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MAY 13, 2014 VOLUME 5 NUMBER 16

Twenty One - Revered Number At The Tomb Of The Unknowns

By Robert Roudebush

Many who will read this are military veterans, or folks who have them in their family past, present or future. I hope a certain number of readers aren't veterans but folks who will gain new perspective on them. This writer is over 65, spent a couple years in Vietnam, and has visited the Tomb Of The Unknown Soldier, in Washington, D. C., also called the Tomb Of The Unknowns, located in Arlington National Cemetery. As well known to millions as this honored final resting place is, it has never been officially named.

Named or not, I hope that some reading this will understand more than I did about the importance of the number 21 in its relation to the venerated place of honor for a few of our nation's honored dead.

The Tomb of the Unknowns is a monument dedicated to American Service members who have died in numerous wars without their remains being identified. On the Western face of the Tomb of 1931, are inscribed these words -

HERE RESTS
IN HONORED GLORY
AN AMERICAN SOLDIER
KNOWN BUT TO GOD

The Tomb guards are sol-

diery of the U.S. Army's 3rd Infantry Regiment – it is considered one of the highest honors to serve as a Sentinel at the Tomb. Fewer than 20 percent of all volunteers are accepted for training and of those, only a fraction pass training to become full-fledged Tomb Guards. The soldier "walking the mat" - a meticulous routine that the guard follows when watching over the graves - does not wear rank insignia so as not to outrank the Unknowns, whatever their rank may have been. Non-commissioned officers (usually the Relief Commander and Assistant Relief Commanders) do wear insignia of their rank when changing the guard only. They have a separate uniform without the rank that is worn when they actually guard the Unknowns.

This inquiry began recently with a final question broadcast not long ago on the TV program "Jeopardy" - "How many steps does the guard take during his walk across the Tomb of the Unknowns?" All three players missed it. I would have too. I won't from now on. The answer is "21".

WHY?

It alludes to the twenty-one gun salute which is the

highest honor given any military or foreign dignitary.

HOW LONG DOES THE GUARD HESITATE AFTER HIS ABOUT FACE TO BEGIN HIS RETURN AND WHY?

Twenty-one seconds, for the same reason.

WHY ARE HIS GLOVES WET?

They are moistened to prevent his losing his grip on the rifle.

DOES HE CARRY HIS RIFLE ON THE SAME SHOULDER ALL THE TIME – WHY OR WHY NOT?

He carries the rifle on the shoulder away from the tomb. After his march across the path, after his turn, he executes a sharp "shoulder-arms" movement to place the weapon on his outside shoulder, the shoulder closest to the visitors to signify that the Guard stands between the Tomb and any possible threat.

PHYSICAL TRAITS OF THE GUARDS?

For a person to apply for guard duty, he must be between 5ft 10 inches and 6ft two inches tall and his waist size must not exceed 30



inches.

They must commit two years to guard the tomb, live in a barracks under the Tomb, and cannot drink alcohol on or off duty for the rest of their lives.

They cannot swear in public for the rest of their lives and cannot disgrace the uniform or the Tomb in any way.

After two years, the guard is given a wreath pin that is worn on their lapel signifying they served as guard of the tomb. There are only about 400 of these presently worn. The guard must obey these rules for the rest of their lives or give up pin.

The first six months of duty a guard cannot talk to anyone nor watch TV. All off-duty time is spent studying the 175 or more notable people laid to rest in Arlington National Cemetery. A guard must memorize who they are and where they are interred.

The Sentinels have metal plates built into the soles and inner parts of their shoes to allow for a more rugged sole

and to give the signature click of the heel during maneuvers. The sentinels wear sunglasses because of the bright reflection from the marble surrounding the Tomb and the Memorial Amphitheater.

The mat the Sentinels march upon is usually replaced twice a year, before Memorial Day and before Veteran's Day. This is required because of the wear on the rubber mat by the special shoes worn by Guards. On the ground not covered by the mat, look for a wear pattern on the tile that can be seen – it corresponds to the precise steps taken during the changing of the guard.

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TRENDY Dining Guide

The Happy Hour

This is not the first time I have written a review on the Happy Hour Restaurant in Wells River. And, I trust, it will not be the last one that I write. It's kind of like talking about an old friend. There is always something new to talk about. Or if you can't come up with something new, you don't mind telling people about all the wonderful things that you have told them about in the past.

That is really how I see the Happy Hour. A faithful friend. No matter when you visit, you know that you will be welcomed. No matter what you might be in the mood for, you can probably

find something on the menu that will quench that hunger.

Every month the Happy Hour has a featured meal. This month it happened to be one of those good old fashioned New England favorites. Chicken and biscuits with gravy. And it comes with mashed potato as well as a hot vegetable. These monthly specials tend to be this type of solid, hearty meal that offers a great value to the customer.

Along with that monthly special there are the Wednesday, Thursday and Sunday specials. Again, solid, hearty meals that save the diner a few dollars while still satisfying the desire to

have a great meal.

I must also say that the last time I visited the Happy Hour was for a luncheon get together where the group had prearranged to have one meal served to all, or eaters could choose to go to the salad bar and pick out their own choice of what to eat. On this occasion the meal was ham steak with mashed potato, plus a bowl of soup to start. As always the portion was plenty. The soup was a beef minestrone style that tasted great.

Again, the Happy Hour is like a friend that I very much enjoy visiting. I hope to return soon.



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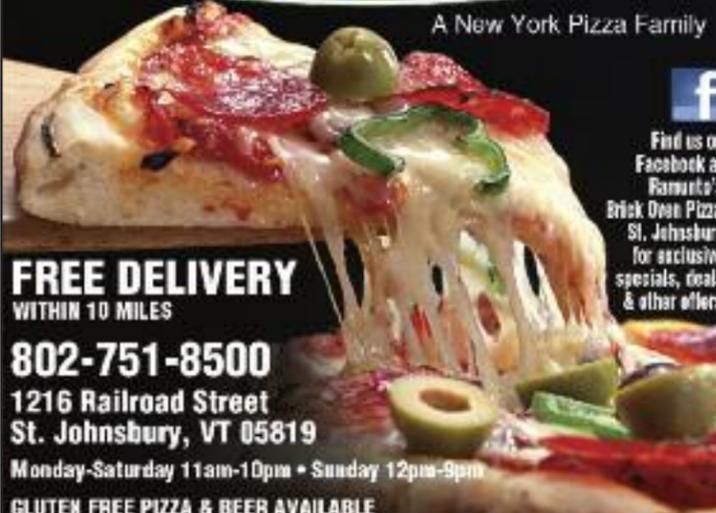
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In Vino Veritas – Bottle Twenty Two

“In Wine There Is Truth – And Beauty”

By Robert Roudebush

QUESTION - I can't believe I've stuck with you for more than 20 episodes, 20 bottles, of this wine talk.

