

TRENDY TIMES

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MAY 14, 2013 VOLUME 4 NUMBER 16

The Chartering Of Haverhill, NH And Newbury, VT

How did Newbury and Haverhill get chosen on May 18, 1763? Why Colonel Jacob Bayley? Why Captain John Hazen?

How many townships did Colonial Governor Benning Wentworth charter? Wasn't Vermont part of New York? When did settlers first arrive in Haverhill and Newbury? How many land grantees were in each township?

Come to the Robert E. Clifford Memorial Building, South Court Street, Woodsville, NH on May 18th and learn about our common heritage! Hear it from a magnificent storyteller, Dartmouth History Professor Emeritus Jere Daniell. He will bring 1763 to life - you will feel like you were there!

The event begins promptly at 9:30 AM.

Governor Hassan of New Hampshire has sent a Proclamation for this special day, which Executive Councilor Ray Burton will read; you won't want to miss the Governor's words.

The lawmakers from Montpelier have sent Resolu-

tions honoring this historic occasion, and they will be read by Rep. Chip Conquest - hear what they have to say!

Bayley descendents will be on hand - Hazen descendents will be in the audience. Haverhill Memorial VFW Post #5245 will present the colors while the Oxbow Concert Band plays the "Star Spangled Banner" - a stirring ceremony! This historic program will wrap up with the singing of "God Bless America" and a concert by the Oxbow Concert and Jazz Bands!

In the afternoon, on both Newbury and Haverhill commons, the celebration continues with historical re-enactors and events for all the family.

Newbury's celebration begins at 3:00pm in front of the Methodist Old Village Church on the Newbury Common, Route 5, Newbury, VT. In case of rain the program will take place inside the Old Village Church. The celebration will be a combination of history, music and food. This event opens with the singing of "These Green Mountains" the Vermont State Song - sung by

its author Diane Martin.

In 1763 Royal Governor Benning Wentworth of New Hampshire granted Jacob Bayley a charter for the town of Newbury. John Cobb of Haverhill, a Bayley descendant, will read the Newbury Charter.

Other special guests include Sydney Lea, Newbury resident and Vermont Poet Laureate who will read his 250th Commemorative Poem "Yoked" and Carl J. Anderson III - a Pennsylvania Bayley Scholar who will give remarks on General Jacob Bayley. Following this will be short presentations by Wells River Historian Dorothy Stevens on Newbury's past, and by Selenda Girardin, Newbury 250th Committee Chairperson on Newbury's future.

Music will be provided by the Jeremiah Ingalls Singers, and by Newbury musicians Brian Emerson, Steve Gale and Dylan Kidder, and a solo by Newbury resident Linda Ide.

Refreshments will be served inside the Old Village Church by the Newbury Woman's Club and souvenirs

will be available. Newbury native Glenn Fuller will play Charles Taggart recordings on an old time cylinder player while refreshments are served.

All Bayley descendants are especially invited to attend the Newbury celebration.

Beginning at noon, after the conclusion of the morning program and concert at the Clifford Building in Woodsville, there will be events for the whole family on the Haverhill Commons, Rt. 10, Haverhill, NH. Historical re-enactors will be encamped and the town's heavy equipment will be around the common for little ones to 'touch-a-truck'. Or, perhaps they would like to ride in a wagon pulled by an antique tractor!

At 1:30 an honor guard will be present while the Town Charter is read by Haverhill founder 'John Hazen'. Come find out who portrays Hazen.

A concert by the Woodsville High School Band and Chorus, used book sale (library), and tours of historic Pearson Hall will compliment the afternoon.



Food by the Women's Fellowship of the Haverhill Congregational Church will be available for purchase throughout the afternoon at the adjacent Parish Hall.

Parking will be on the south common with handicapped parking near the bandstand.

Souvenirs and the 250th commemorative souvenir book will be for sale at all venues.

For more information, visit www.celebrate250.org/events.html

May 18, 2013 will be a day to remember - once in a lifetime - don't miss it !!

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TRENDY Dining Guide

Miss Lyndonville Diner

By Gary Scruton

One on line definitions of a "Diner" gives this "A small, usually inexpensive restaurant with a long counter and booths and housed in a building designed to resemble a dining car." To be honest the dining car of a train was a part of that definition that I had never really thought about before. But indeed the diners I know all seem to fit that description. The Miss Lyndonville Diner is no exception. The counter with stools, plus several booths, and some tables (you can even choose a square or round four person table). And you get to choose as the sign at the doors welcomes you to seat yourself.

Small is also a part of the above description. Miss Lyndonville is not a huge place, but it has obviously grown over the years as there are a few add-ons to the probably original "Dining Car" appearance. It therefore seats a reasonable number of people. At the same time it has kept the feel of a diner, from picking your spot to sit, to having the cooks very visible, to good quality, inexpensive food. Another interesting feature at the Miss Lyndonville Diner would be the decor on the walls. A large number of drawings of other diners. We did not do a close inspection, but there seemed to be quite a variety offered. Diners within a diner, I liked it.

On the night we dined, there was also very quick service. We were actually a bit rushed for time and the waitress (also your typical "diner" waitress, older, very polite, and understanding) took our order and made sure we got our meals in a timely manner. When we thanked her for the prompt service she smiled and said "we know how to do food quickly."

Of course when the meals were served we really wanted to slow down and enjoy. The scallop diner I had ordered had plenty of sea scallops that were tasty and were well accompanied by the big thick steak fries. My wife had ordered the haddock which also hit the spot. And when we were finished, the other portion of that definition was also fulfilled when it came time to pay the bill. Very reasonable prices for a very fulfilling meal.

As stated, we were in a bit

of a rush and were happily given that opportunity. On the other hand, there were some diners who were just the opposite. The regulars (including David) who sat back, took their time, had a conversation with other diners and finally left with a promise to be back (probably for breakfast the next morning).

The Miss Lyndonville Diner truly met all the criteria of the definition for a diner, from the building to the pricing. But, it can also be said that there are plenty of other reasons to like this spot to dine. The personnel was friendly and efficient. The food was delicious and plentiful. The atmosphere welcomed young, old and those in between, whether by yourself or with a family. All of that adds up to a future return visit to the Miss Lyndonville Diner, not far from the Interstate, right on Route 5 in Lyndonville.



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**Educate your tastebuds,
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A YEAR OF CELEBRATIONS

A YEAR OF MEMORIES

Haverhill/Newbury 250th Celebration of Founders' Day

May 18, 2013

9:30AM– 11:30AM at the Robert E. Clifford Memorial Building, South Court Street, Woodsville

***How did Newbury and Haverhill get chosen on May 18, 1763 ? Why Colonel Jacob Bayley ? Why Captain John Hazen ?
How many townships did Benning Wentworth charter ? Wasn't Vermont part of New York ?
When did settlers first arrive in Haverhill and Newbury ? How many land grantees were in each township ?***

Come to the Clifford Building in Woodsville and learn about our heritage. Hear it from a magnificent storyteller, Dartmouth College History Professor Emeritus Jere Daniell. He will bring 1763 to life - you will feel like you were there!

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This historic program will wrap up with the singing of "God Bless America" and a concert by the Oxbow Concert and Jazz Bands!

May 18, 2013 will be a day to remember - once in a lifetime - don't miss it !!

Continuing Events on Haverhill Common, Rt. 10, Haverhill, NH (Court Street will be blocked off from Rte 10 to Alumni Hall)

1:30PM - 2:30PM

- Town Charter reading and honor guard at bandstand. (If raining, in the church)

2:30PM – 3:15PM

- Music by Woodsville High School and Haverhill Cooperative Middle School band students (If raining, in Alumni Hall)

12:00PM thru 4:00PM

- Lunch available for purchase at the Haverhill Congregational Church, UCC Parish Hall – Women's Fellowship
- "Touch-A-Truck": Big equipment!
- Wagon rides around the common, pulled by antique tractor
- Re-enactors; Historical Display, Revolutionary personnel encamped, Revolutionary British soldiers, War of 1812, Civil War, WW II
- Pearson Hall open for tours (1:00– 4:00)
- Haverhill Corner Library book sale

Note: Parking on the South common – handicapped parking near the bandstand.

Founder's Day Events continue, Old Village Church on Newbury Common, Rt. 5, Newbury Events begin at 3:00PM

- Opening: "These Green Mountains" Vermont State Song -sung by Diane Martin, Author
 - Welcome: Alma Roystan, Town of Newbury Selectboard, Chairperson
 - Reading of the Charter - John Cobb, Bayley Descendant
- "Newbury's Past" by Dorothy Stevens, Wells River Historian
 - Music of Newbury's Past: Jeremiah Ingalls Singer
 - Remarks on General Bayley - Carl J Anderson III, Bayley Scholar
 - Traditional Music by Newbury musicians Brian Emerson, Steve Gale and Dylan Kidder
 - Sydney Lea, Vermont Poet Laureate, will read his 250th Commemorative Poem "Yoked"
 - This is My Song - Linda Ide, soloist
 - Newbury's Future: "Looking Forward" Selenda Girardin - Newbury 250th Committee, Chairperson
 - Closing: Vermont State Song, "These Green Mountains" sung by all

- Refreshments served inside the Old Village Church by the Woman's Club

- 250th celebration souvenirs on sale at all locations

WWW.CELEBRATE250.ORG



WWW.FACEBOOK.COM/HAVERHILLNEWBURY250TH

**HAVERHILL AND NEWBURY –
CELEBRATING 250 YEARS AS CHARTERED NEIGHBORS**

4 Last Chamber Legislative Breakfast Of The Season

Local legislators will update legislation enacted, discuss how such legislation affects the Northeast Kingdom and report on their committee accomplishments at the last legislative breakfast of the season, which will be held Monday, May 20. The session will last from 8 to 9 a.m. at the St. Johnsbury House dining room, Main Street, St. Johnsbury.

The monthly program provides area business people and residents a concise overview of the legislative session and issues that have affected the region. The public is invited to attend and is encouraged to ask questions at the breakfast. The Northeast Kingdom Chamber organizes the legislative forum and will also provide a brief

legislative report. The breakfast will be moderated by Gretchen Hammer.

The legislative breakfast series is sponsored by the Northeast Kingdom Chamber, with sponsorship assistance from Community National Bank, Fairbanks Scales, Lyndon State College, Maple Grove Farms of Vermont, Northeastern Vermont Regional Hospital, Passumpsic Savings Bank, Union Bank and Weidmann.

Reservations are not needed for the event. There is a small fee to attend the breakfast.

For more details, contact the NEK Chamber at 2000 Memorial Drive – Ste. 11, St. Johnsbury, VT 05819; call 802-748-3678; or e-mail at director@nekchamber.com.

Old Man's Spirit Lives Within Us

By Senator Jeff Woodburn

Living in the North Country is often like a country western song. We have our troubles and challenges. The North Country is defined by two factors – a love of the land and struggle to make a living. The Old Man of the Mountain represented that spirit -- that toughness that makes people tender.

There is a powerful sense of place that draws and holds us to this seemingly inhospitable spot. We are connected to this land and humbled by it. We lack the power or the inclination to change it, fortunate to simply endure it and in the end we are all defined by it. Those same awesome forces of nature that carved the profile of the old man millions of years

ago—surely -- and ever so slowly – shape us.

The old man was a symbol of this land and to some a point of demarcation of where the true North Country began. But it is also about our people -- as Daniel Webster famously noted. "In the mountains of New Hampshire," he said, "God Almighty has hung out a sign to show that there He makes men."

This is a place of tough people – not tough in the popular sense of the word. It has nothing to do with bravado or competition. It is an inward, not outward quality; quiet and unknowing in the eyes of our old timers and the heart of our children. It's a kindness, sympathy rooted in a common struggle

formed by a hard life. Failure is never far away, and while that keeps us on our toes and also opens our ears to the secrets whispers of nature, life and God himself.

The North Country has taken its hits these days – we know how to take a hit and to get back up and we know how to love and care for a neighbors when they are in need. The spirit of the Old Man of the Mountain lives in us and still inspires us. We need to look for new symbols but there are no shortages in the wilds of this place and spirit of our people.

(This an adaptation of remarks made by Sen. Woodburn at the 10-year anniversary of the collapse of the Old Man of the Mountain.)

Gentle Yoga Offered In Peacham

The AmeriCorps Neighbor to Neighbor program and the Northeastern Vermont Area Agency on Aging are sponsoring free Gentle Yoga classes in Peacham.

The classes will be held at the Kinerson Building located at 135 Church Street in Peacham Village from 3 pm to 4 pm. Classes will

begin on Wednesday, May 15th and continue until July 3rd.

Gentle Yoga focuses on stretching and toning muscles. Gentle Yoga is fun and enjoyable for people of all ages and ability levels, but is especially suited to people with physical challenges, seniors or anyone who has

not exercised in awhile.

The Neighbor to Neighbor AmeriCorps program helps seniors and adults with disabilities remain active and healthy in their homes and communities.

For more information please contact: Sha'an Moulert at the Agency on Aging at 748-5192 or via the Senior HelpLine at 1-800-642-5119.

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From The Desk Of NH State Senator



Dear Constituents

This past Sunday marked the beginning of National Nursing Home Week (May 12-18)—a week to “celebrate those who care and those who are cared for.”

