

TRENDY TIMES

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APRIL 29, 2014 VOLUME 5 NUMBER 15

Hope On The Horizon: An Expedition For ALS

Join Adaptive Sports Partner's For A Dinner And A Movie Night

Bethlehem, NH: On Thursday, May 15, 2014 at The Colonial Theater in Bethlehem, NH, Adaptive Sports Partners of the North Country (ASPNC) will be hosting a screening of HARK, Inc.'s documentary film, Hope on the Horizon: An Expedition for ALS. HARK, a non-profit organization, was formed by Donna Dourney York in memory of her father, Charlie "HARK" Dourney, after he lost his battle with amyotrophic lateral sclerosis (ALS) in 2009. HARK is on a mission to share the real story of ALS and to provide a network of compassionate resources for families. This moving film does just that by following four hikers, including the filmmaker, who set out to summit all of New Hampshire's 48 "4000 footers" in a single trip on foot. Two completed the journey, and reached the 48th sum-

mit in 25 days to raise awareness and funding for ALS patients and their families.

This film has a special connection to the ASPNC community as it includes a hike to the 4,080 foot summit of Cannon Mountain with ASPNC participant, Martin Wallem, his wife Cara, and a group of 20 ASPNC volunteers. Josh Valentine, the Hope on the Horizon expedition leader, is excited to bring the finished product back to our community, and the Wallem's have graciously accepted an invitation to speak of their experiences prior to the showing. All proceeds from this movie night will go towards the purchase of a Trailrider for ASPNC.

A Trailrider is a one wheeled hiking chair that is used in the film for the Cannon Mountain hike with Martin Wallem. ASPNC utilizes



trailriders frequently when hiking and snowshoeing with people with limited mobility. ASPNC has access to rent or borrow 4 trailriders through collaboration with New England Disabled Sports, Northeast Passage, and Profile School. We are grateful for these partnerships, but there is a need for more. Currently there are 5 individuals hoping to participate in this year's Sunrise Ascent on Mount Washington, ASPNC's annual fundraising hike up the Mount Washington Auto Road. Each of these individuals will require the use of a Trailrider in order to partici-

Hope on the Horizon is not just about ALS. It is about facing life's challenges with courage and overcoming seemingly insurmountable odds each day. The documentary will bring viewers a firsthand view of two sets of challenges simultaneously. The challenges of negotiating the fragile beauty and rugged terrain of the White Mountains serves as a compelling backdrop to show true challenges and hardships faced by ALS victims and their loved ones in dealing with this devastating disease. Please join us on Thursday, May 15th, to raise awareness about ALS, to raise funds for APSNC's new

trailrider, and to feel what it is to be part of the ASPNC community.

Additionally, dine before the film at The Little Grille, Chang Thai Café or Rosa Flamingos and a portion of your dinner bill will be donated to ASPNC!

For more information contact: Sandy Olney, Executive Director at 603-823-5232 or info@adaptivesportspartner.org or visit the Adaptive Sports Partners website to purchase your tickets online at: www.AdaptiveSportsPartners.org.

For more information about HARK, Inc, please visit their website at: www.hark-als.org.

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TRENDY Dining Guide

Browns Market Bistro Features Photo Exhibit

This May, Brown's Market Bistro will be featuring the work of two area photographers, Ms. Amy Preston of Amy Preston Photography and her daughter Melissa Beaulieu of MAB Photography. As Mother and Daughter they have traveled and photographed many of the same highways and byways; sharing their work, ideas and enthusiasm for an artistic medium they both love. Both have studied photography at the New York Institute of Photography. The upcoming show at Brown's Market Bistro is the first show of their work together. With Mother's Day as a backdrop, the show is titled, "Country Creations – A Photographic Experience". The show will focus on the natural features, landscapes, plants and fauna throughout New England.

The show officially opens with a "Meet the Artists, Wine and Cheese Open House" held from 5 pm until 8:30 pm on Wednesday evening May



Mother and Daughter team up to show their photographic work at Brown's Market Bistro.

7th at Brown's Market Bistro in Groton Vermont. Ms. Preston's and Ms. Beaulieu's work will be featured at the

May. Brown's Market Bistro is open for dinner Thursday-Sunday from 5 pm - 9 pm. For more information call: (802) 584-4124.

Happy Mother's Day
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 From The Entire Staff At Trendy Times

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ENTREES
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 Baked Seafood Pie - Haddock, Shrimp, Scallops and Lobster in a Seafood Sauce with Cracker Crumb Topping \$22
 Grilled Balsamic-Glazed Chicken Breast-Served W/Balsamic-Glazed Asparagus \$18
 Baked Stuffed Chicken Breast-Stuffed W/Broccoli & Cheese, Topped with Alfredo Sauce and Cracker Crumbs \$18
 8 oz. Grilled Sirloin Steak-Topped W/Roasted Peppers & Onions \$18
 Deep Fried Coconut Shrimp - with Sweet Chili Sauce \$21
 10 oz. Roast Prime Rib of Beef, Au Jus - \$20
 Jumbo Lobster Salad Roll - Served with Fries \$22

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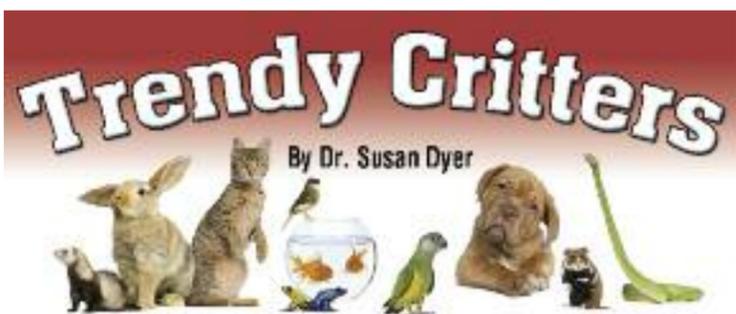
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Not all Times are Trendy but there will always be Trendy Times April 29, 2014 Volume 5 Number 15



I Wondered Where That Went (The Chickens Ate It!)

Now that spring is here, we are starting to enjoy our time outdoors and looking forward to letting our chickens outdoors to do what chickens do. Before you release your birds, please do a scan of your yard for the many items that chickens would like to eat.

Did you know that lead paint flaking off old buildings can be fatal to your chickens? Test the flakes by putting them in some water, if they sink, they are likely to be lead. Chickens will peck almost anything colorful, including these flakes of paint. They can even be seen on x-ray if you bring your chicken to the veterinarian. Signs of lead poisoning in chickens is bright green feces and neurologic signs which can include tremors, staggering and inability to eat or drink.

Chickens like anything shiny or silver, so nails, screws and pieces of wire are often found inside chickens. My favorite item removed from a chicken was a small bullet casing from a .22. Stainless steel is not as much a problem for them since this won't rust, but anything that is an alloy like pennies, bullet casings and some nails can lead to se-

vere zinc or copper toxicity. Signs are mostly neurologic as above along with severe weight loss and diarrhea.

Glass is another favorite with chickens. Oddly enough, this often does not end up being a problem for most birds. Since glass cannot be seen on x-ray, there is no way to diagnose glass unless on necropsy or during surgery. The bird that I removed the bullet casing from also had a few pieces of glass inside that were worn down much like sea glass.

If you have access to a metal detector, it would be worth scanning any areas where construction has been done to be sure that these busy birds won't be making a meal of something inappropriate. When doing any coop repair or construction, be aware of those dropped screws, nails and wire cuttings. Any sudden signs of illness including diarrhea and weight loss in your birds can be a sign of this fatal condition. If you have a concern that your bird may have eaten a piece of metal, consult with your veterinarian since they'll show up well on x-ray and are relatively easy to remove!

