

TRENDY TIMES

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APRIL 4, 2017 VOLUME 8, NUMBER 13

Cottage Hospital Celebrates Patient Access Week The Face of the Patient Experience April 2 – 8, 2017

Patient Access Week acknowledges the unique contribution Patient Access Registrar has on the patient experience. Patient Access Registrar's are the first person patients and visitors encounter at Cottage Hospital. These dedicated staff members fill the roles of receptionists, registration, insurance verification, authorizations, financial counseling, and scheduling within the organization.

The Patient Access Week is sponsored by the National Association of Healthcare Access Management (NAHAM). NAHAM promotes best practices, standards, and subject matter expertise to influence and promote high quality delivery of Patient Access Services. NAHAM accomplishes its mission through networking, education, and certification opportunities.

In 2015, NAHAM launched

Access Keys. These key performance indicators allow NAHAM members to implement, track, and benchmark service delivery. In 2016, NAHAM will launch further benchmarking keys specifically related to Patient Experience.

During Patient Access Week, the Patient Access Department at Cottage Hospital has planned the following activities to recognize and celebrate the Patient Access Associates who daily serve our patients, visitors, providers, staff members, and the community. Please be sure to stop by and join us in the fun, we will have some great prizes!

Monday (4/3/16) Theme: Athletic Day and Activities: How many bubble gums in a dish

Tuesday (4/4/16) Theme: Carnival Day and Activities: Hershey kisses guessing game

Wednesday (4/5/16) Theme: Beach Hawaiian Day and Activities: Customer Appreciation

Thursday (4/6/16) Theme: Mardi Gras Day and Activities: What is your Mardi Gras Name?

Friday (4/7/16) Theme: Patient Access Goes Hollywood and Activities: Raffle drawings

In keeping pace with the rapid changes in health care, the roles and responsibilities of Patient Access Registrar's in health care organizations has grown. Since its inception in 1982, Patient Access Week acknowledges the expanding role of this group of dedicated professionals. On behalf of the NAHAM Board of Directors, we offer our congratulations to the Patient Access Team at Cottage Hospital and their contributions to the health of the community in which they serve.



Left to right: Luana Wilson-Reynolds-Supervisor; Wanda Kosakowski-Registrar; Megan Ales-Registrar; Deb Piper-Registrar; Jen White Director; Linda Harris-Registrar; Patty Degoosh-Registrar; Amy George-Registrar. Missing from picture: Brenda Dodge, Lorie Aldrich, Bernadette Smith, Lindsay Locke, Jordan Place, Cynthia Lang, Sheila Hatley, and Lauren Kiessling. Absent - Missy Lund.

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

www.cottagehospital.org or call 603-747-9000.

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TRENDY Dining Guide

Some Thoughts From The Owner's Seat

By Gary Scruton

As most regular readers of this column probably have guessed by now, my wife, Janice, and I like to eat, and very much enjoy the opportunity to eat at one of so many local eateries. To be up front, this column is normally filled with columns about one of our advertisers. It is a part of their contract with Trendy Times that we will do a review (not a critique) of their facility as part and parcel of their advertising package. It is a great way for those advertisers to get a personal review of their eatery from myself and Janice (and sometimes others). And again, to be fully up front, I don't mind the opportunity

at all to go out and enjoy a meal.

But how about all those other restaurants that are currently not advertising with us? And what about those places that are outside our distribution area, but that we do visit on occasion, including some of the chain eateries? In both cases I can not say that we never visit any of them. In fact we have a few favorites, or places that we will visit when the opportunity arises. Now if you are thinking I am going to name them here, then you really don't know me that well. But I will go into a little bit of detail about what I like, or don't like, about many of these places, both near and far.

In working on this column

I got thinking, what is the most important thing about any eatery? Is it the food? Or perhaps the price? How about the setting, or location, or atmosphere of the establishment? Well, in the end, it seems to me to be a combination of all of those factors. A place can have great food, but if it is priced too high for what you get, or you don't like the atmosphere, then it does not rate so high. On the other hand, if the prices are great and you like the atmosphere, but the food is not what you like, then again, it is not on your top 10 list. There is also the whole idea of adding something non-food related to the whole dining experience. That could be music, games, the view, or any number of other extras.

Let me now get to some of my likes and not likes, in no particular order. Like most people I have some

favorite foods. Mostly meat and potatoes (with some seafood). But I also can not turn down a big hearty breakfast (sometimes even for supper).

With that said there are many, many forms to meat and potatoes. A burger and fries, steak and baked potato, or home fries with bacon as part of that breakfast. There are also many, many forms of eateries. There is the small local lunch counter. The place where most everyone there is a regular. The waitress knows almost everyone and can sometimes even guess at your order. Then there is the bigger establishment that has multiple wait staff and see many, many more customers coming and going. Of course they also have regulars, but they have plenty of "outsiders" on a regular basis. Then there is the fine dining spot. A place that lower income people may strive to visit once a year for an evening that will be remembered for years.

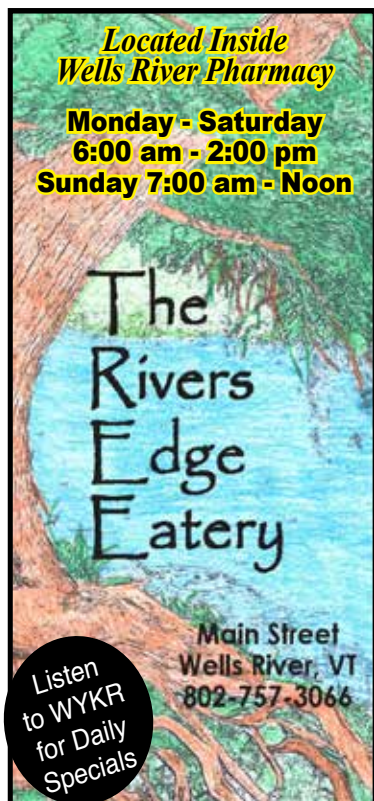
In all of these styles of eating there are choices we all can, and some may say should, put on our list of "to do's". It is true that eating out is often more expensive than cooking a meal at home. But there is also something to be said for giving your cook a meal off and being able to sit back and really soak in the atmosphere and the company. With a working couple there are also some nights that we find that our time is limited. We need to make

a quick stop for nutritional purposes and take advantage of it to try a new place or perhaps hit one of those "favorites".

For a list of my dislikes, I will admit that it is short. I am somewhat of an easy guy to get along with. But I do fully expect either a sign at the entrance telling customers to find a seat, or to have a hostess there ready to seat you. Especially going into a new place the last thing I want to do is try to figure out what I am, or am not, expected to do on my own. Next I want my wait person to be attentive without being over aggressive. If I need something I hope I am noticed. But don't ask me every couple of minutes. As I mentioned earlier, I am not a critic, so I like a hearty meal, but with choices. I will also say that there are the occasions that an eatery's staff makes the call as to the sides that go with a certain dish. There are times when this is also nice (less thinking for me).

As I often do with this column I will close with my bottom line. Going out to eat is fun. If it is affordable for your budget, it can be a nice break from the routine, or a special occasion. However you enjoy your meals, please keep reading the Trendy Dining Guide and keep commenting to the local eatery owners who almost always appreciate your feedback (and don't forget to tip your wait person).

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Littleton Food Coop & Woodland Community School



Littleton Food Co-op Front End Staff display a check with the total dollars raised for community partners in 2016. From L to R: Audrey Rowlette and Brodie LaBonte

LITTLETON, N.H.- The Littleton Food Co-op is happily partnering with the Woodland Community School of Bethlehem, NH during April 2017. The Woodland School is an independent school for students age 5-14.

It is the mission of Woodland Community School to nurture and respect children's love of learning by encouraging their natural curiosity and self-motivated exploration. Through meaningful connections children develop a sense of self and others, an understanding of their place in community, and a deep appreciation for the natural world.

The Littleton Food Co-op community is invited to support The Woodland Community School by 'rounding up' their purchase dollars at the cash registers and by purchasing pizzas on Friday night. One dollar from each pizza purchased is donated to The Woodland Community School.

Representatives from The Woodland Community School will be at the Co-op on Friday April 14 and 21 from 4 - 7:00 pm. Stop in to meet them! Those interested in making a donation or learning more about the Woodland Community School may visit www.woodlandcommunityschool.org or visit their Facebook page.

Member-owned Littleton Food Co-op serves the community by providing high quality food, offered at a fair price, with outstanding service. Everyone is welcome to shop and anyone is welcome to join. Located at the intersection of Cottage Street and Route 302 (exit 41 off I-93), the Littleton Food Co-op is open daily, 8 a.m.-8 p.m. For more information or to become a member, please visit www.littletoncoop.com, call 603-444-2800 or just stop by!

A heartfelt thank you goes out to all our customers and friends who have made our 10 years at Absolute PowerSports VT so memorable. After over 20 years in the powersports business, Deb and I have decided that now is a good time to retire and move on to new adventures.

The Wells River location of Absolute PowerSports VT will be closing on April 27th, 2017. After that time, we will no longer be available to provide assistance.

Our Gorham, NH location can take care of all your powersports needs including ATV and snowmobile sales, parts and service and much more. You can reach them at absolutepowersportsnh.com or at 603-466-5454.

