

The Dublin Advocate

To Encourage and Strengthen Our Community

Volume 19, Issue 12

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Dublin, NH 03444

Holiday Events in and around Dublin

'FROST HEAVES' COMES TO TOWN

Come and see a one-man show of humor, music, and holiday nonsense from Frost Heaves, the most under-appreciated town in New Hampshire. Join Fred Marple Thursday, December 6, at 7 pm, at the Dublin Community Center to find out what's happening in Frost Heaves this Christmas. Tickets are \$15 at the door or online at fredmarple.com.

CHRISTMAS DESSERT BANQUET AT FAIRWOOD

Fairwood Bible Chapel is hosting its annual Dessert Banquet on Sunday, December 9, at 6:30 pm. Everyone is welcome to share in a relaxed evening of lights and carols, brief readings and songs, and delicious food (both savory and sweet). Come one, come all!



HOLIDAY SING-ALONG

A Holiday Sing-Along, hosted by the Monadnock Ukulele Group and the DubHub Song Circle, will be held on Friday, December 14, at the Dublin Community Center. Admission is free, and donations to the Community Center are welcome. Doors open at 6:30 pm, with music starting at 7. Light refreshments will be served. Bring instruments, voices, and treats to share.

CHRISTMAS SHOW AT DELROSSI'S

Susie Burke & David Surette, a popular folk duo from Portsmouth, perform their seasonal and holiday gems at Del Rossi's (\$15 at the door) on Saturday, December 15, at 8 pm. Come hear David's renowned mandolin and Susie's entrancing vocals, with multi-instrumentalist Kent Allyn. For reservations, call DelRossi's Trattoria (Rt. 137N) at 563-7195.

DCA VESPERS OPEN TO ALL

Dublin Christian Academy invites everyone to Christmas Vespers. The service, performed by the entire student body from Kindergarten through 12th grade, will be held in DCA's auditorium on December 21 from 11 am to noon. "Let the Nations Rejoice," which includes carols from all over the world, explores the long-expected coming of Christ as the bringer of peace and hope to the waiting world. Traditional English songs will be sung, as well as songs in Latin, Spanish, Hebrew, and Yoruba. Please join us!

CHRISTMAS ACTIVITIES AT MVBC

Mountain View Bible Church invites the community to join in celebrating the Christmas season with a special program at 10:30 am on Sunday, December 23. The program will consist of choral and congregational carols as well as reflections on Bethlehem, the place of Jesus Christ's birth.

The church will also host a Christmas Eve candlelight service on Monday, December 24, at 7 pm. This service will provide music and the reading of selected scripture passages pertaining to the Christmas story. This service will be no more than an hour and will end with the beloved carol, "Silent Night."



CHRISTMAS TREE LIGHTING

Be sure to bring the children to the town's Christmas Tree Lighting ceremony on **December 7 at 6 pm**. We will sing carols, and an appearance by Santa is expected. Plus, hot chocolate and cookies will warm everyone up.

For more information, please visit mtnviewbible.org or contact the church office at 563-8069 or email secretary@mtnviewbible.org. Mountain View Bible Church is located at 81 Page Road in Dublin.

CAROLS AND LIGHTS

The Dublin Community Church will present its Christmas Festival of Carols and Lights on December 24 at 7:30 pm. The annual tradition is starting 30 minutes later than it has in recent years because Pastor Traceymay Kalvaitis is serving both the Community Church and the Harrisville Village Church. So Harrisville will do its annual Christmas Eve service at 6:30 pm, followed immediately by the Dublin service.

The Festival of Carols and Lights will feature choral versions of Christmas music both sacred and popular, and candlelight for everyone when we sing "Silent Night." The service will run less than an hour, and the whole community is invited, including children of all ages.

Dublin Public Library

Book Buddies and Story Time: The Wonders of Winter is the December theme at the Dublin Public Library. Children's programs are held every Tuesday from 3:45 to 4:45 pm for children in Kindergarten through 5th grade, and each Wednesday morning Story Time begins at 9:30. We will read books about snow and winter as well as Hanukkah and Christmas. Paints and glitter will

NEW BOOKS ON OUR SHELVES

Becoming by M. Obama

The Dead Ringer
by M.C. Beaton

None of My Business
by P.J. O'Rourke

Shell Game by S. Paretsky

Ruth Bader Ginsburg
by J. S. Dettart

The Library Book
by S. Orlean

Unsheltered by B. Kingsolver

Every Breath by N. Sparks

be on the craft table as well as ribbon, construction paper, and glue. Come to create a new picture or ornament.