Nursing facilities are an integral part of the long-term care continuum; especially as we see the 65+ age group in New Hampshire increasing. Utilization and costs of caring for residents are increasing as well. There are 70+ nursing homes in New Hampshire with 7,564 beds—on any given day 92% of those beds are occupied.

I have had the good fortune to visit all the county nursing homes in District 2 (Belknap, Grafton, and Merrimack), meet the staff, and visit with residents. I’ve also had the opportunity to visit several private nursing homes, the NH Veterans Home, and Glencliff Home (NH’s home for the developmentally disabled and/or mentally ill).

Caring for residents, recruiting and retaining staff, keeping up with new and revised rules and regulations, and being a critical part of the community are all part of running a great long-term care facility. As the state Senator for District 2, I am very proud of these facilities and can tell you that our nursing homes are doing a wonderful job caring for our loved ones.

Not only do our nursing homes provide important care, the long-term care pro-

fession in New Hampshire also employs more than 20,000 people. This accounts for 2.5% of employment in the state. Collectively, these employees earn \$742,100,000.00 which is 2.2% of labor income.

So decisions that affect long-term care facilities and their residents also impact nursing home employees—and employees of businesses that support these facilities.

Today, in New Hampshire, our nursing homes face some real challenges to remain viable. These challenges include:

- Low reimbursement rates for Medicaid. Two-thirds of nursing home residents are Medicaid recipients. In the county nursing homes, Medicaid recipients account for 80% of the population. But Medicaid payments to nursing homes are \$93 million less per year than the cost of providing care.
- Diversion of funds. Each year, nursing homes pay a tax that goes into a fund to receive matching federal dollars to offset the shortfalls in Medicaid reimbursement. In the last session 25% of this money was diverted into the general fund instead of being returned to facilities, resulting in a net loss of \$18 million each year to the nursing homes.
- No payment to the facility. When a private pay resident can no longer afford

to pay and needs to apply for Medicaid, the current NH Department of Health & Human Services (NHDHHS) approval process can take months.

There can be many complicating factors during the application process-- from the guardian or family member not filing paperwork in a timely fashion to NHDHHS discovering a diversion of assets by the resident so they can qualify for Medicaid. During this time, the nursing home continues to care for the resident, with the very real possibility that they may not get paid for all the time between the application and approval. This year alone, nursing homes will experience a \$9 million shortfall because of this.

In the legislature, we are working on several avenues to try to address the challenges faced by the nursing homes. One specific piece of legislation which I sponsored, SB138, looks to address the problem of nursing homes not getting paid while residents are going through the Medicaid approval

process. SB138 is a bi-partisan unanimous recommendation of a 2012 legislative study committee that I chaired last summer.

This bill provides the nursing homes with a right of action in only a small number of cases against people benefiting from improperly received assets transferred exclusively for the purpose of Medicaid qualification. There may also be recovery of assets where there is an unreasonable failure to promptly complete a Medicaid application or where a person controlling a resident’s income fails to legally pay the patient liability amount.

SB138 is not a complete solution to this problem. Among other things, I have been working with NHDHHS and other stakeholders to ensure that we are doing as much we can to ease the acute burden on the providers administratively. But passing SB138 will close one of the loopholes, and it is essential that we act to do that so that we can ensure fairness and maintain a vi-

able system of long-term care facilities at the very time we are going to need them the most. If you’d like more information on SB138 or the study committee I chaired last summer (SB321), you can visit the New Hampshire General Court website at <http://www.gencourt.state.nh.us/> or call our office at the number below.

As always, I want to hear from you. If you have a concern you’d like to share, an event you’d like me to attend, or a problem you think I might be able to help with—please call 271.2609 [o] or 279.1459 [h] or email me at jeanie@jeanieforrester.com. If you would like to subscribe to my e-newsletter, go to www.jeanieforrester.com and sign up.

Your Senator from District 2
Jeanie Forrester

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Paddle The Border

Sunday, May 19, 2013

From Woodsville Community Field
On Connecticut Street, Just Off Route 135 in Woodsville, NH
To Bedell Bridge State Park Boat Launch
Off Route 10, Haverhill Corner, NH

FREE Shuttle Service (for persons and personal equipment only) from Bedell Bridge to Woodsville available from 10-11am. Volunteers will be at the boat launch to help unload and protect boats before launching.

All Events Are Weather Permitting

All participants **MUST** abide by safe boating rules and regulations

EVENT SPONSORED & SUPPORTED BY:
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Haverhill Recreation Commission
Newbury Conservation Commission
Woodsville/Wells River Rotary Club

Paddle The Border - Fall is scheduled for Sunday, October 6, 2013

Suggested Launch Time 11am
Approx. Paddle Time
3 1/2 Hours



For Further Information Contact Mike Thomas 603-348-3913 or email mikethom1@charter.net or go to www.cohase.org

Calendar of Events

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

SATURDAYS

FREE BLOOD PRESSURE CLINIC
10:00 AM – 12:00 Noon
Littleton Fire Station

SUNDAYS

SOFTBALL CLINIC
1:00 PM – 3:00 PM Elementary aged girls
3:00 PM – 5:00 PM High School girls
Morrill Municipal Building, North Haverhill

CRIBBAGE

1:00 PM
American Legion Post #83, Lincoln

CIRCLE DANCING

3:30 PM to 5:30 PM
Neskaya Movement Arts Center
1643 Profile Road (Route 18), Franconia

LINE DANCING

4:00 PM – 5:00 PM
Starr King Fellowship
101 Fairgrounds Road, Plymouth

MONDAY/THURSDAY

WALKING CLUB
6:30 PM
Woodsville Elementary School

TUESDAYS

BREAKFAST BY DONATION
8:30 AM – 10:00 AM
Horse Meadow Senior Center, North Haverhill

UCC EMERGENCY FOOD SHELF

4:30 PM – 6:00 PM 802-584-3857
Wells River Congregational Church

AA MEETING (OPEN BIG BOOK)

7:00 PM – 8:00 PM
St. Luke's Parish Hall
121 Central Street, Woodsville

WEDNESDAYS

BINGO
6:30 PM
Haverhill Memorial VFW Post #5245
North Haverhill

WEDNESDAYS (THRU JUNE)

DEEP MEDITATION FOR HEALING AND CREATIVITY
6:30 PM – 8:30 PM
Neskaya Movement Arts Center
1643 Profile Road (Route 18), Franconia

FRIDAYS

LYNDON FARMERS MARKET
3:00 PM – 7:00 PM
Bandstand Park, Rt 5, Lyndonville
See ad on page 8

AA MEETING (OPEN DISCUSSION)

8:00 PM – 9:00 PM
Methodist Church, Maple Street, Woodsville

WEDNESDAY, MAY 15

GENTLE YOGA
3:00 PM – 4:00 PM
Kinerson Building, 135 Church St, Peacham
See article on page 4

THURSDAY, MAY 16

FREE COMMUNITY DINNER
5:00 PM – 7:00 PM
St. Luke's Parish Hall, Woodsville

VFW POST #5245 MONTHLY MEETING

7:00 PM
VFW Hall, North Haverhill

FRIDAY, MAY 17

JESUS CHRIST SUPERSTAR
7:30 PM
St. Johnsbury School
See ad on page 10 and article on page 11

SATURDAY, MAY 18

HAVERTHILL CORNER LIBRARY BOOK SALE
9:00 AM
Haverhill Corner Library
See article on page 7

GROTON GROWERS FARMERS MARKET

9:00 AM – 1:00 PM
Groton Community Building
See article on page 15

FOUNDERS DAY

9:30 AM
Robert E Clifford Memorial Building, Woodsville
See article on page 1 and ad on page 3

MARCH FOR MEALS

10:00 AM
Horse Meadow Senior Center, North Haverhill

SWEET JAMM

FOUNDERS DAY DANCE
7:00 PM – 10:00 PM
Alumni Hall, Court Street, Haverhill

JESUS CHRIST SUPERSTAR

7:30 PM
St. Johnsbury School
See ad on page 10 and article on page 11

A FUNNY THING HAPPENED ON THE WAY TO THE FORUM

7:30 PM
Jean's Playhouse, Lincoln

SUNDAY, MAY 19

PADDLE THE BORDER - SPRING
11:00 AM Launch Time
Woodsville Community Field
See ad on page 5

JESUS CHRIST SUPERSTAR

2:00 PM
St. Johnsbury School
See ad on page 10 and article on page 11

A FUNNY THING HAPPENED ON THE WAY TO THE FORUM

2:00 PM
Jean's Playhouse, Lincoln

MONDAY, MAY 20

NEK LEGISLATIVE BREAKFAST
8:00 AM – 9:00 AM
St. Johnsbury House
See article on page 4

DICK ELLIS, VT'S MUSIC MAN

1:00 PM
West Newbury Hall

HAVERTHILL SELECTBOARD MEETING

6:00 PM
Morrill Municipal Building, North Haverhill

WEDNESDAY, MAY 22

AVTT MOTORCADE LEAVES P&H TRUCK STOP
4:00 PM
Routes 302 & 10 to North Haverhill Fairgrounds
See article on page 8 and ad on page 9

THURSDAY, MAY 23 THRU

MONDAY, MAY 27
AMERICAN VETERANS TRAVELING TRIBUTE
Open 24 hours
North Haverhill Fairgrounds
See article on page 8 and ad on page 9

FRIDAY, MAY 24

DRUM CIRCLE
7:00 PM – 9:00 PM
Neskaya Movement Arts Center
1643 Profile Road (Route 18), Franconia

SATURDAY, MAY 25

GROTON GROWERS FARMERS MARKET
10:00 AM – 1:00 PM
Groton Community Building
See article on page 15

SPRING PLANT SALE

9:00 AM – 2:00 PM 603-745-8159
Lincoln Public Library

YARD SALE

9:00 AM – 3:00 PM
Clifford Memorial Building, Woodsville
See ad on page 7

SATURDAY, MAY 26

ACCOUSTIC MUSIC JAM
1:00 PM – 5:00 PM
Clifford Memorial Building, Woodsville

THURSDAY, MAY 30

ANNUAL GHOST WALK
7:00 PM
Center Cemetery, West Bath

FRIDAY, MAY 31

PINEHILL SINGERS
7:00 PM
Alumni Hall, Court Street, Haverhill
See article on page 21

SATURDAY, JUNE 1

3RD ANNUAL TENNEY FEST
9:00 AM – 2:00 PM
Tenney Memorial Library
See article on page 7

SUNDAY, JUNE 2

BGC TEE IT UP FOR KIDS GOLF TOURNAMENT
8:00 AM Shotgun Start / For Boys & Girls Club
Maplewood, Bethlehem

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, May 23rd for our May 28th issue.

Upcoming Programs At The Groton Free Public Library

EVERY Tuesday, 6:30-7:30pm (summer sched): Beginner Spanish. This free class is perfect for adults or teens who would like an introduction to Spanish or to reinforce their beginning skills. Drop-ins welcome! Meets every Tuesday.

EVERY Wednesday, 1-3pm: Crafts and Conversation. Join us with your ideas and projects-in-process – or – just join us! Meets every Wednesday.

Sun, May 19, 2-3pm: Puppet Power! Join us in welcoming our new Puppet Theater by taking part in a puppet-making workshop! Children ages 3 and up will have a chance to create a variety of puppets using different materials to take home.

Mon, May 27, 7pm: Book

Discussion. Take a break from the everyday, explore some different authors, and enjoy a night on the town! Books are often available in both e-reader and hard copy formats. This month's selection: "Brooklyn" by Colm Toibin.

Wed, May 29, 6:30pm: De Pelicula: NEK Spanish Conversation. Groton and Tenney Libraries present a conversation in Spanish about "The Motorcycle Diaries" in Groton. Facilitated by native Spanish speakers! To borrow a book or watch the film with us beforehand, please contact Groton or Tenney Libraries. 802.584.3358/802.866.5366.

All of our programs are free and open to the public. 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) Th (10-12) F (2:30-7) Sa (10-12).

Interested in volunteering? Looking for volunteers of all ages for special projects such as light carpentry, craft preparation, front desk help, and general organizing.

Interested in donating? We are looking for donations of children's stickers, bookshelves, hand puppets, board games, and an SD card reader.

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

Visit us on Facebook: www.facebook.com/Groton-FreePublicLibrary

Haverhill Corner Library Announces Book Sale

HAVERTHILL, NH — The Haverhill Corner Library will hold a book sale on Saturday, May 18, the library has announced. The sale will begin at 9:00 AM and will be held on the lawn in front of the library.

All prices will be "by donation."

The library itself will be closed for the day.

The book sale is being held in conjunction with the Founders' Day activities scheduled for the Haverhill Common, commemorating the 250th anniversary of the founding of Haverhill.

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

Bath Public Library

The Bath Library Book Club will be discussing "Bliss, Remembered" by Frank Deford on Thursday, June 13th at 7 pm at the Bath Public Library. At the 1936 Berlin Olympics the beautiful Sydney Stringfellow begins an intense love affair with the son of a Nazi diplomat, but the affair abruptly ends when political forces tear them apart. Back in the US, Sydney is left healing her broken heart when a striking American begins to pursue her

– but can she ever really forget the handsome young German who first took her heart? Books may be picked up at the Bath Library; hours are Tuesdays and Thursdays 9:00am to noon and 1:00pm to 6:00pm and Saturdays 9:00am to noon. Anyone with an interest in reading and conversing about books is welcome to attend. For information please contact the library at 603 747-3372 or email bathlibrary@together.net.

