

# TRENDY TIMES

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## North Haverhill Firefighters Joined By A Beauty

By Robert Roudebush

Man, she is an imposing big beauty all right, 62,000 pounds GVW, all shiny bright red, lots of chrome diamond plate and various colored lights and signage, a 450 horse Cummins Diesel, 6 speed auto, and a 3,000 gallon capacity for fighting the fires at your house or mine. She's a tanker. Talk about a welcome new firefighter.

North Haverhill Department firefighters, interested and curious people of all shapes and sizes and ages by the dozens gathered on a recent Sunday at the Robert E. Clifford Memorial Building – used to be “the Armory” on South Court Street – they all met and greeted the brand new piece of equipment, climbed into her, and stared in wonder at the power plant, in open-hooded display. They all also celebrated 75 years of existence of the North Haverhill Department, first organized in 1938, maybe the first in town,

with the exception of “hose companies” that existed in Woodsville back in the 19-teens.

There were lots of people there at the old armory but I wished there'd been many hundreds more, celebrating a stunning new firefighting tool adding to the ability of dedicated men and women – volunteers who are willing and able to give their lives to save mine or my home or business when something wicked this way comes. The words “Thank You” don't do the job well-enough, but they help.

On a cool cloudy day, the irresistible sizzle and smell of custom-cooked hamburgers and cheeseburgers, and hot dogs, and all the fixins and chips, wafted among the folks viewing the new tanker, the welcome treats cooked by many of the 29 person North Haverhill firefighting crew, now composed of young men and women. Folks relaxed and ate

and visited at tables available inside the building itself, and viewed the new tanker, and another even bigger, longer piece of older equipment, a multipurpose Fire Engine, able to pump, serve as a ladder truck and transport a much larger crew than the two-place new tanker.

The tanker replaces two older models, each one with a much small individual carrying capacity, two trucks that date back to the 1980s – this new piece of equipment is the first new vehicle obtained by firefighters in the town of Haverhill since the activation of new co-operative purchasing policy guidelines agreed to recently among the three firefighting crews in town.

The total cost was nearly \$220,000, most of it paid by the town funds for that purpose, but several thousand dollars of that cost was furnished by North-Haverhill firefighters themselves from their own fundraiser money,



for certain specialized pieces of equipment specific to the company's needs here in North Haverhill. The new unit was custom-built to specification for the Department by a firm called “4 Men” in Pennsylvania. Chief Donny Hammond and Captain Shawn Bigelow, visited the factory once during the assembly of the tanker onto a Freightliner chassis, and just recently, flew out to Pennsylvania again, gave the new unit a thorough going-over, before approving and accepting it, and then climbing in and driving it about 600 miles back to New Hampshire.

Chief Hammond, Assistant Chief Phil Blanchard, Capt. Bigelow and other firefighters Shawn Bienvenue, Mike Bonanno, Joe McQueeny as well as Secretary/Treasurer (and honorary Department Historian) Bunny Elms all spoke with pride

of the Department's history. Historian Elms displayed a letter dated March 8 1949 from the then Commissioners, thanking the “volunteer fire department for the job they have done...”. They also documented the purchase of the Department's first NEW fire truck, - the cost then, \$5,814, and the Commissioners stated, “It has been no small chore to pay for a truck costing [that much]”. Several of today's firefighters pointed out the new unit carries two “portatanks”, temporary portable water holding tanks, which are set up quickly at the site of a fire, and fast-filled quickly by a tanker to their one-thousand gallon capacity. Short of direct hose access to an available pressurized water hydrant, it is these portatanks that the firefighters draw water from to fight fires.

Another special feature is that the new tanker carries a portable pumping unit, able to be dismantled from the truck for fighting small brush fires from the tankers own on-board water supply. A welcome new addition to the North Haverhill fire fighting team.

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# TRENDY Dining Guide

## Miss Lyndonville Diner

By Gary Scruton

Staffing a restaurant is, like any business, a time consuming and sometime difficult task. But when it is done right, it makes all the difference. I will not begin to make a guess as to how long the waitresses at the Miss Lyndonville Diner have worked together. On our recent visit they all performed as though they have been working together for many years, however. Miss Lyndonville does not have a door to the kitchen like so many larger, or even smaller, restaurant do. It is very much still a “diner” in the true sense. A counter and stools, some booths and a few tables. The kitchen is open to the dining area with a shelf for the food to be put up for the waitresses to quickly get to the hungry customers. And this all seems to happen with no fuss, no mess, and with great efficiency. This even with only a fairly small area for the waitresses to meet, get by, and carry on. It reminds me of a ballet. All very much choreographed, yet here done ad lib with plates of hot food, coffee pots, and arm fulls of dirty dishes.

Our visit happened to be on a Lyndon Institute home football game day. In fact not long before kickoff. That equaled a full house at Miss Lyndonville. There were obviously some fans there getting

a bite to eat before going to the game (clowns included). Plus there were some telling old football stories from their own hay days. But the staff handled it all with ease. Our order was taken as soon as we were ready to order and it came out all together and within the time one would expect even if the place had been empty.

As usual the three in our party took different tracks when it came to ordering. There was breakfast, lunch and dinner ordered. Well, more or less. I ordered up steak and eggs. Medium and over easy. They came with home fries and wheat toast (I was offered plain, but I like wheat). The eggs were indeed over easy, and the steak was very easily cut with the provided steak knife and tasted good enough to want to go back.

The lunch order was for a triple stack burger. This means a slice of bread, then a 5 oz. burger (well done was the request here and yet the burger still remained moist, no small feat) then another slice of bread, then all the veggies (lettuce, onion, tomato) along with condiments. It came with hand cut french fries. The whole thing proved more than could be eaten at one sitting for the one ordering and a take home

box was offered at just the right time.

The third meal was more of a dinner meal. A steak with steak fries. This steak was ordered to be rare. And it was served just that way. Another delicious meal according to the eater.

Of course when we first sat down we were immediately offered beverages. On this day it was pretty simple, two coffees and two glasses of water. (I know, there were three of us, but four drinks. Don’t worry she got it right.) And like any good diner the coffee pot made the rounds on a regular basis and no matter who was carrying it there was an offer to refill the cups when we wanted more.

For me Miss Lyndonville Diner is a fairly new find. I have only visited a couple of times as that area is not a normal trip for me. But I can easily say that when the opportunity arises to go and visit that area, this will be high on the list of places to stop. For those who live in the Lyndonville area who have not visited, then make it a point to do so. The food is great, the service seems flawless, and the prices are probably lower than what you would expect to pay at most other eating establishments.



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# In Vino Veritas – Bottle Sixteen

## “In Wine There Is Truth – And Beauty”

*By Robert Roudebush*

Today we're going to talk about some recent wine I've drunk, red and white – I've kept the bottles or their labels and back labels and so have some interesting info on them all.

### QUESTION - Why do I care?

ANSWER – You might not and that's OK. However, I write this column believing that some folks want to LEARN about wine and one of the best ways to learn about wine is to pay attention to the back labels.

### Q - So what's the back label?

A – Just what it sounds like. On most bottles of wine, there's a label on the front and another on the back of the bottle. On the front label is normally information like what the name of the wine is, the name of the producer, or the distributor, maybe the place of origin, and sometimes the vintage -(what year the grapes were picked, and the wine made) - and from time to time, the alcohol content by percentage. The back label is often much more interesting, for what it tells you and what it does not tell you, because it is a mixture of public relations and legally mandated facts. So its fun reading it to figure out which is which.

### Q - You really read back labels?

A – All the time and so should you. Here's a bottle I'm drinking right now. Clear white glass with a metal screw top. Screw tops are more common now, and not necessarily a sign of cheap wine. The front label tells me the wine is called “Barefoot Refresh” and there is a clever little likeness in green of a barefoot, like a print left in sand, or a wet footprint on a bathroom floor. So the name of the wine tells me nothing about the grape varietal, nor the geographic location of its growth. The front label also tells me it is a “crisp white” from California and then that same label informs me it is “lively and light wine style”. If you look carefully you can read in tiny letters that the wine is a white wine and the alcohol content is 9% by volume. That's it, except for a repeat little message at the top of the front label that tells me, “Barefoot's new lively & light wine style”. So, you've already been in receipt of public relation talk because nowhere

on that front label is any indication of what grape might be in this wine, nor the vintage.

### Q - Now what?

A – You know what. You go in search of more enlightening information, to the back label. And what do I find there?

### Q - Dying to know.

A – And you should be. You can do this yourself, every time you pick up a bottle of wine, don't even have to buy it or drink it to learn about it. Keep in mind that this bottle was purchased at the Newbury Village Store and Deli – good folks there, and it has an excellent wine selection in terms of variety and price – and it cost under seven dollars. And, I can tell you from tasting it, that it is somewhat on the sweet side, but not too sweet, and has some slight effervescence – tiny fizzy feeling - which is nice. So, right on this back label starts the PR – that means what the maker wants you to believe, could be true or not - “BARE-FOOT REFRESH CRISP WHITE IS A DELICIOUSLY VIBRANT WINE WITH AROMAS OF MELON AND PEAR, COMPLEMENTED BY A LEMON-LIME FINISH. THIS LIGHT-BODIED WINE PAIRS EXCEPTIONALLY WELL WITH A DAY BY THE POOL, OR AT THE BEACH

OR AT THE BACKYARD BAR-B-QUE OR ANY BARE-FOOT OCCASION!”

All depends on what kind of wine you like and when and where you drink it and with what food. The next information printing on this back label has to do with from where in California it was vinted and bottled– Modesto – the fact that it is 750ml, a phone number to call, their email address, and in boldface, “REFRIGERATE AFTER OPENING”.

