

# TRENDY TIMES

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MARCH 3, 2015 VOLUME 6 NUMBER 11

## Flying Money Set For Takeoff Area Airport Seeks Aviation Scholarship Recipients

By Robert Roudebush

The Airport hasn't got much money, but it wants to give some away anyway to the right people.

Haverhill New Hampshire's Dean Memorial Airport has little operating money year to year, but over time, it has managed to build up a scholarship fund for the benefit of those seeking a career in aircraft operation or flying.

These are funds that must be used for scholarships, no other purpose, such as operating expenses.

And time is growing near for application submission. May 15 of this year.

The scholarship guidelines state, "This is scholarship money available for students seeking further training or education in the aviation field - either as a flier/pilot or in A&P Mechanics, or related fields. 'A&P Mechanics' refers to Airframe and Power plant mechanics." Related fields could refer to electronics or other areas of avionics.

Airport Officials emphasize

that in no way are scholarships limited to only those seeking a four-year Bachelor's degree. Vocational and Technical Schools, offering Associate's Degrees, or various levels of certification in the aviation field are up for consideration.

The fund was first established about 10 years ago and is to be used for no other purpose than aviation scholarships. It consists strictly and entirely of private donations, and over the years has been little used - continuing small donations and accrued interest on the principal have brought the total amount available to a significant sum.

In recent years, little effort has been expended in spreading the word of the scholarship but that's changing. As Scholarship Committee member Mike Roberts, (a retired Coast Guard Helicopter Pilot) said recently, "These are exciting times for someone interested in getting into an aviation field. We need to get these monies into the hands of someone who is inter-

ested in exploring this flight industry".

Airport Commissioners are now reaching out to area high schools on both sides of the river, spreading the word through guidance counselors and other key school officials, and encouraging interested students to apply through them or directly to the Airport's Scholarship Committee through the mail. Airport Officials are furnishing key contact people with the scholarship application forms, as well as written guidelines for completing those forms. High schools contacted include Woodsville, Blue Mountain Union, Oxbow, and Lisbon.

The form itself is deliberately simple and direct, only two pages. It states, among other guidelines, "Potential recipients will be graduating high school seniors, or homeschoolers, or other students of the immediate two-state New Hampshire/ Vermont Region." Potential recipients will provide a short written synopsis of what field they are seeking to study and why. And



those applying will be chosen based on financial need, and any other area of merit, as well as scholastic achievement. They need to be prepared to meet at some point face-to-face with the Scholarship Committee for an interview.

The monetary amount awarded will be determined by the Scholarship Committee. Whether or not such payments continue semester to semester for the recipient will be decided to a large part by how well the student does as he or she progresses.

Scholarship applications are available at every high school mentioned in this article - they may also be requested through the mail, at the same address that those completed forms will be returned to - DEAN MEMORIAL AIRPORT SCHOLARSHIP COMMITTEE, TOWN OF HAVERHILL, MUNICIPAL BUILDING, 2975 DARTMOUTH COLLEGE HIWAY, HAVERHILL, NH, 03774.

Completed forms should be received no later than May 15 of this year.

Dean Memorial Airport is one of 24 small public-use airports statewide in New Hampshire and is distinguished by the fact that it is self-sustaining financially - that is while Haverhill provides some administrative and record-keeping assistance, it gives the airport no money directly through it's yearly budget. The Airport spends for its operation only money that it raises itself, through it's own efforts or from participation in a state aeronautics fund - a small portion of state aircraft registration fees. The airport raises funds through the sale of aircraft fuel, the rental of a housing unit on airport grounds, and their own fundraisers, including a Hot Air Balloon Raffle each year. In point of fact, the airport chips into the town in the form of taxes from privately owned hangers and the land they sit on.

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# TRENDY Dining Guide

## Happy Hour

By Gary Scruton

I have written on several occasions about this wonderful family dining location on Main Street in Wells River. To put it simply and straightforward, the Happy Hour Restaurant is a favorite of ours. The menu has a good variety of food choices as well as a full bar. Whether it is lunch time (they offer a great Pub Menu) or a special evening out for the two of you, or the whole family, it's a location worth knowing and enjoying.

Our most recent visit was a simple Sunday evening meal out. After looking over the monthly special and the daily special I decided to go with an all time favorite, the fisherman's platter. The Happy Hour's version of this dish comes with a large piece of haddock, a handful of scallops, whole clams (no strip clams for this guy, thank you), and some shrimp. You get a choice of baked or mashed potato or french fries. I must tell you that if you plan to order this meal you should be either, a) quite hungry, or b) prepared to take some home for a delicious second meal the next day.

All the fish is of the fried nature (my preferred

method), and I must also mention that the piece of haddock was large enough that I needed to hunt for a bit in order to find those delicious scallops.

For this particular evening I also included a mug a draft beer. Switchback was the evening's special and it went with the fish just fine.

My wife decided to go with steak and mashed potatoes on this particular evening. She added the salad bar. Let me again men-

tion that the Happy Hour's salad bar has a fine variety of items. You start off with a freshly baked loaf of bread. And you get to slice off as thick, or thin, a piece as you would like. Then comes leaf lettuce, tomatoes, onions, mushrooms, and several other salad items. Then there are about six different dressings and three different toppings. The salad bar also includes baked beans, cottage cheese and usually a couple of other choices. In-

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deed there are many people who visit that will simply order the salad bar and have a plentiful meal.

Back to the steak and potatoes. As always, the steak was cooked as ordered (medium rare) and there was a healthy serving. My wife also chose to include a glass of wine to accompany her

meal. Although the Happy Hour has a good selection of wines, beers and cocktails, they do not overdo that aspect of their business.

I have written this before, and I write it again here, the Happy Hour Restaurant is a place that you should be familiar with. If not, put it on your to do list.



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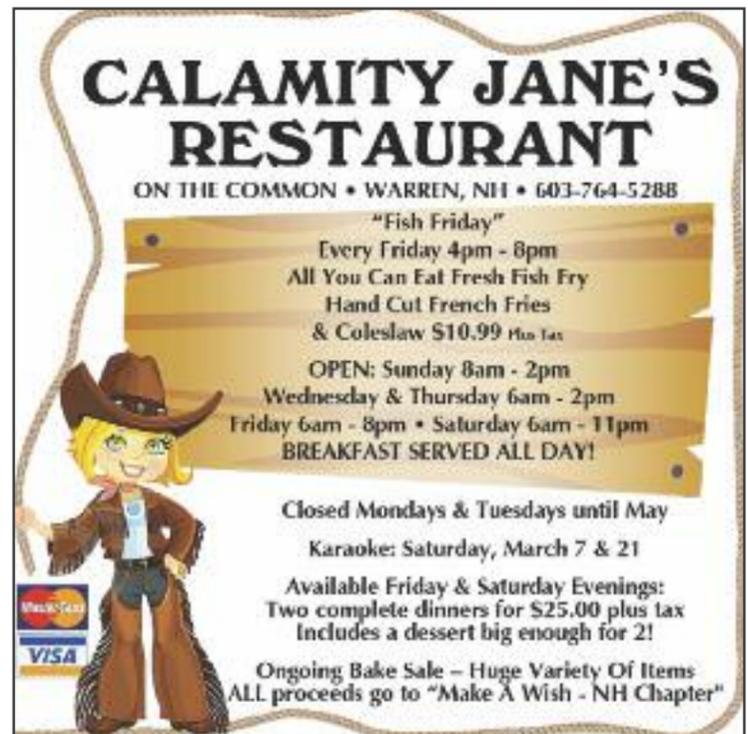
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# 2015 Season Announced! Season Tickets On Sale Now!