*Thanks for the memories!
Sincerely,
Lee Foster, President*



The Mountain Money All-Stars Fiddle & Banjo Festival

Over the past 4 years fiddle player and producer Patrick Ross has hosted fourteen live studio productions referred to as Mountain Money.

The series featured different twists on fiddle and banjo duos. Now is your chance to hear those artists at one time mixing Bluegrass, Irish, Folk, Jazz and experimental fiddle/banjo sounds.

The Mountain Money All-Stars have appeared three times together and sold out every time. The venues are historical and optimum for fiddle and banjo. The acoustics are perfect and the architecture is stunning.

Truly acoustic (no mics needed), the shows will feature Ross along with fellow collaborators Bow Thayer, Matt Flinner, Hunter Paye, Steve Wright, Alex Abraham, Pappy Biondo, Chance Lindsley and more. Each banjoist brings a vastly different sound to the stage in a mix ranging from Bluegrass to Blues to Celtic and will showcase unique instruments such as Thayer's handcrafted electric slide, resonator banjo called the Bojotar, Bow's upright bass banjo, Ross's cross between a mandolin and a banjo called a Banjolin, Paye's Guitarjo and even a banjolele.

Haverhill, Fri.(4.7.17)
Chelsea, Sat.(4.8.17)
Sharon, Sun.(4.9.17) All shows 7pm \$20 at www.PAT-RICKROSSMUSIC.com

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The 2017 All-Star Line Up:

Patrick Ross - Host/Fiddle/
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Matt Flinner - Banjo-Mandolin/National 5-string Banjo
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Bow Thayer - Electric Slide
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Banjolele/Song Smith
Hunter Paye - Guitarjo/Song
Smith
Steve Wright - Bluegrass
Banjo/Song Smith
Chance Lindsley - Banjotar/

Song Smith
Pappy Biondo - Electric
Telecaster Banjo/5 -String
Banjo/Song Smith
William Moshieim - Claw
Hammer Banjo
Alex Abraham - Upright
Bass Banjo
...And other special guest
performers...

Shows will be held in Haverhill, NH at Court Street Arts, Friday, April 7th; in Chelsea, VT at Chelsea Town Hall on Saturday, April 8th; and Sharon, VT at Seven Stars Center on Sunday, April 9th, all at 7:00 PM.



Services Schedule

Maundy Thursday Service: April 13th at 6:00 p.m.

Easter Sunrise Service: April 16th at 6:30 a.m.

in the church yard

Easter Breakfast: 7:00 a.m.

in the Parish Hall

Easter Celebration: April 16th at 10:30 a.m. in the Sanctuary.

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5th Annual Library Tour April 10

The 5th annual North Country Library tour will be held on Monday, April 10, 2017. State Senator Jeff Woodburn and State Librarian Michael York will be touring public libraries in Coos and Grafton counties to celebrate National Library Week. The tour will include libraries in six North Country towns.

The North Country has among the smallest libraries, but size is not the only measure. "Libraries are the life blood of rural areas," said Woodburn. They help connect people to the internet, government services and community programs. Woodburn noted that it is important to support local libraries and keep them strong and independent.

Libraries across New Hampshire will be holding special programs as part of National Library Week, April 9-15TH. This year's theme, "Libraries Transform" highlights the important role New Hampshire's libraries play in communities throughout the state. The tour was started 5 years ago by Woodburn and the late Executive Councilor Ray Burton.

Joining Sen. Woodburn and Mr. York again this year will be Ben Belanger, a North Country representative for U.S. Sen. Maggie Hassan, who five years ago participated in the first tour as Councilor Burton's

last student intern.

New Hampshire libraries provide a wide variety of services to their patrons. Internet access, downloadable audio books and eBooks, genealogy information, newspaper and magazine databases, displays by local artists, lectures, children's programs, discounted passes to museums and public meeting spaces are just some of the ways that New Hampshire's libraries serve the needs of our communities.

"New Hampshire has known since its earliest days what important resources libraries are as centers of both knowledge and community," said Michael York, State Librarian. "Libraries continue to be vibrant – and vital – parts of our towns, cities and villages."

North Country Library Tour Schedule Monday, April 10th, 2017 "Libraries Transform"

- 9 AM- Monroe Public Library (confirmed)
- 10 AM- Whitefield Public Library
- 11 AM- Randolph Public Library
- 1 PM- Berlin Public Library
- 2 PM- Milan Public Library
- 4 PM- Dalton Public Library



Legislative Budget Process Begins

Governor Sununu presented his Biennial Budget Address to the New Hampshire Legislature on February 9, 2017. That \$12M proposal included a wide array of programs from Health and Human Services, state infrastructure and more. This week, the House of Representatives will act upon HB1 and HB2, the legislature's version of the state-operating budget. HB2 is the accompanying "trailer" bill that includes policies governing how proposed funds shall be used.

Voting this week is the first collective step made by legislators in developing a budget for 2018 and 2019. For every legislator and citizen of the state, there are parts of the proposed budget considered good and the opposite. As required by state law, the proposed two-year budget is balanced and contains no new or increased taxes or fees. It appropriates \$11.9B (Billion) in total funds, up approximately 4.9% from the \$11.3B in the current budget for years 2016 and 2017. The budget was passed by a 16-9 vote last week in the Finance Committee, and is based on the unanimous House Ways and Means Committee revenue estimates. Unlike the Senate which will receive this bill and make amendments based upon revenue projections known in late

April, the House of Representatives is required to prepare and submit a budget bill to the Senate no later than this week. As of this date, revenue projections are not strong; the projections are down by approximately \$60M. First quarter revenue estimates did impact a number of statewide programs.

The budget bill does provide for specific funding for local roads, bridges and schools in the amount of \$45M while it also provides another \$50M to state infrastructure. The health plan for retired state employees has been restructured so that 7,300 retirees over 68 years of age will not contribute to the premium paid on their behalf by the state. Those between 65 and 68 will pay a small monthly premium, while the share of the budgeted premium amount for retirees under 65 has increased from 17.5% to 20%. Two revenue-raising measures have been incorporated into the budget: keno, which has already passed the House, and Internet and smart phone sales. Addiction services were greatly enhanced and expanded, including fully funding drug courts and the prescription data monitoring system. Funding for alcohol and drug abuse treatment and education increased from \$21M to a total of \$54.8M.

In regard to school building aid, which is drastically needed in SAU23, the budget contains \$67.5M to pay obligated school building aid

debt for current statewide facilities such as Haverhill Middle School, and another \$10M for new construction. If Haverhill submits a renovation proposal for Woodsville High School, and if the project is given priority by the School Building Authority, 60% of renovation costs would be paid from this fund. There are, of course, several proposals that the department will consider from other school districts.

There are many difficult decisions to be made this week, but more importantly in the weeks ahead. The Senate will address and modify any budget received from the House. Hopefully, revenue projections will improve, and needed programs such as dual and concurrent high school enrollment and possibly the reinstatement of \$6.3M in statewide education support will be fully funded. Haverhill currently receives \$2.1M in stabilization aid of which the statutory reduction amount beginning in 2018 and each year thereafter is reduced annually by 4% or \$84,391. This is true of most communities throughout New Hampshire.

The proposed budget is viewed by many as a budget that increases funding to bring more workers into our economy and provides workforce training. New Hampshire is in the midst of a battle against addiction and funding is needed to improve our infrastructure, both locally and statewide. Throughout budget considerations, budget makers aimed to lower local property taxes through direct grants to municipalities.

Respectfully Submitted,
Rep Rick Ladd
Chairman, House Education

Not all Times are Trendy, but there will always be Trendy Times April 4, 2017 Volume 8 Number 13



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Lyndon State College's Twilight Players to present Heathers



Heather Chandler and the other Heathers look Veronica over. (L-R foreground: Kendra Perkins, Emma Charow background: Julianne Corcoran, Alexandra Conroy)

April 20-23, LSC's Twilight Players will present Heathers - The Musical, based off the 1989 cult film written by Daniel Waters. Adapted for the stage by Kevin Murphy (Reefer Madness), Laurence O'Keefe (Legally Blonde) and Andy Fickman (Reefer Madness), Heathers is a deliciously dark musical comedy that is oh so very.

In her senior year, Veronica Sawyer (Kendra Perkins) finds herself part of the most powerful clique in school: the Heathers. Heather Chandler (Emma Charow), Heather Duke (Alexandra Conroy) and Heather MacNamara (Julianne Cococoran) rule at Westerberg High, and no one is exempt from their cruel games. Things change when a new student Jason Dean (Lyndon Gallagher) arrives at school. Veronica's attraction for J.D. kicks off a series of dark events that leave forever change them-

selves and the students of Westerberg high.

Heathers will be performed on April 20, 21 and 22 at 7:30pm and on a special 2pm matinee on April 23 at the Alexander Twilight Theater at Lyndon State College. Admission is by donation (free to LSC students with ID). Please note that Heathers contains adult subject matter including gun violence, sexual situations, profanity, alcohol and drug use. It is not suitable for children. Any one under the age of 17 will not be admitted to the show without a parent or guardian. For more information (or to reserve seating) contact 802-626-3663 or on the Twilight Players Facebook page.