### Q - So what are the grapes, the varietals, or if it is a blend, what are the percentages of the grapes?

A – Good questions, all, you're learning, and none of those answers are on the back label. And THAT tells you what IS in the wine is an unknown percentage blend of any kind of grape, from any vintage year, grown anywhere in the state of California. Period, that's it. Which may be enough for some people, for a simple unremarkable inexpensive, easy drinking white wine on the sweeter side, or which may not be enough for people who desire more specific varietal quality and taste. And you can find all this out before you even buy the wine or open it to taste it.

There is more mandated in-



formation on this back label, a required Government Warning, which starts, “(1) According to the Surgeon General, women should not drink alcoholic beverages during pregnancy because of the risk of birth defects...” You can read the drill. The only other information on this back label is “CONTAINS SULFITES”, which are a stabilizing additive, ensuring the wine has a longer shelf life prior to consumption.

### Q - So, did you like this wine or not?

A – It was OK, not my favorite style of wine, but for the price

and the limited but honest information on the bottle's labels, and the fact that younger folks might even pour it over the rocks and laugh and love a little while they enjoy accessible decent stuff, it was fine. Why not? If you let yourself get too serious about wine, all kinds of wine, any kind of wine, you have already lost one of the magic properties of the stuff – it is meant for fun and good feelings.

*(Editor's Note – Roudebush worked for years in restaurants as a wine specialist – he submits occasional pieces on the wonderful world of wine.)*

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# Sen. Woodburn Praises Local Schools For National Recognition

North Country Senator Jeff Woodburn praised three North Country high schools - Lin Wood, in Lincoln, White Mountains Regional in Whitefield and Profile High School in Bethlehem -- for being named by U.S. News and World Reports as New Hampshire's top 3 high schools. The rankings measured student - teacher ratio, college readiness and standaradize test results.

"The North Country is a great environment for learning," Woodburn, a former teacher at White Mountains Regional High School and the Whitefield School, "We have a dedicated education community, innovative instruction focusing on the whole child and small, tight-knit communities that care about their kids and support their schools."

The full article is available at: <http://www.usnews.com/education/best-high-schools/new-hampshire>

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Dalton, NH 03598  
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# Grafton County Republican Committee's Annual Columbus Day Dinner

Plymouth – The Grafton County Republican Committee is pleased to announce that Senate President Charles “Chuck” Morse will be the keynote speaker at the annual Columbus Day Dinner on October 14 at The Common Man in Plymouth. Senator Morse is expected to speak about priorities in the upcoming session and accomplishments in the past session. There will be turkey dinner with all the “fixings,” a silent auction and 50/50 raffle. The social will begin at 5:30 p.m. and will provide an opportunity for guests to meet U.S., state, county, and local Republican candidates. Tickets are \$50/pp.

Sen. Morse is a Republican from Salem serving his fourth term representing District 22. He was elected the 128th President of the state Senate in September of 2013.

Morse was re-elected to the Senate in 2010 and 2012, having previously served from 2002-2006. He chaired the Finance Committee during three budgets, was Vice Chairman of Transportation and has served on both the Capital Budget and the Public Affairs committees. Prior to the Senate, Morse also served two terms in the New Hampshire House of Representatives representing Salem and Windham. In 2006, he was the Republican nominee for Executive Council for the state’s Third District. Chuck has also served his local community as both town moderator and selectman.

In 1997, he received the Bill Brown Distinguished Business Person of the Year Award and in 1994 received the Richard P. McCoy Award from the Salem Boys and Girls Club. He also received the prestigious John P. Gangle Award in recognition of his service to the community and for his support of the Salem Boys and Girls Club.

Away from the State house, Sen. Morse is President of Freshwater Farms & Garden Center in Atkinson and Granite Creek Farms of Brentwood. Chuck earned his B.S. degree from Plymouth State University. He lives in Salem with his wife, Susan and their daughter Emma.

RSVP by October 4 and your name will be entered into a “early bird” raffle. For tickets and reservations contact Barb Dutile (989.3005 or [bdutile@charter.net](mailto:bdutile@charter.net)) or Carol Elliott (536.1277 or [caelliott1@myfairpoint.net](mailto:caelliott1@myfairpoint.net)).

## Paddle The Border

### Sunday, October 6, 2013

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Paddle The Border – Spring  
is scheduled for Sunday, May 10, 2014

Info: Mike Thomas 802-757-3960 or email [hpcanoes@charter.net](mailto:hpcanoes@charter.net) or go to [www.cohase.org](http://www.cohase.org)





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Your Senator from District 2  
Jeanie Forrester  
September 27, 2013

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# Calendar of Events

This is a full page of Calendar of Events for local non-profits. Courtesy of Trendy Times.  
Put **YOUR FREE** listing here!

## SATURDAYS

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

## SUNDAYS

**LITTLETON FARMERS MARKET  
(UNTIL OCTOBER 13TH)**  
10:00 AM – 1:00 PM

## CRIBBAGE

1:00 PM  
American Legion Post #83, Lincoln

## TUESDAYS

**BREAKFAST BY DONATION**  
8:30 AM – 10:00 AM  
Horse Meadow Senior Center, North Haverhill

**UCC EMERGENCY FOOD SHELF**  
4:30 PM – 6:00 PM    802-584-3857  
Wells River Congregational Church

**AA MEETING (OPEN BIG BOOK)**  
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St. Luke’s Parish Hall  
121 Central Street, Woodsville

## WEDNESDAYS

**BINGO**  
6:30 PM  
Haverhill Memorial VFW Post #5245  
North Haverhill

## THURSDAYS

**PEACHAM FARMERS MARKET**  
3:00 PM – 6:00 PM  
Bailey-Hazen Road, Peacham

## FRIDAYS

**LYNDON FARMERS MARKET**  
3:00 PM – 7:00 PM  
Bandstand Park, Rt 5, Lyndonville

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

## TUESDAY, OCTOBER 1

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

## WEDNESDAY, OCTOBER 2

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

## THURSDAY, OCTOBER 3

**FOLIAGE DAY SPAGHETTI SUPPER**  
5:00 PM and 6:30 PM Seatings  
Peacham Congregational Church

## FRIDAY, OCTOBER 4

**FOLIAGE WEEKEND BOOKS & BEYOND SALE**  
2:00 PM – 7:00 PM  
Groton Free Public Library

## ROBERT FROST: THIS VERSE BUSINESS

7:00 PM  
Fuller Hall, St. Johnsbury  
*See article on page 8*

## SATURDAY, OCTOBER 5

**FOLIAGE WEEKEND BOOKS & BEYOND SALE**  
9:00 AM – 3:00 PM  
Groton Free Public Library

## 4TH ANNUAL QUILT SHOW

10:00 AM – 4:00 PM  
Orford Congregational Church, Main Street

## PIKE FALL FESTIVAL

10:00 AM  
Upper Valley Stewardship Center, East Haverhill  
*See ad on page 11*

## TURKEY DINNER

5:00 PM  
East Concord, VT Methodist Church

## CHICKEN AND BISCUITS SUPPER

5:00 PM – 7:00 pm  
Pike Hall

## SUNDAY, OCTOBER 6

**PADDLE THE BORDER - FALL**  
10:00 – 11:00 AM Shuttle  
Newbury Boat Launch To Bugbee Landing  
*See ad on page 4*

## BENEFIT TEXAS HOLD 'EM TOURNAMENT

11:00 AM Satellites  
1:00 PM Tournament  
St. Johnsbury Country Club, Memorial Drive

## MONDAY, OCTOBER 7

**GOOD OLE BOYS MEETING**  
12:00 Noon  
Happy Hour Restaurant, Wells River

## HAVERHILL SELECTBOARD MEETING

6:00 PM  
Morrill Municipal Building, North Haverhill

## CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING

7:00 PM  
Morrill Municipal Building, North Haverhill

## "AN EVENING WITH KEN SQUIER"

7:00 PM  
Bradford Academy Auditorium

## MONDAY, OCTOBER 7 –

## THURSDAY, OCTOBER 10

**COMMUNITY FLU CLINIC**  
8:00 AM – 4:00 PM  
Cottage Hospital, Woodsville  
*See article on page 8*

## WEDNESDAY, OCTOBER 9

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

## FRIDAY, OCTOBER 11

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

## DRUM CIRCLE

7:00 PM – 9:00 PM  
Neskaya Movement Arts Center  
1643 Profile Road (Route 18), Franconia  
Drums provided or bring your own.

## THE MYSTERY OF EDWIN DROOD

7:30 PM  
St. Johnsbury School Auditorium  
*See article on page 10*

## SATURDAY & SUNDAY

## OCTOBER 12 & 13

**MAKE AN OFFER YARD SALE**  
10:00 AM – 3:00 PM  
Warren Town Hall

## SATURDAY, OCTOBER 12

**RUMMAGE & BOOK SALE**  
9:00 AM – 2:00 PM  
Haverhill Congregational Church

## MUSIC JAM

1:00 PM – 5:00 PM  
REC Building, Woodsville  
*See ad on page 7*

## ROAST TURKEY SUPPER

5:00, 6:15 and 7:15 PM  
West Newbury  
*See ad on page 7*

## THE MYSTERY OF EDWIN DROOD

7:30 PM  
St. Johnsbury School Auditorium  
*See article on page 10*

## SUNDAY, OCTOBER 13

**BREAKFAST**  
8:00 AM – 10:00 AM  
American Legion Post 83, Lincoln, NH

## BENEFIT TEXAS HOLD 'EM TOURNAMENT

11:00 AM Satellites 1:00 PM Tournament  
Bresslin Center, Main St., Lyndonville

## MONDAY, OCTOBER 14

**REPUBLICAN COLUMBUS DAY DINNER**  
5:30 PM Social  
Common Man, Plymouth  
*See article on page 4*

## ROSS-WOOD AUXILIARY UNIT 20

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

## DIABETES SUPPORT GROUP

6:00 PM – 7:30 PM  
Rehab Waiting Room, Cottage Hospital

## TUESDAY, OCTOBER 15

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

## EMERALD ASH BORER PROGRAM

6:30 PM – 8:30 PM  
Bradford Academy Auditorium  
*See ad on page 8 and article on page 16*

## THURSDAY, OCTOBER 17

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

## FRIDAY, OCTOBER 18

**THE MYSTERY OF EDWIN DROOD**  
7:30 PM  
St. Johnsbury School Auditorium

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

*Submit your entries by:*

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

*Deadline for submissions is Thursday, October 10th for our October 15th issue.*



# Haverhill Corner Library Announces Discussion Of The Lion, The Witch, And The Wardrobe

HAVERHILL, NH — The Haverhill Corner Library will host a discussion of The Lion, the Witch, and the Wardrobe by C. S. Lewis, the library has announced. This will be first discussion in the library’s fall series on British fantasy novels. It will be held on Monday, October 14 at 7:00 PM and will be free and open to the public.

