

TRENDY TIMES

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MAY 26, 2015 VOLUME 6 NUMBER 17

Operation Hat Trick & OHS

The Oxbow High School Baseball and Softball teams joined forces with Operation Hat Trick (OHT), a nonprofit organization that brings awareness and support for the recovery of wounded American service members through the sale of Operation Hat Trick branded merchandise. The proceeds are donated to organizations supporting OHT's mission. With OHT, the teams created a camouflage hat sporting Oxbow's signature purple logo to help raise funds for Vermont veterans.

Hank Van Orman, Athletic Director, said of the project, "It was a way for the greater Oxbow community to



give back to those who have selflessly given so much." A special ceremony was held on May 14th with both teams honoring the sacrifice made by veterans. The OHT hats were unveiled, the Oxbow band played and the pledge of the allegiance was recited.

OHT has donated more than \$150,000 to veteran organizations to support efforts such as providing adaptive

equipment for amputees, training service dogs, aiding with emergency needs, and funding recovery programs to help veterans return to their communities.

Those wishing to participate by purchasing a hat can do so at the Oxbow front office for \$16. For further information contact Hank Van Orman, Athletic Director at hvanorman@oxbowhs.org



Veteran Cindy Clemence along with other veterans were honored by the Oxbow High School Baseball and Softball teams and the community on May 14th. The teams partnered with the nonprofit organization Operation Hat Trick to design signature caps for a fundraising initiative. The proceeds will be used to support Vermont veterans.

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TRENDY Dining Guide

Happy Hour

By Gary Scruton

There is probably no surprise to our regular readers that I am again writing about the Happy Hour Restaurant on Main Street in Wells River. The good thing is that I so enjoy eating at this fine establishment that I can always find something more to write about.

This time I will get right to the meal that my wife and I enjoyed. That description begins with a bit of an unusual fact. That fact is that we both ordered the same meal. One of the benefits of eating out is that each person gets to have just what they want. No need to ask the cook to whip up something different just for one person. That is, after all, one of the key elements of a restaurant.

Anyhow, we did agree on this evening that the Happy Hour's Thursday Fish Fry was just the ticket. The meal is a reasonable \$14 and starts out with a trip to the salad bar. I'm sure that the Happy Hour's salad bar was not the first one, but it certainly has been a fixture now for many years. One of the

aspects that I always take advantage of is to cut my own slice of home made bread. The loaves that you will find are always covered up with a linen napkin that keeps it fresh as well as offers an ideal manner to hold the loaf while slicing. Another favorite is the bucket of baked beans. In between there lies a nice variety of items to create your own personal masterpiece salad.

I can mention here that the staff always seems to be on top of the timing for meals. We had just about finished our salads when the fried haddock arrived. And as it has always been, there was no skimping on the portions. The two portions of fish, on each plate, each came with potato. On this evening I went with the traditional french fries while my wife settled on the baked version of potato.

Of course adding a beverage to any meal is something that is also part of the dining out experience. Whether you want just a glass of water, or if you want

something from the bar tap, or perhaps a glass of wine, or even some more exotic adult beverage the staff seems to be able to offer something that suits your mood.

One bad thing about getting this fish fry is that there is almost never room for any deserts.

As I have done before, and as I will do again without hesitation, I will recommend the long established and well staffed Happy Hour Restaurant. Whether for a quick lunch, a group meeting, or a relaxing evening meal, you are bound to see a friend or neighbor when you make this Wells River staple the choice for something great to eat.



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In Vino Veritas – Bottle Twenty Eight

“In Wine There Is Truth – And Beauty”

By Robert Roudebush

QUESTION - I've been a loyal reader and conversation partner of yours for some time now and I've learned a little about wine over time. Been a while since you told me just why you like it so much.

ANSWER – Careful what you ask for.

Q - I'll tell you when to stop.

A – There are few pleasures more fulfilling than a fine glass of wine. Or even just a good glass of wine. But there are a few. There are a couple I can think of right off the bat, but this a family publication. One of them I can mention in print is a great glass of beer, which I also enjoy. Nothing wrong with a good scotch and water. I've been known to appreciate excellent bloody marys. Everything in moderation. Another pleasure is a great conversation among spirited people, and I've become fond of sunsets and great little Sheltie dogs just lately. But in terms of wine, from its fragrant bouquet to beautiful color to its elegant taste, wine is a delight to the senses in so many ways. Hell, even when people toast, and clink their glasses, there's another sense being pleased.

Q - I can handle a little more.

A - No one knows which culture was the first to make wine, but we do know that over the centuries, wine has meant many things to many peoples, many civilizations.

Q - Like what things to what people?

A – Well, those old Greeks worshiped it in the guise of the god Dionysus. And the old Romans thought it a necessary accompaniment to any banquet. I dig that. They often served “watered wine” to the youngest among them. Read your history, especially during those nasty times of the black plague in Europe, in England, and you'll know that wine, and even beer, played the effective role of a primitive medicine, a disinfectant. The religious nuns caring for sick people were among the first to discover that, somehow, they did not know how, if

they used wine or beer to clean wounds, or wash their hands, or clean instruments, there was less infection spread around and people healed faster. Those medical sisters even learned to dampen face masks in spirits before they put them on and that process cut down their own levels of infection as they treated the sick. The magic ingredient, of course, was alcohol, a germ killer then and now.

Today, wine is enjoyed mostly as a purely aesthetic pleasure, rather than medical, and it continues to inspire and to fascinate. Over the years, more people than ever have adopted wine drinking as part of their lifestyles. While appreciation of its gifts have remained constant throughout the years, only recently is wine once again being given its due as a healthy pleasure. The message we hear repeatedly from medical universities and clinical studies is that when wine, especially red, is drunk in moderation, it is not just an enjoyable beverage, but a healthful one as well.

And if you can handle me dropping some famous names, from Euripides to Julia Child, Julio Iglesias to Fess Parker (of Davy Crockett TV fame) to Robert Mondavi, to Andrew Lloyd Weber, to filmmaker Francis Ford Coppola, all wine lovers, and sometimes producers, throughout history they have all shared insights through

their work and philosophies on the joys that a fine wine can bring.

“Maybe Plato was right when he called wine the gift from the gods. A simple beverage, a marvelous dinner partner, a work of art, wine is a treasure in so many ways. To me, wine is about enjoying the company of friends, colleagues and family. It's about rejoicing in the best life has to offer.” - this last paragraph comes from Marvin R. Shanken, Editor and Publisher, THE WINE SPECTATOR, in THE LITTLE BOOK OF WINE.

Q - OK, stop. What else?

A – Let's pick up where we last left off, in Bottle 27.

Q - What was that all about?

A – We were looking at a great bottle of wine YOU had recently enjoyed, called PRIMITIVO, an Italian type of ZINFANDEL and I was impressed about how good it was and I challenged you to look up a couple things about it – did you do your homework?

Q - Yes I did. Here is the story. PUGLIA, where this wine came from, is in the boot-heel of southernmost Italy, about as far away south into the Adriatic Sea from Venice as you can travel on land. This region contains the famous coastal cities of Bari on



the east and Gallipoli to the west. If you go as far west as Palermo, Sicily, you've gone way too far. PILLASTRO on the label tells me who produced the wine. How about that?

A – Not bad at all. And you'd be thinking that the growing climate there would be on the cool side or warmer, and how would that affect the wine?

Q - Warm side and that indicates a longer growing season, more full-bodied reds, with a resulting higher alcohol content, big bold wines that benefit from a little patience when you lay them down to age a little.

A - Could not have said it better myself. So you can't study wine without studying

geography, right? Like travel in a bottle. Leave you today with a short thought or two – here is what the famous astronomer and physicist Galileo said about wine, you'll never forget it - “WINE IS LIGHT HELD TOGETHER BY MOISTURE.”. How about this quote - “HOME IS WHERE THE WINE IS”, from Actor and restaurateur Michael Caine. And finally, “WHERE THERE IS NO WINE, LOVE PERISHES AND EVERYTHING ELSE THAT IS PLEASEANT TO MAN” - that famous old Greek playwright, Euripides.

Editor's Note – Roudebush served for years in restaurants as a wine specialist and submits occasional articles on the wonderful world of wine – and sometimes quotes what really old people have said about it.



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I am pleased to report that based upon increased revenue projections, it appears that the Senate budget bill will be able to restore funding to many needed programs such as Meal on Wheels, Nursing Homes, ServiceLink, a new 10 bed crisis center at NH Hospital and provide needed support for emergency shelters and substance abuse treatment.

On another topic, I recently had the opportunity to chair a meeting involving representatives from three committees: education, children and family law, and health and human services. I would like to share some of the information presented that day with you. We received a report from an organization titled "New Hampshire Kids Count," in which data was offered on Granite State children from birth to 18 years. Several indicators are as follows:

- Two-thirds of our children live in the southern-most third of the state.
- Twenty-eight percent of students (47,586) in grades 1-12 qualify for the federally subsidized lunch program that is generally considered a proxy for poverty. Haverhill's rate is over 40%.
- Poverty rates are highest in New Hampshire's north country, but the largest number of children living in poverty reside in southern counties.
- Among low-income families, 43.7% are single parent households with children less than 5 years old. This situation is perpetuated with inad-

equate or expensive day care services.

- An average of nearly 1/4 of NH high school students participating in the 2013 Youth Risk Behavior Survey reported using marijuana at least once in the past month.
- From Hanover/ Lebanon in the south to Littleton in the north, Grafton County had the highest percentage of students scoring at or above proficient on both reading (89%) and math (72%).
- The lowest child population (under age 18) percentages are found in Carroll County (17.2%), Grafton County (17.4%), and Coos County (17.6%). In contrast, Hillsborough County has approximately 23%.

Further statistical data regarding topics such as family and community, health and wellness, education, and economic opportunity can be found in the NH Kids Count Data Book, which is available to the public (603-225-2264).

Lastly, during the next 30-day period, many bills will arrive on the House Floor with "germane," attachments. As a caution, many bills are changed by amendment, and in the last days of session, one cannot rely upon a title or a bill's original rational statement to understand the bill's contents. Although an amendment may be considered "germane" to a bill as introduced, amendments sometimes change the entire nature of legislation.

As always, I thank you for the opportunity of representing our community in Concord.

Meals On Wheels Funding And The State Budget

By NH State Representative Brad Bailey

There has been much said and written about the House Budget passed for the next biennium. Before I get to the "Meals on Wheels" program, I would like to set the backdrop for how we got where we are. During this session a vote was taken asking if representatives were in favor of an income or sales tax. Out of 400 members only three voted "yes". Clearly our constituents continue to overwhelmingly reject the addition of a new broad based tax in New Hampshire. This fact combined with a lack-luster economy makes for some tough choices.

