

Randolph Hill Road Residents Told Road Renovation Was Tailored to the Available Funds

by Gail Scott

(this article has been edited for size from the original which appeared in the Berlin Daily Sun October 25)

At a public meeting Monday (Oct. 21, 2013) at the town hall, Randolph residents learned that although problems on the steepest section of the newly renovated Randolph Hill Road were anticipated, the design was tailored to the funds available and that did not include taking costly measures to prevent frost penetration recommended by the company that did the NH Department of Transportation-required initial engineering tests on the road.

The situation was explained by Ted Kupper, vice president of Provan & Lorber, of Contoocook, the firm engaged by a committee appointed by the 2013 town meeting, to look into why cracks should have appeared in the road during the winter following the 2011 renovation. Also explaining design decisions made were Jay Poulin, president of HEB Engineers, of N. Conway which created and supervised the road renovation design, and the Randolph selectmen: Ted Wier, John Turner, and Michele Cormier, all of Randolph.

Provan & Lorber prepared a report of its findings, presented to the committee and to selectmen on Sept. 18. Kupper referred to it, including these findings of SW Cole Engineers, of Somerset, the SWC report prepared by Chad D. Michaud, an SWC director, senior geotechnical engineer and manager of the SWC Somersworth office: the SWC report noted that "Frost penetration can be on the order of 6.0 feet in this area of the state. In the absence of full depth excavation of frost susceptible soils or use of insulation, frost will penetrate into the subgrade and some frost heaving and pavement distress must be anticipated."

The P&L report further notes that "There is no mention in the 'Methodology and Reasoning' and the design 'Alternatives' section of the HEB report regarding full depth excavation of frost-susceptible materials or of the use of insulation over them nor the consequences of a design approach that does not include these measures. The area of most concern currently identified by the Town as extending approximately from roadway STA 33+00 to STA 51+00 is described on page 15 of the HEB Engineering Study as 'Zone D.' Only standard NHDOT roadway box construction and surface drainage structures are mentioned therein."

"The HEB Engineering Study includes summaries of five meetings with the public and with the Randolph Selectmen" the P&L report continues " . . . Review of this record does not appear to include any description of the deep frost-susceptible subgrade materials or the problems associated with leaving them in place and unprotected by thermal insulation.

". . . The HEB design does not include 'full depth (presumably meaning to depth of frost penetration)' replacement of frost-susceptible materials, nor does it include any provision for intercepting sub-surface water flow into and through the frost susceptible subgrade materials or placement of insulation to prevent or reduce frost penetration into these materials."

But at the Monday meeting, Kupper said that in conversations with the selectmen, "they tell me there was a discussion of complete removal of material below the frost level. As I understand the discussion, the conclusion was that it was too expensive to do that and NH DOT would not contribute to that and the road was boxed out to two feet deep, other than sections with curbing, in order to remove the ground water from frost susceptible soils."

Questions from the public ensued. "Was it spelled out to the town that we would have road failure in the first and second years of the road?" asked Bob Potter. "From an engineering standpoint, it was easy to predict that would happen. Did the engineer bring this to the attention of the select board?"

"We did not know it would fail within two years," responded Wier, acknowledging that it had been discussed, "but I'm not sure anyone could have known that. In reality, it is worse than we expected."

"The full depth reconstruction was way over the budget," said Poulin. "Our directive was reconstruction for 1.7 miles of road at \$1.5 million. . . . 80 percent of the road is in good condition and we applied the same (design criteria). We did not do a two-foot box. We couldn't afford a two-foot box. What you have is a reclamation of existing materials. The materials of the top 12 inches were good. We did testing and we reused the material with added gravel. You couldn't afford a two-foot box."

Kupper responded to questions relating to specific issue with the road and testing that, having thoroughly examined the extensive written records of the construction of the road, further testing would be superfluous. He reiterated the P&L report's recommendations:

- Perform annual crack-sealing maintenance to impede surface water infiltration into the roadway.
- Create a fund with annual deposits for the eventual pavement repair of the roadway. Expect repairs to start in 2016.
- Create a fund with annual deposits for the reconstruction of the worst portion of the roadbed that would include a design utilizing rigid insulation to prevent frost penetration into the poor underlying natural soils. Expect roadbed reconstruction to occur in 2026.