Drowsy Chaperone in Littleton

Littleton, NH: The Upstage Players invites audiences to The Drowsy Chaperone presented at the Littleton Opera House on April 7,8,9,14,15 & 16. This truly nonstop high energy musical is full of laughs and gags and it knows just the right way to poke fun at musical theatre while paying the perfect homage to the genre. This show is the perfect night out with the family (PG), a great date night, a way to support local arts and, maybe more than anything else, an evening out of the house to laugh and forget about the craziness of life for a few hours.

Winner of five Tony Awards and seven Drama Desk awards including Outstanding Musical, this hilarious show-within-a-show features a book by Bob Martin and Don McKellar and music and lyrics by Lisa Lambert and Greg Morrison. The show pays homage to American musicals of the Jazz Age through the mind of one great fan and his well-worn LP of an old cast recording.

The fun begins with a die-hard musical comedy fan known simply as "Man in the Chair", who speaks directly to the audience about life, love and his favorite past time, live theatre. He then asks the audience to listen along with him as he plays them the well-worn cast al-

bum of his favorite (fictional) 1928 musical comedy called "The Drowsy Chaperone." The play begins to unfold in his very apartment as he comments occasionally on the plot, songs or even the fictional actors playing his favorite characters. It is a loving spoof of and homage to golden age musicals that practically vibrates with dozens of over-the-top characters and toe-tapping musical numbers. The Drowsy Chaperone has been called one of the wittiest, craziest shows ever to hit Broadway.

Chaperone is directed by Upstage Artistic Director, Andrew Lidestri, and choreography by Lidestri & Madalyn Sheehy. The cast will consist of some wonderful local talent including Dennis MacKay, Courtney Vashaw, Sam Brown, Fran Day, Grant Fuller, Wendy Muello, Peter Gair, Alyssa Comeau, Jess Griffiths, Owen Fogg, Madalyn Sheehy, Andrew Lidestri & Naomi Going. There is also a wonderful chorus of local talent rounding out the production. The sets and costumes will paint a picture of life in the roaring twenties and a full pit band orchestra will accompany these cast filling the hall with some excellent music and tunes you'll find yourself humming long after the curtain falls.

Performances on April 7,8,14, & 15 will be at 8 pm

with two matinee performance on April 9 and 16 at 2pm. Tickets are \$14 when purchased in advance or \$16 at the door for general admission seating. They can be purchased online at www.catamountarts.org/shows/the-drowsy-chaperone, at the Littleton area Chamber of Commerce, as well as at the door.

Stay tuned for information on our Facebook page (www.facebook.com/upstageplayersnh) and website (www.upstageplayersnh.org) in the next few weeks as Upstage Players will be partnering with restaurants in our community to offer theatre patrons options and deals for dinner and a show at different venues.

Upstage Players is a not for profit community theater company, serving the North Country with quality theatrical experiences for over 30 years. The company has recently adopted the mission to "create exceptional theatre in the community setting", making theatre accessible to interested thespians and audiences at the Littleton Opera House. For more information about participating in or attending events presented by the Upstage Players, please visit our website at www.upstageplayersnh.org or like us on Facebook at www.facebook.com/upstageplayersnh.

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Phone the Clifford Building after 9:30 AM on the day of the event if cancellation is questionable due to the weather. 747-2839

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Calendar of Events

A Full Page of Events from Local Non-Profits, Schools and Towns. *Presented FREE by Trendy Times.*

SUNDAY, APRIL 9

BENEFIT TEXAS HOLD 'EM POKER
11:00 AM Cash Game 1:30 Tournament
Moose Lodge 1779, Portland St., St. Johnsbury

TUESDAY, APRIL 4

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

WEDNESDAY, APRIL 5

WOODSVILLE AREA FOURTH OF JULY COMMITTEE MONTHLY MEETING
7:00 PM
Woodsville Emergency Services Building

THURSDAY, APRIL 6

NOONDAY CONCERT
12:10 PM - JOYCE ROY & SERRY SERAFINI
All Saints Episcopal Church, School St., Littleton

FRIDAY, APRIL 7

FRIDAY NIGHT EATS - STUFFED SHELLS
5:00 - 7:00 PM - \$5.00
American Legion Auxiliary Unit 83, Lincoln

MOUNTAIN MONEY ALL-STARS

FIDDLE & BANJO FESTIVAL
7:00 PM
Alumni Hall, Haverhill
See Article on Page 3

THE DROWSY CHAPERONE

8:00 PM
Littleton Opera House
See Article on Page 5

SATURDAY, APRIL 8

BREAKFAST FEATURING A PANCAKE BAR
7:30 -- 9:00 AM by donation
United Congregational Church of Orford, UCC

All You Can Eat Breakfast

8-10 AM Adults \$7, Seniors \$6, Children \$3
Lake View Grange, West Barnet Village

PENNY SOCIAL BY VFW AUXILIARY

1:00 PM Doors Open / 2:00 Drawings
Haverill Municipal Building, North Haverhill
See Ad on Page 7

SATURDAY & SUNDAY, APRIL 8 & 9

OLD CHURCH THEATER AUDITION
1:00 PM
Bradford Congregational Church
See Article on Page 3

MOUNTAIN MONEY ALL-STARS

FIDDLE & BANJO FESTIVAL
7:00 PM
Chelsea Town Hall
See Article on Page 3

THE DROWSY CHAPERONE

8:00 PM
Littleton Opera House
See Article on Page 5

SUNDAY, APRIL 9

HAVERHILL REC ACOUSTIC MUSIC JAM
12:00 NOON - 4:00 PM
Clifford Memorial Building, Woodsville
See Ad on Page 5

6TH ANNUAL FIDO'S FEAST

2:00 - 5:00 PM
Maplewood Country Club, Bethlehem

THE DROWSY CHAPERONE

2:00 PM
Littleton Opera House
See Article on Page 5

MOUNTAIN MONEY ALL-STARS

FIDDLE & BANJO FESTIVAL
7:00 PM
Seven Stars Center, Sharon
See Article on Page 3

WEDNESDAY, APRIL 12

MONTHLY MEETING - ROSS-WOOD POST #20 AMERICAN LEGION
6:00 PM
American Legion Home, Woodsville

THURSDAY, APRIL 13

MAUNDY THURSDAY SERVICE
6:00 PM
First Congregational Church, UCC, Haverhill
See Ad on Page 3

FRIDAY, APRIL 14

AMERICAN LEGION RIDERS MONTHLY MEETING
6:00 PM
American Legion Home, Woodsville

THE DROWSY CHAPERONE

8:00 PM
Littleton Opera House
See Article on Page 5

SATURDAY, APRIL 15

THE DROWSY CHAPERONE
8:00 PM
Littleton Opera House
See Article on Page 5

SUNDAY, APRIL 16

EASTER SUNRISE SERVICE - 6:30 AM
EASTER BREAKFAST - 7:00 AM
EASTER CELEBRATION - 10:30 AM
First Congregational Church, UCC, Haverhill
See Ad on Page 3

THE DROWSY CHAPERONE

2:00 PM
Littleton Opera House
See Article on Page 5

MONDAY, APRIL 17

AN EVENING W/GOVERNOR JOHN H SUNUNU
5:30 PM By Reservation Only
Littleton Community Center, Main Street
See Article on Page 9

HAVERHILL SELECT BOARD MEETING

6:00 PM
Morrill Municipal Building, North Haverhill

THURSDAY, APRIL 20

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

Ongoing Weekly Events

MONDAYS

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Darling Inn, Lyndonville
ADULT STRENGTH TRAINING
1:30 - 2:30 PM - North Congregational Church, St. Johnsbury
9 AM – 10 AM
Municipal Offices, Lyndonville
10:30 AM – 11:30 AM
Municipal Offices, Lyndonville
BINGO - 6:00 PM
Orange East Senior Center, Bradford
TOPS (TAKE OFF POUNDS SENSIBLY)
6:00 PM - Peacham School
KIWANIS CLUB OF ST JOHN SBURY
6:15 PM - VFW Post, Eastern Ave.

MONDAYS/WEDNESDAYS

RSVP BONE BUILDERS
10:30 AM – 11:30 AM
Linwood Senior Center, Lincoln

MONDAYS/THURSDAYS

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

TUESDAYS

BREAKFAST BY DONATION
8:30 AM – 10:00 AM
Horse Meadow Senior Center, North 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
TOPS (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
Wells River Congregational Church
COMMUNITY DINNER BELL - 5:00 PM
All Saints' Church, School St., Littleton
ORANGE EAST SENIOR CNTR, BRADFORD
WEIGHT WATCHERS - 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
3:00 PM
East Haven Library
TUESDAYS/FRIDAYS
GOLDEN BALL TAI CHI
8:30 AM – 9:15 AM
First Congregational Church, Lyndonville
WEDNESDAYS
AQUA AEROBICS
Evergreen Pool, Rte 302, Lisbon
ADULT STRENGTH TRAINING
1:30 - 2:30 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 COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Presbyterian Church, West Barnet
NOON - Darling Inn, Lyndonville

THURSDAYS

ADULT STRENGTH TRAINING
10:30 AM – 11:30 AM
Senior Action Center
Methodist Church, Danville
NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Senior Action Center, Methodist Church, Danville
NOON - Darling Inn, Lyndonville
ST PAUL'S BIBLE STUDY ON JAMES, 6:15 PM, 113 Main St., Lancaster
FRIDAYS
ADULT STRENGTH TRAINING
9 AM – 10 AM - St. Johnsbury House
1:30 - 2:30 PM - North Congregational Church, St. Johnsbury
WORSHIP UNDER THE TENT- 7 PM
100 Horse Meadow Rd, No Haverhill
AA MEETING (OPEN DISCUSSION)
8:00 PM – 9:00 PM
Methodist Church, Maple St, Woodsville
SUNDAYS
CRIBBAGE - 1:00 PM
American Legion Post #83, Lincoln
NORTH DANVILLE BAPTIST CHURCH (ABC),
Worship and Sunday School, 9:30 AM
Refreshments at 10:20 a.m.

