

TRENDY TIMES

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OCTOBER 15, 2013 VOLUME 5 NUMBER 1

Octoberfest Kicks Off Groton Growers Indoor Season

By Marianne L. Kelly

Groton, VT—After a wonderfully successful summer, capped off by their second annual apple festival, the Groton Growers Farmers Market moves indoors for their fall and winter seasons. The first celebration is their version of a fun and festive Octoberfest. Instead of the traditional oompah bands and beer, the Groton Growers decided that their Octoberfest will feature a pumpkin pie contest where local bakers are invited to enter their best home baked pumpkin pies. Also on tap is a table for local children to bring their Halloween pumpkins and markers and use their imaginations and artistic abilities to decorate them. Visitors and customers are invited to taste each pie entry free of charge and vote for their favorite. The winner receives a \$10 Groton Growers Gift Certificate. Still looking for beer? While bottled beer will not be available, Vermont Peanut Brittle's Lea and Ed Arnold have added a beer brittle to

their growing brittle assortment. "We are going to give it a more 'beery' taste," said Lea. The vendors are working on pumpkin treats as well. Diane at Nana's Kitchen is sure to have pumpkin pie and other treats, while next door at Spice of Life, Marianne will have her Pumpkin Streusel coffee loaf. Marianne also offers her beautiful wood burned lazy susans in several designs. Elaine Kiessling of Dinner on Demand will have her ever popular humus and fudge, and some will be pumpkin flavored. Octoberfest at the Groton Growers is also a celebration of the harvest. Bone Farm will have a plethora of farm grown and picked seasonal vegetables as well as eggs, maple syrup, honey and more. Adams Family farm offers their own chicken, pork, bacon, sausages, kabobs, jams, jellies, fruit butters, pickles, relishes and more. Sandi will have pumpkin butter among her offerings along with her quilted purses, embroidered towels, and market bags, and other gift items.

Hooker Mountain offers bacon, chicken, eggs and beef along with their maple flavored sodas, while Sugarbush Farm offers their trio of locally produced cheddar cheese. In addition to their pepper jellies, eggs, and goat meat, Rabbit Patch Farm will introduce their free-range chicken. Marianne at Spice of Life offers her pop-

ular Stromboli Florentine. Don't forget to stop by and peruse Briars and Brambles wonderfully fragranced soaps, lotions, lip balms and tea melts. Back this season is the "take me" table. This table is a perfect example of "One man's junk is another man's treasure." You just never know what treasures you will find at this fun table for just a small donation of your choosing. Proceeds go to farmer's market fees as well as advertising and promotion. Are those knives, scissors and tools just a bit dull after using them all summer? Stop by A Sharp Edge where Sean will sharpen them while you enjoy everything this fun, family friendly market has to offer.

Do you or someone you know heat with wood? Prices for split, dried and delivered cord wood range from \$165-\$225 this season. Groton Growers is raffling off a cord of wood. There is still time to stop by their table at the October 19th market and pick up your tickets. Winner will be announced November 1. Wouldn't it be great to sit by fire on a cold, snowy day warmed by a cord of wood you won? Listed here are some of the fine vendors who will be at this market, offering everything from locally grown veggies to fine gift items. You'll just have to come to see who else shows up. Where else can you affordably purchase super fresh locally grown/produced food and



quality gifts directly from the grower/producer, enjoy a fresh lunch in the café, taste and vote on the best pumpkin pie, enjoy pumpkin art by local children, while you have your knives and scissors professionally sharpened...and possibly win a cord of firewood? It's all at the Groton Growers Oktoberfest Farmers Market, Saturday, October 19th, in the Groton Community Building gym, starting at 10 am. Groton Growers appreciates and thanks everyone who made the summer market so successful, and hopes to see old and new friends as

they celebrate the fall and winter season. A few volunteers are needed once a month to help during market hours. Volunteers will receive a 10% discount from participating vendors. Don't forget the pumpkin pie contest and children's pumpkin decorating table. Pie entries and pumpkin artists should be at the market no later than 11a.m. Those wishing to purchase raffle tickets after the October 19th market can contact Mary Berlejung at (802) 584-3595 or Jennifer Bone at (802) 584-4067. See you at the market!

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TRENDY Dining Guide

Brown’s Market Bistro

By Gary Scruton

Some may say that not a lot happens in the sleepy little village of Groton, Vermont. But show up at Brown’s Market Bistro on a Thursday night and you will probably get a very different idea. Thursdays are entertainment nights at Brown’s. On our recent visit award winning artist Dave Keller was at the microphone along with his guitar. Dave was playing some great Memphis Blues along with some of his own numbers and a few other favorites. At one point Dave noted that he probably did not need the microphone as Brown’s offers a small, but comfortable, eating area. Whether or not he needed that extra volume, it had little effect on those gathered to listen and to enjoy the fare at Brown’s. It appeared unanimous that his music was most enjoyable. In fact it seemed to set the bar high to see if the food could match.

Chuck Gallagher, owner at Brown’s, has done his very best to make sure that he keeps up his end of the bargain. Though there is a somewhat limited menu, preferring instead to offer daily specials plus a few standards, the choices are varied and most any diner will find something that will satisfy their taste buds. That includes such standards as salads, burgers, and a wide variety of home baked deserts.

Plus there is a fine selection of wines, some craft beers, and other favorites.

For our recent visit we chose a pair of “foul” meals. One was the chicken breast, served with rice and vegetables. It was well received and proved to be quite tasty. The second meal was roast duck. Not a regular on most menus, but a dish that, when prepared well is quite satisfactory. This was certainly one of those occasions that it was prepared just right. The duck came with rice and squash. As part of the special on this particular evening it also came with an optional glass of pumpkin ale, a tasty seasonal addition.

As mentioned, Brown’s is not the biggest, or the fastest of eating establishments. Both of which might well be in their great favor. By being small Chuck has the opportunity to visit, be it briefly, with virtually every customer, even while serving, busing tables, and giving a hand in the kitchen. The food is also prepared for each diner. Not mass produced and simply warmed up. Again, on our recent visit we went thru the door just after several other parties. That put us on the tail end of a rush and we did wait a bit for food. However, as also mentioned earlier, there was live

entertainment. Plus the music was not so loud but what we could carry on our own conversation while unwinding from the day.

So, if you are looking for fast food, or a spot with no charm, Brown’s Market Bistro is not the place for you. But if you want to enjoy a well prepared meal, sit back and take your time enjoying it, then visit Chuck and crew in Groton. The drive is enjoyable, and even if it is not a pot of gold at the end of a rainbow, your efforts will be well rewarded.



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Educate your tastebuds,
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UNH Cooperative Extension To Offer ServSafe® Certification Programs

This fall UNH Cooperative Extension will be offering two ServSafe® programs in northern Grafton County. One on Thursday, November 21st in North Haverhill at the Grafton County Complex and another on Saturday, December 7th at the Littleton Regional Hospital.

ServSafe® is a one-day food safety training program designed to share the latest science-based information on food safety and best practices in the industry. This in-depth training is critical for owners, food managers and food handlers who work in restaurants, schools, hospitals, nursing homes, or spe-

cialty food producers who manage their own small businesses.

UNH Cooperative Extension has been offering ServSafe® classes since 2000 and has trained over 1500 food service workers across the state. The focus of the program is to reduce the risk of food-borne illness by paying close attention to personal hygiene, cross-contamination and time and temperature issues in the food preparation area.

When a food service establishment focuses on food safety for their customers the quality of food served improves, costs are lower, prof-

its increase, and staff makes sound decisions that keep customers safe. Participants who successfully complete the exam at the end of the training will receive the industry-wide recognized ServSafe® Certificate as food safety managers.

Both classes will be taught by Deb Maes, Food Safety Specialist for UNH Cooperative Extension and a nationally certified ServSafe® Instructor. For more information, or to register, e-mail Maes at deborah.maes@unh.edu or call 787-6944. Space is limited.

Haverhill Corner Clovers 4-H Club Seeks New Members

The Haverhill Corner Clovers 4-H club will hold it's first meeting of the new club year on October 19, 2013. The meeting will be held at the Hayloft Inn, 440 Clark Pond Road. North Haverhill, NH at 10:00AM to 12:00 PM.

At our meeting the club will be completing our membership forms as well as showing new members their completed projects from last year. One of our members will be bringing one of his 4-H goats to talk to members of the club about his goat project. Each meeting will feature a different project area. Our theme for the year is "4-H is not just Agriculture Anymore". While we still do have agricultural projects, we have projects in anything from robotics to fishing, in fact you name it, we probably have a project for it. Please attend this meeting and bring your thoughts and ideas for our club.

Membership is open to ages 5-18 from all of Grafton County, and several communities in Vermont. There is a \$1 fee for liability insurance for the entire project year. There are no other dues, but we have several fundraisers during the year, for which we do expect member and parent participation in some capacity. Fundraisers are used to buy supplies for our meetings, and we also offer project cost refunds up to \$50/year per member. We offer separate meetings for projects such as sewing, arts and crafts, baking, and canning, which are held by qualified and screened leaders. If you have a child

that is interested in 4-H Tina Dube at 603-991-9367 please don't hesitate to call

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Cottage Hospital's New Raised Garden Built by the Beautification Committee of the Auxiliary
The Gardeners are as follows: Marcia and Dave Selent, Linda and David Pair, Diane Kirkwood, Lynn Rhodes, Karen Rajsteter and thank you to Ann Edson (who couldn't be there) but donated plants.

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Walk To Prevent Suicide

It would be nice to think that such a terrible occurrence could be prevented by simply walking. Though raising money for a walk-a-thon is not the final answer, it is one of many methods to help prevent other families from facing this outcome that has taken so many.

Funds from the Out of the Darkness Walk will help support the American Foundation for Suicide Prevention (AFSP). More specifically the AFSP helps to fund research into genetic, biological and behavioral factors of suicide. They also fund prevention and treatment research. Some of the funding also goes toward a landmark study on treating complicated grief among survivors of suicide.

