

TRENDY TIMES

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SEPTEMBER 16, 2014 VOLUME 5 NUMBER 25

Colonial Theatre Presents Quebec's Le Vent du Nord

The Colonial Theatre in Bethlehem, with the support of MLK and Company, is pleased to present Quebec's Le Vent du Nord, Saturday, September 20 at 8 PM. Renowned as ambassadors of Francophone, Le Vent du Nord is acknowledged as driving force in Quebec's traditional folk music revival. The Quebec-based quartet delights audiences with their mix of fiddle, guitar, accordion and hurdy-gurdy and is renowned for their energetic stage presentations.

Le Vent du Nord knows how to turn the lost past into intense and beautiful performances that push their roots in striking global direction, blazing a path that connects their Québécois roots to the wider world. On stage Le Vent du

Nord captures the energy and mirth of a Saturday night kitchen party, infusing old Québec with a breath of fresh, cosmopolitan air.

Since its founding in 2002, Le Vent du Nord has won critical acclaim and audience adoration across Europe and North America. The quartet has performed well over 1,000 concerts, racking up several prestigious awards, including a Grand Prix du Disque Charles Cros, two Junos (Canada's Grammys), a Canadian Folk Music Award, and 'Artist of the Year' at the North American Folk Alliance Annual Gala.

In addition to their traditional repertoire, the group exhibits great finesse and flexibility, appearing regularly

on Canadian, American, French, and UK television and radio, and participating in a wide variety of special musical projects. They've collaborated and performed with Harry Manx, Väsen, The Chieftains, Breton musical pioneer Yann-Fañch Kemener, Québécois roots legend and master storyteller Michel Faubert, hip Scottish folk band Breabach, and the trans-Mediterranean ensemble Constantinople.

General Admission tickets for the 8 PM performance are \$21; Colonial, Catamount Arts and St. Kieran's Community Center for the Arts members \$17; Reserved Front & Center tickets (available on-line only) are \$26. Tickets are available in advance at Maia Papaya Cafe, Bethlehem, The Littleton



Food Coop, or Catamount Arts, St. Johnsbury. The doors open at 7 PM for the 8 PM performance with refreshments on the patio. For more information about this or upcoming live events find The Colonial on Facebook (Facebook.com/BethlehemColonial), follow The Colonial on twitter (@ColonialNH), visit

the Colonial on line at www.BethlehemColonial.org or tune in to Bethlehem's own community radio, WZNC, broadcasting from atop the historic Colonial Theatre at 99.9 on the FM dial.

This evening of great World Music is generously sponsored by MLK & Company with additional support from New Hampshire Public Radio, and The Cold Mountain Café, The Wayside Inn, The New Hampshire State Council on the Arts, and The Colonial's presenting partner, Catamount Arts.

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TRENDY Dining Guide

Valley View Restaurant

By Gary Scruton

Our last visit to the Valley View Restaurant was on a Sunday for their Brunch Buffet. This time we made plans to stop at this Northeast Kingdom eatery during the time of evening meals. As occurred with our first visit there were some surprises waiting for us.

Like so many dining locations the Valley View offers up specials. Now on occasion when I go out to eat, I know just what I want to eat well before even walking into the place. But there are other times when I have no real idea of what I may want. That is when those specials come into play for me. The chef, or owner, has made some of the decisions for me already (kind of like eating at home. My wife tells me supper is ready and that's when I find out what will be on my plate.) {By the way, that suits me just fine!}

This particular night there was a combination plate on the special list that I had never heard of before. Ribs and chicken fingers. Both are tasty meals, and I thought, why not? Bring them on. And to go along with this taste treat I decided on one of my favorite beverages, a Sam Adams. As I write this I feel that I do need to explain a bit more about Valley View. There is plenty of nice comfortable seating in this family restaurant. We were seated in comfortable chairs not far from a full wall of windows that allowed for a great view in to the valley. But there was also a nice horseshoe bar with bar stools where one could order a meal, or just get your favorite adult beverage.

Let me also mention that the prices of what I ordered were quite reasonable. As mentioned the ribs and fingers were a special and were priced about \$12. The Sam was one of several on the chalk board and was

priced at a reasonable \$4.

But, like I have mentioned before, the main way to measure any eatery is the food. And as was true with the breakfast buffet, there were no complaints about what our server brought to the table. There was an ample amount of food on the plate, which also included a piece of cornbread. And both the ribs and the chicken were tasty and very palat-

able. All in all, a very good meal.

It was mentioned that the Valley View Restaurant has a full bar, but it should also be mentioned that it remains a family friendly location. During our visit there were indeed several family units at other tables. The staff appeared to handle all groups in stride and offered us very adequate service during our experience.

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every issue!**

In Vino Veritas – Bottle Twenty Five

“In Wine There Is Truth – And Beauty”

By Robert Roudebush

QUESTION - Short time back you talked about “boxed wine”, wine in a bag in a box, shared some reasons you're sure it's a good idea, why you liked it, right?

ANSWER – Sure, for one thing, the quality of the wine in those efficient boxes keeps improving. And right now, there is no better storage invention ever, in all the hundreds and thousands of years wine has been stored and transported in various containers, there is no better system for doing those things than putting wine into a plastic bag inside a cardboard box. It's a brilliant idea. Really environmentally friendly, cost-efficient to stack, store and transport. As the wine is used up, the bag inside is impervious to outside air, the enemy of fresh wine. The flexible polyethylene container kind of shrivels up as it empties, closes in on itself protectively as the wine is let out from the bag through that little spigot at one bottom corner of the box.

A note here, gained from substantial product research (on my part and some cooperative friends), is that when you think you've drawn out all the wine from that bag, the outgoing stream from that spigot is just a trickle, seems you can't get even half a glass more, that's the time to open the box, lift out the nearly empty plastic bag, then using one hand to squeeze or roll the bag downward, force out the remainder of that wine through the open spigot – sometimes adds up to nearly one glass more.

One good neighbor of mine, a good-natured fellow who has been known to enjoy a taste of wine from time to time, and hates to waste it, indicated to me the other day it may be possible to actually cut open the apparently empty clear plastic bag and use your tongue to lick dry the inside of the bag. After I stopped laughing, I actually asked him how he knew that...

Q - Hmm, learn something every time I go to the trouble to read this. Won't forget those last guidelines. But really, you don't actually buy those boxes and drink wine from them, do you, you just pass on information you read or learn some other way, right?

A – Wrong.

Q – Name me two of those boxed wines you've actually drunk in the last couple months.

A – Thought you'd never ask. I've mentioned these two before – BOTA BOX and BLACK BOX, both Pinot Grigios from California, both 3 liter, which means the same quantity as four regular bottles. I purchased the BLACK on sale at the NH Liquor Outlet on sale for \$14.95, the BOTA cost somewhat more at regular price of just about \$22, but either one on sale or standard price is a very good tasting crisp dry light white at a price which works out to less than \$5.50 per bottle. The BLACK is really a square upstanding

box of the same color, the BOTA is a rectangle in shape, tasteful yellow and brown in color. Each of them is good enough to boast about awards they've won for quality. BLACK for example advertises on its packaging 35 Gold Medals and 26 Best Buys from the Wine Enthusiast.

And you can also always play the old “read the back label” game on these boxes just as you would on a glass bottle, although it turns into “read the side labels” with boxed wine. It remains great way to learn at least what the producers want you to believe about their wine. BLACK is not shy about telling you, “This wine expresses lovely aromatics of pear and honeydew, and juicy flavors of citrus and apples leads to a finish that is bright and delicious” Is any of that true? It's up to you but you might choose to memorize that flowery wordage and let it flow off your tongue sometime after a glass or two among friends – you'll either get a laugh or clear out the place. Don't forget to look for the legally required information available on these side labels – alcohol content by volume is 13%, vintage is 2012, contains sulfites, plus the Surgeon General's health warnings to pregnant women, and the warnings about alcohol consumption not mixing well with the operation of machinery, like driving a car.

BOTA for its part tells you the required stuff, plus, “It's both springy and balanced, full of fresh tropical fruit, citrus and crisp pear.” (Sound familiar?)



BOTA goes on – “Pair it with an arugula salad and grilled free-range chicken”. Got either of those planned for tonight? And this box chatters on to educate you - “What's a BOTA? Our name recalls nature's original way to carry wine, trusted for centuries by thirsty travelers.” And they remind you that the box is 100% recyclable and ask you to contact them on facebook or the internet, tell 'em what you think.

Q - OK fine. But did you like them? Would you buy them again?

A – Yes and yes.

Q - Now, tell me something I don't know.