Horse Meadow Senior Center

Every Tuesday:
8:30 Community Breakfast

April 4

Nifty Needlers @ 9:30
Classic Bone Builders @ 10:00
Foot Clinic @ 10:00
(by appt. only)

April 5

Bone Builders @ 9:30
Writer's Group @ 10:30
Bingo @ 1:00

April 6

Art Class w/ Barb @ 9:00
Cards w/Jeanie @ 9:30
Classic Bone Builders @ 10:00
Cribbage @ 12:30
Line Dancing @ 12:45

April 7

Bone Builders @ 9:30
Mahjongg @ 10:30

April 10

Bone Builders @ 9:30
Hearts & Hands Quilters @ 12:30

April 11

Nifty Needlers @ 9:30
Classic Bone Builders @ 10:00

Intro to Knitting @ 1:00

April 12

Bone Builders @ 9:30
Writer's Group @ 10:30
Bingo @ 1:00

Advance Directives
w/Florance

April 13

Art Class w/ Barb @ 9:00
Floral Arranging w/Jane @ 9:30

Classic Bone Builders @ 10:00

Cribbage @ 12:30
Line Dancing @ 12:45

April 14

Bone Builders @ 9:30
Mahjongg @ 10:30

April 17

Bone Builders @ 9:30
Hearts & Hands Quilters @ 12:30

MS Support Group @ 1:00

April 18

Nifty Needlers @ 9:30
Classic Bone Builders @ 10:00

Heart Support Group @ 10:00

Intro to Knitting @ 1:00

April 19

Bone Builders @ 9:30
Writer's Group @ 10:30
Bingo @ 1:00

April 20

Art Class w/ Barb @ 9:00
Classic Bone Builders @ 10:00

4H Garment Show @ 11:00

Cribbage @ 12:30
Line Dancing @ 12:45

April 21

Bone Builders @ 9:30
Mahjongg @ 10:30

April 24

Bone Builders @ 9:30
Hearts & Hands Quilters @ 12:30

Sign Language @ 12:45

April 25

Nifty Needlers @ 9:30
Classic Bone Builders @ 10:00

Groton Free Public Library News

Spring Computer Help Sessions. Receive free one-on-one assistance with your computer questions in April at our library. PC & tablet topics may include (but are not limited to) exploring Facebook & Pinterest, using Microsoft Office or Google Docs, downloading e-books/audiobooks, creating an email account, searching the web, or taking free online classes. Sign up for a 30 minute session at the library, or call 584-3358.

Open Book Discussion: Monday, April 24 at 6:30pm. Join us for a lively discussion of "The Round House" by Louise Erdrich. Books are available for loan from the library.

Different hours? More books? New programs? Help us design a library that meets your changing interests & needs. Complete our Community Survey by April 15! To complete the

10 question survey online, visit our updated website and click on "Take the survey here" (www.GrotonLibraryVT.org). To complete a paper version of the survey, look for the green sheets & yellow drop box at the Groton Town Hall lobby (anytime) & Groton Library (open hours).

Crafts & Conversation: Every Wednesday from 1-3pm. Stop by the library for some crafty tips, and perhaps share some of your own. Bring a project to work on or just enjoy some good company!

All of our programs are free and open to residents of all towns.

Find us on Facebook (Groton Free Public Library). or contact Anne: grotonlibraryvt@gmail.com, 802-584-3358.

Open M (2:30-7) W (10-4) F (2:30-7) Sat (10-12).

Orange East Senior Center

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

For our March for Meals fundraiser, we will be holding Meat Bingo on Monday, April 10 at 6:00 p.m. The doors open at 5:00 p.m. There will be meat and cash prizes given out that evening.

Tai Chi class has started on Wednesdays at 10:30 a.m.

Country Mary will be playing music on Friday, April 14 starting at 11:00 a.m.

No Strings Attached will be playing music on Friday, April 21 at 11:00 a.m.

The Boyz will be here on Friday, April 28th at 11:00 a.m. to play music.

The Foot Clinic 2nd and 4th Wednesday of the month, if you would like an appointment please call.

Bingo is every Monday at 6:00 p.m. The doors will open at 5:00 p.m. The kitchen will be open selling drinks and food.

Computer class winter hours will be on Wednesdays from 3:00 p. until 5:00 p.m. This class is for all levels.

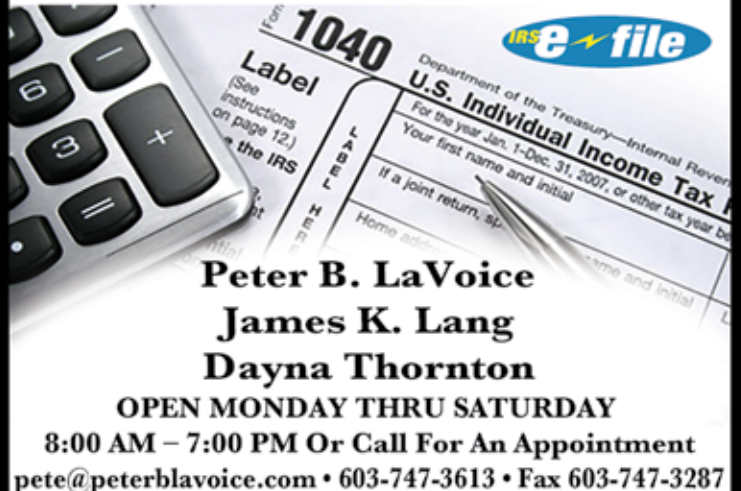
The Orange East Senior Center is available for rent. We have a capacity of 125. If you would like to book your wedding reception or birthday party or if you have any questions, please give us a call.

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

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

Orange East Senior Center is holding informal Line Dancing classes for exercise and just plain fun, each Tuesday at 10 a.m. Come On Down!

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Craig Pursley To Give Presentation at Bath Library

BATH – Bath Public Library is pleased to present Craig Pursley "Tales of Becoming an Artist" on Saturday, April 29th at 2:00 pm at the Bath Public Library.

Craig began drawing and painting before he started school and before long was getting noticed for his work. He was receiving commissions starting at age 14, completed an 8 by 24 foot mural that still hangs in his home town more than forty years later and was chosen as Nebraska's Outstanding Young Artist at age 17. Former art teacher, former police composite artist, former sports illustrator and former newspaper illustrator for a major Southern California newspaper, Craig has focused entirely for the last decade on landscape and portrait work. As a result he

has won many awards and been featured in some of the best national and international art publications. His work can be found in collections from coast to coast and across oceans as well as the Baseball Hall of Fame, The Ronald Reagan Presidential Library and Museum and the New Hampshire State House where two of his portraits hang. Craig firmly believes in improving his skills and expanding his abilities and is dedicated to these ideals through nearly constant work and study.

This program is free and open to the public. There will be light refreshments served.

For more information, contact the Bath Public Library at 747-3372 or e-mail bathlibrarykjb@gmail.com

Bath Historical Pancake Breakfast Delayed Until April 8

On April 8th (delayed from April 1), 2017, the Bath Historical Society will be holding what we hope to be our Annual Pancake Breakfast from 8:30 AM to 11:00AM at the Society's building on the common in Bath, NH.

The Breakfast will consist of pancakes, your choice of bacon or sausage, and real maple syrup. For those who do not like pancakes, we will

offer Scrambled Eggs, your choice of bacon or sausage, biscuit, and jam. We are offering Coffee, Tea, and Orange Juice to drink.

Come on down and enjoy the company of others in the Community while dining ... or call Chris @ 603-747-2269 prior to April 8th to order your take out breakfast!!!! Hope to see you on April 8th!!!!

Thank You

To the voters of Haverhill, NH for electing me as one of your Selectmen.

If you wish to contact me my email address is fgarofalo@haverhill-nh.com.

Fred Garofalo




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603-764-9949



Someone you should know ... Michael Frace, Hillside Hives: Nurse...Farmer...Beekeeper

By Marianne L. Kelly

So. Ryegate, VT—It's not often you meet someone whose talents are as diverse as those of Michael Frace.

Michael and wife Sue, originally from Pennsylvania, fell in love with our New England culture and decided to make Woodsville, NH their home.

Michael grew up on a farm where his family raised, cows, pigs, chickens, and grew produce they sold at their local farmers market. "My first job was milking cows on a neighbor's dairy farm," he noted. "I often received male Black Angus cows for payment, and bought my wife's engagement ring from the proceeds of a sale!"

During college Michael decided to enter the medical field and majored in nursing. He found his passion taking care of premature babies was an impetus to furthering his education in this field. "I became a Neonatal Nurse Practitioner, specializing in the medical management of sick babies and specialized care of infants weighing less than one pound."

