

TRENDY TIMES

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APRIL 14, 2015 VOLUME 6 NUMBER 14

Cottage Hospital: Building For The Next 100 Years Dr. Rowe Health Center Comes To Life

WOODSVILLE, NH – Cottage Hospital has partnered with Trumbull-Nelson Construction Company from Hanover, NH to bring the Rowe Health Center to the community. The building's namesake, Dr. Harry Rowe, was a long time physician with over sixty years dedicated to his profession, his patients, and his community. He played an intricate role in recruiting and stabilizing the healthcare needs to the Cottage Hospital service area. The construction project began late in 2014 and is on target to be completed in September 2015. The building will provide over 16,000 square feet of clinical and administrative space allowing for the increase of services for primary care and specialty services including pain management, podiatry, mental health, potential substance abuse coordination, medical nutrition therapy and diabetic education. The space will also provide a new home, with ease of access, for outpatient physical

therapy and occupational therapy.

In a statement by Clerk of the Works and Cottage Hospital Facilities Director, Ed Bouchard, "The timing of the project is perfect for economic stimulation through the many local sub-contractors and the creation of multiple jobs within the center, both clinical and administrative. The timing also allows for economical purchasing, capitalizing on the winter season when sub-contractors typically offer savings in trade for stability. The expertise offered by Trumbull-Nelson through their winter condition protocols and the conditions of the gravel land structure allowed for a continuous work through the winter conditions. One area unique to Trumbull-Nelson is their radiant heating of the concrete forms, allowing for focused heating source. The concrete samples that are being tested are showing to curate approaching twice the specification proving that the building



will be supporting our community for years to come."

"Recognizing the values of Dr. Harry Rowe, we are focusing on providing a space that will offer easy access to primary care as well as health education. The facility will create new job growth for the Hospital including two new medical doctors and a psychiatric nurse practitioner." Stated Chief Executive Officer Maria Ryan.

Ryan further explained, "The future of Healthcare is shifting, there is no one service line that can carry the burden of another, it is imperative that Cottage Hospital and our primary care office stay ahead of



the curve on reimbursement opportunities and continue to stay focused on the key needs of our community, we want to provide our community with this Hospital for another 100 years. The success of this project is heavily reliant on endowments and donations to our capital campaign."

Anyone interested in making a tax deductible donation

can visit www.gofundme.com/rowehealthcenter or contact the development office at 603.747.9707 or Cottage Hospital Development Office 90 Swiftwater Rd Woodsville NH 03785.

Cottage Hospital is a community hospital, located in Woodsville, NH. The hospital has been serving the Upper Connecticut River Valley of New Hampshire and Vermont for over 110 years with a broad range of services. For more information, visit www.cottagehospital.org or call 603-747-9000.

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TRENDY Dining Guide

Peyton Place

By Gary Scruton

When you are looking for fine dining in our area, there is one place that most certainly should be on your list. Peyton Place on Route 10 at the south end of Orford Village offers some very fine dining with a flair.

Start off with the fact that the building itself has stood for well over two hundred years. Built in the late 1700's it has some uniqueness that you can not find in a modern eatery. It also offers some challenges. The night we dined they were welcoming spring by taking off the last of the extra winter window coverings, a sure sign of warmer days and nights.

Add to the uniqueness the fact that one of the owners, Heidi Peyton, is always front and center playing hostess and waitress. Heidi is quite knowledgeable about her menu and is always more than happy to describe the various dishes on that evening's menu. Of course the menu itself is quite unique in itself. The story is that they began using the portable blackboard when they first opened their business, in a different location, and were short enough on funds that actual menus were a luxury. So they wrote out the evening's choices on a blackboard which they bring to the table of each visitor. They even have a chair with some special knobs added in order to hold this one of a kind menu. Using the blackboard also offers the owners the opportunity to change the menu with the seasons, and to offer different specials on a frequent basis.

portunity to change the menu with the seasons, and to offer different specials on a frequent basis.

I should also mention that on the evening that we visited Heather was working as Heidi's assistant and has learned well to be courteous and attentive to the guests.

Now for the meal itself. In the spirit of spring Heidi offered us some freshly brewed iced tea. We added to that an appetizer of crab cakes. These were served with a garnish that nicely added to the dish.

For the meal itself I chose a haddock that was served with a potato breading. The fish was nice and flaky and was of an ample proportion. It was served with carrots as well as broccoli & cauliflower. I found the fish to be delicious and cooked in a way that I had never before experienced.

My wife decided to go with the shrimp scampi. This meal also proved to be a bit different from other similar dishes she had experienced in the past. Small shrimp were served with a pasta and seasonings to make for a delicious though different dish.

Along with the shrimp my wife added a glass of penot gregio apricot wine. I am not a wine type of guy, but she assured me that the hint of apricot certainly made this choice enjoyable.

We also made a decision to go with one of the offered

deserts. This decision itself was quite difficult as there were several options that really tempted us. We finally settled on a five chocolate brownie sundae that came topped with Peyton Place vanilla ice cream, caramel and raspberry toppings. The brownie was "to die for" as my wife put it. I could not argue as the warmed brownie had a grand taste that was complimented very nicely with the toppings.

Peyton Place is indeed a fine dining experience that should be on your agenda. It is an asset to this area to have such a great dining facility in our midst. I look forward to our next visit.

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Lyndon State College's

Twilight Players To Present HAIR

This April Lyndon State College's Twilight Players will be presenting James Rado and Gerome Ragni's rock musical HAIR. The groundbreaking musical that celebrated the hippie counterculture and revolution of the 1960's. Featuring a popular score by Galt MacDermott featuring such songs as Aquarius, Good Morning Starshine and Let the Sunshine In.

It's the 1960's and a "tribe" of politically active hippies are living during the "Age of Aquarius" living a bohemian lifestyle in New York City and are fighting against the draft for the Vietnam War. We see the struggles of Claude, Berger, their roommate Sheila, and their friends balancing their lives, loves, and their rebellion against the war and society. In the end, Claude must decide whether to resist the war like his friends or give in to the pressure of his parents and society to risk his life and his principles. First produced in 1967, HAIR has become one



The company of Twilight Player's HAIR.

of the first musicals to define the "rock musical" genre, to use a racially integrated cast, and actually inviting the audience to participate in various spots in the show.

HAIR is directed by Gianna Fregosi with assistant direction by Elizabeth Sousa and choreography by Julianne Corcoran. Set design is by Bonnie Cleverly with a lighting design and technical direction by Kyle Kurtich.

Curtain times are 7:30

April 23-25 and at 2pm on April 26. Admission is by donation (free to LSC students). Please note that HAIR contains language and adult themes that may be offensive to some people. Please use discretion, especially if bringing young children. For more information contact 802-626-3663, or Gianna Fregosi at gianna.fregosi@lsc.vsc.edu, or find the Twilight Players page on Facebook.

North Country Chorus Presents Carmina Burana

North Country Chorus welcomes St. Johnsbury Academy Hilltones and St. Johnsbury School Chorus as collaborators in its annual Spring Concert. The program features Carmina Burana by Carl Orff, and will be performed in three venues: on Friday 1 May, 7:30 pm, at First Congregational Church, Littleton, NH; on Saturday 2 May, 7:30 pm, at Bradford Congregational Church, Bradford, VT; and on Sunday 3 May, 3:00 pm, at South Congregational Church, St. Johnsbury, VT.

Julie Drown, a favorite of North Country audiences, will sing the soprano solos. Other featured soloists will be baritone Gary Moreau and tenor Phil Brown. Accompaniment for Carmina Burana will be provided by pianists Vivian Spates and Mark Violette, as well as percussionists Rick Erwin, Ben Longo, Rory Donnelly, and Kaci Cochran, and flutists Jeffrey Fullerton and Libby Hillhouse. The entire ensemble will perform under the leadership of NCC Musical Director Alan Rowe.

Carmina Burana is characterized by its rhythmic energy and has been popular with audiences since its first

performance in 1936. The text comes from a large collection of secular poems of the 12th and 13th centuries preserved at the Bavarian monastery of Benediktbeuren. The poems cover a wide range of human experience: the fickleness of luck and wealth, the joy of the return of spring, and the pleasures and perils of drinking, gluttony, gambling and lust.