A – You might know this. I spotted an unusual bottle the other day, and bought it just to see if it was any good. It was. Now and then wine drinkers need to taste something they know nothing about ahead of time, to keep learning. This was also a Pinot Grigio, from Italy this time, called VOGA. It was reasonably priced. The

bottle shape was not typical for a light crisp white, from Europe or America, which would normally be either a “high-shouldered” Bordeaux bottle, or a “slope-shouldered” Burgundy style configuration. This clear glass container was one long straight canister shape, with a large black plastic screw top of about the same dimensions as the bottle – taking off that screw cap reveals a second closure, a standard clinical-plastic cork. My point in relating this is that product packaging has always been a major part of sales appeal for anything. In the case of wine, certain recognizable bottle shapes have been counted on for years to alert wine-buyers as to what kind of wine to expect inside. This new shape breaks many of those traditions, and happens to be very striking indeed.

(Editor's Note – Roudebush worked for years in restaurants as a wine specialist and submits occasional articles on the wonderful world of wine – and how to spot interesting new possibilities.)

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

September 16, 2014

Volume 5 Number 25

SUGAR HILL'S
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HOUSE UPDATE
 By Rich Ladd - Haverhill

I would like to take a few moments to discuss school building aid, as this law is critical to many school districts and more closely to home, the Haverhill Cooperative School District.

As of 2011, the state had committed to spending nearly \$540 million over the next 30 years on previously approved school construction projects. In 2007 for example, NH spent \$210M on new and renovation projects. Of the \$210M, four large projects consumed the lion's share: Bedford \$41.5M, Windham \$43.8M, Kearsarge \$25.2M and Weare \$18.6M. With the state currently in a 6-year school building aid moratorium, the backlog of new construct projects has piled up.

Since 2011, the legislature has only provided financial support for renovation projects that clearly constitute a clear and imminent danger to life or safety and require remediation as deter-

mined by the state fire marshal. Within FY15, new projects totaled \$67.8M, but none were funded by the state. I will introduce legislation this session that directs the state to appropriate no less than \$50M for school building aid for each year of the next biennium. In FY17, this would direct \$35.6 for debt payment and leave \$14.4 for new construction.

Over half of NH's schools are older than 50 years. Haverhill's school board is also struggling with old building issues: school site, building structure, building systems, maintenance, safety and security, space adequacy, and the overall building environment for learning.

The new building aid grant process requires applications to be rated in accordance with standards and to be competitively prioritized against other school district proposals; the grant approval process is no longer

automatic. The application timeline of 4-5 years is long and involved: identifying problems, forming a building committee, verifying needs, finalizing and completing concept design, and more. In projecting toward FY 21 and based upon an annual appropriation of \$50M, there would be \$20.8 available for new construction. It is also likely that the state's contribution to town's like Haverhill by then may drop from 60% to 50% or less of project costs. A new system or formula for supporting school building aid needs to be considered. Further, local school boards, in addition to applying for state support, might explore cost saving strategies through consolidating services/programs, assessing alternative grade level configurations, and studying school location benefits and assets. Operational savings can be used to offset new construction costs.

As always I look to your feedback and I offer my support to the school board in this important, facility endeavor.

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From The Desk Of NH State Senator

Jeanie
FORRESTER

Dear Constituents,

Over the course of six months and more than 30 session days, the legislature addressed approximately 700 proposed bills, ultimately passing 242 of them. Health care, transportation, energy, and municipal issues played a prominent role.

Since the budget was passed in the first part of the session, the Senate Finance Committee's role in the second part of the session was to assure that we maintained the balanced budget that passed into law on a bipartisan basis (the Senate voted 24-0 and the Governor signed it into law). Many spending bills came before Finance, some with merit. But in order to maintain the budget we agreed on, more spending was not appropriate.

With the session behind us, the role of the Finance Committee is to monitor the budget to assure we stay on track. Just like a household budget, the state budget includes income and expenses. And, just like a household budget, it is important to monitor both to assure we don't end up with a deficit (like the \$800 million deficit we faced my first term in office).

I'm pleased to report that when the Fiscal Year 2014 ended on June 30th we knew within a few days

that state revenues came in just \$3.1 million higher than our forecast. Some taxes brought in more than we planned, and some dipped below our estimates, but the overall revenue plan hit the center of the bull's eye last year. (The revenue forecasts included in the FY2014-15 budget factored in all the tax reforms that passed with broad bipartisan support and praised by the Governor.)

We are able to keep an eye on revenues throughout the year, aided by the Monthly Revenue Forecast, published the first week of every month by the New Hampshire Department of Administrative Services.

Unfortunately we don't know where we stand on the spending side of the New Hampshire budget. We have formally requested that the Governor provide a department by department update on FY14 spending to the Legislative Fiscal Committee, but she has declined to provide the information.

State law requires the Governor to know exactly how much each department spends every month. And it authorizes the Governor to reduce expenditures in any department in danger of going over budget.

What is concerning is that the Governor has been warning since May that state departments might exceed the FY14 spending

levels authorized in the current budget, and has reinstated a spending freeze on out-of-state travel, equipment purchases, and filling vacant state positions that expired last July. She has not shared the basis for this concern, or shared with the Legislature whether any state departments overspent their budgets last year. Since the close of FY14, the Finance Committee has been asking to examine the state's spending records but to date have not received this information.

State law also requires spending reports similar to the revenue reports we read each month.

RSA 9:11 Monthly Reports "Once each month the director, division of accounting services shall make a report to each state agency showing in detail the total amount expended during the previous month and the accumulated amount expended to date from July 1. The report shall also show the total encumbrances outstanding and the balance available for the remainder of the fiscal year."

It is appropriate that the Finance Committee and the public have access to the same spending information the Governor has, but will not release. She suggests that we're going to have serious budget problems, and insists there's a problem with revenues. But, as I mentioned earlier, the Revenue Forecast confirms revenues are on target.

Passing a balanced budget is important but it's only the beginning of a long process. Monitoring revenues to make sure we meet our estimates is important too. However, the most important part of maintaining a balanced budget is

managing department spending. Doing that in a transparent manner helps build trust that the government is being efficient with our tax dollars. Doing that in the dark – or worse, not managing spending and keeping the public in the dark – leads to suspicion, confusion, and potentially to budget deficits.

It may well be that we will close the year in balance, but we on the legislative side don't know because we are not being provided with the information. I am hopeful that the executive branch will quickly recognize the importance of acting in a bipartisan and transparent manner and release the spending data.

As always, I want to hear from you. If you have a

concern you'd like to share, an event you'd like me to attend, or a problem you think I might be able to help with – please call or email (271.4980 [o] or jeanie@jeanieforrester.com) . If you would like to subscribe to my e-newsletter, visit www.jeanieforrester.com and sign up.

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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

GROTON GROWERS FARMERS MARKET
9:00 AM – 1:00 PM
Groton Community Building

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

BINGO
6:00 PM
Blue Mt. Grange Hall, Ryegate Corner

SUNDAYS

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

MONDAY/THURSDAY

ADULT INTERVAL AEROBIC CLASS
6:30 PM
Woodsville Elementary School

TUESDAYS

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

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

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

WEIGHT WATCHERS MEETING
5:30 PM
Orange East Senior Center, Bradford

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

WEDNESDAYS

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

FRIDAYS

LYNDON FARMERS MARKET
3:00 PM – 6:00 PM
Band Stand Park, Rte 5, Lyndonville

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

TUESDAY, SEPTEMBER 16

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

EMERGENCY FOOD SHELF
4:30 PM – 6:00 PM
Wells River Congregational Church

THURSDAY, SEPTEMBER 18

NCC PUBLIC HEARING
5:30 PM – 7:00 PM
Haverhill Municipal Building, North Haverhill

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

FRIDAY & SATURDAY

SEPTEMBER 19 & 20

CAUGHT IN THE ACT(S)
7:30 PM
Old Church Theater, Bradford
See article and ad on page 11

FRIDAY, SEPTEMBER 19

INFAMOUS STRINGDUSTERS
7:30 PM
Fuller Hall, St. Johnsbury Academy

SATURDAY, SEPTEMBER 20

NH BOOK SIGNING WITH MEL GITCHEL
3:00 PM – 5:00 PM
Star Cat Books, Main Street, Bradford

SPAGHETTI DINNER & SILENT AUCTION

4:30 PM – 7:00 PM
Bath Congregational Church

ANNUAL HIGHLAND GAMES BBQ SUPPER

5:00 PM – 7:00 PM
American Legion Post #83, Lincoln

CHICKEN PIE SUPPER

5:00 - 6:00 - 7:00 PM
South Ryegate Presbyterian Church

TEXAS HOLD'EM TOURNAMENT

6:00 PM
Orange East Senior Center, Bradford
See article on page 7

SWEET JAMM DANCE

7:00 PM – 10:00 PM
Alumni Hall, Haverhill

QUEBEC'S LE VENT DU NORD

8:00 PM
Colonial Theater, Bethlehem
See article page 1

SUNDAY, SEPTEMBER 21

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

NH BOOK SIGNING WITH MEL GITCHEL
1:00 PM – 3:00 PM
Piermont Library

CAUGHT IN THE ACT(S)