Tenney Memorial Library

Willem Lange, "One of the most beloved story tellers in New England," will be the guest speaker at the 3rd Annual Tenney Fest on June 1st. Honoring the 250th anniversary of the founding of Newbury, Mr. Lange will speak on "What a Difference a River Makes," at 1pm at the Tenney Memorial Library, Newbury, VT.

Mr. Lange, a child of deaf parents, grew up speaking sign language and first came to New England to prep school in 1950 as an alternative to reform school in his native New York State. During a few absences from New England, Will earned a degree in only nine years from Wooster College in Ohio. In between he worked as a ranch hand, Adirondack guide, preacher, construction laborer, bobsled run announcer, assembly line worker, and cab driver. He taught school and directed the Dartmouth Outward Bound Center, finally settling on building and remodeling in Hanover. He began writing "A Yankee Notebook" in

1981, a weekly column in several New England papers. He is a commentator or host for Vermont Public Radio and New Hampshire Public Television, an author of five books, and a popular speaker and reader of tales. In 1973 Mr. Lange founded the Geriatric Adventure Society, although hardly qualified by age for that task. Mr. Lange recently moved to East Montpelier with his wife of 54 years, Ida, or Mother, as his fans know her.

Mr. Lange's talk is the highlight of the Tenney Memorial Library's Tenney Fest. This annual event celebrates the growing role the library plays in the community. Tenney Fest features a homemade picnic feast with its famous hot fudge

sundaes, local musicians, a used book sale, and a large silent auction. Numerous local businesses offer certificates and library friends have donated plants, antiques, quality handcrafts, photographs and artwork, maple syrup, golf lessons, firewood, a guided kayak or hiking trip and much more.

The Tenney Fest, on June 1st, runs from 9am-2pm, with coffee and muffins starting the day. The picnic is from 11am-2pm. Mr. Lange's speech is at 1pm. Silent auction bidding will close at 1pm and the winners are announced at 1:45. Music is by Brian Emerson and the Muddy Roads. Tenney Library is on Rt. 5 in Newbury VT.

VENDORS WANTED
For The Annual
Strawberry Festival



Saturday, June 22
9am - 3pm
Haverhill Commons
Rt 10, Haverhill, NH

SHOW TO INCLUDE
Quilt/Afghan Show In The Church
Antique Cars

More Information Call 603-787-2571 or 603-989-5880

My name is Randi-May Perry. I am requesting a special Congratulations to be in the paper for this week. My mother Cheryl Leigh Boucher, 52, from Groton, VT is going to be receiving an award from Lyndon State College tomorrow at the Alexander theatre from 3 pm-4 pm. She is the second recipient at this college to ever receive this award known as the Luca Pacoilli award. She will also be graduating this year with her BS in Accounting, specializing in Financial and Analytical Reporting. I would just like to say congratulations for all her hard work and would like to wish her well in the future! Thank you so much.

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628 Woodsville Road • Monroe, NH 03771
603-638-2200

Haverhill Recreation
3rd Annual Yard Sale
Saturday, May 25, 2013
9:00—3:00



Clifford Memorial Building

65 South Court Street
Woodsville, NH

9:00 to 3:00 (Bag sale at 2:00 PM)



Yard Sale Donations needed!
Call [603-787-6096](tel:603-787-6096) to schedule pickup!

We will also RENT you outdoor space if you prefer having your own sale!
\$ 10.00 per space!



UNDER COVER TENTS Party Rentals

BRADFORD VT 802-222-5601
undercover-tents.com
Now Is The Time To Call About Your 2013 Wedding or Special Event!

American Veterans Travelling Tribute And Traveling Wall Coming To The North Haverhill Fairgrounds

North Haverhill, NH - Veterans and active members of America's armed services travel great distances and make great sacrifices to preserve and protect our freedom and liberty. How far will you travel to honor their contribution? The American Veteran's Traveling Tribute and Traveling Wall will visit the North Haverhill Fairgrounds, Dartmouth College Highway (Route 10), North Haverhill, NH from Thursday, May 23 through Monday, May 27. The mission of the project is to travel the nation to honor, respect, and remember men and women who served, and to pay specific tribute to those who gave all in that service. Since the tribute is mobile it allows people to honor and respect veterans and active military personnel without having to travel great distances to do so.

The AVTT presents The Cost of Freedom Tribute and exhibits with its centerpiece being the Traveling Wall, an 80% scale version of the Viet Nam Memorial Wall in Washington, D.C. Across its 370-foot length the wall contains every single name etched on the original. At its apex the memorial is an impressive 8 feet tall. It was completed in 1998 and began traveling that year. It is the largest Wall replica traveling the USA and is not to be confused with several other replica Walls (The Moving Wall, The Dignity Wall, the Wall That Heals) which all do a fine job; we are all on a mutual mission.

The other memorials and exhibits included in the AVTT event include:

- The Cost of Freedom Memorial- a series of stand-up exhibits created in gold dog

tags to record the names of those who gave their lives during present day Enduring Freedom and Iraqi Freedom. This is a stunning exhibit for all to see.

- 911 Memorial- an exhibit to make sure "we never forget". Each name is recorded according to their location at the time of the tragedy.
- Walk of Heroes- an exhibit that pays tribute and provides education regarding our country's history, as well as conflicts America has been involved in. These tributes represent the true cost of freedom as paid in lives.
- Viet Nam Remembered depicts the timeline of the Viet Nam conflict for viewing, education, and reflection.
- Tribute Panel- anyone can purchase a custom inscribed dog tag to place on our tribute panel as a tribute and personal message to a loved one, past or present. This tribute panel travels the USA with all other exhibits.
- 1980-2000 Conflicts- a listing of the names, photos and information on all the conflicts our country was involved in during those dates.
- World War II- to assure all

living veterans are honored, AVTT presents displays of pictures and information, which include timelines and casualty by country that pay specific tribute to WWII veterans.

- Korean War- a beautiful pictorial display of the men who fought the forgotten war along with battle maps and the war timeline.

Remembering, educating and respect are the main focus of AVTT. The American Veterans Traveling Tribute is a veteran-owned project committed to travel the USA to honor, respect, and remember those who served, and to pay specific tribute to those who gave all. AVTT is not government sponsored or affiliated, but funded through sponsorship fees, donations, and sale of merchandise at events. AVTT works with The Traveling Wall Foundation, an IRS designated charitable non-profit organization. Donations or support to AVTT's mission, via the foundation, are qualified charitable tax deductions. Visit www.avtt.org or call 903-714-8634 for more information.

The event is sponsored by the Town of Haverhill (NH), Haverhill Memorial VFW Post 5245 & Ladies

Auxiliary, American Legion Ross Wood Post 20, regional fire departments, and individual veterans.

Daily ceremonies are planned for mid-day and evening and will honor the following:

Thursday, May 23 at 1200 hours- POW/MIA Remembrance; Gold Star Mothers

Friday, May 24 at 1200 and 1800 hours- Law Enforcement, Firefighters and EMS

Saturday, May 25 at 1400 hours- Recognizing local veterans of all conflicts

Sunday, May 26 at 1200 hours- Veterans' motorcycle groups "Ride to the Wall"

Monday, May 27 at 1000 hours- Honors will be given in memory of WW II veterans:

Wilson "Stub" Keith, William White, Russell Hatch, Harry Williams

Security will be present at all times. The Vietnam Memorial computer database will be available from 8AM to 8PM each day. Displays, fairgrounds and restrooms are handicap accessible. The Veterans Administration Mobile Vet Center Van and White River VA Out Reach for Veterans will be on site for duration of exhibit visit.

The Haverhill/Newbury 250th anniversary Committee invites you to visit our website at www.celebrate250.org and scroll the Events tab to see the updated daily details of ceremonies and recognitions. The Traveling Tribute is open 24 hours a day beginning at noon on Thursday, May 23 and concluding at 3:00PM on Monday, May 27. There is no admission charge.

School groups are especially encouraged to attend on Thursday and Friday.



LITTLETON DISCOUNT FOODS

We now accept EBT Debit & Credit Cards

Mon - Sat 9-5
603-444-0527
Just after Lowest on Rt. 302
1091 Meadow Street
Littleton, NH

Soup To Nuts,
We Save YOU
Money!

RICH CLIFFORD CONCRETE FOUNDATIONS

SLABS, RETAINING WALLS, CURBINGS,
SIDEWALKS INCLUDING RAILINGS

NO JOB TOO SMALL

54 Clifford Drive
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Rich Clifford
603-787-2573

LYNDON FARMERS' MARKET

BANDSTAND PARK ~ RTE. 5, LYNDONVILLE
EVERY FRIDAY STARTING MAY 17, 3-7PM

COME JOIN US FOR PIZZA, ASIAN FOODS,
BEDDING PLANTS, MAPLE SYRUP &
PRODUCTS, JAM, SOAP, EGGS, BAKES
& CANNED GOODS, VEGETABLES,
GRANOLA, PHOTOGRAPHY, PAINTINGS,
CRAFTS, POTTERY AND SILKSCREENS.

FREE DRAWING
MAY 17TH
(SOME GREAT
VENDOR
DONATIONS!)

WWW.LYNDONFARMERSMARKET.COM

**TOWN OF HAVERHILL POLICE DEPARTMENT
REQUEST FOR BIDS FOR CRUISER MAINTENANCE**

General requirements: To be eligible to bid the business must be located within the Town of Haverhill. Diagnostic machines and mechanics must be able to diagnose and make repairs to Ford vehicles. Mechanics must be ASE certified to perform general maintenance on police cruisers. Our police cruisers must be given priority over other work to get them back in operation as soon as possible. A current business Certificate of Insurance and a Certificate of Good Standing must be provided. The time period of the contract will be for one year, with a Town option to renew for up to two more years. Please provide prices for the following routine maintenance:

- Lube, Oil and filter changes (synthetic oil to be used)
- Tire rotation
- Mounting and balancing of tires (include any tire disposal fee)
- Alignments (checking and needed adjustment)
- State Inspections
- Labor cost per hour
- Parts mark-up percentage (only factory parts will be acceptable)
- List any and all other fees which may apply

Bid envelopes must be marked CRUISER MAINTENANCE BID (No faxes or e-mails, please) and be delivered to the Haverhill Police Chief at:

Haverhill Police Department
2975 Dartmouth College Highway
North Haverhill, NH 03774
www.town.haverhill.nh.us

Quotations must be received no later than 4:30 pm on Friday, May 17, 2013. The Haverhill Police Department reserves the right to reject any and all bids.

St. Luke's Episcopal Church
3 Church Street
Woodsville, NH

SUNDAY SERVICE 10AM
1st, 2nd & 4th Sundays
Holy Communion With Sunday School
3rd & 5th Sundays
Morning Prayer With Sunday School
Bible Study Following Coffee Hour

American Veterans Traveling Tribute: The Cost of Freedom

May 23, 2013 - May 27, 2013

North Haverhill Fairground, Rt. 10 North Haverhill, NH

An 80% replica of the Vietnam Memorial will be on display at the North Haverhill Fairground along with displays of other wars in which many brave American men and women lost their lives. **Visiting is available 24 hrs a day beginning at noon on May 23 until 3:00PM on May 27.** The Vietnam Memorial computer database will be available from 8AM to 8PM each day. Displays, fairgrounds and restrooms are handicap accessible, **free and for all.** Security will be present at all times. The **Veterans Administration Mobile Vet Center Van** and **White River VA Out Reach for Veterans** will be on site for duration of exhibit visit.

www.avtt.org/aboutavtt.html

www.celebrate250.org



Thurs- Opening Ceremonies, POW/MIA Remembrance Day; Gold Star and Blue Star mothers
Friday- Law Enforcement/Firefighters/EMS Day
Sat-Recognition of local veterans of all conflicts
Sunday- Ride to The Wall (motorcycle) Ceremony
Monday- Honors will be given in memory of WW II veterans Wilson "Stub" Keith, William White, Russell Hatch, and Harry Williams

THURSDAY, 23 MAY



1200 - Cost of Freedom Exhibit opens to the public—24 hours

Posting of Colors **Haverhill Memorial VFW Post 5245**

White Mountain Regional HS Spartan Battalion JROTC Cadets

National Anthem Pledge of Allegiance: **All present**

Blessing of the wall and exhibits: **Fr. Jeffrey Statz**, St. Joseph's Church

POW/MIA Remembrance Service:

Robert Williams, American Legion Ross Wood Post 20(US Navy veteran)

Guest speakers: **Dan Moriarty**, VA POW Coordinator,

VA Medical Center, White River Jct., VT

Marion Gray/Jean Durgin/Denise Gionet (Gold Star Mothers)

Susan Peterson, NH Chapter of Honor and Remember and Blue

Star Mother of NH

Laying of POW MIA and Gold Star Mothers' wreaths:

Richard Hamilton, Commander, Vermont Chapter 1

American Former Prisoners of War

William Busier (former prisoner of war)

Marion Gray/Jean Durgin/Denise Gionet (Gold Star Mothers)

Ladies Auxiliaries of VFW and American Legion of VT and NH.

Taps: **David Rock** (US Navy veteran and bagpiper)

Retrieval of Colors: Color guard

North Haverhill Girls Club: Refreshments for Gold Star Mothers.