The Lion, the Witch, and the Wardrobe was the first volume published in Lewis’s popular series The Chronicles of Narnia. It tells the story of four children in World War II-era England who travel to the mysterious world of Narnia, which is populated by talking animals and mythical creatures. The children find themselves the instruments of an ancient prophecy that may free Narnia from the rule of the evil

White Witch.

Best remembered today as the author of the Narnia series, C. S. Lewis was a medievalist scholar who taught at Oxford and Cambridge. He was also known for a number of works of Christian apologetics, including Mere Christianity (adapted from a series of BBC radio broadcasts) and The Screwtape Letters. He was a close friend of J. R. R. Tolkien, author of The Lord of the Rings, and they both belonged to an Oxford literary discussion group known as the Inklings.

The Chronicles of Narnia is a classic of children’s literature that has sold over 100 million copies in 47 languages. The Lion, the Witch, and the Wardrobe was published in 1950 and the remaining six volumes in the

series appeared at intervals of one each year. The books have been continuously in print ever since, and have been adapted multiple times for other media. Three have been adapted in recent years as major Hollywood movies.

The library’s discussion series is entitled “The Fantastic Fifties: British Fantasy at Mid-Century or, What’s With All the Initials?” The series will also feature The Lord of the Rings by J. R. R. Tolkien on Monday, November 11 and The Once and Future King by T. H. White on Monday, December 9. Copies of the books will be available to borrow in advance.

For more information, visit the library’s web site at <<http://hliba.blogspot.com/>> or call 603-989-5578.

# Groton Free Public Library

You’re Invited to Groton Free Public Library Books & Beyond Sale. Friday, Oct. 4 from 2-7pm, Saturday, Oct. 5 from 9am-3pm. We offer a large assortment of fiction and nonfiction, as well as children's and young adults' books -- all from donations and library de-aquisitions. Come and pick up that book you have always wanted to read, or even find the perfect gift! Along with current titles, we have many "elderly /interesting" collectible books published in the 1800's and up. Book sellers are welcome! Most books are sold by donation, with some having suggested prices. The "Beyond" part of the sale is always a surprise, though puzzles are a sure thing! All profits benefit Groton Library. Nifty Needles. Tuesday, Oct. 8 at 7pm. Join us for an evening of camaraderie and crafting. Facilitated by local master quilter Mary Schilke. Beginners welcome!

Crafts 4 Kids! Fridays: Oct. 11, 18, 2 from 3-6pm. All supplies provided for a variety of drop-in kids’ crafts

– something different each Friday!

YA: Between the Covers. Monday, Oct. 21 at 6:30pm. Book Club for teen and adult readers! This month’s read: “Little Brother” by Cory Doctorow, is available at the library for lending.

Book Discussion Group. Monday, Oct. 28 at 7pm. “Night of Many Dreams” by Gail Tsukiyama is the discussion topic this month. Available at the library for lending.

Crafts & Conversation. Every Wed. from 1-3pm. Join us with your ideas and projects-in-process – or – just join us!

All of our programs are free and open to the public. Find us on Facebook (Groton Free Public Library) or contact Anne: grotonlibraryvt@gmail.com, 802.584.3358.

Open Hours: Mon 2:30-7pm, Wed 10am-4pm, Thurs 10am-12pm, Fri 2:30-7pm, Sat 10am-12pm.

Visit us on Facebook: www.facebook.com/GrotonFreePublicLibrary

# Orange East Senior Center

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

We are looking for a substitute driver for our Meals on Wheels Program. If you are interested, please call for more information

There will be a seasonal flu clinic on Friday October 18 from 10:00 a.m. to 11:30 a.m. by the Visiting Nurse and Hospice of Vermont and New Hampshire. Please bring your Medicare Part B insurance so they can bill them directly. The fee for all others is \$25.00.

The East Corinth Cribbage Club will be at O.E.S.C on Wednesdays, for the 2013-2014 season at 7:00 p.m. Cost is \$2.00 per night. A raffle drawing will be held on the last Wednesday of every month. Any level welcomes—please come to enjoy! If you have any questions, please call Sally Osgood 802-222-5756

The senior Center has a foot care clinic on the second Wednesday of the month. The next clinic is October 9. If you would like an appointment, please call.

There is now a computer class at the Orange East Senior Center. Class is being held on Wednesdays from 10 a.m. to 12 p.m. All levels of knowledge are welcome. Tai Chi Easy classes are Thursday at 1:30 p.m.

The Orange East Senior Center is available for rent. We have a capacity of 125. If you would like to book your wedding reception or birthday party or if you have any questions, please give us a call.

The Orange East Senior Center now has a Wii game system for the seniors to come and try. There are golf, tennis, baseball and bowling

games. Please come join us for some fun!!!! We have started the bowling league but we still would like more people to join us in our fun!!!

If you are in need of any medical equipment, please check with Vicky to see if we have it to borrow before you purchase any.

There is space available in the Monday, Tuesday, Thursday and Friday exercise class. The class begins at 9:00 a.m. and ends at 10:00. It is a strength building class. There is balance class being held on Tuesdays at 9:40 a.m. This is to help with not slipping and falling.

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

**ROAST TURKEY SUPPER**

Saturday  
October 12, 2013  
5:00, 6:15 & 7:15 PM  
West Newbury

Adults \$11 • Children 11 & Under \$6 • Take Out \$11  
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October 12th  
November 2nd & 24th  
December 14th & 29th

**NO DRUMS \* NO HORNS**

*Suggested door donation of \$ 3.00 with light snacks provided!*

Questions please call 603-353-4741 or 603-787-6096

*If there is a question of inclement weather, please call the Clifford Memorial Building and listen for a pre-recorded message 603-747-2839*

Clip and Save



# 8 Cottage Hospital Offers Community Flu Vaccination Clinics

Woodsville, NH – Cottage Hospital will be offering flexible community flu clinic hours during the week October 7 – 10th from 8-4 PM. Feel free to stop in at your convenience and register with our friendly patient access staff.

The cost for the vaccination is \$30.00 and Cottage Hospital will bill your insurance for you.

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**Tuesday, October 15, 2013**  
**6:30-8:30 pm**  
**Bradford Academy Auditorium**  
**172 North Main Street, Bradford**

The public is encouraged to attend as well as all forest land owners, foresters, loggers, selectboard members, road foremen and road crew, town planners, tree wardens and all interested people from both sides of the Connecticut River.

SPONSORED BY:  
Newbury and Bradford Conservation Commissions,  
VT FPR and local VT Forest Pest First Detectors  
For more information please call 802-584-4077

# “Robert Frost: This Verse Business” - A One-Man Play by A.M. Dolan

Featuring Emmy Award-Winning Actor Gordon Clapp

Kingdom County Productions and The Frost Place will present Emmy-winning actor Gordon Clapp in “Robert Frost: This Verse Business,” an illuminating and entertaining portrait of the great American poet Robert Frost. This one-man play will be performed live on stage in three Vermont towns:

- \* Friday, October 4 – Fuller Hall, St. Johnsbury Academy (proceeds to benefit KCP and The Frost Place). A special post-show reception will benefit The Frost Place)
- \* Saturday, October 5 – Burlington High School Auditorium (co-presented by Burlington High School)
- \* Sunday, October 6 – Whittemore Theater, Marlboro College (co-presented by Marlboro College).

Showtime at each location is 7pm.

Based on Frost’s writing and recordings and told in Robert Frost’s down-home yet penetrating style, this one-man play is full of poetry, wit and “promises to keep.”

Actor Gordon Clapp, who plays Frost, won an Emmy for his performance as detective Greg Medavoy on “NYPD Blue.” He also received the Drama Desk Award and was nominated for a Tony for his role as instigator Dave Moss in the 2005 Tony-winning Broadway revival of David Mamet’s Pulitzer Prizewinning play, “Glengarry Glen Ross.” Film credits include “Flags of Our Fathers,” “The Game Plan,” “The Grind Star Trek: Deep Space Nine,” and John Sayles’ “Eight Men Out,” “Matewan,” and “Re-

turn of the Secaucus Seven.” Other TV credits include “Damages,” “Deadwood,” “Cold Case,” “Without a Trace” and HBO’s “Taking Chance.”

Sharing the work of Robert Frost on stage has been a long-time goal of Gordon Clapp. “I grew up in the White Mountains of New Hampshire,” says Clapp. “When I went away to school in Connecticut I took Robert Frost with me and he brought me home. More than thirty years ago I promised myself to bring him back to life on stage.”

Tickets for all three shows are available at KingdomCounty.org – OR by calling 888-757-5559 (toll-free). For more information contact series producer Jay Craven (jcraven@marlboro.edu).

## Standoff On Buffington Road

By Sheila Asselin

In my last article I told you about my work with afro-American children from the housing projects. I usually took my eight year old son, David, along. It was inevitable he should make friends and he quickly became best friends with Ricky. They took turns sleeping over at each others houses. David especially looked forward to spending Saturdays with Ricky because he got to go to church on Sunday morning with Ricky and his mother.