ANSWER – You did it. Want a rundown of what we've covered? I've got a copy of each piece.

Q - I bet you do. But you told me a while back, a couple times, I could go online and check out everything wine-related so far in TRENDY TIMES, in fact anything printed in TRENDY TIMES. Ads, letters to the editor, all of it right?

A – Sure. Sounds like a cue for me to remind you how – www.trendytimes.com.

Look for the ARCHIVES and pick your issue by date and Volume and number. And of course you can always contact Editor Gary Scruton at gary@trendytimes.com, or call him direct 603-747-2887 or fax him 603-747-2889.

Q - You work for the paper or something?

A – Could be. Here's a quick rundown of what we've covered so far, and what “BOTTLE” it was in. Yes, I've looked up the volume and the number and the date for you.

BOTTLE ONE was pretty much an introduction to wine, what it is and what fermentation is. (hint – how wine is made) August 30, 2011. Volume 2, number 23.

BOTTLE TWO we talked a bit about how to get what you wanted in a wine store or restaurant, how to ask for it if you were not too comfortable or knowledgeable. November 11, 2011. Vol. 3, number 3.

NEXT BOTTLE (not even labeled “THREE”) we devoted the whole column to Cham-

pagne and sparkling wine and how they are different. December 6, 2011. Vol. 3, number 5.

BOTTLE THREE (it actually says “bottle two” again on the headline) - we covered why wines are called what they are, depending on grape types – varietals – or geographic area they are produced in. March 6, 2012. Vol.3, number 11.

FOUR was a list of red wines, from lightest to most full-bodied. April 3, 2012. Vol. 3, number 13.

FIVE was another list of wines, this time white, from driest to sweetest. August 7, 2012. Vol. 3, number 22.

NEXT BOTTLE, NUMBER SIX was called “special edition” because it was a one-time visit with Mr. Everett Henson, now deceased, and his basement where we found surprises. May 29, 2012. Vol. 3, number 17.

SEVEN was a wrap-up and discussion of corks and screw-top closures – we also talked about what “Chablis” means. October 30, 2012. Vol. 4. Number 2.

EIGHT I explained why I'm a specialist rather than an expert. December 11, 2012. Vol. 4, number 5.

NINE talked about port, sherry and brandy. Know you want to read THAT one again. January 22, 2013. Vol. 4, number 8.

TEN talked about pairing wine with food, to see if the rules, “white wine with chicken” and “red wine with beef” should always be followed - (hint – they shouldn't!) March 5, 2013. Vol 4, number 11.

ELEVEN, covered “fermentation” again, - the

process that turns grape juice into wine, and talked about terms like “viticulture” and other wine terms. I told a cute little saga about how I first noticed the effects of fermentation, which creates alcohol, when I was just a kid and noticed birds eating fermented cherries from my grandmother's tree and falling out of the branches backward drunk on their little avian asses. April 30, 2013. Vol. 4, number 15.

TWELVE covered some about the history of wine, how long it's been around. (hint – a damn long time!) June 11, 2013. Vol. 4, number 18.

THIRTEEN got deeper into white wines, and how to spot the sweetest of them, RIESLING, (REES – ling) just by the shape of its bottle the “flute”. July 9, 2013. Vol. 4, number 20.

FOURTEEN here we got deeper into Red Wines, how they're different and similar. August 6, 2013. Vol. 4, number 22.

FIFTEEN that was not long ago, talked about how I research wines and how you can too. No surprises here – just a little research online. September 3, 2013. Vol. 4, number 24.

SIXTEEN here we got into “back-labels” for the first time, why they matter. October 1, 2013. Vol. 4, number 26.

SEVENTEEN tackled some conventional wisdom about wine here, and decided what was ROM – right on the mark, or FOI – full of it. November 12, 2013. Vol. 5, number 3.

EIGHTEEN looked at back-labels for a second time, AND visited one of the world's great reds from Italy,



BRUNELLO DI MONTALCINO. December 10, 2013. Vol 5, number 5.

NINETEEN got a little more into wine appreciation theory here, and more history, including the influence of the Church. (hint – the Church had a big influence through the centuries!) January 21, 2014, Vol 5, number 8.

TWENTY not long ago. Talked a little wine philosophy and practicality in pouring wine. Talked about the role of wine in assassination throughout history. I liked that one. Deadly good. Got a little into “decanting”. March 4, 2014,

Vol 5, number 11.

TWENTY ONE – just the most recent one, last time. Continued the pouring service, wine-bottle capacity and pouring for groups and threw in a few hints about how to handle a larger group with equal-pour fairness when the wine supply may be skimpy. How to make it s-t-r-e-e-t-c-h. April 1, 2014, Vol 5, number 13

(Editor's Note – Roudebush worked for years in restaurants as a wine specialist and submits occasional articles about the wonderful world of wine – and how to revisit previous articles!)

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The View FROM HOUSE SEAT 87

By Representative Chip Conquest



Unless you've been living under a rock for the past year you won't have missed the news that Vermont has an opiate addiction problem. The Governor's State of the State address focused on it exclusively, which was followed by local and national media stories on the issue. So, we have a well documented problem. The question is, what to do about it? As seems to be true with almost all major social ills, effective responses can be difficult to identify and often require a broad spectrum of approaches. No less is true here. In recognition of that, the State has been working from a number of angles to address substance abuse prevention and treatment.

One of those initiatives is to provide the criminal justice system with new tools. S.295, a bill that has passed the Senate and will be voted on by the House before the end of the session, proposes two approaches, one a traditional crime and punishment tool, the other more in line with the State's alternative justice programs. Both are important.

The bill's more traditional approach in response to drug-related criminal activity is to enhance penalties, both for certain burglaries – a crime that has increased dramatically as the number of addicts who need to support their habit has increased -- as well as for importation of illicit drugs into the state for sale.

The burglary provision in the bill says that when imposing a sentence the court shall consider as an aggravating factor whether, during commission of the offense, the person entered the building when someone was present, used or threatened to use force against the oc-

cupant, or carried a deadly weapon.

Much the same for the sale of drugs, the bill says that the court shall consider as an aggravating factor whether the person transported the illegal drugs into the state. Both of these provisions are aimed at giving prosecutors justification to ask for -- and judges an impetus to hand down -- stiffer sentences for these drug-related crimes.

Enhanced penalties for this latter group, the drug importers, seems especially appropriate as these are primarily people who are not suffering from addiction themselves, but are preying on those who are, solely for their own economic benefit.

As we heard in committee from many members of law enforcement though, we can't arrest (or sentence) our way out of this problem, so the rest of the bill takes an approach that "provides alternatives to a traditional punitive criminal justice response for people who, consistent with public safety, can effectively and justly benefit from those alternative responses."