Open Auditions At OCT; Older Actors Sought

Bradford, VT: Old Church Theater announces open auditions for the third play of their 2014 season, the comedy "Morning's at Seven" by Paul Osborn. Director Sheila Kaplow will be auditioning for 5 women and 4 men's roles on May 3rd at 2pm, and May 4th at noon at the theater located on North Main Street in Bradford VT. Most roles are for persons aged 50 and over. The production is scheduled for mid-July.

"Morning's at Seven" is a snapshot of simpler times where life was straightforward. Set in the 1930s in small town America, the play is a sweetly funny, gentle little saga about relationships: Two sisters and their husbands live in homes side by side when their calm life is interrupted as one of their sons announces that he is bringing his long-time fiancée home to meet the family, only to release a cascade of comic complications and revelations.

For more information contact director Kaplow at

802-222-4738, or to arrange an alternate audition time. Old Church Theater's next auditions for "Little Women" will occur June 7 and 8 at

1pm. "Little Women" will be presented in mid-August. Further information may be had at www.oldchurchtheater.org

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2X8 #1	7.87	10.24	12.51	14.58	16.24
2X10 #1	13.41	12.58	16.12	19.82	21.05
2X12 #1	14.58	18.03	25.56	28.54	31.50
5/4X6 #1	6.68	9.10	10.73	12.51	14.37
4X4 #1	10.00	12.76	15.85	N/A	21.29
4X6 #2	N/A	N/A	20.71	N/A	29.95
6X6 #2	21.04	26.92	31.56	36.82	42.40
8X8 #2	N/A	N/A	78.99	N/A	103.56
2X2X36 BAL	1.36	UL-PT1/2	33.94	3 STEP	11.76
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 Directed by Sheila Kaplow

www.oldchurchtheater.org
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Not all Times are Trendy but there will always be Trendy Times

April 29, 2014 Volume 5 Number 15

The View FROM HOUSE SEAT 87

By Representative Chip Conquest



The minimum wage was established in this country in 1938, at 25 cents an hour, as part of the Fair Labor Standards Act, which also banned oppressive child labor and set a standard work week at 44 hours. The policy was intended to help raise families out of poverty, and while it may never have achieved that goal entirely, it did improve the economic situation of the lowest wage workers substantially.

The minimum wage increased in value from its inception until it reached its peak in 1968 when it reached the equivalent of \$10.86 per hour in 2014 dollars, a wage that left an individual of that time just below the poverty line. From its peak, the Federal minimum wage has declined fairly steadily in actual purchasing power to its present rate of \$7.25 per hour.

Like many states and even some municipalities, Vermont has established a state minimum wage higher than the Federal minimum. Ours is presently \$8.73 per hour and is increased annually by an inflationary index. Even so, the present rate is well short of the \$12.48 per hour needed for a "livable wage" (as calculated by the

non-partisan joint fiscal office), which is the rate needed to pay for essential living costs such as food, housing, transportation, childcare, etc. So, like 34 other states this year, Vermont is considering raising its minimum wage.

A number of bills to that effect were introduced in the House, with proposals that ranged from \$10.10 to \$15.00 per hour. What eventually made it to the floor for consideration was an increase to \$10.10 effective January 1st 2015. Interestingly, not a single legislator of any party argued against raising the rate. The debate that ensued was not about whether, or even how much, but about how soon.

An amendment was offered that would have phased in the increase over three years, and every member who spoke in favor of the amendment, including me, also spoke of their support for raising the wage.

Increasing wages for the lowest paid working Vermonters is the right thing in my view. It not only improves the standard of living for those at the bottom of the wage scale but in so doing generates more economic activity in the

state. More money in people's pockets means more money spent in local businesses. In addition, raising the minimum wage is likely to have a small but positive effect on the cost of the State's social service programs.

But I supported the phased in approach because I'm concerned that a sudden increase doesn't give businesses the time they need to plan and make adjustments to absorb an increase in wage costs.

We need to remember that an increase in minimum wage is a cost that will be borne in our area primarily by small, locally owned businesses operating on thin margins. Many of them have the particular challenge as well of competing with like businesses in New Hampshire, meaning that the ability to maintain margins by increasing prices is limited.

We value these businesses in our community and we depend on them to provide employment as well as their goods and services. So it is imperative, in my view, that we not ask them to absorb a wage increase without time to plan and adjust.

In the end the amendment failed by twenty votes and so the bill goes to the Senate with the effective date of January 1st. My hunch, though it's only that, is that the Senate will opt for a phased in approach. If so, we're likely to see this decided in a conference committee.

As always, if you have questions or comments about issues before the legislature don't hesitate to contact me. conquest@sover.net (802) 757-3803

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



Did the NH General Court listen to the people of our state when raising the gas-diesel tax by 4.2 cents and to the level of 22.2 cents per gallon on Wednesday, April 23? According to a recent state survey completed by the University of New Hampshire Survey Center, 2/3's of surveyed NH residents did not support increasing the tax. In 2013, 37% of polled NH residents responded positively to a tax increase, but by 2014 the numbers had dropped to less than 30% approval. This is especially true in the North Country where the medium family income is much lower than in southern areas and secondly, the price of gasoline and diesel is often 15-20 cents higher in the Haverhill area than in the Concord/ Manchester region.

Whether or not you support the concept of a gas tax increase, there are many misconceptions and details within the bill that should be known. With due respect to those who supported the 4.2 cent increase, I did not support jumping into one of the largest tax increases in recent history. Yes, our roads are in miserable condition, but this bill deserves a long, hard look at its intricacies and the system by which the revenue would be used.

The bill removes tolls in Merrimack, which results in a loss of Turnpike Fund revenue nearing \$1M per year. Removing the exit 12 toll in Merrimack is politically motivated. The bill also allocates 42% of revenue to the I-93 widening project. The I-93 widening was already allocated \$50M as part of the 10 Year Highway Plan

Those who were hoping for immediate relief for their local roads will be disappointed. Municipal block grants will not commence until FY2016, and will be just 12% of the prior years' revenue. Funds generated by this bill toward municipal block grants will be just \$4M for the entire state. Most NH towns will get <1% of the \$4M.

In the last two budgets alone, \$38M has been diverted from the state highway fund. Any amount generated by the road toll or a gas tax should be directed only to highways and bridges. Before raising the gas tax, the General Court needs to get its own house in order and adhere to statute that states not less than 73% of highway block funds must support transportation. The bill passed the House, 193-141, and will now move to the Governor's office for her action.

Miss Landaff 250

1. To celebrate Landaff's 250th birthday, the town of Landaff will host a Miss Landaff 250th Pageant. Applications are due by May 6th to Denise Cartwright, 1000 Jockey Hill Road, Landaff, NH or jdcartwright@rocketmail.com. Interviews will be held May 6, 7, 8. Talent and Speech Com-

petition Finale will be held May 31st at the Landaff Town Hall at 7:00pm. For more information, call Denise Cartwright @ 838-8965 or Joe Wiggett @ 838-6059.

2. The Lisbon Area Stump Jumpers will hold a baked ham dinner on May 10th at 5:00pm at the Landaff Town Hall. Proceeds will benefit Landaff's 250th Birthday Celebration. For more information, call Joe Wiggett @ 838-6059.

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From The Desk Of NH State Senator



Dear Constituents,

A couple weeks ago I presented testimony to the NH House Health, Human Services, and Elderly Affairs Committee on Senate Bill 203, a bill that I sponsored this session relative to the use of EBT cards. The bill passed the Senate on a bipartisan roll call vote, 21 in favor, 3 opposed on March 13th.

As I prepared for the testimony, I recalled what prompted the legislation. In September 2013 the Office of Legislative Budget Office Assistant published a performance audit on the use of Electronic Benefits Cards in New Hampshire. The audit showed that most Electronic Benefits Transfer (EBT) spending goes towards necessary living expenses, like rent, food, and health care. But it also found that 78% of funds were withdrawn as cash at ATMs, with no accounting of how those funds are spent.