The House budget was created based on income we project we'll have to pay for state government without any new additional sources of revenue. There was concern the

"Meals on Wheels" program would be affected by reduced funding for non-medical services. Questions were asked if the program could take priority in the Department of Health and Human Services, to which Commissioner Toumpas in a memo to the Chair of the House Finance Committee stated: "The Department of Health and Human Services will prioritize the home delivered meals services within the proposed funding level." "Meals on Wheels" provides a vital service to the elderly in our State and Commissioner Toumpas gave House members an assurance and commitment this will not change.

In addition, the proposed House Budget increased overall funding for the Department of Health and Human

Services by \$141 million. Health and Human Services will be allocated close to 40% of the state budget totaling \$4.1 billion over the next two years- more than any budget in New Hampshire's history.

Finally, what you may not have heard is this proposed budget of \$11.2 billion spends \$362 million more than the current budget. That's a lot of money. And while no one is happy with everything the budget funds or does not fund, the fact is we'll spend more on state government than we ever have, based on realistic revenues, with no increases in taxes or fees.

The Senate now has additional revenue figures to look at and will most likely make changes that will increase funding in certain departments.

Bath 250th Gets Donation

BATH, NH - Passumpsic Savings Bank is pleased to support the upcoming Bath 250th Celebration. Pictured here (left to right) are Bernie Prochnik, Chair, Bath 250th Committee; Carmen Menard, Passumpsic Savings Bank Littleton Branch Manager; Scott Solinsky, Co-Chair of Bath 250th Committee; Nancy Lusby, Committee member and Mary Cote, Passumpsic Savings Bank Business Banking Officer.

The weekend long celebration will be held on July 10-12 and will include food, music, a parade, games & activities for children, model train display, quilt & flower show, fireworks plus much more. All events are taking place on or near the Village Common. A commemorative license plate shown by the committee members in the



photo is available now at the Bath Town office. For more information on the celebra-

tion call Bernie Prochnik at 603-747-2212 or visit them on Facebook at BathNH250.

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

OCT Stages Pulitzer Prize Winner

Bradford, VT: Old Church Theater opens their June play, "Crimes of the Heart" by Beth Henley on Friday June 5th for a two weekend run. Performances are 7:30pm on Fridays and Saturdays and Sundays at 4pm; tickets may be reserved at 802-222-3322, or reservations@old-churchtheater.org. Admission is \$12.00, \$10.00 for seniors and \$6.00 for students.

Directed by Sheila Kaplow, "Crimes of the Heart" features Anne Fold-eak, Christine Williamson, Katie Cawley, Sarah Flickinger, Justin Pomerville and Andrew Stimson. The play won the Pulitzer Prize and the NY Drama Critics award for Best American Play in 1981. It was made into a movie in 1986 and got

3 Academy Award nominations.

The story is about three sisters who have gathered to await news of their grandfather, who is living out his last hours in the local hospital: Lenny, the oldest sister, is unmarried at thirty and facing diminishing marital prospects; Meg, the middle sister, is back home after a failed singing career on the West Coast; and Babe, the youngest, is out on bail after having shot her husband in the stomach. Their troubles, grave and yet, somehow, hilarious, are highlighted by their cousin Chick, and by the awkward young lawyer who tries to keep Babe out of jail while helpless not to fall in love with her.

Old Church Theater and



The cast of Old Church Theater's upcoming "Crimes of the Heart", opening June 5th in Bradford for a two weekend run. From left to right, Justin Pommerville, Katie Cawley, Andrew Stimson, Anne Foldeak and Sarah Flickinger (not shown: Christine Williamson)

the Colatina Exit Restaurant offer a dinner-theater for two on Fridays and Saturdays. Simply say "dinner-theater please"! The price is only \$54.99.

Old Church Theater is celebrating its 30th anniversary season. The July production is "Saving Grace" a comedy by Jack Sharkey, directed by Athene Chadwick.

ACT Last Sunday Hike In Sugar Hill

SUGAR HILL – Looking for a beautiful local hike that is a well-kept secret? Then please join the Ammonoosuc Conservation Trust (ACT) on a fun springtime hike at the ACT owned Foss-Evelyn Forest in Sugar Hill on Sunday, May 31 at 1 p.m.

The Hike will start from the Pearl Lake Road parking area, which is located 1.3 miles west of the intersection of Route 117 and Pearl Lake Road in Sugar Hill. Going from Sugar Hill toward Lisbon, the access is on the left, and will be identified by the hike leader's red Toyota Prius. Coming from Lisbon, the access is on the right.

Bring your bug dope, children, dog and cameras and be prepared for about 90 minutes of hiking. This will be an uphill hike over moderate terrain with great views at the top.

The hike on May 31 is part of a series of outings on ACT conserved land to be held on the last Sunday of each month. Now is a wonderful time to explore our forests as wildlife emerge, flowers bloom, and enjoy vistas that have been long-buried in snow.

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

ACT is the North Country's nonprofit lands conservancy. It holds over 4,000 acres of conservation land for the benefit of people, wildlife and the region's future.

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- Ljova & the Kontraband with the North Country Chamber Players**
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Happy Anniversary

To my Friend, Sweetheart,
Lover and Husband of 50 Years, Bill
Much Love, Sue Driscoll

Calendar of Events

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

SATURDAY, MAY 30

COTTAGE HOSPITAL AUXILIARY GOLF TOURNAMENT

9:00 AM
Blackmount Country Club, North Haverhill

RUBY'S STORY AUDITIONS

2:00 PM
Old Church Theater, Bradford
See article and ad on page 8

RR PARK CONCERT AND CHILI CONTEST

6:00 PM
Railroad Park, Woodsville

CARAVAN OF THIEVES

8:00 PM
The Colonial Theater, Bethlehem
See ad on page 5 and 9

SUNDAY, MAY 31

TEE IT UP FOR KIDS GOLF TOURNAMENT

8:00 AM
Maplewood Country Club, Bethlehem
See ad on page 11

SUGAR HILL HIKE WITH ACT

1:00 PM
Pearl Lake Road, Sugar Hill
See article on page 5

RUBY'S STORY AUDITIONS

2:00 PM
Old Church Theater, Bradford
See article and ad on page 8

MONDAY, JUNE 1

GOOD OLE BOYS & GIRLS MEETING

12:00 Noon
Happy Hour Restaurant, Wells River

HAVERHILL SELECTBOARD MEETING

6:00 PM
Morrill Municipal Building, North Haverhill

TUESDAY, JUNE 2

NH STATE VETERANS COUNCIL REPRESENTATIVE

8:30 AM – 12:00 Noon
Woodsville American Legion Post #20

CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING

7:00 PM
Morrill Municipal Building, North Haverhill

WEDNESDAY, JUNE 3

WOODSVILLE/WELLS RIVER 4TH OF JULY COMMITTEE MEETING

7:00 PM
Woodsville Emergency Services Building

FRIDAY, JUNE 5

CRIMES OF THE HEART

7:30 PM
Old Church Theater, Bradford
See article on page 5 and ad on page 11

SATURDAY & SUNDAY

JUNE 6 & 7

LUPINE FESTIVAL MARKET

Sugar Hill
See article and ad on page 9

SATURDAY, JUNE 6

CRIMES OF THE HEART

7:30 PM
Old Church Theater, Bradford
See article on page 5 and ad on page 11

GAELIC STORM

8:00 PM
The Colonial Theater, Bethlehem
See ad on page 5 and 9

SUNDAY, JUNE 7

NORTH HAVERHILL FIREMENS AUCTION

1:00 PM Refreshments Available
North Haverhill Fire Department
See ad on page 9

CRIMES OF THE HEART

4:00 PM
Old Church Theater, Bradford
See article on page 5 and ad on page 11

MONDAY, JUNE 8

ROSS-WOOD AUXILIARY UNIT 20 MONTHLY MEETING

6:00 PM
American Legion Home, Woodsville

TUESDAY, JUNE 9

GARDEN GROUP

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

WEDNESDAY, JUNE 10

MONTHLY MEETING - ROSS-WOOD POST #20 AMERICAN LEGION

6:00 PM
American Legion Home, Woodsville

BOOK DISCUSSION

6:00 PM
Bath Public Library

FRIDAY, JUNE 12

AMERICAN LEGION RIDERS MONTHLY MEETING

6:00 PM
American Legion Home, Woodsville

CRIMES OF THE HEART

7:30 PM
Old Church Theater, Bradford
See article on page 5 and ad on page 11

SATURDAY, JUNE 13

MORE THAN YOU CAN EAT BREAKFAST

8:00 AM – 10:00 AM
Lakeview Grange, West Barnet

SWEET JAMM DANCE

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

CRIMES OF THE HEART

7:30 PM
Old Church Theater, Bradford
See article on page 5 and ad on page 11

Ongoing Weekly Events

SATURDAYS

GROTON GROWERS - 9 AM - 1 PM
Groton Community Building
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 1PM-2PM
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

WALKING CLUB
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
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
4:30 PM – 5:30 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

WEDNESDAYS THRU MONDAY

PEACHAM CORNER GUILD 10AM-5PM
643 Bayley Hazen Road, Peacham

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
PEACHAM FARMERS MARKET 3PM-6PM
Peacham Academy Green

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, June 4th for our June 9th issue.

Groton Free Public Library News

Reserve a local attraction pass from your local library! Call or email today to reserve a Vermont State Park pass (free admission), Vermont Historic Site pass (free admission), or Echo Center pass (discounted admission).

Every Tuesday at 10am: Round Robin Reading Storytime. For children ages 0-5 and their caregivers. Come share stories and playtime! Final Storytime for the school year will be Tuesday, June 16th.

Every Wednesday, 1-3pm. Crafts & Conversation.

Join us with your ideas and projects-in-process – or – just join us!

Monthly Monday Book Discussion. Next month: "Vegan Virgin Valentine" by Carolyn Mackler on Monday, June 15 at 6:30pm. Pick up your copy from the library and join us for a lively conversation!

Friday, June 26th. Summer Reading Program Kick-Off! Save the date for a community afternoon for fun, family & friends. "Every Hero Has a Story" this summer, and we'll have special programs running through

the season for young readers of all levels.

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

Doctor Harry Rowe's Healing Spirit Lives On In New Health Complex

By Robert Roudebush

QUESTION - I've asked around about Dr. Rowe and I know now he was quite a guy, one fine doctor and beloved too. But I have to admit I'm curious about the buzz on a great prize that might be won at the golf tournament sponsored by Cottage Hospital Auxiliary. Wells River Chevy offering same type of vehicle as last year, a brand new Chevy Impala? Red, right?

ANSWER – No Impala this year but the Chevrolet dealership has come up with what some folks think is an even better prize, and it is brand new and it is a Chevrolet. I can't tell you the color yet.

Q – Don't keep me waiting, talk to me.