Asked what the total amount for roadbed reconstruction might be, Kupper said "I couldn't say how much."

"We need to sit back and look at what the road was like before it was reconstructed," said John Turner. "We had a limited amount of money. The state

would kick in a million and we kicked in half. That sounds like a lot of money to me. If you look at the road, with the exception of a small section on the hill, the rest of the road is pretty darn good."

Not everyone agreed with Turner's assessment, but, in general, the sense of the group was that nothing more would be done about the road's problems, and there was nothing left but to accept P&L's recommendations.

"The idea is to put together a plan for reconstruction," said Wier. "There's no reason we can't get estimates from the state, what it would cost to do that section. We would be glad to do that." He noted that such work might involve blasting, but Poulin estimated that there would not need to be much blasting.

Asked if HEB would help with solving the problems, Poulin said, "We are not going to run away from it. We did the best we could with what we had. Obviously, we do not want to have to be dealing with this, but we are. We did the best we could within the perimeters that we were given."

Provan & Lorber's "estimate fee basis" for their investigation was \$7,818.



Lynn Hunt receives her fresh loaf of Polish Princess bread from the Princess herself, Magda. Photo by Gail Scott

Bread from a Princess

Berlin/Lancaster Farmers Market enthusiasts have to admit that lines are the longest wherever the Polish Princess parks her truck. Upon further inspection, it is evident that every other person in that line is from Randolph. Hungry for Magda's natural breads, and spear headed by Lynn Hunt, residents set out to find a way to get their bread for the winter. Magda has agreed to deliver her breads each Thursday to Randolph. For more information contact Lynn Hunt (466-3456) or lhunt001@ne.rr.com.

Scholarships and Grants Available From Randolph Foundation

By Barbara Arnold

Are you aware of the scholarship and grant section of the Randolph Foundation website? One of the chief missions of the foundation is to promote education and educational opportunities for full time Randolph residents. Another mission is to provide program grants for the larger community. Scholarships are available for undergraduate and graduate studies. Pending board reviews, scholarships are available for some training programs. The foundation has also helped fund educational trips, educational camps and local educational programs in the past.

Scholarship amounts have been increased. Upon submitting all needed application forms, undergraduate students who are officially enrolled in a course of study, will receive \$650.00 per semester. Beginning on the second term of the first year of study, an undergraduate who has a grade point average of 3.2 or better for that semester, will receive \$800.00 to be used for the following semester. Graduate students will receive \$1300.00 annually (\$650.00 twice a year), again on submitting the appropriate documentation. Students applying for these scholarships are responsible for filling out the application, then getting the application along with needed documentation to Carol Gagnon, chair of the scholarship committee. Rules and applications are available on the foundation website, www.randolphfoundationnh.org. Currently, applications have to be printed, filled out and mailed to Carol but hopefully, in the future these applications will be able to be filled out online. Once again, applicants are responsible for being sure their application is completed and submitted to Carol before the deadline. Anyone needing help or having a hard time meeting the deadline should contact her before applications are due.

The Randolph Foundation generates grants to support the needs of Randolph and the surrounding North Country communities in a variety of areas including conservation, communication, education, recreation, town history, leadership, health, welfare and other important issues as determined by the board of directors and the Randolph community. All persons and/or organizations that have projects in these focus areas are encouraged to submit an application. The Randolph Foundation is currently targeting grants which provide educational programs for youth and conservation projects which are located in Randolph. The grant amounts vary but as a rule, the foundation looks to supplement a current program rather than fund the entire amount. As with scholarships, the grant guidelines are found on the website and the application needs to be printed out and mailed. Laurie Archambault is chair of this committee and questions may be addressed to her. Grants are brought to the entire board for review.