The audit made 10 recommendations to the Division of Family Assistance (DFA), the agency that administers the EBT program. Two of the recommendations required legislative action. The first recommendation was to clearly outline the goals of cash assistance in statute and direct the DFA to adopt administrative rules for restrictions on the use of cash assistance and align them with state law. The second recommendation was to consider whether there should be further restrictions on the use of cash assistance. In addition to the audit, I reviewed what other

states do to restrict EBT purchases and talked with local welfare administrators and town officials to get their feedback.

As background, the DFA is responsible for administering several cash assistance programs that are available to low income individuals and families. To administer these programs, DFA has several options on how to disperse the benefits, one of which is through the EBT card. If a cash assistance recipient also receives Food Stamps (a federal benefit that may also be provided to low income individuals and families), these benefits are put onto the same card. Unlike Food Stamps which are subject to significant federal restrictions, there is no state law defining restrictions nor does the DFA clearly define the objectives of the cash assistance programs or the specific types of items for which the assistance is intended to be used.

If Senate Bill 203 becomes law, it would prohibit the purchase of tobacco, alcohol, lottery tickets, firearms, or adult entertainment with EBT funds. Further the EBT card could not be used at business establishments primarily engaged in the practice of body piercing, branding, or tattooing. EBT cards could still be used at gas stations, grocery stores, and anywhere that accepts debit and credit cards.

The bill also directs the NH Department of Health and Human Services to report to the Fiscal Committee on the adoption and imple-

mentation of restrictions on the use of cash assistance. The report would include an outline of the goals of cash assistance, review applicable state and federal regulations governing restrictions on the use of cash assistance, summarize the department's finding regarding enforcement, and make recommendations relative to the regulation of cash assistance programs. The report would also include an education plan for recipients regarding the permissible and prohibited use of cash assistance.

For some legislators, this bill does not go far enough; for others, they believe it goes too far. Some believe that the state should not be telling recipients of state cash assistance how to spend this benefit nor restrict its use. One legislator testified that by allowing recipients to use the funds for gambling or the purchase of alcohol, that we would be generating revenue for the state. Other legislators believe that there should be photo ID on the card and a total elimination of being able to withdraw cash.

Most folks don't abuse these state benefits that are made possible by taxpayer funding. But when 78% of EBT funds are withdrawn in cash with no accounting of how the funds are spent, it is the legislature's responsibility to assure state funds are being used in a responsible fashion. Currently our state law does not clearly address where those cash benefits could or could not be used. By aligning our state laws with federal laws on restricted use and informing recipients about those restrictions, we take a step in the right direction in assuring limited resources are used correctly.

Next week the House Committee will vote on SB203 and I am hoping they will vote Ought to Pass on the bill so that we can

strengthen our law relative to the use of EBT cards. If you believe as I believe, I urge you to contact members of the House Committee and ask them to support the legislation (271.3334).

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 at-

tend, or a problem you think I might be able to help with—please call or email (271.4980 or jeanie@jeanieforrester.com). If you would like to subscribe to my e-newsletter, visit www.jeanieforrester.com and sign up.

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- * Lamb N' Kids Starter Pellet
- * Pig Starter Crumblets
- * Chick Starter Crumbles
- * EQUI-PRO™ Mare & Foal

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

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

WEDNESDAY, APRIL 30

GRAFTON COUNTY CONSERVATION DISTRICT ANNUAL MEETING
6:00 PM
Dowds' Country Inn, Lyme

WEDNESDAY - MONDAY, MAY 1 ON

PEACHAM CORNER GUILD
10:00 AM – 5:00 PM, Sun 11:00 AM – 5:00 PM
643 Bayley Hazen Road, Peacham

FRIDAY & SATURDAY MAY 2 & 3

A FEW GOOD MEN - ST. J. PLAYERS
7:30 PM
St. Johnsbury School

FRIDAY, MAY 2

MOZART AND MORE BY NCC & ST. J HILLTONES
7:30 PM
South Congregational Church, St. Johnsbury
See ad on page 7

EVERYBODY LOVES OPAL

7:30 PM
Old Church Theater, Bradford
See article and ad on page 9

SATURDAY, MAY 3

OLD CHURCH THEATER AUDITIONS
2:00 PM
Old Church Theater, Bradford
See article and ad on page 3

ITALIAN NIGHT BUFFET BENEFIT DINNER

5:00 PM – 7:00 PM
American Legion Post #83, Lincoln

EVERYBODY LOVES OPAL

7:30 PM
Old Church Theater, Bradford
See article and ad on page 9

MOZART AND MORE BY NCC & ST. J HILLTONES

7:30 PM
Wells River Congregational Church
See ad on page 7

SWING XING: THREE GENERATIONS OF SWING GUITAR

7:30 PM
Court Street Arts, Haverhill
See article on page 8

SUNDAY, MAY 4

OLD CHURCH THEATER AUDITIONS
12:00 Noon
Old Church Theater, Bradford
See article and ad on page 3

TEXAS HOLD EM' POKER TOURNAMENT

1:00 PM
VFW Post #10038 Lyndonville

BRADFORD ARTISTS AND ARTISANS, PAST AND PRESENT

2:00 PM – 4:00 PM
Bradford Academy Building, 3rd Floor

EVERYBODY LOVES OPAL

4:00 PM
Old Church Theater, Bradford
See article and ad on page 9

MOZART AND MORE BY NCC & ST. J HILLTONES

7:30 PM
Peacham Congregational Church
See ad on page 7

MONDAY, MAY 5

GOOD OLE BOYS MEETING
12:00 Noon
Happy Hour Restaurant, Wells River
HAVERTON 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

WEDNESDAY, MAY 7

WOODSVILLE/WELLS RIVER 4TH OF JULY COMMITTEE MEETING
7:00 PM
Woodsville Emergency Services Building

THURSDAY, MAY 8

CLARA & MR. TIFFANY - BOOK DISCUSSION
6:00 PM
Bath Public Library

FRIDAY & SATURDAY MAY 9 & 10

A FEW GOOD MEN - ST. J. PLAYERS
7:30 PM
St. Johnsbury School

FRIDAY, MAY 9

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

EVERYBODY LOVES OPAL

7:30 PM
Old Church Theater, Bradford
See article and ad on page 9

SATURDAY, MAY 10

HAM & SCALLOPED POTATOES DINNER
5:00 PM – 6:30 PM
Haverhill Congregational Church Parish Hall

BAKED HAM DINNER

5:00 PM
Landaff Town Hall

EVERYBODY LOVES OPAL

7:30 PM
Old Church Theater, Bradford
See article and ad on page 9

SUNDAY, MAY 11

TEXAS HOLD EM' POKER TOURNAMENT
1:00 PM
American Legion Post #30 Lyndon

ACOUSTIC MUSIC JAM

1:00 PM – 5:00 PM
Clifford Memorial Building, Woodsville

A FEW GOOD MEN - ST. J. PLAYERS

2:00 PM
St. Johnsbury School

EVERYBODY LOVES OPAL

4:00 PM
Old Church Theater, Bradford
See article and ad on page 9

MONDAY, MAY 12

ROSS-WOOD AUXILIARY UNIT 20 MONTHLY MEETING
6:00 PM
American Legion Home, Woodsville

PLACE YOUR EVENT FOR YOUR TOWN, SCHOOL OR ORGANIZATION AT NO CHARGE.

Submit your entries by:

Phone: 603-747-2887 • Fax: 603-747-2889 • Email: gary@trendytimes.com

Deadline for submissions is Thursday, May 8th for our May 13th issue.

You're Invited To Groton Free Public Library

Fizz Boom Read! (Summer Reading Program)... Coming SOON for young readers of all ages!

Freedom & Unity: The Vermont Movie. The first-ever documentary series about Vermont is available for viewing at our library. Explore your choice of themes in our state's history from 1777 to the present. Bring your your laptop, or watch on our desktop computers during any of our regular open hours. Want to watch in a group? Reserve our tv & dvd player: 802.584.3816 or grotonlibraryvt@gmail.com For more info on this unique project: thevermontmovie.com.

