

# TRENDY TIMES

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APRIL 15, 2014 VOLUME 5 NUMBER 14

## Boston Cane Centinarian Jeanette Wolff Accepts Honor With Quiet Dignity

By Robert Roudebush

She didn't have much to say but she looked good not saying it.

Jeanette Wolff is one-hundred and three years old now and just got her delicate small hands on Haverhill's Boston Cane, signifying her as our community's oldest citizen.

Members of Haverhill's Selectboard gathered Monday morning, April 7 2014 at On The Green Assisted Living for the presentation of the Cane and a proclamation from the town honoring the new lady with the Cane. Selectboard Chair Wayne Fortier read the declaration aloud as he sat close-by Jeanette – Chairman Fortier also gave her a spring-colorful assortment of bright yellow daffodils.

On the day of her honoring, Jeanette was a diminutive lady, warmly well-dressed, whose face was still structurally beautiful, with high cheekbones and fine skin. She was comfort-

ably seated and un-bothered by all the fuss being made over her. Her good health and longevity may have been attributed to bracing New Hampshire air, but a daily shot of brandy, looked after longingly by some present at her special occasion, may have helped as well. She's been a resident at On The Green since 2000.

Not all towns leave the cane with the current holder - it is often more of a ceremonial presentation, a symbol with a certificate, but in Haverhill this venerated honoree will be in physical possession of the Boston Cane until the time comes when it continues on its endless journey to another worthy recipient.

Also gathered around Jeanette at the dining room table of the cozy eating area of On The Green located at 412 Dartmouth College Highway in the Haverhill Corner District of town were Co-Owners and Administrators

Janice and Albion, "Allbee" Estes along with long-time valued On The Green caregiver Sandy Foster and regional newspaper writers and photographers.

Jeanette sat quietly amidst the group during the brief gathering and was content to let others do the talking and laughing. It was reported by a well-informed source that when Jeanette was told the group was coming to honor her, and why, she said, "Oh my".

She was not always so quiet. In her younger years, the Bronx-born New Yorker who did not move to this north country until she was into retirement in her sixties, obtained a college degree and mastered German sufficiently to work as a translator for the federal government during World War Two. She also became an effective claims examiner for the New York State Unemployment Department. She was born in 1911 and she and her sister Martha were the only surviving children of six.

The cane itself is a handsome well-traveled black staff, gold-headed, and the names of each of the previous 23 holders from Haver-



Recent Haverhill Boston Can recipient Jeanette Wolf, 103 years old now, is nestled among members of the Selectboard during her April 7 honoring ceremony at "On The Green Assisted Living Home" in Haverhill Corner. From left to right in this photo, Selectperson Lynn Wheeler holds the gold-headed cane. Then Chairman Wayne Fortier, Robert Roudebush and Tom Friel. Photo courtesy of Al & Janice Estes at On The Green.

hill are engraved on brass plates affixed to the wooden stick.

A short history of how the Boston Cane tradition got started includes the fact that it began as a publicity stunt mounted by a Massachusetts newspaper to increase its circulation. The Boston Post daily began in 1831 and had already achieved notable status – for over one-hundred years, it was the most popular news daily in New England, as well as one of the largest papers in the

country. It ceased publication by 1957. In 1909, Publisher/Owner E. A. Grozier "spared no expense in hiring a leading cane maker to turn out the ornate canes from imported African ebony, with gilded tips from 14k gold..." and passed them all out to the selectboards of something like 431 New England towns. Grozier asked each town to find its oldest male citizen and to present to them the individual town Boston Cane. Then, the people making the decisions got smarter and in 1930 expanded potential grantees to the ladies as well.

Over the years, some of the canes have disappeared, through loss or other means, but Haverhill's traditional granting goes on and Jeanette is now the honored recipient. We wish her many more years of peace and good spirits.

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# TRENDY Dining Guide

## The Other Side Of The Menu – Second Look

By Robert Roudebush

**Question - What does it really mean when a restaurant has 'specials'? We read about the 'specials', on the menu or the server tells us about them. Are they really special or is the place just trying to get rid of some old food?**

Answer – Specials could be either one, and which they are depends a lot on the quality practices of the place where you're eating. A good restaurant never serves “old” food, anytime, specials or not. What do you think of the restaurant you're sitting in? If you're a regular, and you like the place, and the food is typically good (almost no place is perfect though some come close) then give them a break and assume the special really is something out of the ordinary and worth your attention. If it's a new place you are checking out for the first time, they certainly deserve a break or two while you learn about them. Well-planned specials usually indicate a good price and a short time from order to delivery, a plus for the restaurant

( and for you) during busy shifts. Keep in mind, a restaurant customer who is looking for trouble in food or service will find it, even where none exists.

**Q - But restaurants do use specials to move certain types of food out of the kitchen to customers right?**

A – Sure, and there are various reasons for that and that is not typically a bad thing. Suppose the menu last night featured hickory-grilled boneless salmon fillets with a brown sugar/mustard glaze, and now the chef today is making a refreshing cold salmon salad with chilled wild greens and vinaigrette and dill garnish. Sounds good to me. Maybe today it is a creamy rich clam and potato chowder with the remainders of that fresh seafood last night. Such dishes can be delicious, and well-priced too. The chef is to be congratulated for creating something worthwhile from existing parcels of seafood so as not to let it go unused.

Believe me, the owner appreciates the positive effect that effort has on the food cost reduction - the savings may be passed on to you. So, the diner likes the special, and the waiters like being able to offer something they know is good and can be quickly and easily brought to the table, a Godsend when he's in the weeds.

The same kind of re-creation can happen when prime rib or a steak is featured some night. Remaining good cuts the next day can become tasty steak sandwiches or red-wine sauced beef tips on rice or noodles, with a side-salad. Quick, well-priced, great-tasting, and somewhat adventuresome.

**Q - But can I trust specials?**

A – No reason not to unless there is a reason not to. Can you trust your restaurant? If so, give them a break. I don't know about your family, but mine always used leftover food the next day or two and we called them “best-

overs”. Stews, soups, certain dishes tasted even better in a couple of days. Within good culinary practice and food-preservation standards, certain edibles actually improve when the unused portions age and cross-season in the cooler before being prepared again.

And don't forget, there are more reasons for “specials” than just using up existing stock. The Chef may have happened on a great local buy in meat, poultry or seafood – good cooks are always looking for them - and might have whipped up something out-of-the-ordinary.

**Q - But what if I'm not sure how it's prepared, maybe I might not like it?**

A – Well good lord, ask about all that, can't you speak up? You're in charge at your table, keep your questions courteous. A good server knows the special backwards and forwards, what's in it, how it was fixed, and they will tell you. He or she knows all that because a good restaurant chef discussed that all with him before his shift began, just before you walked in the door and sat down.

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**Educate your tastebuds, read the *Trendy Dining Guide* every issue!**

Not all Times are Trendy but there will always be Trendy Times April 15, 2014 Volume 5 Number 14

# PURPLE UP!

## Support Military Children (and their families!)

*Submitted by Kathy Jablonski, Field Specialist, 4-H  
Healthy Living, UNH Cooperative Extension*

As the daughter of a World War II veteran, as the contemporary of many men and women who served in Viet Nam and the "adopted mom" of friends of my children who have served in today's armed services and national guard, my life has been crossed with many folks who honor the military and know what it's like to serve active duty with a military base as their home and without the support of a military base for family members left behind.

That's why you'll see me in a lot of purple this month. April is the month to show support of military children and families by wearing purple, particularly on Tuesday, April 15th.

The University of New Hampshire Cooperative Extension Military Youth and Family Program invites everyone to show their sup-

port for New Hampshire military-connected youth by wearing purple on April 15th. Purple Up! for Military Kids is a very visible way to honor and celebrate their strength and sacrifices made throughout all phases of the deployment cycle. Purple is the combination of Army green, Marine red, and Coast Guard, Navy and Air Force blue.

We hope everyone will take this opportunity to celebrate these young heroes! Be creative...the goal is for military youth to actually see the support of their community! We welcome you to take pictures of your group wearing purple. E-mail them to us at [ce.myfp@unh.edu](mailto:ce.myfp@unh.edu) so we can share them with military families on our website ([nhmilitarykids.org](http://nhmilitarykids.org)) and Facebook ([facebook.com/nhmilitarykids](https://www.facebook.com/nhmilitarykids)) pages!

New Hampshire military

youth are resilient and take pride in their service to our Country. They deserve our appreciation and support. The month of April provides an opportunity to recognize and honor the service of our youngest heroes, military children. Established by former Secretary of Defense Caspar Weinberger in 1968, the designation of April as the Month of the Military Child acknowledges the significant role military youth play in our communities. In NH alone, there are approximately 4,100 military children.

Thanks for wearing your shade of purple and showing support for these unsung heroes who are sharing their family members with us as American forces help to promote peacekeeping missions in our world.

# ARAC Annual Meeting

The Ammonoosuc Region Arts Council (ARAC) is holding its annual meeting at the Lisbon ARTS Gallery, 28 Main Street, Lisbon, NH on Friday, April 25, 2014. The public as well as ARAC members are invited to enjoy light food and refreshment at 6PM and at 7PM the guest speaker will be Dr. Paul Benoit of Lyman. Dr. Benoit will be speaking on his 3 month quest, with the National Science Foundation, to hunt for meteorites in the Antarctic. Highlights of the trip include two aborted trips from New Zealand on an unheated cargo plane with a bucket as a lavatory; how weather and local wildlife con-

trol airplane departures and arrivals in Antarctica; learn how to calculate just how many chocolate bars you need to eat per day to stay warm at -65 degrees F; see pictures of the local church with an interesting stained glass window; learn how to identify a crevasse (and stop in time) while traveling at high speeds on a snowmobile during a blizzard. All these questions and more will keep you glued to your seat during this presentation. To RSVP and/or any questions please call the ARTS Gallery at (603)838-2300 and online at [www.lisbonartsgallery.com](http://www.lisbonartsgallery.com).