4:00 PM
Old Church Theater, Bradford
See article and ad on page 11

NEWBURY HISTORICAL SOCIETY:

FAT MEN'S CLUB
7:00 PM
Wells River Congregational Church
See ad on page 7 and article on page 8

MONDAY, SEPTEMBER 22

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

TUESDAY, SEPTEMBER 23

NCC PUBLIC HEARING
5:30 PM – 7:00 PM
Franconia Town Hall

FRIDAY & SATURDAY

SEPTEMBER 26 & 27

CAUGHT IN THE ACT(S)
7:30 PM
Old Church Theater, Bradford
See article and ad on page 11

SATURDAY & SUNDAY

SEPTEMBER 27 & 28

SUGAR HILL'S AUTUMN CELEBRATION
10:00 AM – 3:30 PM
Sugar Hill
See ad on page 3

WHITE MOUNTAIN QUILT SHOW

10:00 AM – 4:00 PM
Littleton Opera House
See article on page 8

SATURDAY, SEPTEMBER 27

BENEFIT FOR HONDURAS HOPE
Rain or Shine
Franconia Community Church

FALL FESTIVAL

9:00 AM – 3:00 PM
Newbury Congregational Church
See ad on page 9

ANNUAL BOOK SALE

9:00 AM
Haverhill Corner Library
See article on page 7

PENNY AUCTION

9:00 AM – 3:00 PM
Orange East Senior Center, Bradford
See article on page 7

FAMOUS PORK DINNER

5:30 PM – 7:00 PM
United Congregational Church of Orford

PINK MARTINI WITH THE VON TRAPPS

7:30 PM
Fuller Hall, St. Johnsbury Academy
See article on page 17

SUNDAY, SEPTEMBER 28

ANNUAL BOOK SALE

9:00 AM
Haverhill Corner Library
See article on page 7

BLESSING OF THE ANIMALS

1:00 PM
United Congregational Church of Orford

CAUGHT IN THE ACT(S)

4:00 PM
Old Church Theater, Bradford
See article and ad on page 11

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, September 25th for our September 30th issue.

Groton Free Public Library Event

Volunteers Needed for Annual Fall Foliage Books & More Sale on Friday, Oct. 3 & Saturday, Oct. 4. Please contact Anne at the library if you have a couple hours to give for set-up, sales, or clean-up.

NEW! Round Robin Reading, a weekly toddler/preschool storytime at the library, will begin this Fall. If you are interested in attending and/or volunteering to be a reader, please contact the library. Day & time TBA.

Raffle Tickets on Sale for beautiful autumn-inspired knit afghan created and donated by GFPL's Crafts & Conversation group. All proceeds directly support Groton Library programs. One ticket for \$1 or six tickets for \$5, on sale at library and from group mem-

bers. Raffle to be held on Oct. 4.

Friday, Oct. 3, 2:30-7pm: Annual Fall Foliage Book & Wreath Sale. Huge assortment of fiction, nonfiction, kids & adults - come and pick up that book you have always wanted to read, or even find the perfect gift! Also, this year we are featuring beautiful, handmade floral wreaths.

Saturday, Oct. 4, 9am-3pm: Annual Fall Foliage Book & Wreath Sale. Plus, GFPL's online card catalog will "GO LIVE!" Come on in during the Fall Foliage festivities for a new library card complete with an official barcode. Enjoy the benefits of our local library going online.

Saturday, Oct. 11, 10am-12pm: Starting this day, we'll

be able to offer weekend open hours again, thanks to the power of volunteers! (Saturdays, 10am to noon.)

Every Wednesday, 1-3pm: Crafts & Conversation (for adults). Join us with your ideas and projects-in-process - or - just join us!

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

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

Visit us on Facebook: www.facebook.com/GrotonFreePublicLibrary and at our website: www.grotonlibraryvt.org

Bath Library Book Club

The Bath Library Book Club will be discussing "Stiff", by Mary Roach on Thursday, October 9th at 6 pm at the Bath Public Library. For 2,000 years, cadavers - some willingly, some unwittingly - have been involved in science's boldest strides and weirdest undertakings. In this fascinating, ennobling account, Mary Roach visits the good deeds of cadavers over the centuries and, in doing, tells the en-

grossing story of our bodies when we are no longer using them. Books may be picked up at the Bath Library; hours are Tuesdays and Thursdays 9:00am to noon and 1:00pm to 6:00pm and Saturdays 9:00am to noon. Anyone with an interest in reading and conversing about books is welcome to attend. For information, please contact the library at 603-747-3372 or email: bathlibrary@together.net.

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Haverhill Corner Library Announces Fall Events

HAVERHILL, NH — In the next few weeks, the Haverhill Corner Library will hold its annual fall book sale and launch its fall book discussion series, the library has announced.

The book sale will be held Saturday, September 27 and Sunday, September 28 on the library lawn, beginning at 9:00 AM on both days. The library has received an unprecedented number of donated books this year, and expects to offer one of its widest selections ever. Books are for sale "by donation."

This month represents the 100th anniversary of the death of the last passenger

pigeon in September 1914. To mark the occasion, the library has designed a fall book discussion series featuring recent science books on topics related to "Extinction!"

The first discussion will be held Monday, October 13 and will feature The Sixth Extinction: An Unnatural History by Elizabeth Kolbert, a book that has been hailed as "fascinating" (USA Today), "engrossing" (Boston Globe), "fascinating" (Harper's), "riveting" (San Francisco Chronicle), "fascinating" (Washington Post), and "invaluable" (New York Times Book Review). Kolbert, a former reporter for the New

York Times and currently a staff writer for The New Yorker, is a two-time winner of the National Magazine Award for her writing.

The series will continue with discussions of A Feathered River Across the Sky: The Passenger Pigeon's Flight to Extinction by Joel Greenberg on November 10; and Neanderthal Man: In Search of Lost Genomes by Svante Pääbo on December 8. All discussions will begin at 7:00 PM and will be free and open to the public.

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

NEWBURY HISTORICAL SOCIETY PRESENTS

Office of Treasurer

NEW ENGLAND
FAT MEN'S CLUB

Wells River, Vt., *September 1907*

Dear Sir and Fat Friends:
I am in receipt of your application and see for membership in this Club. The same has been approved by the Membership Committee, which action undoubtedly will be approved by the Club.

Very truly yours,
JEROME S. HALE, Treasurer.

W. J. Bryant of Lincoln, Neb. (present) and fifty-four other good and fat men, weighing from 205 to 414 each, were elected to membership in our Club at a special meeting held April 26, 1907.
H. B. PARKER, Secy. DAVID WILKIE, Pres.

Who were the Fat Men? Which President attended an annual meeting of the Fat Men's Club? Did they really have athletic contests? Find out these answers and more.

SUNDAY SEPTEMBER 21, 2014 7:00pm
WELLS RIVER CONGREGATIONAL UCC CHURCH
Handicapped Accessible

The program is free and open to all - men, women and children. While refreshments will be served, there will not a weigh-in to attend.

Orange East Senior Center

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

We are looking for volunteers for the kitchen for Tuesday and Thursday. If you are interested, please call or come by.

Cribbage will start at the senior center on Wednesday, September 17 at 7:00 p.m. For more information, please call Sally Osgood at 222-5746.

The Texas Hold's tournament will be on September 20 at 6:00 p.m. The entry fee is \$50.

The penny auction will be on Saturday, September 27 from 9 a.m. to 3 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.

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 8. If you would like an appointment, please call.

The time for the computer class has changed to 3:00 p.m. until 5:00 p.m. on Wednesdays starting August 27. This class is for all levels.

There will be no Tai Chi Easy classes on Wednesday September 17th and the 24th.

The Orange East Senior Center is available for rent.

We have a capacity of 125. If you would like to book your wedding reception or birthday party or if you have any questions, please give us a call.

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

There is space available in the Monday, Tuesday, Thursday and Friday exercise class. The class begins at 9:00 a.m. and ends at 10:00. It is a strength building class.

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 Tuesday at 10 a.m. Come On Down!