Yoga for All Levels. Wed, May 7 is the last class in this series! Free to all participants, co-sponsored by the Groton Library and the Groton Recreation Commit-

Orange East Senior Center

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

The Senior Center will be closed for kitchen repair from May 5 through the 9.

Texas Hold'em Tournament will be on May 19. The doors open at 5pm and the tournament starts at 6pm. The entrance fee is \$50 and there is only one buy in at the break. If you lose all your chips-you can buy back in for the first hour for \$50.

On Friday, May 23 at 11:00 a.m. there will be a presentation from the organization COVE. "When Healing Hands Harm" is a film emphasizing the need to increase awareness of prescription drug diversion so that you can help us detect and prevent further incidences of use and abuse of yourself, friends and family members. This film features interviews with Vermonters who have been involved with investigations through the Attorney General's Medicaid Fraud and Residential Abuse Unit.

We are looking for volunteers for the kitchen for Monday, Tuesday, Thursday and Friday. If you are interested, please call or come by.

Orange East Senior Center will be going 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.

tee. Join us at the Groton Community Building, 6-7pm. Bring your own mat, or sign up to borrow a mat: 802.584.3816 or grotonlibraryvt@gmail.com. "Yogee" kids ages 8 and up welcome to attend with an adult. Open to residents of all towns.

Book Discussion. Mon, May 26 at 7pm. This month's featured read: The Unlikely Pilgrimage of Harold Fry by Rachel Joyce (national bestseller). 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/Groton-FreePublicLibrary and at our website: www.grotonlibraryvt.org

Artists & Artisans Of Bradford

Sunday, May 4, 2-4 pm Reception and the unveiling of new exhibit "Bradford Artists and Artisans, Past and Present." Bradford Historical Society, Third floor, Bradford Academy Building, 172 North Main, Bradford. Free to members, \$5 fee for non-members

will be traded for a one-year membership. Included in the reception will be a tour of the studios of Bert Dodson and Vision Quest, also located in the BA Building. Refreshments will be served. Information 802-222-4423



BALDWIN MEMORIAL LIBRARY
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Wells River, VT
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NEW HOURS
Beginning Thursday, May 1, 2014
Monday: 10 am - 5 pm • Wednesday: Noon - 6 pm
Friday: Noon - 7 pm
Pre-school story time Mondays at 10



The Haverhill Recreation Commission is proud to sponsor the **Parker Hill Road Band** for the opening concert at **Railroad Park** Central Street, Woodsville, NH on **Saturday, May 31, 2014 at 6:00 PM**

We are pleased to announce that the **Wells River Action Program (WRAP)** will be sponsoring a **Chili Contest** with 3 categories: **Meat, Vegetarian and Game**

Prizes awarded for People's Choice and Judges Favorite. Samplers and bowls will be sold along with hot dogs, soda and popcorn being sold by the Haverhill Recreation Commission!

(Rain location will be at the Clifford Memorial Building at 65 South Court St)

Register for the Chili contest stopping by and speak to Nancy at **Burnham Shoe** in Wells River, Vermont or phone 802-757-2238

Silent Auction Donations Needed

4th Annual Tenney Fest Tenney Memorial Library Saturday, June 7, 2014

The Tenney Fest is our major fundraising event and provides a significant part of our operating budget.

Need some ideas? How about...

Gift certificates for online retailers (e.g. Amazon, iTunes, etc) or local stores; gardening or landscaping services; a weekend getaway; jewelry; antiques; handicrafts; fine woodworking; a gourmet dinner for four; wool for knitting; lessons in golf, ballroom dancing, fly fishing, spelunking, beekeeping, white-water kayaking...; tree-trimming; a massage; movie or theater tickets; fine art and photographs; gym membership; a

helicopter trip for two; pottery; tools; china and crystal; designer handbag; pet sitting; house cleaning; tennis lessons; a Vermont microbrew each month for a year; a private concert by a local musician; a portrait by a local artist; upholstering; hand-made pottery; house and garden plants; magazine subscriptions; maple syrup; a half-cord of firewood...

How to get your donation to us?

Bring it to the library (Tues., 10-5; Thurs., 2-8; Sat., 9-4)

Call or e-mail to arrange a pick-up or discuss a service (Cathy Kidder, 429-2632, ckidder@fairpoint.net)

When?

By May 21st, please. And THANK YOU!!

North Country Chorus
and
St. Johnsbury Academy Hilltones
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Alan Rowe, Musical Director

Friday 2 May, 7:30 pm
South Congregational Church, St. Johnsbury

Saturday 3 May at 7:30 pm
Wells River Congregational Church

Sunday 4 May at 3 pm
Peacham Congregational Church

Tickets available from Catamount Arts
Admission at the door: \$12, students \$5
Details at northcountrychorus.org

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Not all Times are Trendy but there will always be Trendy Times April 29, 2014 Volume 5 Number 15

Three Generations Of Guitar Stars Take The Stage

Three of the most extraordinary guitarists performing before the public today, Bucky Pizzarelli, Frank Vignola, & Vinny Raniolo will take the stage for Swing Xing: Three Generations of Swing Guitar at Court Street Arts at Alumni Hall in Haverhill on Saturday, May 3rd at 7:30pm.

Jazz great Bucky Pizzarelli has been thrilling audi-

ences with his signature swinging style for close to seven decades. Throughout that time, Bucky has played with a veritable Who's Who of bandleaders and performers including musical giants like Benny Goodman, Frank Sinatra, Stephane Grappelli, Tony Bennett, Zoot Sims, and Les Paul among others. Besides becoming a fixture on the big band circuit and in the

studio, Pizzarelli also took a stint on The Tonight Show starring Johnny Carson. The 87 year old swing-era icon has fathered equally swinging musicians, including well-known guitarist/vocalist John Pizzarelli.

Frank Vignola's stunning virtuosity has made him the guitarist of choice for many of the world's top musicians, including Ringo Starr, Madonna, Wynton Marsalis, the Boston Pops, the New York Pops, and guitar legend Les Paul, who named Vignola to his "Five Most Admired Guitarists List" for the Wall Street Journal.

Representing the upcoming generation of guitar greats is Vinny Raniolo. At the age of 28 he has already proved himself to be among the elite having performed and recorded with Tommy Emmanuel and David Grisman just to name a few.

Together this ensemble of talent has preformed at prestigious concert halls and fes-



Famed jazz guitarist Bucky Pizzarelli will join Frank Vignola and Vinny Raniolo for Swing Xing: Three Generations on Swing Guitar on Saturday, May 3rd at 7:30pm at Court Street Arts in Haverhill.

tivals around the world including the Sydney Opera House, Lincoln Center, Liverpool Philharmonic, Quebec Music Festival and Italy's Teatro Olimpico. Their jaw dropping technique and incredible showmanship explains why the New York Times deemed them, "...stars of Guitar."

This show has a special connection for Court Street Arts and the Haverhill community. Legendary performer Betty Johnson Gray, who has graced the stages from the Grand Ole Opry to Broadway and who now resides in

Haverhill also appeared with Pizzarelli on the Tonight Show and in venues across New York. Johnson's studio, Bliss Tavern Music, sponsors the music series that helps to bring this extraordinary concert and other musicians from around the globe to the stage.

Bailliff's Cafe featuring homemade fare from the Newbury Village Store will be open for dinner and drinks. Tickets are \$25. For more information visit courtstreetarts.org or call (603) 989-5500.

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Not all Times are Trendy but there will always be Trendy Times April 29, 2014 Volume 5 Number 15

ANIMAL MOTIONS Is A Fun App For Kids

The popular children's book *Animal Motions* has now been made into a great, fun storybook app by Authorly.com! As an app it's truly an interactive story that will help kids stay even more "creatively fit" with engaging animation, audio hotspots (so kids can learn the sounds animals make now along with their names and habitats), and professional narration (done by the author, Littleton native Melissa Pilgrim). It has "Read To Me," "Read Myself," and "Auto Play" options as well.