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April 15, 2014



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**Easter Egg Hunt**

**Saturday, April 19, 2014**  
**10:00 AM – 12:00 PM**  
Robert E. Clifford Memorial Building  
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A fun, dance party atmosphere of sorts with crafts, games, coloring contest and a hunt for colored eggs which can be traded in for a prize! Bring your own basket and don't forget to join us for cookie decorating, games and a coloring contest too! Bring your camera as the Easter Bunny will be there too!

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# The View FROM HOUSE SEAT 87

By Representative Chip Conquest



On the last Thursday and Friday of March the Budget and Tax bills came to the floor of the House for debate. The budget, aptly nicknamed the Big Bill, takes three to four hours to report. As each member of the Appropriations committee stands to explain their section of the bill, then sits to yield to another member on a different part of the House floor, it can begin to seem like a slow motion game of whack-a-mole. When the last mole goes down the debate begins.

In my experience, these have always been the two longest days of the session – Thursday’s debate went on until nearly 10:30 – but that only serves to illustrate how fundamental these two bills are to the work of the legislature, both as practical documents with implications for almost every Vermonter, and as values statements.

When the budgeting process began this year, there was a projected \$70 million gap between revenues and expenditures, so

once again, as in each of the six years I’ve been in the legislature, the committees have had to figure out how to close that gap so that we end up with a balanced budget.

The Governor’s proposal, when it came to us in January, had closed the gap through various means, including cuts, use of one time money and \$14 Million in new revenue from a fee on every insurance transaction. The Ways and Means Committee rejected the insurance assessment because, as the Chair of the Committee said, “this increase would have been passed along in health care premiums. At a time when we are looking for ways to contain health care costs, an increase in premiums is counterproductive.”

Instead, working together the committees, were able to find additional savings which, combined with the use of a small amount of sequestration reserves and other strategies, reduced the gap to \$1.2 Million. This final gap was closed by bringing

the tax on snuff up to the same level as that on cigarettes, and by taxing electronic cigarettes.

I have mixed feelings about this strategy for closing that gap. Taxing tobacco products is no bad thing in my mind. After all, the terrible health effects it has on the user are also borne by the rest of us in the form of increased overall health care spending (\$133B per year) and in lost productivity (\$156B per year). But in my mind, the revenues from such a tax should be used for tobacco cessation programs and to offset the generalized health care costs. The revenue raised in this bill does neither.

The other issue with tobacco taxes here on Vermont’s east coast, and for some distance inland, is that raising them has little effect on reducing use, it simply drives more and more customers across the river.

Lastly, taxing electronic cigarettes was done – by the committee’s own admission – without enough information. The health effects of e-cigarettes is an issue which needs further scientific research and deserves a further look by the legislature.

I wish the Committee had been able to close the last of

the gap differently, but I think the relatively small increase on snuff and the new tax on e-cigarettes won’t have a big impact on local stores that sell tobacco products.

In the end, I think the committees put forth a responsible budget package. They closed a significant gap, mostly through savings, and were still able to make investments that, as the chair of appropriations said, “will reduce future costs, address poverty, tackle opiate addiction, spur job growth, and drastically reduce our reliance on one-time funds. In addition, it funds needed

programs for the elderly and the disabled.”

For much more detail on all of that, go to the Appropriations Committee webpage which you can get to from the Legislature’s website – [www.leg.state.vt.us](http://www.leg.state.vt.us)

As always, if you have questions or comments about issues before the legislature don’t hesitate to contact me.

[conquest@sover.net](mailto:conquest@sover.net) (802) 757-3803

Chip Conquest is the Vermont State Representative for the towns of Newbury, Groton and Topsham



As a state representative, I often hear from constituents, “What are you doing in Concord to offer us some relief on property taxes?” Many costs of doing business have been downshifted to towns. The state has a moratorium on school building aid; special education services are funded at 70% of entitlement, and revenue sharing was stopped in 2009.

Senate Bill 366, a bill to license expanded gaming in New Hampshire, will bring an estimated \$100 million in state revenue per year, and restore the revenue sharing program that previously kept our property taxes lower. This proposed legislation would send \$25 million directly to cities and towns on an annual basis.

Here are examples of what communities in this region would receive from annual revenue sharing: Haverhill, \$82,589; Lincoln, \$125,966; Lisbon, \$48,665; Warren, \$9,943; Piermont, \$7,854; Plymouth, \$143,271; Bath, \$8,326; and Littleton, \$139,723.

While many legislators have varying opinions on gaming, I support reinstating revenue sharing. In the case of Haverhill, \$82,589 will help offset budgetary costs for roads or other needs within the municipality. By including

a revenue provision as part of the gaming legislation, all municipalities see the potential of property tax relief, regardless of where a casino is located.

A second bill under debate and likely to come to the House floor for action in the very near future is SB 367, the “Gas Tax.” The bill received a passing vote in the Senate, 15-9. If approved in the House, the gas tax will increase 4.2 cents per gallon from the current level of 18 cents per gallon. The bill would take effect July 1, as Governor Hassan has indicated that she will sign the bill into law if approved by the House. As of this past Wednesday, the NH gas tax is less than our neighboring states by: MA .04; RI .08; ME and VT .12; and CT .26 cents. The additional revenue generated by the 4.2 cent increase would be used toward: (a) fixing the state’s structurally deficient bridges, which will total 175 by 2016 if nothing is done, (b) repairing the 37% of the state’s roads considered to be in poor condition, and (c) helping to fund the \$250 million needed to complete the much needed widening of I-93 from Salem to Concord.

As always, I look forward to your input.

Not all Times are Trendy but there will always be Trendy Times April 15, 2014 Volume 5 Number 14

**LIONS CLUB**  
**L**

## Cohase Lions Club Golf Tournament

**Saturday, June 28, 2014**  
**Blackmount Country Club**  
**North Haverhill, NH**

**Four (4) Golfers Per Team - \$65 Per Golfer**  
**Registration: 8:00 AM to 8:45 AM**  
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**For Golf Information Contact: Bob & Linda Stoddard At 603-787-6564**  
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# Cottage Hospital Tees Off Again

## Auxiliary Group Announces 2014 Golf Tournament

Woodsville, NH – The Cottage Hospital Auxiliary is about to come out swinging again – its twelfth annual golf tournament will be held on Saturday, June 21, 2014 at the beautiful Blackmount Country Club on Clark Pond Road in North Haverhill.

This year's tournament has a big change – it will feature a new format – it's been expanded to accommodate up to 24 golf foursome teams. This new format features two separate shotgun start times with the first twelve teams teeing off at 8 AM, and the second twelve teams teeing off at 1 PM. Sign up time for all teams will start one hour before their tee-off times.

### THINK YOU MIGHT GET HUNGRY?

All golf players and participants will be treated to bountiful barbecued chicken lunches (prepared by the Monroe Community Church) and snacks and other refreshments will be available throughout the whole tournament.

### HOW DO WE SIGN UP?

All interested golf teams should mail in their completed team registration forms as soon as possible to secure their desired tee-off times, either morning or afternoon – there is a strict limit of twelve golf foursomes for each tee-off time. And tee-off start times will be assigned on a first-come, first-serve basis – full payment is required to secure the reservations.

### HOW DO WE GET REGISTRATION FORMS?



### WHO DO WE CONTACT?

Interested golfers can contact KAREN RAJSTETER at k.rajsteter@yahoo.com, or DON PERLEE at d.perlee@yahoo.com to obtain a tournament registration form, or to get more info.

### WHAT'S IT COST?

Same as last year. The cost for the 12th Annual Tourney of Golf remains the same as last year - \$75.00 per player/\$300.00 per team. How's that for holding the line? And the cost includes the full 18 holes of golf, green fees, carts, lunch, snacks, and, as in past years, the players will be competing for lots of great prizes.

### WHAT BECOMES OF THE MONEY THAT IS RAISED THIS WAY?

Proceeds will be donated by this helpful hospital group toward the purchase of a Stress Test Treadmill System for the Cottage Hospital Cardiology Department.

### CAN I JOIN THIS GROUP?

Of course, love to have you. Membership in the Auxiliary is open to men, women, hospital employees, every-

one who'd like to help with fun and a little work in raising money for great causes, aiding the hospital. Our mission is to support Cottage in its efforts to provide quality health care to area residents. Members participate in lots of fund-raising and other service projects throughout the year. And we've been doing it since 1968 – we have effectively helped the hospital offer the best health services available right here in our community. Contact the Cottage Hospital Office of Community Relations at 603-747-9000 to get more info, or to become a member. You could join the Auxiliary and make a measurable difference in your health and that of your community.

# Bath Historical Society's Annual Meeting

Transition is theme of Bath Historical Society's Annual Meeting. The Bath Historical Society held its Annual Meeting on February 27 at its new home, the c. 1824 property known for many years as the home of Charlie and Helen Lane, one of the historic buildings along the Bath Common. Longtime Interim Chair Velma Ide opened the meeting remarking on the Society's period of transition. Now that the Society has its very own home, it is looking forward to becoming more vibrant and energetic and welcoming the public into its future museum. Part of the transition was the election of Sandra Peters as the new Chairperson. Also elected were Velma Ide, Vice Chair, Betty Minot, Secretary, and Alden Minot, Treasurer. Linda Michaelson, Craig Pursley, and Beverly Woods-Wilson were elected as Directors. During the meeting, Barbara (Lane) Walker shared memories of growing up in the house that is now owned by BHS.

Along with the excitement of BHS finally having its own home comes a commitment to raise funds to pay for the property itself, create

a museum space, increase membership and volunteerism, and develop programs and projects. The Society is also looking forward to working in partnership with Plymouth State University on a proposed on-site memorial and learning center in memory of Bath native and public servant Raymond Burton.

BHS will hold its first benefit for this year, an antiques appraisal event with Steenburgh Auctioneers on Saturday, April 12 from 10am to 1pm at the Bath Village School gymnasium. A benefit food sale and luncheon will also be held at that time. On Friday, May 30 at 7pm, BHS will hold its annual ghost walk. This year it will be held at the Swiftwater Cemetery. BHS is also making plans for events during 2015 when Bath will be celebrating its 250th birthday. Bernie Prochnik volunteered to be Chairperson of the Bath 250th Committee.