This roguish duo violated the yellow tape at the Ravine House pool before the dam work was quite finished. No one was supposed to trespass on the construction site until the work was done but these two may have gotten a special pass. Photo by Gail Scott

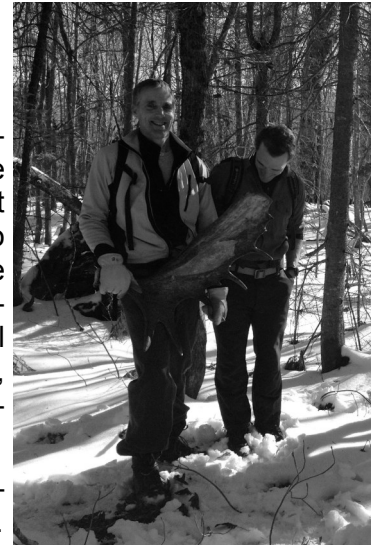
Randolph Community Forest Backcountry Skiing Update

By Doug Mayer

Last month, a crew of about a dozen volunteers set to work, clearing a few additional backcountry skiing routes on the Randolph Community Forest. The areas we're working on are skid roads and old logging roads that make for some of the best backcountry skiing on the Forest. On this fall work trip, four chainsaws and two brush saws worked away, and we cleaned up about two miles of ski routes. One new route connects the clear cuts next to Cook Path with town logging roads, making for a great loop ski of about three miles, with some fun downhill runs. Additional work was done on other routes, farther to the north. All routes are roughly cleared, and more challenging to follow than traditional trails. They require strong backcountry navigation skills and are sparsely marked, if at all.

For information on the backcountry skiing routes that exist on the Randolph Community Forest, please contact Doug Mayer at dmayer@cartalk.com or via 466-5395.

Thanks to the entire crew who made it out this fall, including Anthony Brezzo, Peter Brockett, Abby and Dave Evancow, Chris Hawkins, Jeremiah Hawkins, Jason Hunter, Ben Phinney, Dave Salisbury, Ben Schott, and Val Stori.



Note what Peter Brockett found on the trail-- a half of a moose rack. Photo provided by Doug Mayer



Randolph Community Forest Work Crew, Anthony Brezzo, Peter Brockett, Abby and Dave Evancow, Chris Hawkins, Jeremiah Hawkins, Jason Hunter, Ben Phinney, Dave Salisbury, Ben Schott, and Val Stori. Photo provided by Doug Mayer

Real Estate Transactions:

August 30	Lynn Farnham to Ronald P. Belida
September 11	Anne Marie Lake to Christopher J. Lake
September 16	Mark T & Lise Rivard to Brett & Janet Halvorson
October 2	John Mudge to Michael Nagle & Kevin Bennett
October 11	Brian Taylor to Teresa Taylor & Brian Taylor

Building Permits:

November 13, 2013 Ronald & Trisha Ouellette will build a shed

BioBricks Will be Burned this Winter at RMC Gray Knob

By Edith Tucker

Three tons of BioBricks, packed onto nine pallets and wrapped in plastic and tarps were airlifted from Auvie and Judy Kenison's field up to the Randolph Mountain Club's Gray Knob Camp at 4,370 feet on the northern slope of Mt. Adams on Oct. 1.

The nonprofit RMC staffs the enclosed Gray Knob cabin year-round with a caretaker who switches on-duty days at the sub-alpine site with a second caretaker. Winter caretaker's duties include operating Gray Knob's wood stove during evening hours at a low temperature of about 40 degrees to reduce the amount of moisture in the air to avoid rotting out the insulated wood building constructed in 1989. The "new" Gray Knob, which has an overnight capacity of 15 hikers, replaced the cabin built in 1905 by Dr. E.Y. Hincks as a private getaway.

The RMC operates four shelters on Mt. Adams on the White Mountain National Forest under a Special Use Permit issued by the US Forest Service. The RMC's 8-person trail crew that is employed for 10 or 11 weeks every summer has been charged with filling the camp's woodshed, but this is an expensive and time-consuming yearly task,

"We've been having an increasingly difficult time finding wood suitable for burning, so I suggested we try BioBricks," explained Mike Micucci of Randolph, who just stepped down as trails co-chairman. "After an accounting of the costs of using the trail crew to cut and pack, it turned out that we were spending \$1,200 for less than a cord, never mind filling the shed," he explained. The week-long project kept them from doing the trails work at which they are skilled. "Using propane gas was something we hope to avoid due to the anticipated difficulty in getting qualified technicians to service these appliances at that location," Micucci said.