1800 - Evening Ceremony

Band: **Woodsville High School Band**

Posting of Colors: **Sons of American Legion, Ross Wood Post 20**

National Anthem: **Choir Group** to sing selection of patriotic songs

Pledge of Allegiance: **All present**

Taps: **David Heintz** and **Woodsville High School Band**

Retrieval of Colors: Color guard

SATURDAY, 25 MAY 2013

0800 - Reveille- 24 hour exhibit viewing

1400 - Mid-day Ceremony

Music: **McClure's Ban**

Posting of Colors: **Guyer-Carignan Amer. Legion Post 22, Lebanon**

Invocation: **Fr. Joseph O'Keeffe, Col., US Army, Ret.**

Chief, Chaplain Service, Veterans Affairs Medical Center, WRJ, VT

National Anthem Pledge of Allegiance: **All present**

Recognize local veterans of all conflicts

Guest speaker: **Ms. Deborah Ambur**, Veteran Affairs Medical Center

Benediction: **Fr. Joseph O'Keeffe**

Taps: **David Rock** (US Navy Veteran and bagpiper)

Retrieval of Colors: Color guard

1800 - Evening Ceremony

Posting of Colors: **American Legion, Ross Wood Post 20, Woodsville**

Sons of the American Legion, Ross Wood Post 20

National Anthem Pledge of Allegiance: **All present**

Invocation: **Chaplain Everett Rust**, Ross Wood Post 20

Guest Speaker:

Benediction: **Chaplain Everett Rust**

Taps: **David Rock**

Retrieval of Colors: Color guard

2100 - Candle light vigil **Fr. Jeffrey Statz**, St. Joseph's Church, Woodsville

MONDAY, 27 MAY 2013

0800 - Reveille

1000- Posting of Colors: **Haverhill Memorial VFW Post 5245**

American Legion, Ross Wood Post 20

Invocation: **Rev. Dwight White**, Chaplain, VFW Post 524

National Anthem Pledge of Allegiance: **All present**

Guest speakers: **Major Angela Welch**, Vermont Air National Guard

(Afghanistan veteran)

Honors will be given in memory of WW II veterans:

Wilson "Stub" Keith, William White, Russell Hatch, Harry Williams

Benediction: **Everett Rust** Chaplain, Ross Wood Post 20

Poem "For Whom the Bugle Sounds"—**Command Chief Master**

Sergeant Harvey Keyes USAF, Ret. (Vietnam veteran)

Taps: **David Rock** (US Navy veteran and bagpiper)

Retrieval of Colors: color guard

1500- Closing of the American Veterans Traveling Tribute

SCHEDULE OF EVENTS WEDNESDAY 22 MAY 2013

1500 AVTT Staging area at P&H Truck Stop, Exit 17, I-91. Participating police, fire, motorcycle groups and EMS units assemble at this time.

Designated Escort Captain: Chief Byron Charles, Haverhill PD 603-787-2222
Grand Marshall **Steven Wheeler**, Haverhill Memorial VFW Post 5245
(Bronze Star Recipient, US Army)

1600 Vermont State Police will lead the escort motorcade from P&H Truck Stop east on Rt. 302 through Wells River, VT to the NH border. At the N.H. border the N.H. State Police Motorcycle Unit will assume the lead and escort the motorcade to the North Haverhill Fairgrounds, Rt. 10, North Haverhill, NH.

Welcoming speeches by sponsor representatives Commander Wayne Mitchell, Haverhill Memorial VFW Post 5245 and
Commander Oliver Brooks, American Legion, Ross Wood Post 20



FRIDAY, 24 MAY 2013

Law Enforcement/Firefighters/EMS

0800 - Reveille- 24 hour visiting



1200 - Mid-day Ceremony

Music: **Blue Mountain High School Band**

Posting of colors: **NH & VT** color guard/honor guards representing police, fire, and EMS agencies.

NH EMS Color Guard, NH State Police Color Guard

Invocation: **Rev. George Hemway, Trinity Church of the Nazarene**

National Anthem: Pledge of Allegiance: **All present**

Guest speakers: **Kim McCarthy**, President, New England C.O.P.S. Chapter
Lara Saffo, Grafton County Attorney

Perry Plummer, Director, NH Bureau of Fire Standards & Training and Emergency Medical Services. Acting Director, NH Homeland Security and Emergency Management
Laying of a wreath for 9/11 Tribute

Kelly Ayotte - United States Senator, NH

Benediction: **Rev. George Hemway** Retrieval of colors: Color guard

1800 - Evening Ceremony

Posting of Colors: **NH & VT** color guard/honor guards representing police, fire and EMS agencies

VT State Police Color Guard with bagpiper

Invocation: **Rev. Lyn Winter-Lisbon/Landaff**

Shared Ministry, UCC & UMC

National Anthem Pledge of Allegiance: **All present**

Guest Speakers: **J. William Degnan** - NH State Fire Marshall

America the Beautiful:

Benediction: **Rev. Lyn Winter**

Taps: **VT State Police Color Guard & bagpiper**

Retrieval of Colors: All color guard/honor units

SUNDAY, 26 MAY 2013

0800- Reveille - 24 hour exhibit viewing

* Note: 0800-1100 hours morning breakfast to be held at

American Legion Ross Wood Post 20, Woodsville, N.H Sponsored by **American Legion Riders, Charter Chapter, Ross Wood Post 20**

1000 - Church Service (Non-Denominational) **Rev. Steven Seminerio**,
WW II Veteran, US Marine Corps

1200- Ride to The Wall (motorcycle) Event

Nam Knights of America

Combat Veterans Motorcycle Association

Red Knights

American Legion Riders, Charter Chapter, Ross Wood Post 20

American Legion Riders, Chapter 22, Lebanon, NH

Pulaski Lodge #58 Riders, Wells River, VT

* Note: Staging area for all motorcycle groups/organizations is Business Park Road, off Rt. 116, North Haverhill. Departure time 1230 hours sharp

1300 - Ride of Honor Ceremony

1800- Evening Ceremony

Music: **Upper Valley Community Band**

Posting of Colors: **American Legion Riders, Charter Chapter, Ross Wood Post 20, Woodsville**

National Anthem Pledge of Allegiance: **All present**

Invocation: **Rev. David Moore, Lt. Col. USMC** (Vietnam veteran)

Guest speaker: **Jim Stevens**, Past Master of Pulaski Lodge #58
F&AM, Wells River, VT

Benediction: **Rev. David Moore**

Taps: **David Rock** (US Navy veteran and bagpiper)

Retrieval of Colors: Color guard

10 Local Author Charms Audiences With New Children's Book

By Marianne L. Kelly

Piermont, NH — "I'm no writer," said Virginia Crowe of Piermont, NH, "but this is a true story and I'd like to make it into a book."

"The Amazing Adventures of Charlie the Dog and Eddie the Runt," truly is an amazing story, with just a little magic added.

The story begins when 16 year old David Thomas finds a young bird that had fallen from its nest, as he is making his rounds of the golf course where he works after school. After several attempts to return the bird back to its nest, he finally decides to bring it home to his mom who named him Eddie and raised him.

An unlikely friendship that borders on devotion develops between their dog, Charlie, and Eddie, the runt. Their adventures and misadventures,

until Eddie must join his own kind, are sure to delight and charm all who read this book, however the adventure continues to another generation.

Author, Virginia Crowe, wrote this story for her friend in Connecticut who actually experienced these adventures, and added few "artistic touches" to enhance this delightful story.

The book will be on sale at the Orange East Senior Center on May 18, with a \$1 contribution going to Meals on Wheels for each book sold. After May 18, a \$1 contribution for each book sold will go to Piermont Elementary School to cover the cost of a class trip to Washington, D.C.

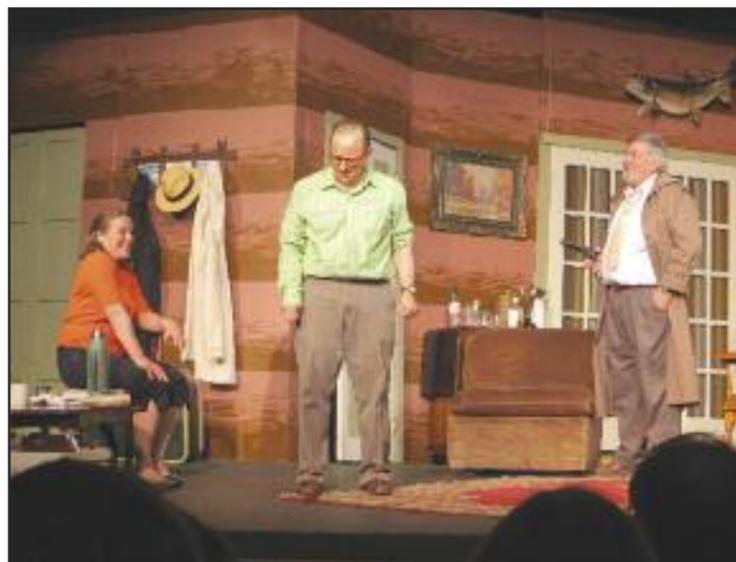
To purchase this book, or for more information contact Ms. Crowe at vscrowe1936@gmail.com

Old Church Theater

The name of the play is "Catch Me If You Can". From the title and the majority of the play you may well think that the "Me" is advertising executive Daniel (or Danny) Corburn. But, as promised in the run up to this performance, the plot takes a few twists and turns (not to mention the turns the real Mrs. Corburn may have taken). But in the end "Me" is actually Danny, very well portrayed by Anthony Helm at the Old Church Theater's first production of the summer season the first two weekends of May.

The comedy thriller was introduced by Director Diane Chamberlain with the note that there would be two very loud gunshots during the course of the production. She made sure everyone was aware that no real bullets would be fired, and no real injuries would be incurred by those on stage, or in the audience. But when those shots went off there was still a quick breath taken by many in attendance.

On the receiving end of



those shots were Father Kelleher (Miles Conklin) a Catholic Priest (well not really) in the heart of the Berkshires, and Sidney (Nick Sandstra), owner of Sidney's Deli and owner of a very real sounding Jewish accent. And as Diane had promised, neither man was hurt. No, really, neither one was actually or even playfully shot. They really were blanks!

This whole plot was unravelled at the end of the play by the loveable and heavily New York accented

Inspector Levine (Scott Johnson). He really sounded like one of those New York cops you would hear on so many TV shows. A job well done with the character, and the accident, goes to Scott. According to the playbill Elizabeth Corburn was played by Anne Foldeak. But in the spirit of "Catch Me" she was not Mrs. Corburn (actually, we never got to meet or even see the real Mrs. Corburn), she was in fact Mrs. Levine, brought in by the Inspector to help catch "Me".

As they so often have done the folks at Old Church Teater chose a play that was fun to watch. A play that worked on their small stage. And a cast that knew their lines, knew their characters, and knew how to entertain the audience. If you missed the chance to see "Catch Me If You Can" then I suggest you mark your calendar for the rest of their 2013 production schedule. At \$10 a person it is a great night of entertainment.



"Dear Marci"

Medicare Advice Column

Dear Marci,
I cannot afford to pay my Part B premiums. Are there any programs that can help me pay for my Medicare Part B premium?

Jessica

Dear Jessica,
Yes, you may qualify for a Medicare Savings Program (MSP), an assistance program that helps people with limited income pay for their Medicare Part B premium. The Medicare Part B premium is the monthly amount you must pay each month to have Medicare Part B (medical insurance). There are three common MSPs and each one has different eligibility limits. The three main MSPs are:

- Qualified Medicare Beneficiary (QMB)
- Specified Low-Income Medicare Beneficiary (SLMB)
- Qualifying Individual (QI)

MSPs may also help pay other Medicare costs, like deductibles, coinsurance and copays. In addition, if you enroll into an MSP, you should automatically get Extra Help, the federal program that helps pay some of your prescription drug costs.

To qualify for an MSP, you must have Medicare Part A and meet your state's income and asset guidelines. States use different rules to count your income (i.e. money you take in, like Social Security checks, pension checks or wages that you earn) and assets (i.e. resources, such as savings and checking accounts).

Remember, MSP eligibility guidelines vary by state. While some states use the federally set income and asset limits, some states may have more generous limits. Contact your State Health Insurance Assistance Program (SHIP) or local Medicaid office for more information on whether you can qualify for an MSP in your state.

Contact your local Medicaid office to ask how you can apply and submit your MSP application. Many states allow you to submit your application online, through the mail or through community health centers and other organizations, but some states may require you to submit your application in person.

-Marci

May 14, 2013 Volume 4 Number 16

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JC Superstar Review

By Janice Scruton

Congratulations go out to the St. Johnsbury Players for their wonderfully executed performance of Jesus Christ Superstar. I was honored to be part of the press invited to a dress rehearsal. What a show! Noticed a few timing issues that I'm sure have been worked out and an Apostle that showed up a little late, but that's why we have dress rehearsals.

I have to admit that I fell in love with this Rock Opera back in 1970 when it was first released as an album, a full year before the first

Broadway production was staged. This very moving musical play is Andrew Lloyd Webber and Tim Rice's interpretation of Jesus Christ's last week up to and including the Last Supper, his arrest and the crucifixion. I was not impressed with the movie version (too much emphasis on scenery and special effects for my taste), and this was the first time I had seen it performed on stage.