New Books at the library include *Elbow Grease* by John Cena, *The Snowy Nap* by Jan Brett, and *Got to Get to Bear's* by Brian Lies. Throughout the month there will be dozens of winter books on display as well as movies. Puzzles, coloring, and games are always available. Whether you find the library quiet as a snowfall or busy as a blizzard, it is always fun to

spend time there sharing the love of reading with your child.

December is a wonderful month – time to spend the evening curled up with a good book under an afghan. Treat yourself and your family to some great children's books, adult books, and holiday books. Lots are on display or just roam the shelves to see what strikes your fancy.

Winter Weather Reminder: Make Room for the Plow

BY ROGER TREMPÉ

Plowing begins not long after the snowfall and the goal of the Town of Dublin Highway Department is to make the roads as safe as possible.

Residents are strongly urged not to park on the roads when snowfall is expected so plow truck drivers have enough space to clear the roads.

If the plow is approaching you and you have the ability to move over to the right so it can clear the way, please allow it to do so. If a plow is clearing an intersection, look for the driver to signal you when it is safe to pass.

Homeowners who use contractors to plow their driveway must inform the contractor that plowing and storing or piling of snow on Town streets or rights-of-way is prohibited. Hauling may be necessary if adequate snow storage is not available on your property.

Furthermore, contractors cannot push the snow across the street onto someone else's property. The Town of Dublin Ordinance states that it is illegal to plow or deposit snow across a town-maintained road, subject to a penalty of \$150 per occurrence. It is also a NH State Law, which makes a violation subject to an additional fine. This section of the code is specifically designed for the safety of the traveling public. When snow is shoveled, blown, or pushed back into the traveled portion of the street, a motorist can lose control of their vehicle, which could lead to property damage or serious injury.

Inspect mailboxes to ensure that they are securely fastened and at the proper location and – most importantly – keep children away from snow drifts and snow piles in or near the roads.

We appreciate your cooperation.

ROGER TREMPÉ is the Town of Dublin's Road Agent.



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Winter Preparedness

Carbon monoxide poisoning is deadly: Use CO detectors in your home.

BY TOM VANDERBILT

Now that the cold weather has arrived, and NH residents turn on their homes' heat (oil, wood, gas, charcoal or kerosene), the risk for carbon monoxide poisoning increases dramatically.

Because we cannot see, smell, hear, or taste CO, it can be a deadly threat within our homes.

To combat this risk of poisoning, here are important tips from NH State Fire Marshal Parisi:

- DO have your heating system and water heater serviced every year by a licensed, qualified professional. The company that delivers your fuel typically has HVAC technicians and is often a good choice, or the home inspector if you are in the process of purchasing a home.
- When you buy gas-powered equipment, DO make sure it displays the seal of a national testing agency, such as Underwriter's Laboratories (UL).
- DO have your chimney checked annually to make sure it's not blocked by debris,

which can cause CO to build up in homes and cabins.

- DON'T ever use gum, tape, or other materials to patch a vent pipe.
- DON'T ever use a generator, portable gas camp stove, grill, or hibachi indoors.
- DON'T try to heat your home with a gas range or oven.

Further, Marshal Parisi advises us to "install a battery-operated or battery-backup carbon monoxide detector (CMD) in your home, whether you live in a single-family home, multi-unit dwelling, or a rental unit. You want to make sure they are installed outside each bedroom, and on each floor including the basement, because

Happy Holidays
to all from the staff of
the Advocate.

over a third of CO-related fatalities happen when victims are asleep. If you suspect CO poisoning, get outside to fresh air immediately, and then call 9-1-1."

"Symptoms of CO poisoning can mimic viruses such as cold or flu and may include headache, dizziness, weakness, nausea, vomiting, sleepiness, and confusion."

TOM VANDERBILT <tvanderbilt@townofdublin.org> is Fire Chief, Town of Dublin. He can be reached at 603-562-6960.

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**Mark Hogancamp: *Women of Marwencol*
and Other Possible Histories**

AND **cLlck\ClIque: A Warhol Experience**

The Thorne's two ongoing exhibitions link to two other cultural events: Mark Hogancamp's *Marwencol*, the subject of a new Steve Carrel film due out December 21; and the first major Warhol exhibition in New York since 1989, which just opened at the Whitney Museum of American Art.