No solemn mumbling in Latin at Ricky's church, no sir. At Ricky's church there was laughter and sobbing. Shouts of "Amen" and "Tell it brother" rang out. The singing and clapping lasted for hours until everyone got the spirit. Fried chicken, sweet potato pie, and sweet tea followed. Ricky's church was FUN!

We lived in government

quarters on Redstone Arsenal on Buffington Road. Diagonally across from our house was the house of the Command Sergeant Major Stinson. He was the ranking enlisted man on post which meant that all other enlisted personnel were subordinate to him. He also had seven kids.

One day when Ricky was spending the night at our house one of the Stinson brats had the audacity to call Ricky a n\*\*\*\*. " You can't call my friend Ricky a n\*\*\*\*." So he did it again.

This meant war. David mustered his forces, siblings and a few of the neighbors including several n\*\*\*\*s. They began stockpiling their weapons, rocks. Actually they were more like small pebbles picked up from the pavement. The Stinson forces did the same. Slowly the sun reached its highest point. HIGH NOON. Time for

action. Both sides began deploying their firepower. Rocks flew back and forth across the DMZ (aka Buffington Road) for about ten minutes. Then the US Cavalry in the guise of Mom walked between the opposing forces and declared a truce. This before the special forces (the MPs) had to be called in. The armies dispersed and peace was declared.

I am a peaceful person. I do not encourage my kids to pick fights with the neighbors, and especially not if the neighbor happens to be the Command Sergeant Major. But secretly I was proud. Proud that my kids had the courage to stand up for a friend no matter what the consequences might be. And Ricky was never called a no\*\*\*\* on Redstone Arsenal again.

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# Audience 8 Up Final OCT Performance <sup>9</sup>

By Gary Scruton

There's an old theater logo that depicts two masks. One is a happy, laughing face. The second is a sad or unhappy face. It is meant to depict the range of emotions one might feel when going to the theater. Generally speaking a night at the theater brings you to one or the other of those emotional ends. Of course there are times when a production tries to be all things to all people. And as we all have been told "You can please some of the people some of the time. But you can't please all of the people, all of the time".

The final production of the 2013 season at Old Church Theater was actually one of those performances that very successfully took you on a trip to both ends of the emotional spectrum. This was accomplished by the fact that it was "Caught In The Act(s)". A night of eight one act plays. All, in fact, written by playwrights in Vermont or New Hampshire. And most making their World Premier. The thing about being eight different, unique plays is that each stood alone, creating, in a short time, its own set of emotions. Whether they went for laughs (kissing a statue, or arguing over mashed potatoes). Or if it was more deep (hearing what the unconscious was really thinking, or arguing over mashed potatoes).

Overall it was one of the largest casts ever at Old Church Theater. That being said there were multiple actors in more than one production. That is quite a task for an actor. Though each play was short (5 to about 20 minutes) each role was unique and took a certain style. That is

why there were eight different directors involved with the production. And not to forget, there was only one producer (who also took on an on stage role).

The evening started with "Shades of Pemberley". Having a bit of knowledge about English literature was certainly a help with this play, but even without that knowledge one could pick up on the plot. When a reviewer says that an author made her characters "come to life" this was probably not exactly what was in mind. But it also showed that the pen can be more powerful than the sword, or the mind. This play was a great way to begin the evening because it made your mind work, while it was still fresh enough to do so.

"Kissing Rodin" was second, but in the minds of the first two characters on stage it was certainly the "first time". Then in scene two, as much more grown up women, the same two were given a second chance to remember that first time. The final actor on stage, though he had no lines to remember, certainly put a big "smack" of approval on the performance.

If you talk about "From Maine to Idaho" how could you be talking about anything but potatoes. There were certainly some laughs during this shorty, but there were also some deep thoughts to be considered. And in the end there was an obvious need for a microwave.

Next was another play that took some knowledge from the past to be able to get the whole point. But once more the author was good

enough to allow even those young, uninformed audience members to get the drift and enjoy "Happy Trails". Roy & Dale, along with Trigger & Bullet, were staples for those who grew up in the 50's. But there was more to this than just that information. Give a bucket list to a young man, add a rebellious young lady and you are bound to get entertainment.

After intermission the audience got a chance to "Breathe". Once again it was proven that the best laid plans do not always come out just the way you wanted. But the end result was a bundle of joy, and a new found perspective on what is important.

Now for the deep performance. Four actors, two men, two women. Two speaking to each other, the other two letting us know what they really were thinking. For anyone who has even been in a similar situation, it could prove to be one of many things: enlightening, depressing, scary, or just plain deep. However you took it "Left Unsaid" was the only title this play could have.

"Doll Hospital" was another deep, thought provoking performance. A Doll Doctor with a heart asking the owner, of what some might say was an unloved doll, what her plans were. The overtones could be read very clearly and it did its job of making all take a moment and think.

The final performance was back to the humorous, and yet again thought provoking. "Birthday Wishes" were to be sung at precisely 1:43 PM, or 1343 hours. And you had to wonder if "Charles, Charlie, Ken or Chuck" was



*"Left Unsaid" starred Samantha Davidson Green as Laura, Paul Hunt as Sam, and Meghan Bullard and Vincent Moore as their egos.*

somewhere smiling, laughing or perhaps worried. The four performers all did their parts justice and ended the evening with another laugh.

If you were unable to see "Caught In The Act(s)" or any of the other performances this season at Old Church The-

ater, be sure to put it on your list of "to do's" for 2014.

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## Local Color Landscape Paintings By Elizabeth Nelson Northeast Kingdom Artisans Guild September 30 Through November 18, 2013

The public is invited to meet the artist at a reception on October 3 from 4-6 pm

Nelson often incorporates photographs in her paintings. She describes this technique as a bridge between abstraction and realism. An imagined scene expanding from a center of reality is a new event, never before experienced. Illusion and reality become entwined, each becoming something of the other. The paintings are an attempt to unite concrete and ideal, art and life, by incorporating photographs of landscapes

and expanding the image, based on reality but often imaginary, out to the edges of the canvas.

Sometimes there is no incorporated photo and then it is the structure of the actual landscape which acts as an armature for the work as she builds an intellectual and emotional response upon that skeleton with paint.

Nelson has exhibited in shows throughout Vermont and New England as well as in juried shows in Wisconsin, New York, Kentucky and Pennsylvania. Her work was featured prominently in the

recent "Art of Vermont" exhibit which toured state wide, and is in many private collections, including those of the University of North Carolina at Chapel Hill, Tanglewood, The Federal Reserve in Boston, Cobella Design in Portland, Oregon, and Jay Peak Resort. Nelson received a Bachelor of Science degree from the Rhode Island School of Design in Providence, Rhode Island, and a Masters of Arts degree from the University of North Carolina at Chapel Hill.

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10 St. Johnsbury Players Present The Mystery Of Edwin Drood!

The St. Johnsbury Players are proud to announce their fall production of Rupert Holmes's Tony award winning musical The Mystery of Edwin Drood. Based on the unfinished work by Charles Dickens, The Mystery of Edwin Drood is a raucous comedy where the audience decides the ending each night!

Who murdered Edwin Drood or was he murdered at all? The audience votes and the cast acts out one of 16 possible endings, promising a unique experience each and every night!

Loosely based on an unfinished mystery by Charles Dickens, The Mystery of Edwin Drood, is set in the Music Hall Royale in London, UK. Chairman William Cartwright (Nicole Bradford) and his zany company of Victorian players have devised a musical rendition of the story that invites audience participation at every step. Since Dickens was so rude as to die before finishing his story, the company has rehearsed multiple endings for the audience to vote on during the second act.

The story features John Jasper (Daniel Haycock), a Jekyll-and-Hyde choirmaster who is quite madly in love with his music student, the fair Miss Rosa Bud (Jessica Simpson). Miss Bud is, in turn, engaged to Jasper's nephew, young Edwin Drood (Laura Wayne). Also in love with Rosa Bud is the unpredictable foreigner, Mr. Neville Landless (Nathan Colpitts), who is accompanied by his tempestuous twin sister, Helena (Andrea Otto).

Our title character disappears mysteriously one stormy Christmas Eve—but has Edwin



Jessica Simpson as Rosa Bud is courted by Drood (Laura Wayne)

Drood been murdered? And if so, then whodunnit? Was it the drunken town stonemason, a specimen known as Durdles (Elizabeth Graziose)? Or could it have been the good Reverend Crisparkle (Chris Colpitts), an Anglican with a past? Or even his overlooked assistant, Bazzard (Mary Beth Prondzinski)? And what about the infamous and mysterious Princess Puffer (Nikki Whitcomb)? These are just a few of the possibilities the audience will consider as this play within-a-play comes to a hilariously madcap conclusion that is different every night!

The Mystery of Edwin Drood is directed by Paul Scavito and features musical direction by Pamelal Hurst and choreography by Allison Moore.

Show dates are Friday October 11th, Saturday October 12th, Friday October 18th, Saturday October 19th with a matinee on Sunday October 20th. The show opens each night at 7:30 pm and 2pm on the Sunday Matinee. The Mystery of Edwin Drood is sponsored by Community National Bank, Passumpsic Savings Bank, Union Bank and Catamount Arts. Tickets are \$15 (\$10 for students and seniors) and available through Catamount Arts [www.catamountarts.org](http://www.catamountarts.org) or call 802-748-2600. Group rates are available. For more information on the show or for information on group rates call 802-274-1833 or e-mail [stjohnsburyplayers@hotmail.com](mailto:stjohnsburyplayers@hotmail.com). We hope to see you at the show!

Saturday, October 19<sup>th</sup> 1pm

Meet the Authors!

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NORTH HAVERHILL, NH – Attractive Ranch with 3 bedrooms, home situated on 1.4 acres. Living Room/Dining Area. Front Porch, Cathedral Ceilings in Dining Area, oversized windows, walk-in closet, fenced yard, perfect for pets. Easy commute from this location. \$146,500.