These funds will be raised by those willing to step up and walk on Saturday, October 26th. The walk will begin and end at Woodsville High School with a start time of 9 AM. Before the walk begins there will be some opening remarks by those who have organized this event. Those organizers include the Friends of Rachael Club Woodsville High School, and by Liz Engle, whose son Zeb, a resident of Haverhill, succumbed to suicide just a couple of years ago. Liz got involved in the Out of Darkness Walk as a means of her recovery.

Warning Signs Of Suicide

- Thinking about wanting to die
- Looking for a way to kill oneself
- Talking about feeling hopeless or having no purpose
- Talking about feeling trapped or in unbearable pain.
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious, agitated or recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

The more of these signs a person shows, the greater the risk. Warning signs are associated with suicide but may not be what causes a suicide.

What To Do

If someone you know exhibits warning signs of suicide.

- Do not leave the person alone
- Remove any firearms, alcohol, drugs or sharp objects that could be used in a suicide attempt
- Call the U.S. National Suicide Prevention Lifeline at 800-273-TALK (8255)
- Take the person to an emergency room or seek help from a medical or mental health professional.

It is not surprising that Woodsville High School is among the thousands of schools across the country to have a Friends of Rachael Club. These clubs came into being because of the efforts of Darrell and Sandy Scott, father and step-mother of Rachael Scott, the first student killed in Littleton, Colorado at Columbine High School in 1999. Rachael's parents discovered her writings and decided to make her inspirational thoughts known to everyone who

would listen.

The friends of Rachael Club at Woodsville High School averages from 15 to 30 members each year. Along with this project they are also working to raise funds to pay for an anti-bullying speaker. Other projects for the club include Toys for Tots and a Scholarship fund called "Smile for Kyle". Sign up forms or further information is available from members of the club, or at Woodsville High School.

The St. J. Food Co-op Celebrates A Successful Share The Harvest Fundraiser

The St. J. Food Co-op and community members participated in the 19th annual Share the Harvest fundraiser on October 3, 2013 to benefit NOFA-VT's Farm Share Program. The Farm Share program enables limited-income Ver-

monsters to afford to purchase CSA (community supported agriculture) shares of fresh produce from their local farmers. The St. J. Food Co-op and NOFA Vermont believe that all Vermonters should be able to eat local organic food, regardless of income level, while also making sure farmers get a good wage for their hard work.

In 2012 and 2013, the Farm Share Program served over 1,400 limited-income people statewide with participation from 50 Vermont farms. Demand for Farm Share Program support is significant and a waiting list for CSA share recipients has been established. The Farm Share Program is funded by individual donations and by the annual Share the Harvest fundraiser

The St. J. Food Co-op is donating a portion of their day's sales to the Farm Share Program. "We had a very busy day on Thursday. We combined this fundraiser

with a wine tasting and some local food sampling. This helped increase sales and increase the dollars we gave to NOFA." Explained co-manager Melissa Bridges. "We are strong advocates for access to affordable, local food. This is one way to serve our mission. Additionally we support the St Johnsbury Community Farm project which provides free local food and we are a pick-up site for four farms providing CSA's." Bridges continues.

Donations to the Farm Share Program are always welcomed and are accepted year round. If you would like to contribute to the Farm Share Program, you can do so by contacting Becca Weiss at becca@nofavt.org or 802-434-4122 x 20. For more information on local CSA's, the St Johnsbury Community Farm or the St. Johnsbury Food Co-op contact Melissa Bridges at Melissa@stjfoodcoop.com or 802-748-9498.



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The Mystery Of Edwin Drood

Do you like music? I enjoy performances with singers who are also acting, and music coming from the orchestra pit, right down front. This production has more than twenty musical numbers sung as solos, duets, and even the entire cast. And though there was a time or two when a few notes may have been not quite loud enough, the performers seemed to hit their marks, their notes, and the target.

Do you enjoy a mystery? How about a mystery where you get to help choose the outcome? And how about a mystery from an unfinished novel by Charles Dickens? The music, lyrics and even the book for "The Mystery of Edwin Drood" were actually written by Rupert Holmes, but Dickens is the one given credit throughout the performance for having authored the original story. The reason it is unfinished is that Dickens died of a stroke before he ever finished the story, and there were no notes to be found to tell others of what his final outcome would have been.

Would you like a pun or two thrown in? Plus maybe some old fashioned site gags? Or a couple, or three or more, actors/actresses who very much appear to relish their parts, and add some delightful flair.

Plus, like any good play, there is a director who, very obviously in this case, appreciates the members of the cast. Especially when those performers members of the general pubic, work for nothing but the joy of performing, and devote so much time and effort into a performance and a community theater group like the St. J Players.

Opening night of "The

Mystery of Edwin Drood" had all of these factors and more. It began even before the curtain went up. The actors, in character, came out and interacted with the audience (something that proved helpful later). And when the performance itself began It was a delightful evening.

The musical won multiple Tony Awards in 1985 when it first appeared on Broadway, and the actors of the St. J Players did those original actors proud. Like any group that must put volunteers into jobs that they may not, at first, appear suited for, the director filled all the roles with what seemed to be just the right person. This meant that characters like Durdles, the

wine drinking cemetery worker, sang in a much higher voice than one would expect. Same was true for the Chairman/Mayor and even Edwin Drood himself (herself). A special shout out needs to go to Stage Manager Ryan Daly. I'm not sure that he actually had a line, but his performance in moving props, waving a handkerchief, or just doing his job was quite enjoyable.

The second weekend of "Drood" will have performances on Friday and Saturday nights at 7:30 PM and a 2:00 matinee on Sunday, October 18, 19 & 20. I would certainly recommend that this show not be missed. The work that has gone into it should not be for only a few.



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Bipartisan North Country Legislative Summit brought key regional leaders together to discuss policy initiatives. The event was sponsored by the NH Charitable Foundation and North Country Senator Jeff Woodburn. Peter Benson, center, of the NH Charitable Foundation, talks with Representatives Robert Theberge, of Berlin and Linda Massimilla, of Littleton.

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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

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

T.O.P.S. (TAKE OFF POUNDS SENSIBLY)
Weigh in – 5:00 PM – 5:45 PM
Meeting – 6:00 PM
Horse Meadow Senior Center, North Haverhill

AA MEETING (OPEN BIG BOOK)
7:00 PM – 8:00 PM
St. Luke’s Parish Hall
121 Central Street, Woodsville

WEDNESDAYS

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

THURSDAYS

CRIBBAGE GAMES
1:00 PM
Horse Meadow Senior Center, No. Haverhill

FRIDAYS

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

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

THURSDAY, OCTOBER 17

GARLIC TALK & TASTING WITH WILDWOOD FARMS
St. J. Food Co-op, 490 Portland Street

MEDICARE BOOT CAMP
9:00 AM – 11:00 AM
NVRH, St. Johnsbury
See article on page 9

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

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

FRIDAY, OCTOBER 18

FALL TOUR OF CONSERVATION PRACTICES
9:30 AM
Tullando Farm, Rte 10, Orford
See article on page 15

THE MYSTERY OF EDWIN DROOD
7:30 PM
St. Johnsbury School Auditorium
See article on page 5

SATURDAY, OCTOBER 19

HARVEST SUPPER
5:00 PM – 7:00 PM
Woodsville United Methodist Church

HALLOWEEN PARTY & HAUNTED HOUSE
6:00 PM
West Newbury Town Hall

BENEFIT DINNER & DANCE W/ STONE BULLET
6:00 PM Dinner 8:00 PM Dance
The Pines, Chelsea

LORD’S ACRE AUCTION
6:30 PM
North Haverhill United Methodist Church
See ad on page 7

REBECCA RULE, MOVED AND SECONDED
7:00 PM
Bath Village School
See article on page 8

THE MYSTERY OF EDWIN DROOD
7:30 PM
St. Johnsbury School Auditorium
See article on page 5

SUNDAY, OCTOBER 20

BENEFIT TEXAS HOLD 'EM POKER TOURNAMENT
11:00 AM Satellites
1:00 PM Tournament
VFW Post 10038, 156 High St.,Lyndonville

THE MYSTERY OF EDWIN DROOD
2:00 PM
St. Johnsbury School Auditorium
See article on page 5

MONDAY, OCTOBER 21

HAVERHILL SELECTBOARD MEETING
6:00 PM
Morrill Municipal Building, North Haverhill

WEDNESDAY, OCTOBER 23

VERMONT HEALTH CONNECT OPEN HOUSE
10:00 AM – 3:00 PM
Northeast Kingdom Chamber Office
Green Mt. Mall, St. Johnsbury
See article on page 9

RYEGATE HISTORICAL SOCIETY MEETING WITH DELSIE HOYT
7:30 PM
Whitelaw Hall, Ryegate
See article on page 8

THURSDAY, OCTOBER 24

APPLE TREATS TASTING
St. J. Food Co-op, 490 Portland Street

BOOK SIGNING BY MICHELE ARNOSKY SHERBURNE
6:00 PM
Tenney Memorial Library, Newbury

FRIDAY, OCTOBER 25

PEE WEE HAUNT AND HALLOWEEN DANCE
5:00 PM – 7:00 PM
Clifford Building, Woodsville
See ad on page 10

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

SATURDAY, OCTOBER 26

OUT OF THE DARKNESS - SUICIDE PREVENTION WALK
9:00 AM
Woodsville High School

HAUNTED HAPPENINGS AND HALLOWEEN DANCE
7:00 PM – 10:00 PM
Clifford Building, Woodsville
See ad on page 10

FRIENDS OF BATH ANNUAL CRAFT FAIR
9:00 AM – 2:00 PM
Bath Village School, Bath

BETTY JOHNSON GRAY/ LYDIA GRAY IN CONCERT
7:00 PM
First Congregational Church of Orford

SUNDAY, OCTOBER 27

BENEFIT TEXAS HOLD 'EM POKER TOURNAMENT
11:00 AM Satellites 1:00 PM Tournament
Post 58 American Legion, St. Johnsbury

ACOUSTIC JAM SESSION
1:00 PM – 3:00 PM 603-787-6155
Warren Methodist Church
See ad on page 8

TUESDAY, OCTOBER 29

AMERICAN RED CROSS BLOOD DRIVE
1:00 PM – 6:00 PM
Woodsville High School

WEDNESDAY, OCTOBER 30

VERMONT HEALTH CARE COVERAGES: CHANGES FOR SMALL BUSINESSES
8:00 AM – 9:30 AM
Bradford Academy Hall, Bradford

NORTH COUNTRY FRUIT AND VEGETABLE SEMINAR AND TRADE SHOW
9:00 AM – 3:30 PM
Mountain View Grand Resort, Whitefield
See article on page 15

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 24th for our October 29th issue.