I was enthralled from the moment Judas opened the show singing "My mind is clearer now - at last all too

well I can see where we all soon will be". Judas was perfectly cast for his role, his emotions of bewilderment, anger, rage, guilt and compassion displayed not only in his voice, but in his acting as well. Mary Magdalene was wonderful as she calmed and soothed Jesus with myrrh and her gentle "Close your eyes, close your eyes and relax think of nothing tonight". The song "I Don't Know How to Love Him" was sung from her heart, it's one of my favorite numbers in the show and she did it proud.

Pontius Pilate took center stage with his deep voice booming out "I dreamed I met a Galilean, a most amazing man, he had that look you very rarely find, the haunting hunted kind". King Herod with his flamboyant clothing and sparkling beard thoroughly enjoyed his dance number as he made a mockery of Jesus' growing fame singing "So you are the Christ, you're the great Jesus Christ. Prove to me

that you're divine-change my water into wine.....Hey! Aren't you scared of my Christ? Mr. Wonderful Christ! You're a joke you're not the Lord—you are nothing but a fraud".

Throughout the performance as I recalled the scenes in the Rock Opera, I was constantly thinking ahead as to how Jesus would react to the Moneylenders and Merchants, how would he be moved by Mary Magdalene's devoted love to him, how could he possibly confront Judas who betrays him, Peter who denies him, and how would he display the emotion needed on stage to be subjected to 39 lashes and then nailed to a cross to die. From his first appearance to his final words "Father into your hands I commend my spirit", he portrays Jesus magnificently.

I was transformed to a time 40+ years past with this performance. The bell bottom jeans, the bare feet, long flowing caftans, long hair and



total individuality made me recall my life in the 60's and 70's.

Director Kim Wood cast this play so well, that only a few props were needed to set the stage for the entire performance. From Caiaphas and his priests, the Apostles and their women, the crowds and mobs, moneylenders and merchants, maids, the soldiers, Pontius Pilate, King Herod and of course, Jesus, this cast of 30+ individuals put on a show well worth watching. So whether you are an old Superstar fan like me, or just want a great night out on the town, this is one performance you should see.



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More Entertainment At The 2013 North Haverhill Fair

The big name acts for the 2013 North Haverhill Fair were announced earlier this spring. Kristen Kelly will sing about her "Ex Old Man" on Friday night starting at 8:30. Then on Saturday, July 27 it will be Greg Bates and his top five hit "I Did It For The Girl". That concert starts at 8:00 PM. Both shows are sponsored by Woodsville Guaranty Savings Bank and WYKR 101.3FM and are free to all who pay their regular gate admission price.

Along with these two great artists there are plenty of other new reasons to attend this year's North Haverhill Fair. One new event will be an Open To The World Tailgating Competition. On Thursday, July 25th all tailgaters are invited to pack up their vehicles, drive to the fairgrounds, and show off their best tailgating ideas. Judging will be based on three aspects; overall appearance of the setup, the quality of the food being served, and the appearance of the individual or team members. At this time prizes are still being gathered and will be announced later, but it is safe to say that there will be some very happy participants. Full rules are posted on the fair's website www.nohaverhillfair.com. The lead person of any tailgating group will receive free admission to the fair if they preregister by Sunday, July 21.

A second new attraction will take place on Sunday the 28th. This Thayer Stage event will pit four local businesses against one another in an effort to know what "The Survey Says". The Wells River Savings Bank has agreed to sponsor this competition and will fill out one of the five person teams. They will face off with Shaw's of Woodsville in the first round game at 12 Noon. The second game of the day at 2 PM with feature employees from Woodsville Guaranty Savings Bank against some of the volunteers of Old Church Teater of Bradford. The winners from those two matches will meet at 4:00 PM in the finals. Our thanks to Jamie Pollie, formerly of Bradford, VT and his Vermont Game Shows for producing this first time event. Also appearing on Thayer Stage will be the annual North Haverhill Idol competition on Thursday evening. Participants are asked to register by July 19 with an audio or video performance. Wednesday night on Thayer Stage will also be filled with music as Josh Logan makes an appearance. Josh Logan, singer/songwriter, brings a fresh and addictive sound and style to the music scene. Josh blends a style of rock/blues/soul/pop and the product is invigorating and memorable. Josh is also a New Hampshire native and is very active in the Manchester area.

Along with all of these events there will also be the return of the New York Tractor Pullers Association Super Stock and Super Farm divisions as they chase points in



their year long championship battle. These two divisions offer some great machines and promise to keep the crowd entertained at the McDanolds Pulling Arena on Thursday evening. Wednesday and Friday nights the same area will be transformed to a Demolition Derby arena with three separate divisions crashing each other until a winner is crowned. On Saturday at 10 AM the Zero Turn tractors will try out their obstacle course and the Farm, Antique & Enhanced tractors will work out with the transfer sled beginning at 12 noon.

As always all of these events at the North Haverhill Fair are free after paying at the new walk thru gate. And admission is just \$10 for adults. Children 12 and under are free, and seniors get in for half price on Thursday. For a complete schedule, rules, or other information check out the website: www.nohaverhillfair.com or check out our Facebook page.

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National Drug Take Back 13

Thank you to all who participated in the 2013 DEA National Drug Take Back Initiative on Saturday, April 27 from 10:00 AM to 2:00 PM.

Many area residents participated by bringing outdated and unwanted drugs to the Haverhill Police Department. We will publish

the results as soon as the information is made available to us.

According to the DEA, "most abused prescription drugs come from family and friends." Thank you for being part of the solution to the problem.



Sen. Forrester Honors Top Belknap County Volunteer at the Statehouse - Jane Alden of Tilton named Vaughan Award-winner for 2013

CONCORD, NH – Sen. Jeanie Forrester, R-Meredith, helped honor Jane Alden of Tilton at the Statehouse on May 6th. Alden received the 2013 Vaughan Award in the Executive Council Chamber for outstanding volunteer service to older citizens in Belknap County. She was recognized for transporting the elderly, serving meals and cleaning up at the Senior Center.

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LISBON, NH - Great Opportunity. Spacious 4 Bedroom Colonial with a front porch. Features include a Eat in Kitchen w/plenty of cabinets, first floor master bedroom, living room, 1st floor laundry, 2nd floor 3 Bedrooms, some hardwood floors, walk up attic for storage, work shop, 2 car detached garage and more. Five upper. Why Rent? \$45,000.

LISBON, NH - All the charm of a traditional New England Home- 2100 sq. ft., 10 Rooms, 4 Bedrooms, 1 1/2 baths. Entertain in the 28' x 14'9" Living Room with large windows very bright and airy also a fireplace which makes the room cozy, formal Dining Room, wonderful pantry with glass faced cabinets. 1st floor office, lavish maple floors, 3 bay garage with plenty of overhead storage, business opportunities with all zoning options. Lot 0.96. Excellent condition. \$159,900.

HAVERHILL, NH - Cozy cape with plenty of finished space features unique loft, mountain & lake view 1 & 3/4 baths, forced hot water heating system, hardwood floor, hearth and woodstove, landscaped, easy walk to the lake. Nice decks and yard. Could easily be a wonderful year-round or a vacation home! \$119,900.

BATH, NH - Cozy hunting cabin with Wild Americanoac river view and access. All wood but needs to be hooked to the power lines. Septic system needed, but best deal on the market. \$28,500.

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<p>2011 Scion XD 440167 Sc. Loaded, low miles, 33 mpg</p> <p style="font-size: large; font-weight: bold;">\$16,595</p> <p style="font-size: large; font-weight: bold; color: red;">\$210⁴¹ A MONTH</p> <p style="font-size: x-small;">72 months @ 3.99%</p>	<p>2012 Chevy Cruze 440158 LT, 1.4 Turbo, AT, Loaded, 28 mpg</p> <p style="font-size: large; font-weight: bold;">\$16,987</p> <p style="font-size: large; font-weight: bold; color: red;">\$215³¹ A MONTH</p> <p style="font-size: x-small;">72 months @ 3.99%</p>	<p>2012 Chevy Malibu 440161 LT, Heated Seats, Alloy, 33 mpg</p> <p style="font-size: large; font-weight: bold;">\$18,955</p> <p style="font-size: large; font-weight: bold; color: red;">\$239⁹⁴ A MONTH</p> <p style="font-size: x-small;">72 months @ 3.95%</p>
<p>2006 Buick Rendezvous 422177C CXI, AWD, 1 leather, Moonroof, 2nd Seat</p> <p style="font-size: large; font-weight: bold;">\$12,641</p> <p style="font-size: large; font-weight: bold; color: red;">\$183³⁸ A MONTH</p> <p style="font-size: x-small;">66 months @ 5.99%</p>	<p>2011 Chevy K1500 422066A LT, Xcab, 4x4, 5.3, 271</p> <p style="font-size: large; font-weight: bold;">\$26,652</p> <p style="font-size: large; font-weight: bold; color: red;">\$336²⁵ A MONTH</p> <p style="font-size: x-small;">72 months @ 3.99%</p>	<p>2008 GMC K1500 422028A SLT, Reg, 4x4, 5.3, Leather, Low Miles</p> <p style="font-size: large; font-weight: bold;">\$19,863</p> <p style="font-size: large; font-weight: bold; color: red;">\$258⁴⁷ A MONTH</p> <p style="font-size: x-small;">72 months @ 4.95%</p>
<p>2007 Chevy Equinox 422111A LS, AWD, Only 24k miles</p> <p style="font-size: large; font-weight: bold;">\$14,830</p> <p style="font-size: large; font-weight: bold; color: red;">\$193⁸⁶ A MONTH</p> <p style="font-size: x-small;">72 months @ 4.99%</p>	<p>2011 GMC K1500 422021A SLE, Xcab, 4x4, Power Tech</p> <p style="font-size: large; font-weight: bold;">\$26,480</p> <p style="font-size: large; font-weight: bold; color: red;">\$334⁰⁹ A MONTH</p> <p style="font-size: x-small;">72 months @ 3.99%</p>	<p>2002 Harley Davidson 41011H Dyna-Wide Chd Fxdwd3, Screamin Eagle</p> <p style="font-size: large; font-weight: bold;">\$10,500</p> <p style="font-size: large; font-weight: bold; color: red;">\$199⁹⁷ A MONTH</p> <p style="font-size: x-small;">48 months @ 5.50%</p>

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Not all Times are Trendy but there will always be Trendy Times
May 14, 2013 Volume 4 Number 16



Steve Pickens is the newly elected Director of the American Legion Riders Chapter from Ross-Wood Post #20 American Legion in Woodsville. The Riders are the Charter Chapter (first ever) in the State of New Hampshire. They are made up of members from the other Legion memberships (Legion, Auxiliary & Sons of the American Legion). The Riders will be hosting an open to the public breakfast Sunday, May 26 from 8-11 am at the Post.



Phil Davidson was re-elected to his post as President of the Sons of the American Legion Squadron 20 in Woodsville. Phil is beginning his fourth year as the leader of the group and stated that he was really looking forward to breaking in a new Post Commander. the SAL is already gearing up for their annual BBQ Grill Raffle that will be drawn on July 4. This years grill features gas & charcoal capabilities and is on display at the Post Home at 4 Ammonoosuc Street in Woodsville. Shown with Phil are the District 8 SAL and Legion Commanders.



Former NH Auxiliary President Nancy Partington (2nd from left) congratulates newly installed, second term President Sue Krajniak (3rd from left) of the Ross-Wood Post American Legion Auxiliary Unit #20. Also in the picture is the newly elected President of the Gorham Unit #82 Linda Dupont. Handling the double installation ceremony was District 8 Director Bonnie Knapp (at right). The Unit #20 Auxiliary is currently selling Calendar Raffle Tickets for the month of June. They are available from most members and at the Post Home.



After the installation of officers New Hampshire Department Commander Ken Maynard (right) was brought to the head table to say a few words to those gathered. His one year term will soon end as the New Hampshire state Convention will take place in June. This photo shows the three Legion Commanders who were in attendance, At left is newly installed elected Post #20 Commander Oliver Brooks and in the middle is soon to retire District 8 Commander Jim Krajniak. Commander Krajniak is currently running for election as one of five State of New Hampshire Vice-Commanders. That election takes place during the State Convention.



It was a special Installation of Auxiliary Members on May 10 at the American Legion Post in Woodsville. Not only were the ladies of Ross-Wood Post #20 American Legion Auxiliary sworn in, but also members from the Gorham Post #83. Also shown in this picture are some of the installation team from District 8. This meant that a total of five groups took part in the annual ceremonies hosted by Ross-Wood Post #20.



Several of the incoming officers of Ross-Wood Post #20 were on hand for their installation ceremony. From left, Bruce Leach, Senior Vice Commander, Reggie Hunt, Adjutant and Membership Chairman, Walter Dellinger, Finance Officer, Everett Rust, Chaplain, Gary Scruton, Historian, Charlie Green, Service Officer and Sargent At Arms (and former Commander) Rodney Thompson. The photo on the wall at the far right is of Tracy Ross for whom the post was originally named when it was first formed in 1919. The Post name was later changed to Ross-Wood to honor John Wood who perished during World War II while serving his country.



All of these installations took place following a well prepared dinner. Thanks to the cooks, servers and clean-up crew.

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Where Do Your Vegetables And Fruits Come From? ¹⁵

By Lisa Ford, Youth and Family, Nutrition Connections UNH Cooperative Extension

Where do your vegetables and fruits come from?

- a. The store
- b. Seeds
- c. A can
- d. The farmers' market
- e. The freezer

Sometimes there can be more than one answer.