The app follows the same simple movement routine as the printed book (published by Indigo River Publishing, 2013), following Eric as he stretches and moves his body by using his imagination to become 17 of his favorite animals. Children are encouraged to "move" along with him as he travels to the jungle, the desert, the forest, and the ocean—and to act (and now sound) like the animals he imagines himself to be. This combination of creativity, imagination, reading, and exercise was inspired by a drama game the author used to play with young children when she ran a theatre in Chicago to help them develop confidence moving their bodies on stage while also learning how to use their imaginations.

"I'm hoping as both a book and app it now gives children two options to help them learn how to use their imaginations while they have fun and develop healthy lifestyle skills and habits," Pilgrim says. "The app is published by Authorly.com, a brand new company specifying in creating storybook apps for children, and *Animal Motions* is one of their first storybook apps and

part of the launch of their whole company. They did a wonderful job bringing the story to life on the colorful pages, which are the same beautiful watercolor drawings done by the illustrator of the book, Ira V. Gates."

The story combines storytelling with movement and exercise in inventive new ways for the whole family (and energetic classrooms) to enjoy. In an era in which video games, myriad cable channels, and glowing computer screens are making kids more sedentary, Pilgrim's children's book and app, *Animal Motions*, takes a unique approach to making fitness fun, allowing kids to get "creatively fit." There are six free lesson plans for teachers and parents to use to get the most benefit out of the story either at home or in a classroom setting available on the website, www.AnimalMotions.com. A free mini-poster to print out and color is available there too!

The app is available on iTunes, Amazon, and Google Play for all devices. The book is available on Amazon. Visit www.AnimalMotions.com for more information.

"Opal" Opens Old Church Theater's 29th Season

Bradford, VT: "Everybody Loves Opal" opens the 2014 season at Old Church Theater beginning May 2nd. Shows are Fridays and Saturdays at 7:30pm and Sundays at 4pm, running two weekends at the theater at 137 North Main Street. The theater is heated.

"Everybody Loves Opal" by John Patrick is about Opal, a recluse living on the edge of town, whose favorite pastime is bringing home junk from the town dump. Into her life come three bumbling crooks on the lam who try to kill her off for insurance money, and fail in every hilarious way possible. Yet through it all Opal never loses faith in people. "Opal" is a real audience pleaser for the whole family.

Directed by Scott Johnson, the cast includes Sara Jane Murphy, Sara Jo Danrom-Brown, Eric Downing, Paul Hunt, Ken Hullican and Jim Heidenreich.

Tickets are \$10.00 and \$5.00 for students. Reservations may be made at 802-222-3322 or at www.oldchurchtheater.org



The cast of "Everybody Loves Opal" opening this weekend at Old Church Theater in Bradford. Left to right, top row Sara Jane Murphy as Opal, Ken Hullican, Jim Heidenreich, director Scott Johnson. Bottom row: Paul Hunt, Sara-Jo Damron-Brown, Eric Downing.

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NORTH HAVERHILL, NH- It's Time to Invest in this 3 Family home, much of the house has been renovated, remodeled kitchen, 2 units/2 bedroom, 1 unit/1 bedroom could convert to a 2 bedroom, very spacious units, some hardwood floors, metal roof, deck and porch, 2 car detached garage, ample parking, newer septic system, owner occupied and have the rental income. Easy commute. \$175,000



NORTH HAVERHILL, NH- Ever so Neat describes this Ranch. 28' x 52' double wide situated on 1.22 acres. All one level living area. Open concept with cathedral ceiling in living room/dining area/kitchen with center island, new den with pine walls and radiant heat, 3 bedrooms, oversized doorways and handicap accessible, central air conditioning, hot tub, skylights, generator, decks, 2 car garage w/storage. \$148,500

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Bradford, Vermont

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Sundays, May 4 & 11
at 4 p.m.

Reservations: 802-222-3322 or
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137 North Main Street, Bradford, VT

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Everybody Loves Opal!

by John Patrick
Directed by Scott Johnson






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MAR JONG PLAYERS wanted. Please call 603-747-3465 04.29

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HELP WANTED

SUMMER CAMP POSITIONS available for girls camp in Thetford, VT. Make a difference while having fun in the sun! Kitchen staff, riding instructors, office staff and counselors. Email kprovost@girlscoutsgwm.org. 05.27

NANNY WANTED: 7:30 am - 8:30 pm summers. 2:30-8:30 pm Fall. 2.3 days per week. Transportation, cooking & cleaning. Two children, 7 & 5. References Required. Call 603-838-5005 for interview. 04.29

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FOR SALE

PICNIC TABLE, children's new, wood, never used, seats attached. \$50. Call 603-787-6879 05.13

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HAND CROCHETED BLANKETS, multi-colored. Fit up to a queen sized bed. \$100 each. Also hand knit slippers, men, women & children sizes. Great gifts, different colors. \$5 each. Contact Penny 802-757-2894 05.13

1999 1 TON DOUBLE CAB, 4 wheel drive diesel. 166,982 miles. Auto trans., 6 cabinet 8 ft. utility body, electric brakes, set up for trailer. Asking \$9,200. Call Bob at 802-274-1209 05.13

CASE 450 DOZER (diesel) in good condition. Has 6 way blade. Asking \$8,900. 15,000 pound tilt equipment trailer with electric brakes. Asking \$4,800. Call Bob at 802-274-1209 05.13

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2002 FORD 350 PICKUP, V-10, 6 speed, 4 WD, long bed. About 71,000 miles. Runs great. Inspected and registered. \$8,500. Call 603-989-5962 4.29

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BRAIDED RUG MATERIAL Large aluminum chest of wool remnants, some cut and rolled for braided rugs. Good condition. \$30 or best offer. 603-764-5268 04.29

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FOR RENT

WOODSVILLE, NH - 2nd floor, 2 bedroom, living room, kitchen & bath. Off street parking. \$750 per month includes heat. No pets and no smoking. For application call 603-747-3942. 04.01

WELLS RIVER HOUSING - includes heat, trash & snow removal. 1st floor 28 Grove Street - 1 BD \$665 Walking distance to banks, stores and laundry mat. Income restrictions apply. For an application call Shelly at 775-1100 Ext. #7 or e-mail shelly@epmanagement.com. E.H.O. 04.29

WELLS RIVER COMMERCIAL - Business opportunity in Wells River. Store front and/or front office available, next to Laundromat. Ideal for professional office; large front room with private office. Rent includes heat and electric. Call 802-775-1100 Ext. #7. 06.24

PASSUMPSIC HOUSING St. Johnsbury, VT: 2 BD apartment with all utilities included. Rent is 30% of the households monthly income. Head or Co-head must be age 62+ OR disabled to meet project eligibility requirements. Call 802-775-1100 Ext. #7. 04.29

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Tax-Free Zone In The North Country To Spur Job Growth

By Representative Brad Bailey

The recession that started in 2007 and the long, slow march to recovery has not made it to the North Country. Colebrook suffers from many job losses, including the closing of the Balsams. Groveton and Berlin continue to struggle with the loss of paper mill jobs. Here in Littleton we face challenges since the downturn in the economy. While our unemployment rate locally looks impressive, it does not feel like a robust economy firing on all cylinders.

Each generation faces challenges in growing an economy, and we face one today. Undoubtedly there are programs in place to help businesses in New Hampshire. But would now be a good time to propose a new idea for us in the northern part of the State?

What if we set up a North Country "Tax-Free Zone"? How it would work, the parameters, and participants would include stakeholders

meeting with officials from the State of New Hampshire. The basic concept would include new businesses that start and operate within a designated area receive a "tax-free" incentive to move their operation here. This "tax-free" incentive would last for a set period of time and end, or gradually sunset.

Some would argue that this would result in lost revenue to the State. To which I would respond we are not receiving revenues from these businesses now. However, new businesses will create jobs- usually with benefits, provide needed local property tax relief, and more in-



come to be spent locally.