BHS meets the last Thursday of the month at 1:30 pm at its new home at 15 Lisbon Road on Bath Common. Everyone is welcome to attend. For more information, contact Sandra Peters at 603- 747-2869.

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**SAVE THE DATE**

*Cottage Hospital Auxiliary*  
*12th Annual Golf Tournament*

Saturday, June 21, 2014  
Blackmount Country Club  
North Haverhill

Captain & Crew Scramble • New Tournament Format  
Two Separate Tee Off Times – Morning (8 AM) & Afternoon (1 PM)  
\$75 per player - \$300 per team  
Includes greens fee, carts, and barbecued chicken  
luncheon by Monroe Community Church

CONTACT INFORMATION:  
Karen Rajsteter krajsteter@gmail.com or Don Perlee d.perlee@yahoo.com  
Proceeds will be donated to Cottage Hospital towards the  
purchase of a Stress Test Treadmill System.

# 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

## BINGO

6:00 PM  
Blue Mt. Grange Hall, Ryegate Corner

## SUNDAYS

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

## MONDAY/THURSDAY

**ADULT INTERVAL AEROBIC CLASS**  
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

## T.O.P.S. (TAKE OFF POUNDS SENSIBLY)

Weigh in – 5:00 PM – 5:45 PM  
Meeting – 6:00 PM  
Horse Meadow Senior Center, North Haverhill

## WEIGHT WATCHERS MEETING

5:30 PM  
Orange East Senior Center, Bradford

## 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

## THURSDAYS

**CRIBBAGE GAMES**  
1:00 PM  
Horse Meadow Senior Center, No. Haverhill

## FRIDAYS

**AA MEETING (OPEN DISCUSSION)**  
8:00 PM – 9:00 PM  
Methodist Church, Maple Street, Woodsville

## TUESDAY, APRIL 15

**PURPLE UP FOR MILITARY KIDS!**  
All Day  
In your apparel  
*See article on page 3*

## NH STATE VETERANS COUNCIL REPRESENTATIVE

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

## EMERGENCY FOOD SHELF

4:30 PM – 6:00 PM  
Wells River Congregational Church

## THURSDAY, APRIL 17

**MEDICARE BOOT CAMP**  
9:00 AM – 11:00 AM  
NVRH, St. Johnsbury  
*See article on page 17*

## VFW POST #5245 MONTHLY MEETING

7:00 PM  
VFW Hall, North Haverhill

## CINDERELLA BY MOSCOW FESTIVAL BALLET

7:00 PM  
Lyndon Institute Auditorium  
*See article on page 11*

## SATURDAY, APRIL 19

**MODEL RAILROAD SHOW**  
10:00 AM – 3:00 PM  
Haverhill Cooperative Middle School

## GROTON GROWERS MARKET

10:00 AM – 2:00 PM  
Groton Community Building  
*See ad and article on page 9*

## TEXAS HOLD EM' POKER TOURNAMENT

1:00 PM  
American Legion Post #30 Lyndon

## CHRIS SMITHER ON STAGE

7:30 PM  
Court Street Arts, Alumni Hall, Haverhill  
*See Article on Page 10*

## MONDAY, APRIL 21

**BETWEEN THE COVER: YA BOOK DISCUSSION**  
6:30 PM  
Groton Free Public Library  
*See article on Page 7*

## HAVERHILL SELECTBOARD MEETING

6:00 PM  
Morrill Municipal Building, North Haverhill

## THIRD HELPINGS - BOOK DISCUSSION

7:00 PM  
Haverhill Corner Library  
*See article on Page 7*

## THURSDAY, FRIDAY & SATURDAY

**APRIL 24, 25 & 26 THE DROWSY CHAPERONE**  
7:30 PM  
Alexander Twilight Theater, Lyndon State College  
*See article on page 10*

## THURSDAY, APRIL 24

**BOOK CLUB FOR WRITERS**  
7:00 PM  
Haverhill Corner Library  
*See article on Page 7*

## FRIDAY, APRIL 25

**ARAC ANUAL MEETING**  
6:00 PM Light food / 7:00 PM Speaker  
Lisbon ARTS Gallery  
*See article on Page 3*

## BETTER CHOICES, BETTER HEALTH WORKSHOP

6 Week Course  
North Country Home Health Agency, Littleton  
*See article on page 19*

## SATURDAY, APRIL 26

**FLEA MARKET**  
9:00 AM – 12:00 Noon  
Peacham Congregational Church

## TEXAS HOLD EM' POKER TOURNAMENT

1:00 PM  
The Breslin Center, Lyndonville

## SUNDAY, APRIL 27

**TEXAS HOLD EM' POKER TOURNAMENT**  
1:00 PM  
Pub Outback, Burke

## THE DROWSY CHAPERONE

2:00 PM  
Alexander Twilight Theater, Lyndon State College  
*See article on page 10*

## WRAP MEETING

3:00 PM  
Baldwin Memorial Library

## WEDNESDAY, APRIL 30

**GRAFTON COUNTY CONSERVATION DISTRICT ANNUAL MEETING**  
6:00 PM  
Dowds' Country Inn, Lyme  
*See article on Page 17*

## FRIDAY & SATURDAY MAY 2 & 3

**A FEW GOOD MEN - ST. J. PLAYERS**  
7:30 PM  
St. Johnsbury School  
*See article on Page 14*

## SATURDAY, MAY 3

**ITALIAN NIGHT BUFFET BENEFIT DINNER**  
5:00 PM – 7:00 PM  
American Legion Post #83, Lincoln

## SUNDAY, MAY 4

**TEXAS HOLD EM' POKER TOURNAMENT**  
1:00 PM  
VFW Post #10038 Lyndonville

## MONDAY, MAY 5

**GOOD OLE BOYS MEETING**  
12:00 Noon  
Happy Hour Restaurant, Wells River  
*Public is invited.*

## HAVERHILL SELECTBOARD MEETING

6:00 PM  
Morrill Municipal Building, North Haverhill

## TUESDAY, MAY 6

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

## CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING

7:00 PM  
Morrill Municipal Building, North Haverhill

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**Deadline for submissions is Thursday, April 25th for our April 29th issue.**

# You're Invited To Groton Free Public Library

Yoga for All Levels. Every Wed. from 6-7pm. Free to all participants! Co-sponsored by the Groton Library and the Groton Recreation Committee. Join us at the Groton Community Building for this special series of 8 classes. Bring your own mat, or sign up to borrow a mat: 802.584.3358/grotonlibraryvt@gmail.com. "Yogee" kids ages 8 and up welcome to attend with an adult. Open to residents of all towns. Wed. 6-7pm, March 19 to May 7. (April 23 @ 7-8pm, following BMU vote.)

Mon, April 21 at 6:30pm: Between the Covers: YA Book Discussion. This month's featured read: 2005-2006 Green Mountain Book Award nominee *The Curious Incident of the Dog in the Night-Time* by Mark Haddon. New folks welcome! Copies available at the library. Written for both adult and teen readers. Mon, April 28 at 7pm: Book Discussion. This month's featured read: *In a Sunburned Country* by Bill Bryson. New folks welcome! Copies available at the library.

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

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

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

## Orange East Senior Center

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

The Orange East Senior Center will be closed from May 5-9 and we will reopen on May 12.

Orange East Senior Center will be taking a trip to Cape Code and the Islands September 8-12. For more information, please call Vicky at 802-222-4782. Everybody is welcome to come.

Weight Watchers is now meeting at the Orange East Senior Center on Tuesdays-the meeting starts at 5:30 p.m.

The Senior Center has a foot care clinic on the second Wednesday of the month. The next clinic is May 14th. If you would like

an appointment, please call.

There is now a computer class at the Orange East Senior Center. Class is being held on Wednesdays from 10 a.m. to 12 p.m. All levels of knowledge are welcome.

Tai Chi Easy classes are Thursday at 1:30 p.m.

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

The Orange East Senior Center now has a Wii game system for the seniors to come and try. There are golf, tennis, baseball and bowling games. Please come join us for some fun!!!!!! We have started the bowling

league but we still would like more people to join us in our fun!!!

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

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

There is balance class being held on Tuesdays at 9:40 a.m. This is to help with not slipping and falling.

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

## Haverhill Corner Library Announces Discussion Of Stories By Baldwin And Everett

HAVERHILL, NH — The Haverhill Corner Library will hold its next Book Club for Writers discussion on Thursday, April 24, the library has announced. The discussion will feature short stories by James Baldwin and Percival Everett.

Copies of "Sonny's Blues" by James Baldwin and "The Appropriation of Cultures" by Percival Everett will be available from the library in advance. The discussion will begin at 7:00 PM at the library and will be free and open to the public.

In fiction, plays, and essays, James Baldwin (1924-1987) was one of the foremost social critics of mid- and late-twentieth century America, addressing issues of race, class, and sexual orientation. His non-fiction works include *Notes of a Native Son*, *The Fire Next Time* (which put him on the cover

of *Time* magazine), and *The Evidence of Things Not Seen*, while his novels include *Go Tell It on the Mountain*, *Giovanni's Room*, and *If Beale Street Could Talk*. "Sonny's Blues," which appeared in the 1965 collection *Going to Meet the Man*, is frequently anthologized.

Percival Everett is Distinguished Professor English at the University of Southern California and author of more than twenty books. Noted for the wide variety of his work, Everett has written novels with settings ranging from the American West to ancient Greece. He has won the PEN Center USA Award for Fiction and twice won the Hurston/Wright Legacy Award for Fiction. His most recent novel, *Percival Everett* by Virgil Russell, was a finalist for the PEN/Faulkner Award and the Los Angeles Times Book

Prize, and was named one of the best books of 2013 by Publishers Weekly. His other books include *Erasure* and *I am Not Sidney Poitier*.

Book Club for Writers is a fiction discussion program that meets four times a year. Discussions are open to all, and focus particularly on questions of craft and technique that will interest writers and aspiring writers. Created by the New Hampshire Writers' Project, Book Club for Writers is sponsored locally by a fiction writing group that meets weekly at the Haverhill Corner Library.