A – Wells River Chevy has upped its commitment to the Cottage Hospital Auxiliary's Annual Golf Tourney this year by sponsoring a 2015 Silverado Pick-up truck as the top hole-in-one prize. This top prize will go to the first tournament player who gets a hole-in-one on the first hole on tournament day. That's a lot of firsts but man o man, if I was a player, and wanted a fine day of golf with a free meal thrown in, and lots of good company around, why not play it to win a new Silverado?

Q – Quick reminder, I'm from out of town, where is Wells River Chevy, where is the golf tournament being held, and when, and is the new truck all I can win?

A – OK, in order – the dealership is located at 10 Rail-

road Street, in Wells River, Vermont. You can't miss it if you are driving west out of Woodsville, you drive right to it after you cross the bridge. Says CHEVROLET somewhere on the building on your right. Tournament takes place same location as last year and many years before, the Blackmount Country Club in North Haverhill. That's on Clark Pond Road and you can't miss that either because as you drive by it, you'll notice nice green rolling lawns with people riding around in little carts or swinging clubs at little white balls. The date is earlier than last year, it occurs this month in just a few days, Saturday, May 30 starting at 8:30 AM. And no, the truck is not the only thing you can win. Wells River Chevy will again sponsor all the hole-in-one prizes for this 13th Annual Golf Outing. There are three additional such prizes, for the 8th, 10th, and 17th holes.

The car dealership issued a statement which takes us back to the venerated Dr. Rowe. "Wells River Chevy", said Jeffrey Moore, GM, "is committed to helping the Cottage Hospital Auxiliary with its annual tournament and its effort to raise funds for the construction of the new Dr. Rowe Health Center. We believe the delivery of quality health care to our community's residents is essential, and we are pleased to partner in creating this health center – it will give new and expanded services to us all."

Q - All right, now let me tell you about Dr. Harry M. Rowe, I looked him up in one of the Cottage Hospi-

tal's recent annual reports. He and his wife, Mary, got to this area in 1946. That was 69 years ago now. He played a big role in recruiting much-needed physicians to the Cottage Hospital of those days, the big old white building still standing by the river. That report says he touched countless lives, not just with his long-lived practice, but with his daily interactions with a ready smile and a kind word. His involvement with education led him to involvement in establishing Blue Mountain Union School. He served on their board for more than 60 years." (bold)

A – Not bad, what else did you learn about this good old man?

Q – Now I'm answering the questions. Dr. Rowe passed August 3 of 2012 at Cottage Hospital – he was just two months short of his 100th birthday. Countless people recall him today from his connection to so many activities around here – Wells River Congressional Church, singing there and also with the North Country Chorus for 64 years. He's won more awards and achievement citations than I can list here.

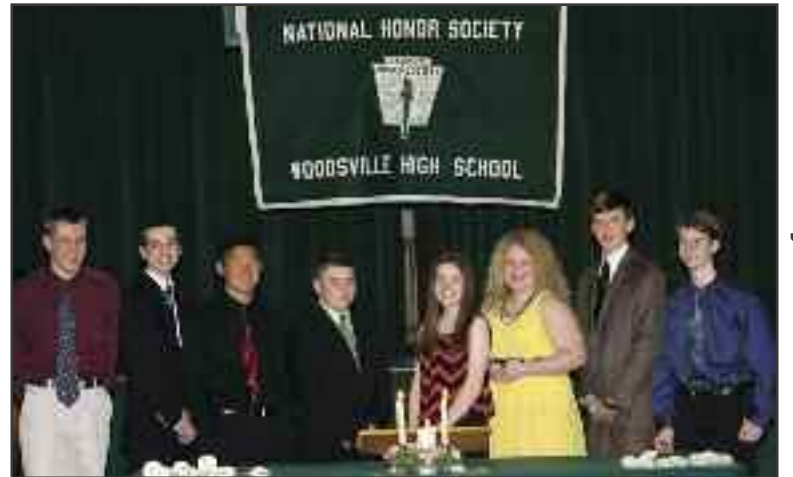
A – His name is on the Health Center due to open this fall. All the proceeds from this tournament will be donated to its creation. The Shotgun start for the tourney is at 9:00 AM after registration, and the awards lunch at 1:00 PM.

Tenant/Landlord Law Who Is Responsible For What?

Robin Barone, adjunct professor of law at Vermont Law School, will present at the Baldwin Memorial Library, 33 Main Street North, Wells River on Sunday, June 7 at 3:00 pm. Having taught residential tenant law for 11 years, Professor Barone will cover the basics of the law governing the relationship between renters and landlords. She will answer those questions that come up perennially, such as: "What happens if I need to leave the apartment before the lease is up?"

"What if my landlord doesn't return my security deposit?" "What if I find mold?" "Can my landlord enter my home at any time?" "What if my tenant leaves the place a mess?" "How long do I have to wait for rent before starting eviction?" "What can I do if the tenants are rowdy?" "Can I evict someone during the wintertime?" The library is ADA accessible. Refreshments will be served. More information about this program is available at 802-757-2693 or wells_river@vals.state.vt.us.

WHS NHS Induction



On March 17, Woodsville High School's National Honor Society inducted 8 new members. The induction was held at the Community Building at Woodsville High School where Chris Sarkis played the piano and the Woodsville High School Band played the song "Endless Rainbows" as a tribute to the new members. Woodsville will be losing a good portion of their National Honor Society to graduating seniors, but looks forward to a group of energetic and determined underclassmen to step up to the challenge. The Honor

Society is currently looking for new projects for community service every week. If there is something you may have for us, let us know!

Students inducted were Samuel Pushee, Joseph D'Angelo, Samuel Fairfield, Joseph Mitchell, Barbara Brake, Nikita Duling, Dennis Ruprecht, Jr, and Vaji Adamkowski. (this list is in order based on the attached picture from left to right)

I am sorry for the delay in getting this to out. It took a while for the person who took the pictures to get them to me.

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OCT Auditions WW II Drama

BRADFORD, VT: Old Church Theater announces open auditions for their August drama, "Ruby's Story", to be held at the theater on North Main Street on May 30 and 31 at 2pm. Written by Ron Osborne and directed by Gloria Heidenreich, "Ruby's Story" needs 3 men and 6 women.

Women who can play ages 16 to 24, and men in their 20's are urged to audition. There are also parts for the parents, about 50 years of age, and the title character Ruby, age about 60. Auditions will be primarily be taken from the script, but actors may bring something prepared. Contact the director at gbheidenreich@gmail.com for more information or to arrange an alternate audition time.

"Ruby's Story" is the story of an American family in World War II, specifically June 1944. While the allied

troops are massing for an invasion in Europe, on a small farm in Appalachia a different kind of war is about to rage: The problem is the father's seeming allegiance to his German heritage — even though all the nation is at war against everything German — that threatens to tear the family apart in the home he and his wife share with their four daughters. "Ruby's Story" is a stirring drama of real life in wartime 70 years ago, helping us to understand the prejudice and fears of that era.

The last auditions for the 2015 season will be June 25 and 26 for the comedy "Don't Mention My Name" by Fred Carmichael, needing 3 men and 5 women. Old Church Theater is an all-volunteer community theater celebrating its 30th anniversary season in 2015 (www.oldchurchtheater.org).

Multiple Scams Hit The Haverhill Area

In attempt to keep the Haverhill citizens protected, we have listed below a few of the recent scams that have been reported recently to the Haverhill Police Department.

Citizens have reported that they are receiving calls from persons claiming they are from the Internal Revenue Service (IRS), attempting to obtain personal and financial information. The most commonly reported in our area—include well-constructed stories of a grandchild in jail in a foreign county, requesting the need for bail money; credit card update; information is needed to give you a better rate, financial account (bank accounts, credit card etc.) has been compromised and information is needed to correct the situation; traffic violation fees are due immediately or loss of license will ensue; federal taxes due immediately or the IRS will attach your assets, or issue an arrest warrant;

and calls expressing you have won the lottery, and before one is provided with their winnings, they must provide a check, money order or wire for the taxes that would be due before one can receive the proceeds.

In most the cases listed above, victim participation is required for the scam to be completed. The Haverhill Police Department encourages you to refuse to talk with or respond to requests for information from unknown persons who contact you through the telephone, mail, or computer. Hang up the phone and refuse to respond to scam letters and E-

mails.

There are, however fraud crimes in which the victim does not knowingly participate. These are usually computer or wire transfer crimes. To protect yourself, it is important to monitor your financial statements to ensure no unauthorized transactions occur. In addition, keep your anti-virus software up-to-date and never place your personal information on an unsecure website.

Below is a list of resources to get you started on protecting yourself.

Just remember, "if it sounds too good to be true, it probably is."

United States Postal Inspection Service:

<https://www.postalinspectors.usps.gov>

FBI:

<http://www.fbi.gov/scams-safety/fraud>

Internet Crime Complaint Center:

<http://www.ic3.gov>

Western Union Consumer Fraud Awareness:

<http://www.westernunion.com/WUCOMWEB/>

National Consumer's League Internet Fraud Watch:

<https://www.fraud.org/tips/internet/fakechecks.htm>

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Old Church Theater
Bradford, Vermont

AUDITIONS
"Ruby's Story"
Drama by Ron Osborne

Saturday May 30 & Sunday May 31 2pm
137 North Main St, Bradford
Needed 3 men and 6 women Directed by Gloria Heidenreich
Production middle 2 weekends of August

Information: www.oldchurchtheater.org

Heritage & Character At Sugar Hill Lupine

In July 2014, Sugar Hill lost one of its daughters, Elaine Burpee, and a fund in her memory was established at the Sugar Hill Richardson Memorial Library. Elaine was a long-time library trustee and a forever lover of books, especially stories of the North Country. Elaine told great stories and had a fascinating life. Her childhood, which as she said in her own words, was "the best" as she was the "little lady who had tea every afternoon with my mother" and also was "the best tomboy alive, following my brothers, climbing roofs, building forts & tree houses, catching pollywogs & fireflies . . ." Elaine raised 5 children and was at her husband's side wherever his work took him from Maine to Minnesota to Florida. During her years as a travel agent, she traveled a bit of the world but Elaine always came back to New Hampshire. Her daughter, Cordelia, remembers her Mom standing in their urban St. Paul backyard scanning the sky. When Cordelia asked what she looking for, Elaine answered, "The Sky! Everything is so close - I can't see the sky!" Elaine adored Sugar Hill which was and will be, forever and always, HOME.

It is fitting that the first use of Elaine's memorial funds is to bring Rebecca Rule, NH storyteller and author, to the Lupine Celebration Market. New Hampshire is a special rocky place full of character

and characters. From Pittsburgh to Peterborough (Peeta-burah), Rebecca (Becky) is telling and collecting stories with her old-fashioned Yankee humor revealing perhaps a bit too much about all of us. She loves to bring laughter out in others. From Fodd Boody's tall mother to what Hugh Field said at town meeting that brought down the house, these are our New England Stories and our identity as well. Some of these stories might even be true. Becky welcomes audience participation and invites you to share your stories should the spirit of the Old Man of the Mountains move you. Some of Becky's stories have found their way into the books she has authored and after the story-telling, she will have a book-signing. Rebecca Rule will start storytelling at 1 pm at the Sugar Hill Meetinghouse on Saturday, June 6.