In this case, the alternative is a proposal based on successful models (both in and out of state) of providing voluntary pre-charge and pre-trial risk assessments and needs screenings in order to provide information to the Court and State's Attorneys for the purpose of making informed decisions regarding bail, conditions of release, and participation and level of supervision in treatment programs.

The risk assessment tool is a fairly short, easy to administer questionnaire that, when supplemented with an assessment of the individual's criminal record has

proven to be predictive of a person's likelihood of reoffending, violating conditions of release, or failing to appear at later court dates. The needs screening, again when combined with available records, evaluates whether an individual has a substance abuse or mental health condition, and the severity of either.

In combination, these tools allow judges and prosecutors to make significantly more informed decisions regarding the right combination of sanctions and supports for each case. Evidence indicates that this is critical to success in sentencing. Treating someone with low risk and low needs in a manner suitable for someone with high risk and high needs, for instance, actually leads to worse outcomes: higher likelihood of reoffending and continued drug abuse.

Providing better calibrated responses for those already in the criminal justice system based on an analysis of risks and needs is our best shot at both providing prompt treatment for receptive defendants and increasing public safety.

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.



As the next New Hampshire election cycle approaches, I'm sure residents will be reminded of the "New Hampshire Advantage." This is a phrase that the Granite State should never take lightly, and perhaps it is time to reflect on how the 'advantage' impacts our daily life and jobs.

History tells us that without restraint, government will continue to expand and continuously require more and more revenue. This was obvious during the current year when the New Hampshire legislature passed HB1403, a bill that will raise NH's minimum wage from \$7.25 to \$8.25 per hour and in 2016, it will increase to \$9.00 per hour. That action will force business to pay higher starting wages, and consequently, adjust wages of other employees in order to maintain the wage differential between untrained, entry level workers, from established, trained employees. It is business, not government, that best knows the breaking point between labor compensation and remaining vibrant or being forced to lay-off or not hiring employees. The NH legislature also passed SB366, a bill that raises the tax on gasoline and diesel from \$0.18 per gallon to slightly more than \$0.22 per gallon. I voted against both of these bills.

Does the action of raising taxes or business costs as de-

scribed in the above paragraph support the "New Hampshire Advantage?" Simply stated, "No," and to explain why, we need only look across the Connecticut River to Vermont. An article appearing in "Vermont Watchdog.org," by Bruce Parker is titled, "American Dream turns to nightmare for owners of historic Vermont village store." Yes, the article centers on Vermont's overreaching, tax environment and resultant costs charged by that state which have escalated to the point where small business is closing and in some cases moving to New Hampshire. To quote the owner of the Vermont store, "We live in a border town with New Hampshire which doesn't have a sales tax. They have a minimal cigarette tax and beer tax...."

The real competitor that small stores in Wells River, Newbury and Bradford encounter is the State of New Hampshire and our "Advantage!" It is the high cost of doing business in Vermont that will result in the closure of small business and consequential loss of Vermont services and jobs.

New Hampshire has the right approach, but we must remain on guard and vote against any increased fees and taxes that destroy NH's businesses, jobs and the NH Advantage. As always, I appreciate your comments.

Not all Times are Trendy but there will always be Trendy Times May 13, 2014 Volume 5 Number 16

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Opal Visits Bradford

By Gary Scruton

The first production of the season is now history at Old Church Theater. "Everybody Loves Opal" was new to the repertoire of this amateur group of actors, directors, and technicians that are now in their 30th season. The play was not new to all at OCT, however. The director for this production was Scott Johnson who, in years past, was on stage for this very production, but at a different location. This was Scott's first time being the director of a production and from my seat, he seemed to have done a fine job. Movement by the actors seemed natural, and their interaction was terrific.

Also doing a fine job was Sara Jane Murphy who had the title role of Opal. I have never seen this production before, but if ever I see it again, I will certainly have to compare the lead actress to Sara Jane. And it will be difficult for that new actress to stack up. Sara became Opal, someone who could not be "not loved". The author gave her the lines, but she brought her own laugh, physical ability, and timing to make Opal so loved. From being knocked out a chair, to being

dragged off stage, to drinking "water", her actions were natural, in character, and fluid. A big "stellar" mark goes to Sara.

Of course she was not the only one on stage. Paul Hunt as the criminal in charge gave another solid performance. Paul has been in many productions at Old Church, and he has chosen his parts well. In this instance he reverted to his early roots and brought out a Brooklyn accent that stayed true throughout the production. I have heard him do this before with other accents, so this was no fluke. Another "well done" would be awarded here.

The other two main characters, Sarah Jo Damron-Brown as Gloria, and Eric Downing as Bradford also turned in solid performances as has become the norm at this playhouse. There was a time or two in the performance where it seemed a line had been temporarily lost, but only for a moment before the action was back up to speed and the audience was laughing once more.

The other two actors on stage, Jim Heidenreich as the officer and Ken Hullican as the

doctor were also solid in their smaller, but colorful parts.

There is so much more that goes into a production besides just the actors and director. In this case there were several changes at Old Church Theater. New lighting bars, lights, and wiring were installed during the off season to better take advantage of the new dimmer board that was purchased last year after the old board got burned up by lightning. There was also some fresh paint added to the lobby area, and a new rug laid in the entrance space. Old Church Theater continues to work with their landlords, the Congregational Church of Bradford to make other updates to the building in order to keep the fine quality of performances on stage.

When the final curtain for Opal comes down it should mark a very favorable beginning to a new season at Old Church Theater. And whether you saw Opal, or if you missed her, be sure to keep an eye out for the next production. The bar has been set high for the year, and it will be fun to see if the remainder of the season can live up to the great beginning.



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David Lackie - 3069 DCH, North Haverhill, NH 03774 - 603-787-6482
Lunch Provided To All Golfers - Gift Bag Given To Golfers - Cart Included
All Proceeds Go To Lions Club Charity Fund
MAKE CHECK PAYABLE TO: COHASE LIONS

APPLICATION
Team Members

- _____
- _____
- _____
- _____



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

YARD SALE HAS BEEN POSTPONED
Donations are still being accepted for the yard sale.