It is spring and Mother Nature is certainly toying with me! One day it's cold and I'm thinking jacket and boots; wondering when I'll be able to get out in the garden. Then along comes a warm, beautiful day and I'm ready to get outside and start planting. I realize it's still early to plant, but that doesn't mean I can't think about what we'll be growing in the garden this season.

I am involved with the Eco-Learning Gardens. This is a place where youth and parents or individuals of any age come together to learn about gardening. It's a place to learn and grow.

The community is welcome to visit, look, lend a hand, or just say "Hi!" Our teaching garden is located on the grounds of Whole Village Family Resource Center in Plymouth. This summer, Master Gardner Bob will once again be at the garden on Tuesday mornings from 9:00 – 10:30 to share his thoughts and knowledge for anyone who would like to stop by. Last summer, Master Gardener Joan and our friends Joyce and Judy joined us on Tuesdays to maintain the gardens.

I'm hoping they will be joining us again this summer.

I ask a lot of questions. This summer I plan to learn about pruning tomatoes. What's nice about the teaching garden is we have knowledgeable Master Gardeners to talk with and share skills on vegetables growing in the garden. Since we grow tomatoes in the teaching garden, I will be able to be shown how to prune a tomato plant and will be able to practice with my teachers close by.

Why the garden? Whether I'm with adults or youth, being in the garden gets us outside. We're moving our bodies: bending, stretching, pulling, pushing.... We're exercising our bodies and our minds. I like to say, 'the garden nourishes our soul, as well as our bodies'. Sometimes going out to the garden can be so quiet and peaceful. Maybe there's some weeding to do. Sitting and pulling weeds is a good way to relax and relieve tension.

For children, being in the garden has so many benefits. They get to see where food comes from. Starting from when the seeds are first planted, the children are involved with watering, weeding, harvesting and eating the produce. There are garden rules including: learning about where to walk (on the paths, not the plants) and watering the roots of the plant; they learn about cooperation, help-

ing one another, respect and manners. They gain independence and self-confidence.

From what we have noticed, the children tend to eat more vegetables when they are the ones who have harvested them. One teacher commented that the children who started eating the vegetables at a younger age, tend to eat them more often. The other night I was with a family at a community event. During the evening I learned that their son will only eat lettuce from Mrs. Ford's garden. At first I laughed! Then I realized what an accomplishment that was. When I first met him he wouldn't touch a vegetable. This summer we're going to let him bring home lettuce from the garden and see if he will eat it.

One group who will share in this summer's harvest is the child care center that is located on site. It will be another way to introduce vegetables to the children at mealtime. For example, the children will be able to pick the green beans, bring them inside, and eat them for lunch. Could it be any more fun than picking green beans? They get to make a choice about which green beans they'll pick- but there's no 'right' or 'wrong'- there just 'is'.

What about growing your own garden? What do you need? In simplest terms, you'll need a place to plant, soil, seeds, sunlight, and water. How do you find a place to

plant? It can depend on what kind of space you have available to you. Maybe you start with a container or bucket growing beans, peas, lettuce or spinach.

If your living arrangement is such that you may not have room outside for a container, many towns have community gardens. A community garden is a piece of soil, where everyone has their designated area to plant in. There is generally a fee to be part of a community garden. Getting a friend or group of friends together to split the fee may have its benefits.

What about seeds? What if everyone sharing the fee in a community garden brought a different type of seed or seedling to plant? One package of seeds can produce more crop than one may want to enjoy by themselves. Not only can you share the cost of the space, but if everyone decides what's going to be planted, there could be a greater variety to plant and share.

Did you know? "Households can use SNAP benefits to buy: Seeds and plants which produce food for the household to eat." (United States Department of Agriculture Food and Nutrition Service website www.fns.usda.gov/snap/retailers/eligible, Supplemental Nutrition Assistance Program section, What can SNAP Benefits Buy?) Keep in mind

that you will need to go to a store that accepts SNAP (food stamps) benefits to purchase your seeds or plants.

To my friends who have said to me, "you're a gardener, we can ask you..." Thank you for the compliment. I love to go outside to garden but there is so much I don't know. I want to keep it enjoyable, to have fun with it, and keep it relaxing.

A great big "Thank you!" to all of our local growers who provide produce in the community! We look forward to seeing you at Farmer's Markets this summer.

May 11, 2013, Saturday, 9:00 until we're finished; Whole Village Family Resource Center, 258 Highland St., Plymouth, NH
Interested in learning about preparing your garden- getting it ready to plant? Please stop by. You can join the work or just ask questions.
June 1, 2013, Saturday, 9:00 until we're finished; Whole Village Family Resource Center, 258 Highland St., Plymouth, NH
Planting day! Join the fun!!

For more information on either event or to ask questions, please feel free to call me at 603-536-3720 ext. 103. Please leave a message if I am not in.

Coming this summer: "Cooking from the Garden". If you're interested please call for more information.

One Season Ends As Another Begins At Groton Growers

By Marianne L. Kelly

GROTON, VT — It was a long, cold, tedious winter, as once again we welcome back spring. Nowhere is this welcome more apparent than at the Groton Growers Farmers Market, as they end their winter season indoors on May 18, and step outside for a busy summer season beginning May 25.

As the growing season gets underway, visitors to the market will find a wide array of freshly grown, locally produced vegetables, meat, eggs, cheese, jams, jellies, bread and pastries, along with their popular quality crafters. Purchase lunch from Nana's Kitchen and Spice of Life, then relax at the picnic table and catch up with friends and neighbors. Rumor has it that individual

pizzas will be available this season.

The first markets feature early vegetables and a wide array of transplants for your garden as well as advice from our growers, while later markets feature seasonal vegetables and berries. Bone Farm will offer head lettuce, mes-culin mix, beet greens, Swiss chard, spinach, heirloom tomato plants, and onions from seed in addition to their fine maple syrup and honey.

Several festivals celebrating the seasons produce are on tap, so bring the family for a morning of good food and fun!

Come meet Elaine Kiessling on May 18, and get tips, tricks and advice on preparing, purchasing and eating gluten free products.

Local entertainment will be on tap from time to time, and we welcome local musicians to call and schedule a market date. Anyone wishing to entertain or become a vendor is encouraged to call Mary Berlejung, Market Manager at (802) 584-3595.

It looks like a busy, exciting sixth season shaping up for The Groton Growers Farmers Market and we look forward to seeing our old friends return and making new friends.

The market takes place at the Groton Community Building on Route 302. The May 18 market is the last indoor market and will be held from 9-1. Beginning May 25, the market takes place in front of the building from 10-1.

See you at the market!



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OBITUARY

GEORGE WILLIAM ROGERS



Woodsville, NH - George William Rogers, 68, of Perkins Place, died on Saturday, April 27, 2013 at the VA Medical Center, White River Junction, VT.

George was born in Joplin, MO on July 29, 1944 to George and Helen (Kibby) Rogers. He graduated from high school in Ayer, MA and

served in the US Air Force from 1962-1964.

George worked at Harvard University in the jet propulsion laboratory and also did a lot of work for NASA. He will always be known as a mechanical problem solver. At one time, he worked for Bill Wainwright creating sculptures that are located all across the United States. He thoroughly enjoyed working with his hands and machining.

George loved quotations. Two of his favorite quotes were, "I love the life I live and I love the life I love" and "I believe in honesty.

There is always one basic theme...don't hurt anyone."

George is survived by his sister Bernice Dunlap of Laconia, NH; his nephew Tom Dunlap of New York City; and cousins Linda Fox, Jeannette Liebman, Elizabeth Uhde, and James Larty. In keeping with George's wishes, there are no public services being planned.

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

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

Margie

By Elinor P. Mawson

We were both in college, in the same dorm, and Margie was one of the first classmates I met. She was quite non-descript in looks, her clothes weren't the finest, but she was friendly and kind of self-assured--something I was certainly not. Somehow, we hit it off immediately.

I discovered Margie was an English major--unlike most of the girls on our floor, who were mostly majoring in Elementary education. She joined into our innumerable discussions about college, life, boys and where we had come from. I discovered she had lived a couple of towns over from me, had been an athlete, and was very, very bright. I started listening to her because she talked about literature and music, two subjects that, although I wasn't unfamiliar, hadn't been discussed by the people I had hung out with.

As the year progressed, I started reading the things Margie recommended, becoming more and more interested and more enthusiastic. And then, Margie introduced me to classical music! The local library had a collection of good records which it loaned out, and I was hooked. We played those records on a beat-up record player; our section of the dorm was treated to a symphony whenever we were around. My favorite was "The Moldau" by Smetana. We nearly wore it out!

At the end of first semester, I changed my major to English and really began to love my classes. No more "Introduction to Elementary

Mathematics" and "Philosophy of teaching Phonics" I was taking American Lit and Fiction since 1914!

The following year, Margie came back to college. She was concerned about finances and seemed sort of introspective. She had a boyfriend, David, back home, whom she missed. And she had an allergy to peanut butter which had avoided her during her freshman year, but came back in spades. After a couple of serious bouts with her allergy, she decided to call it quits. I was devastated when she left; although I knew quite a few other English majors by this time, but it wasn't the same.

I struggled through that year, and eventually decided I would transfer to another college and try to see the next two years through --and besides I would be with my boyfriend. (It worked.)

Margie married David soon after she left school. They settled down and had a couple of children. Although I didn't hear from her often, I knew where she was and we got together several times while our kids were little. We always started our conversations where we had left off the last time, and they usually revolved around what we had been reading, and always, always, about music.

As the years went by, our visits were few and far between. I noticed she wrote sporadically for a local paper, which was a huge step for her. She was a talented writer but didn't share her talents often. Once in awhile, we would meet in the super-

market or at a fair--our conversations were brief, but we were always happy to see each other.

Somewhere along the line, I wrote Margie a letter, thanking her for introducing me to two of my most wonderful pleasures in life. The next time I saw her, she said she was so thrilled with the letter, she put it in her Bible.

When we reached our 60's and were a little more flexible, we would meet in a local coffee shop a couple of times a month. We always discussed our 2 favorite subjects. She had lost David, but was soldiering on, visiting with her relatives and his, and imparting advice and humor and information to all of them.

She never owned a stereo, a computer, and seldom watched TV. She listened to her radio and read books from the library. I am sure she was happy, living a simple life and doing what she loved.

The last time I talked to Margie, I told her that I had been to Tanglewood and had heard "The Moldau". "Oh Elinor", she exclaimed, "I am so glad you had the chance to do that!" I had a few pangs of guilt, as I knew that Margie probably hadn't had the opportunity to do anything like that, yet was so happy for me.

Margie died this past February; she just didn't wake up one morning. With her, she took many stories, a lot of music, a wonderful mind, and part of my heart. The gifts she had given me have lasted all of my life.

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Investors Can Learn From Swimmers' Diets

Summer isn't here yet, but it's getting close. And for many people, the arrival of summer means it's time for swimming at the local pool or lake. If you're just a casual swimmer, you probably don't have to adjust your diet before jumping in. But that's not the case with competitive swimmers, who must constantly watch what they eat and drink, particularly in the days and hours preceding their races. While you may not ever have to concern yourself with your 400-meter individual medley "splits," you can learn a lot from swimmers' consumption patterns — particularly if you're an investor.

For starters, to sustain energy and stamina for a relatively long period of time, competitive swimmers need to eat easy-to-digest carbohydrates such as whole wheat, whole grains, apples and bananas. When you invest, you want to build a portfolio that is capable of "going the distance." Consequently, you need investments that provide carbohydrate-type benefits — in other words, investments with the potential to fuel a long-term investment strategy. Such a strategy usually involves owning a mix of high-quality stocks, bonds, government securities and certificates of deposit (CDs). By owning these vehicles, in proportions appropriate for your risk tolerance and time horizon, you can help yourself make progress toward your finan-

cial goals — and lessen the risk of running out of energy "mid-stream."

Of course, competitive swimmers have to be diligent not just in what they do eat but also in what they don't. That's why they avoid sweets, such as sodas and desserts, when it's close to race time. These items do not provide lasting energy — in fact, they actually sap energy once the sugar wears off. As an investor, you, too, need to avoid the temptation of "sweets" in the form of high-yield or "hot" investment vehicles. You may find some of these investments to be alluring, but you will need to carefully weigh the extra risks involved. For many people, these types of investments may not provide the long-term stability needed to help maintain a healthy, productive investment portfolio.

While what swimmers eat, or don't eat, is important to them, their drinking habits are also crucial. The competitive environment — warm pool water, warm air temperatures and high humidity — can quickly lead to dehydration, so swimmers need to drink sizable amounts of water and sports drinks be-

fore and during practice. And you, as an investor, need your own type of liquidity, for at least two reasons. First, you need enough cash or cash equivalents to take advantage of new investment opportunities as they arise; without the ability to add new investments, your portfolio could start to "dehydrate." Second, you need enough liquid investments — specifically, low-risk vehicles that offer preservation of principal — to create an emergency fund, ideally containing six to 12 months' worth of living expenses. Without such a fund, you may be forced to dip into long-term investments to pay for unexpected costs, such as a major car repair, a new furnace or a large bill from the dentist.

So the next time you see competitive swimmers churning through their lanes, give a thought as to the type of diet that is helping propel them along — and think of the similarities to the type of "fueling" you'll need to keep your investment strategy moving forward.