## New Memberships Available!

We are happy to announce the 2015 season of plays to be presented at Old Church Theater here in Bradford from May through September. After much searching we have settled on an exciting and well-balanced slate of shows we know you'll enjoy in our 30th anniversary year!

Watch for audition notices by email or in the local papers, check out [www.oldchurchtheater.org](http://www.oldchurchtheater.org), or email [info@oldchurchtheater.org](mailto:info@oldchurchtheater.org)

**THE 2015 SEASON**  
**May 1, 2, 3 & 8, 9, 10**  
**"The Mousetrap"**  
**by Agatha Christie**  
**A Murder- Mystery**

This is the world famous play by the best mystery writer ever- Agatha Christie! Never made into a movie by request of the playwright herself, the special twist ending is a secret playgoers have kept since the show opened in London in 1952, where the play celebrated its 25,000th performance in 2012.

A group of strangers is stranded in a boarding house during a snow storm, one of whom is a murderer. Into their midst comes a policeman, traveling on skis. He no sooner arrives when another is killed. To understand the murderer's pattern, the policeman probes the background of everyone present, and rattles a lot of skeletons and keeps the audience guessing until the end!

Directed by Brian Kenyon. Watch for audition notices in mid-March! 5 men & 3 women needed.

**June 5, 6, 7 & 12, 13, 14**  
**"Crimes of the Heart"**  
**by Beth Henley**  
**A Comedy-Drama**

This play won the Pulitzer Prize and the NY Drama Critics award for Best American Play in 1981. It was made into a movie in 1986 and got 3 Academy Award nominations

Three sisters have gathered to await news of their grandfather, who is living out his last hours in the local hospital: Lenny, the oldest sister, is unmarried at thirty and facing diminishing marital prospects; Meg, the middle sister, is back home after a failed singing career on the West Coast; and Babe, the youngest, is out on bail after having shot her husband in the stomach.

Their troubles, grave and yet, somehow, hilarious, are highlighted by their cousin Chick, and by the awkward young lawyer who tries to keep Babe out of jail while helpless not to fall in love with her.

Directed by Sheila Kaplow. Look for audition notices in late March! 2 men and 4 women are needed.

**July 10, 11, 12 & 17, 18, 19**  
**"Saving Grace"**  
**by Jack Sharkey - Comedy**

Jack Sharkey has written lots of plays and Old Church Theater has recently presented two of them (which he wrote under the name Monk Ferris): The popular "Let's Murder Marsha" and "Don't Tell Mother". He is a master of comic writing and we're sure you'll fall for "Saving Grace" as well!

This is the zany tale of a warmhearted girl who mistakes a telephone repairman for a burglar, tries to convert him from his life of crime, and ends up having to pretend he's her husband, while dismaying her strait-laced sister's evangelist fiancé. Loads of fun! Directed by Athene Chadwick. Auditions in late April. Needed: 3men and 2 women.

**August 14, 15, 16 & 21, 22, 23**  
**"Ruby's Story"**

**by Ron Osborne - Drama**

"Ruby's Story" is a beautifully written story of an American family in World War II. The date is June 1944 and allied troops are massing for an invasion. On a small farm in Appalachia, a different kind of war is about to rage... Walter and Grace share a home with their four daughters: Rose, who can't understand why Stan—the love of her life—abruptly left to join the Polish Free Forces; Helga fears for her husband who's in England in a combat unit; Frieda who works in a factory making uniforms

and can't bring a new friend home; and teenage Ruby who yearns to be the next Edward R. Murrow.

The problem is Walter's seeming allegiance to his German heritage- even though all the family are at war against everything German- that threatens to tear the family apart despite his wife's liberal doses of understanding, humor and love as she hopes to restore harmony to the home.

But it is adult Ruby – back for a funeral and seeking answers to questions that haunt her – who helps us understand the prejudice and fears of that time. A stirring drama of real life in wartime 70 years ago.

Directed by Gloria Heidenreich. Watch for auditions in June. 3 men and 6 women are needed (some high school age actors and actresses needed).

**Sept. 18, 19, 20 & 25, 26, 27**  
**"Don't Mention My Name"**  
**by Fred Carmichael/Farce**

Fred Carmichael has written more than 50 plays which have premiered at the Dorset Playhouse in Dorset VT to rave reviews. We are sure that "Don't Mention My Name" will have you rolling in the aisles!

In this laugh-out loud comedy our hero has temporary amnesia and stumbles into a guest house where it turns out he was

expected all along! He gets called by one name and the someone else calls him another, and someone else surprises them all and calls him by yet another name. As our heads spin the hero and another guest band together to solve the mystery, only to find people are not who they seem they are, but all have the identical purpose!

The plot becomes more and more hilarious until all questions are answered, including who the hero is, with a surprising twist ending! Directed by Paul Hunt. Watch for auditions in July. 3 men and 5 women are needed.

**SEASON TICKETS**  
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Until April 1st you can buy a regular admission season ticket for \$45! That is \$5.00 off the usual price of \$50.00! (For 2015, regular admission prices are \$12.00, \$10.00 for seniors and \$6.00 for students.) Send your check to: Season Tickets,

Old Church Theater, PO Box 304, Bradford, VT 05033. Include your name, address, phone and email address.

It's easy to become a member of Old Church Theater!

Our by-laws were amended recently to change membership requirements! The old system required dues to be paid, but the new system recognizes season ticket holders, people who assist in recent productions and people who make gifts to the theater as members! In fact you may already be a member...simply fill out the membership request form you received in the mail or print out one found on our website, then check off which situation applies to you, and send it in! It's that easy! Your membership demonstrates your support of local community theater, and more.

On behalf of the board, we look forward to your support, attendance and participation in Old Church Theater's 30th anniversary year!

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

March 3, 2015 Volume 6 Number 11

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## New HAMPSHIRE HOUSE UPDATE

By Rich Ladd - Haverhill

### GROWING GOVERNMENT

As a state representative, selectman and water commissioner, I am hopeful that more residents will participate in this year's upcoming town meeting process.

From state, county, town and village budgets, we need to remain engaged. Governor Hassan just called for a 6.4% growth in the two-year budget plan supported by increased taxes and fees. Projected revenue sources come from a 21 cent tobacco tax hike, increased vehicle registration, adjusting what business owners can claim for non taxed salary, initiating the game of Keno, and more. Additionally, in FY 17, the federal government will stop paying 100% of Medicaid expansion; that burden will totally fall on the state next year.

Budget growth is based upon perceived need; however, as taxpayers we must ask the question, "Are new budget needs sustainable, and are perceived needs, as prioritized by local officials, shared by those pay the tab?" It is my opinion, that if government is left to its own devices, and if tax payers are remiss in not engaging in the town meeting budget process, government will simply "grow."

Local education taxes have gone up rapidly in the past few years and continue to increase this year. The Town of Haverhill is presenting a budget on March 10 that increases 3.8%, or 49 cents per \$1,000. As a selectman, I could not support this budget. I recognize that our area has a drug problem, but

increased funding for programs such as the police department request for another position, while maintaining the overtime budget at \$40,000+, is not sustainable. The proposed budget contains only ¾'s of the new position cost while future years will incur full freight. Haverhill has a dedicated, professional force; my decision to not support the new position is based upon funding.