The next Book Club for Writers discussion will be held on Thursday, July 31 and will feature "Servants of the Map" by Andrea Barrett and "Ancestral Legacies" by Jim Shepard.

For more information, call the library at 603-989-5578.

## Bath Library Book Club

The Bath Library Book Club will be discussing "Clara and Mr. Tiffany" by Susan Vreeland on Thursday, May 8th at 6 pm at the Bath Public Library. Clara Driscoll, head of Louis Comfort Tiffany's New York studio's women's division, conceives of and designs nearly all of the iconic leaded-glass lamps for which Tiffany will long be remembered. Never publicly acknowledged, Clara struggles with her desire for artistic recognition and the seemingly insurmountable challenges that she faces as a professional woman. She

also yearns for love and companionship, and is devoted in different ways to five men, including Tiffany, who enforces a strict policy. He does not employ married women. 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.

## Haverhill Corner Library Announces

### Calvin Trillin Discussion

HAVERHILL, NH — The Haverhill Corner Library will host a discussion of *Third Helpings* by Calvin Trillin, the library has announced. The program will be held Monday, April 21 at 7:00 PM and will be free and open to the public.

Readers will find *Third Helpings* collected in Trillin's omnibus volume *The Tummy Trilogy*. The program is the third and final in the library's discussion series featuring American food writing, led by writer and editor Linda Landrigan.

Calvin Trillin is a journalist, humorist, and food writer. He wrote the "U. S. Journal" feature for *The New Yorker* for fifteen years; a weekly, syndicated newspaper column, "Uncivil Liberties," for over a decade; and a weekly column for *Time* magazine. Also a longtime contributor to *The Nation*, he currently writes the "Deadline Poet" fea-

ture. He was awarded the Thurber Prize for American Humor in 2012 and in 2013 was inducted into the New York Writers Hall of Fame.

Trillin's essays on food were collected in *American Fried*; *Alice, Let's Eat*; and *Third Helpings*, and these three books were subsequently published as a single volume, *The Tummy Trilogy*. Though he has written extensively, and with participatory zeal, about food during his career, Trillin once explained to the *New York Times* that he had no desire to be a restaurant critic. "I'm not interested in finding the best chili restaurant in Cincinnati," he said. "I'm interested in Cincinnatians fighting about who has the best chili."

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

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**Schedule Subject To Change**

Sat, May 3 - Jiffy Mart of Bradford ~ Car Show - KDD NAPA of Bradford ~ USAC DMA Midgets ~ opening night (Double Points)  
 Sat, May 10 - R&M Automotive ~ GSMS  
 Sat, May 17 - Valley Floors USAC DMA Midgets ~ VT Food bank Benefit  
 Sat, May 24 - Dad's 4 By Tool & Supply ~SCoNE~ BRS remembrance of Lost Friends  
 Sat, May 31 - Woodsville Guaranty Savings Bank ~ USAC DMA Midgets  
 Sat, Jun 7 - GSMS Kids Rides Hornet madness (DP)  
 Sat, Jun 14 - Jiffy Mart of Bradford ~ USAC DMA Midgets / ACOT ~SCoNE~ New Digs for Dogs Benefit  
 Sat, Jun 21 - Wells River Savings Bank ~ GSMS ~ 4 / 6 Cylinder ENDURO  
 Sat, Jun 28 - Bond Auto Parts ~ USAC DMA Midgets ~ 4th of July Fireworks  
 Sat, Jul 5 - SCoNE~ David's House Benefit  
 Sat, Jul 12 - Shirley & Mickey Bruleigh Memorial ~ USAC DMA Midgets ~ MID Season Championship (Double Points)  
 Sat, Jul 19 - Dennis Preston Builder ~ GSMS ~ 4 / 6 Cylinder ENDURO  
 Sat, Jul 26 - Perry Oil Service ~ USAC DMA Midgets  
 Sat, Aug 2 - Interstate Battery of Newmont ~ GSMS  
 Sat, Aug 9 - Walker Motor Sales Inc. ~ USAC DMA Midgets ~ John Poor Memorial  
 Sat, Aug 16 - Swenson Insurance Co. ~ GSMS ~SCoNE~ Bull Dogs Benefit  
 Sat, Aug 23 - Sabil & Sons ~ USAC DMA Midgets ~ Old Timers Night  
 Sat, Aug 30 - Dead River Co. ~SCoNE  
 Sat, Sep 6 - Mekkelsen RV ~ USAC DMA Midgets ~ 4 / 6 Cylinder ENDURO ~ Racing Against Cancer Benefit  
 Sat, Sep 13 - Shaker Valley Auto ~ GSMS Spensor Rocke Memorial  
 Sat, Sep 20 - 99ROCK ~ USAC DMA Midgets ~ NE Dirt Track Championships ~SCoNE (Double Points)  
 Sat, Sep 27 - CRATE Motor NATIONALS USAC DMA Midgets / GSMS - POINTS NITE \$15.00 admission  
 Crate Motors Nationals Season Finale (Equal Points Night)

**LEGION**  
 SPEEDWAY

**Schedule Subject To Change**

Apr 19 Tilton Home Depot Car Show  
 May 4 Plymouth Walmart Car Show + Practice + Enduro  
 May 11 Twilight Racing Challenge + SCoNE  
 May 18 Twilight Racing Challenge + POWRi Dirt Midgets + DIRTcar Modifieds  
 May 25 Twilight Racing Challenge + Granite State Mini Sprints  
 Jun 1 Twilight Racing Challenge + Granite State Mini Sprints  
 Jun 8 Twilight Racing Challenge + SCoNE  
 Jun 15 Twilight Racing Challenge + POWRi Dirt Midgets + BRS Coupes  
 Jun 22 Twilight Racing Challenge + Granite State Mini Sprints + DIRTcar Modifieds + NEMST  
 Jun 29 Twilight Racing Challenge + Granite State Mini Sprints  
 Jul 4 Twilight Racing Challenge + SCoNE + Fireworks (Friday Night Show)  
 Jul 13 Twilight Racing Challenge + POWRi Dirt Midgets  
 Jul 20 Twilight Racing Challenge + Granite State Mini Sprints + DIRTcar Modifieds  
 Jul 27 Twilight Racing Challenge + Granite State Mini Sprints  
 Aug 3 Twilight Racing Challenge + SCoNE + Enduro  
 Aug 10 Twilight Racing Challenge + POWRi Dirt Midgets + BRS Coupes  
 Aug 17 Twilight Racing Challenge + Granite State Mini Sprints + DIRTcar Modifieds  
 Aug 24 Twilight Racing Challenge + Granite State Mini Sprints  
 Aug 31 Twilight Racing Challenge + Wingless Sprints + Topless Modifieds  
 Sep 7 Twilight Racing Challenge + POWRi Dirt Midgets + USAC Midgets + Lightning Sprints  
 Sep 14 Twilight Racing Challenge + SCoNE  
 Sep 21 Stock Car Showdown! (MiniStocks & PureStocks) + Enduro

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# Groton Growers Welcomes Spring

By Marianne L. Kelly

GROTON, VT—Finally! The snow is melted, temps are rising, and garden centers are starting to bustle, as people leave the warmth of their winter cocoons and welcome spring.

The Groton Growers Farmers Market, being no exception, is celebrating spring and the spring holidays, by offering much to choose from for your last minute Easter or holiday shopping.

Adams Family Farm is donating a \$50 basket filled with an assortment of their fine, locally produced meats for the market raffle. Tickets are \$1 and can be purchased at the Groton Growers table. Sandi is also allowing you to pre-order your lamb, pork roast, and more for your holiday table. Call her at (802) 633-3031.

Order Challah, Cheese, Garlic & Herb, Maple Raisin Cinnamon, or Anadama bread from Marianne at Spice of Life. These breads will also be available in limited quantities at the market, and are \$5 each. Call her at (802) 222-9258.

We welcome a young guest to this market. BMU high school student, Lauren Gandin will be selling her homemade pumpkin, chocolate, Reese's and chocolate cream pies at the market to help raise funds for a new Groton Community Building gym floor. The pumpkin and chocolate pies are \$10 each, while the Reese's and chocolate cream pies are \$10. She gratefully accepts donations from those who may not need a pie but

would like to make a donation. Call her at (802) 584-3377 or email: todd.powers@bmuschool.org.

Hopefully the third time is the charm for the Cottage Hospital Staff who, after a couple of scheduling conflicts will be with us to take blood pressure readings and offer heart healthy advice.

Do you have used wearable shoes that you don't need? Bring them to the market and drop them in the box at the Sugarbush Farm Table, where they sell that yummy Vermont cheddar cheese. Heavy boots and flip flops are not acceptable. Shoes must be in matching pairs and in decent condition. Last Chance Cat Rescue in Littleton receives .50/lb. to help them rescue, care for and find homes for stray and unwanted cats.

Don't forget to stop by the Wells River Savings Bank table and sign up for their basket raffle. Their canvas bags are wonderful and are available by donation.

Groton Growers Farmers Market offers the best in locally grown and produced seasonal vegetables, eggs, jams, jellies, relishes, homemade pies, pastries and bread, cheese, pickles, peanut brittle, maple syrup, maple ginger tea, seasoning mixes, honey and more to round out your holiday table or give as a gift. Bulk almonds will be available at this market as will seed potatoes and planting seeds.

Speaking of gifts, Groton Growers talented artisans offer the finest quality, locally produced and designed

woodcrafts, wood-burned lazy susans, quilted purses, embroidered towels, soaps, lotions, tea melts, parachord bracelets, and more.

You never know what treasures await when you visit the "You can take me" table. Gratefully accepted donations benefit market advertising, special events and activities.

The arrival of spring means yard work. Bring your garden tools, hedge clippers and shovels as well as those dull knives and scissors to Sean Kelly who will put a razor sharp edge on each while you browse shop and enjoy lunch at our fun, family friendly market.