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

A Sound Idea

By Sheila Asselin

The other morning about six o'clock I was lying in bed all fat dumb and happy. I was contemplating whether to rise and shine and greet the day or fake it and pretend I was asleep for another hour. No such luck. My husband came dashing into the bedroom and asked where I put the big raisins. As far as I know all the raisins were the same standard raisin size but I decided to humor him. Knowing he likes to put raisins in his breakfast oatmeal I heaved myself out of bed, walked out to the kitchen and da-dah produced the box of raisins from the cabinet shelf.

No he did not want big

raisins. What he wanted was probably in the bathroom and he wanted me to look there. Turns out he was wanting the Bic razors.

Such an occurrence may seem funny, but to the hard of hearing it is anything but. We hear but do not understand. I recently read a book "Shouting Does not Help" by Katherine Boulton. I heartedly recommend to anyone who lives with or knows a hard of hearing person. Most people think if they just speak a bit louder a hearing impaired person will understand. A common hearing impairment is the sounds of consonants are distorted. You know what you are hearing yet you know it cannot be right. Makes no sense! I know my son did not ask me to fix portable seed for the cookout. What could it be? Finally figured out that he wanted me to fix potato

salad.

Unfortunately if you keep asking people to repeat themselves you feel stupid and fear that they think you are. Who wants to be thought of as stupid? So you fake it. You smile and nod and make some general comment so folks will not catch on you haven't a clue. Sometimes your comments are inappropriate having nothing to do with the subject being discussed. You hope you did not say too many outrageous things unawares.

And so it happened the other day at a club meeting. Everyone kept talking about make quail. Turns out I had volunteered to make 10 dozen cupcakes for the bake sale.

Across the room someone whispered "Why doesn't she just shut up and listen?" HEY, I HEARD THAT!!!!

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Letter To The Editor

To the Editor:

"We're so blessed"

I was watching Senator Ayotte 'performing' in Warren last week. She certainly knows how to pick her audience. I thought I was watching a church service. The audience was so 'well behaved' and asking soft ball questions – except for a couple that dared register disapproval but they got booed down by the majority and the law slowly approaching one of them. It's all in the name of democracy you know.

Ever marvel at the fact that congress enjoys almost a single digit approval rating and yet when one of them comes to town (admittedly a well chosen town) they suddenly acquire almost a divine persona? Both Republicans and Democrats share this mystery. Not even the lady who had lost her child by way of a gun could sway Ayotte or the audience. "Thank you for coming" was the senator's last words on the subject. It seemed to me that lady just walked out of the room—at least I think it was her. Could have been just another disgruntled observer

who had had enough of the pabulum.

I've been scanning some of the comments on the opinion pages (most of them are too long to read) and I can't help but notice some of them. "We're so blessed to have her"; "New Hampshire is so lucky to have her". Sheesh, I've been trying to unravel this mystery for most of my adult life and have finally come to the conclusion that good old Abe had it right: "you can fool some of the people all the time"—it's just a simple fact of life.

I've come to another conclusion about politicians. If you want something done then you have to resort to being a single issue voter or at the very most a double issue voter (don't want to press our luck here) just like the majority of white Catholics and Evangelicals (who voted for Romney of course). My two issues will be a much stronger gun legislation that is being presented to us at the moment and of course a sensible sane immigration policy that recognizes reality. I'm not holding my breath.

George Maloof, Plymouth, NH

George,

You hit on one of the issues I also have with our current Congress. As you say approval rate is in the single numbers. It seems that a vast majority want all of the current Us Senators and Representatives thrown out, "except my guy or gal. They are doing just fine."

This is one of the reasons I feel a constitutional amendment creating term limits for US Senators and Representatives is vital to keep our government in check. The unfortunate thing is that a Constitutional Amendment starts in Congress. And do you really think that our current congress will pass a rule that will cut off their own terms? Not likely. Therefore, we the voters, must begin to elect those who are willing to agree with term limits. And agree in more ways than just saying so on the campaign trail. They need to present to their fellow elected officials legislation putting in place a Constitutional Amendment that can then go to the voters for approval.

Gary Scruton, Editor

Letter To The Editor

To the Editor:

I was at the meeting Kelly Ayotte had in Warren, NH. It upset me to sit there and have Bloomberg's people and the daughter of the Principle of Sandy Hood take over this meeting. Kelly's constituents did not get much of a chance to listen to issues. Back ground checks would not have saved Sandy Hook as he got the weapons from his mother that she got legally. Kelly is right, it is the mental health that we need to take care of.

I would also like to make a point about guns and abortions. I do not understand why everyone is more upset about the gun issue and not what Planned Parenthood is doing. There have been thousands of babies destroyed in the last year and no one is standing up for them. How many docs,

scientists, and people that could cure diseases, those who would have made a difference in this world, have been lost because of a woman's right? What about the girls that would have grown up to be women!!!! What about their rights? No one is talking about the doc in Penn. that is a member of Planned Parenthood that killed several late term babies, also a woman he let bleed to death. It isn't just guns that are killing babies. I stand for the life of all children. Show me you are watching the abortion clinics and I will stand with gun control. Abortion has killed more innocent children than guns. You can kill a baby in the womb and after it is born you call it murder. Please explain the difference.

Virginia Crowe
Piermont, NH

Virginia,

Regarding gun control, I still believe that anyone who wants to own a gun should be licensed in order to do so. I see it as no different than needing a driver's license in order to operate a motor vehicle. You need to pass certain requirements, and abide by certain rules in order to have that privilege. A background check, including the mental health of the applicant, should be checked before issuing such a license. In the Sandy Hook case, yes he got the guns from his mom. And there will always be a way for those who want guns to get them. Just like a person without a driver's license getting behind the wheel.

When it comes to the matter of the doctor in Pennsylvania what he and some of his assistants are charged with doing seems beyond belief. From the accounts I have read he is accused of actually killing babies who were born alive. This is not by any means what the norm should be in this country or any other country.

Gary Scruton, Editor

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New Hampshire, Vermont State Budgets Are Important To Farmland Conservation

State budgets in Vermont and New Hampshire play an important role in conserving agricultural land, according to Jeanie McIntyre, President of the Upper Valley Land Trust (UVLT). "We are currently working with several farmers who would like to conserve their land," McIntyre says. "Availability of funding will make a huge difference in whether these opportunities are realized, because farmers usually can't give up their land values without compensation. I am very encouraged by recent votes in the New Hampshire House and the Vermont House."

In New Hampshire, where the Upper Valley Land Trust is seeking to conserve the Troy Farm in Bath,

and agricultural land in Cornish and Plainfield, the House has approved \$5.3 million in funding for the Land and Community Heritage Investment Program (LCHIP). The House vote partially restores dedicated revenue from recording fees which had been swept into the general fund in recent years. Budget discussions now move to the Senate where McIntyre is hopeful that legislators will commit to maintaining support for LCHIP, using the dedicated funds as intended.

In Vermont, the FY 14 Appropriations Bill approved by the House contains \$14.3 million for the Vermont Housing and Conservation Board (VHCB) and the Senate Appropriations Commit-

tee is currently finalizing their budget recommendation. Meanwhile, interest from farmers seeking to sell conservation easements remains very strong. Among the applications that will be considered by VHCB this spring is a farm parcel owned by the Richardson family in Hartland. Glenn Rogers, a UVM farm business management specialist, has noted that "In addition to producing high quality milk, cows, crops, and ancillary agricultural products, these farmers are leaders in the community and state, helping educate others about agriculture." The Richardson Farm was recognized in 2009 as Vermont Dairy Farm of the Year.

A recent nationwide survey of land trusts found that public funding for the purchase of conservation easements is vital to farmland protection efforts. The study by the American Farmland Trust (AFT) notes that lack of compensation "is a serious drawback for agricultural landowners. In addition, relying on donations forces the land trust to be less strategic. To expand viable options for commercial farmers and the extent and strategic importance of land projects, more land trusts need to be able to buy land or easements. This points to the need for public funding at the federal, state and local levels to support

land trusts' efforts."

State investments in farmland conservation are often eligible to be matched by federal dollars. Farmers use the compensation to strengthen agricultural operations through diversification, debt reduction and land management practices.

The AFT study also found that together, land trusts and public programs have protected about 5 million acres for agriculture. A small number of land trusts did most of the work: 52 land trusts protected 95 percent of the land, and 55 hold 87 percent of the easements. These organizations tend to be located in states with programs that offer funding for the purchase of agricultural easements, leaving parts of the country without a viable option for agricultural landowners interested in permanent protection.

McIntyre says that the Upper Valley Land Trust is among the small group of land trusts actively conserving agricultural land. "We most recently purchased a conservation easement on the Cook Farm in Bradford," she notes, "That project received support from VHCB, USDA Natural Resource Conservation Service, and the Bradford Conservation Commission."

UVLT has used New Hampshire's LCHIP funds to purchase conservation easements on the Fitch Farm in Cornish, the Livingston Farm in Claremont and several farm parcels in Haverhill and Bath. McIntyre says that restoration of LCHIP funds will allow the state to once again play a meaningful role in conserving the best farmland in New Hampshire. "This is a critical investment in a healthy food system. Farmland conservation benefits everyone, and

we need it more than ever."

More Information:

Upper Valley Land Trust (UVLT) is a regional land conservancy serving 45 communities in New Hampshire and Vermont. UVLT has conserved over 100 agricultural properties and thousands of acres of farmland. Visit www.uvlt.org

American Farmland Trust (AFT) is the nation's leading conservation organization dedicated to protecting farmland, promoting sound farming practices and keeping farmers on the land. For more information, visit www.farmland.org or call (202) 331-7300. A Nationwide Survey of Land Trusts that Protect Farm and Ranch Land and a summary of these and other key findings is available at www.farmlandinfo.org

NH Land and Community Heritage Program (LCHIP) is an independent state authority that awards matching grants to NH communities and non-profits to conserve and preserve New Hampshire's most important natural, cultural and historic resources. Since 2000, LCHIP has received 700 grant applications and provided funding to 152 projects in 107 New Hampshire towns. Visit www.lchip.org

Vermont Housing and Conservation Board (VHCB) is an independent, state-supported funding agency providing grants, loans and technical assistance to non-profit organizations, municipalities and state agencies for the development of perpetually affordable housing and for the conservation of important agricultural land, recreational land, natural areas and historic properties in Vermont. Visit www.VHCB.org

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

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Gearing Up For The Summer Canning Season ²¹

By Deb Maes, Regional Food Safety Specialist, UNH Cooperative Extension

The snow is finally gone from my backyard and my garden is clear. Gardening enthusiasts are reading through the latest edition of the seed catalogues, and I know that some gardeners have already planted their seeds indoors. For them, planting time can't come soon enough.

Just as you plan what you are going to plant, purchase a fresh pair of gloves, and get ready to create miracles from soil, water, light, you also need to do some planning before the start of the food preservation season.

Check your canning jars to make sure there are no nicks on the edge, and that there are no cracks. Jars purchased specifically for canning are designed to be used repeatedly. Jars that have held food that you pur-

chased from the grocery store are not designed to stand repeated uses and are not a good substitute for commercial canning jars.

Check the band rings that you have saved. If they are free of rust, use them again. If you saved the lids from last year's efforts, they should be thrown away. The sealant used to secure the lid was used in the canning process and the Center for Home Food Preservation recommends that you purchase new lids each year to make sure the seals haven't dried out.

The two piece lid is the only way that we currently recommend sealing jars. Newer products are on the market but they haven't been adequately tested to make sure they produce the type of seal needed for a safe canned product.

Checking out your canning equipment should also be part of your routine. Whether you use a water bath canner or a pressure canner now is the best time to give everything a once-over. Is there any visible rust? Can it be cleaned? Is the rubber ring in your pressure canner free of cracks? If not, you have plenty of time to purchase a new one. Your local hardware store should be able to help you find the correct size. If you still have your original papers, you might even be able to order parts directly from the manufacturer.

Look at the vents in the cover? Are they clear? If not, use a pipe cleaner to make sure that nothing is stuck in them that could cause a problem.

If you haven't checked

out new canning equipment lately consider purchasing a wide-mouth funnel and a jar lifter to make your canning easier. You might be able to find starter canning kits in stores.

Now is the time to check out your recipes. Our food preservation section of the Food Safety website provides links to the USDA Complete Guide to Home Canning and the University of Georgia's Center for Home Food Preservation. Both of those sites will provide you with recipes that have been thoroughly tested for quality and safety. They will also include low-sugar recipes for some jellies and jams as well as some low-sodium pickle recipes if you are looking for those.

Finally, look at your calendar and make time in your

schedule to do some food preservation. There's nothing like pulling a package of frozen strawberries out of the freezer and making strawberry shortcake in January. How tasty is that jar of homemade salsa when you watch next years' Super Bowl? Remember the great taste of eating green beans that you planted, picked and canned for your family? Just make sure you do it correctly and the pleasure will be all yours.

So, with spring here, the soil warming up and gardens starting to grow, your first canning chance might be fresh strawberry jam toward the end of June. If you need recipes or help, contact UNH Cooperative Extension's Education Center at 1-877-398-4769 where trained volunteers can answer your food preservation questions.

THE PINE HILL SINGERS Spring Benefit Concert Sing Your Way Home!