New programs may be well intentioned, but is funding more important than the "heating bill or providing food on the table?" As a Haverhill water commission, the district had 41 customers or 20% of online users unable to pay the last quarter water bills in a timely manner. Taxpayers are making some very difficult decisions. Do I pay for: food, heat, water, electricity or attend to family medical bills?

I often believe that budget decisions sound plausible in the making, but as the old adage states, wait 10 days and then ask the question again. It is time to stop unsustainable government growth, and to support prioritized programs that reflect taxpayer capacity to pay. On a daily basis, taxpayers must decide to keep the lights on verse a want or to keep the old truck verse that new vehicle. Government must do the same, and separate "wants" from genuine "need." Town meeting day is approaching; please participate and join the debates.



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# Ayotte Announces Reelection Campaign At Dinner

Lincoln—NH United States Senator Kelly Ayotte spoke to an enthusiastic standing-room only audience as she announced she would seek reelection at the Indian Head Resort in Lincoln. The event was organized by the Pemi-Baker Valley Republican Committee.

Ayotte is sponsoring a bill that will put restrictions on releasing terrorist detainees at Guantanamo Bay (GITMO) in Cuba. President Obama has promised to release the prisoners and close the facility since he was elected in 2008. Ayotte is concerned that by releasing terrorists we end up sending them back to fight against us and our allies. Thirty percent of those detainees released, according to Ayotte, have gone back to fight for terrorist groups or are suspected of rejoining these organizations.

Ayotte has grave concerns about our foreign policy, specifically in the Middle East. Ayotte stated how worried she was when the President refused to leave behind a small military force in Iraq. By leaving the country vulnerable, Ayotte said the situation helped create an opportunity for ISIS to grow and terrorize the region.

On domestic policy Ayotte spoke of her concerns regarding the President's State of the Union speech. The Senator pointed out that if all his proposals were adopted the United States the national debt would in-



crease by trillions of dollars. Ayotte said before long the interest on the debt will cost Americans more each year than what we will be paying for defense.

Ayotte spent much time before the dinner meeting with constituents, listening to their concerns and answering questions.

Master of Ceremonies for the evening was State Senator Jeanie Forrester who received special recognition for her work from the Pemi-Baker Valley Republicans. Also attending the event were National Committeewoman Juliana Bergeron, Deputy Speaker of the

House of Representatives Gene Chandler, Senate President Charles Morse and Executive Councilors Joe Kenney and Chris Sununu.

US Senator Ted Cruz of Texas will be the keynote speaker at the Annual Lincoln-Reagan Day Dinner hosted by the Grafton County Republican Committee on Sunday, March 15th at the Indian Head Resort in Lincoln. Tickets are \$50 per person and include dinner. For reservations contact Bruce at 823-5578 Ext 1012 bsp@bmsi-fund.com or Peter at 254-9791 vicechair@graftongop.org.

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# Calendar of Events

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

## TUESDAY, MARCH 3

**VT TOWN MEETING DAY**  
A Town Hall Near You

## NH STATE VETERANS COUNCIL REPRESENTATIVE

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

## GOOD OLE BOYS & GIRLS MEETING

12:00 Noon - Glenn English  
Happy Hour Restaurant, Wells River

## CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING

7:00 PM  
Morrill Municipal Building, North Haverhill

## WEDNESDAY, MARCH 4

**WOODSVILLE/WELLS RIVER 4TH OF JULY COMMITTEE MEETING**

7:00 PM  
Woodsville Emergency Services Building

## THURSDAY, MARCH 5

**CELCTIC CELEBRATION**

6:00 PM  
St Lukes Episcopal Church, Woodsville

## SATURDAY, MARCH 7

**YANKEE DOODLE CIRCUS**

1:00 PM & 4:00 PM  
Oxbow High School, Bradford  
*See article on page 8*

## SUNDAY, MARCH 8

**DAYLIGHT SAVINGS TIME BEGINS**

2:00 AM

## BENEFIT TEXAS HOLD "EM POKER

1:00 PM Tournament / 11 AM Cash  
American Legion Post 58, Maple St. St. J. Vt.

## MONDAY, MARCH 9

**HAVERHILL SELECTBOARD MEETING**

6:00 PM  
Morrill Municipal Building, North Haverhill

## ROSS-WOOD AUXILIARY UNIT 20 MONTHLY MEETING

6:00 PM  
American Legion Home, Woodsville

## TUESDAY, MARCH 10

**NH TOWN MEETING DAY**

A Town Hall Near You

## WEDNESDAY, MARCH 11

**MONTHLY MEETING - ROSS-WOOD POST #20 AMERICAN LEGION**

6:00 PM  
American Legion Home, Woodsville

## THURSDAY, MARCH 12

**FREE COMMUNITY MEAL**

5:00 PM – 6:30 PM  
St. Luke's Parish House, Woodsville

## FRIDAY, MARCH 13

**AMERICAN LEGION RIDERS**

**MONTHLY MEETING**  
6:00 PM  
American Legion Home, Woodsville

## SATURDAY, MARCH 14

**MORE THAN YOU CAN EAT BREAKFAST**

10:00 AM  
Lakeview Grange, West Barnet

## PI (PIE) DAY

2:00 PM – 4:00 PM  
Groton Community Building  
*See article on page 7*

## DONKEYBALL

6:00 PM  
Bagonzi Community Building, Woodsville  
*See ad on page 3*

## ST. PATRICK'S CORNED BEEF & CABBAGE SUPPER

6:30 PM - Auction to follow  
Our Lady of Perpetual Help Church, Bradford  
*See ad on page 5*

## ST. PATTY'S DANCE

7:00 PM – 11:00 PM  
Warren Town Hall

## SUNDAY, MARCH 15

**BENEFIT TEXAS HOLD "EM POKER**

1:00 PM Tournament / 11 AM Cash  
Waterford Fire Department Vt.

## THE LINCOLN-REAGAN DINNER

Indian Head Resort, Lincoln

## MONDAY, MARCH 16

**BOOK DISCUSSION ALL THE BRIGHT PLACES**

6:30 PM  
Groton Free Public Library  
*See article on page 7*

## BOOK DISCUSSION – WE NEED NEW NAMES

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

## TUESDAY, MARCH 17

**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

## Ongoing Weekly Events

### SATURDAYS

**FREE BLOOD PRESSURE CLINIC**  
10 AM – 12 Noon – Littleton Fire Station  
**BINGO** - 6:00 PM  
Blue Mt. Grange Hall, Ryegate Corner

### SUNDAYS

**JANUARY, FEBRUARY & MARCH**  
Newbury & Wells River Congregational Churches Will Worship At Wells River Congregational Church  
**CRIBBAGE** - 1:00 PM  
American Legion Post #83, Lincoln

### MONDAYS

**NEK COUNCIL ON AGING'S HOT MEALS**  
11:30 AM - St. Johnsbury House  
NOON - Darling Inn, Lyndonville  
**ADULT STRENGTH TRAINING**  
1 PM – 2 PM  
North Congregational Church, St. Johnsbury  
9 AM – 10 AM  
Municipal Offices, Lyndonville  
10:30 AM – 11:30 AM  
Municipal Offices, Lyndonville  
**BINGO** - 6:00 PM  
Orange East Senior Center, Bradford