Several other short works will be performed by the St. Johnsbury School

Chorus, under the direction of Nicole Bradford, and by the Academy's Hilltones, directed by Alan Rowe.

Tickets are available in advance from Catamount Arts (catamountarts.org), which has reduced its service fees: adults \$11, students \$5.50 (including fees). Admission at the door will be adults \$12, students \$5.

For more information about the chorus, visit its website at northcountrychorus.org.

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Wildlife In NH Event

John Harrigan, noted columnist for the Manchester Union Leader and Sunday News for over 40 years will be guest speaker at the Horse Meadow Senior Center on Saturday, May 2, 2015 at 7:00 PM. His topic will be Wildlife in NH, moose, wolves, cougar, bobcat, etc.

John is an outdoorsman. He enjoys camping, hunting,

fishing. John lives in Colebrook, NH and he loves NH and the Great North Woods.

This event is sponsored by the Woodsville Public Library, Woodsville, NH.

Admission is by donation. Come and bring the family and enjoy the evening. Light refreshments will be available.

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Only Amish Served Here

By VT State Senator Joe Benning

Each summer dad would pack the family into the station wagon and off we'd go to the Amish country of Pennsylvania to go camping. It was a totally different environment from the all-Catholic suburbs I grew up in. We'd reconnect with my mother's side of the family while practicing the finer points of outdoor living. Thankfully Dad always packed my guitar and transistor radio, which made life slightly more tolerable for a hip suburban teenager who grumbled every time campfire smoke forced him to move his chair.

Each trip we'd visit one of the area's many Amish, family-style restaurants. We'd drive past meticulously kept farms with no telephone poles or electric lines, while my Pennsylvania-born mom reminded us the Amish did not use modern appliances. The people seemed right out of a 19th century daguerreotype. The men all wore white shirts, black pants and suspenders, and wide black hats. Boys in similar garb with straw hats we'd often see confidently guiding the reins of a team of incredibly

huge oxen. The women wore plain colored dresses, cinched tight by an apron, their hair tucked into a bun beneath a bonnet with long tie strings. Young girls with plain dresses and white head coverings could be seen skipping about with bare feet.

Our station wagon, now loaded with cousins, would pull in to park next to horse-drawn carriages. The cultural divide became more pronounced as soon as we walked through the door, ushered to our tables by young women about my age who consciously chose not to utilize any of the amenities I could never live without. We'd sit at long tables with other diners, just like any standard church supper here in Vermont, to be served wonderful food by people from a culture that ignored our differences. I didn't know it then, as I developed my taste for apple butter, but that open door business policy was a life lesson for America.

This brings me to the kerfuffle in Indiana. A baker refused to do business with a couple seeking a wedding cake. The couple is gay,

members of what many states legislatively treat as a "protected class" for civil rights purposes. The baker objected to the gay couple's lifestyle, and denied them a cake using the religious protection language in our constitution.

I'm a strong believer in our constitution, but using it to cloak active discrimination is not what it was intended to do. It is one thing to protect the practice of one's faith or thoughts, quite another to demand the right to actively discriminate against another in a business environment. America should strive to reach that place where we interact with each other like the Amish do. Clearly the Amish are of strong religious faith, but they live in peace with their faith and thoughts even when they conduct business with those of faiths or lifestyles they choose not to emulate. You'll never find a sign that says: "Only Amish Served Here." They remind me of that Christian who once said: "Do unto others as you would have others do unto you."



The state budget development process for the upcoming biennium, July 1, 2015 through June 30, 2017, is well underway. The Governor's budget proposal totaled \$11.5 billion, or \$800 million above the current biennium budget. After a grueling budget process, the House passed a budget in the amount of \$11.2 billion, an increase of \$500 million from the current budget and \$300 million less than the Governor's proposal.

As with any budget, expenditures depend upon best-projected revenues, and when the Senate finalizes its budget later this spring, the state should have a more accurate picture of NH's economic growth that will better assist elected officials in the daunting task of finalizing the state budget. Let's hope second quarter revenue is up in order that we can approve a budget that better meets critical and expanding needs: support for the elderly, highway and bridge maintenance, K-12 education, holding the line on post secondary education, etc.

Even if revenue projections exceed expectation, the fact remains that NH's dependency on property taxes and business profits will not provide the necessary revenue to sustain state growth and subsequent expenditures. In order to meet vital needs and to replenish the rainy day fund, new revenue sources must be found. Recognizing that there is little tolerance for a NH income tax or sales tax, gambling revenue is a viable revenue option deserving

consideration. A recent study titled, "Rockingham Park Market Feasibility and Economic Impact Analysis," developed by Pyramid Associates, Westport, MA, submits that revenue from expanded gambling requires no investment from NH taxpayers and has no financial risk. Even critics say revenues from NH casinos will be in the tens of millions of dollars every year. In the worst-case scenario, we would have a non-tax revenue source that provides over \$140 million dollars in general funds to every future budget. That would rank gambling as one of the largest revenue raisers for New Hampshire. The proposed Rockingham Park casino will achieve its first full fiscal year of stabilized revenue in year 2 (FY19) of operations. Briefly, the casino will generate \$409M in gross revenue. It will have 700,000 annual visitors of which 59% of its gross revenue will be generated in its primary market area radius of 30 miles and with 41% of its revenue from visitors who travel longer distances. Of the gaming revenue, 68.4% of Rockingham Park casino revenue will be "new money" infused into NH from states such as Connecticut, Massachusetts and Maine.

NH needs "new" revenue, and gambling requires no investment of NH taxpayers and the cost of construction, infrastructure, and even the cost of regulation must be covered by casino operators. Many NH residents currently leave the state to gamble; let's keep these dollars in NH.

Not all Times are Trendy but there will always be Trendy Times April 14, 2015 Volume 6 Number 14

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From The Desk Of NH State Senator

Jeanie
FORRESTER

Dear Friends,

For the last four years I have written a monthly news column to inform my constituents on what is happening in Concord and in the District.

This month's column is different – it is a call to action.

I am asking you to reach out to the Governor and tell her to support our seniors and our most vulnerable citizens and not take \$7 million from nursing homes, mid-level care, and home health care in New Hampshire.

While much of the focus in the news has been on the theft of funds to the private and county nursing homes, I am just as concerned about the devastation that will be caused to home care, home health, and mid-level care—to the tune of over \$10 million (\$5.1 in state general funds and a matching amount from the federal government) should the Governor's raid prevail.

In the state budget, these long-term care services are organized in the following categories:

- Mid-level care organizations: assisted living facilities or residential care homes that are a step below nursing homes in terms of level of care and do not necessarily provide 24/7 nursing care.
- Home health care waiver services: medical-type services provided by licensed home health agencies and VNAs (skilled nursing, physical therapy, etc.) at home.
- Home support waiver services: non-medical services that can be provided by unlicensed caregivers (personal care, meals, adult medical day care, home modification services, adult in-home care, etc.) at home.

Senate Bill 8, which tells the Governor to follow the law, passed the Senate 16 to 8 on a roll call vote. Although it turned out that way—this should not have been a partisan issue. Imagine my surprise when the majority of Senate Democrats voted against the bill, which would send the money back to the nursing homes and home health care agencies. The bill is now in the House Finance Committee for consideration.

During testimony in the House last week, the CEO of the Granite State Home Health Association, which represents New Hampshire's home health/visiting nurse agencies testified that these agencies provide a full range of services to Medicaid clients including those enrolled in the state's "Choices for Independence" (CFI) program. These services mean vulnerable seniors who are eligible for institutional care can stay in their homes at a much lower cost to the Medicaid program.

Home care agencies have struggled for years to provide high quality services at 2006 reimbursement rates. The cost of wages and benefits for home care workers increases each year and it is increasingly difficult to recruit qualified workers to care for the growing numbers of elderly people who require services. Many agencies have made the difficult decision not to accept new CFI clients because NH Medicaid doesn't cover the costs. Taking funds from the home and community-based care lines to fill a deficit – rather than adequately paying providers – is irresponsible and short-sighted.

The NH Department of Health & Human Services (DHHS) promotes the idea that people should stay in

their homes for as long as possible before going to a nursing home—so starving those agencies that provide these services is not a smart decision. If the agencies lose money on every client they serve and stop taking these clients, who will care for our fragile seniors?