New Hampshire has had the distinction of being the most "business-friendly" of all the states in the Northeast. As the Granite State comes back from the recession, we could use some extra help in the North Country.

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Senator Woodburn Sponsors Oil Pipeline Bill

CONCORD - A bill that protects the North Country's environment from potential pipeline oil spills has passed the House and now heads to Governor Hassan's office.

Senate Bill 325, the oil spill preparedness bill, passed the House of Representatives by large margin 186-104. It passed the Senate previously 13-11.

"This is a smart, modest insurance policy against a potential Portland Pipeline oil

spill," said Sen. Jeff Woodburn, the prime sponsor of SB 325, "With the threat of tar sands being reversed and flowing through this line, it is vital that we be proactive and protect our natural, economic resources."

Woodburn praised Sheridan Brown from the NH Audubon Society, North Country legislators for their nearly unanimous bi-partisan support and other environmental groups.

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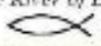
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Working And Learning About Communities

By Deb Maes, Regional Field Specialist—Community Development

As part of my Community Development responsibilities, I get the chance to work with many community groups on a variety of projects. It never fails to amaze me how dedicated community volunteers are when presented with a task or a project that they are firmly committed to. Since I may attend many of these meetings, especially with groups that meet over a span of weeks or months, I get to often be a participant in the meeting process, and as an educator, I get to be an outsider viewing the meeting process.

The newest project is in Bethlehem where a group of volunteers led by Selectman Martin Glavac are working to discuss Broadband Readiness as part of a statewide pilot project. This collaborative effort with NH's Department of Resource and Economic Development and the UNH Broadband Project will take the committee through a series of meetings that include how broadband could impact the community both from an individual point of view as well as the economic potential for local businesses. At their initial meeting the group looked at the definition and types of broadband as well as maps of current broadband availability in the town. Future meetings will focus on the scope of available providers for the town, developing an inventory of assets and demand for broadband and action planning. The group hopes that their work will im-

act the next contract that the town signs for internet and cable services.

The second community I worked with is not in Grafton County but an important part of Extension's work. The Community Profile project has been on hiatus for the past five years but returned with a bang. Not one, but two communities came together on the weekend of April 11 & 12 to discuss the future of their towns. Peterborough used this process to provide public input on their Master Plan update. Reports are that up to 200 people took part in the process.

My colleagues and I worked with volunteers from the town of Barrington, near the UNH campus. As part of the process the steering community and the attendees took a look at the eleven issues discussed at a typical Community Profile that ranged from effective community leadership, the needs of lifelong education and preserving the natural resources. Over 100 residents were part of the two-day event.

My role in Barrington was to work with facilitators and scribes that led break-out groups throughout the event. I held a training session about two weeks before the actual event and then smaller refresher sessions during breaks. The Profile was held at the Barrington Middle School and I wished that I had worn a pedometer since my two days involved multiple trips through the building and up and down stairs to make

sure that sessions were running well and to provide support if it was needed.

By the time the event ended with a cookout on Saturday several key projects had been identified as a starting place for the members of the community. Some of the proposed projects are similar to those identified in other communities. Everyone agreed that communication was important. Since the community has no specific downtown area, another project that almost everyone agreed on was to develop some sort of community gathering place. In a follow-up discussion with one of the volunteers, it appears that this discussion with town leadership has already begun.

Extension staff will be working with the steering committee and action groups over the next year to provide the technical assistance and encouragement as the project teams work to develop positive outcomes from this event.

My third project happened closer to home. The Pemigewasset River, which runs through my hometown of Lincoln, has a section that borders Campton, Holderness and Plymouth called Livermore Falls. I learned that there are many historical pieces to this area including the only surviving pumpkin seed bridge in the US. A former fish hatchery was located there as well as a mill. Nowadays, families use the beach area and others use the

nearby land to bike and hike enjoying the natural beauty of the area. Unfortunately, other people leave their garbage behind and broken bottles in the sand and water creating safety hazards.

The Friends of Livermore Falls have been working with state officials, as well as local police departments to make sure that the Livermore Falls area can contribute to the historical, environmental and recreational offerings for local residents and the visitors to the area.

We began the event dreaming about what the Falls area could be like in ten years, then looking at each of the above components with a SWOT profile to identify what is working and what are threats to the area. Eventually, each of the two visioning sessions identified specific issues that the volunteer group can target to make the area an asset for all. The initial list of 29 projects may be overwhelming, but the group will start working on some of the items that "need-to-get-done" before summer and continue to support this natural area that is an asset for all to enjoy.

I recently completed a seven-month project in Franconia that resulted in the town passing a warrant article to rebuild their Safety Services Building. Finally, I belong to a group that formed two years ago, and is still trying to find their way as to goals, purpose and how to find their place in the community. I use my community development

experience as well as my knowledge of group process to help the group move forward, whether they know it or not.

I started my official community development work in the mid-1990's and have had the opportunity to take part in many trainings that help me work with community groups to make decisions and plan for the future. As I worked with each group, I hope that the participants learned at least as much as I have in terms of understanding how groups work, helping people become leaders in their communities and learning how to make their vision a reality.

UNH Cooperative Extension will continue to work with communities across the state, helping people build strong communities, develop emerging leaders, strengthening the local economy and protecting the natural resources. It's what we do, and it is what each of our individual communities of place needs.

For more information about Extension's Community and Economic Development work go to <https://extension.unh.edu/Community-Development> or like our Facebook page at UNH Cooperative Extension Community Development.

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OBITUARY – JEANETTE WOLFF

Haverhill, NH – Jeanette Wolff, age 103, passed away Friday, April 18, 2014, at On The Green, Haverhill, NH. She was born on February 22, 1911 in the Bronx, NY to Jewish-German parents, Bella and Leopold Wolff. She was predeceased by her beloved sister, Martha Russo, who died in 2003. An early accomplishment in her life was graduation from Hunter College for Women. During WWII she worked in censorship as a German translator. For most of her working career she was a Civil Service claims examiner for the State of New York Department of Unemployment. When she retired, she lived in Manhattan and was able to spend her time

taking art lessons, ice-skating, and visiting family and friends in various states. In 2000 she moved to On The Green in Haverhill where she spent the remainder of her life in the comfortable and caring surroundings of that home. In the last years of her life she came to know the Messiah Jesus as her God and Saviour and she liked to hear the Bible read and hymns sung. On April 14th, a mere four days prior to her death, Jeanette was personally presented with the Boston Cane by the Selectboard of Haverhill. This was an honor for Jeanette, a content New York "transplant" to a small NH town in the last years of her life. The kind care she received from On

The Green and BAYADA Hospice services is deeply appreciated by the family. A service will be held at a later date on On The Green. Burial will be in Hempstead, NY. Family members who miss her are nieces, Margo Rosenkranz of Denver, CO and Louise Bevin and husband Avery of Littleton, NH; six grandnieces and nephews and their families. Burial will be at the Greenfield Cemetery, Hempstead, NY.

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

Ricker Funeral Home & Cremation Care of Woodsville has assisted with arrangements.

Grafton County Open Barn Day

Have you ever wanted to learn about the Grafton County Farm in North Haverhill? Did you know it is the only operating county dairy farm in NH with its herd of Holstein and Jersey cows, pigs, chickens, and an extensive vegetable operation? Did you know there are recreational opportunities on its over seven hundred acres of mostly timbered land? Do you even know how this historic farm was started and when?

These and many other questions will be answered on Saturday, June 7 from 10:00AM to 2:00PM at the Open Barn Day event at the County Farm on 3855 Dartmouth College Highway in North Haverhill. The event is dedicated to the late County Commissioner Ray Burton who loved the farm and always supported its programs.