### MONDAYS/WEDNESDAYS

**CARE COORDINATOR/ ENROLLMENT SPECIALIST** - 1:00 PM  
Baldwin Library, Wells River

### MONDAYS/THURSDAYS

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

### TUESDAYS

**BREAKFAST BY DONATION**  
8:30 AM – 10:00 AM  
Horse Meadow Senior Center, N. Haverhill  
**ADULT STRENGTH TRAINING**  
9 AM – 10 AM - St. Johnsbury House  
10:30 AM – 11:30 AM  
Senior Action Center, Methodist Church, Danville  
**NEK COUNCIL ON AGING'S HOT MEALS**  
11:30 AM - St. Johnsbury House  
NOON - Senior Action Center, Methodist Church, Danville  
NOON - Presbyterian Church, S. Ryegate  
NOON - Darling Inn, Lyndonville  
**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 – Meeting 6:00 PM  
Horse Meadow Senior Center, N. Haverhill  
**WEIGHT WATCHERS MEETING** - 5:30 PM  
Orange East Senior Cntr, Bradford

### AA MEETING (OPEN BIG BOOK)

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

### TUESDAYS/THURSDAYS

**ACTIVE OLDER ADULT STRENGTH CLASS** - 1:30 PM  
Woodsville Post Office, S. Court St  
**GROWING STRONGER FITNESS CLASS**  
2:00 PM – 3:00 PM 800-642-5119  
East Haven Library

### TUESDAYS/FRIDAYS

**GOLDEN BALL TAI CHI**  
8:30 AM – 9:15 AM  
First Congregational Church, Lyndonville

### WEDNESDAYS

**AQUA AEROBICS** - 9:00 AM  
Evergreen Pool, Rte 302, Lisbon  
**ADULT STRENGTH TRAINING**  
1 PM – 2 PM  
North Congregational Church, St. Johnsbury  
**BINGO** - 6:30 PM  
Haverhill Memorial VFW Post #5245  
North Haverhill  
**CRIBBAGE** - 7:00 PM  
Orange East Senior Center, Bradford

### WEDNESDAYS/FRIDAYS

**NEK AGENCY ON AGING'S HOT MEALS**  
11:30 AM - St. Johnsbury House  
NOON - Presbyterian Church, West Barnet  
NOON - Darling Inn, Lyndonville

### THURSDAYS

**ADULT STRENGTH TRAINING**  
10:30 AM – 11:30 AM  
Senior Action Center, Methodist Church, Danville  
**NEK AGENCY ON AGING'S HOT MEALS**  
11:30 AM - St. Johnsbury House  
NOON - Senior Action Center, Methodist Church, Danville  
NOON - Darling Inn, Lyndonville  
**CRIBBAGE** - 1:00 PM  
Horse Meadow Senior Center, N. Haverhill

### FRIDAYS

**ADULT STRENGTH TRAINING**  
9 AM – 10 AM - St. Johnsbury House  
1 PM – 2 PM - North Congregational Church, St. Johnsbury  
**AA MEETING (OPEN DISCUSSION)**  
8:00 PM – 9:00 PM  
Methodist Church, Maple St, 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, March 12th for our March 17th issue.*

# Groton Free Public Library News

Pi (Pie) Day! Saturday, March 14, 2-4pm. Bring your appetite & inner math geek to the Groton Community Building to celebrate Pi (Pie) Day! Admission includes all-you-care-to-eat homemade pie sampling bar, a Pi-rate bouncy house, & make-and-take wood turned tops. \$5 per adult, \$2 per child (ages 8-12), kids 7 & under FREE! All proceeds will directly support children's books & programming. Sponsored by the Friends of Groton Library.

Monthly Monday Book Discussions. Pick up a copy from the library for an enjoyable winter read and join us for a lively

conversation!

Monday, March 16 at 6:30pm: "All the Bright Places" by Jennifer Niven.

Monday, March 23 at 7pm: "A Beautiful Place to Die" by Malla Nunn.

Round Robin Reading Storytime: Every Tuesday at 10am. For children ages 0-5 and their caregivers. Come share stories and playtime!

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

Bakers Needed! Can you help out by donating a home-baked pie to our upcoming

Pi/Pie Day on March 14? Call Nancy Spencer at 584-3717 or contact Anne at the library.

All of our programs are free and open to residents of all towns. Find us on Facebook (Groton Free Public Library) or contact Anne: grotonlibraryvt@gmail.com, 802.584.3358. Online catalog: grotonlibrary.kohavt.org.

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

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

# Murder Mystery Dinner Party

The Haverhill Corner Library will hold a murder mystery dinner party on Friday, April 24 at 5:00 PM.

The scenario: "You are invited by Rock N. Roley to attend the 5th reunion of the Class of '54 at Roley High School in Roley City, USA. Rock is the next Elvis Presley, and will entertain with a special concert during the celebration."

The event will be held at the Williams Tavern, home of Joe and Maryellen Kirk-

patrick, at the corner of Court and School Streets in Haverhill Corner, NH, with dinner in the ballroom.

Tickets are \$20 per person in advance, with a limit of 40. Make checks payable to the Haverhill Library Association and send to Vesta Smith at 222 Dartmouth College Highway, Haverhill, NH 03765.

There will be a murder, so put on your thinking caps and try to be the first to figure out whodunit!

## Orange East Senior Center

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

Our St. Patrick's celebration will be on Wednesday, March 18, at 12:00 p.m. Please come and enjoy corned beef and cabbage. There will also be live fiddle music.

AARP will be doing taxes on Monday & Thursdays from 9a.m. until 3:00 p.m. You need to call to make an appointment, and please call early as the appointments fill up quickly.

We are looking for somebody who would like to run a Cribbage or Bridge club during the day at the Senior Center. If you are interested, please stop by or give a call.

We are looking for substitute drivers for our Meals on Wheels routes. If you are interested, please call or come by.

The East Corinth Cribbage Club will be on Wednesdays

for the 2014-2015 season at 7:00 p.m. Cost is \$2.00 per night. A raffle drawing will be held on the last Wednesday of every month. Any level are welcome—please come to enjoy! If you have any questions, please call Sally Osgood 802-222-5756

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

The Senior Center has a foot care clinic on the second Wednesday of the month. The next clinic is March 11th. If you would like an appointment, please call.

Computer class is on Wednesdays from 3pm. until 5p.m. This class is for all levels.

There will be Tai Chi Easy classes on Wednesday are at 8 a.m.

The Orange East Senior Center is available for rent. We have a capacity of 125. If you

would like to book your wedding reception or birthday party or if you have any questions, please give us a call.

There is space available in the Monday, Tuesday, Thursday and Friday exercise class. The class begins at 9:00 a.m. and ends at 10:00. It is a strength building class. Directly after exercise class on Tuesday and Thursday we continue with a balance class that helps build balance.

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

## Haverhill Corner Library Will Host Bulawayo Book Discussion

HAVERHILL, NH—The Haverhill Corner Library will hold a discussion of We Need New Names by NoViolet Bulawayo, the library has announced. The discussion will be held on Monday, March 16 and will be the second in a series on "New African Writers."

The discussion will begin at 7:00 PM and will be free and open to the public. Copies of the book will be available to borrow in advance.