You're Invited To Groton Free Public Library

Beginner Conversational Spanish. Thursdays at 6:00pm. Perfect for an intro or brush-up on your Spanish skills! Six free classes provided by native Spanish speaker.

Crafts 4 Kids! Fridays: Oct. 18, 25 & Nov. 1 from 3-6pm. All supplies provided for a variety of drop-in kids' crafts – something different each Friday!

Recipe Swap! Sunday, Oct. 20 at 4:00pm. This month's theme: Apples! Come swap a recipe that features apples. And, if you have time, bring some sam-

ples of your recipe to share – yum! We'll make photocopies of recipes and/or share our websites.

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/Groton-FreePublicLibrary

Join The Fun Of Story Hour At The Bath Public Library

Tuesday's at 10 am; Pre-School through 3rd Grade. Listen to entertaining and educational books and participate in a fun take-home craft.

Thursday's at 10 am; 4th through 8th Grade. Read as a group, award winning Junior Fiction books, learn about research and play

Minecrafters on our "Big Screen" projector on the first Thursday of every month.

These programs run September through June and are free and open to the public.

For more information, contact the Bath Public Library at 747-3372 or e-mail bathlibrary@together.net.

Haverhill Corner Library Announces Discussion Of Stories By Chabon, Lethem, and Millhauser

HAVERHILL, NH — The Haverhill Corner Library will hold its next Book Club for Writers discussion on Thursday, October 24, the library has announced. The discussion will feature short stories by three contemporary, prize-winning writers who are all interested in the fantastic: Michael Chabon, Jonathan Lethem, and Steven Millhauser.

Copies of Chabon's "In the Black Mill," Lethem's "Super Goat Man," and Millhauser's "Cat 'n' Mouse" will be available from the library in advance. The discussion will begin at 7:00 PM and will be free and open to the public.

Winner of the Pulitzer Prize for his novel The Amazing Adventures of Kavalier & Clay and of the Hugo and Nebula awards for The Yiddish Policemen's Union, Michael Chabon is the author most recently of Telegraph Avenue. Chabon is known for blending elements of genre and literary fiction in his writing. "In the Black Mill" is purported to be the work of August Van Zorn, a fictional persona that Chabon has fashioned. Van Zorn is said to be a writer of pulp horror stories in the tradition of Lovecraft and Poe.

Jonathan Lethem's novel Motherless Brooklyn won the National Book Critics Circle Award for Fiction and his novel The Fortress of Solitude was a bestseller. His most recent book, Dissident Gardens, was just published last month. In 2005, he was awarded a MacArthur Fellowship, the so-called "genius grant." Lethem is another writer known for blending literary and genre

styles, an approach that characterizes "Super Goat Man," a story first published in The New Yorker.

Steven Millhauser won the Pulitzer Prize for his novel Martin Dressler, but he is perhaps best-known as a writer of short stories. Millhauser's stories are reminiscent of Poe and Borges; "his characteristic method," says Jonathan Lethem, "mingles dreamlike and often morbid or perverse fantasies with meticulous realist observation." Millhauser teaches at Skidmore College and his collections include In the Penny Arcade, The Barnum Museum, and The Knife Thrower. Lethem says that "Cat 'n' Mouse" appears in his own personal "Millhauser hall of fame."

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

The next Book Club for Writers discussion will be held on Thursday, January 23, 2014 and will feature "Mister Squishy" by David Foster Wallace, and two stories by George Saunders, "In Persuasion Nation" and "The Semplifica Girl Diaries."

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

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The Newbury Historical Society is extending a challenge to 5th and 6th graders living in Newbury to write an essay on what they have learned about the history of Newbury (of course including Wells River, South Newbury and West Newbury) during this 250th anniversary celebration of its founding.

The essay should be original to the student and should be at least 400 words in length. Essays need not be typed but should be legible.

Prizes will be book gift

cards ranging from \$25 to \$50. At least 10 prizes will be awarded.

Essays will be due by January 15, 2014. They should be mailed to the Newbury Historical Society, P.O. Box 33, Newbury, Vermont 05051. For more information contact the Historical Society at newburyhistorical@gmail.com.

The decision of the judges will be final. All essays will be displayed next summer in the Historical Society's museum

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at 787-2464



Bath Public Library Announces Grant Award

BATH – The Bath Public Library has received a grant from the New Hampshire Humanities Council to present Rebecca Rule, Moved and Seconded: Town Meeting in New Hampshire, Saturday, October 19, 2013 at 7:00 pm at the Bath Village School.

Drawing on research from her book, Moved and Seconded: Town Meeting in New Hampshire, the Present, the Past, and the Future,

Rebecca Rule regales audiences with stories of the rituals, traditions and history of town meeting, including the perennial characters, the literature, the humor, and the wisdom of this uniquely New England institution.

This program is free and open to the public.

For more information, contact the Bath Public Library at 747-3372 or e-mail bathlibrary@together.net.

Ryegate Historical Society News

The guest speaker at the fall Ryegate Historical Society meeting will be Delsie Hoyt. This last meeting of the year will be held on Wednesday, October 23rd at Whitelaw Hall at 7:30 PM.

Delsie Hoyt is the fourth generation of women in her Northeast Kingdom family to braid woolen rugs. She was originally inspired by the complex artistry her great grandmother, Nettie (Mrs. John H. Nelson of Ryegate) brought to the craft over a century ago. The original, circa 1900, rug made by her great grandmother is now in the Abby Aldrich Rockefeller Museum in Williamsburg. Delsie is one of today's most creative and progressive braiders. She lectures and teaches the art of rug braiding throughout the United States and continues to make both traditional and unique braided rugs at her Kingdom Moon Rug Studio in Fairlee. She will display samples of her work and speak about methods she uses to produce her master pieces.

Ryegate 250th Celebration Saturday, September 7th hun-

dreds of people gathered in Ryegate Corner to celebrate the granting of the Ryegate Town Charter in 1763 by Benning Wentworth, Governor of New Hampshire. The day opened with a Bayley Hazleton at 9:00 AM for Walkers, Runners and Bikers. At 11:30 AM a Bag Piper preceded Governor Wentworth, represented by Dwight White in full Colonial attire, to the front entrance of the Town Hall where he read the Original Charter to citizens gathered in Witherspoon Road which was closed to vehicular traffic. Other events included an Arts Exhibit and display of the anniversary Cake at the Grange Hall. Lunch at the Presbyterian Church, Working Steer demonstration, Cider Pressing, Wood Turning, Children's Games and Historical Exhibits. The day ended with a dinner at the Fire House and a well attended dance in the Town Hall. Many contributed to the success of the Celebration but special thanks go to Dover Ford and the 250th Committee. This was an historical event, long to be remembered.

Bath Residents Receive Wildlife Stewardship Award

Bath residents Karen Fesler and State Representative Linda Lauer were among a select group of individuals that received awards at the New Hampshire Nongame & Endangered Wildlife Program's 25th Anniversary Dinner on Saturday, October 5 at the Grappone Center. Certificates of Appreciation from the program were presented to individuals who have performed distinguished service to help preserve New Hampshire's non-game, threatened and endangered wildlife species. Karen and Linda, along with Jean Eno from Greenland, received the Conservation Team Award

for their work with the UNH Cooperative Extension's "Speaking for Wildlife" program. The program, which has been in existence for approximately three years, provides free educational talks to local groups and schools on wildlife-related topics.

"This was an unexpected honor," said Fesler. "To us, the "Speaking for Wildlife" program is just a way to give back to the community and help preserve the character of our adopted state." "We've given talks to a number of local organizations," added Lauer, "and we're always looking for more opportunities." Both Fesler and Lauer are graduates of the

New Hampshire COVERTS program, which provides 25 individuals each year with 3 ½ days of in-depth training in wildlife habitat conservation and forest stewardship. In exchange for the training, participants agree to return to their communities and motivate others to become stewards of the state's wildlife and forest resources.

If you are interested in learning more about the free talks that are available through the "Speaking for Wildlife" program, please visit <http://extension.unh.edu/NH-COVERTS-Project/Speaking-Wildlife> or contact your local Cooperative Extension office.

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

There will be a penny auction on Saturday, Octo-



Orange East Senior Center recently hosted a bus trip provided by Pierson Trans to Lake Memphremagog for a fall foliage cruise an enjoyed a wonderful lunch at East Side restaurant. A great time was had by all.

ber 26 from 9 a.m. to 2 p.m. We still need unopened and unused items for the penny auction. Please drop them off at the Senior Center between 9:00 a.m. and 3:00 p.m. Monday through Friday. We will also be having a bake sale that day-if you are able-any baked items would be greatly appreciated. Thank you.

On Friday, November 1, during Midnight Madness-there will be a turkey dinner with all of the fixings here at the center from 5:00 pm-8:00 p.m. The cost of the dinner is \$10.00 per person and \$6.00 for children 6-12, children 6 and under is free. Reservations suggested but not needed.

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

The senior Center has a foot care clinic on the second Wednesday of the month. The next clinic is October 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!