His passion for nursing never diminished his passion for farming, and for the past decade he has been expanding Hillside Hives gardens, adding, chickens, rabbits and finally bees. The food he grows supplies his family with the excess going to friends, and the local food bank. "We strongly believe in permaculture values where you look after your community," he said. They also sell their honey to help fund their apiary, as well as caramel candies and marshmallows made from their own honey. Look for these items at My Farmers Market, Hatchland Farms Wicked Dairy Delites and Railway Farm and Garden.

Hillside Hives

"I wanted to become a beekeeper for many years not only for the honey, but as a farmer to pollinate our crops. Our dwindling honey bee population and the consequences of a world without bees is very worrisome," he said.

"Being entrenched in permaculture ideology for our farm, I learned many natural methods of caring for bees, including the use of essen-

tial oils to treat and prevent disease and mites."

After two years of intensive research on the proper care of bees, Michael decided to jump in with both feet, starting with two hives that quickly became six. He manages three hives on their hill, and notes that "the bees are happy when you leave them alone."

Michael believes the main job of a beekeeper is to be certain they have sugar water or honey to eat when there is not enough available in nature. He regularly checks on his hives, and says the bees let you know when they need you and when to be left alone.

Michael, who was diagnosed with an autoimmune disease says his bees play an important role in his healing. "They offer me solace and an opportunity to escape from uncomfortable symptoms, if only for short periods of time."

Added to the produce grown at Hillside Hives are chickens, two chihuahuas named Bambi and Bella, with two rabbits named Thelma and Louise for company. "Big Red, the matriarch of the flock protects the others

and chases the dogs around the yard. We are working on making peace between the chickens, and dogs," laughed Michael, "but still have a long way to go."

Hillside Hives Products

In addition to honey, Hillside Hives offers comb honey, and a thicker creamed honey as well as his own beeswax and more.

Michael who one might describe as obsessed with creating as chemical free environment as possible, learned through his research about many benefits of bees to humans. His lip balms and hand creams contain beeswax from his hives. He adds essential and carrier oils to many of his home grown herbs to create natural products for itchy skin, aching muscles and joints, rashes, bug bites and minor ailments.

His bee based products for pets help prevent and repair dry, cracked paws and itchy skin on dogs.

His passion for a chemical free Universe includes his own line of natural home care and cleaning products. He recently created a beeswax food wrap that comes in three sizes, has multiple



uses, replaces petroleum based plastic wrap, and can be added to compost.

Future

Michael hopes to expand his hives to twenty, manage more area hives, sell more bees and bee products and further grown his homestead for a more self sustaining, natural lifestyle.

He would also love to see more people supporting bees by planting bee friendly flowers, pulling weeds instead of using chemical sprays, and supporting and buying products from local beekeepers, thereby helping to minimize the use of petroleum based products.

Surely, Michael Frace is someone you should know.

Meet Michael Saturdays 3-6 at My Farmers Market, and see his wonderful array of bee based products.

Visit Hillside Hives Facebook page. Web site: www.hillsidehives.com Email: mike@hillsidehives.com

Volume 8 Number 13

April 4, 2017

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

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An Evening With Governor John Sununu

An evening with Governor John H Sununu will take place at the Littleton Community Center on Main Street in Littleton on Monday evening, April 17th. Former Governor Sununu's appearance will focus predominately on his years as Chief of Staff to President George HW Bush as recalled in his book- "The Quiet Man, The Indispensable Presidency of George H W Bush".

As White House Chief of Staff, Sununu was an advisor and witness to some of the most consequential moments in the last half of the 20th century; from the fall of the Soviet Union to forming the international military coalition in the Gulf War.

Governor Sununu became New Hampshire's



75th Chief Executive in 1983 and served three consecutive terms prior to joining the White House Staff. He assumed office with a background of nearly 20 years' experience as an educator, engineer, small businessman and community leader.

From 1992 until 1998 Governor Sununu hosted CNN's nightly, "Crossfire" program, a news/public affairs discussion program.

He was a Visiting Professor of Practice in Public Service at Harvard Kennedy School of Government from

2003-2004.

Governor Sununu is President of JHS Associates, Ltd. and former partner of Trinity International Partners, a private financial firm. The Governor, and his wife Nancy, reside in Hampton Falls New Hampshire. They have eight children and sixteen grandchildren. Their son, Christopher, was elected Governor of New Hampshire last November. Son John E Sununu served as United States Senator from New Hampshire from 2003-2009.

The event starts at 5:30pm, and due to limited seating reservations are required. To reserve a seat please contact Judy Clewes either by email- judyts77@roadrunner.com or by phone

603-444-2949. For those interested there will also be a book signing. This event is being hosted by the Northern Grafton County Republicans.

Rotarians Raise over \$18,500 in Sponsorships for Scholarship Auction

The 52nd Annual Littleton Rotary Scholarship Event and Auction is a little over a month away, but Rotarians have good news for this year's graduating seniors: The club has already raised over \$18,500 to go towards scholarships for this year's graduates. This year's event will begin at 5:30 PM on April 28, 2017 at the Mountain View Grand Hotel in Whitefield, New Hampshire.

"We have a goal this year of awarding \$50,000 in scholarships to area seniors, and these sponsorships go directly towards that goal with no associated cost" said longtime Rotarian Schuyler Sweet. "Not only have sponsorships increased this year, but unique experiences for our live auction have also increased and I expect this year to be a banner year for the auction."

Leading the way this year is the Mountain View Grand Hotel, which is graciously hosting the event. "This is the third year now that Mountain View Grand has partnered with us and has made it possible to coordinate this extraordinary event at a very affordable rate" said Russ Gaitskill, event Co-Chair. "They, like many others, see the need for these scholarships and are doing what they can to help. It's been very overwhelming to see the support from the business community, and for that we are very thankful."

A sampling of other current and past sponsors of the Rotary Scholarship Event and Auction includes Peabody & Smith Realty, Woodsville Guaranty Sav-

ings Bank, Hunkins & Eaton Insurance Agency, Union Bank, Littleton Coin Company, Littleton Imports, Community Financial Services Group, Passumpsic Savings Bank, Ammonoosuc Community Health Services, Burndy, and many more. "To see all the major players in Littleton put their support behind this auction whether it be a sponsorship or donation is fabulous" said Sweet.

Businesses and individuals interested in making tax-deductible donations to the scholarship fund should contact any club member, go to the club's special auction website www.littletonrotaryauction.com, or by e-mail at auction@littletonnhrotary.org. Tickets for the club's 52nd Annual Scholarship Event and Auction are limited and can be obtained online at www.littletonrotaryauction.com or from any member of Littleton Rotary.

The Littleton Rotary Club makes scholarship awards to graduating seniors at Littleton High School, Lisbon

Regional School, Profile School, White Mountain Regional School, and Littleton Charter Academy. The club also makes grants to local students pursuing advance education and training. In just the past eleven years, the club has awarded more than \$235,000 in scholarships to over 250 recipients. "We feel strongly that helping our students overcome the significant financial hurdles they now confront in pursuit of their further education and dreams is money very well spent," said Rotarian Chad Stearns.

The Littleton Rotary Club provides service to the community through its support of programs for youth, scholarships, and other critical issues that impact local communities, as well as Rotary International programs throughout the world. More information about Littleton Rotary and possible membership can be found at its website www.littletonnhrotary.org or by contacting a member of the club.



Suggested Photo Caption: Bidders mingle and peruse items at the 2016 Littleton Rotary Club Scholarship Event and Auction, which raised over \$35,000 for local students.

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MY HOME TOWN

By Jim Hobbs

THE FIRST IOOF - ODD FELLOWS BLOCK

In 1882 there was a large three story building on the far end of Pleasant street, overlooking the field and the Connecticut river. It was called the Tabor Block and housed a fine saloon in earlier times. It had been remodeled into a lodge hall when the Odd Fellows purchased it at that time.

A few years later, in 1886, the new aquaduct system was installed in Woodsville village making the well in the middle of Mr. Sargent's front lawn obsolete. The town water, prior to that time, was unfit to drink so Mr. Sargent, a most forward thinking man, had a well drilled in his yard, built a small enclosure around it and rented a key, for a small price, so people could collect fresh water. Mr. Sargent's home was where Dunkin' Donuts is presently located!

The lodge had the new water installed into all three floors of their new building which housed three stores on the first floor. St. Lukes Episcopal church had a small book collection and started a reading room in this new block. Dr. Gibson maintained an office here, as did a printing office and a hair dresser. Mr. Nutting operated a home furnishings store and Mr. Willoughby moved his meat market here in 1886. Mr. Browne, a cobbler, moved into space on the second floor, as did Mr. Aulis a barber. The top floor was for the Odd Fellows meetings. An Odd Fellows Music Hall Association was established in 1890 and a new building was erected between the IOOF and the Weeks block on the corner of Central and Pleasant.



The new Music Hall quickly filled with businesses making the tiny Pleasant street commercially very active! Then on May 5th, 1901, disaster struck and both buildings burned to the ground!