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Trendy Threads
 171 Central St
 Woodsville, NH 03570
*(our next \$50.00 gift certificate drawing will be in October,
 come see our designs, no purchase necessary.)*
www.TrendyThreadsWoodsville.com

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 Banana Split ... \$5.50 (12 oz. Boat) • New: "Midnight Mint Cookie"
 Regular Ice Cream: Chocolate, Vanilla, Caramel, Fudge, Maple Walnut,
 Bubble Gum, Rainbow Sherbet, Lobster Tails, Moose Tracks, Chocolate Chip, Peanut
 Butter Fudge
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 "12 Flavors"
 Ice Cream
 Parlor Special:
**Brownie
 Sundae**
\$3.50
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ANNUAL
North Haverhill
FAIR

ASSOCIATION
PICNIC
Sunday, September 21
Steaks ready about 12 Noon
*All Volunteers and their families
 are welcome.*

5th Biennial White Mountain Quilt Show

The Littleton Quilt Guild Sewflakes will present the 5th Biennial White Mountain Quilt Show on September 27 & 28. The event will be from 10a.m. to 4p.m. at the Littleton Opera House at the corner of 2 Union Street and Main Street in Littleton, NH, 03561. Admission is only \$3 or two adults for \$5!

Parking and a light lunch available. The White Mountain Quilt Show will feature quilts made by guild members. There will be quilting demonstrations, vendors, raffle and door prizes. White gloved members will be available to show quilts and answer questions.

The Littleton Quilt Guild has approximately 20 members from Littleton, Monroe, Lisbon, Franconia, Bethlehem and neighboring Lower Waterford, Lunenburg, and St. Johnsbury VT. The group meets at the Littleton Com-



Members of the Littleton Quilt Guild displaying just two of the many quilts you will see at their show September 27-28 at the Littleton Opera House. Shown with the quilts are Elaine D., Andrea, Everett and Elaine L.

munity Center on the third Thursday of each month from 7:00 p.m. to 9:00 p.m. The get together is a couple of hours to sew and socialize. As a group whose skill levels vary from beginner to expert, there is always

someone on hand to answer questions and offer advice. New members are always welcome!

For more information contact littletonquiltguild@hotmail.com or call 603-444-5941.

3rd Summer Newbury Historical Society Presentation

The New England Fat Men's Club will be the subject of the final 2014 Summer Presentation by the Newbury Historical Society. The program will be held on September 21, 2014 at 7:00pm at the Wells River Congregational UCC Church on Main Street. The Church is handicapped accessible.

Hod Symes, Wells River native and author of "The Cross-Road" A History of Wells River, Vermont will present the program. Symes

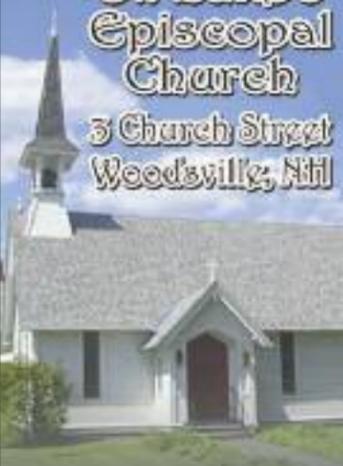
will cover this "heavy" subject with stories on how the club began, the annual meetings complete with food, athletic events cigars, who the members were and who was eligible for membership. The Fat Men's Club met for 24years during the early 1900's and was based in Wells River at the Hale's Tavern. The program is co-sponsored by Wells River Congregational UCC Church and Wells River Action Program.

The program is free and open to all - men, women and children and Symes noted that while refreshments will be served, there will not a weigh-in to attend.

This event is also the last event celebrating Wells River's 125th Anniversary. The commemorative postmark is available at the Wells River Post Office until September 27th and special envelopes are available at Copies and More and the Baldwin Library.

For more information about the program or the postmark contact Richard M Roderick at 802-757-2708; maxinpallau@hotmail.com

GROTON GROWERS FARMERS MARKET
 RTE 302-GROTON COMMUNITY BUILDING
3RD ANNUAL APPLE FESTIVAL
Saturday, September 27, 2014
9:00 am - 1:00 pm
 Featuring Several Varieties Of Apples
 And A Variety Of Apple Goodies
 From Our Vendors
 Local, Fresh Seasonal Fruits & Vegetables
 VT Maple Syrup • Local Meats & Eggs • VT Cheese
 Breads, Pies, Pastries, Cookies, Muffins
 Jams, Jellies, Pickles, Relishes
 Gift Ideas From Our Local Artisans Like:
 Jewelry, Soaps... And More!
 Join us as we celebrate our last summer market ...
 Our first winter market will be October 18th from 10-1.
 We accept EBT, Debit Cards,
 Farm-to-Family coupons,
 and Harvest Health coupons!
 See You At The Market!

St. Luke's Episcopal Church
 3 Church Street
 Woodsville, NH

SUNDAY SERVICE 10AM
 1st, 2nd & 4th Sundays
 Holy Communion With Sunday School
 3rd & 5th Sundays
 Morning Prayer With Sunday School
 Bible Study Following Coffee Hour

Tomatoes, Tomatoes, Tomatoes

By Heather Bryant, Regional Field Specialist, Food & Agriculture

Tomatoes are my favorite food, or at least a very close second behind chocolate. Half the space in my freezer is dedicated to them. More importantly to vegetable farmers they are an important crop, and one of the most potentially profitable crops for high tunnels -- low cost greenhouse structures that can be used for in-ground plant production.

So naturally I jumped at the opportunity to participate in a nutrient management study for high tunnel tomatoes. The fertilizer recommendations we at Extension make to tomato growers are based largely on research on outdoor tomato crops, but we know from experience that growers can harvest 2-3 times as many tomatoes from tunnels compared to outdoor crops. This leads to the obvious research question, is it time to adjust the recommendations for tunnel tomatoes?

This year's project is being replicated in three locations, here at the Grafton County Farm, at UNH's Woodman Farm in Durham with Becky Sideman, State Specialist in Sustainable Horticulture and at the University of Maine's Highmoor Farm in Monmouth, Maine with Mark Hutton, Extension Vegetable Specialist. We're



getting technical advice from scientists at University of Maine, Penn State, University of Vermont and the Maine Organic Farmers' and Gardeners' Association, and we have recruited a UNH graduate student, Connor Eaton to work on the project as part of his Master's thesis research.

In particular, this first season we are looking at the impact of varying the levels of potassium in this experiment because potassium can lower yields and impact fruit quality. If potassium is too low the fruit may be soft or have low acid levels, in extreme cases you may see uneven ripening (although there are other potential causes of that as well) and internal white tissue in the

tomatoes. We've also provided all the tomatoes with higher than recommended amounts of nitrogen for improved growth, and the production of larger and more fruit.

We hope to use the results of this year's project to fine tune the methods for a longer study and to create educational programming for tomato growers and aspiring tomato growers in Northern New England. If you would like to learn more about this project, please contact our office in North Haverhill at 603-787-6944.

Information used in this article was compiled from the New England Vegetable Management Guide and the Compendium of Tomato Diseases and Pests.

So Long Summer, Hello Fall: And The Winners Are...

Being a Wells River resident didn't give the winning edge for any of the drawings or the Giant Zucchini contest that were part of WRAP's So Long Summer - Hello Fall Festival held in Wells River on August 30th.

The 2014 First Place winners in the Wells River Garden Club's Giant Zucchini contest were sisters Ainsley and Casey Kendal of Groton, VT. with a 13.5-pound zucchini. Their zucchini was 2 pounds heavier than second place zucchini brought in by Amy Aurelio of North Haverhill, NH. Last year's winner Derek Van Namee of Wells River, VT. grew a larger zucchini this year than last year but his 9-pound entry only placed third.

The three winners of the Wells River Chevrolet drawing were Barbara Dunbar of West Barnet - the flat screen TV, Christen Emerson of Barnet - a vehicle re-conditioning and June Wright - of Monroe, NH - 3,000 mile

service.

Fred Kidder of South Ryegate, Vt. and Susan Hood of Topsham, Vt. each won a gift certificate at the TJs Lunch Counter drawing.

The LOCAL gift basket given by Wells River Savings Bank was won by South Ryegate resident Tuesday

Carbanneau and the drawing held by the Oxbow Softball team for a Big Cones Ice Cream certificate was won by Rob Walker of Woodsville, NH.

Wells River Action Program congratulates all the winners.



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Sue Hebb and her grand daughter Megan Hebb are this year's co-chairs of the Silent Auction at the 34th Annual Newbury Congregational Church's Fall Festival. They are excited to report that one of this year's items is a certificate for the June 21 - 27, 2015 clinic week at Camp Farwell. Camp Farwell is located on the beautiful Halls Lake and can be used for a girl aged 6-17. The lucky camper will be able to choose one or two activities such as horseback riding, performing arts, tennis, soccer or water-sports. A minimum bid of \$200 is required for this \$1600 valued certificate. The Festival takes place Saturday, September 27th at the church.