If you wish to visit the Thorne this holiday season, contact thorne@keene.edu with a few day's notice and we will try to accommodate you.

Thorne-Sagendorph Art Gallery

New hours: W-Th 12-7pm, F-Su 12-5pm

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thorne@keene.edu | keene.edu/tsag

AVA Restoration

BY MARY LOFTIS

It has been 19 years since Alex Vogel took over the space formerly occupied by Worcester's Garage in the center of the village. Since then AVA Restoration Services has established a reputation that draws owners of BMW, Mercedes, and other European cars from throughout New Hampshire and surrounding states. These customers care about precision and



Alex Vogel and Travis Boyd at work in the garage.

attention to detail – and that is what they get from Alex, his wife Susie, and their employee Travis Boyd.

Alex is a self-taught mechanic after getting the car “bug” at 18. Vogel family lore includes a story of Alex trading a new Ford Probe for a 1970's era BMW Coupe. He was hooked on the brand with its well-thought-out design. He says BMW owners tend to hold on to their cars, which in turn hold on to their value. They are sometimes “higher maintenance” than other cars, but the craftsmanship of the vehicles makes that care worthwhile.

Susie Vogel is an integral part of the business. She handles the books and the shipping and knows quite a bit about European car mechanics herself. Plus, for the past year and a half Dublin resident Travis Boyd has worked at AVA, specializing in Mercedes cars. Alex says the business is fun, although it's sometimes hectic trying to keep up with all the work.

The Vogel family is loyal to the brand. Their son Otto drives back and forth to Dublin School in a 2002 BMW, manufactured the year he was born.

MARY LOFTIS is on the staff of the *Advocate*.

News from the DCS-PTO

Families at DCS are looking forward to lots of great learning and engaging activities!

The PTO is selling pre-ordered Poinsettias, Christmas Cactus, and Cyclamen. Orders are due by November 30 and delivery is December 4.

Please email dcsppto@gmail.com or call Karen Niemela at 563-8895 to order. These flowers are locally grown and are absolutely beautiful. All proceeds benefit programming and activities sponsored by the PTO, like our holiday crafting (right around the corner), the formation of a new morning hiking program with the Harris Center, and supplies for a science club starting in late winter.

All participants in the downhill ski/snowboard program have registered and are ready for snow! A big thank you to the Dublin Community Foundation for their continued support. (Our next meeting is November 30 at 12 pm.)

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News from DCS

BY NICOLE PEASE

Despite the rainy weather, DCS has had a wonderful first quarter of the school year! Staff and students enjoyed the community coming out to cheer on the Halloween Parade up to Yankee Publishing. Even though November was a shorter month, the staff worked hard to include many different activities, including writing to local veterans and an assembly in honor of Veteran's Day.

This year brought the return of the New Hampshire Dance Institute. In just four days, the NHDI instructors coordinate a performance in which all students participate! It is amazing to see the students progress each day before the culminating evening program. Thanks to the Arts Enrichment Program for their support in bringing NHDI back to DCS.

Staff and students are looking forward to the Thanksgiving Break. We are so thankful for our special school, and our community for your continued support. We hope your families have a relaxing holiday filled with family, friends and of course food!

Thinking about the holiday season, we



are planning for the DCS Holiday Concert to be held on December 14 from 6 to 7 pm. There will be a variety of both individual classroom as well as school-wide performances. It is my understanding that the Dublin Fire Department will assist a

particular sleigh in arriving on the stage at the end of the concert!

Wishing you a happy and healthy end of 2018 and welcoming in of the New Year.

NICOLE PEASE is Teaching Principal at Dublin Consolidated School.

School Board Update

BY BERND FOECKING

Hello from the School Board. Unfortunately, I have had some scheduling conflicts over the last weeks and I didn't have a chance to attend meetings regularly.

The School Board's communication committee has worked hard and has pub-

lished a lot of valuable information regarding the recent hot topics on the School Board's website.

Please visit <http://schoolboard.convalsd.net> to read through the *What's Happening* site for good background information. More from me next month.

BERND FOECKING (bfoecking@conval.edu) is Dublin's Representative to the ConVal School Board.