GROTON GROWERS FARMERS MARKET

RTE 302-GROTON COMMUNITY BUILDING

OKTOBERFEST HARVEST CELEBRATION

Saturday, October 19, 2013 • 10am - 2pm

PUMPKIN PIE CONTEST OPEN TO ALL AREA BAKERS

Free Tasting - Vote For Your Favorite
Winner receives \$10 market certificate

CHILDREN'S PUMPKIN DECORATING...

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Bring Pies and pumpkins by 11am.

Great selection of locally grown/produced meats, cheeses, jams, jellies, pickles, relishes, eggs, humus, fudge, breads, pastries, beverages, maple syrup, honey, peanut brittle, beer brittle, pumpkins, gifts and so much more.

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Find your treasure at the "You Can Take It" table of free, useful recycled items.

Buy a raffle ticket—you can win a cord of cut, split, delivered firewood.

Enjoy lunch in the café
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Volunteers needed for monthly market... receive 10% discount from participating vendors.

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Acoustic Jam Session

Supported by Warren Methodist Church and Pete & Rita Stinson

October 27, 1-3 PM
November 9, 1-3 PM
November 24, 1-3 PM
December 14, 1-3 PM
(2nd Saturday & 4th Sunday)

Warren Methodist Church
Warren, NH

Tentative schedule (subject to change)
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“Medicare Boot Camp” At NVRH

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

On Thursday, October 17, 2013 from 9:00 - 11:00 a.m., Pat Paine, Health Insurance Information Specialist with the Area Agency on Aging, will offer a workshop for those new to Medicare – individuals approaching the

age of 65 or who have become disabled on a long term basis. Individuals working in the Health Care Field are also invited to attend. The workshop will be held in Conference Room 127 at the Business Center of Northeastern Vermont Regional Hospital.

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

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

Pre-registration for this workshop is required. Reservations can be made by calling Pat at the Area Agency on Agency at 802-748-5182 or via the Senior HelpLine at 800-642-5119.

Prescription Drug Disposal Now Available In Haverhill

By Robert Roudebush

A sturdy green metal container sits in the small outer lobby of the Haverhill Police Department, and for the past several weeks now, it’s been doing a big important job – receiving unwanted, unneeded prescription drugs from the neighborhood that might otherwise have been disposed of or used in counterproductive ways.

It is permanently available, this strong metal locked box, marked “DRUG COLLECTION UNIT”, accessible anytime Haverhill Police Department is open during normal business hours during the week. And while nobody is taking names or numbers of those choosing to dispose of unused prescription drugs there, Police Chief Byron Charles reminds a visitor that any activity in any part of the Municipal Building is, in standard operating procedure, always audio and video monitored.

But the idea of the low-key approach – having an easily identifiable disposal unit available to the walk-in public – is to encourage the use of the receiving unit, not

keep potential donors away. About two feet deep and about the same dimension wide, the vivid green disposal unit stands some three and a half feet high from the floor and is tucked into a corner of the tiny exterior waiting area at the Police Department.

Chief Charles points out that this outreach effort is not funded by the county or state, but the community of Haverhill itself, through the Police Department. Part of the reason for it is that requests had come to the town regarding a safe way to dispose of prescription drugs, rather than keeping them on home premises where abuse of the drugs could occur, or dumping them in a way to contaminate the water or ground. Haverhill is not the first community to try this prescription-drug disposal approach in the region – a pilot program was begun and operated successfully in Littleton, by the Littleton Police Department.

Lori Fellows of Cottage Hospital right here in Haverhill has been instrumental in the information aspect and help in setting up the pro-

gram here.

The reasons for offering such a service are numerous, indicated the Chief, and one of them is the large existing problem in the public of “false prescriptions” - people using prescription-drugs in an illegal manner - “it is not just a problem of moms and pops in the home being unaware of their children’s improper use of prescription-drugs already there”.

The need to eliminate prescription drugs on the street has other aspects as well. The old advice/conventional wisdom of dumping unused prescription drugs down the toilet, or down the drain, or just to throw them away in the trash is unacceptable too, the Chief points out. Those kinds of practices are recognized these days as contributing to water and landfill pollution, affecting water sources and agricultural land.

Through the new disposal procedure, the collected unused prescription drugs are thoroughly disposed of in scientifically sound, properly approved methods that we won’t go into here in this space.

Vermont Health Connect Open House To Be Held On October 23rd

Confused on how the new health care exchange will affect you and your small business?

There will be a special open house to discuss the Vermont Health Connect program on Wednesday, Oct. 23, from 10 a.m. to 3 p.m., at the Northeast Kingdom Chamber office in the Green Mountain Mall. The mall is located at 2000 Memorial Drive on Route 5 in St. Johnsbury Center.

Representatives from MVP and BlueCross BlueShield of Vermont, the

two insurance companies offering plans on the health exchange, will be on hand to offer information on their 18 plans on the Vermont Health Connect system. “Assisters,” representatives from local organizations who are helping to sign up people on the health-care plan, will also be in attendance to set up appointments.


There is no charge to attend the event. For more information, please contact the Northeast Kingdom Chamber at 802-748-3678 or director@nekchamber.com.



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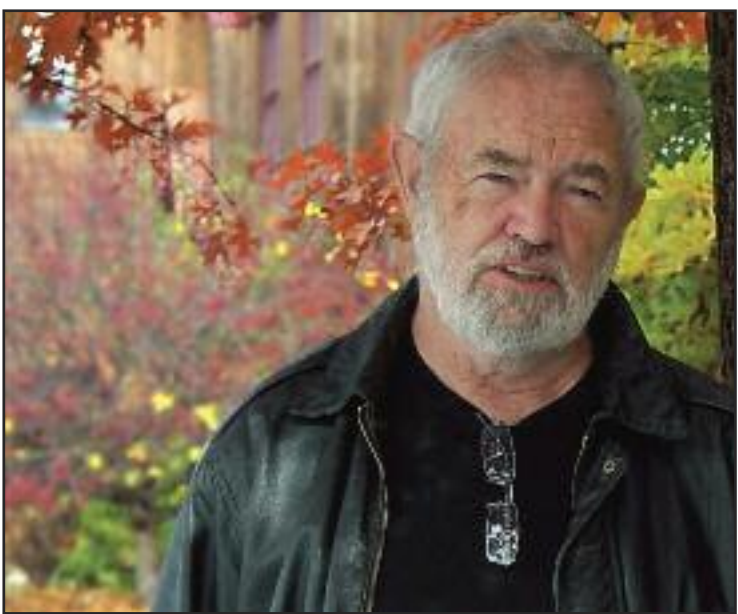
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Frank Bryan, Newbury HS Class of 1959, teaches courses at the University of Vermont on American politics, state government and democracy. The author of several books on state and local politics, Mr. Bryan will speak on "Growing Up in Newbury" on Sunday, Nov. 3 at 2:00PM at Tenney Memorial Library in Newbury VT.

Local Paralympian To Speak At Adaptive Movie Benefit

Adaptive Sports Partners of the North Country to show The Movement: One Man Joins an Uprising.

Adaptive Sports Partners of the North Country is pleased to announce the addition of Chris Devlin-Young to its evening benefit movie showing at the Colonial Theatre in Bethlehem, NH on Thursday evening October 17th.

Mr. Devlin-Young is a member of the US Adaptive Alpine Ski Team, 2-time Paralympic Champion and the most winningest US mono-skier! Mr. Devlin-Young will provide opening remarks, sharing his experiences as an athlete with disabilities and the importance of adaptive sport for the enrichment of quality of life for persons with disabilities.

The Movement is the story of one man returning to the mountain where his life was changed forever. He receives inspiration in his quest from four people who overcame



physical disabilities to discover the freedom of movement. Peppered with humor and drama, this is a story of people who face adversity with an intense inner fire.

In 2004, Rick Finkelstein was paralyzed in a ski accident on Aspen Mountain. With a severed spine and internal trauma, he was not expected to live. Six years, nine surgeries, and a lifetime of rehab later, cameras captured his dramatic return to Aspen. Even with the latest gear, ex-

pert coaching, and mentorship from the sport's pioneers, Rick faced a daunting challenge with many risks and no guarantees.

Robert Redford, narrator: "our movement started with the word never. ' You'll never walk again ... You'll never see ... You'll never live to age five.' Never? Our heroes refused to accept that word."

Everyone is invited to join us for this inspirational evening made possible through the generosity of Promis Prosthetic and Orthotics Service of Littleton, NH.

Doors open at 6:30PM, Mr. Devlin-Young will speak at 7:00PM and the movie will begin at 7:30PM. Tickets are \$10 and available in advance at www.adaptivesportspartners.org or at the door. For information, contact Sandy Olney, Executive Director at 823-5232.

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Littleton Area Chamber Now Accepting Business Leader Of The Year Nominations

11



The Littleton Area Chamber of Commerce is proud to announce that it is now accepting nominations for the Business Leader of the Year Award to be presented at this year's Littleton Economic Development Celebration.

Established at the 2004 Annual Meeting, the Chamber presents the Business Leader of the Year Award in recognition of individuals who exhibit outstanding leadership in a business, profession, or career who have clearly demonstrated significant achievements in their endeavors through leadership qualities that support the economic life of the Littleton Area. At the 2009 Annual Meeting, it was announced that the presentation of the award from there on would be at the Economic Development Celebration. "It is important to recognize those members of our community who are constantly striving to lead not only their business, but also their community toward greatness," says Littleton Area Chamber

of Commerce Executive Director Lauren Alberini. "The Nominating Committee will be looking for those individuals who have wholeheartedly put their best foot forward, in time, energy, or capital." For nomination forms, visit <http://bit.ly/ecdev2013>. Please submit nominations no later than October 31st, 2013 by completing the online form, delivering to the Chamber office at 2 Union Street, Littleton or by mailing to: Littleton Area Chamber of Commerce Nominating Committee P.O. Box 105 Littleton, NH 03561 The Littleton Area Chamber of Commerce is a non-

profit organization that strives to work with both members and the community on social and economic development. For more information, please contact the Littleton Area Chamber of Commerce at 603-444-6561 or at www.littletonareachamber.com.