34TH ANNUAL FALL FESTIVAL

Saturday, September 27, 2014

9:00 am - 3:00 pm

Silent Auction 9:00 am - 2:30 pm
Including Camp Farwell Clinic Week: \$1600 Value

First Congregational Church, Main St, Newbury

Brian Emerson & The Rangers Band • Cookie Walk • Bake Sale
 Fudge Candy Table • Plant Sale • White Elephant Sale • Quilt Raffle
 Craft & Homemade Items • Christmas & Gift Table • Rada Knives Sale
 Cracker Barrel Cookbooks • Hay Rides • Library Book Sale
 Postcard Collection • Local Pictures & Note Cards on Sale
 Spinning Demonstrations • Craft Vendors • A Food Stand
 The Bouncy House and much more!

For Information Contact: Sue Hebb
 3886 Scotch Hollow Road, Newbury
 802-429-2204

LARGE AUCTION



Saturday, September 27, 2014

Preview Starts 9:00 AM

835 French Pond Road

North Haverhill, NH

Contractor liquidating after 35 years in business.

Power tools, shop tools, staging, generator, dust collection system, lumber, jacks and numerous other items from business.

Bidders Must Register To Bid



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BradfordVet.com or Facebook.com/BradfordVetClinic

802-222-4903

THE LOGGER & THE FIDDLER

Rusty DeWees Returns To Bradford – Brings Newbury Fiddler Patrick Ross

Rusty DeWees returns with a fresh Logger Comedy and Music show to Bradford. "I can't wait. Patrick Ross, The Newbury Fiddler's going to be in the shows too," Rusty says. He will play October 18 and 19, at Bradford Academy.

"People love the updated show," Rusty says, "there's more interplay with the audience, and having Patrick Ross with his fiddle and singing is a huge boon. Cripes, folks in and around Bradford come ready to have a good ole time ... even the sober ones. Last time I played there, a few folks showed up on snow machines ... in July!" Rusty says the show is good for just about all ages, but only if you dare cause its rated SC,

some cussin'.

The Logger's original ever evolving one-man comedy tour de force has played to hundreds of thousands of fans throughout Vermont, Northern New York (state, not city), and around New England since The Logger first took the stage in 1998. Rusty says, "You'll laugh, hard ... you'll leave the theatre Happy!"

The show is an all out comedy that features DeWees playing a host of off-beat, rural characters (plus a few white platers from down country). "I have lots of new routines and stories, new stand-up style stuff, some political material, and jokes about my prostate, which are always crowd pleasers. I'll lay in some of the old classics too ... and, this show is in 3-D." DeWees mentions you may not want to leave your seat to pee unless you want to become part of the show.

The show features great North Country and French Canadian style music with Champion Old Time Fiddler Patrick Ross, and Rusty playing guitar and singing wicked good country stompin tunes. Rusty notes, "Patrick and I will sing and play a range of music, from gospel, to opera, and of course, old tyme country. The music part of the show is, along with the comedy of course, exceptionally entertaining."

The Boston Globe says The Logger is, "Inventive, entertaining, exceptional!"

Rusty's mom says, "It's the best show performed in the history of the world."

DeWees will fill the tank, prime it, and pull the cord, for two HUGE shows, at Bradford Academy, October 18, and 19th, tickets at, The Local Buzz, thelogger.com 802-888-8838, thelogger.com. All shows 7:30 pm, all tickets \$22.00.

The biggest peace party on the planet!

PEACE DAY

SEPT 21

Join millions of others from all over the world in an all-day, online celebration of peace, this September 21 – UN International Day of Peace.

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September 16, 2014 Volume 5 Number 25

OCT Presents Short Plays

Bradford, VT: Old Church Theater will present 'Caught in the Acts', an assortment of creative and funny short plays, beginning Friday September 19th for two weekends, with shows Fridays and Saturdays at 7:30pm and Sundays at 4pm.

The plays are: "The Fall" by Deborah Savadge, directed by Robert O'Leary; "A Matter of Husbands" by Ferenc Molnar, directed by Peter Richards; "Nothing Stays" by Jeanne Beckwith, directed by Paul Hunt; "A Couple of Geckos" by Deborah Savadge, directed by Athene Chadwick; "Peter Kagan and the Wind" by Gordon Bok, directed and performed by Scott Johnson; and "Just Desserts" by Deborah Savadge, directed by Peter Richards.

The casts include Chris-



Actresses awaiting their turn to rehearse their roles in Old Church Theater's "Caught in the Acts" are (left to right) Robin Ng, Christine Williamson and Caroline Swaney. The collection of short plays opens Friday Sept 19th, and plays two weekends. Shows are Fridays and Saturdays at 7:30pm and Sundays at 4pm.

tine Williamson, Meghan Bullard, Scott Johnson, Anne Foldeak, Eric Downing, Paul Hunt, Caroline Swaney, Robin Ng and Brenda Danielson. The event is produced by John Hunt.

Reservations may be made by calling the box office at 802-222-3322 or by visiting the website www.oldchurchtheater.org. Tickets at \$10 and \$5 for students.

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Letter To The Editor

As a Senior at Inter-Lakes High School considering pursuing international studies in college I had the opportunity to serve as a Senate Page at the Statehouse in Concord last year. The chance to observe politics in process from the very floor of the Senate was a unique opportunity made possible by District 2 State Senator Jeanie Forrester.

While Senator Forrester represents 27 towns in District 2 she goes out of her way to remain active in her home community,

servicing on the Greater Meredith Program and helping to launch the Career Partnership Program at Inter-Lakes that provides mentoring and job shadowing opportunities for students.

I would like to publicly thank her for fostering the Career Partnership Program, for her willingness to work with students and especially for sharing the benefits of public service.

Gage Wheeler, Meredith

Dear Gage,

It is always great to hear from a student that is able to take advantage of a shadowing opportunity like this. It is also wonderful to hear of an elected official who is working at staying connected to their home town.

Let me thank you for your service to the state. Though it may have been for only a short time and done on a volunteer basis, being a page is still an asset to the state.

Gary Scruton, Editor

Letter To The Editor

I'm a retired veteran of the armed forces who was petitioning registered voters in the town of Newbury/Wells River this past Labor Day weekend during the local "So Long Summer Hello Fall Festival" to have a measure placed on the ballot for an increase to the maximum property tax exemption allowed by the state of Vermont for all veterans 50% or more disabled in the community and otherwise qualified. Currently, 219 Vermont towns allow for the maximum exemption which is 30,000 above the mandated 10,000 by the state which is deducted from property assessment before taxes are assessed. The mandated 10,000 is covered by all tax payers in the state so this base is actually not town driven. Only 19 towns in the entire state, Newbury/Wells River included, decline to provide the maximum allowed by the state which is 30,000 above the 10,000 for a total of 40,000. Since the select board has declined to put this out to the community for a vote, a petition has to be accomplished with at least 80 votes to allow a final vote for the next Town Meeting. To some unsupportive local businesses and in particular the arrogant businessman who seemed aghast I had all my limbs and wanted to know my medical history before crumbling and tossing my flyer with a derogative comment: As I said, my medical history is none of your business and please stop padding your bottom line on the backs of Veterans on Veterans Day with your shameful display of false support for us in order to draw clientele to your establishment. That's an insult.

To the person who lives in subsidized housing wavering in your support for your veterans because of your uncertainty on the community tax burden as a whole: Seriously?! Again, Seriously?!

To the young husband and wife with three young children and one on the way who raised concerns that taxes are too high and the community needs to exercise extreme fiscal responsibility when it applies to vets who you feel are already well compensated: I will continue paying the very high school tax for your children to attend publicly funded school even though I have

never had children. God bless you and your family and I sincerely hope your children become more educated than you.

To the macho man who proudly emulates the look of a military man but has had no desire of serving in any branch of the armed services but doesn't support benefits for vets because you don't receive any type of benefit afforded to vets. Please take a moment to think about this.

To the local elected officials who have seemingly created an oligarchy: This is a matter for the entire community to decide not a select few. If the majority of Vermont towns including most in our surrounding area like Ryegate, Groton and Bradford can proudly afford the maximum property tax exemption to qualified veterans then why desire to be in the extreme minority of towns who don't and will not allow a vote? Hopefully it isn't jealousy or just plain disregard for the vets in your community.

On the more positive note, I would like to say I'm thankful for the support from the businesses in Wells River who do give full support for veterans and immediately signed the petition for this to come to a vote for the community to decide this measure. Also, thanks for the support from members of our surrounding communities who wanted to sign in support and were surprised to realize Newbury/Wells River doesn't provide the maximum veterans benefits allowed by the state of Vermont like their communities do. Even though you couldn't sign because the signatures need to be from registered voters in Newbury/Wells River, I was touched by your positivity. To the young woman from Newbury who recently lost her brother that was serving abroad and pulled over asking what she can do to help and where to sign: Thank you and my sincerest condolences to you and your family on your loss. To those in the local community who want to give all their support: A heartfelt thank you. Lastly, an apology to the woman who mentioned I needed to tone it down a bit because she felt under attack with my delivery method. I heeded your feedback. Thank you.