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December Events at the Hub

Small Treasures Art Show

The Dublin Community Center presents its second annual Small Treasures Art Show from November 30 through December 3. An important fundraiser for the Hub, the show will feature small works by 38 local artists. In addition to paintings, there will be jewelry, glass, origami, and pottery. The scale of the work makes the show a

wonderful opportunity for holiday gift buying.

A reception will be held on Friday, November 30, from 5 to 7 pm. Refreshments will be served. The DubHub will then be open for art viewing and shopping December 1 through 3: Saturday (10 am-3 pm), Sunday (noon-3 pm) and Monday (10 am-3 pm).



Fred Marple Christmas Show

Fred Marple, unofficial spokesman for the town of Frost Heaves, presents a one-man show of humor, music, and assorted holiday nonsense from the most under-appreciated town in New Hampshire. Join Fred Thursday, December 6, at 7 pm and find out what's happening in Frost Heaves this Christmas, including specials at the market, news from the dump, and much more. Tickets are \$15 at the door or online at fred-marple.com.



Julie Snow Featured Performer in Open Stage

Boston and Nelson-based singer-songwriter, Julie Snow, will be the featured performer at the DubHub Open Stage on Friday, December 7. Doors open at 7 pm and performances begin at 7:30 pm. (Snow date is Sunday, December 9, at 5 pm.)

Admission is free, but we will pass the



Ready, Set, Connect!

Autism Services for Children

Crotched Mountain's *Ready, Set, Connect!* program has opened an autism clinic at the Greenfield campus. *Ready, Set, Connect!* provides ABA therapy for young children in a group setting, offering an environment of fun and learning and a path to a bright future! Locations also in Manchester and Concord, NH.



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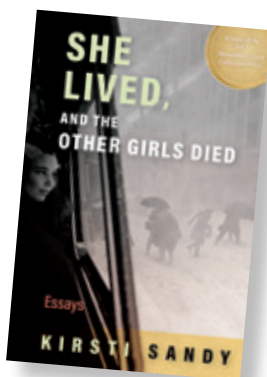


Singer-songwriter Julie Snow

hat during the evening. Nine open-mic slots are available before the feature. Performers may sign up by emailing info@dublincommunitycenter.org.

Essay Winner Kirsti Sandy to Speak

Kirsti Sandy, winner of the 2017 Monadnock Essay Collection Prize, will present a book talk and author signing on Monday, December 10, at 7 pm. *She Lived, And the Other Girls Died* is a coming-of-age memoir about growing up in Massachusetts and New Hampshire and some of her most funny, bizarre, and often life-changing or view-altering adventures. Copies of the book will be available for purchase. Kirsti Sandy is Keene State College's Dean of Arts, Education, and Culture. Bauhan Publishing of Peterborough published her book in early October.



Holiday Sing-Along

A Holiday Sing-Along, hosted by the Monadnock Ukulele Group and the DubHub Song Circle, will be held on Friday, December 14. Admission is free, but donations to the Hub are welcome. Doors open at 6:30 pm, with music starting at 7. Light refreshments will be served. Attendees may bring instruments, voices, and treats to share.



Community Lunch & The Nurse Is In

Join us for a delicious home-cooked meal on Tuesday, December 18. The menu this month is chicken/rice soup with half egg salad sandwich, sweets, and drinks. Cost is \$3. Lunch is served from noon to 1 pm. Come enjoy delightful conversation with your neighbors over a tasty meal!

During the community lunch, a Nurse Is In wellness clinic is offered by Home Healthcare, Hospice and Community Services (HCS). The nurse will check blood pressures and answer questions about home care or any health concerns you may have. This screening is open to residents of all area towns and is offered free of charge. No appointment is necessary.

Coffee & Conversation and Open Hours

The DubHub is open for Coffee and Conversation on Mondays and Wednesdays from 9 am to noon. The Hub remains open until 5 pm on Mondays. On Wednesdays it is closed for Qi-Jong at

noon and is open again from 1 to 4 pm. Email info@dublincommunitycenter.org with questions, or call 563-8080.

Local Businesses Invited to Submit Contact Info

Calling all Dublin businesses! To participate in our February (changed from January) Community Forum, which will showcase local businesses, send your contact details to info@dublincommunitycenter.org. No fees required and not necessary to be present.