Senate Bill 8 prevents DHHS from funding its deficit on the backs of already inadequately paid home care agencies, assisted living facilities and nursing homes. It requires DHHS to use its budgeted funds for their intended purpose - assuring that the state's most vulnerable seniors have access to the care they need.

I thought that the Governor would listen to all those who called, wrote, and vis-

ited the State House.

I thought the Governor would yield her position, when she learned that the Senate passed the bill or when she learned that the House put language in the budget to restore these funds.

I was sure she would realize that the budget she signed into law contained specific language to prevent what she is now trying to do.

I was wrong. It is now very clear what Governor Hassan's priorities are, and they certainly are not our most vulnerable seniors.

Please join me in this fight to support our seniors. We must fight to keep them in their homes for as long as possible—and when they

are at the point of needing nursing home care—that there are nursing homes able to welcome them.

Call Governor Hassan at (603) 271-2121 and tell her to follow the law. It's time to return these funds to nursing homes and home health care agencies.

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 ((603) 271-4980) or email (jeanie@jeanieforrester.com). If you would like to subscribe to my e-newsletter, visit www.jeanieforrester.com and sign up.

Your Senator from District 2,
Jeanie Forrester

OCT Schedules Auditions For July Comedy

Bradford: Old Church Theater will hold open auditions for its July comedy, "Saving Grace", Saturday April 18th at 1pm and Sunday April 19th at 3pm at the theater on North Main Street in Bradford. Three men and two women are needed. Written by Jack Sharkey, this playwright is also known as Monk Ferris, who wrote two of Old Church Theater's recent hit comedies, "Don't Tell Mother" and "Lets Murder Marsha".

Athene Chadwick directs

"Saving Grace", a zany tale of a warm-hearted girl who mistakes a repairman for a burglar and tries to convert him from his life of crime, while having to pretend he's her husband in front of her sister's evangelist fiance.

Open auditions means anyone may audition for any role, with prepared material or from the script. Please visit www.oldchurchtheater.org for more information or contact the director at chadwick_a@msn.com or to request an alternate audition

time.

Old Church Theater is a non-profit organization celebrating its 30th anniversary in, with five plays scheduled for presentation from May to September in 2015. Governed by an elected board, membership may be requested through the website www.oldchurchtheater.org. Volunteers are always welcome to assist backstage or in key production roles such as lighting, sound, set construction, costumes and more.

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THIS SIZE AD PER ISSUE

Our 30th season!

Auditions open to all!

AUDITIONS

Sat, April 18th 1pm / Sun, April 19 3pm

"Saving Grace"

Comedy by Jack Sharkey

Needed 3 men and 2 women Directed by Athene Chadwick
Production 2 middle weekends of July

Information: www.oldchurchtheater.org

Calendar of Events

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

TUESDAY, APRIL 14

ROAST BEEF DINNER
12:00 Noon
Orange East Senior Center, Bradford

GARDEN GROUP

6:00 PM 802-757-2693
Baldwin Memorial Library, Wells River

THURSDAY, APRIL 16

ST. JOHNSBURY JOB FAIR
2:00 PM
St. Johnsbury School

VFW POST #5245 MONTHLY MEETING

7:00 PM
VFW Hall, North Haverhill

FRIDAY, APRIL 17

COTTAGE HOSPITAL AUXILIARY BOOK AND GIFT FAIR
9:00 AM – 4:00 PM
Cottage Hospital, Woodsville

THE VERMONT MOVIE

7:00 PM
Baldwin Library, Wells River
See ad on page 3

SATURDAY, APRIL 18

AVRA SPRING TRAIN SHOW
10:00 AM – 3:00 PM
Haverhill Cooperative Middle School

GROTON GROWERS FARMER MARKET

10:00 AM – 1:00 PM
Groton Community Building
See ad on page 3

SAVING GRACE AUDITIONS

1:00 PM
Old Church Theater, Bradford
See article and ad on page 5

EARTH DAY CELEBRATION

3:30 AM – 5:00 PM
The Loading Dock, Mill Street, Littleton
See article on page 13

ITALIAN SUPPER

5:30 PM – 7:00 PM
Woodsville United Methodist Church

SUNDAY, APRIL 19

BENEFIT TEXAS HOLD "EM POKER
1:00 PM Tournament / 11:00 AM Cash
Breslin Center, Main St., Lyndonville

SAVING GRACE AUDITIONS

3:00 PM
Old Church Theater, Bradford
See article and ad on page 5

MONDAY, APRIL 20

BOOK DISCUSSION
6:00 PM
Groton Free Public Library

Haverhill Selectboard Meeting

6:00 PM
Morrill Municipal Building, North Haverhill

POULTRY GROUP "FOWL FRIENDS"

6:00 PM 802-757-2693
Baldwin Memorial Library, Wells River

BOOK DISCUSSION

7:00 PM
Haverhill Corner Library
See article on page 7

TUESDAY, APRIL 21

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

THURSDAY, FRIDAY

& SATURDAY, APRIL 23, 24 & 25

TWILIGHT PLAYERS PERFORM HAIR
7:30 PM
Lyndon State College, Lyndonville
See article on page 3

THURSDAY, APRIL 23

THE VERMONT MOVIE
6:30 PM
Tenney Memorial Library, Newbury
See article on page 7

FRIDAY, APRIL 24

THE VERMONT MOVIE
7:00 PM
Baldwin Library, Wells River
See ad on page 3

SATURDAY, APRIL 25

ANNUAL PEACHAM FLEA MARKET
9:00 AM – Noon
Booths available 802-592-3326
Peacham Congregational Church

FOUNDRY WORKSHOP MAKERS SHOWCASE

10:00 AM
Railroad St., St. Johnsbury

SUNDAY, APRIL 26

BENEFIT TEXAS HOLD "EM POKER
1:00 PM Tournament / 11 AM Cash
American Legion Post 30, Rt 5, Lyndon

Twilight Players Perform Hair

2:00 PM
Lyndon State College, Lyndonville
See article on page 3

MONDAY, APRIL 27

POULTRY GROUP "FOWL FRIENDS"
6:00 PM 802-757-2693
Baldwin Memorial Library, Wells River

WEDNESDAY, APRIL 29

COMPLIMENTARY SPAGHETTI DINNER
5:30 PM – 7:00 PM
Horse Meadow Senior Center, North Haverhill
See ad on page 8

Ongoing Weekly Events

SATURDAYS

FREE BLOOD PRESSURE CLINIC
10 AM – 12 Noon – Littleton Fire Station
BINGO - 6:00 PM
Blue Mt. Grange Hall, Ryegate Corner

SUNDAYS

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

MONDAYS

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Darling Inn, Lyndonville
ADULT STRENGTH TRAINING
1 PM – 2 PM
North Congregational Church, St. Johnsbury
9 AM – 10 AM
Municipal Offices, Lyndonville
10:30 AM – 11:30 AM
Municipal Offices, Lyndonville
BINGO - 6:00 PM
Orange East Senior Center, Bradford

MONDAYS/WEDNESDAYS

CARE COORDINATOR/ ENROLLMENT SPECIALIST - 1:00 PM
Baldwin Library, Wells River

MONDAYS/THURSDAYS

ADULT INTERVAL AEROBIC CLASS
6:30 PM
Woodsville Elementary School
GOLDEN BALL TAI CHI
8:30 AM – 9:15 AM
St. Johnsbury House

TUESDAYS

BREAKFAST BY DONATION
8:30 AM – 10:00 AM
Horse Meadow Senior Center, N. Haverhill
ADULT STRENGTH TRAINING
9 AM – 10 AM - St. Johnsbury House
10:30 AM – 11:30 AM
Senior Action Center, Methodist Church, Danville
NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Senior Action Center, Methodist Church, Danville
NOON - Presbyterian Church, S. Ryegate
NOON - Darling Inn, Lyndonville
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 – Meeting 6:00 PM
Horse Meadow Senior Center, N. Haverhill

EMERGENCY FOOD SHELF - 5 PM – 6 PM

Baldwin Memorial Library, Wells River
WEIGHT WATCHERS MEETING - 5:30 PM
Orange East Senior Cntr, Bradford
AA MEETING (OPEN BIG BOOK)
7:00 PM – 8:00 PM
St. Luke's Parish Hall, Woodsville