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2013 Chevy Equinox #23191A, 2 LT, AWD, Htd Leather, Moonroof, MyLink \$27,342 \$344⁸⁸ A MONTH 72 months @ 3.99%	2011 Chevy K1500 #40210, LT, Crew, 4x4, 5.3, All-Star \$28,710 \$362⁰¹ A MONTH 72 months @ 3.99%	2010 Toyota RAV 4 #23177A, Sport AWD, Moonroof, 15k miles, Sharp! \$19,934 \$252¹⁹ A MONTH 72 months @ 3.99%
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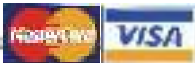
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Not all Times are Trendy but there will always be Trendy Times

October 15, 2013

Volume 5 Number 1



CLASSIFIEDS



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OBITUARY KENNETH STEWART “STEW” GIBSON

Kenneth Stewart “Stew” Gibson, age 85, died peacefully at Cottage Hospital in Woodsville, NH, on October 1, 2013. Stew lived most of his adult life in Waterbury, VT, from 1960 until December 2012. There he raised his family, milked cows, and gave of himself through friendship, community service, Christian fellowship, and in the Cooperative Extension Service as County Agent and State Extension Dairyman.

Born in St. Johnsbury, VT on August 8, 1928, he was the son of Charles E. Sr. and Elizabeth (Garvin) Gibson. Stew's fondest memories of youth were of working for his Uncle John on the farm at “Gibson Acres” in South Ryegate, his home town. This is where the great love for farming and cows blossomed in Stew, as he learned the art of working the dump rake as a teamster, milked cows by hand, stacked loose hay, and took mid-day siestas under the old sugar maple.

Stew attended St. Johnsbury Academy, graduating in the Class of '46. Sports, academics, leadership activities, and dear friendships were hallmarks of Stew's high school days. He lettered in football, basketball, and track, was class president, and consistently achieved academic honors.

Stew graduated from the University of Vermont College of Agriculture in 1951 with a B.S. in Agronomy. In 1953 he received his M.S. in Dairy Cattle Nutrition from the University of New Hampshire

After their simultaneous graduation from UNH in 1953 Stewart and Marion Webster joined in matrimony. Stew enrolled in the U.S. Army as an officer trainee, and the newlyweds were stationed at a base near Baltimore, MD. It was there that their first daughter, Mary, was born in 1954.

In 1956, Stew began his career with the UVM Extension Service as the Assistance County Agricultural Agent in Chittenden County, VT. A son David was born in 1958. In 1960, the couple purchased a 30-cow dairy herd and farm on Kneeland Flats, in Waterbury, VT, and Stew left the Extension Service - temporarily. The second son, William, was born in 1963. Lucia's birth in 1968 rounded out the clan.

Stew and Marion farmed from 1960 to 1968. In 1963, Stew ‘re-upped’ with VT Extension as the Washington County Agricultural Agent. In 1967, Stew's became State Extension Dairyman, which included teaching courses in the UVM Ag College. With anguish, he and Marion sold the farm and moved the family to Gregg Hill in Waterbury Center, VT.

In this state-wide role, Stew hoed a unique row in his profession, compassionately meeting each individual “where they were”, helping to sort out issues and priorities, then providing guidance, instruction, and mentorship from a custom-fit blend of research, personal experience, and common sense. Stew had a gift for communicating with deep sincerity, profound understanding, and endearing

humor.

Stew's influence gained a larger than Vermont and New England reputation from his practical synthesis of information delivered to farmers in various leadership roles: Superintendent of Cattle (1964; 1969-1981) and Director (1958-1981) for the Champlain Valley Exposition; award-winning management of the UVM Dairy Herd; dairy fitting and showing, judging, and teaching thereof; instruction, guidance and selection of VT youth for 4-H dairy showmanship; leadership activities with Cabot Creamery Coop, VT Dairyman's & Industry Association, VT Dairy Herd Improvement Association, UVM Extension Faculty Organization, and the VT Housing & Conservation Board; and teaching, advising and befriending countless students at UVM for nearly 30 years.

Stew was formally recognized numerous times for his contributions, including the Joseph E. Carrigan award, as Outstanding Herdsman, George D. Aiken VT Agriculturist of the Year, and inductee to the VT Agriculture Hall of Fame, to name a very few. He was asked by then Governor M. Kunin to be her Commissioner of Agriculture.

In 1976 Stew married his second wife, Joan Myers of Waterbury. They relocated to Blush Hill in Waterbury. Stew and Joan were avid gardeners; Harwood Union sports supporters; Ham radio operators; and devoted to animals, including beloved cats and Golden Retrievers, and the annual flock of ducks on their pond. They were active in the

Waterbury Fast Squad, McLure's Alumni Band and the Waterbury Community Band. Stew served over ten years as Waterbury selectman.

Stew retired at age 69, following Joan's gallant battle with cancer in 1997. Named “Professor Emeritus” at UVM, he left a legacy in the agricultural community, but he never left it behind.

Stew spent retirement volunteering at Fletcher-Allen Oncology, as well as with VT Hospice, and cultivating friendships. Stew demonstrated incredible love of and pride in his children and grandchildren, basking in their presence, and surrounding them with his love and devotion. He also continued to make farm visits and attend farmer activities with his son Willie, extending his affection and admiration to many farmers and professionals who otherwise would not have met him.

Stew's highest form of legacy was his family and friendships. He was predeceased by many beloved: his parents, Charles E., Sr. and Elizabeth (Garvin) Gibson, Marion (Webster) Gibson, Lucia Jean Gibson, David Stewart Gibson, Joan (Myers) Gibson, beloved grandparents, aunts, uncles, cousins, nieces, nephews, and dear friends.

Stew leaves dear ones to carry on his memory and works, including: (children) Mary Truax and companion Jeff Holden of Waterbury Center, William Gibson and wife Martha of Ryegate, VT; Lucia Burke and husband Sam of Berlin, VT; (grandchildren) Byron Truax



and wife Penny of Morrisville, VT; Ethan and Jesse Burke of Berlin, VT; Angela Dempsey of Norfolk, VA; Philip, John, Isaac, Kateri, Celine, Anthony and Daniel Gibson of Ryegate, VT; (great grandchildren) Hannah and Lydia Truax of Morrisville, VT; and Mya Dempsey of Norfolk, VA; (brother) Charles E. Gibson, Jr. and wife Joanne of Montpelier, VT. Many dear friends include Stew's best friend from STJA, Dick Hovey and wife Dot of Peacham, VT; the rest of his beloved classmates of '46; and so many more.... all beloved by Stew.

A Christian Memorial Service will be held on Saturday, October 19, at 11 am at the South Ryegate, VT Presbyterian Church, Rev. Catherine Cook presiding. All are welcome. Stories, pictures, memorabilia are encouraged. A luncheon in Stew's honor will immediately follow at the Church.

The Ricker Funeral Home, Woodsville, NH website hosts the obituary and offers an online guestbook.

Go to <http://rickerfh.com/> If you would like to contribute to a cause in honor of Stew, the family suggests: research for cancer, HIV, Alzheimer's; hospice care; the Cottage Hospital, Woodsville, NH; or the VT 4-H Youth Agriculture Project (<http://www.uvm.edu/extension/youth/yap/>)

Op-Ed By Thomas Thompson
ObamaCare:
Wrong For
NH And Our
Nation

According to recent polls, most Americans feel confused and concerned about ObamaCare and the negative impact they fear it is likely to have on them. Their cause for concern is justified. So how did we get this law ObamaCare that no one seems to want and clearly doesn't understand, including those who voted for it.

Let's rewind to when then-Speaker of the U.S. House Nancy Pelosi said about the more than 2000 page ObamaCare legislation, "We have to pass the bill so that you can find out what is in it."

Her statement is as unfortunate now as it was then because nothing has

changed. More than three years have passed and still no one seems to know what is in this massive Health Care Bill and how it will impact them. We also know now that there are nearly 20,000 pages of ObamaCare Rules and Regulations that will impact you and your family.

Much of the blame does lie with the Members of Congress who voted for the ObamaCare legislation which they never read before they voted. Now that they have read it, many have complained that they and their staff should not have to comply with ObamaCare. Just recently President Obama with the stroke of a pen said: okay, all members of Congress and staff can remain on their great Government Health Care. Myself and I'm sure a lot of hard working men and women across this great nation are asking themselves - If ObamaCare is good enough for us then why

isn't it good enough for Congress, who voted for this bill?

Remember the three ObamaCare promises: you could keep your doctor, the costs would go down and access to health care would increase. If President Obama were playing for the Red Sox, he would be 0-3. So far, all three of these promises have proven to be 100% false and the President has landed himself in a spot where even the unions who helped elect him are upset with him because he denied their request for a waiver from his health care overhaul.

Due to the large number of waivers and delays surrounding the law, different parts will kick-in at different times. One part that has not been delayed is the health insurance exchanges which will open October 1. You may remember this part of ObamaCare which President Obama personally guaranteed in July 2009, "No matter

how we reform healthcare, we will keep this promise: If you like your doctor, you'll be able to keep your doctor, period. If you like your healthcare plan, you'll be able to keep your healthcare plan, period. No one will take it away, no matter what."

Here in New Hampshire, Anthem Blue Cross Blue Shield, the state's only provider in the ObamaCare exchange, recently announced they will only offer coverage in 16 of the state's 26 hospitals. If you happen to live near one of the 10 hospitals not covered, you're out of luck. If your doctor is located there, you're out of luck too. Naturally, most of the smaller hospitals will no longer be "in the network," causing individuals traditionally served by those hospitals to travel farther for care. And when they get there, the care they receive will be more expensive and the wait will likely be longer as fewer doctors attempt to treat more patients.