HAVERHILL, NH – Sprawling Ranch, offers 1,700 sq. ft. with 3 bedrooms, office/hobby room, sun room with deck, family room, 10'x16' kitchen, plenty of cabinets, fully remodelled with new forced hot water heating and hot water system. Secluded 3.46 acres. Broker/Owner \$157,500.

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Wells River Savings Bank is pleased to announce the addition of Terry Allen as a loan officer. Terry attended UVM, and has over 35 years experience in commercial and mortgage lending, primarily in the Windsor, Vermont area. He will be working in Wells River Savings Bank's East Thetford office in Commercial and Mortgage lending where he will be doing what he likes best, "helping to make things work for area families and small businesses". Terry welcomes new and old customers to stop in and see him.

## PSU Listens In Woodsville

The last in a series of "Listening" events hosted by Plymouth State University staff and students was held on Tuesday, September 24th in Woodsville. Though the attending members of the public did not have great numbers, there was certainly some diversity represented. A handful of Woodsville High School students were in attendance along with a couple of advisors. There was a 30 year Woodsville resident. There was a native of Haverhill with almost 60 years of life in this town. And there were two attendees who have only been in Woodsville for about a month, having relocated from New Mexico.

This diversity added up to what the PSU facilitators called a worthwhile event. The evening got its start with the asking of just six questions. The first being a definition of "community". The last being a request to prioritize the suggestions that had been brought up during the ninety minute session.

The results from this event as well as all the other listening sessions held throughout Haverhill during the summer will be compiled and published in the near future. That report should give some insight into what attending residents felt were the big issues in town, and what can, or should, be done about them.

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- Hay Wagon and Pony Rides
- Pumpkin Painting and Carving
- Field Games
- Farm Petting Zoo
- Guided Hikes and Tours
- Free lunch featuring local foods

**2 pm-5 pm Open Community use of the David James Moody Field**

**5 pm-7 pm Pike Ladies Aid Supper at the Pike Hall**

**RAIN DATE OCTOBER 12<sup>th</sup>**

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## FOR SALE

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**WOODSVILLE, NH** - Located on Maple St. 2 bedroom apartment, 2nd floor town house style. FREE Heat and hot water. On-site Laundry. Ample parking. Smoke free. Applicants must income qualify. \$565/month. Contact AHEAD Property Management at 603-444-1377. www.homesahead.org. EHO ISA 10.15

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Price reflects classifieds up to 30 words.  
For longer classifieds premium may be charged.



OBITUARY - LINDA LOU DOWNER



Woodsville, NH - Linda Lou Downer, 63, of Treetop Estates, died on September 20, 2013, after a brief illness, at Dartmouth Hitchcock Medical Center, Lebanon, NH. Linda was born in Woodsville, on September 21, 1949, to Bernard and Mil-

dred (Emerson) Dobbins. She was a graduate of McIndoe Falls (VT) Academy. She married Gary Downer on December 11, 1971. From 1981 to 2006, Linda was the secretary and treasurer for Gary's Fuels of North Haverhill, NH, the business she operated with her husband Gary. Linda belonged to the Ross-Wood Unit #20 Ladies Auxiliary of Woodsville, the Lyndonville, VT, VFW and the St. Johnsbury, VT, Elks. In her spare time, she enjoyed sewing, quilting, crafting and painting. Along with her husband, family, and

friends, she had numerous travel adventures through the Caribbean, Mexico, and Alaska, as-well-as countless trips to Las Vegas and Atlantic City. Along with Gary, she spent the past several winters in Florida. She enjoyed cars, convertibles, and motorcycling and had her own trike. She loved yard-saling and lots of shopping. Linda was predeceased by her mother and step-father, Mildred and Stanley Clifford and her father, Bernard Dobbins. She is survived by her husband of 42 years, Gary Downer of Woodsville; her

three daughters, Cheryl Kozuch and husband Tony of Woodsville, Wanda Downer and husband Rick Colbeth of Woodsville, and Jami-Lynn Johnson and husband Randy of East Ryegate, VT; her grandchildren, Brian and Mariah Mallett, Corey and Samantha Colbeth, Elliott Johnson and Baby Johnson, due in December; her twin sisters, Sandy of Massachusetts and Pam of California; her brother, Leonard Dobbins of Connecticut; an aunt Chris Jacobs, aunts and uncles, Royal and Richard Emerson, Larry and Naomi Emerson, and an aunt and uncle Leonard and Evelyn Dobbins; several nieces,

nephews, and cousins; extended family and friends. Calling hours were held on Wednesday, September 25 from 6-8 PM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH. A funeral service was held on Thursday, September 26 at 1 PM at the Woodsville United Methodist Church, 11 Maple Street, Woodsville, with Rev. Clint Brake, officiating. Burial will follow in Pine Grove Cemetery, Swiftwater Road, Woodsville. 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.

OBITUARY - THEDORA "DORA" MAONE



Woodsville, NH - Thedora "Dora" Maone, 88, formerly of Brill Hill Road, died September 22, 2013, at the Grafton County Nursing Home, North Haverhill, NH following a period of failing health. She was born in Waycross, GA, March 30, 1925,

a daughter of George M. and Prudence (Tatum) Bowen. For most of her adult life she lived in South Ozone Park, Queens, NY, and worked in the personnel department for PanAm Airways at John F. Kennedy Airport. She moved to Woodsville later in her life to be nearer to her family. Dora enjoyed ten pin bowling and was a member of the PanAm Bowling Team that led her to compete in tournaments around the world. She was also a member of the Sunshine Bowling League in Woodsville. Most notably, Dora served as a

volunteer for many years at Cottage Hospital in Woodsville, and was recognized as the Volunteer of the Year by the State of New Hampshire Association of Hospital Auxiliaries in 2000. She married Joseph Maone on October 27, 1945. He predeceased her on February 4, 1989. She was also predeceased by her son Michael Maone on August 19, 2012; and by two brothers, George and Richard Bowen; and a sister, Billie Byrne. Survivors include two daughters Anne Amature and husband Eugene of Woodsville, and Teresa

Maone and husband Philip Gitomer of Princeton, NJ; six grandchildren, Alex Amature and wife Sherry, Matthew Amature, Douglas and Martin Gitomer, Joseph Maone, and Angela Romero and husband David; seven great grandchildren, Nicholas, Alexandra and Joseph Amature, Anissa McCullough, Matthew Maone, and Cadence and Chastity Romer; a brother-in-law, Alexander Maone of Long Island, NY; several nieces, nephews and cousins; along with special friends, Elaine Pollak and Marion "Moe" Staplefeld. Calling hours were held on Friday, September 27, from 5:30 to 7:30 PM at

Ricker Funeral Home, 1 Birch Street, Woodsville, NH. A memorial service was on Saturday, September 28, at 9 AM at Ricker Funeral Home, with Rev. Clinton Brake of the Woodsville United Methodist Church officiating. Burial will be in the Calverton National Cemetery, Calverton, NY at the convenience of the family. Memorial contributions may be made to Cottage Hospital, PO Box 2001, Woodsville, NH 03785. For more information or to sign an online condolence, please visit [www.rickerfh.com](http://www.rickerfh.com) Ricker Funeral Home & Cremation Care of Woodsville is in charge of arrangements.

OBITUARY - MICHAEL TODD BISHOP



North Haverhill, NH - Michael Todd Bishop, 50, of Benton Road, died following a brief illness, at Dartmouth Hitchcock Medical Center, Lebanon, NH. Mike was born on April 17, 1963, in Hanover, NH, to

Ronald and Charlotte (Bean) Bishop. He was a graduate of the Woodsville High School, Class of 1982. Following his graduation, he enlisted in the US Navy and served from 1982-1985. Then, he served time in the Naval Reserve for three years. Mike married Donna Colby on August 13, 2005. Mike was a former press operator at Dartmouth Printing and Upper Valley Press. Currently, he was employed as a braider operator at New England Wire, Lisbon, NH. Mike was a huge

NASCAR and Jeff Gordon fan. He enjoyed computers, photography, Eagles, and yard-saling. He was very patriotic. He could be found puttering and working around his home and with his blueberry bushes. He loved his family and his dog, Dakota. He was predeceased by his father, Ronald Bishop on March 11, 2002. He is survived by his wife of 8 years, Donna Bishop of North Haverhill; his mother Charlotte Bishop and friend Joe Aguilar of Woodsville; three step children, Amanda

Conery of Oxen Hill, MD, Erin Stimson and husband Mike of Bath, NH, and Kelsey Mardin of Canaan, NH; two sisters, Janelle Bagley of Bradford, VT and Michelle Bishop Warden and husband Bill of Woodsville; a brother, Jeff Bishop and wife, Cindy of North Haverhill; several nieces, nephews, cousins, aunts, and uncles; along with numerous comrades from his time in the US Navy. Calling hours were held on Thursday, September 26, from 6-8 PM at Ricker Funeral Home, 1 Birch Street, Woodsville. Private burial services

will be observed by the family at the Vermont Veterans Memorial Cemetery, Randolph, VT. In lieu of flowers, donations may be made to the Haverhill Dog Kennel, c/o Town of Haverhill, 2975 Dartmouth College Highway, North Haverhill, NH 03774 or to the American Cancer Society, Centralized Memorial Processing Center, 30 Speen St, Framingham, MA 01701. 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.

OBITUARY - ERNEST WAYNE "ERNIE" PRATT



North Haverhill, NH- Ernest Wayne "Ernie" Pratt, 74, died at his home on Partridge Lane, on Friday, September 27, 2013. Ernie was born on March 22, 1939, in Montpelier, VT, to Ernest W. and Dorothy (Hopkins) Pratt. He attended St. Michael's Schools in Montpelier and

graduated in 1957. While in school, he delivered newspapers several days a week and was both a choir boy and altar boy. Upon graduation he worked for the A&P Supermarket in Montpelier until joining the US Army where, after six years, he received his Honorable Discharge. He then worked for the A&P in Littleton until he purchased his own business with his wife, Sue. Together they owned and operated the Bath Variety Store for 35 years, retiring in 2001. He also worked for Profile Cleaners in Littleton for about 30 years. Ernie was a member of St.