At 11 am on both Saturday and Sunday at the Carolina Crapo Memorial Building, Sara Boothman Glines shares seven generations of northern New Hampshire family stories. As you listen, you realize how New Hampshire shaped her family and how her family shaped NH into the state we know today. It is the story of a farm family who turned their farm into a hotel which led to trail guiding, building the first AMC hut and so much more. Sara's taking us pole fishin'

and feedin' lambs as she introduces us to her family characters. Sara has a booth at the market with hand-carved family figurines illustrating her family's history and stories.

Our story telling continues with Charles E. Barry at 11:30 am on Saturday, June 6, at the Sugar Hill Meetinghouse. He recently authored, Behind Badge 32, True Stories of a NH Conservation Officer. Officer Barry shares true tales from his years in the wilder side of New Hampshire. His entertaining tales include Mountain Rescues, Night-time Stakeouts and, of course, animal encounters. After the session, he will be available for book-signings.

Another part of our New England Heritage is Music. Sunday, June 7, at 1 pm; The Vermont Fiddle Orchestra will perform a free concert at the Sugar Hill Meetinghouse. If it is nice, bring lawn chairs as we will move outside. This community orchestra, of more than just fiddles, spans several generations with levels of musical talent ranging from beginning artists to professionals. This concert is free, thanks to the generous sponsorship of the Gale River Motel.

On June 6-7 from 10 am to 4 pm, the Sugar Hill Lupine Celebration will stretch from the Sugar Hill Meetinghouse to the Sugar Hill Historical Museum. This weekend is possible because of our vol-

unteers and the following sponsors: Woodsville Guaranty Bank, Town of Sugar Hill, GM Photography, The Rocks Estate, Outdoor Services by Mike Warren, The Inn at Sunset Hill, Dale's Auto Body, Polly's Pancake Parlor, Harman's Cheese and all the

Market Vendors.

For more information, visit www.HarmansCheese.com/lupine, the Lupine Celebration Facebook page, or call the Franconia Notch Area Chamber of Commerce at 823-5661.

Woodsville High School National Honor Society

Last week Woodsville High School's National Honor Society ran a lasagna dinner along with an auction afterward. 4 giant pans of lasagna and two long tables full of various deserts filled the Woodsville High School cafeteria as well as tables full of auction items in the gymnasium. The auction was run by Jacob Pushee, and assisted by various other stu-

dents as well. The Honor Society raised \$2000, which will go towards scholarships for some deserving WHS students. As Woodsville High School nears the backend of the school year, their National Honor Society looks forward to planning and beginning new projects for the year to come and thanks its seniors for their dedicated efforts!

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

May 26, 2015

Volume 6 Number 17

**SUGAR HILL'S
LUPINE CELEBRATION MARKET**
Saturday & Sunday • June 6 & 7, 2015
10:00 AM – 4:00 PM Rain Or Shine
Sugar Hill Meeting House & Carolina Crapo Memorial Building, Sugar Hill Historical Museum

FREE CONCERTS
SATURDAY 12:30PM & SUNDAY 11:30AM – Joseph Hansalik – Popular Tunes On Keyboard
SUNDAY, 1:00PM – Vermont Fiddle Orchestra – More Than Fiddles . . . New England Music
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Basket-Weaving, Wabanaki Beadwork, Wool-Spinning, Folk Art, Woodworking

SEMINARS & WORKSHOPS
SAT 10:30AM, 2PM & SUN 11:30AM: Photography Workshops
SAT & SUN 11AM: Sara Glines, NH History 7 generations, Farmer, MI Guide, Hotelier
SAT 11:30AM: Charles Barry, Author True Stories of NH Conservation Officer
SAT 1PM: Rebecca Rule, Author Teller Stories of NH Character and Characters
SAT 3PM: NH Wildlife Facts & Trivia


ALSO IN SUGAR HILL
Sat, Sun 10:30am – 3:30pm: The Sampler
Horse-drawn Wagon Rides, weather permitting
Sat & Sun 2:30pm: The Inn at Sunset Hill
Free Inn Tour with Lite Refreshments
Sat & Sun: Sugar Hill Historical Museum
Flash Back: Sugar Hill Photos, 1879-1930

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Fire Department
Benefit Auction**
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At The
**Fire Station, Route 10,
North Haverhill**

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**Jim Horne
Auctioneer**



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Doors & Patio Open at 7
serving Beer & Wine
TICKETS: \$49; \$42; \$34
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WOODSVILLE, NH- Four Unit apartment building with a nice size lot. Unit consist of three 1 bedroom, five 2 Bedrooms and one 3 bedroom. Building is approximately 2300 sq. ft. along with a 2 car detached garage. Situated on 0.32 of an acre. Nice location. Shopping, restaurants, banking and more are close by. \$116,500.

HAVENHILL, NH- Summer fun. Enjoy a home that overlooks the lake with just steps to the water's edge. Open style Chalet. Living Room with wood stove, open to the kitchen area. Dining. Loft with view of lake. 2 Bedrooms first floor. Partially finished lower level with a Family Room, additional room and laundry. Great Deck for entertaining or kick back and enjoy the warmth of the sun. Included are the Mountain Lakes amenities. \$175,000

HAVENHILL, NH- One level living in the comfortable ranch with plenty of room to sprawl out. Features include oversized Living Room, Dining Area, open concept Kitchen with appliances, 3 Bedrooms, 2 Bathrooms, Deck or additional living room. Softwood flooring, tile and carpets. Back porch with handicap ramp. Updated roof and new furnace. \$128,500

PERMONT, NH- Near a pin large Living Room with pellet stove and sliders to oversized deck overlooking the pond, field and trees. Dining area with hickory floor. 2nd floor Master Bedroom and Bathroom. Partially finished lower level. Home situated on 3 Acres with an easy commute. \$148,000.

HAVENHILL, NH- Split level nestled amongst the pines. Featuring 2nd level Living Room with double sliders to the deck, cathedral ceiling, wood stove, plenty of natural light, 1st level Eat in Kitchen, first floor bedroom and bathroom, lower level with 2 bedrooms and a spacious family room with walk out to the backyard. Additional woodstove also includes some furnishings. Mountain Lakes offers beaches, lakes and so much more. \$99,900

Adaptive Sports Partners Of The North Country (ASPNC) Announces 2015 Summer Volunteer Open House!

Tired of the same old, hum drum summer activities? Looking for ways to step up your bike rides, paddling outings, golf games, tennis matches and maybe even try out some new gardening ideas? We've got just the thing! Join us as a volunteer, expand your outdoor horizons and make lots of new friends along the way.

ASPNC enriches the quality of life for people of all ages and types of disabilities through year-round opportunities for sport, recreation and wellness. Volunteers are essential to our services and are partnered with participants for instruction, guiding and support. Families, support organizations and the North Country community also have valuable partnership roles. As it gears up for the summer season, ASPNC invites interested persons to join our growing volunteer base in assisting us with our warm weather activities including biking, hiking, golf, kayaking, tennis, unified softball and Garden Buddies.



"Rooted in the Community Reaching out to all— All disabilities All sports All seasons"—

this is the motto of Adaptive Sports Partners of the North Country (ASPNC).

"It is the core belief of our organization that, for a person with a disability, to experience the thrills of the outdoors can be a life-affirming experience," emphasizes Sandy Olney, Executive Director of Adaptive Sports Partners, a 501(c)(3) non-profit organization.

New Volunteer Open House will be held: Wednesday, June 10th at 5:30PM; Sunday June 14th at either 10:00 a.m. or 4:00 p.m.; all at the ASPNC office at 461 Main Street, Suite #7, Franconia, NH.

For more information please contact Sue Tatem, Volunteer Coordinator at 603-823-5232 or sue@adaptivesportspartners.org. Learn more about ASPNC at www.AdaptiveSportsPartners.org

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Riverglen House Of Littleton Celebrates Red Nose Day

What is Red Nose Day you may ask? It's a campaign dedicated to raising money for children and young people living in poverty by simply having fun and making people laugh. The Thursday morning Exercise Leader, Diane Colby brought in the noses and we all "struck a pose" in support.



Pictured Front Row left to right: Elizabeth Stinehour, Lucy Canterbury, Ruth Griffin and Natalie Bean.

Back row: Activities Director Jayne Cruger, Exercise Leader Diane Colby, and Dorothy Usher. Jayne Cruger

Adult Ed Gets Check From WRSB

WELLS RIVER, VT - Wells River Savings Bank (WRSB) has awarded \$1,500 to Central Vermont Adult Basic Education (CVABE) in support of the organization's free adult literacy services for residents in eastern Orange County. CVABE has six learning centers serving Orange, Washington, and Lamoille Counties including a center in downtown Bradford. In Orange County alone, an average of 150 adults and teens rely on this service annually.

The grant will be used to support CVABE's Functional Literacy Program, which teaches reading, writing, and math skills to adults who are learning at the beginning literacy through eighth grade level. According to CVABE's Executive Director, Carol Shults-Perkins, "Wells River Savings Bank is a shining example of how businesses can make a difference in our communities. Their longtime support has helped many deserving neighbors to gain




Pictured from left to right- Randy Odell, President and Chairman of the WRSB board of Trustees, Michele Gonzales, CVABE's Bradford Learning Center, and Mary Sanborn, CVABE volunteer and Bradford resident.

the knowledge they need for employment, job training, or to perform essential life tasks. Education improves people's lives in countless ways."

CVABE staff and volunteers serve over 500 central Vermont adults and teens annually with reading, writing, and math literacy in-

struction, English language learning, GED or high school diploma completion, and academic instruction for career or college readiness.

CVABE has learning centers in Barre, Bradford, Montpelier, Morrisville, Randolph and Waterbury. For more information contact CVABE at (802)476-4588.