Performers Invited to Participate in February's "Carole King-along"

A "Carol King-along," sing-along tribute concert, is a benefit for the DubHub on Saturday, February 9. Local singers are invited to participate, with priority given to female vocalists. A master list of songs is being kept to prevent duplication of songs. Email info@dublincommunitycenter.org for information.



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The River Center

Don't forget about our weekly playtime for families with children 5 and under. Let kids play while parents connect on Wednesday mornings from 9:30-11:30 am.

Adam Hamilton of People's United Bank will be joining us on December 6 from 6:30 to 8 pm for a discussion on fraud. Scams increase around the holidays so come learn how to protect yourself.

On December 15 at 10 am to noon, get your glitter on because we are holding a Holiday Crafting for Kids event. Children's teacher, Carrie Requa, will have some fun crafts and hot cocoa set up for the kids.

The River Center is a Family and Community Resource Center that provides community connections, parenting support, tax assistance, and money coaching to strengthen individuals and families in the Eastern Monadnock Region. It is located at 9 Vose Farm Rd., Suite 115, Peterborough. Call us at 924-6800 or visit us at www.rivercenter.us to RSVP or learn more.

Hike Cooper Hill in Marlborough

Join Lee Baker and Rich Taylor on Friday, December 7, for a moderately strenuous, 3-mile roundtrip hike to the top of Cooper Hill Community Forest in Marlborough, through land recently protected by the Monadnock Conservancy. Bring a lunch, and meet at 10 am in the pull-off at the intersection of Route 101 and Chesham Road in Dublin. Back by 2:30 pm. Depending on the weather, snowshoes or ice creepers may be required. For information, contact Lee at 525-5262 (snowman3137@gmail.com) or Rich at 827-4105 (kayaks100@msn.com). Sponsored by the Harris Center.



At Rotary Week held last month at the Dublin Community Center, all three eastern Monadnock Region Rotary Presidents were in attendance: Bob MacDonald (Peterborough), Jim Guy (Dublin), Dale Gabel (Assistant District 7870 Governor), and Bob Schaumann (Jaffrey-Rindge).

Rotary Week at the Hub

The Monadnock Rotary Club invited the public to learn more about Rotary, one of the largest service organizations in the world. The organization is dedicated to promoting peace, fighting disease (nearly eliminating polio), providing clean water, supporting education, and growing local economies.

Locally the MRC has sponsored the Wellness Festival in Peterborough resulting

in more than \$26,000 donated to local food banks and charitable service organizations in the Monadnock Region.

MRC also maintains the Dublin's Rotary Park on Route 101, participates in High School Youth Exchange programs and provides Youth Leadership Awards (program event), various scholarships and more. The MRC welcomes guests to attend their one-hour Tuesday morning breakfast meetings held at 7:30 am at the Dublin Community Church.

Annual Art Exhibit on in Jaffrey

The Jaffrey Civic Center's Annual Autumn Art Show lasts through Tuesday, December 18.

The mixed-media exhibit includes photographs, paintings, drawings, textiles, glassworks, paperworks, pottery pieces, woodwork, and other 3D disciplines. Most of the artwork is for sale.

The Jaffrey Civic Center (40 Main

St., Jaffrey) is located next to the Jaffrey Library, with parking in back. Hours are Monday through Friday, 10 am to 12 noon, 1 pm to 5 pm; and Saturday 10 am to 2 pm.

Admission is free. If you would like more information, please call 603-532-6527, e-mail info@jaffreyciviccenter.com, or visit the Civic Center's website at www.jaffreyciviccenter.com.

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BY DENISE FRANKOFF

In the 1990s, if you took your car to the local Ford dealer for repair there was a good chance that Dwayne McLean worked on it. In fact, Dwayne worked for local Ford dealers for 28 years, starting at Fontaine Ford, formerly in Peterborough.

After gaining years of experience, Dwayne began thinking about opening his own auto repair business.

Looking back, Dwayne is not surprised he became an auto mechanic. From an early age, he was interested in machines and curious about how things worked. As a young boy, he remembers fixing bicycles for his family and friends. After graduating from ConVal High School and attending a vocational program in Manchester, Dwayne began his career as an auto mechanic.

Fast forward to 1998. Now an experienced mechanic, Dwayne wanted to start a business in his hometown of Dublin.



Dwayne McLean is owner of 137 Auto Repair.