Lorenzo Cyr
Wells River, VT

Lorenzo,

Let me begin by saying thank you for your service to this great country. Also a thank you for taking on the task of getting this proposal in front of the voters of the town of Newbury. I have always felt that the voters should have every opportunity to let their voice be heard. If you are successful with your petition, and this question appears on the March town meeting warrant, I would urge the voters of Newbury to be informed of all the issues and consequences of the vote. Then to make an informed decision.

Gary Scruton, Editor



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Looking Back

By Deb Maes, Regional Field Specialist, Emeritus

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

On August 2, 1982 I walked in to the Grafton County Extension Office as a County Extension Agent in Home Economics. Little did I know that a 32 year journey had just begun. My resources were on a hand written lined sheet of paper. There were no computers. Our phone system had two lines and no way to leave messages. The copier, fax machine, internet, email and search engines were years away.

On day three we headed down to the new North Haverhill Fairgrounds to help judge the Adult Arts and Crafts entries. Later that month we headed over to Plymouth to judge the entries at their fair. In late July this year I helped judge the North Haverhill entries for the 33rd time. Some things change, others remain the same.

That first fall, I was already scheduled to present the Extension Homemakers program Meals When Minutes Count that had been developed by my predecessor and neighbor, Dina Stewart. A quick visit at least gave me an idea of what to do, but it would take creating my first program on my own before I started to learn about how to work with adults, use their experiences and provide them with the crit-

ical thinking skills we all need to make life decisions.

Another early memory was answering food preservation questions. I had seen relish and jelly being made at home, but needed more education before I was comfortable answering some of the many calls that headed our way. A few basic resources found in file drawers provided a start but some intensive training on the latest USDA recommendations helped. In 2014 if a call came in, I opened up Firefox, found the Center for Home Food Preservation website and answered questions much faster than flipping through file folders.

The years sped by. There were two more children. I got another degree. My colleagues and I started working with more community groups, still providing information in nutrition, parenting, money management, food safety, and balancing work and family. All those topics helped me at work and at home with my own balancing act.

In the early 1990's a new work team was being establishing to deal with Solid Waste. It was a challenge I couldn't resist and I found myself organizing a

statewide project to recycle telephone books. As I was cleaning out my files this past year I came across pictures of kids with their little red wagons carrying stacks of phone books to the local grocery store. Watching adults speed along the road with phone books in their bicycle basket let us know that the project struck a chord with people across the state.

In the mid-1990's came another opportunity to stretch my skills. A new work team was formed to revive the Civic Profile. A new name, Community Profile, more training and we found ourselves traveling across the state helping communities take a look at where they were and what they wanted their city or town to look like in the coming years. We've once again started offering New Hampshire communities guidance in increasing public participation in community decision making and last year I was able to work with volunteers in Barrington.

There have been lots of changes. My job title went from County Agent to Extension

Educator to Regional Field Specialist. My program went from Home Economics, to Human Development to Family & Consumer Resources to most recently Food Safety and Community Development. After working in the Grafton County Courthouse for 23 years we moved across the campus to the 1930's portion of the Grafton County Nursing Home into our very own self contained offices. We finally had doors that could be closed and windows that could be opened. Through all of those changes, my primary office was in North Haverhill and I made the 45 minute drive over and back somewhere between five and six thousand times. The odometer consistently increased by 25,000 miles each year.

That brings us to Friday, August 1, 2014. I retired from my UNH position after 32 years. I had spent months pouring through file cabinets removing information that was outdated or could be more easily accessed with our new fiber

optic internet lines. I've made a couple of trips back to the office in the past month getting organized for some programs I'm going to teach this fall but truth be told, I don't miss the ride at all—but I do miss the people who were part of my workday.

I'm pleased Cooperative Extension will be hiring not one, but two staff people to provide educational programs in the future, one in Economic Development and another in Food Safety. I even plan to be back at North Haverhill Fair next summer to once again judge adult entries, this time as a volunteer.

I'm a small town girl who was given an amazing chance to learn new things and share that information with thousands of people over the years. I got to travel all over the country attending workshops and trainings so that when I returned to Grafton County I could share that information with the people. It was an honor and a privilege to work for UNH Cooperative Extension in Grafton County for all these years.



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Not All Times Are Trendy But There Will Always Be Trendy Times

CASA Volunteers

Representing What's Best For Children - One Kid At A Time

By Robert Roudebush



(Editor's Note – In this first part of a two part series on New Hampshire's COURT APPOINTED SPECIAL ADVOCATES for abused and neglected children, we meet Volunteer Susan Brown and find out why she loves one of the best jobs she can't talk much about.)

Susan Brown has a great job she can't tell you much about. For the past ten years, she has handled the challenge of volunteering as a Court Appointed Special Advocate for abused and neglected children, and there's a lot about it she can't tell anybody.

But she can tell you right off the bat and passionately, "Everybody is a mandated reporter. If you become aware of a child who's being abused or neglected, it is your duty to call and report it. Used to be it was understood that certain people in certain positions had that responsibility – teachers, doctors, nurses, ministers, law-enforcement folks – now it's everybody's job and that means you." Report the suspected bad treatment to whom? "There's the Division of Children Youth and Families in New Hampshire, (DCYF), and the Division of Children and Families in Vermont. Each agency is a part of the states' Departments of Health and Human Services."

CASA is a nationwide association that supports and promotes court-appointed advocates for abused or neglected children – it does this with over 77,000 advocates serving in 933 state and local programs that have assisted over 200,000 children since the late 1970s.

What is the job of a CASA volunteer? S/He is a GAL – or guardian ad litem, specifically for child abuse/neglect cases. Training standards vary between CASA and state-paid GALs and interestingly are more rigid for those in the unpaid role. For example, CASA of NH requires that their GALs visit the child they are assigned to work with once a month while paid GALs are only mandated to see the child once in the lifetime of the case. Per New Hampshire law, CASA of NH is always contacted first to see if they have a CASA GAL available. It is only when they don't that a paid GAL is appointed. The court appoints a GAL for a child when allegations of either abuse or neglect have been made. They work independently to gather information for the court, and make recommendations to the court in the form of a report regarding children's best interests. Guardian ad-litem means guardian in "matters before the court".

But in her CASA role, Ms. Brown cannot tell an interviewer the names of her clients. She can't tell the names of the parents of her clients. Can't describe the physical location of any person in any way that would enable someone to discern identities. Can't describe why any single parent, or set of them, is accused of abuse or neglect. Can't describe any ongoing legal situation in sufficient detail as to enable those names to be discerned. She will tell you she loves the unpaid position, "It can break some people's hearts. Volunteers are oftentimes exposed to the seamy side of life. For me, there has been the joy and satisfaction when I've improved a living situation for a young one." Call 800 626 0622 or go online to speakup@casanh.org for an information packet.

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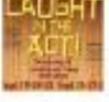
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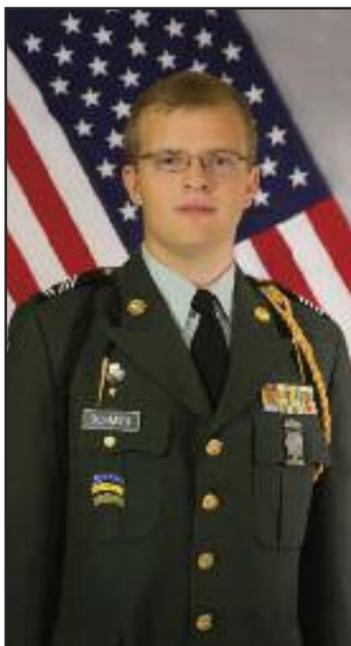
Cadet Thomas Schmidt Commands JROTC Battalion

By Cadet Sergeant D. Robert Randall

With the start of the new school year, the Army JROTC Spartan Battalion at White Mountains Regional High School enters its 19th year. The top cadet that will lead the organization is Thomas Schmidt of Whitefield, a four-year JROTC cadet and senior at the WMRHS. Cadet Schmidt is a high honors and AP student and is an active member of the Technology Student Association and the Firefighter Explorer program. He is a recent graduate of the American Legion Boy's State program and is currently enrolled in an EMT basic class. Thomas is also on the JROTC Drill, Rifle, Color Guard, Raider, and Academic teams. Following graduation, Thomas plans on attending college to earn a degree in robotics while pursuing a commission as an Army Officer.