TUESDAYS/THURSDAYS

ACTIVE OLDER ADULT STRENGTH CLASS - 1:30 PM
Woodsville Post Office, S. Court St
GROWING STRONGER FITNESS CLASS
2:00 PM – 3:00 PM 800-642-5119
East Haven Library

TUESDAYS/FRIDAYS

GOLDEN BALL TAI CHI
8:30 AM – 9:15 AM
First Congregational Church, Lyndonville

WEDNESDAYS

AQUA AEROBICS - 9:00 AM
Evergreen Pool, Rte 302, Lisbon
ADULT STRENGTH TRAINING
1 PM – 2 PM
North Congregational Church, St. Johnsbury
BINGO - 6:30 PM
Haverhill Memorial VFW Post #5245
North Haverhill

CRIBBAGE - 7:00 PM

Orange East Senior Center, Bradford

WEDNESDAYS/FRIDAYS

NEK AGENCY ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Presbyterian Church, West Barnet
NOON - Darling Inn, Lyndonville

THURSDAYS

ADULT STRENGTH TRAINING
10:30 AM – 11:30 AM
Senior Action Center, Methodist Church, Danville
NEK AGENCY ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Senior Action Center, Methodist Church, Danville
NOON - Darling Inn, Lyndonville

FRIDAYS

ADULT STRENGTH TRAINING
9 AM – 10 AM - St. Johnsbury House
1 PM – 2 PM - North Congregational Church, St. Johnsbury
AA MEETING (OPEN DISCUSSION)
8:00 PM – 9:00 PM
Methodist Church, Maple St, Woodsville

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, April 23rd for our April 28th issue.

Groton Free Public Library News

Looking to make the most of your commute? We have audiobooks on CD for borrowing, plus a membership to listenupvermont.org for all our card holders.

Every Tuesday at 10am: Round Robin Reading Storytime. For children ages 0-5 and their caregivers. Come share stories and playtime!

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

Monday, April 20 at 6:30pm: Monthly Monday

Book Discussion.

This month: "To Kill a Mockingbird" by Harper Lee. Pick up a copy from the library and join us for a lively conversation!

Wednesdays, April 22-May 13 at 6:30pm: Free Yoga Classes. This program is co-sponsored by the Groton Library & Groton Recreation Committee. Residents of all towns & all yoga levels are invited to take advantage of 4 free Wednesday yoga classes, taught by Kelsey Root-Winchester of Rising Spirit Yoga. Classes are

held at the Groton Community Building.

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. Online catalog: grotonlibrary.kohavt.org.

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

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

Orange East Senior Center Schedule

Lunch Monday thru Friday at Noon - \$5 adults 59 and younger, \$3 - 60 and older

Tuesday-April 14 - 9:00 a.m. Exercise Class, 9:40 a.m. Line Dancing, 10:00 Balance Class

Wednesday-April 15 - Tai-Chi class by donation 8:00 a.m.-9:00a.m – Foot Care Clinic by Appt., 3:00 p.m.-5:00 p.m.-Computer Class

Thursday-April 16 - 9:00 a.m.-Exercise Class

Friday-April 17 - 9:00 a.m. Exercise Class 11:30 a.m.-1:00 p.m.-Speaker on Home Share program,

Saturday-April 18 -

Texas Hold'em Tournament- \$25 entrance fee-Doors open at 5:00 p.m.-Starts at 6:00 p.m.

Monday-April 20 - 9:00 a.m. Exercise Class, 12:45-Board Meeting-Open to the Public, BINGO GAME-Game begins at 6:00 p.m. and doors open at 5:00 p.m.

Tuesday-April 21 - 9:00 a.m. Exercise Class, 9:40 a.m. Line Dancing, 10:00 Balance Class

Wednesday-April 22 - Tai-Chi class by donation 8:00 a.m.-9:00a.m –St. Patrick's Celebration-live fiddle music, 3:00 p.m.-5:00 p.m.-Computer Class

Thursday-April 23 - 9:00

a.m.-Exercise Class

Friday-April 24 - 9:00 a.m. Exercise Class 10:00 am-12:00 pm-Flu Clinic

Monday-April 27 - 9:00 a.m. Exercise Class, BINGO GAME-Game begins at 6:00 p.m. and doors open at 5:00 p.m.

Tuesday-April 28 - 9:00 a.m. Exercise Class, 9:40 a.m. Line Dancing, 10:00 Balance Class

Wednesday-April 29 - Tai-Chi class by donation 8:00 a.m.-9:00a.m, 3:00 p.m.-5 p.m.-Computer Class

Thursday-April 30 - 9:00 a.m.-Exercise Class

Bath 250th Announces Grant Award

BATH – The Bath 250th committee has received a grant from the New Hampshire Humanities Council to present Maggie Stier, "On This Spot Once Stood..." Remembering the Architectural Heritage of New Hampshire" on Saturday, April 25th at 7:00 pm at the Bath Village School.

New Hampshire has lost many of its important historic buildings to fire, neglect, intentional demolition and redevelopment. In some cases, a plaque or marker provides a physical reminder of what was, but in other examples, no tangible evi-

dence remains.

Maggie Stier showcases some of the celebrated buildings that New Hampshire has lost, and explores how and why we remember and commemorate those losses. Her program will draw from historical and contemporary photographs, maps, and other historical records to explore the significance of these structures, explain their eventual fate, and analyze popular responses to the loss. Particular attention will be devoted to places where a building was memorialized in some way.

Examples in this illus-

trated talk will include the simple wooden signs where the hotels in Bethlehem once stood, a large-scale installation of architectural fragments in Concord, and the birthplaces of several notable citizens.

Audiences will be challenged to think about other examples, and consider the ways in which we remember what is not there any longer.

This program is free and open to the public.

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

Freedom And Unity: The Vermont Movie

Tenney Memorial Library, Newbury VT: The 4th Thursday Film Series featuring Freedom and Unity: The Vermont Movie continues on Thursday, April 23 at 6:30 pm. This six-part documentary explores the history and contemporary culture of our state; all segments are stand-alone 80-minute films. Part 4, "Doers and Shapers" explores the people and institutions that push boundaries. Starting with education, we journey through the philosophy of John Dewey, leading to the hands-on style of Goddard College, the Putney School,

and the inseparable connection between education and democracy. We explore other progressive movements: Vermont's famous Billboard law and Act 250, cultural movements such as Bread and Puppet Theater, and finally Vermont's groundbreaking civil union law. Democracy at work—differing voices, different points of view. Newbury is featured in this segment.

Rick and Emmy Hausman will lead a discussion after the movie. The 4th Thursday Film Series at Tenney is free; all are welcome and refreshments will follow.

Bath Library Book Club

The Bath Library Book Club will be discussing "Age of Innocence" By Edith Wharton on Thursday, May 14th at 6 pm at the Bath Public Library. At the heart of the story are three people whose entangled lives are deeply affected by the tyrannical and rigid requirements of high society. Newland Archer, a restrained young attorney, is engaged to the lovely May Welland but falls in love with May's beautiful and unconventional cousin, Countess Ellen Olenska. Despite his fear of a dull marriage to May, Archer goes through with the ceremony

— persuaded by his own sense of honor, family, and societal pressures. He continues to see Ellen after the marriage, but his dreams of living a passionate life ultimately cease.

Books may be picked up at the Bath Library; hours are Tuesdays, Wednesdays 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.

Teju Cole Book Discussion

HAVERTHILL, NH — The Haverhill Corner Library will hold a discussion of Every Day is for the Thief by Teju Cole, the library has announced. The discussion will be held on Monday, April 20 and will be the third and final in a series on "New African Writers."

The discussion will begin at 7:00 PM and will be free and open to the public. Copies of the book will be available to borrow in advance.

Named one of the best books of the year by the New York Times and National Public Radio, Every Day is for the Thief is about a young Nigerian living in New York City who goes home to Lagos for a short visit, finding a city both familiar and strange. He witnesses the "yahoo yahoo" diligently perpetrating email frauds from an Internet café, longs after a mysterious woman reading on a public bus, and recalls the tragic fate of an eleven-year-old boy accused of stealing at a

local market. Along the way, the unnamed narrator reconnects with old friends, a former girlfriend, and extended family, and slowly begins to reconcile the profound changes that have taken place in his country and the truth about himself.