He began building a garage on his family's property and in 2001 he opened Route 137 Auto Repair LLC at 367 Lower Jaffrey Road, here in Dublin.

Dwayne diagnoses and fixes cars and light trucks – all makes and models. He does computerized alignments and changes tires. He does State auto inspections. In sum, Dwayne's business has been thriving. He attributes this to his expertise and customer service. He does not advertise; Dwayne proudly states that his business has grown thanks to his satisfied customers. Route 137 Auto Repair is open Mondays through Fridays, from 8 am to 5 pm. He can be reached at 563-5037.

DENISE FRANKOFF is on the staff of the *Advocate*.

Memorial Vigil for the Homeless

On December 21, the longest night of the year, a Homeless Memorial Day vigil will be held on the steps of the Town House in Peterborough at 5 pm. This annual event, part of a state-wide commemoration, is sponsored by the Monadnock Area Transitional Shelter (MATS).

During the short ceremony, the names of New Hampshire residents who died while homeless in 2018 will be read aloud along with a proclamation from Governor Sununu. The vigil includes music and an ecumenical prayer for those in our state (some 1,700 on a given day) who continue to suffer without the basic security of a place to call home.

MATS is a 28-year-old nonprofit organization based in Peterborough that provides transitional shelter, support, and referral services for individuals and families. MATS also advocates for solutions to the complex and tragic problem of homelessness in the Monadnock Region.



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Wilderness Creations

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BY RAMONA Branch

If you like rustic or Adirondack-style home furnishings, you need look no



further than Wilderness Creations on Main Street. The company, owned by Tasha and Mark Nicholson, designs and builds handcrafted furniture and home furnishings for residential and commercial properties.

Wilderness Creations began with Mark building rustic furniture in his garage workshop in Harrisville. In 2003 the couple decided to expand Mark's business and opened the storefront in Dublin, where Mark transferred his home workshop. As the business grew, they developed a large network of craftspeople and small companies who could expand their customers' options. Wilderness Creations — through its network — can now offer a wider range of home furnishings including chandeliers, beds, headboards, lamps, mirrors, rocking chairs, and hooked wool rugs.

The shopping experience often starts with customers coming to the Dublin showroom to see furniture samples. Then they look through catalogs of each artist and company represented by Wilderness Creations to choose the items they want to purchase. The customer then selects the company to build their items including the wood, upholstery, and hardware. Rustic furniture is usually offered in hickory, reclaimed barn board, root, twig, birch bark, and logs.

To see this beautiful handcrafted furniture, you can visit the Wilderness



Owner Mark Nicholson of Wilderness Creations

Creations showroom at 1327 Main Street or you can go to www.rusticfurnituregallery.com to learn more.

RAMONA BRANCH is on the staff of the *Advocate*.

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Quilts Depict History at Mariposa

The Mariposa Museum in Peterborough (26 Main St.) is now featuring “And Still We Rise: Race, Culture and Visual Conversations,” an exhibition of 44 stunning story quilts from the Women of Color Quilters Network, narrating stories from 400 years of the African-American experience and capturing the stories of freedom’s heroes.

By exploring events of four centuries through the fiber artistry of women of color, the quilts bear witness to events and relate perspectives that written history has often neglected. The exhibit lasts until December 30.

To read more about the exhibit, and the history it evokes, visit one or both of the following sites.

- “And Still We Rise” video: <http://mariposamuseum.org/andstillwerisevideo/>
- “And Still We Rise”: <https://freedomcenter.org/exhibits/and-still-we-rise-race-culture-and-visual-conversations>

Far into the Night: The Weary Blues,
by Sherise Marie Wright



Courtesy The Freedom Center

Beat the Winter Doldrums

Short days, long nights, and making healthy choices.

BY RUTH CLARK

As the temperature dips, and the days get shorter, it is more challenging to eat a healthy diet. On a chilly day, it sometimes feels easier to curl up on the couch with carbs.

Some scientists say that we consume an additional 200 calories per day during the fall. When you think about it, it makes sense from a biological standpoint. Our ancestors would put on weight in the fall while food was abundant from the harvest — it was just smart to get ready for the winter famine.

Unfortunately, that biology is not very helpful when we find ourselves faced with

an onslaught of food treats that doesn't end until we turn the calendar into the new year.