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

GROTON GROWERS FARMERS MARKET

9:00 AM – 1:00 PM
Groton Community Building

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

LYNDON FARMERS MARKET

3:00 PM – 6:00 PM
Band Stand Park, Rte 5, Lyndonville
See ad on page 8

WEDNESDAY, MAY 14

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

THURSDAY, MAY 15

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

HOPE ON THE HORIZON

7:00 PM
Colonial Theater, Bethlehem

SATURDAY, MAY 17

GROTON GROWERS FARMERS MARKET

10:00 AM – 1:00 PM
Groton Community Building
See ad on page 14

WEST NEWBURY

BACK ROOM PLANT SALE
1:00 PM – 3:00 PM
7292 Rt. 5 South, Newbury

AN EVENING WITH STEVE FORBERT

7:30 PM
Alumni Hall, Haverhill
See article on page 9

SUNDAY, MAY 18

PADDLE THE BORDER - SPRING

11:00 AM Launch Time
Launch At Woodsville Community Field
See ad on page 11

BENEFIT POKER TOURNAMENT

11:00 AM Satellites / 1:00 PM Tournament
Elks Lodge, Western Avenue, St. Johnsbury

TEXAS HOLD EM' POKER TOURNAMENT

1:00 PM
The Elks Lodge, St. Johnsbury

MONDAY, MAY 19

HAVERTHILL SELECTBOARD MEETING

6:00 PM
Morrill Municipal Building, North Haverhill

TUESDAY, MAY 20

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

SUNDAY, MAY 25

TEXAS HOLD EM' POKER TOURNAMENT

1:00 PM
The Breslin Center, Burke

MONDAY, MAY 26

MEMORIAL DAY PARADE

11:00 AM
Central Street, Woodsville
See ad on page 5

BOOK DISCUSSION

7:00 PM
Groton Free Public Library

WEDNESDAY, MAY 28

A LOOK AT BRADFORD'S FARMING HISTORY

7:00 PM 802-2224423
Bradford Academy Auditorium

WEDNESDAY & THURSDAY

MAY 28 & 29

ST. JOHNSBURY PLAYERS AUDITION

6:30 PM
St. Johnsbury School Auditorium
See article on page 13

SATURDAY, MAY 31

PARKER HILL ROAD BAND &

CHILI CONTEST

6:00 PM – 8:00 PM
Railroad Park, Woodsville
See ad on page 5

SUNDAY, JUNE 1

BOYS & GIRLS CLUB OF

THE NORTH COUNTRY

GOLF TOURNAMENT-TEE IT UP FOR KIDS

8:00 AM
Maplewood Country Club
See ad on page 7

MONDAY, JUNE 2

GOOD OLE BOYS MEETING

12:00 Noon
Happy Hour Restaurant, Wells River
Public is invited.

HAVERTHILL SELECTBOARD MEETING

6:00 PM
Morrill Municipal Building, North Haverhill

TUESDAY, JUNE 3

NH STATE VETERANS COUNCIL

REPRESENTATIVE

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

CONNECTICUT VALLEY SNOWMOBILE

CLUB MONTHLY MEETING

7:00 PM
Morrill Municipal Building, North Haverhill

WEDNESDAY, JUNE 4

WOODSVILLE/WELLS RIVER 4TH OF JULY

COMMITTEE MEETING

7:00 PM
Woodsville Emergency Services Building

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 22nd for our May 27th issue.

You're Invited To Groton Free Public Library

Fizz Boom Read! (Summer Reading Program)... Coming next month for young readers of all ages! Highlight events include Squishy Circuits, E-Origami, & Peter Burns' "Stories About Science."

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 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 and viewing

space: 802.584.3358 or grotonlibraryvt@gmail.com For more info on this unique film: thevermontmovie.com.

Book Discussion. Mon, May 26 at 7pm. This month's featured read: The Unlikely Pilgrimage of Harold Fry by Rachel Joyce (national best-seller). 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)

Orange East Senior Center

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

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 Cod 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 14. If you would like an appointment, please call.

There is now a computer class at the Orange East Senior Center. The 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.

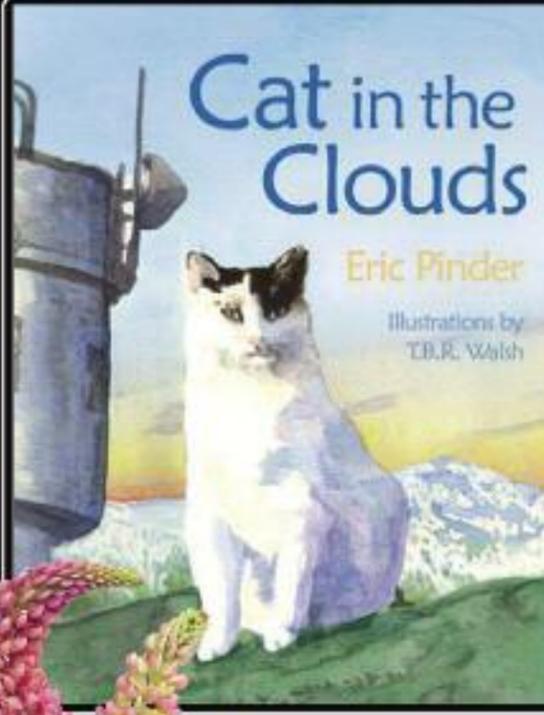
Bath Library Book Club ⁷

The Bath Library Book Club will be discussing "The Hotel on the Corner of Bitter and Sweet" by Jamie Ford on Thursday, June 12th at 6 pm at the Bath Public Library. Henry Lee comes upon a crowd gathered outside the Panama Hotel, once the gateway to Seattle's Japantown. It has been boarded up for decades, but now the new owner has made an incredible discovery, the belongings of Japanese families, left when

they were rounded up and sent internment camps during WWII. 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

SUGAR HILL'S LUPINE CELEBRATION MARKET

Saturday & Sunday, June 7-8
10 am – 4 pm, Rain or Shine
Sugar Hill Meetinghouse and Carolina Crapo Memorial Building



Free Concerts: 1 pm and 2:15 pm
Saturday: The Kid Jazz Band
Jazz, Bop, & Swing from Belmont, NH
Sunday: The Back Shed String Band
Blue-grass, Old-time & Folk Music

Over 45 Market Vendors
Home-made Foods, NH-Made Products Pottery, Soaps, Jewelry, Needle Crafts, Birdhouses, Photography, Wood Turnings
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Luncheon Entrees Available

Artisan Demonstrations
Basket-Weaving, Wabanaki Beadwork
Wool-Spinning, Folk Art, Woodworking

Seminars & Workshops
Sat, 10:30 am: Wildlife & The Rocks Estate
Sat, 11:30 am: Eric Pinder, Life at the top of Mt. Washington
Sat, 12:30 pm: Sara Glines - NH History 7 generations, Farmer, Mt Guide, Hotelier
Sat & Sun: Photography Workshops
More Seminars in the Works for Sunday

More Information:
www.HarmansCheese.com/market
Or Call 603-823-8000

GOLF TOURNAMENT

2nd Annual
"Tee It Up For Kids"
for the



Sunday June 1st

Maplewood Country Club

8:00am shotgun Start - Scramble Format

Continental Breakfast, Lunch, Golf Contests & Raffles

\$85 a person \$320 a team



eric@bgcnorthcountry.org - 838-5954 - Find registration form on bgcnorthcountry.org

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

May 13, 2014 Volume 5 Number 16

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On a beautiful Spring day, April 25th, 2014, Cottage Hospital Auxiliary had their Spring Book and Gift Fair. Pictured above is Tamra Deming, shopping for that special gift.