The RMC board of directors agreed to use BioBricks, a commercial pressed-wood product with no additives (www.originalbiobricks.com), on a trial basis over the 2013-2014 winter. "We've carried them at White Mountain Lumber for about three years, and they're developing a nice following," explained Mark Kelley of Randolph, an owner of the family enterprise in Berlin. "A ton of BioBricks delivers the same heat as a full cord of seasoned wood, without all the cutting, stacking and mess of cordwood."

"There are 50 packages to the ton, so with the helicopter limited to about 700 lbs. per trip, we re-



JBH Helicopter Services of Pembroke flew nine pallets of BioBricks up to RMC Gray Knob cabin on Tuesday, Oct. 1, from Randolph Valley at the height of the foliage season.

packed each of the three tons into three nearly equal units, put them on pallets and wrapped them in shrink wrap. To make sure no rain got to them, we added lumber tarps as a precaution."

Just in case Gray Knob's woodstove turns out not to be well-adapted to burning BioBricks, the RMC also bought a restored top-loading soapstone stove, and it, too, was flown up to the camp.

Two return loads of trash to be recycled were also flown down to the Valley.

Bill Arnold of Randolph, who was in charge of the project, plus RMC president John Scarinza and Jenn Barton who were married on Saturday, Sept. 28, in the Kenyon field on Randolph Hill, were flown up to Gray Knob to help unpack the pallets and stack the BioBricks into the woodshed. Caretaker "P.J." Kroll was also on hand to help.

Walter "Wally" Archer of Canterbury was at the controls of the 1993 Bell Jet Ranger helicopter that is part of the fleet owned by JBI Helicopter Services of Pembroke. Archer and longtime pilot Carl Svenson shared the pilot's duties that day, and John Garabrant of Peterborough ran the fuel and boom truck. The pallets weighed between 640 and 756 lbs.

"We flew the lighter ones right after we'd fueled up, and the heavier ones after we'd burned fuel," Svenson explained. The Bell helicopter can hold up to 94 gallons of fuel, although typically its operators only put 30 gallons in the tank when ferrying these kinds of loads on short flights. "Each gallon of jet fuel weighs 6.87 lbs.," Svenson pointed out. "We burn 27 gallons an hour when we're cruising."

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Six Randolph Mountain Club volunteers relax in the sunshine after unloading and stacking 3 tons of BioBricks on Oct. 1 at RMC Gray Knob cabin at 4,370 feet on the northern slope of Mt. Adams. Edith Tucker photo



Danielle Cotnoir of Randolph is the Miss Berlin-Gorham Outstanding Teen, 2014

By Dede Aube



Danielle Cotnoir, Outstanding Teen, Berlin-Gorham. Courtesy photo

This is the third year a Randolph teenager receives the title of "Outstanding Teen". Danielle Cotnoir, daughter of Heather Wiley and Ray Cotnoir, was crowned Miss Berlin-Gorham's Outstanding Teen, 2014 on October 26, at the Medallion Opera House in Gorham. She was crowned by her best friend, Autumn Brown, Miss Berlin-Gorham's Outstanding Teen 2013, also of Randolph.

Danielle performed a dramatic monologue to "The New Blue You" for her talent presentation. Her platform is "Damsels in Defense; promoting young women and teens to take self-defense classes and learn more about how to protect themselves. "I chose my platform because women are perceived as more vulnerable than men, making them easier targets. I also chose my platform in honor of Abigail Hernandez from North Conway who recently disappeared. My goal is to stop at least one physical or sexual assault from happening", says Danielle, who will be setting up self-defense classes for young women during the course of the next year.

Thirteen year old Danielle is an active member of the community. She serves as a volunteer at the Gorham Community Learning Center as well as the Randolph Library and St. Barnabas Church in Berlin. She is a member of the Gorham Players and has played the roles of Hattie Perkins in "Backstage," Glove Seller in "The Real Princess and the Pea," Narrator in "Just Another High School Play," and currently she is Glinda in "Till Death Do Us Part". She also enjoys skiing, swimming, biking, and target shooting.