2015 SEASON

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"Crimes of the Heart"
June 5-6-7
June 12-13-14

"Saving Grace"
Comedy
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"Ruby's Story"
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Aug 14, 15, 16 & 21, 22, 23

"Don't Mention My Name!"
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Peacham Farmers' Market

Every Thursday 3-6 Rain or Shine



on the Peacham Academy Green
We accept Farm to Family Coupons

GOLF TOURNAMENT



3rd Annual "Tee It Up For Kids" for the



Boys & Girls Club of the North Country

Sunday May 31st

Maplewood Country Club

8:00 am Shotgun Start Scramble Format
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Contact: Eric@BGCNorthCountry.org 838-5954 BGCNorthCountry.org



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2006 28' COACHMAN CAMPER, RLS, 13' slide out. Very clean, no smokers, or pets. Includes hitch, cover and many extras. \$8,300. St. Johnsbury, VT. 802-371-8922 06.09

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REMATCH SPORTS on Meadow Street in Littleton, NH has great deals on used Gear & Sporting Goods. Bikes, skis, hiking, skates, fitness, team sports and more. 603-991-4619 or www.rematchsportsnh.com We also take consignments. 07.21

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CAT Seen on Ammonoosuc Street: Is he yours? Gray tiger, damaged left ear, missing part of his tail; big, healthy cat. I'm wondering if I should catch him for a feral barn cat program so he'll have a place to stay in the winter, but don't want to catch a pet. Please contact Victoria.Davis1020@gmail.com. 05.26

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VARIOUS POSITIONS AVAILABLE. Abbott Rental & Party Store. Apply in person. 502 Union St., Littleton, NH 03561 05.26

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LISBON, NH - Lisbon Inn: For Seniors (age 62 or older) and People Living with Disabilities. One/Two bedroom. Centrally located and includes all utilities. Great community room. On-site laundry facility. Smoke free. Contact AHEAD Inc. at 800-974-1377. Applicants must income qualify. EHO. ISA www.homesahead.org. 06.09

WOODSVILLE, NH - Affordable family housing with multiple locations in downtown Woodsville, NH. Two and three bedroom apartments. FREE heat and hot water. Smoke free. Contact AHEAD Inc. at 800-974-1377. Applicants must income qualify. EHO. ISA www.homesahead.org. 06.09

WOODSVILLE, NH - One bedroom with sunken living room and extra "office" area. Private parking spot and outside staircase to apartment. \$400 per month plus heat and electric. For application call 603-747-3942 06.09

WOODSVILLE, NH - 1 bedroom apartment, newly construction. Single adult. No smokers. No pets. Lease required. Security required. \$600/month includes heat, trash, snow, off street parking. 603-838-5004 06.09

PERSONALS

MALE, 71, 5'7" looking for a female friend - possibly a live in companion. No drugs or smokers. Call 603-795-2742 06.09

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

May 26, 2015 Volume 6 Number 17

Woodstock Inn Brewery's 20th Anniversary

In 1995 there were 597 breweries in the United States, today there are over 3,000. The craft beer industry is growing at an exponential rate, with breweries and brewpubs pushing the limits of possibilities of flavors for food and beer. We are very fortunate to contribute in both segments, pairing farm to table foods with distinct and exciting Ales.

The Woodstock Inn Brewery currently produces about 7,500 barrels annually, distributed on draft, bottle and cans throughout New England. Over the years our staff has grown from one person to thirteen year round full-time brew-

ery staff, and we currently employ a total of 130 staff throughout our company. Our beer portfolio consists of over twenty-two beers and we are in the R&D phase of many more. Although there are many challenges presented in a blossoming business like beer production, there is always one thing that remains a constant, the pursuit of delicious beer. It always keeps you on your toes; evolving, dreaming, creating and building.

We now have two breweries on site, a seven-barrel system for in-house restaurant consumption and pilot brews, and a thirty-barrel solar

powered production facility. Over the years we have made special relationships with local farms, which use the spent grain from the brewing process as feed for their cow increasing milk production in dairy cow by 20% and use locally made maple syrup in a number of our recipes. The past twenty years have brought us great relationships with local businesses, countless friendships and wonderful flavors. We are excited for the next twenty to continue the growth of our brewery and evolve the Woodstock Inn Brewery brand.

Drink local.

Dr. Rowe's Legacy Continues

For the third year in a row (pun intended), the Harry Rowe Memorial Community Garden is open for business. Located on Dr. Rowe's original garden next to Little Rivers Health Clinic in Wells River Village, the community garden offers free 10 ft. by 10 ft. plots to anyone needing space to grow.

To sign up for a garden plot, growers should call Janis Moore at 802-376-6044 or stop in at the Baldwin Library in Wells River, Monday 10-5, Wednesday 12-6, Friday 12-7, 802-757-2693. Free garden seeds are available at the library, thanks to the Montpelier Agway which donates last year's seeds to charitable causes. Garden tools are also on hand to borrow, either from the library or from the shed next to the garden.

One or two plots are reserved to supply the emergency food shelf at the Wells River Congregational Church with fresh vegetables, and there is always a bountiful overflow to share with housebound neighbors in the village. Mev Mankher, who has taken on the job of vegetable deliveryman, said, "Dr. Rowe always loved to

share what he grew with his neighbors, so we are just keeping that going."

Janis Moore, one of the founders of the Community Garden, commented, "Not only is this garden remarkably fertile and workable thanks to Dr. Rowe's careful stewardship, there is also the added bonus of a huge and productive asparagus and rhubarb bed which is shared by all the Rowe gardeners." One of those gardeners, Belinda Francois, agrees. "This garden is such a lovely spot with the most amazing asparagus patch I've ever seen."

Continued stewardship of the garden has become a community affair. Freemont Nelson, who farms in Ryegate, supplies cow manure for fertilizer. Bob Longmoore donates his rototilling service. Little Rivers Health Care hosts the garden rent-free, provides water, and covers the garden with raked leaves for winter mulch each fall. The Wells River/Haverhill Lions Club contributed funds for fencing to deter deer and woodchucks. An anonymous donor supplied a wheel barrow. Diversified Agriculture students at Riverbend

Career & Technical Center planted greens for the food shelf plot, and Pike School students helped weed and harvest.

Bible Hill Greenhouse in Wells River offers free seedlings to the Rowe gardeners. Dr. Jill Skochdopole contributed seed potatoes, Peter Sinclair donated tomato plants, Sun Nunn supplied a variety of perennials, and Duane Hobbs maintains the flower garden. The Wooden House Company provided woodchips for the border mulch. The Vegetable Gardeners Group, which meets monthly at the library, volunteers to "open" the garden each spring and "put it to bed" each fall.

Linda Ide, an organizer for the Rowe Garden, explained, "We wanted to keep everything as simple and easy as possible - no fees, not too many rules, plenty of resources - so that no one would find a barrier to starting a garden and growing their own fresh food. The incredibly generous support from the community has made that possible, and we've been amazed at how wide that community is."

"ATTEN HUT" NHARNG Retiree Luncheon Date Set

The New Hampshire Army National Guard (NHARNG) 7th Annual Retiree Luncheon date has been set for Wednesday, September 18, 2015 by the luncheon planning committee. The committee is made up of current and retired Army National Guard members. Our immediate goal is to notify all retired NHARNG members about this upcoming event. Retirees who have not attended prior luncheons or have relocated are urged to contact Command Sergeant Major (Ret) David Follansbee via e-mail: dave_follansbee@comcast.net or (603) 623-7757.

This year's luncheon will feature a briefing on the current status of the NHARNG as well as exhibits and displays of interest to retirees. A group photo is also

planned. Feedback from previous retiree luncheons tells us the most significant attraction for attendees is renewal of old acquaintances, retelling stories (often embellished beyond recognition) and exchanging military memories.

The planning committee asks if you know of someone who has retired from NHARNG to pass this information along.

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Should You Make Investment Moves Based On A Strong Dollar?

Currently, the U.S. dollar is pumped-up and powerful. But what does a strong dollar mean to you, as an investor?

To begin with, it's important to understand just what is meant by a "strong" dollar. The U.S. dollar does not exist in a vacuum — its value, from a global perspective, is determined by its changing strength relative to that of other currencies. Let's look at an example: Suppose that, in 2011, you traveled to Europe and wanted to trade in one dollar for its equivalent value in euros. At that time, your dollar would have converted to about .75 of a euro. Fast forward to early 2015; if you returned to Europe now, your dollar would fetch you almost one full euro. In other words, you can buy more euros because the dollar is "stronger."

In fact, earlier this year, the euro hit a 12-year low versus the dollar. And it isn't just the euro; the dollar is strong against almost every other major currency in the world. What has led to this strength? It's not always easy to determine what's behind foreign exchange rates — which can fluctuate even more than the stock market — but the recent surge in the dollar seems to be due, at least in part, to its obvious connection to the American economy, which has been growing faster than many other economies around the world. The stronger dollar is also due to expectations that in-

terest rates will remain higher in the U.S. than in many other countries.

But whatever the reasons for it, the dollar's strength may be having an impact on your investments. A strengthening dollar typically lowers returns from international investments because you get fewer dollars in exchange for the value in euros or other foreign currencies. And some U.S. companies with a global presence may face challenges due to lower earnings from their international operations.

These results might lead you to think that a strong dollar would be bad news for the stock market, but that hasn't been the case in the past. At different times, the markets have performed well with both a strong and a weak dollar.

In contrast to its impact on U.S. companies, a strong dollar can help foreign companies compete and may give them an earnings boost from their U.S. sales. Also, the stronger dollar can help make foreign investments "cheaper." Even more

importantly, by taking advantage of the stronger dollar and investing an appropriate amount internationally, gaining exposure to different economies and markets, you can help diversify your holdings, which is important. Although diversification can't guarantee a profit or always protect against loss, it can help reduce the impact of volatility on your portfolio. Be aware, though, that international investing carries special risks beyond currency fluctuations, including political and economic instability.

The strong dollar may have attracted your attention, but don't be distracted by it — and don't overreact. Currency exchange rates can fluctuate rapidly, and no one can predict how long a strong dollar environment will last. By sticking with a solid, long-term investment strategy, you can help keep up the "strength" of your own dollars.

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

Ernest's "Demise"

By Elinor P. Mawson

Ernest was the black sheep of the family. He'd quit school, he had some low-level jobs that didn't last, and he'd been married twice by the time he was 25.

But he was adored by the ladies because he could dance like Fred Astaire and was very popular at parties.

And somewhere he learned boxing. I guess he was a bantam-weight because he wasn't very big—in fact, he was the smallest member in the family of 6 kids. He was quite popular in the ring.

Somewhere along the line, he met Beatrice—the daughter of a bank president in a nearby town. His family was thrilled that he had a new lady friend. Her family was not so pleased.

It wasn't long before they got married and made their home in the back shed at his folks' farm. This was OK during the warmer months, but when it got cold, they had to find another place to live. By this time, Beatrice was pregnant, so they moved into a room in the main house. The family began to resent this intrusion because Bea was not helpful and was quite slovenly to boot.

They found a place to live down the road. More children followed, Ernest got a few jobs and learned how to earn money the "easy" way. (There were several lawsuits for one thing.)

Finally they found a house

in the neighboring town and moved in. The place had a dirt floor and was little more than a shack. The kids didn't have shoes or decent clothes and their noses were always in need of a tissue. Ernest began to have health issues.

One Saturday evening some of his relatives were playing cards when a neighbor came to the door. He'd received a phone call asking for the neighbor to convey a message from Ernest's family.

"Ernest is dead!" was the message.

The male relatives threw down their cards and headed for the door. They raced to the next town and entered Ernest's humble abode.

Ernest was sitting up in bed eating crackers.