Raised in Nigeria, Teju Cole attended college in the United States and now lives in New York. His critically acclaimed debut novel, Open City, won the PEN/Hemingway Award and was a finalist for the National Book Critics Circle Award. He is currently the photography critic of the New York Times Magazine and Distinguished Writer in Residence at Bard College.

Every Day is for the Thief concludes the library's "New African Writers" discussion series, which also featured works by Chimamanda Ngozi Adichie and NoViolet Bulawayo.

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

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

April 14, 2015 Volume 6 Number 14

ReNewbury thanks . . .

Hosts	Sponsors	Other Generous Contributors
<ul style="list-style-type: none"> Wells River Action Program (WRAP) Newbury Women's Club Blue Mountain Union School Newbury Elementary School The 25-member ReNewbury Steering Committee The 28 Newbury Community Group Facilitators The eight Orlow students & BRU students providing childcare 	<ul style="list-style-type: none"> Wellborn Ecology Fund / Bill Chastable Foundation New England Grassroots Environment Fund Wells River Savings Bank Woodville Quilting Sewing Circle King Arthur Row 4 Corners Farm NMA Essential / New York Life Wooden House Company Copies & More 	<ul style="list-style-type: none"> Allen Fuller Kraig Gings Elisbeth Pease BWJ Hospitality Committee Jill Stone Photography Robert Chapple Head Waters Farm Wells River Congregational Church First Congregational Church of Newbury Newbury Village Store Hugo Hutchinson Chip Conquest & Paylieman The hosts of Newbury and their owners The many contributors to the Stone Soup The Musical Ensemble from Newbury Elementary Shaw's Supermarket Also dozens of others from Newbury's wealth of support!

COTTAGE HOSPITAL

Easter Basket Raffle

HAVERHILL, NH Cottage Hospital Auxiliary awarded prizes from their recent Easter Dinner Basket Raffle. Pictured are Ann Edson of Mountain Lakes District, Haverhill who won a basket that included candy, sports equipment and a gift certificate from Hatchland Farms Shop. Pastor George Hemway of the Trinity Church

of the Nazarene won the major prize. Pastor Hemway opted to donate his winnings to the Trinity Church of the Nazarene Food Pantry. Numerous families will benefit from the gift cards which are normally used to purchase items for a traditional Easter Dinner. Pastor Hemway is holding a poster highlighting the Church's Food Pantry

which will be open on Saturday April 18, 2015 from 10 – 11:30 A.M. The Food Pantry will be open to all towns within Haverhill as well as Bath, Benton, Piermont, Warren, Newbury and Wells River residents. Donna Batchelder of Haverhill who was unable to attend the presentation won a basket containing coffee and a gift certificate from JM Landscaping, Nursery & Garden Center.

to the following local merchants who supported the annual Easter Basket Raffle:

- Dunkin Donuts
Woodsville, NH
- Wal-Mart – Woodsville, NH
- Hatchland Dairy
Haverhill, NH
- S. F. McAllister Jewelers
Woodsville, NH
- JM Landscaping, Nursery & Garden Center
Bradford, VT

Cottage Hospital Auxiliary extends a sincere thank you

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.

Not all Times are Trendy but there will always be Trendy Times April 14, 2015 Volume 6 Number 14

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HAVERHILL, NH Modern Chalet built in 2003 offers spacious rooms, cathedral ceiling in living room, open loft room with master bedroom adjacent. 2 first floor bedrooms, open concept Living Room, Dining and Kitchen. Access to 2 lakes and beaches that Mountain Lakes offers. 30 Minutes to skiing. Turn Key. \$136,900.

HAVERHILL, NH Log home- Living Room, Kitchen/Dining Area, cathedral ceiling, 2 Bedrooms first floor, Loft area, 2 Bathrooms, finished lower level with walk out, laundry, 2 car detached garage, bordered by 8 Acres of common area. Enjoy the Mountain Lakes amenities. Short Sale. \$115,000.

BATH, NH Mountain Views, fields and woods enhance this lovely Ranch with a wonderful kitchen for the one who loves to cook, 1st floor Family Room with wood stove, Formal Dining, Sitting room off the Living Room, 1st floor Master bedroom with whirlpool tub, lower level is finished, rock ceiling, landscaped variety of plantings. 2 Acs. Move in condition. Country setting but only 10 minutes from town shopping. \$ 238,900.

PIERMONT, NH Single Wide Mobile home with nice additions is modest in construction, but offers lot of nice living area. Three Bedrooms, 1 full bathroom, attractive pine board finish. Extensive attached garage and shop located in rural Piermont with long road frontage on Eastman Brook. Year round home. Situated on 3 acres, suitable for some animals. \$ 89,500.

LITTLETON, NH Imagine waking up on your own horse farm. Main barn consists of 5 stalls with turn out off the stalls, large tack room, high ceilings, electric, good size Hay Barn, smaller 3rd barn to store hay with chicken coop and run in for the ponies. 12.9 Acres of rolling pastures. Mower run in shed. Ranch style farm home with a large entry to the open concept Living Room with fireplace along with a patio overlooking the farm, Dining area and kitchen with plenty of cabinets, 2 Bedrooms, hardwood floors and more. Great place to relax and ride. \$ 195,500.

WOODSVILLE, NH Great opportunity to own your own home. One level living with Living Room, Eat-in Kitchen with appliances, 2 Bedrooms and Den area. Laundry hookups on first floor. This 14 x 60 mobile home is situated in downtown Woodsville on its own level 0.30 lot. Paved driveway, public utilities, metal roof, internet service. Close to shopping, banks and more. \$ 185,000.

KELLY'S VIDEO

DVD Rentals • DVD Sales
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Monday - Saturday 10-9 • Sunday 2-8
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www.beginrealty.com

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Councilor Joe Kenney, Sheriff Doug Dutile
and other special guests!

WEDNESDAY, APRIL 29TH, 2015
from 5:30PM TO 7PM

HORSE MEADOW SENIOR CENTER
91 HORSE MEADOW ROAD, NORTH HAVERHILL, NH

- RSVP BY APRIL 27TH -
and get your name entered to win a gift certificate to a local business. Must be present to win.
(603) 279-1459 or jeanie@jeanieforrester.com

Paid for by Friends of Jeanie Forrester, Rusty McLearn, Chairman

Oliverian, An Alternative High School, Gives Back

By Olivia Acker, Maya Centeno, and Hannah Greatbatch

Have you heard of the Empty Bowl Project?

The Empty Bowl Project, an international fundraiser aiming to end hunger around the world, has come to the Upper Valley. The project, which originated in Michigan in 1990, invites community members to craft handmade bowls, and then eat soup together out of the donated bowls. Participants are encouraged to keep their bowls in exchange for a donation to a local organization dedicated to feeding the hungry.

Bessa Axelrod and Liz Swindell, teachers at the Oliverian School in Pike, NH, organized an Empty Bowl fundraiser at the school this winter, with the help of students and staff. Ms. Axelrod, Director of Art, and Ms. Swindell, Dorm Parent, first introduced this idea to the school community in the fall.

Students and staff were asked to work together with

their dorms to create bowls in our pottery studio. At a recent family weekend event, parents, staff and students were encouraged to buy one of the completed bowls as a reminder of all the hungry people and empty bowls in the world. Rather than price each bowl, community members were asked to make anonymous donations. The bowls sold quickly, and ultimately raised over \$400 for the Horse Meadow Senior Center in North Haverhill, NH.

Head of School Will Laughlin was very pleased with the entire process. He said, "The Empty Bowl Project represents the spirit of Oliverian: We stand shoulder to shoulder, staff and students, creative and meaningful."

Oliverian students come from all over world, and express gratitude to this community for making them feel welcome. Students wanted

to help out and give back in a different way, and to help those less fortunate in our community. Senior Chris Geleske, of Illinois, didn't create a bowl of his own, but "is proud to be a part of a school that is aware of its community and all it does for us, and tries to give back."

Everyone who participated in the event was proud to be a part of it. Oliverian parent, Deborah Kaple, said "My daughter found a school that she enjoys, and giving back to the community feels great which is why we bought two bowls!" One of the artists, Dorm parent Reed McFarland, was happy to have the opportunity to help, and said the process of creating the bowls "was a valuable bonding experience with my residents."

