have some evidence of arthritis seen on x-rays? What we often interpret as "slowing down" or "growing old" is often pain from arthritis. Who wants to exercise when it hurts? Your pet may even benefit from a prescription pet food specifically formulated to help your pet shed

those extra pounds. Talk to your veterinarian about it when having your pet's physical exam.

Some things you can do at home to help control your pet's weight are to first do a family survey of who is feeding the pet what (including treats and people food) and when. You must get everyone on board to help your pet lose weight. Measure out your pet's food with a measuring cup. Avoid people food - it is extremely high in calories. If you must give treats, use vegetables (no raisins, plums, avocados, garlic, or onions), but remember that every food has calories, so unlimited amounts of any substance can cause weight gain. Substitute affection for interactive play time. Just because your pet has a fenced in yard or lots of toys does not mean they are going to actually exercise. Get a Frisbee or ball for the dog and play with them, and some fishing pole-type toys or a laser pointer for the cats. Even ten minutes a couple times a day will make a huge difference. Walking the dogs will help your health and theirs.

Weight loss isn't easy, but it can be done. It will help your pet to live a longer, healthier, and pain-free life.

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by Cindy Pinheiro  
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**NH DOT COMMISSIONER SHAHEEN VISITS MONROE**  
At the request of Executive Councilor Joe Kenney and Rep. Brad Bailey, NH DOT Commissioner Victoria Sheehan traveled to Monroe to meet with state and town officials. The area of concern is along Route 135, about a mile north of the village. Erosion along the Connecticut River has progressed to within six feet of the road and guardrails with a drop of twenty to thirty feet. Town officials in attendance included Selectman Justin Bradshaw, Administrator Cindy Frazer and former selectman Bruce Frazer. Commissioner Sheehan said she would look into the issue and hopefully come up with a solution.

## Stuffed Mushroom Caps

Hello, hello my fellow chefs. Today's recipe is definitely in the top five of foods I love. When I was pregnant I craved mushrooms in any form. Stuffed, marinated, sauteed, any way. My son, now 36 years old, loves mushrooms too.

- 1 package of whole fresh mushrooms
  - 1 cup seasoned Italian breadcrumbs
  - 1 medium onion chopped small
  - 1/3 cup of shredded 3 cheese Italian (found in specialty cheese section, it comes in a plastic container)
  - 1/2 stick butter
- Heat oven to 350 degrees.  
Don't wash the mush-

rooms, wipe them gently to remove any soil with dish towel

Snap off the stems and chop. if you break a mushroom and it can't be "repaired" chop it and add to the stems.

In frying pan melt butter and add chopped onion, cook about 5 minutes over medium heat, then add chopped stems and cook about 5 minutes more.

Add the seasoned breadcrumbs to pan and 3 cheese Italian cheese and mix well. If too dry add another Tbsp. butter.

Cool to the touch and with a spoon, try to form a ballish shape. The mixture will stick together. Stuff each cap and put on lightly greased baking sheet. Bake

20 minutes.

That's it! Serve warm. They are Delicious!

Happy cooking my friends.

Signing off - Cin Pin



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DISCLAIMER: MUST FINANCE FULL AMOUNT WITH DEALER. IN STOCK MODEL CODE JKJS74 ONLY. EXAMPLE STOCK #J7083 EXPIRES 10-31-2017

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DISCLAIMER: \$2999 DOWN, 36 MONTH LEASE, 10K MILES PER YEAR, TAX, TITLE, LICENSE EXTRA. MUST HAVE COMPETITIVE LEASE OR JEEP LEASE IN HOUSEHOLD. NOT COMPATIBLE WITH ANY OTHER OFFERS. MSRP \$26,630. EXPIRES 10-31-2017

**2017 RAM 1500 QUAD CAB \$239/MO LEASE WITH ZERO DOWN** 36 MONTH LEASE, 10,000 MILES A YEAR

DISCLAIMER: 36 MONTH LEASE, 10K MILES PER YEAR, TAX, TITLE, LICENSE EXTRA. MUST HAVE COMPETITIVE LEASE OR RAM LEASE IN HOUSEHOLD. NOT COMPATIBLE WITH ANY OTHER OFFERS. MSRP \$40,500. EXPIRES 10-31-2017



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