The main sponsor of ObamaCare was Senator

Max Baucus of Montana who has recently stated that ObamaCare is going to be a "Train Wreck"; he must have just read the bill!

Last but not least if you are concerned about the recent IRS scandal, which every American should be, under ObamaCare they will be hiring 16,000 additional IRS agents to be sure each of you follow ObamaCare law and if you fail to do so you will be fined.

In my lifetime I have never seen a piece of national legislation that I believe will destroy both jobs and business the way this law will. We are already seeing major lay-offs, cut backs and moving full-time workers to part-time. Under ObamaCare you will have less choice, possibly not your same doctor and your health care will cost you a whole lot more.

And for all of this you can thank the Democrats who supported and all voted for ObamaCare. One final suggestion, be sure to mark your calendar for the next election in November 2014.

Bipartisan Legislative Summit Created A Spirit Of Compromise

By Senator Jeff Woodburn

Last week, while the federal government was shut down, a bipartisan group of North Country elected officials came together to define priorities and work to create practical solutions. We did precisely what people want politicians to do -- work together to craft public policy by bending our own political philosophies to find common ground.

Sadly, this spirit is missing in Washington, where ideology -- right and left -- is more important than right or wrong. We congratulate our Congressional delegation for their efforts to avert

this shutdown, and only wish that their voices would penetrate the hard-edge partisanship.

The North Country is a practical place—defined by a hard and rugged land and history of relying on each other more than any institution – government or otherwise. For generations, workers in the deep woods or on the factory floor knew that it was their workmate who “had their back” and literally protected each others' life. Today, we still rely on neighbors for a helping hand, more often than on distant government bureaucrats. We govern ourselves

at town meeting in the most intimate way -- all gathered in one room to bang out a solution.

At the state level our situation is different. We're a small piece of a very big pie --- the North Country has just 3 percent of the House membership. While our clout is small, our problems are big and, ironically enough, they hold us together and create commonality of purpose. The challenges are so big -- improving the economy, easing poverty and preserving our culture, landscape and way of life -- that we can't be picky. We work with

whomever shows up. But there are clear differences between our elected officials; geography and party are chief among them. Still, we began a discussion -- not about the crisis of the day, but about tomorrow and beyond.

The North Country bipartisan legislative summit was a success because our elected officials agreed to participate and because of the support we received from several key groups. A professional facilitator from the group NH Listens with support from the New Hampshire Charitable Foundation and the Neil

and Louise Tillotson Foundation guided us through a collaborative process. I found in the conversations hopeful crumbs that could lead us out of stalemate and in time to statesmanship. Change naturally comes slowly and ideas need time to settle in, not be rushed or pushed onto slender majorities. More than anything else, our summit created a spirit within us and the knowledge that we're not as different as we originally thought.

(Jeff Woodburn, of Dalton, is the North Country's State Senator)

Letter To The Editor

To the editor,

Direct Foreign Aid

According to the Congressional Research Service , the amount of official US aid to Israel since its founding in 1948 tops \$112 billion, and in the past few decades it has been on the order of \$3 billion per year.(In 2011, for example, this amounted to over \$8.2 million every single day.)

Why should we pay for their Defense and cut ours? This is 1/4 of a page, there are 7pgs more just like this...WHY?

<http://www.pbs.org/newshour/multimedia/military-spending> please click here for complete report.

Where does USA Military Aid Go

Israel \$2,799,544,121

Vietnam \$2,590,000

Egypt \$1,301,900,000 (canceled 2013)

Turkey \$5,116,000

Afghanistan \$6,800,308,625

Iraq \$1,005,989,000

Blah,blah,blah..if this was used for the USA.. on our military, our vets, bridges, roads, schools, healthcare, the old, children, education, etc, how would that be..modest as well??? And now with all this Foreign Military Aid..we have to close our Foreign Embassy's. Our National Parks, on and on and on..what is the matter with this Congress?

Sick of it!! Aren't you?

Nancy Leclerc
North Woodstock, NH

Nancy,

You quote some interesting numbers for foreign aid. And I might add that my understand is that forgeign aid payments have continued during the current shut down. With congresional popularity at an all time low it makes one wonder if things would be different if this were an election year.

Gary Scruotn, Editor

Letter To The Editor

Contaminated Food Or Al-Qaeda?

We are 110 times more likely to die from contaminated food than from terrorism. That being said a few statistics are in order. The US has spent fourteen trillion dollars on national security in the past 12 years and here are the results of this delusional paranoia: two destructive wars; an illegal surveillance state and a military style domestic policing courtesy of Israeli special forces. And in spite of all this we couldn't even prevent a couple of amateur murderers at the Boston Marathon.

With all due respect for the victims of 9/11, fewer than five hundred Americans have been killed by terrorism in the past forty years and since Osama bin Laden's death only seventeen US citizens were killed in all terrorist incidents worldwide. The core leadership of al-Qaeda numbers about three to four hundred and its few thousand members operate mainly within the borders of Muslim countries.

By contrast a typical year for foodborne pathogens causes tens of millions to be sickened, a hundred thousand to be hospitalized and three thousand deaths. Meanwhile the FDA (not one of my favorites) is struggling to get a paltry sum of one billion for the 2014 budget. In an age of global agriculture and food distribution this is criminal. If this 'war' on terror doesn't sound rational then you either have to be from another planet or a right wing republican. Sometimes I think they are one in the same. So if the 'axis of evil' is all that we are worried about then we have nothing to fear outside our borders!

George,

Like so many bills to come before our NH House, or any other elected body, a certain amount of study must happen before decideing to vote for or against a bill. Part of that study should be to listen to the voters as to their opinion of the proposed change. Let us hope that not only the representatives you list here, but also members of the general public will get involved by taking the time to study the bill. Then, and only then, a reasonable decision can be made as to the need for such regulations.

Gary Scruton, Editor

We haven't even touched on genetically modified organisms (gmo) which are suspected of causing a whole host of diseases-- especially in children. If one tried to read the ingredient label on a can of green beans and it read: "none of your business", I would imagine one would be upset? The NH legislature is due to vote on GMO labeling in the near future. It would be wise to contact our district representatives and let them know that our food supply "IS our business". Our representatives need to 'man-up' and 'woman-up'. They can send a clear message to Monsanto/Dupont by passing HB 660. When asked why most of the civilized world either bans or at the very least requires labeling of genetically engineered food Tara Sad of District I and the democratic chair of the agricultural committee replied: "they're wrong!". I really tried hard to pin the resistance onto Republicans but it's plain to see that members of both parties need convincing. Here's the irony of it all. Opponents of the bill talk about the "skull and cross bone" effect which is interesting coming from those who are protecting Monsanto—the largest manufacturer of poisons in the world! Thank you Suzanne Smith, co-sponsor of the bill and representing district 08. You are the voice of reason. Here are the three sub-committee members that we should all write: Linda.lauer@leg.state.nh.us janejohnson7@yahoo.com and tara.eric@gmail.com (good luck with this one!)

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Local Conservation Projects Benefit Soil Health And Water Quality

What do a solid– liquid waste separator, a planned smart-growth community and Connecticut River bank stabilization all have in common? More than you might think. Each of these projects is the result of community partners working together to protect the natural resources of Grafton County. Grafton County Conservation District (GCCD) will hold the Fall Tour of Conservation Practices on Friday, October 18, and these are some of the projects we'll visit on the Tour. Please join us to learn more. We will travel by personal vehicles, and meet at 9:30AM at the Tullando Farm, Route 10, just south of Orford village. Bring a bag lunch, and plan on moderate walking at this outdoor event.

Tullando Farm has been operated by the Tullar family in Orford since the 1950's. The Tullars have a history of implementing innovative farming practices while managing the natural resources of the land. Third generation co-owner, Nate Tullar, has been working with Natural Resources Conservation Service (NRCS) District Conservationist, Beth Ann Finlay, planning into the future. Nate consulted with private

engineers to design an on-farm waste system. With technical and cost-share assistance provided by NRCS, Tullando Farm has installed a solid-liquid waste separator to handle the bedding, milkhouse and barn waste. The waste solids and liquids are collected in a central tank and piped through an auger system that removes the liquid, leaving a dry material that can be used as a soil amendment or bedding. The liquid removed is distributed to a separate waste storage system to be applied to the land. The separated dry material is stored until used, generating heat that is piped back the separator equipment room.

The Fall Tour lunch stop will be at Loch Lyme Lodge. Please bring your own lunch and we will provide a seasonal dessert. After lunch we will learn about the Pinnacle Cohousing Project planned on the property. The goal is to create a multi-age, intentional community, appropriate for singles, couples, and families. This will be an attractive, comfortable, environmentally intelligent community in which one can live, raise a family, welcome guests, and live long into retirement, aging in place.

After lunch we will travel to a bank stabilization project the Connecticut River in Lyme. Continued bank erosion caused by beaver activity, fluctuating water levels and flood events caused a loss of prime hayland operated by Shirley Tullar, of Berway Farm. Sections of the fields along the river were undermined and washing out. The stabilization project qualified for Emergency Conservation Program assistance from the Farm Service Agency, with technical assistance from NRCS. The project required a wetland permit from NH Department of Environmental Services. Installed practices included sediment and erosion control measures, critical area planting, installation of grade stabilization structures. CT River Watershed Council is assisting with tree and shrub establishment with native plants.

The Fall Tour will be held rain or shine so dress for variable weather, bring a bag lunch and plan on moderate walking through fields and woodlands. Please call Pam at (603) 353-4652, ext. 103 if you plan to attend or need more information.

The Quaker Meetinghouse

By Elinor P. Mawson

It was a small, cape-like building which had been moved from one town to another when the Quakers left it in the 18th century. My parents would go by and exclaim to each other, "That is such a cute building", even though it looked derelict and forgotten through the years.