The Pine Hill Singers are proud to present their latest concert "Sing Your Way Home!" on May 31st and June 2nd. Under the musical direction of Judy Abbott with Anita Bonnevie as our accompanist, our Spring concert is dedicated to the appreciation of the relationships that help define us -- those with our relatives and our music. We will celebrate many special moments, from singing with the family while growing up, to tucking in our own children at night. There are show tunes and country ballads, stirring lullabies, Irish homages and rousing spirituals. Highlights include Harry Belafonte's classic Turn Around; Mama, I'm a Big Girl Now from the musical Hairspray; Billy Joel's lovely Lullabye; Carl Perkin's classic country Daddy Sang Bass; and the uplifting Sing Your Way Home based on a theme from Dvorak.

The program, "Sing Your Way Home", will be presented on Friday, May 31st at 7:00pm at the Alumni Hall in Haverhill, NH and on Sunday, June 2nd at 4:00 pm at the Sugar Hill Meeting House. Admission is by donation and for the shared benefit of The Pine Hill Singers, Alumni Hall, and the Pine Hill Singers Annual Mu-



sical Award for a graduating high school senior who is pursuing musical interests

For more than 16 years, the Pine Hill Singers have brought outstanding performances to the local area. Their concerts include a large repertoire from classical to jazz, Broadway to patriotic, and serious to silly. The close knit choral singers from NH and VT meet weekly. From this weekly sharing of music, they know the personal healing as well as the community outreach in the joy of music. Just after 9/11 the singers began to insert on all of their programs a quote attributed to Leonard Bernstein -- "This will be our reply to violence: to make music more intensely, more beautifully, more devotedly than ever before." Thus, the Pine Hill Singers have established a fund for future musi-

cians. They will be selecting their fifth award recipient in June 2013.

Each venue offers a timeless concert experience. The beautifully restored Alumni Hall, located at 75 Court Street, was once the Grafton County Courthouse. It is now in its 7th year as a regional cultural center. Open year-round, it offers music, dance, film, photography, art and quilt programs and exhibits, and is available for rental for private, community, commercial and corporate events. The Sugar Hill Meeting House, located on Main Street, Sugar Hill, was built in 1830 and is a treasured center for concerts and town gatherings.

Come share your musical memories of home and "Sing Your Way Home!" with us.

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Restless Leg Syndrome

Approximately one person in twenty has restless legs syndrome (RLS), also known as Kborn's syndrome. RLS causes one or more symptoms, including cramps or an "antsy" feeling in the legs, jumpiness and leg-thrashing, numbness, painful pins-and-needles sensations, or the feeling that something is crawling under the skin of the leg. Typically, the discomfort is felt deep within the calf, but many RLS sufferers also have discomfort in the arms. While RLS is often diagnosed after age fifty, symptoms often begin before the age of twenty, and can be misidentified as Attention Deficit Hyperactivity Disorder (ADHD). The exact cause is unknown, but doctors suspect that it involves a problem in either the brain or the spinal cord.

RLS almost always occurs during rest, usually in the evening or at night, and interferes with a good night's sleep, which compounds the problem. Except in severe RLS, mornings are usually symptom-free. The discomfort is usually relieved by physical activity, such as walking, and is sometimes relieved by mental activity, particularly if the activity is

engaging or exciting. Almost all people with RLS also have periodic limb movements of sleep (PLMS). To relieve tension, the legs involuntarily flex at the knees during sleep, usually about once every ten minutes. These are the movements that constantly interrupt sleep. Always a good idea to quit smoking, as smoking impairs blood flow to the leg muscles. RLS can be a sign of other health problems, such as diabetes, thyroid problems, kidney disease or arthritis. Even slight iron deficiencies, with or without anemia, can aggravate RLS. Herbal iron supplementation can reverse borderline cases, excellent choices are yellowdock Root, Oregon Grape Root, Mustard Seeds, Dandelion Leaves & Burdock Root.

CORYDALIS TUBER (Corydalis Yanhusuo) capsules, tinctures, decoctions. Used in TMJ to invigorate the blood and promote chi circulation and to stop pain. Primary uses: relieves pain due to chi and blood stagnation, excellent for insomnia by providing pain relief, and promotes relaxation, no drug hangover symptoms such as grogginess, dizziness or vertigo are

reported with extract. An active constituent in corydalis, di-tetrahydropalmatine, aids in an anti-arrhythmic effect on the heart, protects against stroke as well as lowers blood pressure; a constituent of corydalis called tetrahydropalmatine appears to have pain-relieving and sedative effects for painful menstruation; corydalis extracts are useful in relieving pain and in treating stomach ulcers. For Parkinson's disease, the current protocol is to take Corydalis 5:1 extract powder, 2 grams daily.

CALIFORNIA POPPY: (Escholzia Californica), Useful in treating sleeplessness and over-excitability in children and adults, acting as a sedative. California Poppy is a non-addictive alternative to the Opium Poppy and may be used as a general anti-spasmodic.

SCHIZANDRA BERRY: (Schizandrae Chinensis), A very strong tonic and adaptogen herb with circulation-stimulating activity. Primary Uses: as part of a longevity and immune stimulation combination; to help in allergic skin reactions; used for asthma and dry cough. Secondary uses: as a tonic wine for wasting diseases, such as T.B. and diabetes; can be used to lessen chronic diarrhea, night sweats and seminal emissions. Contraindications: Avoid during pregnancy.

VALERIAN ROOT: (Valeriana Officinalis), A strong pain relieving safe sedative herb for insomnia, anxiety, and depression, without narcotic

side effects. It is also an effective anti-spasmodic and healant to the nervous system. Primary Uses: as a specific in any and all combinations for nervous tension, stress, insomnia, nerve and arthritic pain, menstrual cramping and muscle spasms; a specific with feverfew for the relief of migraine and cluster headaches; as a cardio-tonic agent to normalize heart palpitations while strengthening circulatory activity; as part of a safe calming formula for hyperactivity and restlessness in children; as part of a combination for hypertension and high blood pressure; as a sedative for childhood diseases, so that natural rest and sleep can promote healing; to counteract epileptic fits and petit mal. Secondary Uses: as a brain tonic for mental exhaustion; as a calmative for hysteria and manic-depression where the cause is emotional or mental trauma; to overcome hypochondria; as part of a formula for indigestion from nervous stomach. Nutrients: calcium, choline, essential fatty acids, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. vi-

tamins B1, B2, B3 & C.

GINGER ROOT: (Zingiber Officinale), A warming circulatory stimulant and body cleansing herb, with excellent effectiveness for cramping, indigestion, nausea, cough, sinusitis and sore throat. Primary Uses: as a catalysts in all formulas where circulation to the extremities is needed, (as in arthritis); for respiratory and lung/chest clearing combinations; in digestive system stimulants and alkalizers for clearing gas; as an aid in promoting menstrual regularity and relief from cramping and sluggishness; as a direct compress with cayenne to stimulate venous circulation. Secondary Uses: as a catalysts in nervine and sedative formulas; 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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HELP! I've Let Myself Go!

When I say “weight loss”, what is the first thing to come to mind? Most people think “diet” or “food”, but weight loss encompasses so much more.

No longer is weight loss and management simplified to just calories-in calories-out. Studies show there are many things that affect our weight: food, fitness, sleep, stress, medical issues, and stage of life. If one part of the puzzle is out of whack, it affects the rest of them. For instance, if you're over-tired, it messes up the hormones—ghrelin and leptin—that control satiety and appetite. What do you tend to crave when you're over-tired? Carbs (and I'm not talking the healthy kinds)? Your brain's primary fuel of choice is carbohydrates, so when you're over-tired, it's like your brain is saying, “Give me energy! I'm tired!” So no, it's not your willpower, or the lack thereof, that causes you to over-eat when you're over-tired. There is a real, physiological reason behind your cravings. Your body is

looking for some quick energy!

Think of all these areas as a tapestry, interwoven together. When you're stressed-out, you probably don't sleep as well, which in turn causes you to be over-tired—and stressed-out. If you're over-tired, you're probably not making great food choices, and you're probably not thinking about working out, because, well, you're tired! You really cannot separate and compartmentalize these areas of your life. Then throw in a life stage, such as menopause. Being over-tired, stressed-out, or going through menopause each encourage belly fat accumulation all on their own. Taken all together, talk about a fat-gain trifecta!

So what's a girl to do? First, I encourage you to get off the weight loss and diet mentality rollercoaster and instead think fat loss. There are all kinds of crazy diets out there, including one that seems popular around here these days that involves eating just 500 calories a day

and taking hCG—human chorionic gonadotropin—supplements. If it sounds extreme, it probably is. There's a reason why 95 percent of diets fail. Oh, sure, you'll lose weight at first, but how many diets have helped you keep the weight off? Extreme diets such as this one also do two things to your body. Eating so few calories decreases your metabolism, because 500 calories isn't even enough energy for your basic bodily functions, including breathing, digestion, elimination, keeping your heart beating, energy production, and homeostasis. So your body decreases its metabolism in an effort to conserve energy. In fact, on this diet, you're not allowed to exercise during this first low-calorie phase. There's a reason for this. You're barely ingesting enough calories to sustain life, let alone enough to burn off through exercise! The other thing with dieting is that the weight you're losing is not all fat. When you

lose weight, you lose fat, muscle, and water. You may also lose bone density and depending on how overweight you are, even your organs “lose weight” and shrink some. The goal when losing weight is to make most of the weight loss fat loss. The way to do this is to make sure you're eating enough calories and exercising, including strength training, in order to preserve as much muscle tissue as possible. Otherwise—and this is where the weight loss vs. fat loss comes in—you may end up “skinny fat”.

Yes, skinny fat. This is a newer term that means you're within a normal weight range, but your body fat percentage is within an over-

weight or even obese range. Remember, skinny does not equal healthy. You can be thin and over-fat, because you have so little lean muscle tissue. And yes, you can be overweight on the scale but be fit and healthy. Skinny fat tends to happen to those who engage in the very low calorie diets, including liquid diets.

So get off the scale! Stop depriving your body and start nourishing it with healthy, nutrient-dense foods. Nurture your body through exercise and “me time”. Manage your stressors, get enough rest, and check out any potential medical issues.

Next time we'll talk more about how to take care of these areas, so in the meantime...take good care of you!

Carrie Myers has a degree in exercise science and health education, is a magazine writer and author of Squeezing Your Size 14 Self into a Size 6 World, owner of CarrieMichele Fitness, and mom to four amazing sons. You can reach her at carriemyers.smith@gmail.com.



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By Ronda Marsh

Irish Rock Buns

What?? You've never heard of Rock Buns?! Well, don't feel bad; neither had I, until I recently read a book where they were mentioned several times, and I got curious to find out what they were all about. The novel, "A Misremembered Man", is about a middle-aged Irish farmer, circa 1970, who turns to a Lonely Hearts column in an effort to find a mate. His neighbor's wife, who seeks to help the melancholy man with his plight, tries to bolster his spirits by cooking comfort food for him, and even goes so far as to try to teach him to make Rock Buns to impress any future female friends.

I figured if a fictional farmer could master Rock Buns, chances are so could I, so I did an internet search. Here's what I found out: Rock Buns, or Rock Cake (as they are also known) are a traditional sweet, with versions also popular in England and Australia, so-named because

their bumpy exterior rather resembles a boulder or rock. They are easily tailored to whatever dried fruit you have on hand, and can be flavored with citrus zest or extracts to suit your taste. Those are the pro's...now for the con's: All the recipes I found seemed to use self-rising flour (which I never have on hand), and as I should have expected of a European recipe, used Metric measurements (not a good thing for someone who has never really become comfortable with the Metric System!). It took a little time and effort, but I converted the measures and figured out how to substitute all-purpose flour for self-rising, which wasn't difficult, just a bit of a pain. Most recipes used a combination of raisins and currants, but I only had Golden Raisins, which turned out to be just fine. I thought the finished product might be a bit bland, so I grated a lemon into it, but I bet orange zest would be



tasty, too. When I broke open the first bun, hot from the oven, I was pleasantly surprised by how much I liked what I had created! The overall outcome was not that of a cookie, cake, or scone, but rather, a combination of all three; with a crunchier outside, and an interior that was soft, but a bit sandy, punctuated by the slightly sticky raisins and the subtle flavor of lemon in the background. Paired with a hot cup of coffee or tea, Rock Buns are a welcome addition to my list of go-to comfort foods!

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| 1-1/2 cups all-purpose flour | 2/3 cup dried fruit (raisins, cranberries, apricots, etc.) |
| 1/4 teaspoon salt | Zest of one lemon |
| 3 teaspoons baking powder | 1 egg |
| 1 stick (8 tablespoons) butter, at room temperature | 1 to 3 tablespoons milk (as needed) |
| 1/4 cup granulated sugar (plus additional for sprinkling on top of buns) | |

Preheat oven to 400°F. In a medium bowl, sift or whisk together the flour, salt, and baking powder. Add the softened butter, and work it into the dry ingredients with your fingertips, until the mixture has the feel and appearance of beach sand. Add the sugar, fruit, and lemon zest, mixing to combine. Make a well in the center of the bowl, add the egg and one tablespoon of the milk, and whisk it together before working it into the mixture. If necessary, add additional milk a tablespoon at a time, until the dough comes together into a mass, resembling cookie dough. Scoop dough by heaping tablespoonfuls onto a greased or parchment lined cookie sheet. Sprinkle tops of buns with sugar. Bake for about 15 minutes, until lightly browned. Remove, and allow to cool slightly before serving. Break individual buns open and top with a little pat of butter for a perfect tea-time treat!

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