Attention went to the five little children sitting nearby. After some discussion, it was determined that a couple of the kids needed more than Ernest did. The relatives took the 2 boys and went back to the card game.

A lot more discussion ensued. It was decided that one aunt would take one of the boys and an aunt and uncle would take the other.

David, once he was washed and cleaned up was a beautiful boy of 4 years. He had red hair and freckles. He didn't seem to be upset that he was not with his own family, and

loved having warm clothes and shoes to wear. He was especially fond of pajamas. While he was in his "new home" he ate everything he could get his hands on.

After a couple of weeks when it seemed he was doing fine, he came down with pneumonia; he was sick a long time. When he recovered, his parents came and got him. They had contacted Social Services who found them a decent place to live and other benefits.

And Beatrice's parents had stepped up and bought them food and furniture and clothes for the kids. Life was good again.

I would like to say that Ernest mended his ways after his near-death experience, but it seems he did not. He continued to sue whenever he could finagle it, he taught his boys how to pick locks. They moved to another state, where his neighbors learned that they needed to keep everything under lock and key --and good locks at that.

Ernest lived to a ripe old age. Beatrice was killed when a load of logs fell on her car. The children moved far and wide, and every so often you will see a familiar name in the paper.

Ernest didn't die that night. But his near-demise brought a lot of benefits to his family, and gave him a chance to continue with his nefarious ways.

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Wes Ward Honored As Northeast Kingdom Chamber Citizen Of year At Annual Meeting

A St. Johnsbury businessman praised for his honesty and professionalism was honored as the Northeast Kingdom Chamber of Commerce's 44th Citizen of the Year at the organization's annual meeting on May 21. Wesley Ward, owner of Wes Ward Auto Repair and Westward Equipment Service, was recognized for his extensive volunteer efforts with local and regional civic organizations.

Ward, a past president of the Northeast Kingdom Chamber, learned of the award in a surprise video announcement prepared by fellow chamber member and friend, Steve Nichols, from Nichols Communications. The four-minute video featured photos from his life and career with voiceovers from the chamber director and wife Paula Ward, outlining his many area accomplishments.

A St. Johnsbury native, Ward graduated from St. Johnsbury Academy in 1975 and soon after entered the Army. He graduated from Lyndon State College with a business degree following his time in the Army. Wes Ward Auto Repair originated in St. Johnsbury in 1981 at the former Bedard's Service Center on Portland Street, relocated to Danville in 1988 and then moved back to its present Portland Street location in July 1999.

The shop has received four prestigious Vermont AAA Shop of the Year Awards in 2004, 2006, 2008 and 2009, recognizing overall satisfaction, courtesy and efficiency of personnel, car ready when promised and willingness to return for future repairs. He has served on three national boards for Parts Plus Car Care Center,

a national auto association organization.

Ward has volunteered extensively in the region, serving as a member and president of the St. Johnsbury Kiwanis Club, an organizer for the Caledonia County Relay for Life, a guardian ad litem for the court system, a mentor in the schools, a longtime supporter of the Santa Fund, board member and past president of the Northeast Kingdom Chamber and is a present trustee of the St. Johnsbury Athenaeum & Art Gallery. He received the Governor's Community Service Award in 2009, the same year he served as president of the Kiwanis and the chamber. Ward also received the NEK Chamber Ken Clow Memorial Trustee Award in 2011 for his meritorious service to the organization.

"Wes is the type of person whose quiet service may easily be overlooked, but he does wonderful things for his community every day," said one colleague, singing Ward's praises in his nomination packet.

Ward's tenure as chamber president in 2009 was marked by a number of challenges, as the organization was having to offer additional and needed business assistance while it was facing the effects of the state and national recession.

"Wes took on the challenge of leading the NEK Chamber through a difficult time period, and his patience and guidance were extremely appreciated by all who worked alongside him," explained Barbara Olden, who served as chamber president prior to Ward's term.

Many of his friends and colleagues speak of Ward as

a very dedicated and committed father and as a man who is devoted to changing the lot of children who are in peril. His time as a mentor and guardian ad litem speak to that mission.

"Wes is respected as a guardian ad litem. He is thorough, fully prepared and well spoken. He treats all parties in a respectful manner whether he is in agreement with them or not. Wes has demonstrated an ability to diffuse a potentially volatile situation with a calm and quiet demeanor," said a colleague who works with him at the courthouse.

Ward is the father of Lisa Ward and Rachel Rehder, and he lives in Danville with wife, Paula Ward, and step-daughter Katelyn.

This Citizen of the Year is presented each year to a Northeast Kingdom business person who has demonstrated outstanding leadership, extensive community involvement and business proficiency. The award is one of the region's oldest and most distinguished honors and is chosen through a nomination process. Local civic, social and chamber leaders comprise the committee that selects the recipient from nominations given by the public.

Past recipients have included Doug Kitchel, H. Stanwood Brooks, Dr. Howard Farmer, George Young, Mrs. Mildred H. Smith, Wesley Calderwood, Durward Ellis, Joseph Sherman, Rosalie Harris, Kay Ellis, R.J. (Pete) Brisson, William T. Costa Jr., Hon. Sterry R. Waterman, George M. Crosby, Ernie Begin, William Stowe, William P. Kennedy, G. Julian Butler, Howard K. Gieselman, Bernier L. Mayo, Donald



NEK Chamber Citizen of the Year recipient Wes Ward is flanked by his mother, Lois, and wife, Paula, at the chamber's annual meeting held May 21 at Lyndon State College. The St. Johnsbury businessman was recognized for the honor for his extensive volunteer efforts in St. Johnsbury and the Northeast Kingdom.

Mullally, Alfreda (Freddie) King, Barbara McKay Smith, Dr. John H. Elliott, B.J. Murphy, Dr. John A. Stetson, Doug Drown, Dr. Frederick C. Silloway, the Rev. Mel Richardson, Brent W. Beck, Paul R. Bengtson, Joan M. Wollrath, Donald E. Bostic,

Richard Lawrence, Dale Wells, Fred Laferriere, Nat Tripp/Reeve Lindbergh, Elwin Cross, A. Richard Boera, Gregory MacDonald, David Keenan, Robert Swartz and the Rev. Jay Sprout.

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Haverhill Police Department Hires New Office Manager

The Haverhill Police Department is pleased to announce that Jennifer Fowler has been hired as our new Office Manager.

Jennifer earned her bachelor's degree in business administration from Lyndon State College and comes to us with over 19 years of experience, most recently with Ledyard Financial Advisors in Hanover, NH.

"I'm very excited for the

opportunity to work for the Haverhill Police Department" said Jennifer. "It's wonderful to be back working within the community where I started my career."

A life-long area resident, Jen resides in North Haverhill with her family.

Please stop by to introduce yourself and welcome your new Haverhill Police Department Office Manager.



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A Walk In The Woods - May, 2015

By David Falkenham, UNH Cooperative Extension Grafton County Forester

Sometimes our minds wander into the strangest worlds. I awoke this morning to the sound of the earliest bird's permeating through the windows, a wall of sound which represented at least 10 or 15 species of songbirds in my back yard. My mind drifted with the wind to another time; a time when my uncle owned a dairy farm that, by 1975 standards, was a state of the art operation. I remembered the fields, pastures,

woods and the wall of song-bird sounds that rose from those fields in the morning. I remembered wandering those fields, maybe hunting, maybe just aimlessly wandering.

I remembered their farmhouse, a no-nonsense working farm home that provided everything they needed to get through the seasons in relative comfort. The mudroom was enormous, possibly the largest I have ever seen and had the

ever-present sweet smell of working dairy farm. Just inside the next door was the kitchen and out from there wafted the smell of my aunt's cooking. Like the farm itself, her cooking was a 24-7 operation. I remember drinking coffee in that kitchen from a worn, thick mug. The steam and smell of the coffee permeated my every sense and I have been hooked on the association of coffee and great places ever since.

The land surrounding that house is still owned by the family and I see them on occasion. When I am in that part of NH I often take a drive down memory lane. The associated land surrounding their land is now owned by a husband and wife who are very good people. When they purchased the land they were new to land ownership and new to conservation. They adopted the help of many of the services that are available to all landowners, UNH Cooperative Extension, NH Fish and Game Dept., consulting foresters and local loggers to name a few.

Through their efforts they did a tremendous amount of wildlife habitat work through logging, mowing and other forms of early successional habitat management. Their efforts have paid off and through my loose association with them I hear that they are living a conservation dream.

Roughly seventy percent of New Hampshire's forests and fields are owned by private individuals. Those individuals pay the taxes, the monthly payments and do the work necessary that gives New Hampshire its rural beauty and a place for our wildlife to live. These

landowners provide environmental benefits that we all benefit from, whether we ever set foot on the land or not. Clean air, clean water and scenic beauty are the first that come to mind.

Recreational access to private land is a privilege, it is not a right. That right is granted only to those who own the land. The rest of us are luckily privileged and hopefully respectful visitors who benefit from somebody else's efforts. This fact is true no matter what your past history is with any tract of land. Just because I grew up hunting and roaming on the land surrounding my aunt and uncles' farm doesn't mean I'll always have that privilege because everything changes, nothing stays the same.

But I'm lucky, I've been invited to hunt on this land this coming fall. The very land where a kid and his first bolt action .410 shotgun wandered the woods in search of something. I'd like to use their names and thank them now, but a secret is a secret, and hunting and fishing secrets are the most sacred! If they are reading this, they will know this one is for them.

May 26, 2015 Volume 6 Number 17 Not all Times are Trendy but there will always be Trendy Times

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People today suffer from more digestive disorders than any other health problems. Digestive ailments are usually chronic, long-standing, and deep seated. Bad breath, body odor, constipation, diarrhea, heartburn, bloating and flatulence are all signs of inadequate digestion. Poor digestion is also at the root of many serious diseases, such as arthritis, candida albicans yeast overgrowth, hiatal hernia, liver and gallbladder disease, diverticulitis, Crohn's disease, colitis, ulcers, hypothyroidism, and even some kinds of cancer. The causes of digestive problems are almost as varied as the individuals who have them; food allergies and intolerances (especially to chemical food additives), poor food combining, stress, lack of minerals, long illness with prolonged use of drugs, pregnancy imbalances, overuse of antacids, overeating, eating too many fried, refined and acid-producing foods all contribute to poor digestion and nutrient absorption.

Plants and people share the most essential element of all: the spark of life. This precious thing can neither be measured nor re-created in a laboratory. Herbs have been used from the time of recorded history for every facet of life – health, healing, energy, creativity, work, love, birth, death, regeneration, meditation, survival and more. Herbs are all encompassing and timeless, as nature itself is infinite and eternal. Therapeutic herbs have a unique spirit, with wide-ranging properties, and far-reaching possibilities for medicinal activity. Mankind can look back through thousands of years to herbal medicines as a safe, readily available, gentle means of healing. Because the history of healing is so rich, it allows us to see that herbs are also perfectly adaptable to today's requirements, with the same focused strength and reliability. We are only beginning to scratch the surface of their forgotten truth.