The Groton Growers summer season is just around the corner, and they are accepting applications for vendors. Spaces are lim-

ited and fill quickly at these popular outdoor markets. Download an application at [www.grotongrowers.org](http://www.grotongrowers.org) or contact Sandi Adams at (603)633-3031.

The folks who comprise the Groton Growers Farmers Market truly appreciate the support of the Groton and surrounding communities. Be assured that everything you purchase is locally grown or produced by each

vendor, with whom you can speak directly about any questions or concerns. Groton Growers Farmers Market welcomes your debit or EBT card.

Be sure to join us Saturday, April 19, from 10-2 in the Groton Community Bldg. gym, Route 302.

Happy Easter, Blessed Passover to our Jewish friends...Happy Spring to all!

See you at the market!

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Local meats including lamb, pork roasts and more!  
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Lunch available

Support the Groton Growers Farmers' Market:  
Purchase bulk almonds • Order seed potatoes • Pick up spring planting seeds  
Visit our "You Can Take It Table" find unexpected treasures (donations appreciated)

**Featured Events**  
Easter Raffle...50lb basket of locally grown meat from Adams Family Farm  
Tickets \$1 on the Groton Growers table  
Cottage Hospital Staff... from 11-1... Free BP readings, healthy tips and Info  
Homemade pies by Lauren Gandin-benefits new floor fund for Community Bldg. gym  
Donate usable pairs of shoes. No heavy winter boots or flip flops. Benefits Second  
Chance Cat Rescue, Littleton, NH. See Donna and Karen at the Sugarbush Farm table  
Wells River Savings Bank...basket raffle

Now taking applications for summer market. Spaces fill fast!  
And remember ... We accept Debit and EBT!

See You At The Market!

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| Sun | 6/22  | 2:00  | Sonoma                     |
| Sun | 7/13  | 12:00 | New Hampshire              |
| Sun | 8/03  | 12:00 | Pocono                     |
| Sun | 8/10  | 12:00 | Watkins Glen International |
| Sun | 8/17  | 12:00 | Michigan                   |
| Sun | 9/14  | 3:00  | Chicagoland                |
| Sun | 9/21  | 1:00  | New Hampshire              |
| Sun | 9/28  | 1:00  | Dover                      |
| Sun | 10/05 | 1:00  | Kansas                     |
| Sun | 10/19 | 1:00  | Talladega                  |
| Sun | 10/26 | 12:30 | Martinsville               |
| Sun | 11/02 | 2:00  | Texas                      |
| Sun | 11/09 | 2:00  | Phoenix International      |
| Sun | 11/16 | 2:00  | Homestead-Miami            |

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

April 15, 2014 Volume 5 Number 14

# 10 Lyndon State College's Twilight Players Present The Drowsy Chaperone

On April 24 to 27, LSC's Twilight Players will present *The Drowsy Chaperone*, an uproarious valentine to musical theater and the fans who adore them. The witty and effervescent musical was the winner of 5 Tony awards, 6 Drama Desk awards (including Best Musical) and a Theater World award.

The setting for *Drowsy Chaperone* begins with a solitary theater lover, known only as 'The Man in the Chair' alone in his apartment, and decides that to chase away the blues he will listen to his favorite musical 'The Drowsy Chaperone', as the record begins, the musical bursts to life in his apartment. We are swept into the glamorous and hilarious tale of a reluctant stage star bride a groom on skates, a tap-dancing best man, a



womanizing gigolo, gangsters posing as bakers, and an intoxicated chaperone.

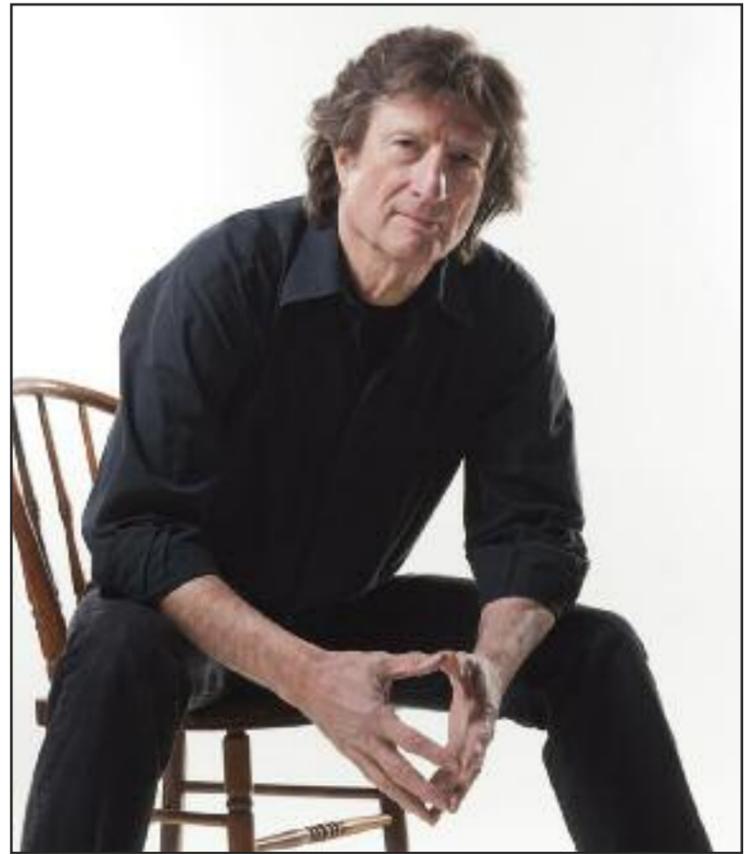
The *Drowsy Chaperone* was written by Bob Martin and Don McKeller, with music and lyrics by Lisa Lambert and Greg Morrison. Originally conceived as a

wedding gift to Martin and his fiancée, Janet Van de Graaf; the musical was later expand for the Toronto Fringe Festival. Following its popularity the show was further developed and had its Broadway premiere at the Marquis Theater in May 2006. Since then show has been produced in London, Japan, Australia and Brazil and has also enjoyed national tours across the U.S.

The Twilight Players cast features over 30 actors in its production. The show is directed by Gianna Fregosi and features choreography by LSC senior Nikki Slabinski and musical direction by Mark Violette. The set was designed by Britt Moore and the light design and technical direction were done LSC senior Kyle Kurtich.

The *Drowsy Chaperone* will be performed at Lyndon State College's Alexander Twilight Theater on April 24, 25 and 26 at 7:30 and will have a 2pm matinee on April 27. Admission is free to LSC students and by donation to the public. For additional information please contact 802-626-3663 or find Twilight Players on Facebook.

# Chris Smither On Stage



*Chris Smither brings his distinctive blues and Americana sound to the Court Street Arts at Alumni Hall stage on Saturday, April 19 at 7:30pm.*

Having distilled his own signature sound of blues and folk for over 40 years, Chris Smither is truly an American original. He will bring his unique sound to the Court Street Arts at Alumni Hall stage on Saturday, April 19 at 7:30pm.

From his early days as a New Orleans transplant in the Boston folk scene, to his reemergence in the 1990s as one of America's most distinctive acoustic performers, Chris Smither continues to hone his distinctive sound. He has always traveled his own road, eschewing sophisticated studio tricks and staying true to his musical vision. He has developed and maintained loyal friendships over the years with kindred-spirited like Bonnie Raitt and the late Stephen Bruton while at the same time has been inspired by the next-generation of musicians.

Reviewers continue to praise his dazzling guitar

work, gravelly voice and songwriting. The New York Times: With a weary, well-traveled voice and a serenely intricate finger-picking style, Mr. Smither turns the blues into songs that accept hard-won lessons and try to make peace with fate.

Smither's latest album, "Hundred Dollar Valentine" is a masterwork. It sports the unmistakable sound he has made his trademark: finger-picked acoustic guitar and evocative sonic textures meshed with spare, brilliant songs, delivered in a bone-wise, hard-won voice.

This performance is part of the spring music series at Court Street Arts and sponsored by Bliss Tavern Music, the studio of the legendary Betty Johnson Gray. The series continues with Swing Xing: Bucky Pizzarelli, Frank Vignola & Vinny Ranioloare on May 3rd and Steve Forbert on May 17.

Bailiff's Cafe featuring homemade fare from the Newbury Village Store will be open for dinner and drinks. Tickets are \$20. For more information visit courtstreetarts.org or call (603) 989-5500.

Not all Times are Trendy but there will always be Trendy Times April 15, 2014 Volume 5 Number 14

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# Moscow Ballet To Perform "Cinderella" At Lyndon Institute

Kingdom County Productions and Burklyn Arts Council will present The Moscow Festival Ballet's performance of Cinderella, 7pm, Thursday, April 17th at Lyndon Institute Auditorium. Tickets are now on sale at the Catamount Arts box office—or by calling 802-748-2600. Online sales are available at Kingdom-County.org.

"Cinderella's" music was composed by Sergei Prokofiev to a scenario by Nikolai Volkov. It is one of his most popular and melodious compositions, and has inspired a great many choreographers since its inception. The piece was composed between 1940 and 1944. Part way through writing Prokofiev broke off to write his opera War and Peace. The premiere of Cinderella was conducted by Yuri Fayer on November 21, 1945, at the Bolshoi Theatre with choreography by Rostislav Zakharov. Galina Ulanova danced the title role. Cinderella is notable for its jubilant music, lush scenery, and for the comic double-roles of the stepsisters, more mad than bad in this treatment.

The Moscow Festival Ballet was founded during the late 1980s, when many of



Russia's great dancers and choreographers were exercising newfound creative freedom by starting new, vibrant companies. The 50-member Russian troupe incorporates graduates from the leading choreographic schools of Moscow, St. Petersburg and Perm. The principal dancers come from the upper ranks of the great companies. Artistic director Sergei Radchenko, a 25-year veteran of The Bolshoi Ballet, leads the company, which brings together the highest classical elements of the Bolshoi and Kirov ballet companies.

For more information about "Cinderella," contact KCP series producer Jay Craven (jcraven@marlboro.edu).