THE SECOND ODD FELLOWS BLOCK 11-17 PLEASANT ST., WOODSVILLE 1904-1954

Celebrate Conservation and Stewardship at the Grafton County Conservation District Annual Meeting

Grafton County Conservation District (GCCD) invites you to Celebrate Conservation and Stewardship at our 2017 Annual Meeting. The 2017 Annual Meeting will be held Thursday, May 4, 2017 from 6:00 - 9:00pm at Alumni Hall, 75 Court Street, Haverhill, NH. The evening activities will start with a celebration of recent conservation projects in Grafton County during the social hour. We'll be looking at conservation planning and practices in Grafton County with our partners, the Natural Resources Conservation Service (NRCS). There will be a buffet dinner catered by the Thistle Café at Newbury Village Store including a variety of appetizers; salads and side dishes; chicken, and fish entrees; dessert; coffee, water and tea. Following dinner will be a presentation of annual awards, and. The cost of the evening, including buffet dinner is \$25/person. Register by contacting Pam at (603) 353-4652, ext. 103. The deadline to register for the Celebrate Conservation! Annual Meeting is Wednesday, April 26, 2017. Please join us, the meeting is open to the public.

GCCD is pleased to announce the Agriculture Steward of the Year 2016 is Nate Tullar, Tullando Farm

co-owner. Nate is the third generation of Tullar dairy farmers exploring ways to produce high quality milk while maintaining a healthy herd, productivity and farm efficiency. Installing robotic milkers to improve production and herd management also created time for other chores. Nate uses this opportunity to fine-tune no-till planting techniques, manure injection and cover crop varieties that will improve soil health, and better manage water and nutrient resources. Nate continues the tradition of constant improvement at Tullando Farm, and hosts tours for potential-to-experienced farmers sharing knowledge gained at Tullando Farm.

Matt Cadreact established Cadreact Logging in 1988, now a fully-mechanized, whole-tree, family-operated logging company. Safety, efficiency, and quality workmanship are principles that keep Cadreact Logging in high demand with foresters and landowners. Matt is well-known and respected for his honesty, integrity and attention to detail in the forestry community. Matt Cadreact, Cadreact Logging has

been named GCCD's Forest Steward of the Year 2016.

Celebrate Conservation! We'll take a closer look at conservation projects in Grafton County, including the Conservation District's soil health equipment, the cover crops project at the Grafton County Farm, partnership activities with the Long Island Sound (LIS) Regional Conservation Partnership Program (RCP) in the Connecticut River watershed, and other District activities. NRCS works with Conservation Districts, UNH Cooperative Extension and other partners to sustain and improve the quality of our soil, water, air and wildlife habitat with conservation plans that provide a framework for sustainable farming and forestry. The NRCS Orford Field Office team will share recently installed conservation projects on working farms and landscapes in Grafton County. Ammonoosuc Conservation Trust (ACT) is moving forward with a Regional Conservation Partnership Program (RCP) project application, and will provide a project update

Best Friends - 2

by Elinor Mawson

We never lost touch again. The following years of our friendship consisted of trips back and forth and a lot of phone calls.

Priscilla was a quilter and a lot of our conversations were about quilting, fabric, sewing machines and patterns.

We would visit her camp on Lake St. Froid in Northern Maine. The camp was very rustic (no running water; an outhouse) in a fabulous location. We also canoed the Allagash River a couple of times--3 adults and 5 teenagers! It was an unforgettable experience.

As time went on, her neighbor up the road, a widower named Bea, and she struck up a friendship which escalated into love and we attended their wedding. Bea was a wonderful man--sweet and sensitive, who had spent most of his life as a woodsman. Like most of the natives of the area, he spoke with a French accent, and finished all his sentences with a pronoun: "I hurt my arm, me".

Between his three chil-

dren and Priscilla's three, their lifestyle was occupied with requests for "help" from their parents, which caused some disagreements. Otherwise they were happy together, although Bea didn't like to leave home for many days at a time. Priscilla and I would talk a lot about meeting in Bangor (halfway) to compare quilts and buy fabric.

Then came a time when Bea was diagnosed with cancer. Priscilla, by this time was retired from the hospital and was able to care for him during his treatments. He went into remission. Not long after, Priscilla developed diabetes and subsequently kidney failure. Bea's kids came to the house and convinced him to come home with them; they didn't want him looking after his wife with her health problems. They brought him, his clothes and tools, and the contents of the joint savings account and away they went. He died several months later.

Priscilla's health continued to deteriorate. She had a stroke, and endured di-

alysis three times a week. Her kids and grandkids took turns caring for her so she could stay at home. We tried to go and visit, but she really didn't want us to see her so ill, and we respected that.

Priscilla decided to forgo dialysis and died a week later. All her children and grandkids were there; they talked about the past, they sang songs, including "My wild Irish Rose" which brought tears to everyone's eyes.

Although it has been more than 8 years, I still think of Priscilla so much. She sure didn't have an easy life, but she did do a lot of things she liked to do. She left a loving family, 2 pieces of real estate, a bunch of very nice quilts, and 2 rooms full of fabric. Her daughter had a "yard" sale.

We never did go to Bangor.

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How Can the Sandwich Generation Relieve Financial Stress?

Don't worry too much if you haven't heard, but April is National Stress Awareness Month. Of course, stress can present emotional and physical challenges to all of us, but if you belong to the "sandwich generation" – that is, you may be caring for aging parents while still supporting your own children – you may be facing some financial stress as well. What can you do to relieve it?

For one thing, be aware that you're certainly not alone. About one in seven middle-aged adults is providing financial support to both an aging parent and a child, according to the Pew Research Center.

Still, knowing that you have plenty of company won't provide you with solutions for your own situation. So consider the following:

- Suggest "downsizing." Are your parents still paying a costly mortgage on a house that's now too big for them? You might want to encourage them to think about downsizing. They may be emotionally attached to their home, but they might benefit substantially if they moved someplace that's less

expensive.

- Talk to parents about their income sources. Are your parents maximizing their Social Security payments? Are they following a sensible withdrawal strategy for their IRA, 401(k) or other retirement accounts? You may want to recommend that they work with a qualified financial professional.

- Discuss all legal arrangements. Be aware of your parents' estate plans and the status of important legal documents – will, living trust, power of attorney, health care directive, and so on. When the time arises for any of these arrangements to take effect, you don't want to face any unpleasant – and possibly costly – surprises.

- Find out about health care. Try to learn about your parents' health insurance coverage. And have they done anything to protect themselves from the potentially catastrophic costs of long-term care, such as an extended nursing home stay? You may not be able to do a great deal for them in these areas, but at the least, you may be able to get them to take some positive action on their own behalf.

- Don't ignore your own retirement savings. Even if you can afford to provide some financial support to your parents, don't shortchange yourself when it comes to your own retirement

savings. You don't get a "do-over" when it comes to putting away money for retirement, so contribute as much as you can afford to your IRA and your 401(k) or other employer-sponsored retirement plan.

- Prioritize your investment choices. If you would like to help your children go to college, you might want to consider a college savings vehicle. Still, you may need to prioritize your investments. After all, your children will likely have a variety of options – such as loans and scholarships – to help them pay for school, and they may also be able to reduce costs substantially by going to a community college their first two years. But you are basically "up against the clock" when it comes to saving for retirement, so you'll want to take that into account when allocating your investment dollars.

Belonging to the sandwich generation can certainly produce feelings of anxiety. But by following the above suggestions, you may be able to reduce some of this stress. And by doing so, you can help your parents, your children – and yourself.

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

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North Country Toastmasters : 7 Years of Shaping Lives

(Littleton, NH) -- North Country Toastmasters marked its 7th Anniversary this March. The club invites everyone, 18 and over, to attend the next meeting on April 13, and learn more about how Toastmasters can help members grow personally and professionally. Since 2010, the club has been dedicated to helping people become better communicators and leaders.

"North Country Toastmasters provides a supportive and positive environment where members have the opportunity to overcome

their fear of speaking in front of others and sharpen communication skills," says founding member Liz Brisson, club Sergeant of Arms. "Other benefits include the opportunity to increase one's confidence, build critical thinking skills and become an effective listener and have fun doing it!" says Jill Kimball, VP of Membership.

One of the club's notable members include Erin Hennessey, NH State Representative. "North Country Toastmasters has given me the public speaking skills, most importantly the self confidence, I need as a State Representative. Being able to practice in front of my very supportive fellow Toastmasters and implementing the skills learned at our meetings has taken away the overwhelming dread I used to feel when presenting in front of groups."

Chartered with 20 members in 2010, North Coun-

try Toastmasters belongs to District 45, a unique district as it is a combination of American States and Canadian Provinces, one of 87 of Toastmasters International global districts. Since 1924, Toastmasters International, a worldwide nonprofit educational organization has helped people from diverse backgrounds become more confident speakers, communicators and leaders. Membership exceeds 345,000 in more than 15,900 clubs in 142 countries.

North Country Toastmasters club meets the 2nd and 4th Thursday of the month from 6 p.m. to 7:30 p.m. at Bailiwicks on Main conference room in downtown Littleton. For more information about the club, please visit northcountrynh.toastmastersclubs.org. Or call Jill, VP of Membership, 603-289-4289 or email dflumerfelt@yahoo.com for more information. North Country Toastmasters is on Facebook, too.

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Trendy Times reserves the right to accept or reject publication of any letter to the editor or submission of any nature for any reason. *Of course you will need to be really out there for us to turn you down.* We also reserve the right to make slight changes to submissions for readability purposes.

Thank you for your understanding.