Herbs are more than a scientific, or even a natural healing system. Herbs react integrally with each different person. They can help with almost every aspect of human need, and like all great realities of Nature, there is so much more about them than we will ever know. Many informed men and women realize the value of herbs as alternative therapies that can noticeably im-

prove their lives, and that they themselves can use safely and easily. Herbs are concentrated foods, whole essences, with the ability to address both the symptoms and causes of a problem. As nourishment, herbs can offer the body nutrients it does not always receive, either from poor diet, or environmental deficiencies in the soil and air. As medicine, herbs are essentially body balancers that work with the body functions, so that it can heal and regulate itself. Hundreds of herbs are regularly available in several usable forms and at all quality levels. Worldwide communications and improved storage allow us to simultaneously obtain and use herbs from different countries and different harvests, an advantage ages past did not enjoy.

FENUGREEK SEED: (Trigonella Foenum-Graecum), A soothing mucilaginous herb for metabolism dysfunction and to alleviate mucous congestion in both respiratory and waste elimination systems. Used as a specific to remove phlegm and soothe mucous membranes in the lungs and gastrointestinal tract; as a lecithin containing herb for a cellulite control formula to help dissolve fatty substances; as part of a fiber drink or tonic to expel wastes and toxic mucous; as part of a combination to regulate insulin production and blood sugar use; as part of a digestive aid formula.

NETTLES LEAF: (Urtica Dioica), A widely applicable astringent and alkalizing herb, useful as mineral rich tonic for fatigue, an anti-arthritis, to stop excess bleeding, diarrhea and dysentery, and for inflammatory skin conditions; especially for a variety of children's problems. Used as a specific in bladder infection formulas, including cystitis, kidney infection, and stopped urine; as a specific in mucous cleansing formulas for asthma relief and lung congestion; to check hemorrhage of the uterus, nose, lungs and rectum; as rich organic mineral nourishment in arthritic and rheumatic pain formulas. Used: externally, to clean wounds and ulcers; for childhood eczema and diarrhea; as a tincture for hypothyroid conditions to increase thyroid function.

SCHIZANDRA BERRY: (Schizandrae Chinensis), A tonic and adaptogen herb with circulation-stimulating

activity. Primary Uses: as part of a longevity and immune stimulation combination; as a tonic wine for wasting diseases, such as T.B. and diabetes.

MULBERRY LEAF (Morus Alba) has been used as a health food ingredient for humans in India and China for hundreds of years. It is used as a cooling herb to remove excessive "heats" and toxins from the body, yet only recently it started gaining attention from United States Doctors and Scientists for its promising blood sugar management properties. It may possess blood sugar lowering effects according to some studies in people with type 2 diabetes. Mulberry Leaf has also shown to aid in weight loss in overweight patients up to 20 pounds in three months.

HONEYSUCKLE FLOWERS: (Lonicera Japonica), An anti-biotic, lymph clearing, detoxification herb for acute and inflammatory conditions, effective against respiratory and flu infection. Used as part of a cleansing strengthening combination for breast cancer; as part of a systemic cleanser for poison oak and other inflammatory poisons; as part of a treatment for colds, flu and fever; in a formula for swollen or inflamed throat; as part of a sweating mixture to cleanse from a flu or cold infection.

KUDZU (Pueraria Lobata), Suppresses alcohol cravings. Lowers blood pressure and relieves headache, stiff neck, vertigo, and tinnitus. Used for treating alcoholism, colds, flu and gastrointestinal problems. Nutrients: calcium, iron, magnesium, phosphorus, potassium. Vitamin B2.

TURKEY TAIL MUSHROOMS: Currently used in China and Japan as an adjuvant therapy to gastric, esophageal, colorectal, breast and lung cancers... Turkey tail has been shown to boost immune cell production, restore the side effects of chemotherapy and radiation, and significantly increase the survival rates of all stages of cancer patients by almost double. Turkey tail helps to strengthen the immune system, increase energy and deliver pain relief with no side effects. It reduces phlegm in the respiratory system, combats respiratory ailments, eases poor digestion, and relieves urinary infections, inflamma-

tion, liver ailments and hepatitis B.

GINGER ROOT: (Zingiber Officinale), Promotes digestion and the elimination of natural toxins. Supports a comfortable post-meal experience; a warming circulatory stimulant and body cleansing herb, with excellent effectiveness for cramping, indigestion, nausea, cough, sinusitis and sore throat; as a catalysts in nervine and sedative formulas; as a gargle and

part of a sore throat syrup; as a diaphoretic where sweating is needed for removing toxic wastes; as a stimulant to the kidneys for extra filtering activity; externally as a compress for muscle pulls and ligament strains. Nutrients: Amino acids, calcium, essential fatty acids, iron, magnesium, manganese, phosphorus, potassium, zinc. Vitamins B1, B2, B3, B6 & C. Ground ginger also contains vitamin A.

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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May 26, 2015
Volume 6 Number 17

Dear Marci...

Dear Marci,

I was recently hospitalized after breaking my hip, and my doctor recommended that I go to a skilled nursing facility for continued therapy treatments. My doctor told me that Medicare will only cover this care in certain circumstances. When does Medicare cover care received in a SNF?

Alex

- therapy;
- You were formally admitted as an inpatient to a hospital for at least three consecutive days. You must enter a Medicare-certified SNF within 30 days of leaving the hospital;
- You have Medicare Part A before you are discharged from the hospital; and
- You need care that can only be provided in a SNF.

If you meet these requirements, Medicare should cover the SNF care needed to improve your condition or maintain your ability to function. It is important to note that if you are admitted to the hospital under observation or only receive emergency-room services, this time does not count toward meeting the three-day prior hospital requirement for SNF coverage.

When you qualify for a Medicare-covered SNF stay, Medicare covers a semipri-

vate room, meals, nursing care, therapy services, medical social services, mental health services from clinical social workers, dietary counseling, medications, medical equipment and supplies, and ambulance transportation (when other transportation would be dangerous to your health) to the nearest supplier of needed services that are not available at the SNF. Original Medicare will pay the full cost of the first 20 days and part of the cost of another 80 days of care in a Medicare-certified SNF each benefit period as long as it is medically necessary. A benefit period is how Original Medicare measures hospital stays. It begins the day you start getting inpatient care and ends when you've been out of the hospital or SNF for 60 days in a row. If you have a Medicare Advantage plan, your plan's coverage of SNF stays may be different. Contact your plan directly to confirm costs and coverage of SNF stays.

In order to find a SNF that meets your needs, you should speak to your doctor and the hospital discharge planner about your SNF care needs. Ask them to find a Medicare-certified SNF in your area that will best meet your needs after you leave the hospital. If you are in a Medicare Advantage plan, you should contact your plan to find out which SNFs are in their network. A network is a group of doctors, hospitals and pharmacies that contract with a managed care plan to provide health care services to plan members.

Marci

Dear Alex,

Medicare may help pay for skilled nursing facility (SNF) care if you meet the following requirements:

- You need skilled nursing care seven days a week or skilled therapy services at least five days a week. Skilled nursing services include wound care, tube feedings, and IV drug administration. Skilled therapy services include physical, occupational, and speech

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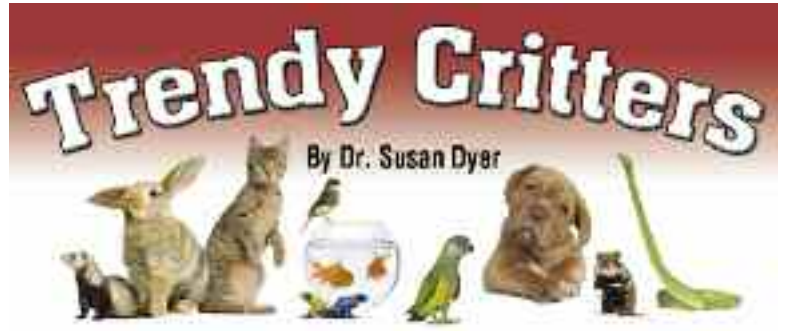
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The Confusing World Of Pet Parasite Prevention

By M. Kathleen Shaw, DVM
 Vermont Veterinary Medical Association

Spring is almost here (really!) and with it comes parasites of all sorts that can infect your pet. Most dog and cat owners understand the importance of keeping their pets safe from parasites such as heartworms, intestinal worms, fleas, and ticks. However, pet owners are now being flooded with ads for generic products and these new brands are creating confusion. In addition, some of the other, better known products have disappeared leaving everyone even more confused. Exactly what parasite control products should you be using for your pets?

Uncertainty among pet owners about which product to use and economic factors are fueling the confusion. Generic heartworm preventives can now be found in many human pharmacies and online pet pharmacies are offering six to ten different medications to the public. Frankly, it is hard for a pet owner to know which is best for their pet! Some of these medications are also effective against intestinal parasites, such as roundworms, hookworms, and whipworms. A few of these preventives are also now using compounds to treat tapeworms in addition to the other parasites. It's even possible to get heartworm preventive that also includes means to help control fleas!! There are collars, topical, oral medications, and powders available online for flea and tick prevention, too.

Products on the internet may be less expensive, but it so important for you not to fall for advice in online forums that recommend odd-ball alternative methods of protecting your pets against any parasite. These sites often misinterpret data or are actively promoting products that

have not gone through proper testing and safety research. Remember, the internet is not policed for accuracy: anyone can make a claim, whether it is true or not. Some of these parasites can be fatal to your pet and you don't want to trust an unproven or possibly fraudulent preventative. There have been instances of fraudulent products sold online under brand names that you trust, and for this reason the drug companies will not stand by their guarantees of efficacy if their product has been purchased online. In addition some products for dogs can be fatal to cats.

Veterinarians follow these trends every year. They couple this information with their understanding of the parasites' life cycles, knowledge of your pet's specific medical conditions, the reputation of the drug manufacturers and your region of the country. Certain parasites are less common in some areas of the country and your pet's risk factors vary quite a bit. These risk factors also include exposure to parasites through trips to dog parks, hiking or camping, interstate travel or even the presence of other animals in the household. Veterinarians are best equipped to help you understand exactly which product provides the best parasite protection for your pet and your family.

This is an area of pet care where we have made great advances, but bad advice and a confusing market have created unnecessary risks and vulnerabilities. Trust your pet's healthcare advice to your family veterinarian and team. They know your pets' health status, lifestyle, and risk of various parasites and are in the best position to give accurate advice.

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

May 26, 2015 Volume 6 Number 17

Six Upper Valley Rivers Get 2,200 New Trees And Shrubs This Spring

Pomfret, VT – May is tree planting season along our local rivers and this year the Connecticut River Watershed Council (CRWC) and project partners planted 2,200 native trees and shrubs along six Upper Valley rivers in New Hampshire and Vermont.