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OPEN PRACTICE – Saturday: May 10th @ 11 am to 5 pm

CAR SHOW AND 'LAW ENFORCEMENT APPRECIATION NIGHT' – Saturday, May 17th @ 12 pm – Cruiser Parade & a ceremony honoring law enforcement officers at 5 PM. Racing for all divisions begins immediately at the conclusion of the ceremony- Kids Trucks, Strictly Minis, Strictly Stocks, Tigers, Dwarf Cars and Late Models.

PASS 150 'PRESENTED BY LITTLETON CHEVROLET' AND 5 WMMP DIVISIONS – Saturday, May 24th, @ 5 pm

WMMP DIVISIONAL RACING – Saturday, May 31st @ 5 pm

N.E.A.R. AND ALL WMMP DIVISIONS – Saturday, June 7th @ 5 pm

KIDS PIT TOUR AND ALL WMMP DIVISIONS – Saturday, June 14th @ 5 pm

ACT & WMMP LATE MODELS 150 & DIVISIONAL RACING – Sat, June 21st @ 5 pm

WMMP DIVISIONAL RACING – Saturday, June 28th @ 5 pm

NAPA AND R&R FIREWORKS PRESENT THE NAPA LATE MODEL 100; PLUS WMMP DIVISIONAL RACING – Saturday, July 5th @ 6 pm

WMMP DIVISIONAL RACING – Saturday, July 12th @ 6 pm

WMMP DIVISIONAL RACING – Saturday, July 19th @ 6 pm

WMMP DIVISIONAL RACING – Saturday, July 26th @ 6 pm

STRICTLY MINI TRIPLE FEATURE; PLUS WMMP DIVISIONAL RACING – Saturday: August 2nd @ 6 pm

PASS 150, PASS MODIFIEDS & 5 WMMP DIVISIONS – Saturday, August 9th @ 6 pm

KIDS BIKE RACE AND ALL WMMP DIVISIONS – Saturday, August 16th @ 6 pm

STRICTLY STOCK SPECIAL EVENT, SENIOR AUTO TOUR AND DIVISIONAL RACING Saturday, August 23rd @ 6 pm

TIGER SPECIAL EVENT; PLUS DIVISIONAL RACING ° Saturday, August 30th @ 6 pm

DWARF CAR SPECIAL EVENT; PLUS DIVISIONAL RACING – Sat, September 6th @ 6 pm

WMMP DIVISIONAL RACING – Saturday, September 13th @ 6 pm

GRANITE STATE PRO STOCKS; PLUS DIVISIONAL RACING – Sat, Sept. 20th @ 6 pm

WHITE MOUNTAINS COMMUNITY COLLEGE PRESENTS 'CHAMPIONSHIP NIGHT' Saturday, September 27th @ 6 pm

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|-----|---------------------|--|
| 1   | Sat/Sun April 26/27 | 16th Annual Merchants Bank 150 - ACT   |
| 2   | Sun May 25          | 52nd Annual Mekkelsen RV Memorial Day Classic - VT State Championship Event #1 |
| *** | Fri May 30          | VT State Championship Event #2 at Devil's Bowl Speedway                        |
| 3   | Thurs June 5        | FairPoint Communications Night   |
| 4   | Thurs June 12       | Harvest Equipment Night  |
| 5   | Thurs June 19       | Casella Waste Management Night   |
| 6   | Thurs June 26       | Vermont Governor's Cup 150   |
| 7   | Thurs July 3        | Northfield Savings Bank Holiday Fireworks Event                                |
| 8   | Thurs July 10       | Weekly Event   |
| 9   | Thurs July 17       | Times Argus Mid-Season Championships   |
| 10  | Thurs July 24       | Safelite Auto Glass Night  |
| 11  | Thurs July 31       | WDEV/Calkins Night   |
| 12  | Sun Aug 3           | 30th M&M Beverage Enduro 200- SS Special                                       |
| 13  | Thurs Aug 7         | Weekly Event - Tigers 100  |
| 14  | Thurs Aug 14        | Weekly Event - NEAR  |
| 15  | Thurs Aug 21        | Weekly Event   |
| 16  | Thurs Aug 28        | Aubuchon Hardware Night  |
| 17  | Sun Aug 31          | 36th Annual Labor Day Classic 200 - VT State Championship Event #3             |
| *** | Sun Sept 14         | VT State Championship Event #4 at Devil's Bowl Speedway                        |
| 18  | Sat Oct 4           | Booth Bros/HP Hood Qualifying Day  |
|     | Sun Oct 5           | 52nd Annual People's United Bank Milk Bowl                                     |

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# Haverhill Garden Club 2014 Scholarship Student Instructions And Eligibility

The Haverhill Garden Club will award one \$500 scholarship to a 2014 graduate of a local area high school who will be attending an institute of higher learning to study Horticulture, Agriculture, Forestry or Environmental Sciences.

Students from Barnet, Bradford, Ryegate, and Newbury, VT and from Haverhill, Pike, Piermont, and Woodsville, NH are eligible to compete.

Applicants must submit an essay of at least 400 words explaining why they chose their particular course of study and how they hope

to use their education. A separate cover sheet with the student's name and address should accompany the essay.

Applicants also must submit a letter of recommendation from a teacher or administrator at their school stating why the applicant would be an appropriate recipient of this award. Other relevant references will be accepted. The essay and accompanying materials must be postmarked by May 1, 2014 and mailed to: Haverhill Garden Club Academic Award Committee Attention: Joyce Tompkins, Chairwoman 907 Route 25C Piermont, NH 03779

All contenders will be notified of results via USPS by 5/15/14

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## Notes From Above Ground

Articles appearing here are original writings by a group known as the Vintage Voyagers. They meet weekly at Horse Meadow Senior Center at 10:30am on Wednesdays. Anyone interested is welcome to come & enjoy the company.



### UCONN Wins!

By Charlie Green

I'm sitting here at Horse Meadow Senior Center in Haverhill, staring at a list of writing suggestions for today's "Vintage Voyagers" writing assignment or a "day sailing adventure" if you will. On top of today's list, "Why did UConn Win??"

When I come to live here in NH about thirty years ago, I had already been a Connecticut fan for more than twenty years, so that was likely not to change. That was especially true with the advent of the Big East, ESPN and the discovery that I could still tune in WTIC radio in Hartford, CT. sitting in the car in the driveway.

Why did UConn win? I suspect that if the women's team lost, it would have been a huge surprise to most. In contrast, victory by the men's team can only be for reasons that I can attribute to a decent amount of talent coupled with a gigantic

effort and a huge heart. Unlike many of the blue blood, blue chip programs like the Kentucky team bested the other night, who expect to dominate every year, old time fans still consider UConn a little team who did.

From the "Rip" Hamilton, El Amin team of 1999 through today's group under-sized young men including a guy from Germany, in 2014, they made us all proud again.

After almost 40 years in the wilderness as a UConn fan (since 1961) and the quaint olde Yankee Conference, on through a doormat charter member of the Big East, my faith in UConn held true almost as if I was a Red Sox fan all those lean years.

Finally, Connecticut took a chance on a wild eyed, fiery, stubborn Boston Irishman named Calhoun who brought his determination to the small college town of

Storrs Ct. He swept away the motion that losing was an acceptable option. He recruited tough determined kids like Kevin Ollie and the rest of the current group of coaches, who were not stars but great players to play at UConn.

The beginning was the NIT year when snubbed by the NCAA tourney, Connecticut became the best of the rest and won it. They then became a destination for good players that had previously went for better exposure and venues that weren't a campus field house anymore. My wife and I attended many games over years especially at the Civic Center now the XL Center in Hartford. We were even there for a holiday tournament the year the roof famously collapsed later that same evening. It is still the one thing we can still always agree on... UConn Huskies #1

By the way, does anyone know where I can get a Huskies game shirt with the #34 on it? It just so happens that four of my favorite players shared that number. They were Toby Kimball, Tony Hanson, Donyell Marshall and of course Ray Allen. You have to be an olde fan to remember who all those people were.

## St. Johnsbury Players Announces Performances Of A Few Good Men By Aaron Sorkin

St. Johnsbury Players announces performance of their Spring 2014 production of A Few Good Men by Aaron Sorkin. Performances will be held at the St. Johnsbury School on May 2nd, 3rd, 9th, and 10th at 7:30 p.m. with a special matinee on May 11th at 2:00 p.m.

This witty, fast-paced Broadway hit turned blockbuster film focuses on the trial of two Marines for complicity in the death of a fellow Marine at Guantanamo Bay. The Navy lawyer, a callow young man more interested in softball games than the case, expects a plea bargain and a cover up of what really happened. Prodded by a female member of his defense team, the lawyer eventually makes a valiant effort to defend his clients and, in so doing, puts the military mentality and the Marine code of honor on trial.

General admission tickets are available at the door for \$10.00 for Adults and



Lt. Col. Nathan Jessup (Jason Scherer) goes head to head with Lt. J.G. Daniel Kaffee (Nathaniel Wayne) in St. Johnsbury Players production of A Few Good Men.

\$7.00 for Students, Seniors, & Service Members. For advance ticket purchase, please contact Catamount Arts at <http://www.catamountarts.org> or toll free at 1-888-757-5559.

St. Johnsbury Players is partnered with Catamount Arts and sponsored by Union

Bank, Passumpsic Savings Bank, and Community National Bank.

For more information, please contact Director Laura Wayne at 802-751-1175 or Producer Erika Scherer at 802-274-1833.

# North Country Senator, State Librarian Host Second Annual North Country Library Tour

The second annual North Country Library tour will be held on Friday, April 18, 2014. State Senator Jeff Woodburn and State Librarian Michael York will be touring public libraries in Coos and Grafton counties to celebrate National Library Week. The tour will include libraries in Pittsburg, Colebrook, Lisbon, Woodstock, Lincoln, and Thornton.

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

Libraries across New Hampshire will be holding special programs as part of National Library Week, April 14 - 20. This year's theme, "Communities Matter @ Your Library," highlights the impor-

tant role New Hampshire's libraries play in communities throughout the state. The tour was co-hosted last year by Woodburn and the late Executive Councilor Ray Burton.