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Letter to the Editor

Dear Friends:

I have been going to the Horse Meadow Senior Center for the last 16 years. I have done medical driving, asst. with Meals on Wheels, done various office work and helped out with events. Then wanted to start my own Support Group. To my knowledge there hadn't been one before. It was personally for me. Just wanted to keep it local. Not travel at night time. Debbie Whitaker encouraged me to move forward.

A support group was created 8 yrs. ago. "Open Cyndi,

There is no way for me to know of all the good you have done over your years of coordinating this group. Like so many such positions the biggest reward is within yourself. Helping out others can be such a great feeling!

I hope that whatever task you take on next, that it all goes well and you are able to make more good feelings.

Gary Scruton, Editor

Doors"

I wanted to focus on the positive by having Guest Speakers.

Whether it was Adaptive Sports; explaining what they offer. And give you a chance to try their bikes.

Cottage Hospital Occupational Therapy – safe ways to better your home.

Dog Show from The Canine Academy!

It has been an Honor to have had this opportunity.

I will no longer be organizing this group.

Thank you,
Cyndi Wellman Coordinator

BRUCE LYMAN NEWTON: OBITUARY

North Haverhill, NH- Bruce Lyman Newton, 82, died on Saturday, March 25, 2017 at the Cottage Hospital, Woodsville, NH.

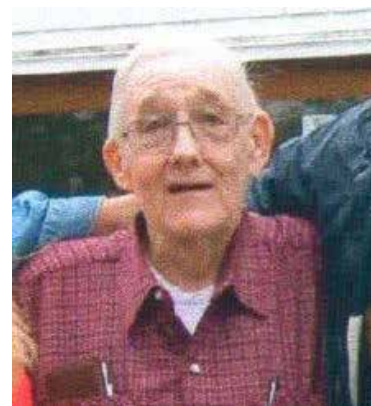
Bruce was born in Burlington, VT, on August 8, 1934, to Charles and Marie (Niles) Newton. He received a psychology degree from Salve Regina College in Newport, RI. Bruce served for over 20 years with the U.S. Navy where he was trained to be a telecommunications officer.

He was a security officer at Salve Regina College. Bruce moved to North Haverhill in 1985 and worked for the Grafton County Correctional Facility as a drug and alcohol counselor from 1986 to 2004, when he retired.

For several years, Bruce ran a baseball card shop out of his home in North Haverhill. He was a very active member of AA for over 35 years. Bruce was an avid sports

fan including following the Boston Red Sox, Washington Redskins, and college football. He loved animals, cats, dogs, and birds.

He is survived by his companion of 30 years, Dawn Langley of North Haverhill; five children, Michael Newton of Jamestown, RI, Susan Devir of Melrose, MA, Christopher Newton of Middletown, RI, Brian Newton of Lehigh Acres, FL, and Theresa Mahoney of Cranston, RI; two step sons, Jeffrey Simpson of North Haverhill and Michael Simpson of Woodsville; a sister, Carol Chase of Venice, FL; five grandchildren; four great grandchildren; several nieces, nephews, and cousins. In keeping with Bruce's wishes, there are no public



services being planned at this time. A private family gathering will be observed later this summer.

For more information or to offer an online condolence, please visit www.rickerfh.com

Ricker Funeral Home & Cremation Care of Woodsville is in charge of arrangements.

Letter to the Editor

Representative Mo Brooks from Alabama introduced a one line bill to repeal Obamacare.

"Obamacare Repeal Act" states "Effective as of Dec. 31, 2017, the Patient Protection and Affordable Care Act is repealed, and the provisions of law amended or repealed by such Act are restored or revived as if such Act had not been enacted."

The date the bill would

take effect is December 31 of this year which would give Congress enough time to write and pass bills of what the Republicans want passed which would improve American healthcare, such as buying insurance across state lines.

If this bill ever came to a vote, it would tell the American voter who actually wants Obamacare repealed or just says it to get elected.

One sentence. Short and sweet. How refreshing!

Why can't all bills be one sentence and not 2800 pages? If bills were that simple, the American voter might actually know what is going on?

Wonder if there will ever be a vote?

Linda Riley
Meredith NH

from the original intent.

In regards to this particular circumstance. I agree that something needs to be done regarding our current health care system. It seems to be out of control and in need of revisions. My worry is that given a deadline of December 31, I am not convinced that considering the current makeup of our Congress, they can meet that, or any deadline. I would think a bill that fixes what is in place makes much more sense.

Gary Scruton, Editor

Linda,

Let me repeat your line: "One sentence. Short and sweet. How refreshing!" I could not agree more. Politics have become so complicated that the average taxpayer has no chance of getting thru it all and really know what is going on. And if I can take that one step further, I'm not sure all the politicians who vote on such intricate bills know all that they may mean either. The intent can be great, but once all the amendments, word changes, and revisions happen, the end result is far different

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14 **Health Insurance Penalties to Be Dropped or Reduced**

ST. JOHNSBURY- Older residents enrolled in the state health-insurance plan known as Vermont Health Connect are also Medicare-eligible.

But many of them have missed the enrollment period for signing up for the federal health insurance, Parts B and D.

Rather than impose penalties for not signing up, the Social Security Administration (SSA) is taking two corrective steps:

1) Setting a special enrollment deadline of September 30, 2017

2) Reducing, or eliminating altogether, penalty fees.

“Certain beneficiaries assumed they didn’t need Medicare as they were covered by Vermont Health Connect, but that was not the

case,” explained Andrea Labor, State Health Insurance Program (SHIP) Coordinator for the Northeast Kingdom Council on Aging.

“And you know what they say about assumptions,” added Labor. “Those who don’t know about this extended deadline opportunity could lose thousands of dollars in penalties if they don’t sign up.”

Medicare-eligible beneficiaries must file a request with the SSA with the required documentation to ask that their late enrollment penalty be reduced or eliminated.

Labor is available to help navigate the process for Medicare-eligible beneficiaries who are enrolled in Vermont Health Connect. To reach her, please call the Vermont Senior HelpLine: 1-800-642-5119.

Low Cost Local Food Pile Your Plate With Vermont Food On A Budget

Written by Rachel Carter, Communications Director, Vermont Sustainable Jobs Fund

Vermonters enjoy local food and beverages in a variety of ways—growing or foraging their own, purchasing directly from a farmer or at the store, hunting or fishing, eating at schools and institutions serving local food, finding food from a community food shelf or the Vermont Foodbank, or just by trading with friends and neighbors.

Agriculture in Vermont is steeped in tradition, which helps define our communities and pride in our state. The local food movement of recent years has created opportunities for new products and food businesses to be developed and expand—creating more jobs for Vermonters and keeping money here in the state to help the entire Vermont community.

Local food in Vermont is considered to be anything produced or processed in the state, plus 30 miles from the border, followed by a regional food system covering the Northeast and Quebec. The types and costs of local food will vary as some products are marketed to urban areas like Boston and New York City to help farmers and producers pay for the cost to produce the food, and so that other products can be made more affordable for folks back home.

Local food is considered by many Vermonters to be tastier, healthier, and made by our neighbors and fellow Vermonters we trust. Still, budgets and time are often tight. Here are some ways to get your share of local food without breaking the bank.

How to Find Local Food on a Budget

Buy Farm Direct: Vermont is home to about 7,300 farms with many located in every county in the state. Buying directly from a farm is an easy way to find local food that’s in season, fresh, and often less expensive than what you’ll find in the grocery store.

· **Farm stands** sell everything from beef and pork to carrots and eggs, and are generally open between May and October (although some are open year-round). Pick your own begins with berries in June and runs through October with apples. Locally grown directories distributed in different regions across the state are helpful guides to find farms and farm stands in your area.

· Another buy direct op-

tion are farmers’ markets, which are typically once a week and offer local food from farmers and producers. More than 40 farmers’ markets in Vermont now accept EBT cards, which carry 3SquaresVT benefits.

· **Many Vermont farms** also offer CSA’s (community supported agriculture), where farm shares can be purchased in advance of the growing season for weekly picks-ups of local food all season long. Some farms offer winter or year-round CSAs as well.

· **Find CSA’s or farmers’ markets** at www.nofavt.org.

Bulk Up: Save significantly in the bulk container section at Costco, Hannaford, or your local food co-op, where you can load up on locally grown or processed flour, cornmeal, maple syrup, coffee, hot cereal mixes, granola, and more at volume-discount prices.

Grow Your Own: Seeds can be found at garden centers and hardware stores around the state, including High Mowing Organic Seeds—a Vermont company that cultivates their own seeds in northern Vermont. In May, veggie and herb starts are sold everywhere from garden centers and hardware stores to farmers’ markets and tag sales with many bargains to be found.

Raise Your Own and Trade: Maybe you grow tomatoes, have a few chickens, or raise your own pigs while your neighbor is a beekeeper on a small farm with a few goats and cattle. Trading your produce, eggs, and pork for goat’s milk, honey and beef is an easy way to save money and share food. Maple syrup is also a favorite to trade and is in season now!

Foodbanks and Food Shelves: The Vermont Foodbank, as well as food shelves, meal sites, senior centers, shelters, and youth programs offer a place where anyone can access food assistance in an environment that is open, diverse and welcoming. Find a foodbank or food shelf at www.vtfoodbank.org.