Winner of the 2014 PEN / Hemingway Award for Debut Fiction and short-listed for the Man Booker Prize, We Need New Names is a remarkable literary debut: the unflinching and powerful story of a young girl's journey out of Zimbabwe and to America. Darling is only ten years old, and yet she must navigate a fragile and violent world in a Zimbabwe, where homes are destroyed by paramilitary policemen, the schools are closed, and the fathers have left for dangerous jobs abroad. But Darling has a

chance to escape: she has an aunt in America. She travels to this new land in search of America's famous abundance only to find that her options as an immigrant are perilously few.

Born and raised in Zimbabwe, NoViolet Bulawayo completed a Master of Fine Arts in Creative Writing at Cornell University, where her work was recognized with a Truman Capote Fellowship, and was a Stegner Fellow at Stanford University, where she now teaches as a Jones Lecturer in Fiction. We Need New Names was a New York Times notable book of the year.

The "New African Writers" series will conclude on Monday, April 20 with a discussion of Every Day is for the Thief by Teju Cole.

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

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# The Circus Comes To Oxbow High School!

The Yankee Doodle Circus is coming to Oxbow High School on Saturday, March 7th with two high-energy shows at 1pm and 4pm. Ringmaster Mike Naughton, named "America's Best Dressed Ringmaster" because of his one-of-a-kind costumes will emcee the fast-paced show and keep audience members of all ages on the edge of their seats.

United States National Hula Hoop Champion, the Electrifying Elena, who holds the circus world record for spinning 38 hula hoops at one time will also be taking the stage. The acrobatic Arestov family from Russia will be joining her with their unique brand of entertainment. Graduates of the celebrated Moscow Circus School, this fabulous family exhibits elegant expertise in creative circus artistry -- from unicycles and hand-balance to the magical marvels of quick-change.

It pays to buy early as door tickets will be sold for \$18 adults and \$6 for youth tickets. To purchase in advance visit [www.GetCircusTickets.com](http://www.GetCircusTickets.com) or pick them up at the following locations: Newbury Village Store, The Buzz, Bliss Village Store and Tranquillities Salon in Bradford (ends Friday, March 6th).

The event is a fundraising effort sponsored by the Oxbow High School PTO and proceeds benefit the school.

Tickets are \$14.95 for adults if purchased in advance and come with two



The acrobatic Arestov brothers star in the Yankee Doodle Circus coming to Oxbow High School on Saturday, March 7th with two fast-paced shows at 1pm and 4pm.

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**Haverhill, NH** - Lovely Ranch located on cul-de-sac. Kitchen with work area open to Family Room w/ fireplace. Formal Living Room, Dining Area, Master Bedroom w/ full Bathroom, 2 additional Bdrms, Main Bathroom, manufactured home is perfect with a level yard, 2 car garage. Mint condition. \$139,500.

**Haverhill, NH** - Wow beautiful 1.11 Acres with single level 24' x 48' manufactured home. Sunny Living Room, Eat-In Kitchen, 3 Bedrooms, 2 remodeled Bathrooms, additional hobby room w/ hand cap ramp. Upgrades throughout, paved driveway, laminate flooring. Enjoy living here. \$99,900.

**Woodsville, NH** - Great 2 Bdrn mobile home w/ over 1100 sq. ft. of living area. Oversize Living Room, open Kitchen area to Dining Area, Master Bedroom with built ins and full Bathroom, 2nd Bedroom offers built ins and full Bathroom, vaulted ceiling, china cabinet, newer furnace, plumbing, nice front deck, carport and shed. Nicely kept park. Move right in. \$24,000.

**Haverhill, NH** - Modern 2000 sq. ft. one level home. Wide open feel when you walk in. This home offers Living Room, Sitting Room, 3 Bedrooms, 2 Bathrooms, attractive hard pine floors and slate, comfortable Kitchen, pantry and laundry. New roof, new furnace, garage, front and back porch. Situated on 5 Acres with a pond. Move right in. \$126,000.

**Haverhill, NH** - Vacation or year round home. Open concept Living Room, Kitchen with center island, 2 bedrooms first floor, 2 Baths, roomy left area with smaller deck, finished lower level with family room with doors to patio, additional guest room or den/office area. Large deck. 2 car attached garage and a work shed. There is an additional lot located next door that will be included. Fun awaits you with the Mountain Lakes amenities. Move right in. \$162,000. or rent.

**Bath, NH** - First Section available for Spring construction. Build your custom home in this New Subdivision 96 acres, 31 lots, open space, 2 ponds, 3200 ft on the Ammonoosuc River. Colonial- 1630 sq. ft. 3 bedrooms, Living Room, Dining Room, Kitchen with V groove pine walls, screen porch, underground utilities and so much more. \$ 277,000. This home is not started so you can customize this plan or bring your own plan and meet with the builder. Gold mining on the River.

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[john.hunt@customsupport.com](mailto:john.hunt@customsupport.com)

# Upper Valley River Restoration Projects Receive Grant Funding

Pomfret, Vermont – The Connecticut River Watershed Council (CRWC) announced today that it has received more than \$270,000 in grants to help implement several river restoration projects in Vermont and New Hampshire this year.

More than \$250,000 comes from the New Hampshire Charitable Foundation's Upper Connecticut River Mitigation and Enhancement Fund grant, while another \$20,000 is from the State of Vermont's Watershed Grant. These grants, and other funding secured by CRWC, will fund the removal of an old mill dam, conservation projects on 4 local farms, and the replacement of an undersized culvert. In total more than \$370,000 will be spent to ensure completion of these projects.

The dam removal project will take place in Groton, VT on the Wells River. The old dam is just 1.5 miles downstream from a similar deadbeat dam removed in 2014 by CRWC and partners. Removal of the Groton #9 dam (pic attached) in 2015 will open 34 miles of stream, roughly half of which is cold water habitat for native Brook trout. Additional funding support for this project comes from Green Mountain Power (the dam owner), the U.S. Fish and Wildlife Service, and individual CRWC donors.

CRWC also will continue its work with farms in the greater Upper Valley region to help improve water quality as well as fish and wildlife habitat. This new grant funding will help pay for conservation projects at 4 farms in Piermont and Orford, NH as well as in Bradford, VT. Practices to be implemented include installing fencing to keep cows out of brooks, planting trees/shrubs



along stream banks, invasive plant control, and improving stream crossings.

"Improving the water quality of our rivers, as well as increasing fish and wildlife habitat, is a cornerstone of our mission," said CRWC River Steward Ron Rhodes. "These grants and the other sources of funding are critical to helping make our rivers safer and healthier for all to enjoy." The Connecti-

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Don Keirstead, Natural Resources Conservation Service (NRCS) Ecologist, discussed establishing Habitat for Pollinators in the UNH Cooperative Extension Conference Room, Grafton County Complex in North Haverhill on February 20th.

The workshop was well attended by people who are interested in learning how to establish pollinator habitat

with ideal plants for wild and managed honey bees.

There are many threats to pollinators and this workshop informed the attendees what we can do to help pollinators thrive.

Ideal flowers, shrubs and trees were identified and the resources available to accomplish this were offered.

This workshop was sponsored by the Grafton

County Conservation District which can be contacted by calling Pam at: 603-353-4652 x 103 in Orford NH.

Everyone can do their part in their gardens, farms and woods to help accomplish this much needed effort. Every little bit helps our food supply to thrive too.

Photo courtesy of Mickey Derham.