In the early sixties, our town established an historical society, and I was elected secretary. One of the reasons for the society was that the Quaker Meetinghouse had been bequeathed to our town, and the town had sold the building to the Historical Society for the sum of a dollar--hopefully to have a place to house some of the antiques and documents that had been left for posterity.

So the first duty of the members of the newly-formed society was to 1) decide what to do with the building, and 2) raise the money to move it back and fix it up.

Although I was a young mother with a job, my life soon became a chaos of phone calls, raffle tickets,

correspondence and other duties connected to fund-raising. All during this time, too, we had meeting after meeting to decide where to move the building to, and how we wanted it to look once it got there.

It wasn't long before I was pretty tired of hearing about the whole thing. I was always asked to talk to different clubs and organizations about our plans and also to ask for financial assistance for our project.

Despite the efforts of all our members, there was little enthusiasm on the part of the public. We were asked why we weren't using other historical buildings in town--like a school or a church that would have been available. The answer? We could, but someone wanted the Meetinghouse--principally one of the members who loved to talk but wasn't too keen on work.

After about 2 years of wrangling, more meetings, unsuccessful fund-raising and more and more apathy on the part of everyone, we

finally decided to abandon the project and put the building up for auction. I breathed a sigh of relief and looked forward to the day when the Quaker Meetinghouse would be out of my life forever.

The day of the auction happened to be the day of my aunt and uncle's 25th anniversary. My parents came to town for the occasion, and my father went to buy some new tires (without having to pay the Vermont sales tax. My mother and I waited for him to return so we could go to the party together.

When My father came through the door and handed my mother a piece of paper,. she asked, "How much did you have to pay?"

He replied, "300.00" "Wasn't that a lot for a set of tires?" she asked. (This was 1968)

Then she looked at the paper.

"Good Heavens, Gordon", she exploded.

My father had just bought the Quaker Meetinghouse.

To be continued...

North Country Fruit & Vegetable Seminar and Trade Show

Mountain View Grand Resort,
Presidential Ballroom
Mountain View Road, Whitefield,
New Hampshire.

October 30, 2013 9:00am-3:30pm

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

The daylong event will feature the always popular entomologist Alan Eaton who will focus on updates on North Country squash and sweet corn insect monitoring, and Spotted Wing Drosophila. This will be a great chance to get your insect questions answered. Sustainable Horticulture Specialist Becky Sideman will be joining us again to share her results from a trial on overwintering onions, and a disease resistant variety trail on tomatoes. New this year, Iago Hale, Assistant Professor of specialty crop improvement will be discussing his findings from hardy kiwi research. These kiwis aren't what you find in the supermarket, but a favorite of gardening pioneers.

We'll also be facilitating a farmer to farmer exchange about on-farm seed production.

Lunch will be prepared by the Mountain View Grand and will feature a seasonal, local fare. Guests are encouraged to attend early and visit the trade show where a variety of agriculture vendors will be on hand.

There is a substantial preregistration discount if you sign up by October 22. For more information please visit <http://extension.unh.edu/Grafton-County> or call the UNH Cooperative Extension office in Grafton County at 603-787-6944.

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

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

October 15, 2013 Volume 5 Number 1

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Lessons From “Save For Retirement Week”

Congress has designated the third week in October as National Save for Retirement Week — which means it’s a good time to think about your own retirement savings strategies.

Ensuring that you have enough money to support your chosen retirement lifestyle is certainly important. Unfortunately, many of your fellow Americans have apparently not done enough in the way of building retirement savings to ease their minds.

Consider these figures, taken from the Employee Benefit Research Institute’s 2013 Retirement Confidence Survey:

Forty-nine percent of those surveyed said they are not confident about being able to afford a comfortable retirement.

Just 46% of survey respondents say they and/or their spouse have even tried to calculate how much money they will need to live comfortably in retirement.

What steps can you take to gain confidence in your ability to retire in the manner you have envisioned? Here are a few suggestions:

Envision your retirement lifestyle. At what age do you want to retire? When you retire, do you plan to travel or stay close to home and pursue your hobbies? Will you do some part-time work or consulting? It’s important to identify your retirement goals and then, as best as possible, estimate how much they

will cost. Once you know what your retirement goals look like, you’ll be able to shape a strategy for achieving them.

Contribute as much as you can afford to your retirement accounts. No matter what your retirement goals may be, you’ll help yourself by contributing as much as you can possibly afford to your IRA and your 401(k) or other employer-sponsored retirement plan. (At a minimum, put enough into your 401(k) to earn your employer’s matching contribution, if one is offered.) And if you reach the point where you can “max out” on these plans, look for other tax-advantaged investments to which you can contribute.

Invest for growth. To help you reach your goals, you’ll want to include a reasonable percentage of growth-oriented vehicles in your retirement accounts. The exact percentage will depend on your risk tolerance and your specific objectives, but it’s important to have that growth potential. Keep in mind, though, that investing in growth-oriented vehicles

involves market risk and possible loss of principal.

Review your progress. At least once a year, review your portfolio to determine if its performance is still on track to help you make the progress you need to reach your goals.

Make changes as needed. If your investments are simply underperforming, you may need to make some changes. And in the years immediately preceding your retirement, you may also need to adjust your holdings, possibly by moving some dollars from growth-oriented investments to income-producing ones. However, even at this stage of your life, you may still need your portfolio to provide you with some growth potential — you could be retired for two or three decades, so you’ll want your money to last and to stay ahead of inflation.

National Save for Retirement Week comes just once a year. Take its message to heart.

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

The next most insidious trend of our times is dealing with the most disliked group in America... federal politicians, almost all of them anyway. These folks continually claim to be doing what's good for America while clearly demonstrating they don't. This bipartisan group seem to be in constant self-serving preservation mode.

The differences of course, are that congressional politicians desires are fundamentally based on "wants" while the teeming masses of us simply require "needs". The majority of them appear to be paid for, or at least rented by those that can afford to spend short money for long term profit. And, if by some accident, the greater good is served in the process, it was probably the result of unintended consequences.

The country seems to be trending in these times away from real, honest, principled, forget about my personal gain and image type of leadership. Instead we substitute a sort of "who me" group think process on almost every issue. It's almost as if our evolution from apes to the three monkeys, who see, speak or hear no evil, is to close to the completed cycle. You hungry folks in the dark out there, have another banana on Washington...

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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.

Trendy Times By Charlie Green

While brainstorming ideas about and for "Trendy Times," my mind started to wander. Are we really attuned to or happy about they ways are Times are Trending these days?

Even though I'm retired, I've noticed how much "real inflation" of today grips our lives enormously. The money guys in Washington tell us that inflation is not a problem. They're right, they are not considered high paid in the circles they move in, but their solid six figure incomes with Cola's, pensions, good medical coverage, automatic raises, expense accounts, and virtual job security for life protect them from the realities of the "real cost of living" in America.

What is "real inflation" anyway? "Real Inflation occurs when the following things are happening. When wages and benefits for the 99 percent or us continue to drop as they have for the past three

decades, that is effectively inflation. Of course if you are among the one percent whose average income is approaching \$400,000 annually, not only are you fundamentally immune from inflation but those wages and benefits have risen dramatically, especially 2012.

Whenever our economic state is explained to us, there is no inflation and the economy is just flat. When the numbers are announced, they exclude fuel and food costs from the formula. Those of us in the real world understand the consequences of that reality, especially in rural America. There is a simple solution to that problem however, we need to just learn to how to survive shivering in the near darkness of a candle dreaming about the complete and wonderful meal we didn't have. If we can do that, financial nirvana for us will have been achieved.

Cottage Hospital

STORK REPORT



Cottage Hospital is pleased to announce the following births for June – September 2013

Kathryn and Jessey Rogers along with big sister Vanessa of Bradford, VT proudly introduce their son and little brother Conner Michael Rogers, born June 1, 2013. Delivering physician was Dr. Fay Homan.

Carissa and Zachary Wells along with big brother Dominic of North Haverhill, NH proudly introduce their daughter and little sister Zoey Ann Wells, born June 4, 2013. Delivering physician was Dr. Melanie Lawrence.

Jennifer Carter & Tyler Stygles along with big sister Gracie of Orford, NH, proudly introduce their son and little brother Carter Ray Stygles, born June 5, 2013. Delivering physician was Dr. Melanie Lawrence.

Jamie Murray & Nicholas Ladeau along with siblings Tiffany, Jayden, Savannah, Shawn and Shane, of South Ryegate, VT proudly introduce their daughter and little sister Sierra Mackenzie Ladeau, born June 6, 2013. Delivering physician was Dr. Fay Homan.

Rachel and Keith Martin along with big sister Avalynne of Newbury, VT proudly introduce their daughter and little sister Alianna Rae Martin, born July 4, 2013. Delivering physician was Dr. Melanie Lawrence.

Lisa and Derek Williams along with big sister Maggie of Bradford, VT proudly introduce their daughter and little sister, Gwyneth Campbell Williams, born July 12, 2013. Delivering physicians were Dr. Jessie Reynolds and Dr. Melanie Lawrence.

Laura and Scott Gillingham of Woodsville, NH proudly introduce their daughter Ayva Jayne Gillingham, born July 27, 2013. Delivering physician was Dr. Sarah Young-Xu.

Rebecca Fisher & Dean Johnson along with siblings Bryce and Layla of Warren, NH proudly introduce their son and little brother Tristan Michael Johnson, born August 16, 2013. Delivering physician was Dr. Aaron Solnit.

Myrrhanda and Jason Watson along with big brother Barrett of Piermont, NH proudly introduce their son and little brother Grady Jay Watson, born August 30, 2013. Delivering physician was Dr. Aaron Solnit.

Samantha Carle & Joshua Fellows of Woodsville, NH proudly introduce their son Tucker Fellows, born September 8, 2013. Delivering physician was Dr. Fay Homan.

Lisa Canfield & David Stearns of Newbury, VT proudly introduce their son Bentley Shawn Canfield, born September 12, 2013. Delivering physician was Dr. Jessie Reynolds.