Hunting and Fishing: Vermont offers a variety of hunting seasons throughout the year for deer, turkey, bear, moose, small game, and waterfowl. Vermont is also home to world-class fishing, offering opportunities to catch trout, pike, Atlantic salmon, perch, and more. You can buy a hunting or fishing license online on the Vermont Department of Fish & Wildlife website or at the

department’s Montpelier office in the Dewey Building located on National Life Drive. Fishing licenses are also sold at general stores and town clerk’s offices across the state. www.vtfishandwildlife.com.

Grow from Food Scraps: Instead of throwing out your semi-used vegetables, consider planting them. Even though not every scrap will grow into a whole new vegetable, many will thrive. To start, save and plant the tops of vegetables like beets, carrots, and parsnips with at least a quarter of an inch of the vegetable intact for best results. Just add water, and you’ll enjoy fresh veggies for free.

Coupons: Several coupon programs help connect Vermonters with healthy, local food.

· **The Crop Cash program** helps the 85,000 Vermonters currently receiving 3SquaresVT/SNAP funds to turn \$10 in benefits into \$20 in food every time they visit the farmers’ market. Coupons are in \$1 increments and can only be redeemed at participating markets by individuals who receive 3Squares/SNAP benefits. More information at www.nofavt.org.

· **Farm to Family** is a coupon incentive program that provides a \$30 coupon book to eligible participants. Coupons are in \$3 increments and can be used to purchase fresh fruits, vegetables, and herbs. More information at <http://dcf.vermont.gov/benefits/f2f>.

· **The Fruit and Vegetable Prescription Plan** is being piloted in Rutland and Chittenden Counties and provides a \$75 coupon book twice a year to identified patients. Learn more at participating providers: UVM Medical Center Pediatrics in Burlington and Community Health Centers of the Rutland Region Pediatrics.

As the local food movement grows and consumers demand more local food, it will send a signal to the marketplace for more local food to be produced, which ultimately helps bring costs down. If more Vermonters spend a little more money on local food, it helps drive the local economy, which keeps more money and jobs here in Vermont.


Learn more about ways to celebrate everyone’s unique connections to local food with Rooted in Vermont on Facebook, Twitter, and Instagram. #RootedinVermont

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Volume 8 Number 13 April 4, 2017 Not all Times are Trendy, but there will always be Trendy Times

Cholesterol Regulation

Spring Is In The Air

Cholesterol is a waxy, white substance that is classified as a fat, and is essential to life. However, it may accumulate on the arterial walls, dangerously constricting the flow of blood. Herbs can help reduce cholesterol levels, and reduce the risk of heart disease and atherosclerosis. This blend provides a high concentration of herbs with known cholesterol-lowering action and help tone the entire circulatory system, providing nutrition, strength and vitality.

We all know that there is a direct relationship between the quantity of fat we consume and the quality of health we can expect. During this century, Americans have increased their intake of fat calories by over 33%. The link between high salt and fat intake has also become clear. Excess salt inhibits the body's capacity to clear fat from the bloodstream. Warnings and discussions about fat have filled the media in America for decades. Cholesterol balancing requires the appropriate fat consumption daily. Like water, one must drink a minimum of eight (8) 12-oz glasses per day to keep the body flushed (cleansed), and hydrated. A daily dose of one-two tablespoons of a cold-pressed olive oil can cleanse the rancid fat out of the body and cleanse the arteries.

Herbs to help the body lower high serum cholesterol and to help prevent the deposition of dietary cholesterol on Arterial walls include:

ARTICHOKE LEAF: (Cynara Scolymus) is one of the oldest medicinal plants used as a digestive aid for liver problems and jaundice. The artichoke leaf has choleric, lipid-lowering, anti-oxi-

dant and hepato-protective effects. Artichoke leaf is suitable for treating chronic gastrointestinal and specific liver/gallbladder conditions with elevated blood fat values. The beneficial health side effects of artichoke are due to the promotion of bile flow in the body. The increased bile flow promotes the digestion of fat. Artichoke leaf extract increases the breakdown of cholesterol to bile salts, thus increasing bile production and flow, and regulates the internal production of cholesterol in the liver.

APPLE PECTIN: in the diets of humans and lab animals, has been shown to increase the excretion of lipids, cholesterol and bile acids, and reduce cholesterol levels. Pectins may operate by binding with bile acids, thereby decreasing cholesterol and fat absorption. Pectin is also effective in causing regressions in, and preventing, gallstones. There is also evidence that the regular use of Pectin may lessen the severity of diabetes. Along these lines, it has been suggested that fiber-depleted diets actually help cause diabetes mellitus.

HAWTHORNE LEAF, BERRY & FLOWER: (Crataegus Oxyacantha), A tonifying high bioflavonoid herb for the heart and circulatory system, with vaso-dilating and heart muscle strengthening activity; also effective in reducing high blood pressure and arterial plaque. Helps maintain clear arterial channels and promotes healthy circulation. Assists in maintaining healthy cholesterol and blood pressure levels already within normal range. Primary Uses: in all cardiac tonic combinations to regulate and strengthen

the heart, and to provide a definite feeling of well-being through blood pressure and cholesterol reduction. Secondary Uses: strengthens veins and capillary structure; acts as a digestant for better food use. Nutrients: Amino acid, calcium, choline, chromium, essential fatty acids, iron, magnesium, manganese, phosphorus, potassium, selenium, silicon, zinc. Vitamins B1, B2, B3 & C.

PLANTAIN HERB: (Plantago Lanceolata), Plantain mucilage in the diet dramatically reduces serum cholesterol levels. Plantain before meals causes a definite decrease in triglycerides and beta cholesterol (the bad guys) with a proportional increase of serum levels of alpha cholesterol (the good guy) since deficiency in the latter substance has been implicated in Obesity, type II diabetes and atherosclerosis.

Melanie Osborne is the owner of Thyme to Heal herbs and has a private practice 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, MA.

by Maggie Anderson

Spring's arrival this year seems to have been controlled by Mother Nature's sudden interest in honing her yo-yo skills.

First we knew spring was possible because the seed catalogs began to arrive in the mail, then the local farm equipment store threw wide its doors for the annual open house and tractor show. The sign at the feed store reminded us that the seeds were in and an ad in the paper let us know it was time to place our orders for chicks – I'm assuming the poultry variety but in these days of electronic match-making one can never be certain.

All these things happened against a non-threatening sky of amazing hue, itself a backdrop for the return of the robins and the gracefully undulating arrows of Canada geese pointing northward. Of course the warmth also woke the spider I found in the woodpile and the mosquito now buzzing my television screen. My Rhododendron got so excited by the season's first warm breath she got busy preparing an army of buds ready to show

of as soon as the coast was clear.

Then the yo-yo dropped and before it ascended again the countryside was pummeled by savage winds, downed trees and two feet of newly-fallen snow. I went to bed one night knowing winter might finally be over only to be awakened by the teeth-jarring rumble of the snowplow passing by.

Sadly my Rhodie now looks like a wet dog, disgusted over having been forced to take a bath and now just looking for a place in which to shake off its reminder.

Yesterday things were calm again, not warm exactly but promising. That has led to temperatures pleasant enough to rouse the skunk from his winter quarters beneath our barn. Last night he came to dine on the food I left out for the neighborhood cats who come to visit. He had a word with them when they made it clear they did not wish to share their meager rations. It was not a happy word. He left an emphatic punctuation mark behind before he squeezed back under the barn.

Ah, finally, spring is in the air.

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by Ronda Marsh

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

Creamy Maple Dessert Sauce

Editor's Note: Though Ronda is not yet back in her kitchen whipping up some new taste treats, we continue to find some very timely, and tasteful bits from the past. I hope you enjoy this one as much as those who have tried it. (This recipe first appeared in April of 2013).

True to my promise to keep this column focused on recipes featuring maple for the next few weeks, here is a great and easy way to get a little more maple into your life. I found this one in GOOD OLD DAYS magazine, and immediately knew I had to try it...for a couple of reasons. The first one was the aforementioned promise, the second one was my brother-in-law. You see, he happens to be possibly the best example of what a brother-in-law should be; truly more like a brother. I was only 9 when he and my oldest sister married, and he, as well as his parents immediately became an integral part of my family. Hard for me to believe it now, but that was over 50 years ago! Since his birthday is in March, and since I always make him some sort of sweet treat as his present (he happens to be a bona-fide sweet-a-holic), I knew this would be right up his alley. This is very quick to cook up, and when poured into a decorative jar and la-

beled, it makes a terrific gift. Stick it in a basket along with a purchased pound cake and a container of good vanilla ice cream, and you have an unbeatable combination. The recipient of your kindness will appreciate you forever! Any time you give a gift of food that you've made yourself, you are truly showing someone that they are important to you...and everyone needs that! If you like caramel sauce,

you will adore this recipe which makes caramel look like a poor relative; it is smooth and unctuous, and flows like gold lava over anything you choose...very impressive! If you make this with the intention of giving it away, I strongly suggest you make another batch for yourself; it's that good, and you deserve some home-made love, too!

- 1 cup maple syrup (a darker grade is preferred)
- 2 tablespoons butter
- 1/4 cup evaporated milk
- 1/4 cup coarsely chopped pecans (or walnuts)

Mix syrup and butter in a medium-sized saucepan. Boil for 3 minutes, remove from heat and allow to cool to room temperature. Stir in milk and nuts to incorporate. Keep refrigerated in a jar or glass container. Makes 1-1/2 cups.

Note: Nuts can be eliminated from this recipe, if desired.



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