All proceeds go to Cottage Hospital of Woodsville, New Hampshire to help in purchasing a Stress Treadmill and Software.

If anyone is interested in joining the Cottage Hospital Auxiliary please call Community Relations at 603-747-9189.

WRSB Wins Again



WELLS RIVER, VERMONT –For the sixth consecutive year, Wells River Savings Bank has ranked in the top “Best Places to Work” in the state of Vermont (small-med size business category). Each bank employee completes a survey that helps to paint a picture of their individual work environment. Various programs allow employees to integrate per-

sonal, family, and community commitments with their work. The bank provides training, recognizes abilities, and rewards employees by promoting from within. Additional time off is frequently awarded as an incentive or for special occasions. Operating locally as “Your Good Neighbor Bank”, employees are encouraged to perform a “Day of Service” for his or her favorite non-profit in the local community.

Wells River Savings Bank is a locally owned mutual savings bank founded in 1892. The bank is headquartered in Wells River Vermont, with branch locations in Wells River, Newbury, Bradford, Fairlee, and East Thetford, Vermont. For more information about the bank, log on to www.wellsriversavings.com. Look for their upcoming internal fundraisers and local community events on Facebook.

The awards program is a project of Vermont Business Magazine, the Vermont Chamber of Commerce, The Vermont Department of Labor, the Vermont Department of Economic Development, the Society for Human Resource Management (SHRM), Vermont State Council and Best Companies Group.

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 176 Waits River Rd, Bradford, VT
BradfordVet.com or Facebook.com/BradfordVetClinic

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 BANDSTAND PARK ~ RTE. 5, LYNDONVILLE
 MAY 16TH THRU OCTOBER 10TH, 3-6 P.M.
 COME JOIN US EACH FRIDAY AFTERNOON FOR LOCAL, FRESH VEGGIES, MEATS, BREADS, DAIRY & MAPLE PRODUCTS, HONEY, BAKED & CANNED GOODS, RUM, NUMEROUS ARTS AND CRAFTS, EGGS, FLOWERS, DINNER & SNACKS. SOMETHING FOR EVERYONE!
 CALL SALLY FOR MORE INFORMATION 802.535.7528 OR VISIT OUR WEBSITE WWW.LYNDONFARMERSMARKET.COM

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

An Evening With Steve Forbert

Grammy nominated folk singer Steve Forbert will be performing at Court Street Arts at Alumni Hall on Saturday, May 17th at 7:30pm. David Wild of Rolling Stone says of Forbert's career "... one of music's greatest entrances ever, arriving fully formed as an extraordinary singer-songwriter."

As a young man from Mississippi, Steve Forbert traveled to New York City and played guitar for spare change in Grand Central Station. He vaulted to international prominence with a folk-rock hit, "Romeo's Tune," during a time when rootsy rock was fading out and the Ramones, Talking Heads and other New Wave and punk acts were moving in to the public consciousness.

Still, critics raved about Steve's poetic lyrics and engaging melodies, and the crowds at CBGB's club in New York accepted him alongside those acts. "I've

never been interested in changing what I do to fit emerging trends," Forbert observes. "Looking back on it, I was helping to keep a particular American songwriting tradition alive at a time when it wasn't in the spotlight."

He has had a career of well-crafted, unforgettable albums including, Any Old Time, which was nominated for a Grammy Award in 2004. In 2012, 35 years after his first album, Forbert has released an exciting new one, Over With You. Its ten fresh but mature songs pinpoint a

wide range of emotions that color personal relationships. "This is an album that has taken a lifetime to make," explains Forbert. "You don't just pull these songs out of thin air — you have to live them."

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. This concert is sponsored by Bliss Tavern Music the studio of the legendary performer Betty Johnson Gray.



Singer-songwriter Steve Forbert has stayed true to his unique American folk sound for over thirty years with soulful award-winning music. He will be performing at Court Street Arts at Alumni Hall in Haverhill on May 17 at 7:30pm. For more info visit, www.courtstreetarts.org.

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2013 Chevy K2500 #40257, LS, 4x4, Xeno, 5.3L, 8 FT Fisher Power Just in must see 	2013 Chevy K3500 #95944, LTZ, 4x4, Crew Duramax, Allison, Moonroof \$49,555 \$544.12 A MONTH 84 months @ 5.99% 	2010 Chevy K1500 #24079A, LTZ, 4x4, Leather, 271, Nice \$25,655 \$323.77 A MONTH 72 months @ 3.99%

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2014 Chevy Equinox LS #41156, AWD, 20 mpg \$199.10 A MONTH 	2014 Chevy 1500 LS #41158, All New, Double Cab, 4x4 \$219.90 A MONTH 	2014 Chevy 1500 LT #41107, All New, Crew, 4x4, 5.3 EcoFuel3 \$359.86 A MONTH

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BATH, NH- Vacat on chelot for seasonal or year round. Enjoy the comfort of the open concept. Full height chalet windows allowing plenty of light. Living Room, Dining area, Kitchen with range and refrigerator, 2 Bedrooms first floor, wood stove with hearth, ceiling fan and more. The lot is a half acre, level and private. About 10 minutes out of town. Country setting. \$125,900.

WOODSVILLE, NH- Here's the diamond you have been looking for. Classic vintage home with 10 Rooms with amazing detail through-out. Over 2900 sq. ft. of living area. Lovely spacious entry foyer, living room, formal dining room, office/den, 4 Bedrooms, 2 1/2 baths, new pellet stove, new heating system, new sprayed foam insulated walls in basement. 3 car detached garage. Additional lot with the home. Can be great location for a commercial business as well. Lot has road frontage on main road. \$199,000.

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

NORTH HAVERHILL, NH- Mobile Home 14' x 60'. Open concept Living/Dining area, country Kitchen with appliances, 2 Bdrms, front porch w/wood views, metal roof, vinyl sided, situated on .93 of an acre & landscaped w/many wonderful plants & trees. Set back off a paved public road. Easy commute to Haverhill. Reduced to \$69,900.

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EMAIL: gary@trendytimes.com *We accept checks, credit/debit cards or even cash!*



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PURE BRED SIAMESE KITTENS, born March 16. \$300 each. Text or call 603-238-7257 05.27

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Grafton County 4-H Alumni

We need your help!

By Kathleen Jablonski,
Extension Educator for 4-H Youth Development

Are you a 4-H Alumni? Did you know 2014 marks the 100th anniversary of Cooperative Extension and the 70th anniversary of North Haverhill Fair? Imagine, 4-H has been helping the last 10 generations to "Make the Best Better" and "Learn by Doing". We hope Cooperative Extension, nationally, will be helping the next 10 generations as well.

The 4-H staff members are planning an exhibit at North Haverhill Fair to commemorate the anniversary.