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Registration opens March 19th and is on-line only at the NH Fish and Game web site: [http://www.wildlife.state.nh.us/Hunting/hunter\\_ed.htm](http://www.wildlife.state.nh.us/Hunting/hunter_ed.htm). For More Information contact David Falkenham at (603) 728-8958 or [dave.falkenham@unh.edu](mailto:dave.falkenham@unh.edu).

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# How Should You Respond To Higher Interest Rates?

If the Federal Reserve (Fed) raises short-term interest rates this year, as many financial professionals predict, what will it mean to you? As a consumer, you might experience the “ripple” effects if long-term interest rates eventually follow suit, affecting mortgages and other loans. But as an investor, you might quickly feel the impact of a move by the Fed — especially if you own bonds.

In fact, the value of your existing bonds might drop noticeably if interest rates were to rise. That’s because no one will give you full price for your lower-paying bonds when new bonds are being issued at a higher interest rate. So if you want to sell your bonds, you might have to take a loss on them.

Of course, if you were always planning to hold your bonds until maturity, you might not be overly concerned with falling prices. Assuming your bond issuers don’t default — and defaults are rare among “investment grade” bonds — you will continue collecting regular interest payments until your bonds mature, at which point they will be redeemed at full face value. Furthermore, just owning bonds can help you diversify your portfolio, which might otherwise be

dominated by stocks and therefore be susceptible to big swings in value. (While diversification can help reduce the effects of volatility, it can’t guarantee a profit or protect against loss.)

However, it’s still useful to be aware of the effects of rising interest rates on bonds of different maturities. Typically, when rates rise, long-term bonds will fall in value more than short-term bonds. So if you only owned long-term bonds, your portfolio could take a bigger hit than if you owned both short- and long-term bonds. Again, this might not be a big issue if you intend to hold bonds until they mature — but if your plans change, a drop in value in your bond holdings could be cause for concern. Furthermore, if you just owned long-term bonds, your money would be tied up, thereby not allowing you to take advantage of newly issued, higher-paying bonds.

You can help protect yourself against the potential negative effects of rising interest rates by incorporating a “fixed-income ladder” in your portfolio. You can build this ladder by purchasing fixed-income securities — such as corporate or municipal bonds — in various maturities. With your ladder in place, a portion of your

portfolio matures at regular intervals. Consequently, you can benefit from any increase in interest rates by reinvesting your maturing bonds at the higher rate. And if interest rates should fall, you still have your longer-term bonds working for you. (Generally, longer-term vehicles pay higher rates than shorter-term ones.)

Even if the Fed does raise short-term rates in 2015, it doesn’t necessarily signal the start of a trend. Interest rate movements are notoriously hard to predict — and you probably won’t help yourself by trying to “time” your investment decisions based on where rates may be heading. But techniques such as a fixed-income ladder can work for you in all interest rate environments. So as you think about how you’ll invest in bonds in the years ahead, keep this type of “all-weather” strategy in mind. It may be able to help you keep the “guesswork” to a minimum.

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

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## Letter To The Editor

**UNDER THE CURRENT ORFORD SELECTBOARD, TOWN TAXES WILL BE GOING UP**  
To the Editor

I, David Smith, wish to offer myself as a candidate for the Orford Selectboard. I am a "Deep Rooted" native with both sides of my family going back at least 6 generations. It is this past that makes me feel invested in this town and wanting its management to be handled with integrity. I have various life experiences that will guide me. I promise to serve all the taxpayers, be fiscally responsible, transparent, honest, and helpful.

Under the current Selectboard, Town David,

*First let me thank you for being willing to step up and make yourself available for one of the toughest jobs around. Being a member of a town selectboard, or school board, is by no means a glory job. It involves much more work than most know. It is also a vastly underpaid position for someone who truly wants to make a difference and puts in the time to do the job fully.*

taxes will be going up. We must reduce spending increases and hold taxes down so that people of all incomes and backgrounds can enjoy living here in Orford. We are a community where you can know your neighbors, feel that you and your family belong, where individuals can become involved and make a difference. Let's strive to keep it that way.

I would appreciate your vote and be honored to serve as a member of the Selectboard.

David R. Smith, Orford

Gary Scruton, Editor

## Letter To The Editor

### AIRPORT ROAD PETITION

The Haverhill voters will be asked on March 10th to act on an article to close off a small section of Airport Road that borders the end of the airport's runway and I would like to explain the purpose of this. For many years, the NH Department of Transportation has sent annual reports to the Town that indicate that the proximity of the road to the airstrip is unsafe. The engineers who developed the airport plan about 10 years ago also indicated the need to address this unsafe arrangement. Our present engineering consultants, Dubois and King, have stated clearly that Airport Road right at the end of the runway is unsafe.

We recently video recorded a landing that showed that a pilot cannot see underneath her airplane to know that a car is driving there. Similarly, a driver of a car traveling along this piece of road cannot see through his roof to see an aircraft landing.

The Dean Memorial Airport Commission members recently brought this issue to the Haverhill Select Board to ask that they put this article before the voters and allow them to decide between the safety concerns and the desire to keep this piece of road open. We brought a video of an aircraft/car collision with the distance between the road and the landing spot about the same as ours. You can google "plane hits car in Texas" to see it for yourself. You may note that both the car that was hit by the Cessna aircraft and the car that went before it both neglected to stop at the stop sign in the road. We also brought the select board the video we made at DMA making the danger clear to anyone who looked at it.

The traffic on this road is generally light and so is the aircraft traffic. We have not had an aircraft/car accident to date. There is one report of a local pilot who watched nervously as a town loader drove by in front of him on landing. As a group of responsible individuals, our commission thought the people of Haverhill should get a chance to decide this issue. The select board declined to put this decision to the voters so the Airport Commission members sought a sufficient number of signatures to place this article by petition.

I might take a moment for historical reflection. Going way back to the mid 1940's, the airport land was donated to the Town by the Dean family for the purpose of creating an air-  
Dick,

*Thank you for this explanation. To further the information, I would like add that the proposal is for a cul-de-sac to be added on the west side of the airport strip, in the area of the house, that will allow for traffic to turn around. I believe also that gates would be added on both sides of the runway to deter traffic.*

*I applaud the Airport Commissioners for making the extra effort to place this article before the voters on town meeting day, March 10.*

Gary Scruton, Editor

port. We the people of Haverhill accepted this arrangement. Over time, the orientation of the runway has changed and some of the land was taken by the Town for the Middle School and later some was taken for the Commercial Park. In both cases, the airport commission was cooperative as they are community members and able to see the practical side that neither taking had diminished the original purpose of the land the town accepted for the airport.

Both of the commercial operations in the Commercial Park are run by pilots who use the airport and it is likely that the airport will be a factor in any good commercial venture that comes along in the future. In addition to being a unique asset to the Town, DMA is tax neutral. We are self-funding and, in fact, our privately owned hangers pay property taxes to the Town as well as fees to the airport. We also give the area youth an opportunity to experience flight as well as a scholarship program for those with aviation related interests.

This all brings us back to our meeting with the select board. One member, Rick Ladd, was particularly outspoken in relating that some 7 or so years ago there was correspondence indicating that this issue should be resolved by means other than closing off this section of road. In the years since then, every reasonable effort was made to work out a relocation of the road further from the end of the runway. The length of the runway is already at the minimum so it cannot be shortened. Also, the Commercial Park Road has been upgraded and paved and now offers a viable alternative to access the distant parts of Airport Road.