Joseph Catholic Church, Woodsville and also attended St. Catherine of Siena Catholic Church in Lisbon, NH. He was a member of the Knights of Columbus Council # 1835 of Littleton. Ernie was an avid cribbage player and enjoyed playing at the Ross-Wood Post of the American Legion and elsewhere. He participated in candlepin bowling in Littleton. Ernie enjoyed all the Boston professional sports teams. In his younger day, he played basketball. He had a close relationship with his nieces and nephews and attended their activities and sporting event. The Pratt's spent many happy

times with family and friends at their camp on Hall's Lake in Newbury, VT. Ernie is survived by his wife, Sudene "Sue" (Saulters) Pratt, of North Haverhill, to whom he was married on July 24, 1965; five sisters, Harriet Blanchard of Washington, VT, Susan Jewett and husband Peter of Dedham, ME, Sandra Roy and husband Richard of Woodsville, Mary Collins and husband James of Newbury, and Janet Capozzola and husband Marc of New Fairfield, CT; numerous nieces, nephews, and cousins. Calling hours were held on Monday, September 30,

2013 from 6-8 PM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH. A Mass of Christian Burial will be on Tuesday, October 1, at 11 AM at St. Joseph Catholic Church, 15 Pine Street, Woodsville, NH. Burial will follow in the St. Joseph Cemetery, Monroe Road, Bath, NH. Memorial contributions may be made to either St. Catherine of Siena, Lisbon, NH 03585 or to Fresenius Medical Care, 56 Etna Road, Suite 106, Lebanon, NH 03766. 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.





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# Notes From Above Ground

Articles appearing here are original writings by a group known as the Vintage Voyagers. They meet weekly at Horse Meadow Senior Center at 10:30am on Wednesdays. Anyone interested is welcome to come & enjoy the company.



Vintage Voyagers

Trees

By Roger Warren

My wife and I live in a tree house, as it has been referred to by guests. Yes, it sits on a rise set into the forest. Sometimes it even feels like a nest. An empty nest, so to speak, since our parenting skills are no longer needed or wanted. But, that's another subject. Anyway, I love the location of our house. I love the peace I feel

sitting on the screened back porch looking through our trees into the ravine below and the hills beyond. Yet, we've had many trees removed at considerable cost to bring light into the house and to prevent wind damage. Thus, there is a limit to my love for trees, as Wallace Stegner said, "This country wants to be trees; it is the clearings that are hard to maintain." Therefore, I think we can sacrifice a few. Even so, in time they (the trees) will likely win out.

# Strong Start To Local Health Reform Effort

The North Country Accountable Care Organization (ACO) has learned that it received high marks for its work during its first year of operation. According to the Centers for Medicare and Medicaid Services, when compared to similar organizations across the country, the North Country ACO rated above average on 26 of the 33 performance measures for which data was collected. Performance measures included the experience of patients and family caregivers, care coordination, patient safety, preventative health, and special efforts for those diagnosed with diabetes, high blood pressure and heart disease.

Sharon Beaty, President of North Country ACO Board, said, "We are extremely pleased with the first year results. Each of our member organizations worked hard to enhance the care we offer our patients. We look forward to working with individuals, families and other health care organizations as we continue our work to improve the health and well-being of area residents."

Accountable Care Or-

ganizations are groups of doctors and other health care providers working together to provide high quality service and care for their patients. The North Country ACO was established in 2012, and is comprised of the following health centers: Ammonoosuc Community Health Services, Coos County Family Health Services, Indian Stream Health Center and Mid-State Health Center.

"We are dedicated to promoting better care coordination, improving health and creating a collaborative environment across healthcare systems in rural northern New Hampshire," said Ken Gordon, ACO Program Administrator. The organization works to provide Medicare fee-for-service beneficiaries with high quality service and care, while reducing the growth in Medicare expenditures through enhanced care coordination.

According to Nancy Frank, Executive Director of the North Country Health Consortium, "Instead of patients having to navigate complex health systems on their own, ACO member organizations work hand in hand with individuals and family caregivers to ensure that no one slips through the cracks. ACO's encourage providers to work more closely together than ever before, ensuring better coordination across care settings."

Provider participation in an ACO is purely voluntary, and Medicare beneficiaries retain their current ability to seek treatment from any provider they wish. ACO's are not Medicare Advantage plans nor are they HMO's. Beneficiaries with fee-for-service Medicare retain the right to use any doctor or hospital who accepts Medicare, at any time.

All of the North Country ACO member organizations are members of the North Country Health Consortium (NCHC). Consortium members include community hospitals, home health agencies, community mental health centers, emergency medical service professionals, social service providers and other groups. Collaboration through this long-standing, unique rural network provides the opportunity to better coordinate care, reduce unnecessary hospital and emergency department use, and improve the health of individuals and communities.

For more information about the North Country Health Consortium contact Nancy Frank at 603-259-3700 or visit the organization's website at <http://www.northcountry-aco.org/>. To learn more about Accountable Care Organizations, please visit [www.medicare.gov/acos.htm](http://www.medicare.gov/acos.htm) or call 1-800-MEDICARE (1-800-633-4227 (TTY users should call 1-877-486-2048)).

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# Airport Awareness Day Takes Flight In Spite Of Delay

By Robert Roudebush

It was a soaring success this year. Despite a one-day rain-delay, despite the fact that it was not mounted last year, Dean Memorial Airport's Airport Awareness Day was a resounding success, according to those who participated, and those who worked hard to set it up.

Most of all, according to the nearly 40 YOUNG EAGLES who took to the air in a small private aircraft – for nearly all of them, it was their first flight ever. Sunday, September 15th was a bright, beautiful slightly cloudy cool day – great flying weather according to those intrepid souls who actually piloted the three aircraft involved this year, all single-engine Cessnas of one numerical designation or other. It was rainy with heavy grey overcast just the Saturday before, the originaevent day. According to one informed estimate, there were nearly 200 folks in attendance, at the small public-use Haverhill airfield. Folks drawn from many towns and two different states in the Upper Valley region - parents, friends, observers, and the freshly air – bound children themselves, 37 in all. The young fliers – ages 8 through 17 – were sought from the entire region through outreach by Airport Commissioners to local schools in both New Hampshire and Vermont.

Executive Councilor Ray Burton, State Senator Jeanie Forester, State Representative Linda Lauer, and several members of the Haverhill Select board, including Chairman Wayne Fortier, Vice-Chair Tom Friel, Lynn Wheeler, and Robert Roudebush were welcome guests and witnesses to young souls soaring into the wild-blue-yonder. Haverhill Town Manager Glenn English was an enthusiastic and involved presence for most of the day.

The history of Dean Memorial Airport – so named because of a long-ago land grant to the town of Haverhill from the Dean family – includes Airport Awareness Days going back to May 31st of 1997 when 46 Young Eagles took to the air with 4 pilots. Since Dean takes no funds for it's operation from the town of Haverhill, but provides its own operating capital from fund raisers like the annual Hot Air Balloon Raffle, AAD is seen as a great way to spread the word about this unique activity in town. And

lots of tickets to that up-coming raffle (September 27, to be announced on WYKR Radio) were also sold during the airport event, the top prize being a Hot-Air Balloon Ride for two or \$500.00 cash.

The Young Eagles program is a national effort, sponsored locally by the EAA, Chapter 740. Nationwide, as of a couple years ago, 40,000 volunteer pilots and 55,000 ground volunteers have introduced youngsters to the magic of flight – well over 600 of those at Dean Memorial Airport alone. The Young Eagles are registered in more than 70 countries around the world.

Many of the facts and figures regarding this on-going program come to us from a former Haverhill and Mountain Lakes resident, an active Airport Commissioner, and former military flier himself, Joel Godston, noted for many years of community activism, now retired to beautiful Seattle, Washington. Not as pretty as Haverhill, though. While not present in person, Mr. Godston was a part of this year's effort through his meticulous record-keeping from previous years, as well as numerous email exchanges this year. Thanks Joel.

At this the most recent of the AADay's, adults wishing to take a scenic flight were able to sign up to arrange one at a near future date. One of the rules of Young Eagle flights is that parents never fly with their children, although some aircraft carry more than one passenger, and siblings were able to fly with each other.

Airport Manager Jim Fortier worked hard behind the scenes leading up to the event, and was present Sunday as well overseeing how well it went. And as with most other events in this community-minded area, AAD could never have occurred without certain key people volunteering their time. Polly Bonanno and Dan Brady worked the Registration table, helping parents filling out waiver forms and signing up the potential young fliers. Name-tags were issued, encouragements offered, and the youngsters were escorted by Betsy Uline to the Dispatch table. There, Airport Commissioners Mike Roberts and Cliff Batchelder communicated by radio with the pilots, and NHFD firefighter Mike Bonanno and Nancy

Lyons assigned each youngster to a pilot and arranged the schedule of boarding. Then the pilots themselves escorted kids to the aircraft for boarding. Volunteer licensed pilots this year included Braxton Freeman, John Wilson, and Airport Commissioner Dr. Jerry Lyons.

When the flights were complete the new Young Eagles were escorted from the aircraft to the Certification table, where Peter Olander and Nancy Guy as well as the pilots completed the Young Eagles Certificates indicating the date, type of aircraft and location. These Certificates are co-signed by none other than famous Hudson River Survival Pilot, Captain Chelsey B. (Sully) Sullenberger. In addition, the new fliers were handed dark blue "LOG BOOKS", where they could keep track of future flight hours, and find out more about the national program.