Do you have any pictures or memorabilia to share? We would like to set up an exhibit of the decades of 4-H work in Grafton County. Do you have an old club's charter? Or flag? Do you know the locations of 4-H Club houses in the county that are no longer used by 4-H'ers? A part of the exhibit will be locations of current and former clubs in the county.

As far as we have been able to document, 4-H started in the county about 1920. We want to honor those leaders and members who have made the program a strong part of our heritage as well as showcase the accomplishments of our 4-H alumni. The plan is to put up a display that shows the last 80 years of 4-H in Grafton County. If you

have pictures of former leaders, please let us borrow them to copy. Our in-office leader records go back to about 1940.

We would be happy to copy photos and return the originals. If we can borrow memorabilia for the exhibit, we will carefully archive and mark it and arrange for returning it after the event, or, if you would like, forwarding it to the University of New Hampshire Historical Collection.

If you have something you made during a 4-H project from over 10 years ago, we would appreciate borrowing it for the exhibit. We are looking for items that would represent each decade: 20's, 30's, 40's, 50's, 60's, 70's, 80's and 90's. The current 4-H'ers will show off their exhibits in the hall to represent the new millennium of 4-H.

Kathy Jablonski, Field Specialist, is taking the lead on this endeavor. She is very

interested in finding out how 4-H made an impact on your life.

The National 4-H History Project and the second edition of Stories from the Heart, a book about 4-H'ers and how 4-H has made a difference in their lives, are also seeking contacts with alumni and human interest stories. Interested alumni may wish to submit their stories to these projects as well.

If you have a human interest story about 4-H, know a club that is no longer in existence or have some stories about 4-H or pictures/projects to share, please contact Kathy at the Grafton County UNH Cooperative Extension office, 3855 Dartmouth College Highway, Box 5, North Haverhill, NH 03774. You can also call: 603-787-6944 or email her at: Kathleen.jablonski@unh.edu.

We'll be waiting to hear from you.

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Off Route 10, Haverhill Corner, NH

FREE Shuttle Service (for persons and personal equipment only) from Bedell Bridge to Woodsville available from 10-11am. Volunteers will be at the boat launch to help unload and protect boats before launching.
BBQ lunch will be provided by Rotary with music by Strawberry Farm Band.
Suggested Launch Time 11am
Approx. Paddle Time 3 1/2 Hours

All Events Are Weather Permitting

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

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

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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
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Start Saving Today For Tomorrow's College Bills

Another school year is drawing to a close. If you have young children, you might be planning for their summer activities. But you also might want to look even farther into the future — to the day when your kids say “goodbye” to their local schools and “hello” to their college dormitories. When that day arrives, will you be financially prepared to pay for the high costs of higher education?

Consider this: For the 2013–2014 academic year, the average cost (tuition, fees, room and board) was \$18,391 for an in-state student at a four-year public college or university, and \$40,917 for a private school, according to the College Board. And these costs may well be considerably higher by the time your children enter college.

Of course, these are just the “sticker” prices; some families pay less, thanks to grants and tax benefits, such as the American Opportunity Tax Credit and the Lifetime Learning Tax Credit. Still, you may encounter some

hefty college bills down the road.

But college is still a good investment in your child’s future. Over an adult’s working life, an individual with a bachelor’s degree can expect to earn, on average, nearly \$1 million more than someone with only a high school diploma, according to the U.S. Census Bureau. So you’re saving for a good cause.

Unfortunately, you may not be saving enough — or you might not be making the most of your savings. To save for college, more parents use a general savings account than any other method, according to Sallie Mae’s How America Saves for College 2014 study. These types of

accounts carry two significant drawbacks: They typically earn tiny returns and they offer no tax advantages.

However, you do have some attractive college-funding vehicles available, one of which is a 529 plan. Your 529 plan earnings accumulate tax free, provided they are used for qualified higher education expenses. (529 plan distributions 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. But 529 plans vary, so be sure to check with your tax advisor regarding deductibility.

A 529 plan offers other benefits, too. For one thing, the lifetime contribution limits for 529 plans are quite generous; while these limits vary by state, some plans allow contributions well in excess of \$200,000. And a 529 plan is flexible: If your child decides against college or vocational school, you can transfer the unused funds to another family member, tax and penalty free.

While a 529 plan is a popular choice for college savings, it is not the only option available. You also might want to consider a Coverdell Education Savings Account, which, like a 529 plan, can generate tax-free earnings if the money is used for higher education expenses. You can typically only put in a maximum of \$2,000 per year to a Coverdell account, but it does offer more flexibility in investment choices than a 529 plan.

Your children may be young today, but, before you know it, they’ll be packing their bags for college. So, no matter which college savings vehicles you choose, put them to work soon.

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Dancing In Beijing

By Elinor P. Mawson

We met Yige when he was an ESL (English as a Second Language) tutor in my classroom. He was fresh "off the boat", but it didn't take long for me to find out that he was extremely intelligent, and anxious to learn even more English since he was getting his Master's degree at UNH. He was also very personable, and I heard about his wife, Nora, who had arrived in America from China several months after her husband.

We visited back and forth; we cooked American food for them, and they cooked Chinese food for us. And they took us to Boston where they bought groceries at an Asian market--an eye opening experience for us.

A couple of years into our friendship, the subject of travel was discussed. They really wanted to go to Canada, and of course, we talked about China. It was decided that we would all go to Nova Scotia when we got out of school that June.

We took the ferry out of Portland, and no sooner did the boat leave the harbor, than the casino opened and Yige was off and running. He loved to gamble! My husband immediately lost his \$20 limit and that was that.

We loved Nova Scotia. We stayed at Bed and Breakfasts, explored the seashore, marveled at the rugged scenery. We ate "Nova Scotian" for one meal each day, and Chinese for the other meal. Nora was pleased about that; she had missed eating rice!

We toured the Cabot Trail, took a side trip to PEI, and another one to Louisburg.

We enjoyed Halifax and did tourist-y things. Yige took a lot of pictures.

On the trip home, Yige again hit the slot machines and won \$200. He was ecstatic, and took us out to eat (Chinese) when we landed.

Then we started talking about China.

A couple of years later, after 27 hours in the air and several layovers, there we were in Shanghai. And the next day, we met Yige and Nora and toured the vast city. A train trip to Hangzhou followed--Yige and Nora's home city of a million people. Every sight and every minute was fascinating. We were there a week, and then Yige and the two of us went to Beijing for four days.

That was an unforgettable time for a lot of reasons. First of all, the hotel was out of the city center so we could see the real China--people sitting and visiting on the sidewalk in the evening; barbers giving haircuts on the street corner, tiny hole-in-the-wall take out places.

Of course, we went to the Great Wall, the Ming tombs, Tieneman Square and a lot of other tourist-y places where there were thousands of people and bikes everywhere.