Over 300,000 students across the country participate in the Army JROTC pro-

gram. The nationally accredited JROTC curriculum is designed to teach high school students the value of citizenship, leadership, service to the community, personal responsibility, and a sense of accomplishment; while instilling in them self-esteem, teamwork, and self-discipline. Students earn an elective credit for taking JROTC and also have the option of receiving their Physical Education credit. Additionally, cadets can receive up to 16 college credits in Leadership through an articulation agreement with Adams State University. The JROTC Spartan Battalion is one of only two Army programs in the state of New Hampshire. The cadets participate in numerous community service projects including American Red Cross blood drives, the Adopt a Highway program, Memorial Day ceremonies, Veteran's Day parades, and flag education classes at local elementary schools. In



addition, the JROTC program has six teams (Drill, Raider, Marksmanship, Color Guard, Leadership, and Academic), which compete against other JROTC programs located throughout New England and nationally.

Three Nemeses

By Elinor P. Mawson

There are three items in our household that we can't live without, although my life would be easier if they were somewhere else.

The first is our vacuum. It is always in the way, even when it is where it belongs. Its attachments are never where they are supposed to be, although there are little spaces for them to live in. And the cord is never long enough! Every time I try to get into that last corner, out comes the plug and I am left high and dry. When I lean the wand up against something, it invariably falls to the floor behind something that is too big to move and I am left crawling to retrieve it.

Yes, it is a necessary household item, but oh! do I hate it.

Then there is my sewing machine. It is supposed to be a "high end" product, and I suppose it is, but for one thing, it is getting heavier all the time. I chose to get a machine that only went forward, backward and zig-zag, but every so often one or the other malfunctions--usually it's the one that I need the most. Add to that, is the fact that it comes unthreaded in the middle of a big project and I don't realize it until I am at the end and then discover that I have to do it all over again.

Sewing machines have a bobbin which needs to be wound and threaded into the base of the machine. That too can run out of thread and not be discovered on time. It would try the patience of a saint.

Of my three nemeses, my sewing machine is the one that requires the most repair and maintenance, and it is the one that gets sworn at the most.

And then, there is my computer. Most of the time it behaves itself, and I do not require as much from it as I do my other machines. But it has a nasty personality that comes out when I least expect it and need it the most. Although it does not make any sound, its messages come out loud and clear.

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And there are many others with which I am sure you are familiar.

Most everyone has now gone to the ipad or the laptop, but we are still plodding along with a desktop arrangement--cords everywhere, a modum, a power strip, mouse etc. Real old school! But when we bought a ipad and tried to use it, I got nowhere. It didn't like my birthday for one thing. As I persisted, it liked me less and less. Now whenever I see the damn thing, I get terrible cramps in my stomach.

But am not going to let these three objects get me down. My house may get dust bunnies, my husband's pants may go un-hemmed and my email go un-answered. As much as they may frustrate me, I realize they are necessary evils.

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Pink Martini To Perform In St. J. September 27th – With Special Guests, The Von Trapps

Even the euphoric crowds emerging from Pink Martini performances would be hard pressed to define the genre-busting band's ecstatically fun mix of styles, from Latin jazz, Brazilian samba and Afro-Cuban rumba to Japanese film noir and sultry '30s cabaret songs, creating an exhilarating sound that drapes a global perspective on romance. The 15-piece "little orchestra" includes violins, trumpets, trombone, cello, harp, congas – with Thomas Lauderdale at the piano and China Forbes singing.

After their wildly successful 2012 performance, Kingdom County Productions will stage the return visit by Pink Martini—7:30pm, Saturday, September 27th at Fuller Hall, St. Johnsbury Academy. The "little orchestra" will be joined on stage for several numbers by "The von Trapp's" – four young members of the famous family that inspired "The Sound of Music." Tickets for the concert are now on sale at KingdomCounty.org or by calling 802-748-2600. Information is also available at Kingdom County office – 802-357-4616.

Pink Martini is from Portland, Oregon, formed in 1994 by pianist Lauderville, who was joined a year later by Forbes. The band draws inspiration from music from all over the world – crossing genres of classical, jazz and classic pop. Featuring a dozen or more regular musicians, Pink Martini performs its multilingual repertoire on concert stages and with symphony orchestras throughout Europe, Asia, Greece, Turkey, the Middle East, Northern Africa, Australia and New Zealand, South America and North America.

The band made its European debut at the Cannes Film Festival in 1997 and has played with more than 25 orchestras around the world including multiple engagements with the Los Angeles Philharmonic at the Hollywood Bowl, the Boston Pops, the National Sym-



phony at the Kennedy Center, the San Francisco Symphony and the BBC Concert Orchestra in London's Royal Albert Hall. Other appearances include three sold-out concerts at Carnegie Hall and the Governor's Ball at the 80th Annual Academy Awards in 2008. The band has collaborated and performed with numerous artists, ranging from Jimmy Scott, Carol Channing, and Rufus Wainwright to the original cast of Sesame Street. Pink Martini has appeared on "Late Night with Conan O'Brien," "The Late Show with David Letterman," "The Tonight Show with Jay Leno," and NPR's "Toast of the Nation." They have been featured in films including "In the Cut," "Shanghai Kiss," and "Mr. and Mrs. Smith." Also TV programs including "The West Wing" and "The Sopranos."

Sofi (25 years old), Melanie (23), Amanda (22), and August von Trapp (19) have toured and performed over five continents – and they performed on the recent Pink Martini album, "Get Happy." The four siblings originally began by singing Austrian and American folk songs their grandfather, Werner von Trapp (portrayed as Kurt "the incorrigible" in The Sound of Music), taught them at the family home in Kalispell, Montana.

The February 17th Pink Martini concert is being presented and produced by Kingdom County Productions working in association with local business and media

sponsors. For more information, go to Kingdom County.org or contact KCP series producer Jay Craven (jcraven@marlboro.edu).

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New Officers Take Helm At Cottage Hospital Auxiliary And Announces Donation To Hospital

HAVERHILL, NH The new Cottage Hospital Auxiliary officers presided over their first regular monthly meeting on September 9th. The new copresidents, Linda Pair of North Haverhill and Marcia Selent of Mountain Lakes began their two-year terms as copresidents together with their fellow officers Lynn Rhoads, Vice President, Brenda Long, recording secretary, Karen Rajsteter, corresponding secretary, and Laraine King, Treasurer.

Also at its September meeting, the Auxiliary announced that \$5,000 in donations raised at the Cottage Hospital Auxiliary's 12th Annual Golf Tournament held in June will be donated by the Auxiliary towards the purchase of a Stress Test Treadmill System for the Cottage Hospital's Cardiology Department. This donation is in keeping with the Auxiliary's mission to support and enhance the facilities, programs and services at Cottage Hospital.

The Auxiliary also named committee chairpersons for its numerous upcoming events and programs that include volunteering at the

Vermont rest stop on Interstate 91, the Fall book fair, holiday bake sale, holiday memory tree, holiday decorating of the hospital, Easter basket raffle, Spring book fair, hospital beautification, annual golf tournament, volunteer services, and meeting programs.

Membership in the Cottage Hospital Auxiliary is open to everyone, men and women, and hospital employees. The auxiliary's mission is to support Cottage Hospital in its efforts to provide quality health care to area residents. Auxiliary members participate in a variety of fund raising and other service projects throughout the year. Since 1968 the Cottage Hospital Auxiliary has effectively served to help the hospital offer the best health services possible. The Auxiliary meets monthly at Cottage Hospital.

Contact the Cottage Hospital Office of Community Relations at 603-747-9000 to obtain more information or to become a member. Join the Cottage Hospital Auxiliary and make a difference in your health and your community.

NH Hospital Association Honors Mark Johnson Of Cottage Hospital

BRETTON WOODS – The New Hampshire Hospital Association (NHHA) recently honored Mark Johnson, chairman of the board from Cottage Hospital in Woodsville, with the Outstanding Trustee of the Year Award during the association's 80th Annual Meeting at the Omni Mount Washington Resort in Bretton Woods.

Johnson was recognized for his exemplary performance in hospital governance and was also cited for specific achievements in service to the hospital, including his leadership on the controversial decision to close the 110-year-old hospital's birthing center.

"He was given the option of delegating the unpopular task of closing the unit to the CEO, but his reply was, 'This is a Board decision and the Board must make it,'" said NHHA President Steve Ahnen. "Furthermore, as board chair, he could have



From left, NHHA President Steve Ahnen, NHHA Board Chair Henry Lipman, honoree Mark Johnson and Cottage Hospital CEO Maria Ryan.

refrained from voting after the majority of the Board voted to close the birthing center, but he knew the right answer for the future his hospital was to close the unit, and he made his feelings known."

According to Cottage Hospital CEO Maria Ryan, "This was a definitive moment of leadership."

Hospitals have been col-

laborating through the New Hampshire Hospital Association since 1934. The association's mission is to provide leadership through advocacy, education and information in support of its member hospitals and health care delivery systems in delivering high quality health care to the patients and communities they serve.

Dear Marci...