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

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

## Letter To The Editor

### REMEMBERING OUR VETERANS

A second Welcome Home Vietnam Veterans Day was recently held at the White Mountain Regional High School in Whitefield. Governor Hassan, Senators Shaheen and Ayotte, Representatives Porter and Kuster, and NH Adjutant General Reddel along with honored guests participated in the ceremony. It was a memorable and welcomed day for the attending Veterans and their families.

Governor Hassan issued a proclamation declaring March 30, 2014 as Welcome Home Vietnam Veterans Day. It was on this day in 1973 that the last of the combat troops boarded the freedom birds for the long awaited trip back home.

Due to the unpopularity and divisiveness caused by the war many of our Vietnam veterans came home to an ugly welcome with boos, name calling, and some even spat upon by the protesters. Not only did we have to endure the put-downs from the protesters, but our leaders at the highest levels did little to ease our pain, ---even adding insult to injury--- by sending our hard earned combat ribbons and medals, very unceremoniously, through the mail.

All Vietnam era veterans, regardless of where they were stationed, had similar experiences when they arrived home. What made it really difficult for Vietnam combat veterans was knowing that we were always in harm's way – any day could have been our last – and then arriving home and

being greeted by protesters was so disheartening. We did what our country asked and got blamed for our patriotism. No matter your political outlook, your differences should not be taken out on the men and women in uniform risking their lives in the service of their country. The names of the 58,282 fallen are engraved in the black granite wall of the Vietnam Memorial in Wash., DC. Their sacrifices and those of their families will never be forgotten.

Since the wars ending 40 plus years ago many Vietnam veterans have led the efforts to welcome home the new generation of veterans with hearty handshakes and thanks for their service, vowing that no other soldier coming home from wars and conflicts would ever have to go through what they did a generation ago.

I echo the sentiments expressed by General Reddel at the ceremony. If you know of anyone who has served or is now serving in the military thank them for their service and if you see or know a Vietnam or Vietnam era veteran give them a big Welcome Home. They gave it their best and deserve our thanks.

A third ceremony is planned for the Keene area on March 30th, 2015. Our Korean War vets, most of them now in their eighties, also came home to little fanfare. The NH National Guard is planning a ceremony in the near future to give them the thanks they deserve before it's too late.

John O'Brien  
Orford

John,

*As I have, I believe, before, thank you for your service to this country. Also a big thank you to each and every other veteran as well as those who are currently serving in the military. It is a life that does not fit all, but for some it is the life that fits best. To many the military has served as a means of making a better life for themselves while serving the country and its citizens. For others it was not all that it could have been. But to each and every one who has served, thank you. This country would not be what it is today without your efforts, and in way to many cases your sacrifices. .*

*The recent Welcome Home program demonstrates that the people of today are remembering history and, if not correcting it, are at least trying to make amends for how some members of our military were treated in the past. For those involved in making this happen I thank you as well. It is good to hear that a third event will happen in 2015.*

Gary Scruton, Editor

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# Improve Your Own “Investment Environment”

On April 22, we celebrate Earth Day — a day devoted to education and action on environmental issues. As a citizen of the world, you may have a keen interest in protecting your physical surroundings. And as someone trying to reach long-term financial goals, such as a comfortable retirement, you’re probably also interested in improving your investment environment.

So here are a few suggestions:

Respond to environmental factors. Over the past few years, we’ve had a favorable investment climate, marked by low inflation, low interest rates and generally strong corporate profits. And investors who have taken advantage of this positive environment have, for the most part, been rewarded. But things can change, so it’s always a good idea to understand the current investment environment, as it may affect your investment choices. For example, if it seems likely that long-term interest rates are going to rise significantly, you might

need to review your long-term bond holdings, as their price would be negatively affected by a rise in rates.

Nurture your investments. One area of environmentalism involves planting seeds or saplings and nurturing them to maturity. You can do the same thing with investments — and a good way to nurture them is to give them time to grow in all investment climates. But how long should you hold these investments? You might heed

the advice of Warren Buffett, one of the world’s most famous investors, who says this about his investment company: “Our favorite holding period is forever.” It takes patience to follow the buy-and-hold strategy favored by Mr. Buffett — and it also requires the discipline necessary to keep investing through the inevitable downturns you will encounter. But over the long term, your perseverance may well be rewarded.

Avoid “toxic” investment strategies. Unfortunately, many human activities are bad for the environment. Similarly, some investment strategies are “toxic” for your prospects of success. Consider the pursuit of “hot” stocks. They sound inviting, but, by the time you hear about them, they may have lost their sizzle — and in any case, they might not be right for your needs. Here’s another “poisonous” investment strategy: trying to “time” the market. If you’re always jumping in and out of the market, looking for “low” points to buy and “high” points to sell, you’ll probably be wrong most of the time — because nobody

can accurately predict highs and lows. Even more importantly, you may find yourself out of the market during the beginning of a rally, which is when the biggest gains tend to occur.

Diversify your “species” of investments. Drawing inspiration from Earth Day, the United Nations has designated 2011–2020 as the United Nations Decade on Biodiversity. And, just as preserving the diversification of species is important for life on Earth, the diversification of your investment portfolio is essential for its health. By owning a variety of investments — stocks, bonds, government securities, certificates of deposit and so on — you can help protect yourself from downturns that primarily affect just one asset class. (Keep in mind, though, that while diversification can reduce the effects of volatility on your holdings, it can’t guarantee profits or protect against loss.)

Earth Day happens just once a year — but the lessons of environmentalism can help you, as an investor, for all the days and years ahead.

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# Learn About What's Affecting Our Wildlife <sup>17</sup> At GCCD Annual Meeting

Grafton County Conservation District (GCCD) will be holding their Annual Meeting Wednesday, April 30, 2014 at Dowds' Country Inn, Lyme NH. Please join us for a celebration of natural resource conservation in Grafton County. The evening will begin with a Social Hour at 6:00PM, followed by a buffet dinner and short awards presentation. GCCD will present the Agriculture Steward of the Year and Forest Steward of the Year awards to deserving landowners and/or forest professionals who have demonstrated stewardship of their land through use of best management practices, and outreach to the community. Guest speaker, Walter Cottrell, DVM, will discuss the increase in wildlife diseases and the role the newly-formed Northeast Wildlife Disease Cooperative plays in identifying early outbreaks, field training and a centralized communication system. The cost of the evening, including buffet dinner is \$32/person. Registration is due by April 19th. Contact Pam at (603) 353-4652, ext. 103 for registration information. The meeting is open to

the public.

Our guest speaker, Dr. Walt Cottrell, is well-known locally for his 19-year veterinarian practice in Newbury, VT. In addition to his Doctor of Veterinary Medicine from Cornell University, Dr. Cottrell is also a certified wildlife biologist and wildlife veterinarian. He moved to Pennsylvania and worked as the Bureau of Wildlife Management's first Wildlife Veterinarian. Most recently Dr. Cottrell has been working with the newly-formed Northeast Wildlife Disease Cooperative (NEWDC). The NEWDC is a collaborative diagnostic and research project bringing together the expertise of veterinarians, scientists and wildlife managers to detect, investigate and manage outbreaks of infectious diseases affecting wildlife and humans. The northeast, home to one-quarter of our population, has been challenged with outbreaks of infectious diseases such as West Nile virus, Eastern equine encephalitis, and Lyme disease. By standardizing reporting, and providing field training, the NEWDC will implement a system to track infectious dis-

eases regionally, provide diagnostic services, and work with decision makers to manage outbreaks that threaten wildlife, local agriculture and humans.

GCCD is pleased to present the new Agriculture Steward of the Year 2013 award to Steve Fulton and Marja Kuosmanen, Blue Ox Farm. Blue Ox Farm is a certified organic family farm, growing vegetables and fruit in Enfield, NH. Starting with 2 acres of vegetables in 2002, they have grown to 15 acres in vegetable production. Blue Ox Farm products can be found at local food coop stores, farmers markets, and purchased through their own CSA. In addition to field production, Steve utilizes season extension high tunnels, and has participated in research (SARE 2011) to develop a planting scheduling tool to ensure a constant crop harvest during the season. Steve has worked with Natural Resources Conservation Service (NRCS) to improve his soil health and productivity through nutrient management, a grassed waterway, cover cropping and planned irrigation practices.

Jeff Smith, Butternut Hol-

low Forestry, will receive the 2013 Forest Steward of the Year award. Jeff works with landowners with all aspects of sustainable land management. Jeff is a Technical Service Provider (TSP) with NRCS and has worked with many landowners developing comprehensive forest management plans, balancing the needs and goals of the landowners with the capacity of the forest in meeting those goals. Jeff is a founding member of the Forest Guild (FS), and embraces the Guild's concept of "excellent forestry" that "forest management both in planning and implementation should strive

to be ecologically, economically, and socially responsible." Jeff is a member of the (FS) Northeast Biomass Retention and Harvesting Guidelines Working Group.

GCCD will be raffling specially donated items for the benefit of the JIM PAGE CONSERVATION SCHOLARSHIP FUND. Each year the District awards at least one Jim Page Conservation Scholarship of \$300.00 to a deserving student of Grafton County towards a 4-H Camp or conservation camp experience. We are pleased and grateful for the support shown for this great cause.

## The Green And White Bag

By Elinor P. Mawson

Just the other day, I came upon the green and white bag that accompanied me to school every day for many years. As I looked at it, the stories it could tell brought back a lot of memories.

It sat by the door to my garage, at the ready to take to school. And it sat by my desk in my classroom, packed and ready to bring home.

That bag carried a lot of papers. Papers to correct and papers corrected. It carried newspapers, magazine articles, and pictures to cut up and make into collages.

Usually on a Monday, it carried games and puzzles that I had bought at yard sales over the weekend. These came in very handy when we had an indoor recess--the bane of every teacher's existence. I also had quite a collection of holiday decorations which came from the same source, and found their way into my bag on Monday morning.

Along the way, I

amassed quite a few hats and mittens for the kids who didn't have any when the weather got cold. And in the Spring, I always found an extra mitten that somehow got left out--don't ask me how. (I usually carried an extra pair of socks of my own, to put on for playground duty when the weather turned frigid. WE never went outside when the thermometer went below 20 degrees, but the wind from the Atlantic Ocean a mile away made it seem like 20 below.)