The Grafton County Commissioners and Grafton County Farm are excited to be holding this event which will give everyone an opportunity to tour the farm complex, see the animals including new calves, view educational exhibits, and tour adjacent lands. Agricultural and forestry professionals from the UNH Co-operative Extension Service, the Grafton County Soil Conservation District, the Grafton

County Farm Bureau, commercial companies explaining how cows are bred using the best genetics possible for a strong herd, and numerous other vendors and displays will make for a full day of fun and learning. "Ag in the Classroom" will also attend with a special kids program. Admission is free and a barbecue will be held for only \$1.00 per person with proceeds going to the Grafton County 4-H Leaders' Association. Granite State Dairy Association and Cabot cheese will be giving free samples of their delicious products! Special tours by wagon will be

available throughout the day to tour the farmlands as well as forest tours will be offered in a van.

The event will be highlighted by the presence of Steve Puffer from WYKR interviewing attendees and keeping the listening public aware of the event. Rain or shine this promises to be an early summer highlight for Grafton County and the Commissioners welcome everyone. The whole event is free and open to the public! For further information watch the county website at www.co.grafton.nh.us or call 787-6941.

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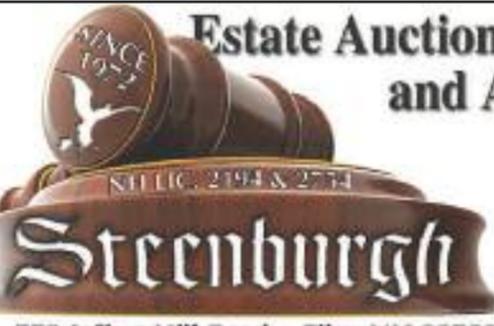
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Observe Tax Freedom Day By Making Tax-smart Investments

You didn't see it on your calendar, but Tax Freedom Day fell on April 21 this year. So, why not mark the occasion by beginning to look for ways to become a "tax-smart" investor?

Tax Freedom Day, calculated annually by the Tax Foundation, is the day on which Americans have earned enough money to pay this year's federal, state and local taxes. Of course, Tax Freedom Day is something of a fiction, because most people pay their taxes throughout the year, via their paychecks. Furthermore, as famed Supreme Court Justice Oliver Wendell Holmes, Jr., said: "Taxes are what we pay for civilized society." When you pay taxes, you help fund public education, the police, the fire department, food inspection, college scholarships and many other elements of society. Nonetheless, you may want to use the concept of Tax Freedom Day to find ways to reduce the taxes associated with your investments. Here are some suggestions:

Boost your 401(k) contributions. Your 401(k) contributions are typically made with pre-tax dollars, so the more you put in, the lower your taxable income. (Some employers allow a "Roth" option, under which you can make post-tax contributions.) In 2014, you can put in up to \$17,500 to a 401(k) or similar plan, such as a 403(b) or 457(b), and if you are 50 or older, you can contribute an

additional \$5,500.

Fully fund your IRA. No matter which type of IRA you have — traditional or Roth — you will gain some valuable tax benefits. With a Roth IRA, your contributions are not deductible, but your earnings can grow tax free, provided you don't start taking withdrawals until you are 59-1/2 and you've had your IRA for at least five years. If you own a traditional IRA, your earnings can grow tax-deferred, and your contributions may be deductible, depending on your income level. So, similar to a 401(k), the more you put in to your traditional IRA, the lower your taxable income may be. In 2014, you can contribute up to \$5,500 to an IRA, or \$6,500 if you are 50 or older.

Contribute to a college savings plan. Many college savings plans offer some type of tax advantage. For example, if you contribute to a 529 plan, your earnings can grow tax free, provided all withdrawals are only used to help pay qualified higher education expenses. (529 plan distribu-

tions not used for qualified expenses may be subject to federal and state income tax and a 10% IRS penalty.) Furthermore, your 529 plan contributions may be deductible from your state taxes.

Avoid excessive buying and selling. If you are constantly buying and selling investments, you may find it "taxing," because short-term gains (gains on assets owned for less than one year) will be taxed at your ordinary income tax rate, which could be as high as 39.6% (and you may also be subject to a 3.8% Medicare surtax). However, if you hold your investments longer than a year before selling them, you'll pay the more favorable long-term capital gains rate, which will likely be 15% or 20%, depending on your income, though you might still be assessed the Medicare surtax.

Tax Freedom Day is here, and then it's gone. But by taking the steps described above, you may be able to brighten your tax picture for years to come.

My Last Day Of School

By Elinor P. Mawson

It was time to retire.

After most of 30 years, I knew it was time to go. There had been a lot of good years, some not-so-good, and a couple of lulus. This one could be classified as all three.

There are always some good kids in a class. They do what is expected of them, they behave, their parents are supportive and they make a teacher happy to get up in the morning.

There are many children who are sort of middle-of-the-road. They have good days and bad days, the teacher has to get on their case every so often, and once in awhile, you hear from their parents about something or other.

Fortunately, there aren't a lot of tough customers, although they take up most of your time. You seldom hear from their parents, you talk about them at the supper table, and there are days when you'd rather stay home and not have to deal with them.

My last year of teaching was a so-so year. There were lots of nice little kids who loved being in school, and were lots of fun to have around.

The year was so-so because of a 5-year-old girl named Maria. Boy! was she tough! Maria was an only child

who never knew her father, her mother had a series of boyfriends and finally got married and had a new baby--all before Maria turned 5. To say she was spoiled would be an understatement. To say she was angry would not be a lie. She was beautiful, hateful; miserable and very undisciplined, and it was not my favorite activity to have to deal with her.

The other kids disliked (I won't say hated) Maria. She was always bossing them around, messing up their work, interrupting their play, and just generally being obnoxious. It was difficult to see, and even more difficult to keep from being on her case all the time.

Of course, as a long time lover of children, I knew where Maria was coming from. For one thing, she was old beyond her years. It's anyone's guess what she had seen and heard in her short life. I expect she had always come in second with her mother and the boyfriends. And now Maria was a "big sister" and she was third. I am sure she was scared and wondered if she was unloved. She worried about her place in the family which left her demanding, sullen and whiny.

I don't know how she be-

haved at home, but at school, she gave all of us a hard time. I tried all sorts of strategies to help her have an easier trip through kindergarten. Sometimes I thought she needed a good slap on her posterior, and that might have worked but those tactics just don't happen in school.

We tried all sorts of positive reinforcement, rewards, and nice letters home. Maria continued to be her naughty, unhappy self. I began to be at my wit's end.

But soon it was June. We were facing the last day of school and my retirement. I had a lot of mixed feelings; not having to deal with Maria made me quite relieved!

On the last day, we cleaned the room, put things away, and soon it would be over. We went out for "recess" for the last 15 minutes and then freedom would be upon us. I watched the buses enter the school yard, and thought "is this really the END?"

Just then, a student ran up to me in tears. "Maria just pushed me!" he cried.

I looked at the time. Just two minutes left in my whole teaching career. I didn't have to do this anymore.

"Push her back!" I told him.

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Thyme For Spring

If it seems that your allergies are a lot worse in recent years, you may be right. Allergic reactions are multiplying, manifesting themselves not only as common symptoms of sneezing, headaches and rashes, but also as changes in personality and emotions. They are an unrecognized cause of many modern illnesses. The substances that cause allergies are called allergens. They can stem from almost anything, but the most common allergens are grass, pollen, dust, certain metals, some cosmetics, lanolin, hair and dander from some animals, insect bites or stings, some common drugs, some foods, and some chemicals in soaps. Most allergens produce clogging and congestion as the body tries to seal them off from its regular processes, or tries to work around them. Extra mucous is formed as a shield around the offending substances, and we get the allergy symptoms of sinus clog, stuffiness, hayfever, headaches and watery, puffy eyes. Sometimes the body tries to throw this excess off through the skin, and rashes, fever blisters, abscesses or a scratchy sore throat occur.

Allergies have a domino effect and they can affect any part of the body. Besides producing uncomfortable, unsightly symptoms, allergies can be imprisoning. They can make it impossible to go for a walk in the country, or even go outside for fresh air. They restrict healthful aerobic exercise because congested sinuses lead to less efficient breathing and poor overall body function. They also limit friendships with friends that have pets (over 80% of the American population).