Founded in 2005, Miss America's Outstanding Teen Inc. is a nonprofit organization helping nurture and build scholastic achievement, creative accomplishment, healthy living, and community involvement of the nation's youth.

Danielle Cotnoir and Autumn Brown will compete for Miss NH Outstanding Teen on February 14 -16, 2014. The winner moves on to the Miss Outstanding Teen 2014 program in Orlando, Fla.

Daniel Cotnoir, this year's Outstanding Teen, Berlin-Gorham. Courtesy photo.



My Latest Cure-all

By Bill Minifie

When I was 20 years old, I drove across the country with my brother's college friend and his girlfriend. It was a VW bus, but instead of a back seat, there was an open flatbed which had a tie down cover and a mattress. That was where my friend and his girlfriend spent the night. I, on the other hand, slept on a cot set up each night outside the bus. Some nights when I settled down, it was so dark I had no idea what lay more than ten yards away, except where the headlights shone. Thinking back on it, I would not be so intrepid today--what with man-eating locusts out there and all.

We visited Reno and Vegas and I remember playing black-jack and getting served drinks by flirty waitresses. It was the only time in my life that I felt that I really mattered, that I was important. (Just kidding)

The trip was especially memorable because on, the West Coast, I met this fellow who first told me about organic food; that what we shoved into our faces affected our health. I was converted. I remember riding back to the East Coast on the back of the VW bus and looking at all the poor slobbs driving past who obviously had not heard about organic food, and didn't know nothing from pesticides, and that coffee was not good for you, and you get the idea. How I pitied them. Prior to that summer, food was just something I put in my cake hole to keep the old wolf at the door--as they say.

My zeal has waned (thank God!) since those early days. But I still believe that our bodies are such unbelievably sophisticated and brilliant organisms that we should try somehow not to poison these temples, these mortal fleshy edifices, these--enough already! But let's face it, decay is an ugly word! I am always looking for the next cure-all: The "Thing" that will give me that surge of energy; that will shoo decay away, if not forever, at least long enough for me to be deluded into thinking that I am immortal. Yeah for immortality! I wish.

Here is my latest cure-all, and it is an old one my wife Kemp and I read about almost 30 years ago. It was in a book called "A Vermont Doctor's Guide to Good Health" by D. C. Jarvis and his big shtick was that apple cider vinegar (has to be apple cider, not white vinegar) taken with honey in a glass of water

would cure just about every problem known to man. We did it for a while and it's time came and went, it had its season--stop!

But 30 years have passed since then, and there is a lot of you know what under the old ding-a-ling, if you know what I mean: the old hymn now best sums it up: "change and decay in all around I see".

I have to admit that my wife and I have sucked many potions and endured many indignities in our health quest: dried egg yolks full of God knows what, coffee enemas (don't ask), nothing but apple cider vinegar and maple syrup for 11 days, fasting, juicing, correct food combining, no pork, no meat from unknown sources, tinctures of herbs by the truckload, vitamins, minerals, green teas, white teas, red teas and colonics (an indignity!), filtered water, no wheat, no booze, no sugar, no nothing that tasted even vaguely, disgustingly yummy!

Last summer I was at the Woodstock, NY flea market and while waiting for my daughter to finish choosing a dress, I heard a woman, standing in front of her stall, asking me if I wanted a five minute message for five dollars. To make a long story longer, she turned out to be not only a message therapist but also an acupuncturist. In addition to needling us, she zapped us with a light machine that makes cancer cells quiver in their boots, and a foot-soaking device that sucks black tar-like liquid out of your feet: she was the one who got us into the cider game again.

She recommends organic (there you go again) apple cider vinegar. All you do is take a couple of tablespoons of the stuff, with some water a couple of times a day. (add honey if you have arthritis issues). They claim it cures high blood pressure, lowers cholesterol, stabilizes blood sugar levels, prevents cancer--you name it. It's also great applied topically, for itches, sore throat, etc.