The Horse Meadow Senior Center, whose mission is to help older adults and adults with disabilities living



in our community with their health and independent living, was very grateful for the donation. Deb Foster, Director of the Center, was happy to tour Oliverian representatives around the busy facility. Volunteers deliver 90-100 homemade meals a day, and also provide hot meals at the

Center for an additional 40-100 daily visitors. The money donated by Oliverian will be put towards cooking nutritious, balanced meals for area residents in need.

To learn more about the Empty Bowls Fundraiser, or to start your own, please see emptybowls.org.

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

WELLS RIVER Think Spring! Check out these 0 Down Offers

2014 Chevy Cruze #15007A, FWD, 4dr, 1.4L Turbo, 6 Speed, 42 mpg \$16,653 \$229⁹⁶ A MONTH	2012 Ford Focus #40295, SE, 4dr, 2.0L, AT, 28 mpg \$13,213 \$209⁹² A MONTH	2013 Chrysler 200 #40290, LX, 4dr, 2.4L, Nice, 31 mpg \$14,586 \$201⁹² A MONTH
2011 Chevy Impala #24222A, LT, Heated Leather, Moonroof, Low Miles \$14,519 \$229⁸⁹ A MONTH	2011 Jeep Grand Cherokee #24295A, Limited, 4x4, Moonroof, Navigation \$26,939 \$424⁹¹ A MONTH	2013 Chrysler Town & Country #40320, Touring, Leather, DVD, Side-N-Cur \$19,889 \$274⁹⁸ A MONTH
2011 Chevy K1500 #25101A, WT, 4x4, Reg. 4.3L, AC, Tow \$17,987 \$284⁰⁹ A MONTH	2011 Chevy K1500 #24167A, Z71, 4x4, Xcab, 5.3L, Nice \$23,883 \$376⁹¹ A MONTH	2012 Chevy K1500 #24106A, Z71, 4x4, Xcab, 5.3L, Tow, Low Miles \$27,950 \$439⁹² A MONTH
2012 Toyota Tacoma #25147A, TRD Sport, 4x4, Crew, SRS, Tow \$28,852 \$454⁰³ A MONTH	2014 Chevy K1500 #25106A, Z71, 4x4, DDL, Leather, All-Star, 5.3L, Tow \$31,892 \$438¹⁹ A MONTH	2013 Chevy K1500 #24102A, Z71, 4x4 Crew, All-Star, 5.3L, Tow \$31,255 \$429⁹⁹ A MONTH

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NEW YORK LIFE

April 14, 2015 Volume 6 Number 14



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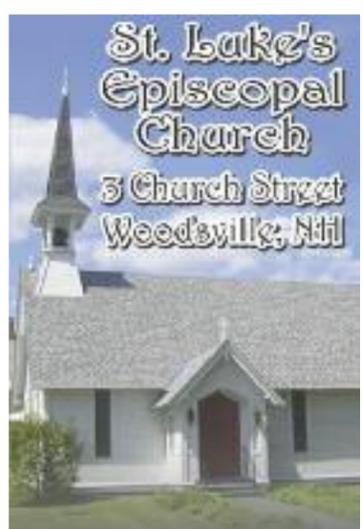
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Better Homes AHEAD

Syringe Warning

Awarded Community Development Block Grant

LITTLETON, NH—Affordable Housing, Education & Development, Inc. (AHEAD) has been awarded a Community Development Block Grant to assist New Hampshire residents of pre-1976 mobile homes to transition to safer, energy-efficient factory-built homes through the Better Homes AHEAD initiative.

“We’re coming to the end of a tough winter, and people living in older mobile homes spend a huge portion of their incomes on the cost of heating these very inefficient units,” said Larry Berg, business manager for Better Homes AHEAD. “Repairs to these older units can be prohibitively costly.”

Better Homes AHEAD (BHA) offers attractive, affordable, efficient homes in many factory-built models all meeting EnergyStar standards. In a partnership with the Next Step® Network, Inc., Better Homes AHEAD offers both modular and manufactured homes.

The main goal of BHA is to help resource-limited households transition from older, often unsafe, and inefficient mobile homes into the newer, safer, energy efficient homes. The Grafton County Community Development Block Grant allows BHA to

offer grants of up to \$18,000 to income-qualifying households on private land or in Resident Owned Communities to help transition into energy-efficient manufactured homes.

The grants will help cover the costs of removing an existing unit, installation of permanent foundation, utility connections, transportation of the new unit, and temporary housing during the transition. BHA will also connect consumers with homebuyer education and financial counseling.

Grants are available on a first-come, first-served basis. Details are available by calling Berg at 603-444-6637 or emailing him at lberg@betterhomesahead.org.

AHEAD was founded in 1991 with a mission of providing affordable rental housing, financial education, and homeownership opportunities to residents of the North Country.

Since its inception, AHEAD has provided thousands of families and individuals with affordable rental apartments; assisted families in purchasing their first homes; and provided successful financial coaching and foreclosure mitigation services. A chartered member of NeighborWorks®

America, AHEAD also owns and operates fourteen properties in the North Country with more than 300 affordable apartments for families and seniors.

Through its Better Homes AHEAD initiative, the non-profit organization endeavors not only to provide safe, affordable housing in the region, but to also create a revenue stream that will help support its mission.

To learn more about Better Homes AHEAD, please visit the model home center Tuesday through Saturday from 8 a.m.-4 p.m. More information is available at betterhomesahead.org or by calling 603-444-6637.

The Haverhill Police Department is warning all residents of the danger of used syringes. If you see a discarded syringe, please do not touch it. It could be harmful to your health. Instead, please contact the Haverhill Police Department at 787-

2222 with the exact location where you saw it.

Parents, it is very important that your children understand this message. Please tell your children to tell a responsible adult if they see a discarded syringe and DO NOT TOUCH.

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12 Haverhill Garden Club Offers Scholarship

The Haverhill Garden Club will once again be offering a \$500 scholarship for a graduating senior who plans to attend an institute of higher learning to study Horticulture, Agriculture, Forestry or Environmental Science. Students from Barnet, Bradford, Ryegate, and Newbury VT and Haverhill, Pike, Piermont and Woodsville, NH are eligible to compete.

Applicants must submit an essay of at least 400 words explaining why they chose their particular course of study and how they hope to use their education. A separate cover sheet with the student's name and address should accompany the essay.

Applicants must also submit a letter of recommendation from a teacher or administrator at their school stating why the applicant would be an appropriate recipient of this award. Other relevant references will be accepted. The essay and accompanying materials must be postmarked by May 1, 2015 and mailed to:

Haverhill Garden Club Academic Award Committee
Attention: Joyce Tompkins, Chairwoman
907 Route 25 C
Piermont, NH 03779

All contenders will be notified of results via USPS by 5/15/15

Dear Marci...

Dear Marci,

I have some chronic health care conditions, and have to take several prescription drugs to manage them. I spend a lot of money on Medicare prescription drug copays each month, and I'm struggling to keep up with these costs. My friend told me that I should see if I can apply for the Extra Help program. What is the Extra Help program?

Barbara

Dear Barbara,

Extra Help is a federal program that helps people with limited incomes to pay the costs associated with Medicare prescription drug coverage (Medicare Part D). Extra Help is administered by the Social Security Administration. To qualify, you must meet income and asset guidelines that are determined by the federal government each year. If you are single in 2015, your monthly

income must be below \$1,471 (\$1,991 for couples), and your assets must be up to \$13,640 (\$27,250 for couples) in order to qualify for Extra Help.

In order to have Extra Help, you must get your prescription drug coverage through Medicare Part D. You can get this coverage through a stand-alone Part D plan that works with Original Medicare, or through a Medicare Advantage plan that includes prescription drug coverage. Extra Help does not work with other forms of prescription drug coverage, such as coverage from an employer. If you do not have a Part D plan, Extra Help gives you a Special Enrollment Period to enroll in a Part D plan outside of typical enrollment periods.

Depending on your income and assets, you may qualify for either full or partial Extra Help. With either program, you will never have to pay the full cost of your drugs as long as you take medications that are on your plan's formulary—its list of covered drugs—and you buy them at a pharmacy in your plan's network. You also can use a mail-order pharmacy with Extra Help. Extra Help can also assist with your monthly Part D premium and annual deductibles.

Apply for Extra Help through the Social Security Administration. You can call the National Hotline at 800-772-1213, or visit your local Social Security office. You also can apply online at <http://www.ssa.gov/medicare/prescriptionhelp/>.