And one evening after eating in what Yige called a "masses" restaurant, we went for a walk down some side streets. We heard what sounded like drums and cymbals, and came upon a large tent in which 60 or so ladies were dancing. They were each holding either a scarf or a fan, while they husbands accompanied them. It wasn't long before I was clapping

and moving in time to the "music".

In no time, one of the ladies left the group and took my by the arm. Giving me her fan, she indicated that I should join the dancers and of course I did! (Yige videoed the whole thing). It was wonderful! I danced along with them for fifteen or twenty minutes, and saw, after awhile, that my husband was dancing too--waving a green scarf!

When the dancing was over, a lot of the ladies surrounded us. Yige translated the comments: "Thank you for joining us!" "Please come back tomorrow!" "We enjoyed seeing you!"

We replied with our limited Chinese--mostly "thank you" and "goodbye".

There were many other notable experiences in China--to say nothing about the food, the culture, the vastness of the cities. It was the trip of a lifetime, and we have many memories.

But the dance with those ladies on a street in Beijing, was one of the most memorable and joyful experiences of my life.

St. Johnsbury Players Announce Auditions For The Dining Room

St. Johnsbury Players announce auditions for their summer show, A.R. Gurney's *The Dining Room*. The Dining Room is a brilliantly conceived and richly humorous theatrical tour de force (and Off-Broadway success) in which six (or more) performers portray a wide array of diverse characters as they delineate the dying lifestyle of wealthy WASPdom, and the now neglected room which was once a vital center of family life. "...hilarious and touching...as comic sketch crazily succeeds comic sketch a whole pattern of American life emerges..." — NY Post. "THE DINING

ROOM serves a banquet of theatrical riches." —NY Daily News. "...a thoughtful and superbly written comedy..." —Variety. "...often funny and rueful and, by the end, very moving." —NY Times.

Auditions will be held May 28th and May 29th at 6:30PM at the St. Johnsbury School Auditorium. The show will rehearse three nights a week and the performances will go up August 8, 9, 15, 16 and 17th. For more information please contact director Dan Haycock at 802-535-4896 or via e-mail at danh@ruraledge.org or find our page on Facebook.

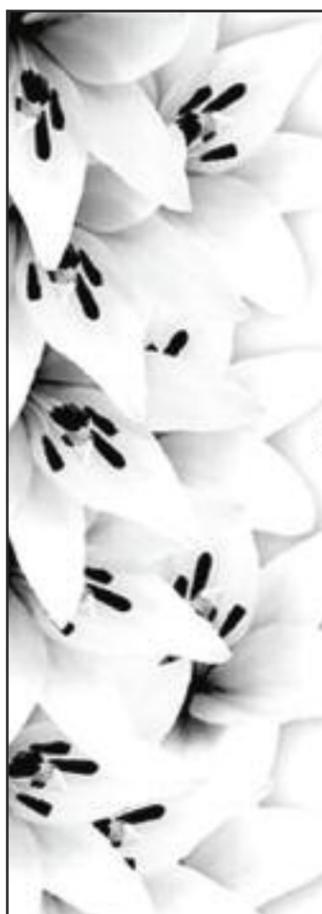
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Dear Marci...

Dear Marci,
 I'm enrolling in Medicare soon and I'm afraid I won't be able to afford my Medicare costs. My neighbor has Medicare and told me that I should sign up for a Medicare Savings Program. What is a Medicare Savings Program?

Elijah

Dear Elijah,
 Medicare costs if you

have limited finances. Keep in mind that Medicare Savings Programs (MSPs) may sometimes be referred to as Medicare Buy-In Programs or Medicare Premium Payment Programs.

There are three main types of Medicare Savings Programs, and each program has different eligibility requirements:

- Qualifying Individual (QI): Pays your Medicare

Part B premium. You cannot have both QI and Medicaid.

- Specified Low-Income Medicare Beneficiary (SLMB): Pays your Medicare Part B premium. You can have both SLMB and Medicaid.

- Qualified Medicare Beneficiary (QMB): Pays your Medicare Part A and Part B premiums, deductibles, co-payments, and coinsurances. You can have both QMB and Medicaid.

To qualify for a Medicare Savings Program, you must meet your state's income and asset eligibility guidelines. If you do not have Part A because you have to pay a Part A premium, know that the QMB Medicare Savings Program can help you pay your Part A premium.

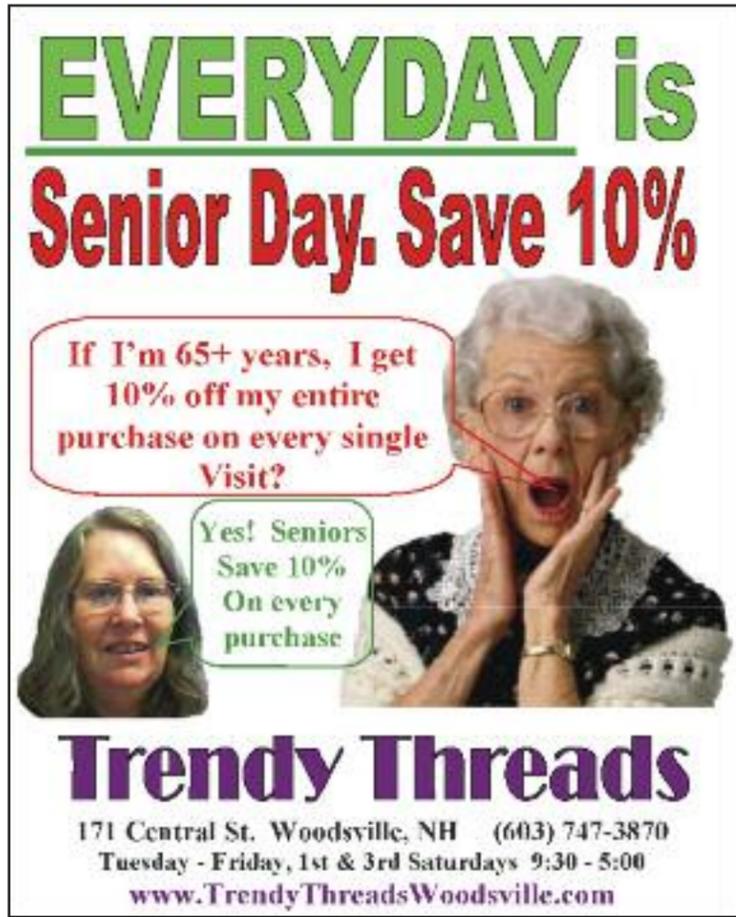
Medicare Savings Program eligibility requirements vary by state, so you should contact your State Health Insurance Assistance Program (SHIP) or local Medicaid office to learn more about whether you qualify for a Medicare Savings Program in your state.