Mr. Bonanno and Woodsville Rescue Service EMT Dick Guy, also the Chair of the Airport Commission, made sure that an ambulance and a fire truck were on the premises for display and exploration. North Haverhill Police Officers Ryan Jarvis and Lamden Elliot were on hand with a department cruiser to engage and connect with the young folks, offer memorable souvenirs and offer a revealing look at and climb-into-the back seat experience with the police vehicle. And colorful small private aircraft, flown in just for the occasion, were on first hand display for all to "ooo, and aahhh" at. Great for photo opportunities as well.

Tracy Perry and Lynn Perry worked hard and with good humor to ensure the tantalizing sizzle and aroma of hamburgers and hot dogs pervaded the festive event. They served a lot of fresh eats that day.

Pilot Braxton Freeman may have put his finger on the magic of flight when he related to a visitor the experience of one young flier he'd known, a third-grade girl at the time – Pilot Braxton asked the young lady if she'd ever "reached out to touch the clouds". "Her eyes widened, her eyes shown bright, and when I actually encouraged her to reach her hand out an open window into the gentle cool air, she was transported".




Airport Awareness Day Volunteer Dan Brady, left, working with Polly Bonanno (not pictured) registers Young Eagles prior to their first flight at Dean Memorial Airport, September 15, 2013.


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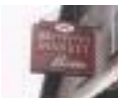
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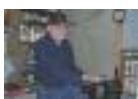
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Not all Times are Trendy but there will always be Trendy Times

October 1, 2013 Volume 4 Number 26

15



# EMERALD ASH BORER

## It's Coming! Are We Prepared?

Have you seen those purple, prism-shaped boxes hanging from roadside trees around the area this summer? By now many people have learned they are hung there to help detect any presence of the Emerald Ash Borer.

From the Vermont Invasives Training Manual: “Emerald Ash Borer (*Agrilus planipennis*), is an exotic beetle that was discovered near Detroit, Michigan in the summer of 2002. The larvae feed in the cambium between the bark and the wood, producing S-shaped galleries that girdle and kill branches and trees. Emerald Ash Borer probably arrived in the United States on solid wood packing material carried in cargo ships or airplanes originating from its native Asia”

Emerald Ash Borer, or EAB as it's referred to, is as near to us as Concord, NH. We are told that it's only a matter of time before it reaches our ash trees here in the Upper Connecticut River Valley. It affects all three of our local ash and once infested these non-native invasive forest pests will kill the tree within one to three years.

There are other native forest pests that affect ash trees too, but this insect is deadly and our ash trees have no known immunity to it. You might be thinking why should we care, it's only one kind of tree and there are lots of trees. What we've learned from the towns and cities that have already lost the battle with EAB is that we, who have not yet been attacked by the insect, have a window of opportunity to prepare. In fact we now have access to a planning template from Vermont Forest, Parks and Recreation that can help our towns prepare ahead of time for the arrival of EAB and other non-native forest pests. This planning template was developed with the assistance of areas already impacted.

Two local Conservation Commissions, from Bradford and Newbury, along with concerned local citizens and Vermont Forest Pest First Detectors have put together a meeting with forestry professionals from both sides of the Connecticut River to help us learn more and prepare for the inevitable arrival of EAB.

Please mark your calendars now and reserve the date: Tuesday October 15th from 6:30 to 8:30 PM at the Bradford Academy Auditorium. Come with your questions. The website [www.vtinvasives.org](http://www.vtinvasives.org) will give you more background on the insect to enable you to help your town and community prepare.

For more info go to: [www.NewburyConservation.org](http://www.NewburyConservation.org)

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# Letter To The Editor

To the editor  
This is what it is all about... but forgotten and disregarded or maybe even thrown aside.  
The first paragraph of the Constitution provides the context for the Constitution — the "why" of the document.

### PREAMBLE TO THE CONSTITUTION

The Constitution was written by several committees over the summer of 1787, but the committee most responsible for the final form we know today is the "Committee of Style and Arrangement". This Committee was tasked with getting all of the articles and clauses agreed to by the Convention and putting them into a logical order. On September 10, 1787, the Committee of Style set to work, and two days later, it presented the Convention with its final draft. The members were Alexander Hamilton, William Johnson, Rufus King, James Madison, and Gouverneur Morris. The actual text of the Preamble and of much of the rest of this final draft is usually attributed to Gouverneur Morris.

The newly minted document began with a grand flourish & mdash the Preamble, the Constitution's *raison d'être*. It holds in its words the hopes and dreams of the delegates to the convention, a justification for what they had done. Its words are familiar to us today, but because of time and context, the words are not always easy to follow. The remainder of this Topic Page will examine each sentence in the Preamble and explain it for today's audience.

### WE THE PEOPLE OF THE UNITED STATES

The Framers were an elite group — among the best and brightest America had to offer at the time. But they knew that they were trying to forge a nation made up not of an elite, but of the common man. Without the approval of the common man, they feared revolution. This first part of the Preamble speaks to the common man. It puts into writing, as clear as day, the notion that the people were creating this Constitution. It was not handed down by a god or by a king — it was created by the people.

in Order to form a more perfect Union

The Framers were dissatisfied with the United States under the Articles of Confederation, but they felt that what they had was the best they could have, up to now. They were striving for something better. The Articles of Confederation had been a grand experiment that had worked well up to a point, but now, less than ten years into that experiment, cracks were showing. The new United States, under this new Constitution, would be more perfect. Not perfect, but more perfect.

### ESTABLISH JUSTICE

The Injustice, unfairness of laws and in trade, was of great concern to the people of 1787. People looked forward to a nation with a level playing field, where courts were established with uniformity and where trade within and outside the borders of the country would be fair and unmolested. Today, we enjoy a system of justice that is one of the fairest in the world. It has not always been so — only through great struggle can we now say that every citizen has the opportunity for a fair trial and for equal treatment, and even today there

Nancy,

*It is not often, once we leave school, that we get a lesson in the foundation of this great country. Thank you for the words of insight. The opportunity to reflect on what and why we are the nation we have become. The reminder to be informed for the benefit of ourselves and the nation as a whole.*

Gary Scruton, Editor

still exists discrimination. But we still strive for the justice that the Framers wrote about.

### INSURE DOMESTIC TRANQUILITY

One of the events that caused the Convention to be held was the revolt of Massachusetts farmers known as Shays' Rebellion. The taking up of arms by war veterans revolting against the state government was a shock to the system. The keeping of the peace was on everyone's mind, and the maintenance of tranquility at home was a prime concern. The framers hoped that the new powers given the federal government would prevent any such rebellions in the future.

### PROVIDE FOR THE COMMON DEFENSE

The new nation was fearful of attack from all sides — and no one state was really capable of fending off an attack from land or sea by itself. With a wary eye on Britain and Spain, and ever-watchful for Indian attack, no one of the United States could go it alone. They needed each other to survive in the harsh world of international politics of the 18th century.

### PROMOTE THE GENERAL WELFARE

This, and the next part of the Preamble, are the culmination of everything that came before it — the whole point of having tranquility, justice, and defense was to promote the general welfare — to allow every state and every citizen of those states to benefit from what the government could provide. The framers looked forward to the expansion of land holdings, industry, and investment, and they knew that a strong national government would be the beginning of that.

### AND SECURE THE BLESSINGS OF LIBERTY TO OURSELVES AND OUR POSTERITY

Hand in hand with the general welfare, the framers looked forward to the blessings of liberty — something they had all fought hard for just a decade before. They were very concerned that they were creating a nation that would resemble something of a paradise for liberty, as opposed to the tyranny of a monarchy, where citizens could look forward to being free as opposed to looking out for the interests of a king. And more than for themselves, they wanted to be sure that the future generations of Americans would enjoy the same.

### DO ORDAIN AND ESTABLISH THIS CONSTITUTION FOR THE UNITED STATES OF AMERICA

The final clause of the Preamble is almost anti-climactic, but it is important for a few reasons — it finishes the "We, the people" thought, saying what we the people are actually doing; it gives us a name for this document, and it restates the name of the nation adopting the Constitution. That the Constitution is "ordained" reminds us of the higher power involved here — not just of a single person or of a king, but of the people themselves. That it is "established" reminds us that it replaces that which came before — the United States under the Articles (a point lost on us today, but quite relevant at the time).

Submitted by Nancy Leclerc  
North Woodstock, NH  
The, is a very powerful word.



# How Should Your Risk Tolerance Influence Investment Decision?

As an investor, how much risk can you tolerate? It's an important question — because the answer can help you make the right investment choices.

Before you know your risk tolerance, you'll want to make sure you first understand the nature of investment risk — the risk of losing principal. This risk is especially prevalent when you invest in stocks, because stock prices will always fluctuate — and there are never any guarantees about performance. Of course, a decline in value does not mean you need to sell; you can always hold on to the stock with the hope that its value will bounce back. And this can certainly happen, but again — no guarantees.

How you respond to this type of investment risk will tell you a great deal about your own risk tolerance. Of course, no one, whether he or she has a high tolerance for risk or a low one, particularly likes to see declines. But people do react differently. If you're the sort of person who can retain your confidence in your investment mix and can focus on the long term and the potential for a recovery, you may

well have a higher tolerance for risk. But if you find yourself losing sleep over your losses (even if, at this point, they're just "paper" losses), becoming despondent about reaching your goals, and questioning whether you should be investing at all, then you may have a low tolerance for risk.

This self-knowledge of your own risk tolerance should help inform your investment decisions — to a point.

Even if you determine you have a high tolerance for risk, you almost certainly should not load up your portfolio exclusively with stocks. If the stock market enters a prolonged slump, you could face heavy losses that may take many years to overcome, causing you to lose significant ground in the pursuit of your financial goals. Conversely, even if you discover you don't have much tolerance for risk, you won't want to invest only in supposedly "safe" vehicles, such as certificates of deposit (CDs). During those periods when rates on CDs and similar instruments are low, as has been the case in recent years, your interest payments from these invest-

ments may not even keep up with inflation — meaning that, over time, you could end up losing purchasing power, which, over the long term, can be just as big a risk as market declines.