On the one hand, it's impressive that Mr. Ladd can recall and produce correspondence from years ago but what truly matters is the situation before us today. We need to make a decision on the safety of people who use this road at 50MPH and those who skim over it at 70 MPH. Do we want to risk having a collision that we can avoid? Last year, the school board chose to ask that no busses travel along this section anymore so that's a start. Now the voters may determine what else, if anything, they wish to do.

Sincerely,

Richard Guy, Chair  
Dean Memorial Airport Commission

## Letter To The Editor

### ORFORD VOTERS: ARE YOU AWARE?

What happened to Orford's Highway Crew ? The road agent and his two helpers work under the supervision of the select board. I am sure many in Orford think it is strange that within the last five months our road agent quit (16 years), a truck driver of almost eight years quit and a second driver of almost eight years was either terminated or quit. Exit interviews are required so I am sure the select board can give good and honest reasons for the change.

According to the Budget Advisory Committee, the town budget could go up 8.52%. The proposed budget presented by the select board was rejected by the budget committee to no avail.

Please attend Town Meeting on March 10. Voting starts at 4:00 and warrant article discussion at 7:00.

Thank you, David Bischoff,

Ex Chairman of the Orford Board of Selectmen.

I can be reached at 603-208-6328 cell or 772-577-6572 David,

*I can only echo your suggestion that voters show up to join the discussion and to vote on Town Meeting Day. Every town will have their own issues and concerns, not the least of them being property taxes. But it is the choice of the voters as to how much those taxes will go up, or down.*

*For those who do not participate there is little you can say about the decisions that are made. I believe this to be true for town budgets as well as school budgets. Even if your involvement is only at the annual meeting, it is your right to be heard, and to vote. Please exercise that right.*

Gary Scruton, Editor

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The Haverhill, NH Police Department is currently accepting applications for the position of office manager. Associates Degree in related field or comparable experience required. Candidates must pass written and oral examinations, background investigation and criminal history check, drug test and psychological examination.

The successful candidate will need to demonstrate a proven ability to quickly learn new computer programs. Qualified applicants must possess proficiency in Windows environments, online E-mail and research, and mastery of MS Excel and Word programs. Knowledge of current office methods and procedures in addition to excellent oral and written communication skills are essential. Excellence in business writing and communication are required. Organizational skills and ability to multi task are necessary. Experience in the field of law enforcement, proven grant writing ability, and familiarity with Tri-Tech (IAC) software is preferred, but we will train the right candidate.

The office manager reports directly to the Chief of Police and is responsible for, but not limited to, the following: maintain calendars, dispatch calls for service, assist the public, process and retrieve police reports and electronic evidence, draft and finalize correspondence, prepare weekly press release, recommend, purchase, and maintain office equipment and supplies, manage office workflows, supervise office assistant, maintain Department website and Face book page, write, track, and follow up requirements for Department grants, computer help desk duties, assist with budget and budget tracking, compile, analyze and report statistics, complete Federal, State and/or Local reports and other tasks and duties as assigned by the Chief of Police. Confidentiality and ability to work with the public are essential.

This is a full-time salaried position paying a competitive wage and benefits package. Ability to work extra and/or flexible hours is required. Anticipated starting date is April 1, 2015.

Applications open until March 9, 2015 and may be obtained online at [haverhillpolice.com](http://haverhillpolice.com) or at the Department. You may apply in person at the Haverhill Police Department, 2975 Dartmouth College Highway, North Haverhill, NH 03774. 603-787-2222.

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# Dear Marci...

Dear Marci,  
 My Medicare Advantage plan recently refused to pay for a lab test I received. One friend told me that I should file an appeal with the plan, but another told me that I should file a grievance. What is the difference between an appeal and a grievance?

Gary

Dear Gary,  
 An appeal is a request that you make to Medicare or your Medicare Advantage or stand-alone Part D plan to reconsider its decision to deny coverage of an item, service, or medication. If your Medicare Advantage plan refuses coverage, it must send you a written notice that explains the reason for the denial and your appeal rights. A grievance is an official complaint filed with your Medicare

Advantage or Part D plan if you are dissatisfied with the behavior or actions of your plan or its representatives. A grievance might be filed if your plan has poor customer service, or if it takes too long to process an appeal. In some situations, you may want to file both an appeal and a grievance.

In your circumstance, if your plan refuses to pay for a lab test that you received, then you should file an appeal. The appeal will ask your Medicare Advantage plan to reconsider its decision to deny coverage of the test. If your plan is covering the lab test but you were dissatisfied with the plan's actions during the process (for example, a plan representative was unhelpful when you asked how to file an appeal), you can file a grievance.

Keep in mind that there are different kinds of Medicare appeals. The appeals processes and timelines differ among these types of appeals. For example, you can request a faster timeline with your Medicare Advantage or Part D plan if your health or life would be jeopardized without the service, item, or drug. Fast appeal timelines are called expedited appeals. Ask your doctor for help filing an expedited ap-

peal. You can also get a fast appeal if your hospital, home health agency, skilled nursing facility, hospice or comprehensive outpatient rehabilitation facility (CORF) care is scheduled to end. Make sure to follow the instructions and stick to the timeframes listed on the denial or termination notices. There are higher levels of appeal if you are unsuccessful at the first level.

To file a grievance, send a letter to your plan's Grievance and Appeals department. Contact your plan for the address. You can also file a grievance by calling your plan, but it is best to send your complaints in writing. You can also send a grievance to Medicare over the phone, to do this call 800-MEDICARE and ask to file a grievance against a plan. Be sure to send your grievance to your plan within 60 days of the event that led to your grievance. Your plan must investigate your grievance and get back to you within 30 days. If your request is urgent, your plan must get back to you within 24 hours. If you have not heard back from your plan within this time, you can call your plan or 800-MEDICARE to check on the status of your grievance.

-Marci

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# Supporting Exhausted Adrenals

Adrenal insufficiency is suffered by tens of millions of Americans. The numbers are rising every year largely due to worsening nutritional deficiencies from an over-processed food diet and chronic mental and emotional strain. The Adrenal glands are the primary organs for fighting stress. They are responsible for warding off the ill effects of every conceivable mental and/or physical stressor. Emotional strain, especially anger, causes significant, even profound disruption of Adrenal function. Adrenal failure is associated with hypoglycemia and blood sugar imbalance, because the Adrenals exert potent control over blood sugar status. Their job is to prevent blood sugar levels from dropping suddenly as a result of stress. Herbs can help strengthen and nourish weakened Adrenal glands for those who suffer from the symptoms of blood sugar imbalance syndromes like diabetes and hypoglycemia.

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**BEE POLLEN:** A highly nutritive, tonic substance rightly known as a "superfood". Completely balanced for vitamins, minerals, proteins, carbohydrates, fats, and all essential amino acids. Use only unsprayed pollen for therapeutic applications. Used as part of a full spectrum building and rejuvenative formula, particularly for the extra nutritional and energy needs of athletes and those recuperating from illness; for general healthy blood building. Builds resistance to diseases, helps to boost healing powers and provides the body with energy.

**SIBERIAN GINSENG:** (*Eleutherococcus Senticosus*), An excellent general tonic and nutritive herb with particular stimulation for the circulatory system, and exhibiting many of

the rejuvenative, adaptogen properties of Ginseng in terms of energy and endurance. Used in all tonic and energy formulas as a combatant to depression and fatigue, especially where rebuilding system strength after mental or physical exhaustion, and stress; as part of an immune rebuilding combination to increase body resistance to disease; an effective component in lowering blood pressure and cholesterol and stimulating adrenal function.