I have taken it for a few days now, and I gotta say I'm less achey than I often am. I think it is a good life-giving thing!

So friends give it a whirl: it shouldn't put you in a pickle!

Love---Bill

WHAT'S COOKING IN RANDOLPH?

Ingrid Graff says this is the recipe most requested of her by people from Randolph. It is also the cake that was served to celebrate the double birthday bridge party of Sally Miccuci and Arlene Eisenburg.

Ingrid's Three Ginger Gingerbread

Bake 350 degrees for 1 hour

3 cups flour
1 T. cinnamon
2 tsp. baking soda
1 1/2 tsp. ground cloves
1 tsp. ground ginger
3/4 tsp. salt
1 1/2 cups sugar
1 cup oil
1 cup molasses
1/2 cup water
2 eggs
1 T. minced fresh ginger
1/2 cup chopped crystallized

Butter and flour 10" spring-form pan. Sift dry ingredients together (not sugar).

Whisk wet ingredients with sugar and ginger. Combine and pour into spring-form pan.

Cool in pan (will fall).

Serve with brandy whipped cream.



Bridge players, Arlene Eisenburg and Sally Miccuci celebrated their birthdays on Nov. 19: 80th & 43rd. Roberta Arbree is not celebrating her birthday but she is there to accept a piece of the "Ginger Gingerbread cake" made by Lynn Hunt.
Photo by Gail Scott

Randolph Town Librarian, Amy Cyr offered this tried and true recipe as one of her favorite holiday appetizers

Crab Rounds

Bake in preheated 400 oven for 10-15 minutes or until golden

6 English muffins, split
1 stick margarine, softened
1 jar Old English cheese spread
1 1/2 Tablespoons mayonnaise
1/2 tsp. garlic powder
1/2 tsp. seasoned salt
1 container of fresh crabmeat or 1 can of crabmeat, drained
Cream margarine and cheese together. Add garlic powder, seasoned salt and mayonnaise; mix well. Add crabmeat and mix together. Spread on split English muffins.. Freezes well.

Editors Note: Finding the Old English cheese spread is not easy but I have found it at IGA in Berlin.

Here is a secret eggnog recipe from a source who prefers not to be named. It may be too late to serve this for Christmas but it could be just right for New Year's Eve.

Dr. Rebecca Lancefield's Eggnog Recipe

1 dozen eggs
1 quart light cream
1 quart heavy cream, lightly whipped
1 pint bourbon
1 quart rum
Sugar to taste (1/2 - 3/4 lb.)
Nutmeg

Beat eggs, add bourbon and rum slowly stirring to prevent precipitation of egg proteins. Beat heavy cream separately until it peaks and add to the egg/bourbon/rum mix.

Add the light cream with stirring. Add the sugar to taste with mixing, then add nutmeg to taste.

Leave standing at least overnight with lid slightly ajar in fridge. Serve after 2-3 weeks in the cold.

Our anonymous contributor suggests the following video: <http://www.sciencefriday.com/search/index.html#path/video/11/30/2012/yet-another-reason-to-spike-that-eggnog.html>

Randolph Christmas Caroling

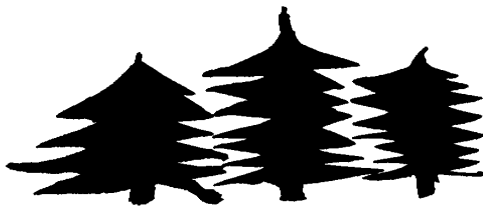
Join us for the annual Randolph Christmas caroling, Friday, Dec. 20, 6 PM at Marie Beringer's home, 232 Randolph Hill Road (Sugar Plum Farm).

All welcome.

Punch and eggnog provided. Bring a goodie to share. Caroling in the neighborhood starts at 6 p.m.

Party at Marie's by 8 p.m.

Send suggestions for people who would like to be caroled to to Gail Scott at mscott1@ne.rr.com or call 466-5498 or 466-2424 FMI.



Chên Sun

The staff of the Mountain View sends wishes that everyone's holiday season be full of family, friends and peace.

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To:

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