Ultimately, then, you'll probably want to let your risk tolerance guide your investment choices — but not dictate them with an "iron hand." So, if you believe you are highly tolerant of risk, you might have a somewhat higher percentage of stocks in your portfolio than if you felt yourself to be highly risk-averse — but in any case, you'll likely benefit from building a diversified portfolio containing stocks, bonds, government securities, CDs and other investments. While this type of diversification can't guarantee profits or protect against loss, it can help reduce the effects of volatility on your portfolio.

By knowing your own risk tolerance, and the role it can play in your choices, you can help yourself create an effective, suitable investment strategy — one that you can live with for a long time and that can help you avoid the biggest risk of all: not reaching your long-term goals.

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

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[ads@trendytimes.com](mailto:ads@trendytimes.com)  
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# TRENDY TIMES

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18

# Central Nervous System Tension/Anxiety Relief

October 1, 2013 Volume 4 Number 26

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

Anxiety, fear, being over-worked, hysteria, insomnia, restlessness, childhood and adult hyperactivity and other problems aggravated by emotional disturbances are simply put as worrying. Anxiety-related disorders are the most common psychological diagnoses in this country, outstripping even depression. There are all sorts of anxiety disorders: generalized anxiety disorder (worrying) and social anxiety disorder (worrying about social situations) can both be termed “basic anxiety.” But there are others that cross the line from anxiety into outright panic. With panic, that undercurrent of worry doesn’t have to be present (although it often is). Instead you can be going along, content, when all of a sudden some little thing triggers a panic attack. And, then it hits like bricks on your shoulders, and your heart starts racing, or you start shaking, or your mouth gets dry, you stand there paralyzed, stammering or sweating. Sometimes it lasts for minutes, sometimes hours. Sometimes it wakes you up in the middle of the night and you need to pace until it subsides.

In obsessive-compulsive disorder (OCD), panic can be driven by very specific situations or thought patterns, and people go to great lengths to avoid these triggers, washing their hands repeatedly against dirt and germs, or never leaving the house. There’s also post-traumatic stress disorder, where people relive a traumatic life event.

Indigestion can cause anxiety. When people begin to have a health problem – whatever it is, whether it’s something to do with digestion, or they start to have a problem with arthritis – in some people that’ll trigger anxiety. The “metaphor” of the digestive system is “processing center.” In our bod-

ies this system is our central computer, this is why most ill-health can be “rebalanced through” dietary changes, herbal compounds, vitamin and mineral supplementation. Exercise is another very important factor. The secret to exercise is that it’s every day, ideally in the morning when it can “set the tone for the entire day”. Hormonal changes can also cause anxiety, many women report anxiety in pre-menstrual, pre-menopausal and menopausal and post-menopausal shifts.

The first step in “treatment” is to find the underlying causes, the second would be to try and eliminate the issues to eliminate the symptoms. Elimination must happen everyday, this means bowel elimination as well as emotional elimination. Under stress many people become emotionally constipated and want to “shut themselves away from the world, this energy can cause physical constipation also, so now one is constipated on both levels.” Some eat under stress (usually comfort foods), some drink under stress (alcohol, soda, coffee all dehydrating) and others are “knotted” and not able to consume anything. All of these relief patterns cause the digestive system to “shut down.”

Obviously, stress can be a major contributor to anxiety. There is more to stress than just psychological stress; there are also physical stressors. Exposure to cold is a form of stress; being in a chronic dis-ease state is a form of stress; and of especial concern to anxiety, low blood sugar, including hypoglycemia, hypothyroidism, pancreatitis all are stress. When our blood sugar gets too low our body mobilizes its energy reserves with hormones from the adrenal glands; the problem is, these are “stress hormones”, and,

as their name implies they make us feel stressed and jittery. (Coffee also mobilizes these hormones).

Most people get low blood sugar because of high blood sugar. The body, sensing lots of sugar in the blood, often overreacts and lowers sugar too much. The answer to low blood sugar, then, is often to avoid the things that will spike blood sugar: so sweets and refined starches – or at least eat them with plenty of protein, fat and fiber.

Herbal suggestions to control blood sugar include: Chlorella, Spirulina, Kelp, Dulse, Bladderwrack, Bee Pollen, Licorice Root.

Herbs to aid with central nervous system anxiety include: Kava Kava Root, Passionflower, Oatstraw, Marshmallow Root, Valerian Root, Scullcap, St. John’s Wort, Lemon Balm, Vervain, Wood Betony, Hops, Ginger Root.

VALERIAN ROOT: (Valeriana Officinalis), A strong pain relieving safe sedative herb for insomnia, anxiety, and depression, without narcotic side effects. It is also an effective anti-spasmodic and healant to the nervous system. Primary Uses: as a specific in any and all combinations for nervous tension, stress, insomnia, nerve and arthritic pain, menstrual cramping and muscle spasms; a specific with feverfew for the relief of migraine and cluster headaches; as a cardio-tonic agent to normalize heart palpitations while strengthening circulatory activity; as part of a safe calming formula for hyperactivity and restlessness in children; as part of a combination for hypertension and high blood pressure; as a brain tonic for mental exhaustion; as a calmateive for hysteria and manic-depression where the cause is

emotional or mental trauma; as part of a formula for indigestion from nervous stomach. Nutrients: calcium, choline, essential fatty acids, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. vitamins B1, B2, B3 & C.

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Melanie Osborne is the owner of Thyme to Heal Herbs and practices on Route 302 in Lisbon, NH. She has been in practice since 1991. She is certified in Therapeutic Herbalism through the Blazing Star Herbal School in Shelburne Falls, Massachusetts. Much of her work is private health consultations, teaching herbal apprenticeships and intensive workshops, Reiki I, II & III into mastership. In her Shoppe located in Lisbon are over 200 medicinal bulk herbs, teas and capsules, all made on premise. 603-838-5599 thymetoheal01@yahoo.com

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Ladies, are you tired of the couch potatoes in your home? Does it seem like they're multiplying like dust bunnies the older they get? Here are a few ideas for getting them up and moving and eating healthier.

Lose the remote (by "accident" of course). You will get a good show watching them try to find the remote and at some point will be able to point out that they just expended more energy tearing the living room apart looking for it than they would have had they just gotten up to change the TV.

Park further from the store than you normally would. My kids can testify to this one. Just like the postal service, it doesn't matter what the weather is—snow, sleet,

rain, or hail—we park in a parking space that is further away from the store than my kids would ever park themselves. For those of you who drive laps around the parking lot looking for the closest space, one study showed that you don't get into the store any faster than those of us who park further and walk. We also have the bonus of burning a few more calories and having less stress from driving around the lot looking for that space.

The stairway is the way to tighter buns. Walking or running stairs is a great way to burn calories, get the heart pumping, and yes, tighten your butt. So, how do you get them to go up and down them more often? Laundry. Make sure you are not on the same floor as their bed-

room when you hand them part of their laundry to be put away. When they come back down, hand them some more, etc. This also works well with bringing groceries into the house. They're only allowed to bring two bags in at a time. To make it more interesting, time them to see how fast they can complete this task.

Be sneaky. Got veggie haters in your household? You can sneak veggies in places they wouldn't expect. My dad used to grate carrots into our mashed potatoes. You can add grated zucchini or mashed squash or pumpkin to pancakes, cookies, or muffins. Or how about grated carrots or zucchini in meatloaf? If you feel bad being so sneaky, try something more out there, like baked sweet potato fries.

Do you have any ideas for making your family move more and eat healthier? We want to hear them! Email Carrie at [carriemyers-smith@gmail.com](mailto:carriemyers-smith@gmail.com) and put line. Your idea may be published in a future column.

smith@gmail.com and put line. Your idea may be published in a future column.

*Carrie Myers has a degree in exercise science and health education, is a magazine writer and author of Squeezing Your Size 14 Self into a Size 6 World, owner of CarrieMichele Fitness, and mom to four amazing sons. Contact her with any questions or comments at [carriemyerssmith@gmail.com](mailto:carriemyerssmith@gmail.com).*



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By Ronda Marsh

# Favorite Focaccia Or Pizza Dough

Quite a while back, I did a column on pizza, focusing on the toppings and assemblage. I left the crust choice up to you. Now I'd like to share my favorite pizza crust recipe, which also doubles as a darn tasty focaccia, too. I know, I know; some of you are probably wondering why I didn't just give you the whole thing at once. Well, the answer is...I have no idea! I hadn't made my own crust for quite some time, but instead had been buying the refrigerated kind in a roll at the store. Maybe I was just lazy, and truthfully, it's not a bad crust. Besides, I had sort of forgotten how much I like my own, which is actually a PIONEER WOMAN recipe. So the other day, I mixed up a batch (it's best if you make it at least a day in advance and let it do a slow-rise in the fridge), and since it yields two crusts, I went ahead and had pizza one night, and a few days later, whipped up a quick focaccia, to go along with soup for supper. All I did was roll the dough out, dimple the top with my fingers, then replace the pizza toppings with a light coating of olive oil, along with a sprinkling of sea salt and coarse ground pepper. With no work at all I had a warm, toothsome fresh bread. Hearty, delicious, and super easy!

- 1 teaspoon active dry yeast
- 1-1/2 cups warm water (about 110 degrees)
- 4 cups all-purpose flour
- 1 teaspoon salt (Kosher salt is a plus!)
- 3 tablespoons olive oil

Sprinkle yeast over the warm water. In a mixer, combine flour and salt. With the mixer running on low speed (with paddle attachment), drizzle in olive oil until combined with flour. Next, pour in yeast/water mixture and mix until just combined. Coat a separate mixing bowl with a light drizzle of olive oil, and form the dough into a ball. Toss to coat dough in olive oil, then cover the bowl tightly with plastic wrap and store in the fridge until you need it. Makes 2 crusts.



NOTE: It's best to make the dough at least 24 hours in advance, and 3 or 4 days is even better.

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