**SCHIZANDRA BERRY:** (*Schizandrae Chinensis*), A very strong tonic and adaptogen herb with circulation-stimulating activity. Used as part of a longevity and immune stimulation combination; to help in allergic skin reactions; used for asthma and dry cough.

**LICORICE ROOT:** (*Glycyrrhiza Glabra*), Used as a specific in a blood cleansing and detoxification tonic; as a specific in a formula to regulate both hypoglycemia and diabetes; as a specific in formulas to balance both male and female hormones; to speed healing of mucous membranes in a formula for gastric and duodenal ulcers; as a primary stimulant to the adrenal glands; as an anti-fungal in treating *Candida Albicans* yeasts; as part of an anti-bacterial formula against staph and strep. Nutrients: calcium, choline, iron, magnesium, manganese, phosphorus, potassium, selenium, silicon, zinc. Vitamins B1, B2, B3 & C.

**HAWTHORNE LEAF, BERRY & FLOWER:** (*Crataegus Oxyacantha*), A tonifying high bioflavonoid herb for the heart and circulatory system, with vaso-dilating and heart muscle strengthening activity; also effective in reducing high blood pressure and arterial plaque. Helps maintain clear arterial channels and promotes healthy circulation. Assists in maintaining healthy cholesterol and blood pressure levels already within normal range Nutrients: Amino acid, calcium, choline, chromium, essential fatty acids, iron, magnesium, manganese, phosphorus, potassium, selenium, silicon, zinc. Vitamins B1, B2, B3 & C.

**ASTRAGALUS ROOT:** (*Astragalus Membranaceus*),

An organ toning and balancing herb, particularly stimulating to the immune system. Nutrients: Calcium, choline, copper, essential fatty acids, iron, magnesium, manganese, potassium & zinc.

**GOTU KOLA HERB:** (*Centella Asiatica*), A memory and brain tonic herb used to overcome depression, and increase longevity, heart and nerve health. Used as a specific in all brain and memory stimulation formulas; such as learning disabilities and Alzheimer's disease; as a specific in any energizing, mental "burn-out" in an anti-aging formula; to increase healthy circulation. Nutrients: Calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 & C.

**KELP, LEAF & STEM:** (*Ascophyllum Nodosum*), A sea vegetable rich in iodine, chromium and other mineral; with anti-biotic, cleansing and adrenal/thyroid stimulating activity.

**DULSE LEAF:** (*Rhodymenia Palmata*), A potent sea vegetable with excellent absorbable mineral and protein content. All sea vegetables contain radio-protective properties. Red sea vegetables, such as Dulse are the most effective at binding plutonium. Used for its high mineral, iron, calcium or potassium content as part of a protective formula against radiation and environmental pollutants.

**GINGER ROOT:** (*Zingiber*

*Officinale*), Promotes digestion and the elimination of natural toxins. Used as a catalysts in nerve and sedative formulas; as a diaphoretic where sweating is needed for removing toxic wastes; as a stimulant to the kidneys for extra filtering activity. Nutrients: Amino acids, calcium, essential fatty acids, iron, magnesium, manganese, phosphorus, potassium, zinc. Vitamins B1, B2, B3, B6 & C. Ground ginger also contains vitamin A.

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

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By Ronda Marsh

If you would like to reach Ronda Marsh you can email her at [trendychefronda@gmail.com](mailto:trendychefronda@gmail.com).

## My Little Cannoli Cups

I recently hosted an early-evening gathering of female

friends, and decided to serve a variety of pretty desserts for everyone to enjoy. Since Cannolis are among my top 5 favorite goodies, it took me about a nanosecond to include them among the array, but I really was hesitant to purchase the requisite Cannoli shells for a couple of reasons. Firstly, they are a bit pricey...about fifty cents each, which isn't a lot when you are making four or five of them, but I wanted to make more than double that amount. Additionally, those shells are pretty large; fine if they were the only dessert, but I wanted my guests to feel free to have (and have the room in their tummy for) more than one choice. About the time I was pondering all of this, I recalled bookmarking an idea I'd seen on the internet, where someone made little miniature Cannoli bites, using purchased pie pastry to form the cups to hold the Cannoli filling, in lieu of the traditional shells. The perfect solution; economical, easy to handle, and just a couple of bites each!

I made my usual Cannoli filling, which has a nice fluffy texture (thanks to the addition of a little heavy cream), and added the grated rind of an orange, as well as cinnamon, vanilla, and then folded in mini chocolate chips. Here is where I confess that I could happily stuff myself with this concoction...no shells needed. But, since it probably would be considered poor party manners to just pass out spoons and hand around a bowl, I exercised restraint and made the cute little pastry cups, by sprinkling the ready-made pie crust with cinnamon sugar then pressing rounds into muffin tins.

I probably don't have to tell you that these little gems were a really big hit with my friends. After all, what's not to like? A creamy, citrus-scented ricotta filling, studded with chocolate and delivered to your salivating mouth in a casing of flaky pastry with just the slightest crunch of cinnamon sugar. Makes me wish I had one (or two, or three) right now!

- 1 package Pillsbury refrigerated pie crusts (2 crusts)
- 3 Tablespoons granulated sugar + 1 teaspoon cinnamon, mixed (for the shells)
- 1 (15 ounce) container full-fat Ricotta Cheese
- 1 Tablespoon granulated sugar
- ¼ cup confectioners' sugar
- ½ cup very cold heavy whipping cream
- 1 teaspoon vanilla
- ½ teaspoon cinnamon
- Grated rind of one orange
- ¼ cup mini-chocolate chips, + more for topping finished cups

**Cannoli filling:** Drain cheese overnight in refrigerator in a strainer lined with cheesecloth (or a disposable coffee filter, if you have one). Place strained ricotta in a large bowl and beat with electric mixer until somewhat smooth. Add remaining ingredients, except chocolate chips and continue to beat at medium to high speed until fluffy and the consistency of buttercream frosting. Taste and adjust flavorings, if necessary. Fold in the mini chips. Refrigerate mixture until ready to fill the cannoli cups (overnight is fine).

**Cannoli pastry cups:** Pre-heat oven to 425°F. Unroll one crust. Sprinkle evenly with about half of the cinnamon/sugar mixture. Lay a sheet of waxed paper or parchment over the crust and roll with rolling pin to press topping into crust. Remove paper, and cut circles from dough with a biscuit cutter, or other appropriate sized template (I use my one-cup dry measuring cup; it's perfect!). Re-roll scraps and repeat (I get 11 circles from each crust). Repeat with second crust (you will have a total of 22 pastry circles). Press pastry circles into ungreased muffin tins and prick the bottoms with a fork to prevent them from rising up. Bake for 8-10 minutes, until golden brown. Remove to a rack to cool. These can be stored in a tightly sealed bag or covered container at room temperature for several days before using.

Within a few hours of serving time, complete the Cannoli Cups by loading the filling in a pastry bag fitted with an open star tip (or a large food storage bag, cutting off one corner). Pipe each pastry casing full, and sprinkle tops with a few additional mini-chips. Place on serving dish and dust with confectioners' sugar to complete. Store any leftovers covered, in the fridge.



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