There were always books in my bag. Books were what made teaching a joyful experience for me. I shared my childhood books with my students, and brought in books that I had acquired along the way and gave them to anyone who wanted them. We talked about books and the stories they contained, every day. I would like to think that the people who went through my classroom were given a lifelong love of books and learning.

Although I would certainly be fired for it nowadays, I remember the little girl whose family lived in a trailer with no running water. They did the best they could, but she was pretty bedraggled and had dirty hair that bothered her a lot. One day my bag came to school with shampoo and a towel and the little girl got her hair washed in the Janitor's closet. It made such a difference to her, and nobody was the wiser.

When I found my green and white bag the other day, I just sat and looked at it for several minutes, remembering the years it went in and out my door with all it contained. It is pretty decrepit now, with old coffee stains inside and out and remnants of old newspapers and pieces of games in the pockets. Oh! the stories it could tell!

I should have thrown it away; instead I folded it up and tucked it in a corner. Anything with that many experiences deserves to have a quiet and happy retirement.



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|           |        |  |
|-----------|--------|--|
| Mon 04/14 | 4:00pm | Home vs Lisbon Regional High School                              |
| Wed 04/16 | 4:00pm | Home vs Colebrook Academy  |
| Fri 04/18 | 4:00pm | Home vs Groveton High School                                     |
| Wed 04/30 | 4:00pm | Home vs Gorham Middle High School                                |
| Fri 05/02 | 4:30pm | Home vs Woodsville High School                                   |
| Sun 05/04 | 5:00pm | Away @ Moultonborough Academy<br>Cooperstown Game (League Event) |
| Mon 05/05 | 4:30pm | Away @ Pittsburg High School                                     |
| Wed 05/07 | 4:00pm | Home vs Profile School   |
| Fri 05/09 | 4:30pm | Away @ Gorham Middle High School                                 |
| Mon 05/12 | 4:30pm | Home vs Pittsburg High School                                    |
| Wed 05/14 | 4:00pm | Away @ Colebrook Academy   |
| Mon 05/19 | 4:00pm | Away @ Lisbon Regional High School                               |
| Wed 05/21 | 4:30pm | Away @ Woodsville High School                                    |
| Fri 05/23 | 4:00pm | Away @ Groveton High School                                      |
| Tue 05/27 | 4:00pm | Away @ Profile School  |
| Wed 05/28 | 4:30pm | Home vs Moultonborough Academy                                   |



**2014 Linwood High School Girls Varsity Softball**  
Schedule Subject To Change

|           |        |   |
|-----------|--------|---|
| Mon 04/14 | 4:00pm | Home vs Lisbon Regional High School                       |
| Wed 04/16 | 4:00pm | Home vs Colebrook Academy                                 |
| Fri 04/18 | 4:00pm | Home vs Groveton High School                              |
| Mon 04/28 | 4:30pm | Away @ Moultonborough Academy<br>(League Event)           |
| Wed 04/30 | 4:00pm | Home vs Gorham Middle High School<br>Lin-Wood Front Field |
| Fri 05/02 | 4:30pm | Home vs Woodsville High School                            |
| Mon 05/05 | 4:30pm | Away @ Pittsburg High School                              |
| Wed 05/07 | 4:00pm | Home vs Profile School                                    |
| Fri 05/09 | 4:30pm | Away @ Gorham Middle High School                          |
| Mon 05/12 | 4:30pm | Home vs Pittsburg High School                             |
| Wed 05/14 | 4:00pm | Away @ Colebrook Academy                                  |
| Mon 05/19 | 4:00pm | Away @ Lisbon Regional High School                        |
| Wed 05/21 | 4:30pm | Away @ Woodsville High School                             |
| Fri 05/23 | 4:00pm | Away @ Groveton High School                               |
| Tue 05/27 | 4:00pm | Away @ Profile School                                     |
| Wed 05/28 | 4:30pm | Home vs Moultonborough Academy                            |

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# North Country Home Health & Hospice Offers Better Choices, Better Health

No one wants to have a chronic, long-term health condition, but as the years go by most of us will experience one, two or more health problems that will challenge our ability to take good care of ourselves. Maybe this sounds like you, or perhaps you are a caregiver for someone with a difficult health problem. Maybe you are experiencing frustration, fatigue, depression or worry, and would appreciate some guidance knowing how to work more successfully with the medical system and your physician.

North Country Home Health and Hospice is sponsoring a Better Choices, Better Health® workshop in Littleton, beginning April 25th. The workshop will be held on six consecutive Friday mornings at the NCHHA

facility. This evidence based program was extensively researched and developed by Stanford University, and is presented in partnership with the New Hampshire Chronic Disease Self-Management Program, a statewide network led by the NH Department of Health and Human Services and NH Area Health Education Centers (AHEC).

It is not specific to any one disease, but instead addresses a variety of topics that are commonly encountered when dealing with ongoing health conditions, including but not limited to chronic pain, arthritis, heart disease, diabetes, asthma, COPD, Parkinson's, stroke, fibromyalgia or osteoporosis. These and other long-term conditions can often dramatically affect people's lifestyle

and prevent them from achieving the things they want to accomplish.

The program is designed to help adult participants self-manage their stable chronic health conditions by encouraging mutual support of and confidence in participants' abilities to maintain their wellness. The discussions are always lively, and participants take home practical and valuable information each week. There is no charge for the class.

Classes will be held at the North Country Home Health and Hospice office. Parking is great, and the facility is handicap accessible. For addition information, or to register, contact Sue Buteau at NCHHA at 444-5317. Space is limited, and pre-registration is required.

## Dear Marci

Dear Marci,

*I have Original Medicare and I get physical therapy on a routine basis. My therapist said that I may reach the therapy cap in a few months and that Medicare may not pay for my therapy after I reach the cap. What is a therapy cap?*

Bernard

Dear Bernard,

A therapy cap is a limit placed on the amount of outpatient physical therapy, speech-language pathology, and occupational therapy that Medicare will cover in a given year. This means that Medicare will cover medically necessary therapy up to the therapy cap amount in a particular year. After you have reached the cap, Medicare may not pay for additional therapy, unless your therapist or doctor feels that additional therapy is

medically necessary.

Note that you may be affected by the therapy cap if you get therapy in an outpatient setting, such as a clinic or medical office. In addition, therapy caps apply to you if you get your Medicare benefits through Original Medicare, the traditional Medicare program administered by the federal government. Medicare Advantage plans, also known as Medicare private health plans, may apply caps or limits on your therapy benefits, but are not required to do so. If you have a Medicare Advantage plan, contact your plan directly to learn how your plan covers therapy.

Therapy caps change each year. In 2014, the therapy cap is \$1,920, meaning that you can get \$1,920 worth of combined physical therapy and speech-language pathology services or

\$1,920 worth of occupational therapy from outpatient health care providers. Note that physical therapy and speech-language pathology services are combined to meet the therapy cap, while occupational therapy services are counted separately to meet the cap.

If you are approaching the therapy cap and you need more therapy, talk to your therapist or doctor. Medicare can make an exception to the therapy cap and cover therapy you receive beyond the cap if your therapist or doctor tells Medicare that additional therapy is medically necessary.

Remember, if Medicare does not pay for therapy that you need, you have the right to file an appeal.

-Marci

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By Ronda Marsh

## Ice Cream Bread

“How can that be?” You may be asking. “Bread made from ice cream? Did someone make a serious mistake??” NOPE! This really works; it is a fun, quirky recipe that can be customized a hundred different ways to make a delicious, tender loaf of quick bread. When I first came across this recipe, I questioned it, myself. Then I thought about it: What’s in ice cream? Cream, sugar, eggs, and flavoring...all the same stuff that goes into the wet ingredients of any basic quick-bread recipe.



Add flour and leavening, and your mixture is complete. This is also great to make with little kids as not only is it simple, but there is no raw egg involved, so if they steal a spoonful (or more!) there’s no harm done.

Here is where I add a couple of caveats: Firstly, it is very important that you use a good quality, full fat ice cream. If you don’t, your loaf will not rise as well, and will be somewhat dry. Secondly, don’t assume that the “pint” of ice cream you grab in the store is truthfully a full pint (2 cups). I made that realization when I opened a container of Haagen-Dazs, and saw that it is actually only 14 ounces...a full 2 ounces shy of a pint! I compensated by adding in 2 tablespoons of sour cream, but it still strikes me as a rather sneaky marketing ploy. At any rate, just keep that in mind.

This bread is amazing! You can glaze it, dust it with powdered sugar, toast it and top with whipped cream and berries, or just eat a chunk warm from the oven; it’s all up to you. What I am giving you here is the basic recipe with a little added citrus, but imagine using Maple Walnut ice cream and garnishing the loaf with a Maple drizzle, or maybe Butter Pecan with a handful of dried cranberries added in. How about Cherry Garcia dunked in chocolate ganache? I keep coming up with combinations I want to try, and once you have made this, I am sure you will, too!

- 2 cups ice cream, softened (I used vanilla)
- 1-1/2 cups self-rising flour (or, regular all-purpose flour, with 2 teaspoons baking powder and 1/2 teaspoon salt added)
- 1 Tablespoon sugar
- 1 lemon, zested & juiced

Preheat oven to 350°F. In a medium bowl, whisk together the lemon zest, sugar and flour. Add the softened ice cream, and stir just until blended. Turn into a well-greased 8-1/2” x 4-1/2” loaf pan. Bake for 43-48 minutes, until a toothpick inserted in center comes out clean. Cool on wire rack 10 minutes; invert loaf onto cooling rack. Cool completely before drizzling with a glaze made by mixing some powdered sugar and lemon juice to desired consistency.



North Country Senator Jeff Woodburn attended the "Vietnam Veterans Welcome Home" event recently in Whitefield. He is shown (from the left) with one of his former students, Zeke Radcliff, a WMRHS JROTC cadet from Whitefield, Governor Maggie Hassan and US Senator Kelly Ayotte.

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