Another reason that healthy eating can be so difficult as we approach winter is the lack of sunlight. As it gets darker earlier, we get less exposure to the sun, which can lead to a drop in serotonin. Serotonin is the “feel good” neurotransmitter. When it drops, mood swings or food cravings may result.

Bring the sunlight back in by spending as much time outdoors as you can. Walk during your lunch break, or move your desk closer to a window.

You might notice that your craving for carbs increases. You can boost serotonin by eating healthy carbs like root vegetables, grains, and fresh fruit instead of

resorting to highly refined carbs and sugary foods.

There are some great seasonal food choices to keep you well-nourished: winter squash, parsnips, carrots (organic often yummiest), potatoes (the red, blue, orange and purple contain helpful antioxidants), rutabaga (a cross between a turnip and a cabbage), turnips, and celery root.

So when you crave carbs, go for the root veggies! They are naturally sweet and dense with nutrients. And they can be roasted and paired with fruit like pears or apples.

Consistently making healthy choices can go a long way toward combatting the winter doldrums, encouraging us to get “out and about” socially as daylight retreats.

RUTH CLARK is a registered dietician (RD, LD, MPH) practicing in Peterborough. For more information, visit www.smartnutritionllc.com.

Jack Kurilla
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5th Annual Holiday Auction for Hundred Nights

Help the Shelter provide a warm bed on a cold night for those most in need.

Hundreds of organizations in the Monadnock Region have donated gift cards and/or services to the 5th Annual Holiday Auction to support the Hundred Nights Shelter in Keene, which protects folks from the bitter cold on a nightly basis – and for longer than a mere 100 nights!

The gifts and services make great gifts for friends and family. You can attend both a live – and silent – Holiday Auction on Saturday, December 8, in Keene; or you can participate in the online/silent part of the Auction, beginning November 8:

- On www.hundrednightsinc.org, browse the list of all of the donated items, services, and gift certificates. It is now online.
- If you wish to bid, just send an email to mcambiar@hundrednightsinc.org with your name, email, and phone number, the description of the item you would like to bid on, and the amount you would like to bid.
- The initials of the highest current bidder with the amount of the bid will be listed

on the website next to the description of the item — keep checking in to see if you stay in the running.

- If your bid is highest, you can pick up your item(s) from the Hundred Nights office, or we can deliver them to the live auction for you to pick up.

Even more fun is attending the live Auction on December 8, in the United Church

of Christ's Dining Hall on Central Square in Keene.

Registration begins at 8 am, with live bidding beginning at 9 am. (The entrance door and parking are in back of the church on Vernon Street.) Refreshments will be available for purchase.

Please call Mindy Cambiar at 352-5197 with any questions.

Hundred Nights Inc., at 17 Lamson Street, Keene, is a Monadnock United Way Partner Agency. Thanks to all of you who donate through the United Way.

Monadnock Rotary Hosts Speakers Each Month

The public is invited to hear speakers at the Monadnock Rotary breakfast meetings between 7:30 and 8:30 am on Tuesdays, downstairs in the Church Hall at the Dublin Community Church.

On December 4, Peter DalPra, LADC, who is the LCS Program Director at Phoenix House in Dublin, will present an overview of Phoenix House and discuss alcohol and drug treatment and recovery services in New Hampshire.

On December 18, Max Mitchell, Execu-

tive Director of the Jaffrey Chamber of Commerce, will discuss the challenges and opportunities of a small community.

There will be no meeting on Christmas Day or New Year's Day, in observance of the holidays.

The Monadnock Rotary Club is dedicated to community service, with a focus on youth development and health advocacy for people of all ages, locally and internationally. Come hear about the good we do and consider Rotary membership.

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The Red-breasted Nuthatch

BY TOM WARREN

Once known as the Canada Nuthatch, the Red-breasted Nuthatch frequents North America's boreal forests. They are birds of coniferous woods and mountains. You can also find them in forests of oak, hickory, maple, birch, and other deciduous trees, and they are permanent residents here in the Monadnock Region.

The Red-breasted Nuthatch irrupts south in two- to four-year cycles because conifer seed crops are poor to low in the boreal forest of Canada. They move to areas of abundant conifer seeds and are being seen here in large numbers. One first appeared this year at Pt. Pelee, Ontario, on July 25, an early indicator of this year's irruption. It has a bluish-gray back and cinnamon breast.

They climb up and down trees foraging for seeds and insects like their cousins, the White-breasted Nuthatch.