-Marci

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Herbs For Candida Albicans

Candidiasis is a state of imbalanced body ecology, not a germ, bug or disease. Candida albicans is a strain of yeasts commonly found in the gastro-intestinal and genitor-urinary areas of the body. It is generally harmless, but when resistance and immunity are low, candida is able to multiply rapidly, feeding on sugars and carbohydrates in these tracts. It releases toxins into the bloodstream, and causes far-reaching problems. It is a stress-related condition, brought about because the body is severely out of balance and the immune system is seriously compromised. Repeated rounds of antibiotics, birth control pills or corticosteroids, a nutritionally poor diet high in refined carbohydrates and alcohol, and a life-style short on rest encourage candida.

Candida albicans is an opportunistic yeast strain that takes advantage of reduced immune system to overrun the body. Healthy liver function and a strong immune system are the keys to lasting prevention and control of candida overgrowth. The healing/rebuilding process usually takes 3 to 6 months or more. The changes in diet and lifestyle habits are often radical. Some people feel better right away; others go through a rough "healing crisis". But most people with candida are feeling so bad anyway, that the treatment and the knowledge that they are getting better, pulls them through the hard times. A comprehensive protocol for overcoming candida includes: Stage 1: Kill the yeasts through diet change and supplement therapy. Stage 2: Cleanse the dead yeasts and waste cells from the body with an herbal cleanser. Stage 3: Strengthen the digestive system by enhancing its ability to assimilate nutrients. Stage 4: Rebuild the immune system.

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SEA BUCKTHORN BERRIES: (Hippophae Rhamnoides), A "Superfruit" used to treat acne by addressing the 3 main culprits of acne: immune system, hormone imbalances and chronic inflammation; anti-aging: rich in vitamins A & E it reduces the appearance of wrinkles; the flavonoids can help cancer patients recover more rapidly from the effects of radiation and chemotherapy; Cardiovascular health rich in omega-3, omega-6, omega-7 and omega-9 oils; cell repair and rejuvenation; cerebral health- the fatty acids, flavonoids and carotenoids help reduce the risk of stroke, they promote overall brain health and memory; cholesterol control by increasing the good HDL's, also it's phytosterols reduce the amount of cholesterol that you take in during meals; Counters fatigue such as low energy and muscle tension; used to treat gastric ulcers as it normalizes the output of gastric acid; its essential fatty acids help to lower blood pressure; normalizes liver enzymes and immune system markers in those with inflammation or cirrhosis of the liver; a natural lubricant to relieve vaginal dryness that may occur in menopause; used to treat dermatitis, eczema, skin lesions and rosacea; lowers triglycerides that can cause heart attack and stroke. Nu-

trients: Vitamins A, B1, B2, C, D, E, K, carotenes, flavonoids, phytosterols, amino acids, serotonin, iron, zinc, calcium, magnesium, selenium, iodine.

LOMATIUM ROOT: (Lomatium Dissectum), An antiviral and anti-bacterial, especially useful in the treatment of respiratory and urinary infections, and an immune stimulating herb. Primary Uses: to overcome viral infections in flu, chronic fatigue, anti-bacterial properties rid the body of harmful manifestations of Candida Albicans, Staph and Strep infections; decreases inflammation. Secondary Uses: for relief of respiratory and congestive conditions.

ST. JOHN'S WORT HERB: (Hypericum Perforatum), A strong anti-viral, analgesic, anti-inflammatory, and antidepressant. Primary Uses: for control of viral infections, such as staph, strep, HPV and HIV viral strains; for reduction and control of tumor growths, both malignant and benign; for nerve pain control in conditions such as sciatica, neuralgia, and rheumatism; and for "mental burnout" conditions, such as Chronic Fatigue Syndrome (EBV). Secondary Uses: to help rebuild strong nerve structure, and mild immune stimulation, and for topical trauma conditions, such as skin cancers, varicose veins, scrapes and burns. Vitamin 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

Chicken Chimichangas With Sriracha Dipping Sauce



for about 25 minutes, until vegetables are translucent and lightly browned. Remove from oven and assemble the Chimichangas as follows: Place a tortilla on a plate. Place a few of the pepper/onion mix down the center of the tortilla, top with a couple slices of chicken, then a generous amount of shredded cheese. Roll up the tortilla; very lightly butter the exterior, then place seam-side-down on the oven tray. Return to oven and bake

7 to 10 minutes, until exterior of Chimichangas are browned. Remove from oven and allow to sit 5 minutes before slicing in half to serve. Makes 8 Chimichangas. Serve with Sriracha dipping sauce if desired.

SRIRACHA DIPPING SAUCE

- ½ cup mayonnaise
 - ½ cup sour cream
 - 1 teaspoon (or to taste) Sriracha Hot Chili Sauce
- Combine all in a small bowl to dip your Chimichangas!

If you look up the definition for “Chimichanga” in a dictionary, it will say something like “A tortilla, wrapped around a meat and vegetable filling, then deep-fried.” So if you are a chimichanga purist, I guess my version is not quite the real thing, because while mine have meat, vegetables and cheese, they are baked, not fried. Actually, the whole business can be made totally in the oven (even a toaster oven) using just one sheet pan, which makes it the perfect choice for single folks or small families, or even students in a college dorm. They also make a great appetizer; just assemble them the day before, refrigerate, and finish them up as your guests walk in.

It has also occurred to me that these chimichangas are considerably more figure-friendly than the original. By eliminating the whole deep-fry aspect, and using just a wee bit of butter to assist in browning, the calorie count is significantly less, and if you like, you could trim it back even further by using a reduced fat cheese and light sour cream. As a matter of fact, I actually prefer the baked chimichanga to the fried, which can sometimes be difficult to handle, and no one wants to deal with the greasy fingers that result, either.

Because I like a little heat with my Mexican food, I came up the dipping sauce utilizing my favorite condiment, Sriracha, even though it’s a Thai pepper sauce, and has absolutely nothing to do with Mexico, at all. I guess if you went to a restaurant and ordered these, they might be labeled as a Mexican/Thai fusion recipe. But, here at home, I just call them really good!

- 1 Boneless/skinless chicken breast (6 to 8 oz.)
- Salt, pepper, chili powder & cumin
- 2 Tablespoons olive or canola oil
- ½ large onion, sliced thin
- 1 red bell pepper, sliced thin
- 1 green bell pepper, sliced thin
- 1 (2 cup) package shredded Mexican cheese blend
- 8 (6”) flour tortillas
- Butter (to coat the Chimichangas)

Preheat oven to 425°F. Butterfly the chicken by slicing in half horizontally, or alternatively, place between plastic wrap and pound out to an even thickness. Blot dry, then coat lightly with oil and season to taste with salt, pepper, cumin, and chili powder. Place on a pan, and bake, covered, for 45 minutes until done. Remove from pan and set aside to cool; slice into thin strips. Toss peppers and onions on the pan the chicken was cooked on, and drizzle lightly with oil, if necessary. Return pan to oven, and bake

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