In times past, an allergy was defined as an inappropriate response by the immune system to a substance that is not normally harmful. While this definition is still true, there is no question that the harmful burden of toxic substances on our bodies is increasing. Impaired immune response from toxic overload is one of the primary causes of allergies. In modern times, it is hard to escape from the increasing exposure to chemicalized foods, polluted water, air and soil, industrial chemicals, car exhaust, acid rain, and UV radiation allowed by the depletion of the earth's protective ozone layer. Compromised intestinal flora from over-reliance on anti-biotic drugs, disturbance of infant immune systems through repeated immunizations, not to mention our stress-infused lifestyles, all result in reduced immune response and the inability of our

bodies to cope with allergens.

In most allergic reactions, the immune system mis-identifies a substance, or can't identify a substance (usually a chemical), as an invader. Your white blood cells overreact in either case, and the allergic response becomes a disease in itself. Common responses are asthma, eczema, hayfever or severe headaches. Research on the immune system shows that allergy-prone people produce an over-abundance of certain complex proteins known as antibodies. These in turn, trigger special cells known as mast cells that release inflammation-causing chemicals throughout the body. These chemicals, called histamines and leukotrienes, must be either be neutralized by a severe allergic reaction, such as an asthma attack or prevented through an optimal lifestyle therapy program.

Asthma is a life-threatening allergic reaction, but until recently, it was considered to be a mild condition that one got over or grew out of. However, new statistics show that 15 million Americans (3% of the US population, with perhaps many more undiagnosed) currently have asthma, compared to 6.8 million in 1980, an increase of 30% in the past decade alone. US hospital admission rates due to asthma have almost quadrupled in the last two decades and reported deaths due to asthma have jumped 68% in the same period.

Drugs and over-the-counter medicines only relieve allergy and asthma symptoms. Drugs for allergies and asthma consist of antihistamines, steroids and desensitization shots. In obstinate cases, laser surgery may be used to vaporize mucous-forming nasal tissue. Yet most of these treatments do not work because they don't get to the cause of the problem. At best, they provide temporary symptom relief; at worst, they create side effects which may be worse than the problem itself

Best herbal options include:

ECHINACEA ANGUSTAFO-LIA, ROOT & WHOLE HERB: (Echinacea Angustifolia), A powerful immune stimulating and blood purification herb with anti-biotic, anti-septic, anti-inflammatory activity. It is gentle for all ages and health constitutions, yet very effective. Primary Uses: as a specific in any formula to overcome bacterial infection and toxicity; as a primary herb in any formula to rebuild and strengthen immune defense; as a specific in bladder, kidney

and prostate infection control. Secondary Uses: as part of a general blood, gland and lymph cleansing combination for tonsillitis and respiratory disease prevention; as an effective mouthwash for mouth and gum disease. Nutrients: Calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 & C.

ELDER BERRIES & FLOWERS: (Sambucus Nigra), A plant high in vitamin C and flavonoids, used chiefly as a "spring tonic" agent for detoxification from winter's chronic colds and flu; an effective expectorant and sweating herb for respiratory problems. Primary Uses: as a specific detoxificant for colds, flu and upper respiratory congestion as part of a skin cleansing formula. Secondary Uses: to relieve stopped up ears due to upper respiratory congestion; as part of a combination to relieve rheumatic congestion; as an ointment for tumors; the ointment or oil for burns, cuts, scratches and chapping. Nutrients: Calcium, essential fatty acids. Vitamins A, B1, B2, B3 & C.

ELECAMPANE ROOT: (Inula Helenium), A bitters and expectorant anti-bacterial used to relieve chronic respiratory congestion and infections. Primary Uses: as a specific in formulas for colds, flu, coughs and bronchial, and asthma congestion; in the treatment of emphysema and tuberculosis. Secondary Uses: to strengthen poor digestion by keeping the intestines clear of excess mucous.

MARSHMALLOW ROOT: (Althaea Officinalis), A mucilaginous calcium rich herb to soothe and heal mucous membranes, for skin, lungs, digestive tract and bile. Primary Uses: as a specific soothant in formulas for bronchitis, congestion and scratchy coughs; as a specific in treating allergy symptoms; to soothe bladder and urethra inflammation; for the relief and dissolving of kidney stones; to increase and enrich mother's milk; externally for strengthening and soothing varicose veins and skin abscesses or dermatitis; as a natural fiber to regulate bowel activity and increase colonic flora; as part of a vermifuge; as a tea to soothe the throat; as part of an herbal calcium formula. Nutrients: amino acids, calcium, iron magnesium, manganese, phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 & C.

OSHA ROOT: (Ligusticum

Porteri), An important native American anti-viral, with broad spectrum immune stimulating properties in overcoming pathogenic agents; also effective as a circulatory aid in lowering blood pressure. Primary Uses: as an important part of an immune stimulating tea; as part of a combination to overcome flu and other viral infections. Excellent remedy for sinus infection, relieves congestion almost immediately.

SLIPPERY ELM BARK: (Ulmus Fulva), A strengthen-

ing, soothing demulcent herb, ideal for sore, inflamed, ulcerated mucous membranes and wasting disease. Primary Uses: as a key part of combinations for stomach, bowel and colon sores, ulcers and inflammation; as a specific for stomach and lung cancer lesions; as a throat coat and demulcent expectorant for dry sore throats and coughs. Calcium iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. vitamins B1, B2, B3 & C.

Melanie Osborne is the owner of Thyme to Heal Herbs and practices on Route 302 in Lisbon, NH. She has been in practice since 1991. She is certified in Therapeutic Herbalism through the Blazing Star Herbal School in Shelburne Falls, Massachusetts. Much of her work is private health consultations, teaching herbal apprenticeships and intensive workshops, Reiki I, II & III into mastership. In her Shoppe located in Lisbon are over 200 medicinal bulk herbs, teas and capsules, all made on premise. 603-838-5599 thymetoheal01@yahoo.com

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By Ronda Marsh

Maple Syrup Upside Down Cake

The idea of an upside down cake is not indigenous to America; as far back as the Middle Ages, Europeans were creating desserts where sweetener and fat were used to line the bottom of a skillet, topped with a batter, cooked, then inverted to create a glossy, sugary coating on top. Here in the U.S., most of us are familiar with the classic Pineapple Upside Down Cake, made popular by the Dole Company in the 1920's, to promote the use of their newly-available canned pineapple. My mom used the recipe from her Better Homes and Garden cookbook; you know the one...it had the pink plaid cover, and was the cooking bible in many 1950's kitchens. I just recently spied this version on Facebook, which uses apples, and replaces the traditional brown sugar and butter glaze with maple syrup...what a good idea...why didn't I think of that?!

You are going to love this little cake, and I am sure it would be equally tasty made with pears or peaches and maybe even include some walnuts or pecans for a little crunch. Yet another delicious way to utilize our wonderful local maple syrup!

- 1 cup maple syrup (only the real thing!)
- 2 large granny smith apples peeled, cored and sliced
- 3 tablespoons sugar
- 1 tablespoon butter, room temperature
- 1 egg, room temperature

- 1/2 cup milk, room temperature
- 1 cup sifted all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- Whipped cream, for serving (optional)

Preheat the oven to 400°F. In a small saucepan, bring the maple syrup to a boil over medium-high heat. Pour the syrup into a greased 8-x-8-inch baking pan, top with rows of sliced apples, overlapping slightly.

In a bowl, using an electric mixer, cream together the sugar, butter, and egg until fluffy. Add the milk and blend in. In a separate bowl, sift together the flour, baking powder, and salt. Beat into the creamed mixture. Pour the batter into the syrup-lined



pan and with a spatula, spread the batter to the pan edges.

Bake for 30 minutes or until golden. While still hot, invert the cake onto a serving dish. Serve plain or with whipped cream.

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