They nest in rotten tree stubs or snags and smear the nest hole with pine pitch. The birds fly deftly into the hole to avoid being smeared with pine pitch. They produce five to six eggs, with reddish-brown



Photo credit: Allaboutbirds.com

spots in a normal clutch, which will hatch in 12 days. While the female incubates the eggs, the male brings food to her. The nest is carefully constructed of soft grass, feathers, fur, and shredded bark.

The bird has a soft, long song unlike its cousin, the White-breasted Nuthatch.

The Red-breasted Nuthatch will come

to feeders, selecting peanuts, sunflower seeds, and will also eat suet, especially during the bitter cold days. They appear in mixed flocks with other birds such as chickadees and titmice. They are also known to cache seeds in bark crevices for retrieval during bitter cold, windy weather.

TOM WARREN is Dublin's resident ornithologist.

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DECEMBER 2018 Dublin Town Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 HUB Small Treasures Art Sale 10-3 pm; Hanukkah Begins at Sundown	3 HUB Open 9 am-5 pm; Small Treasures Art Sale 10-3 pm; Dance with Deb 5:30-6:30 pm; TH BOS 4 pm	4 DCC MRC 7:30 am; DPL Book Buddies 3:45 pm; HillTop Group 6:45 pm	5 HUB Coffee 9 am-noon; Open 1-4 pm; QiGong 12-1 pm; Yoga 4-5:15 pm; DPL StoryTime 9:30 am; DCC TwoHat Group 7 pm	6 HUB Fred Marple Xmas Show 7 pm	7 Town Xmas Tree Lighting 6 pm; HUB Open Stage 7:30 pm	1 HUB Small Treasures Art Sale 10-3 pm 8 Hundred Nights Auction 9 am, Keene
9 Fairwood Dessert Banquet 6:30 pm	10 HUB Coffee 9 am-noon, Open 1-5 pm; Dance with Deb 5:30-6:30 pm; Kristi Sandy reads 7 pm; TH BOS 4 pm	11 DPL BookBuddies 3:45 pm; HillTop Group 6:45 pm	12 HUB Coffee 9 am-noon, Open-4 pm; QiGong 12-1 pm; Yoga 4-5:15 pm; DPL StoryTime 9:30 am; Trustees 7 pm; DCC TwoHat Group 7 pm	13	14 HUB Holiday Sing Along 7 pm; DCS Holiday Concert 6-7 pm	15 TRC Craft for Kids 10-noon; DelRossi's Xmas show 8 pm \$15
16	17 HUB Open 9 am-5 pm; Coffee 9 am-noon; Dance with Deb 5:30-6:30 pm; TH BOS 4 pm	18 DCC MRC 7:30 am; HUB Community Lunch 12-1 pm; Nurse Is In 12-1 pm; DPL Book Buddies 3:45 pm; HillTop Group 6:45 pm	19 HUB Coffee 9 am-noon, Open-4 pm; QiGong 12-1 pm; Yoga 4-5:15 pm; DPL StoryTime 9:30 am; TH Conservation Committee 7 pm; DCC TwoHat Group 7 pm	20	21 DCA Christmas Vespers 11 am; Homeless Memorial Vigil 5 pm, Town House, Peterborough	22
23 MVBC Special Program 10:30 am	24 HUB Open 1-5; Coffee 9-noon; TH BOS 4pm; MVBC Candlelight Service 7 pm; DCC Christmas Eve Service 7:30 pm	25 Christmas Day	26 HUB Coffee 9 am-noon; Open 1-4 pm; DPL StoryTime 9:30 am	27 TH ZBA 7 pm	28	29
30	31			BOS Board of Selectmen DCA Dublin Christian Academy DCC Dublin Community Church DCS Dublin Consolidated School DPL Dublin Public Library HUB Dublin Community Center MRC Monadnock Rotary Club MVBC Mtn. View Bible Church TH Town Hall, Dublin TRC The River Center		

THE DUBLIN ADVOCATE may be found online and in color at **WWW.DUBLINADVOCATE.COM**

The Dublin Advocate is written by neighbors, for neighbors. Everyone is welcome to submit articles and/or photographs of interest to the community. Email submissions by the 15th of each month to DublinAdvocate@gmail.com.

Articles subject to edit. The editor reserves the right to refuse any article or advertisement.

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