Know that some people may get Extra Help automatically; people who have a Medicare Savings Program, receive Supplemental Security Income (SSI), or have Medicaid all receive Extra Help.

If you do not qualify for Extra Help, your state may have a State Pharmaceutical Assistance Program (SPAP) that can assist with prescription drug costs. Eligibility requirements and program benefits may vary, depending on the program. Contact your local State Health Insurance Assistance Program (SHIP) to see if there is one available in your state. To find your SHIP, visit www.shiptacenter.org or call 877-839-2675.

Click here to read more about Extra Help and to learn about whether you may qualify for Extra Help. Click here to learn about other programs and ways that can help lower your prescription drug costs.

Marci

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Trendy Times reserves the right to accept or reject publication of any letter to the editor or submission of any nature for any reason, of course you will need to be really out there for us to turn you down. However, we do reserve the right to make slight changes to submissions for readability purposes. Thank you for your understanding.



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OBITUARY – SHIRLEY MAE WAGNER



Monroe Community Church of Monroe and the Methodist Women's. She was also a member of the "Chat'n Chew" of McIndoe Falls, VT. Shirley worked at the former Kelly's Market in Woodsville for a time. She loved spending time with her family and grandchildren.

She was predeceased by her daughter, Karen Wagner; a grandson, Jordan Wagner; and a sister, Roberta J. Harris.

Survivors include her husband of 63 years, Robert L. Wagner of North Haverhill, NH; a son, Glenn Wagner and wife Sandra of Monroe; a daughter, Roberta Higgins and husband Daniel of Lisbon, NH; eight grandchildren, Robert A. Weddermann and wife Dora, Kara Heath and husband Ryan, Tyler Emerson and girlfriend Mele Bouchard, Ashton Wagner, Larkyn Wagner, Baylee Wag-

ner, Kennedy Wagner, and Dayton Wagner; 4 great grandchildren, Stefan and Sean Weddermann and Madison and Owen Heath; a brother, Jack Harris and wife Angie of Andover, N.J.; several nieces, nephews, cousins, and sisters-in-law.

There will be no calling hours.

A graveside service will be on Saturday, May 9th, at 10 AM at the North Monroe Cemetery with Rev. Earl Brock from the Monroe Community Church officiating.

In lieu of flowers, memorial contributions may be made to a charity of one's choice.

For more information or to offer an online condolence, please visit www.rickerfh.com Ricker Funeral Home & Cremation Care of Woodsville is in charge of arrangements

Monroe, NH - Shirley Mae Wagner, 82, died on Friday, March 27, 2015 at the Cottage Hospital in Woodsville, NH.

Shirley was born in Newton, NJ, on February 3, 1933, the daughter of Arthur B. and Maude H. (Teel) Harris.

She graduated from Newton High School in Newton, NJ with the class of 1951. She married Robert L. Wagner on November 24, 1951. In May of 1988 Shirley and her family moved to Monroe from Highbridge, NJ. Shirley was a member of the

Earth Day Art And Planting For Kids April 18

LITTLETON – If you're looking for a great way to have fun with your kids or grandkids and have them learn something about nature, put Saturday April 18 on your calendar!

Join Ammonoosuc Conservation Trust in a family-friendly Earth Day celebration with activities that are great for little hands.

We'll be tending to seedling sunflowers, and planting scarlet runner beans in recycled containers. Everyone will have the opportunity to decorate a container and take home a baby sunflower and a bean plant for planting in your own garden. This is a great opportunity for kids to have fun, and go home with a plant that they can nurture from a tiny seedling into a big flower.

We'll also walk along the Ammonoosuc River loop in Littleton to help clean up the parking lots and areas near the river. Gloves and bags will be provided to everyone who

wants to participate.

This event on Saturday, April 18 is at the Loading Dock in Littleton from 3:30-5:00 p.m. Cost of attendance is \$5 per person including all art supplies plus healthy snacks provided by ACT. Recommended ages are K-6. Directions to the Loading Dock, which is on Mill Street, can be found at www.theloadindocknh.org. ACT staff and volunteers and Jason Tors of the Loading Dock will lead the festivities.

Earth Day began in 1970, and it is an important day that is celebrated worldwide to protect the environment. As the North Country's land trust, forever conserving farms and forests, ACT invites you to join us in celebrating this exciting day.

For more information, contact Lianna Lee at the Ammonoosuc Conservation Trust, 603-823-7777, e-mail outreach@aconservaion-trust.org.

Letter To The Editor

WELCOME HOME – THANK YOU FOR YOUR SERVICE

On Saturday, April 18th, the State of NH will recognize and Honor Vietnam Veterans with a third Welcome Home Ceremony. This year's special event will take place at the Pease Air National Guard Base in Newington, NH at 2pm. The first event on March 30th, 2013, at the Armory in Concord, was held to coincide with the 50th anniversary of the war and 40th anniversary, to the day, of the return of the last of our combat troops. More than 2500 people including the Governor and our Congressional Delegation attended the Concord and Whitefield ceremonies. These were memorable occasions for the veterans and their families, a far cry from the insults, name calling and boos they received on their arrival home.

Some 46,000 Vietnam and Vietnam-era veterans live in NH. The intent is to make this an annual gathering at different locations throughout the state and each time to say "Thank You for Your Service" and "Welcome Home", a greeting never received 40 plus years ago.

Speaking on behalf of my fellow Vietnam Veterans I can say we greatly appreciate

ate the long overdue recognition and thanks, but we want to make sure no other soldier coming home from war and conflicts would ever have to go through what we did a generation ago.

So anytime you have the opportunity, thank the members of the military, past and present, especially those returning from a war zone. Be especially mindful of our disabled and paralyzed veterans and the sacrifices they and their loved ones have endured, and to the families of those who have paid the ultimate sacrifice – words cannot express our gratitude and sorrow.

I encourage all veterans along with active and former members of the military to join in the celebration, in a show of support for one another and our country.

Let those who wish to bring us harm know that we stand together and will never allow our freedoms to be denied.

Families, friends and the public are welcome and urged to attend.

John O'Brien, Orford, NH
Vietnam Veteran 1969-1970

John,

First and foremost, thank you for your service. Also thank you for the information about this year's Welcome Home Ceremony. I can not echo your sentiments enough. Whether it was during times of conflict, or during our way too seldom times of peace, those who step forward and serve should be thanked. They should also be given the respect they have earned, and access to the benefits they have also earned.

Once more, thank you to all our veterans.

Gary Scruton, Editor

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Control Your Emotions In Volatile Markets

For the past few years, the stock market has moved up fairly steadily, with no major "corrections." But thus far in 2015, we've already seen periods of volatility — enough, in fact, to make some investors jittery. Nervous investors may be more prone to make decisions based on short-term market movements — so how can you stay calm?

First of all, when evaluating your investment decisions, stay focused on those factors that have historically driven stock prices. The U.S. economy is growing at a reasonably good pace, and corporate earnings remain fairly strong. Plus, stocks may not be as undervalued as they were a few years ago — as measured by the price-to-earnings ratio (P/E) — but they still aren't overly expensive, either. Things can change, of course, but when market volatility seems to be primarily caused by short-term events, such as plunging oil prices, it's important to look beyond the headlines to these less

glamorous, but probably more important, fundamentals of good investing. By doing so, you can help avoid making fear-driven investment choices.

What else can you do to help ensure that you don't let feelings of anxiety influence your investment moves? For one thing, evaluate your investment mix. If you own too many stocks and stock-based vehi-

cles, you could take a big hit if stock prices fall sharply during periods of volatility. Historically, however, bond prices have typically increased when stock prices fell — although, of course, there are no guarantees. So, if your portfolio consists of stocks and bonds, you are better positioned to weather the harshest effects of market turbulence.

To further prepare yourself for downturns, you may also want to diversify your fixed-income holdings to include investments such as U.S. Treasury bills, certificates of deposit (CDs) and municipal bonds. The percentages of each type of investment within your portfolio should be based on your goals, risk tolerance and time horizon.

Finally, you can help yourself maintain an even-keeled approach to investing by always looking for quality. Typically, higher quality investments fare better during market declines and recover more quickly when the markets rebound. How can you judge whether a particular investment is of good "quality"?