Marianne and Jonah Hahr along with big brother Ezra of Newbury, VT proudly introduce their son and little brother Eugene Francis Hahr, born September 15, 2013. Delivering physician was Dr. S. Genereaux.

Kayla Sackett of Woodsville, NH proudly introduces her son Owen Levi Sackett, born September 19, 2013. Delivering physician was Dr. Aaron Solnit.

Julie Fuller of Wells River, VT proudly introduces her daughter Madison Fuller, born September 22, 2013. Delivering physician was Dr. Aaron Solnit.

Madelin Kingsbury & Greg Marston along with sibling Justice of Barre, VT proudly introduce their daughter and little sister Avenlee Rae Marston, born September 25, 2013. Delivering physician was Dr. Jessie Reynolds.

Abigail and Patrick Brown along with big sister Ayla of McIndoe Falls, VT proudly introduce their daughter and little sister Amelia Lynn Brown, born September 27, 2013. Delivering physician was Dr. Sarah Young-Xu.

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Seasonal Depression

October 15, 2013 Volume 5 Number 1

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

One of the primary causes of seasonal depression is a shortage in the brain of a chemical called serotonin. Serotonin acts as a neurotransmitter, or a substance that carries impulses from one nerve to another. The brain and many other tissues in the body make serotonin from the amino acid tryptophan. The body's tryptophan supplies can run short for various reasons. These include stress-related hormonal changes, difficulty in getting tryptophan to cross from the bloodstream into the brain because of overabundance of other amino acids, and dietary deficiency. The discovery of the relationship

between tryptophan and serotonin led to the beginning of an understanding of the relationship between food and mood. Tryptophan enters the brain more readily if blood-sugar levels are high. When the extra tryptophan reaches the brain, it is turned into serotonin that stops depression. Bingeing on sugar during depression – which is NOT recommended – is in fact a form of self treatment for the condition.

People with depression are more likely than other people to have various disturbances in calcium metabolism. Seasonal affective disorder (SAD) is a condition in which the body is not

exposed to enough sunlight to maintain normal levels of serotonin. In North America, it occurs mostly in Canada and the states bordering Canada, and affects twice as many women as men. Fortunately, treatment of SAD is very simple. Get at least twenty minutes of sun exposure each day. Spending time in the sun slows the rate at which the brain breaks down serotonin. The brain equates spending time in dark places with sleep, for which less serotonin is needed. Exercise daily. Exercise, particularly outdoors in sunshine, increases serotonin levels in the brain. Regular physical activity causes the release of endorphins, the brain chemicals that are responsible for the so-called "runner's high".

Other factors associated with depression include tension, stress, traumatic life events, thyroid disorders, poor nutrition, consumption of sugar and lack of exercise. Most traditions of herbal healing share the view with modern psychiatry that depression is a physical condition that expresses itself in emotional symptoms. Single herbs are useful for long-term use in cases of mild to moderate depression, while formulas are best for depression accompanied by specific symptoms.

Herbs recommended for seasonal depression include:

GINKGO BILOBA LEAF: (Ginkgo Biloba), A longevity herb, with great success in

overcoming many unpleasant symptoms of aging, such as memory loss, lack of awareness, depression, and ringing in the ears. Primary Uses: as a specific in anti-aging and regenerative compounds; in combinations to overcome environmental stress, and improve circulatory and nervous system function. Nutrients: Amino acids, calcium iron, magnesium, manganese, phosphorus, potassium, zinc. Vitamins A, B1, B2, B3, B5 & C.

KAVA KAVA ROOT: (Piper Methysticum), An analgesic sedative used to relieve pain, nervousness and insomnia. Primary Uses: as part of a mood elevating combination for stress relief and relaxation; helpful for many nervous disorders including anxiety and depression. as part of a pain relief sleep-inducing combination; relieves body stress after trauma or injury; improves cognitive function.

LEMON BALM: (Melissa Officinale), A calming sedating herb. Primary uses: in a relaxing formula to treat nervousness and depression; as a relaxing tonic for heart, circulatory and hypertension.

MORINDA: (Morinda Citrifolia), Morinda has been used for centuries to support the entire body and treat a wide range of symptoms including poor digestion, high

blood pressure, respiratory problems and immune deficiency. This herb increases energy, stamina and endurance. Rich in vitamin C, Morinda provides natural antioxidants that support the kidneys, increasing the flow of urine to flush toxins from the body. It works to correct problems with the structure of proteins and cells. Morinda is specific for aiding in depression, menstrual problems, rheumatoid arthritis through alkalizing the digestive system.

ST. JOHN'S WORT HERB: (Hypericum Perforatum), A strong anti-viral, analgesic, anti-inflammatory, and anti-depressant. Primary Uses: for control of viral infections, such as staph, strep, HPV and HIV viral strains; for reduction and control of tumor growths, both malignant and benign; for nerve pain control in conditions such as sciatica, neuralgia, and rheumatism; and for "mental burnout" conditions, such as Chronic Fatigue Syndrome (EBV). Vitamin C.

MIMOSA BARK (Albizia Julibrissin), is collectively known as the "Happiness Bark" because it is used traditionally as a general anti-depressant. Albizia is thought to enhance all aspects of neurotransmitter secretion and regulation; thus reducing all symptoms of depression; treats internal and external inflammation.



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A FREE PUBLICATION

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HELP! I've Let Myself Go!

With Halloween coming right up, let's go over a few eating tricks that will result in treating yourself well.

Request a takeout box. Don't wait until you've eaten most of your meal to request one. Ask that one be brought with your meal. Divide your meal in half and immediately place one half into your box and set it aside. You'll be full and satisfied without being stuffed and you've now got tomorrow's lunch.

Slice it off. Is that frozen pizza calling your name but there's no one to share it with? No worries. Take it out of the freezer, cut out a slice or two, and place the rest of the pizza back into the freezer. Round your meal out with a green salad and you won't miss the rest of that pizza.

Look for 100%. Manufacturers can be tricky in their marketing techniques, and their tricks will result in weight gain and less-than-optimal health if you fall for them. "Wheat Bread" on the label does not mean it's whole grain. The label on the bread must say "100% Whole Grain" or "100% Whole Wheat", otherwise, it's mostly white flour colored with molasses or caramel coloring. It's the same deal with juice. The label must say "100% Juice"; if it doesn't, it's probably juice-flavored, fortified sugar water.

Choose smaller plates and cups. This is an old dieter's trick, but one worth repeating and sticking with. According to a Cornell University study, when moviegoers were served stale popcorn in big buckets, they ate 34 percent more than those given the same stale popcorn in medium-sized

containers. Tasty food created even larger appetites. Fresh popcorn in large tubs resulted in people eating 45 percent more than those given fresh popcorn in medium-sized containers. Take-away lesson? Eating off smaller plates and drinking out of smaller cups will result in eating and drinking less.

The more whole the grain the better. If you're going to eat bread, make most of it whole grain. However, avoid getting the majority of your grains from bread, pasta, and cereal. The more whole the grain is, as opposed to being ground down, the better for your body it is. If you're a bread-ovore, try replacing most of it with unprocessed whole grains, such as brown rice, quinoa, and oatmeal. And beware flavored instant oatmeal. Serving-for-serving, compared to plain oatmeal, it has half as much fiber and protein, and about 10 times as much sugar, not to mention artificial flavors and colors.

Eat a little protein with each meal and snack. Eating just an apple for a snack will probably result in being hungry again sooner rather than later. Add a handful of nuts or a string cheese with that fruit. The protein will slow the digestion of the carbs in the fruit, maintaining a more even blood sugar levels and a happier you. Dips and spikes in blood sugar result in weight gain and cravings, sending you for the kitchen looking for a quick blood sugar fix—usually cookies, candy, or anything else that will more quickly raise your blood sugar.

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.

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By Ronda Marsh

No-Knead Bread

3 cups bread flour
1/4 teaspoon instant dry yeast (not rapid-rise)
1 teaspoon table salt
1-1/2 cups warm water (NOT hot water...it'll kill the yeast)
Covered pot (five-quart or larger, cast iron, Pyrex, ceramic, enamel...something that can go into a 450F oven. If your heavy pot has a plastic [phenolic] knob on it, just protect it by wrapping it with some aluminum foil.)

1. Mix dough: The night before, combine all ingredients in a big bowl with a wooden spoon until the dough just comes together. It will be a shaggy, doughy mess. Cover with plastic wrap and let sit 12-20 hours on countertop.

2. Shape & preheat: The dough will now be wet, sticky and bubbly. With a wet spatula, dump the dough on a floured surface. Fold ends of dough over a few times with the spatula and nudge it into a ball shape. You can use your hands if you like; just keep your hands wet so that the dough does not stick. Generously dust a cotton towel (not terrycloth) with flour. Set dough seam side down on top of towel. Fold towel over the dough (see my note below.) Let it nap for 2 hours. When you've got about a half hour left, slip your covered pot into the oven and preheat to 450F.

3. Bake: Your dough should have doubled in size. Remove pot from oven. Holding towel, dump wobbly dough into pot. Doesn't matter which way it lands. Shake to even dough out. Cover. Bake 30 minutes. Uncover, bake another 15-20 minutes or until the crust is beautifully golden (my oven takes exactly 18 minutes.) Remove and let cool on wired rack. If not eating right away, you can re-crisp crust in 350F oven for 10 minutes. Makes wonderful toast for breakfast!

NOTES: Rather than deal with a flour-permeated towel,



I dump my dough onto a well-floured flexible cutting board; do the shaping, then cover it with a towel for its nap. When it's time to bake, I just brush away the excess flour then dump the dough into the pot and proceed. I've also recently heard someone say they put the dough on a sheet of parchment, then just lower the whole thing into the hot pot. This method also would give you something to grab hold of to lift the bread out when it's done. I haven't yet tried this myself, but I'm going to!

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