Dear Marci,

I recently found out that my doctor billed Medicare for several medical tests that I never actually received. What steps can I take going forward to protect myself from Medicare fraud?

Grace

Dear Grace,

Medicare fraud happens when doctors, providers, or individuals deceive Medicare into paying more than it should, or paying for services when it should not. This is against the law, and it can put the health and wellbeing of Medicare beneficiaries at risk.

There are steps that you can take to protect yourself from Medicare fraud and ensure that you still receive appropriate medical care. Here are some important tips:

1. Protect your medical information: This includes your Medicare number, Social Security number, and medical information. Only give this information to your doctors and health care providers. Be careful about giving your personal information to people who offer free services or other incentives in return for your Medicare number or Social Security number. Similarly, if people who are not medical professionals want to see your medical records or recommend medical services, do not let them. Social Security and Medicare will never call you to ask you for personal information, so be wary of scammers posing as government agencies or banks trying

to request this information.

2. Do not accept services that you do not need: Some dishonest providers might pressure you into receiving tests or services that are not medically necessary. Billing Medicare for unnecessary services and equipment is a type of Medicare fraud. You can report pressure from health care providers to receive extra services.

3. Review your Medicare Summary Notices (MSN) or Explanation of Benefits (EOB): Reviewing these documents can help you to verify that you actually received the services listed. For example, if your Explanation of Benefits from your Part D plan indicates that the plan paid for a medication you didn't receive, this could be a sign of fraud. Keep in mind that it can be difficult to tell whether charges are legitimate if you received services from several doctors around the same time or you take many medications. One way to keep track is to use a health care journal to record all medical services and items you receive. You can compare your notes to notices above to help you detect possible fraud.

4. Verify information that you receive about Medicare Advantage and Part D plans: You should verify everything that a plan broker tells you regarding a Medicare Advantage plan. For example, if a broker tells you that your doctor is in the plan's network, call your doctor to confirm this. If you feel that you are receiving

false information from a Medicare Advantage plan or Part D plan representative, you can contact 800-Medicare to verify a plan's information. Medicare Advantage plans must follow specific guidelines when marketing their plans, and cannot provide you misleading or false information to get you to enroll in their plan. If you receive a suspicious or confusing MSN or EOB, contact your provider or pharmacy first to ask for an explanation. Medical claims can be complicated to read, and reviewing them with your provider or pharmacy might reveal that the charges were legitimate or that a billing error was to blame. If you are still unsatisfied with the answer you receive, or if you suspect fraud, you should report the issue. It is helpful to have as many details as possible when reporting suspected fraud, such as specific names, locations, and times. If you have Original Medicare, you can call 800-Medicare to report the suspected fraud. If you have a Medicare Advantage plan, you can call your plan directly. Regardless of whether you have Original Medicare or a Medicare Advantage plan, you can contact the Office of the Inspector General (OIG) at 800-447-8477. When Medicare investigates the potential fraud, your name will not be used if you do not want it to be. In many cases, Medicare will be unable to confirm the occurrence of fraud without your help.

-Marci

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KELP, LEAF & STEM: (*Ascophyllum Nodosum*), A sea vegetable rich in iodine, chromium and other mineral; with anti-biotic, cleansing and thyroid stimulating activity. Primary Uses: as part of a weight loss, pre-natal, gland/blood sugar balancing and iodine therapy formulas.

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

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By Ronda Marsh

Betty's Tomato Vegetable Casserole

I will be the first to admit that much of what I cook on a regular basis is not what one might consider especially "heart healthy." Like many people of my generation, I grew up consuming unlimited quantities of butter, cream, and lots of red meat. In the past few years, however, I have tried to make a conscious effort to initiate little changes toward a healthier diet, without compromising taste. Probably one of my favorite ingredient modifications involves the inclusion of olive oil. I have never liked using margarine (which all experts agree is REALLY bad for you,) but I do love butter, and I have found that in many recipes, you can substitute half the butter for olive oil, or eliminate the butter altogether, without sacrificing taste.



Considering that all these veggies are so plentiful and at their peak right now, I'm featuring this very scrumptious casserole, which I first wrote about in 2011. My neighbor, Betty, who was extremely diligent about eating a healthy diet, brought this to me one day. Now, I am a true carnivore, but I was surprised to find that I really didn't feel like I needed to eat meat with this to be completely satiated. In the summer, I make this with fresh tomatoes, but in the winter, I just drain off the liquid from a can of diced tomatoes, and that tastes great, too. Nutritionist claim that eating meatless meals on a regular basis is a good idea, but whether or not you decide to serve meat with this, I think that eating this casserole is one of the easiest ways to make your day a little heart healthier!

- | | |
|--|--|
| 1 medium potato, peeled and cut into 1/2-inch pieces | 2 small or 1 large zucchini, cut crosswise into 1/4-inch-thick pieces |
| 1 medium sweet potato, peeled and cut into 1/2-inch pieces | Salt and pepper |
| 1 red bell pepper, seeded and cut into 1/2-inch pieces | 2 large ripe tomatoes, cut crosswise into slices, or a can of diced tomatoes |
| 2 carrots, peeled and cut into 1/2-inch pieces | 1/2 cup grated Parmesan |
| 5 tablespoons olive oil | 2 tablespoons dried Italian-style bread crumbs |
| 1 onion, thinly sliced into rings | |

Preheat the oven to 400°F. Toss the potato, sweet potato, bell pepper, carrots, and 2 tablespoons of olive oil in a 13 by 9 by 2-inch baking dish to coat. Sprinkle with salt and pepper and toss until coated. Spread vegetables evenly over the bottom of the pan.

Arrange the onion slices evenly over the vegetable mixture. Arrange the zucchini over the onion. Drizzle with 2 tablespoons of oil. Sprinkle with salt and pepper. Arrange the tomato slices over the zucchini.

Stir the Parmesan & bread crumbs in a small bowl to blend. Sprinkle the Parmesan bread crumbs over the vegetables in the baking dish. Drizzle with the last tablespoon of olive oil.

Bake uncovered until the vegetables are tender, and the topping is golden brown, about 40 minutes.

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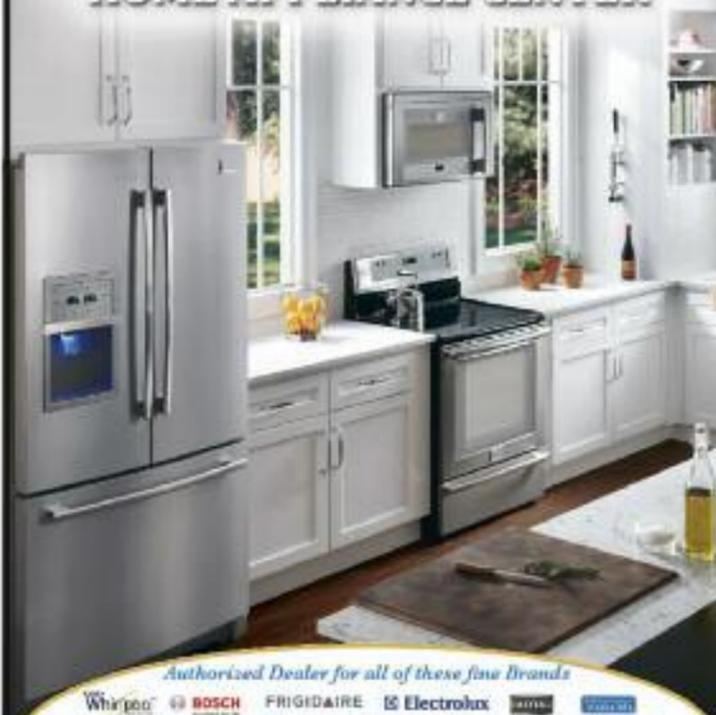
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Paddle The Border

Sunday, October 5, 2014

From Newbury Boat Launch
Beside The Haverhill/Newbury Bridge, Newbury, VT
To Bugbee Landing
Next To Bradford Golf Course, Bradford, VT
Rotary Club Will Be Selling Hamburgers, Hotdogs & Beverages 1-3pm

The "Strawberry Farm Band" will be performing with Bluegrass Music. Plus there will be displays set up by various local organizations offering information about the Connecticut River, the Connecticut River Valley and events happening in the Upper Connecticut River Valley.

All Events Are Weather Permitting

All participants MUST abide by safe boating rules and regulations
Suggested Launch Time 10:30am - 11:30am - Approx. Paddle Time is 3 Hours

FREE Shuttle Service (for persons and personal equipment only) from Bradford to Newbury available from 10-11am. Volunteers will be at the boat launch to help unload and protect boats before launching.

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Butler's Bus Service

Paddle The Border - Spring is scheduled for Sunday, May 17, 2015

Info: Mike Thomas 802-757-3960 or email hpcanoes@charter.net or go to www.cohase.org



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

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