A long-term track record is useful to study. It's certainly true that, as you have no doubt heard, "past performance is no guarantee of future results," but it's nonetheless valuable to know how a particular stock, for example, has performed in various economic environments. If it seems to have done well relative to others in its industry and over long periods of time, that may give you a good idea of its quality.

It's never easy to take all the emotions out of investing, especially during periods of market volatility. After all, you count on your investments to help provide you with the type of future you've envisioned. But by focusing on the fundamentals, putting together an appropriate investment mix and constantly looking for quality, you can help "de-stress" yourself — and, as the American poet, novelist and historian J.G. Holland once said, "Calmness is the cradle of power."

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

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Dry Goods

By Elinor P. Mawson

Not long ago in an antiques shop I spied a huge sign that said "Dry Goods" and it immediately brought back a hundred memories.

When I was about 5 or 6 years old, I decided to go into business. I moved a small table and chair across the road from where we lived, put a few articles (I forget now, what) with a sign that said, "Elinor's Dry Goods". When nothing happened, I terminated my entrepreneurship on the spot.

As time went on, I would accompany my mother to a

wonderful store called "London's Dry Goods". It was operated by a very interesting man and his son, Richard. The store was very quiet, acoustically, because of all the fabric-related items in it. The inventory consisted of housedresses, aprons, hats and mittens--and in the back, a huge amount of yarns and other materials related to handiwork. That part of the store, and the section that sold Ship 'n Shore blouses were my favorite haunts.

When I learned to knit (I was about 12) I would take

my strawberry picking money and buy enough yarn for a sweater. I'm sorry to say I had a lot to learn, as I would knit awhile, look at my work, and then take it out and start all over again. I had better luck with argyle socks; my husband still remembers the colorful footwear I would give him for his birthday.

One of the down sides of the store was Richard, the son. He was always saying odd things--I think he had trouble with social skills--and I was always happy to shop when he was somewhere else.

He would call his father "Lamebrain".

I don't know when the store went out of business; I know I missed it for a long time; maybe the malls took over, or we moved, or something. I do know that there has never been another store like it for me.

Back to the sign. I had to explain to the man who owned it that dry goods are things that don't break if you drop them on the floor.

And of course, I bought the thing. We hung it up this morning. I love it.

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This compound is specifically indicated for the treatment of nerve and muscle spasms, nerve trauma, nerve injury, and nervous agitation. As a restorative, it repairs the vital force after injury, trauma, or shock. It is specifically useful in the treatment of anxiety, insomnia, hyper-excitability, tension, nerve exhaustion, and nerve disturbances. This compound can also be used as an anti-viral agent for the treatment of shingles and herpes. This formula has been used successfully to aid individuals "quitting smoking" drug addictions and alcohol addiction.

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

PASSION FLOWER, LEAF AND HERB: (Passiflora Incarnata), A primary nervine, anti-

spasmodic and sedative, high in flavonoids, and effective for a broad range of nerve disorders, including Parkinson's disease, epilepsy, shingles, neuralgia, anxiety and severe depression. A specific for almost every nerve, insomnia, and seizure condition, for rest and relief without the accompanying "narcotic hangover", effective in a formula to overcome alcohol abuse; in a treatment for asthma spasms; as part of a formula to relieve the pain of shingles.

ST. JOHN'S WORT HERB: (Hypericum Perforatum), A strong anti-viral, analgesic, anti-inflammatory, and anti-depressant. Primary Uses: for control of viral infections, such as staph, strep, HPV and HIV viral strains; for reduction and control of tumor growths, both malignant and benign; for nerve pain control in conditions such as sciatica, neuralgia, and rheumatism; and for "mental burnout" conditions, such as Chronic Fatigue Syndrome (EBV). Secondary Uses: to help rebuild strong nerve structure, and mild immune stimulation, and for topical trauma conditions, such as skin cancers, varicose veins, scrapes and burns. Vitamin C.

OATS & OATSTRAW: (Avena Sativa), A strong nutritive nervine for depression, and an effective herbal calcium and silica source. Primary Uses: as a primary source of calcium to strengthen nerves, and overcome debility; as part of a formula for skin problems. Nutrients: Calcium, folate, iron, magnesium, manganese, phosphorus, potassium, sele-

nium, zinc vitamins A, B1, B2, B3, B5, B6 & E.

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

CHAMOMILE FLOWERS: (Matricaria Recutita) A soothing tonic herb with absorbable calcium, that improves digestion and assimilation and relaxes nervous tension. It is both an anti-inflammatory and anti-fungal, and is effective internally and externally for these conditions. Primary Uses: as a specific in formulas for insomnia and stress; and to soothe a nervous stomach, relieve indigestion, gas and flatulence, and calm shattered nerves; as part of a digestive formula where there are ulcers, gastritis and poor enzyme activity. Vitamins B1, B3 & C.

SCULLCAP HERB: (Scutellaria Latiflora), An aromatic powerful nervine, with wide

ranging sedative, anti-spasmodic and calming use. Primary Uses: as a specific for every nervous system problem, including D.T.'s, insomnia, hysteria, convulsions, tremor and palsy, muscle tics and twitching, neuralgia, Parkinson's disease, vertigo and many others; for nervous tension and emotional upset; an excellent herb for a formula to break alcohol and drug addiction. Nutrients: calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. vitamins B1, B2, B3 & C.

VALERIAN ROOT: (Valeriana Officinalis), A strong pain relieving safe sedative herb for insomnia, anxiety, and de-

pression, without narcotic side effects. It is also an effective anti-spasmodic and healant to the nervous system. Primary Uses: as a specific in any and all combinations for nervous tension, stress, insomnia; a specific with feverfew for the relief of migraine and cluster headaches; as a cardio-tonic agent to normalize heart palpitations while strengthening circulatory activity; as part of a safe calming formula for hyperactivity and restlessness in children; as part of a combination for hypertension and high blood pressure. Nutrients: calcium, choline, essential fatty acids, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. vitamins B1, B2, B3 & C.

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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The Best Roasted Sweet Potato Horse-Fries

Don't panic...No horses were injured in the making of this recipe! So why are they called "Horse Fries?" I'm not sure if it's a local colloquialism, but over the years I have seen area restaurants label large wedges of fried potatoes by this name, so I assume it is a reference to the fact that they are wide and substantial; not the usual stick-shaped French fry. Now that we're clear on that point, and you can rest assured that I am no threat to the equine

population, here's the rest of the story:

I am a lover of all things sweet potato, and since they are so full of vitamins and minerals, I feel a lot less guilty eating them in fry form, than I do regular potatoes. What I've discovered along the way, is that I actually like them better as an oven fry, EXCEPT for the fact that they don't always have a crispy texture, but tend to be kind of limp...probably because of

their high moisture content. I decided to try to fix that, and I am glad to say that I think I have! My first change was to resist the urge to slather them with oil, much of which gets absorbed and does nothing to crisp the exterior. How about replacing the oil with a thin swab of mayonnaise, which really is not much more than oil with eggs and emulsifiers? Yup, it was a light bulb moment – those same emulsifiers that help bind mayonnaise together, pre-



vented it from being absorbed much into the fry, whilst adhering itself (along with any seasonings) firmly to the outside to create browning and crisping...perfect! Next, in order to achieve maximum surface area being exposed to circulating heat, I placed those fat little wedges with their rounded bottoms on the pan, allowing plenty of elbow room between them, so no steaming could occur. I finished by roasting the whole business at a high heat, and let me tell you, when those Horse Fries emerged, they were not only a lovely golden color, with a sweet-and-savory flavor, but they also actually had some crunch to them...something I had heretofore been unable to achieve in an oven-roasted sweet potato. Whoopee! Ride 'em, cowboy!

- Mayonnaise
- Salt
- Pepper
- Chipotle chili powder (or seasonings of choice)

Preheat oven to 425°F. Peel the sweet potatoes; cut in half length-wise, then cut each half length-wise again into 3 wedges (6 wedges per potato.) With a pastry brush, paint all surfaces of each wedge with a thin coating of mayonnaise, and stand each wedge on its outside edge on a foil covered baking sheet. Do not overcrowd. Liberally season each wedge with salt, pepper, and chipotle powder (or your chosen seasonings, such as chili, paprika, curry, etc.) Place in preheated oven and bake for about 20 minutes, or until browned and fork-tender. Remove and serve immediately.

• 1 Sweet potato per person

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