The plantings will reduce erosion, improve water quality, reduce in-stream temperatures by providing shade, increase habitat for fish and wildlife, increase summer food for songbirds and other wildlife, and stabilize the stream banks. Planting sites included:

- Piermont, NH on Eastman Brook where CRWC partnered with the Conservation Commission and Piermont School;
- Orford, NH on the Connecticut River where CRWC partnered with Tullando Farm, the Conservation Commission and the USDA/NRCS;

- Groton, VT on the Wells River where CRWC replanted the site of the dam removal project completed last year along Rte. 302;
- Bradford, VT on the Waits River where CRWC partnered with the U.S. Fish and Wildlife Service and Bradford Golf Course;
- Woodstock, VT on the Ottauquechee River where CRWC partnered with Billings Farm, Greater Upper Valley Trout Unlimited, and Change the World Kids; and
- Cavendish, VT on the Black River where CRWC helped the Conservation Commission, Black River Action Team, and VT Agency of Natural Resources.

“These on-the-ground projects help maintain and protect clean water and wildlife habitat, as well as restore our rivers to their natural states,” said Andrew Fisk, CRWC’s Executive Director.

“This brings the total number of trees and shrubs planted by our staff, volunteers and team of partners to 10,300 since Tropical Storm Irene. Restoring our rivers and stream banks has meaningful benefits to all of us who enjoy the Connecticut River and its tributaries.” As a result of the increase in violent storms and flooding experienced in Vermont and New Hampshire in recent years, river restoration projects like these plantings can help reduce damage by protecting public infrastructure and personal property.

Most of the trees and shrubs were purchased from the Intervale Nursery in Burlington, VT and New England Wetland Plants with funding from the New Hampshire Charitable Foundation and the U.S. Fish and Wildlife Service as well as funding from several of the partner organizations listed above. CRWC subcon-

tracted with Beck Pond LLC and the Northwoods Stewardship Center to help assist with the planning and implementation at the four northern most sites.

CRWC is a membership based nonprofit working to

protect the four state watershed of the Connecticut River from “source to sea” through on-the-ground projects, public education and advocacy. Learn more at www.ctriver.org.



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Hospital/Clinic Security Conference To Be Held At PSU

PLYMOUTH, NH – A day-long conference at Plymouth State University will be focused on healthcare facility security. Registration to the conference does require pre-registration at the following site: www.gtresearch.org ... the conference schedule is 7:30 – 5:00 on Friday, June 26, 2015.

Topics unique to the industry from large hospitals to the small clinic will be put forth by a variety of experts. One of the speakers will be Bonnie S. Michelman, CPP, CHPA – Director of Police, Security and Outsides Services at Massachusetts General Hospital (Boston).

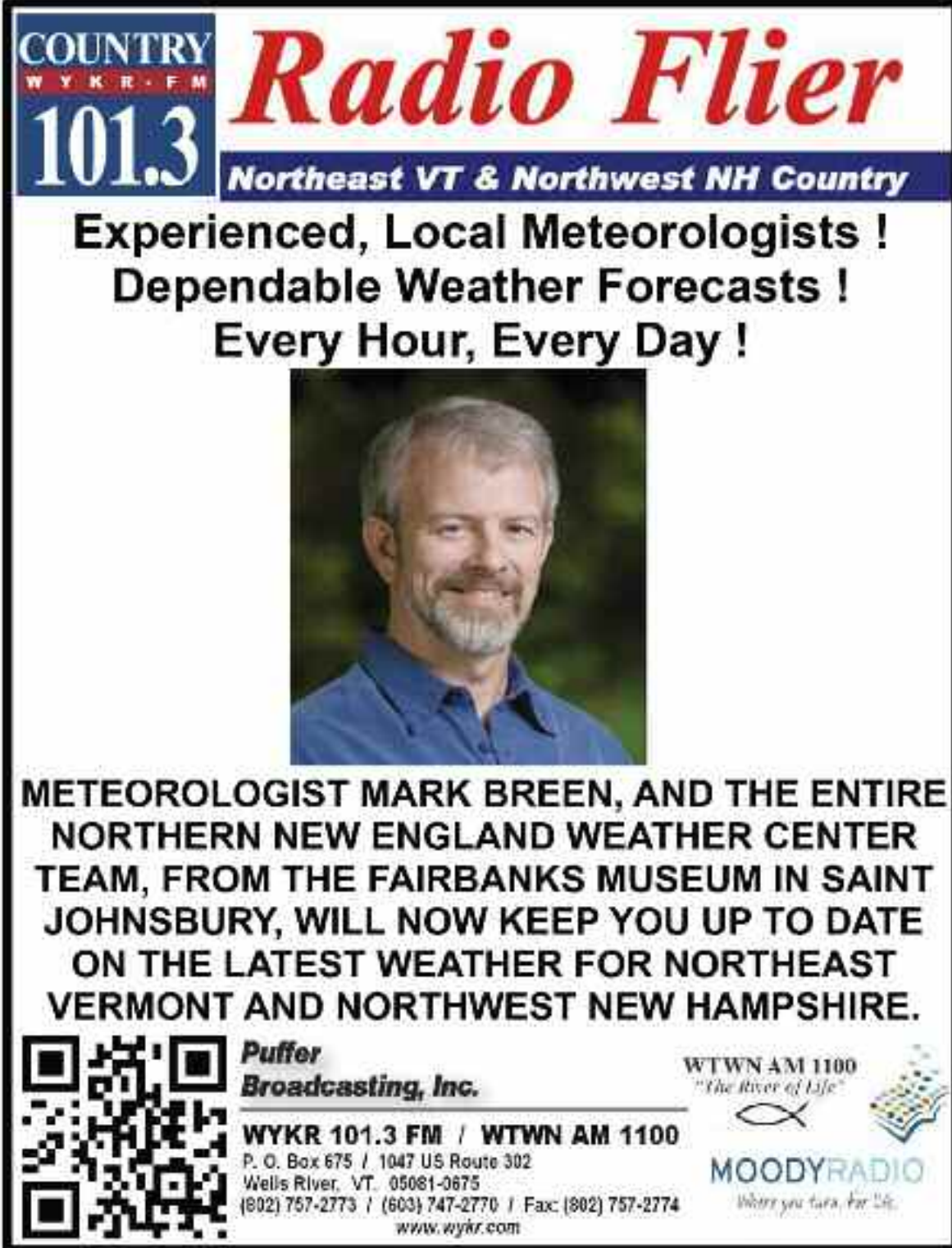
She has held many leadership positions nationally and internationally, lectures and consults on areas of workplace violence, hate crime, domestic violence, risk assessment and disaster planning. She has published in over 60 publications in various journals on safety, security, leadership and management.

She has been an Instructor for the past 27 years at Northeastern University, College of Criminal Justice at both the undergraduate and graduate level programs.

The conference will host several experts addressing today’s challenges as they relate to the potential dangers and hazards inherent when dealing and providing services to a divergent clientele most in some form of stress all dependent of a stressed out staff working at being the best they can given the circumstances as well as the “backroom” services provided via networks and assorted cyber applications.

There is no charge for the conference - continental breakfast and a luncheon will be provided. The conference is a product of The Institute for the Study of Global Threats, Inc. – sponsored by the New Hampshire Department of Homeland Security and Emergency Management and InfraGard-NH Members Alliance, Inc.


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By Ronda Marsh

If you would like to reach Ronda Marsh you can email her at trendychefronda@gmail.com.

Rhubarb Custard Pie

I've decided to re-run a column from back in 2010, as this recipe is just too darn good to not share. When I originally wrote this piece, I did not have my own rhubarb patch, but now I do and you can bet this pie is in my Rhubarb: It seems as indigenous to a New England spring as Maple Syrup and lilacs. At least that's what I thought. I grew up with a big patch of it in our garden, as did most of my friends. If they didn't have their own rhubarb, then their neighbors always had plenty to share, or there were clumps of rhubarb growing alongside the road where once had been farms, now long abandoned. My favorite trick was to steal the salt shaker and hide with a few freshly-snapped stalks to hopefully munch away unnoticed. My parents didn't approve, as they said I'd get a bellyache; but I never did. As an adult, I learned that ingesting too much rhubarb can indeed have a laxative effect, and that the large, fan-like leaves are actually poisonous, even though I obviously escaped unscathed after a childhood spent using them as hats on sunny late-spring days. I've also discovered



that rhubarb is actually a very ancient plant, used by the Chinese for medicinal purposes for over 5,000 years. It was also grown in Russia and the Nordic countries long before making its way to the U.S. in the 1840's, initially in Maine and Massachusetts, then eventually all throughout the various regions of our country. It seems rhubarb is biologically quite the chameleon, able to adapt and flourish in many varying growing seasons. Recently, my friend, Leslie, e-mailed me a recipe for a Rhubarb Custard Pie, which I thought looked too good and too simple to be true. I no longer have my own rhubarb (probably a good thing or I'd be

back to wearing rhubarb-leaf hats again), but good 'ole Leslie appeared the other day with a big bag of freshly picked stalks, all trimmed, washed, and ready to go. See what I mean about friends and neighbors sharing their rhubarb? I made the pie, which I have to say is not as good as she claimed...it's BETTER! The custard does not separate into its own layer; it mingles with the rhubarb and enfolds it to create a wonderful, thick, tart-sweet filling that begs for a scoop of vanilla ice cream on the side. As with all fruit pies, you need to wait until it is fully cooled before cutting to ensure it has set up. Of course, I didn't do that...warm out of

the oven, it just smelled too wonderful to resist. The good news is, I have enough rhubarb left to make another pie, or maybe I'll just hide away somewhere with the salt shaker and the remaining pieces and relive my childhood!

- 4 cups rhubarb, diced (I did a rather large dice)
- 3 eggs
- 2 cups sugar
- 1/4 cup all-purpose flour
- Pinch of salt
- 1 teaspoon vanilla
- 3 Tablespoons milk
- 1 Tablespoon melted butter
- 1 recipe pastry for 10-inch double-crust pie (Pillsbury's refrigerated is fine)

Preheat oven to 400°F. Fit the bottom crust into a greased 10" pie plate and set aside (if using a 9" pie plate, you'll have to discard about 1/2 cup or so of excess filling.)

In a large bowl, break the eggs and mix slightly with a whisk. Add the sugar, flour, salt, vanilla, milk, and melted butter. Whisk until smooth. Dump in the diced rhubarb; combine and pour mixture into the uncooked pie shell. Top with remaining pastry, flute edges and cut several slits to vent. Brush lightly with milk and sprinkle with sugar. Bake for 50-60 minutes, until browned and slightly bubbly. Remove to a rack and cool completely before cutting. Or, do like I did, and cut it hot, then curse at yourself because you're so impatient, then devour it with a big 'ole gob of vanilla ice cream, and smile 'cuz it's so stinking good! ENJOY!!!!

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