

A FREE PUBLICATION

TRENDY

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TIMES

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MARCH 31, 2015 VOLUME 6 NUMBER 13



71st Annual North Haverhill Fair Present: Craig Wayne Boyd, Friday, July 24

The Thayer Stage at the North Haverhill Fairgrounds has been the sight for many up and coming country music stars in the past. Such names as Keith Urban, Luke Bryant and Blake Shelton have stepped foot on that stage and entertained the gathered crowd with some great music. Even last year's featured artist, Frankie Ballard, has moved forward with two #1 hits and a third one currently climbing the charts.

It is time now to announce the 2015 name to very possibly be added to that list. The winner of Season 7 of NBC's "The Voice" is the next star to shine on Thayer Stage. Craig Wayne Boyd not only won The Voice, with help from Thayer Stage veteran, Blake Shelton, but he also accomplished something that only one other artist has ever done. His single "My Baby's Got a Smile on Her Face" was listed as the #1 song on the US Hot Country Songs chart the first week it appeared. The other artist to do that was Garth Brooks.

The success of Craig Wayne Boyd is, like so many other "overnight" sensations, anything but. Boyd spent over a decade in Nashville chasing his dream of being a country music star. He wrote songs and performed a lot during that time, but almost quit before getting the break he needed when he was asked to audition for "The Voice".

The second single to come from Boyd "I'm Still Here" is a song he wrote during the last week of his winning season. That song was debuted during his live performance on March 19, 2015 in Vegas. Time will tell how well this new song performs.

The North Haverhill Fair appearance of Craig Wayne Boyd will be Friday, July 24 at 8:30 PM. As in past years your paid gate admission is all you need in order to enjoy the concert.

While on the fairgrounds there will be plenty of other venues to visit. Besides the concert, Friday also will again feature the 4-cylinder Demolition Derby. Plus you can

visit the commercial building, the Stoddard Building with 4-H and Grange displays along with arts & crafts and photography exhibits.

Other entertainment specials at this year's North Haverhill fair will include the return of "Horses, Horses, Horses". This traveling show will have several performances each day with a variety of the four legged stars. from miniature ponies to big stallions there is bound to be a favorite for you, the kids and everyone else in your group.

Another returning act for 2015 will be Sylvia and her Magic Trunk. This ventriloquist has a show that can be watched time and time again. Her use of members of the audience also makes for some special moments. Plus her own cast of characters can entertain all ages. Again, this show is free with your paid gate admission.

Other events that make a return to the 71st annual North Haverhill fair will be the Wednesday night mini-van and 6 & 8 cylinder demolition derbies. Wednesday will also



feature a ride special from Fiesta Shows. Other ride specials will be Thursday night and Sunday afternoon.

Thursday's entertainment will see North Haverhill's Got Talent on the Thayer Stage. Those who wish to take a shot at the cash prize are encouraged to take their spot in the spot light.

Thayer Stage will also

host Survey Says on Sunday as teams will compete for the 2015 bragging rights. Sunday will also see the return of the big 4x4 Truck Pull.

For more details on the 2015 edition of the North Haverhill Fair check the website www.nohaverhillfair.com or like us on Facebook.

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TRENDY Dining Guide

Everybuddy's Casual Dining

By Gary Scruton

Volume 6 Number 13
March 31, 2015

The breakfast bell rang loudly on a spring Saturday morning. And we decided to answer it in Lyndonville at what is now Everybuddy's Casual Dining. Not long ago this same eatery was known as the Valley View Restaurant. I mention this only because to the person not aware, there could be some confusion once you step inside and take a seat. The breakfast menu, as well as the stout coffee mugs still welcome patrons to Valley View. Now I am not suggesting that the coffee mugs be thrown out. By no means! They are good solid, thick mugs that are refilled graciously and at no extra cost. They feel good in your hand and just simply feel good with that morning brew.

The menu also has not changed. And that is not a bad thing either. The breakfasts that are listed all have interesting names. There is the Logger, the Vermonter, the Snowmobiler and many others. Each with a different combination of some fine country cooking.

This particular morning I was hungry enough to try the breakfast Sampler. By its name you could tell that it contains a good variety. To be specific, 2 eggs, any style (over easy please), home fries (good solid chunks of potato with some delicious seasonings), bacon-2

strips, two link sausages (again nicely spiced) a sizable chunk of ham, and two pancakes (can you please add blueberries to mine? Yes, and there was no up charge). It all came out on two plates, one for the two pancakes, and one for all the rest. I can report truthfully that indeed I was hungry as I managed to get around all of that food. I should also mention that although it was the highest priced meal on the breakfast menu, it was still under \$10.00.

My wife likes her omelets. Everybuddy's casual has a few specific choices, plus a list of ingredients in order to make your own. She went with one called the Snowboarder. Three eggs, steak, mushrooms and onions with cheese. Plus two slices of toast. It was certainly a well prepared dish. The steak was chunks of meat, not just some ground up or shaved pieces. The mushrooms were thick sliced so that you knew it when you got one. The onions were caramelized. And it was rounded out with Swiss cheese. Toast was a choice of white, wheat, rye or raisin. This breakfast treat was priced at just \$7.29.

In regards to the waitstaff, there appeared to be four waitresses on duty and each appeared to be quite competent as well as friendly to regulars and to those like us who are

only there on occasion. Seating at Everybuddy's has plenty of options as well. There is a bar with stools, as well as tables that are easily moved around to seat two or much bigger groups. On this particular day our greeter even allowed us to "go find a seat anywhere and I will follow you."

Though I am somewhat easy to please, as long as the food is good and the wait staff is professional, I really enjoy my meals at Everybuddy's Casual Dining on the north end of Lyndonville, right next to Bean's Mobile Homes near the Junction of Routes 5 & 114.

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Haverhill Historical Society To Sponsor Local History “Meet-Up”

HAVERHILL, NH — The Haverhill Historical Society will sponsor a local history “meet-up” on Thursday, April 9, the Society has announced. The meet-up will be held at Shiloh’s Restaurant in Woodsville and will begin at 5:00 PM.

The meet-up is an opportunity for area residents who are interested in local history to come together and share knowledge, reminiscences, and questions in an informal setting over dinner. There is no charge for the program and no registration is required, but participants must pay for their own meals. This will be the first in what the Historical Society hopes will be a series of such meet-ups.

Representatives of the Historical Society will be on hand to introduce the event and facilitate, but the discussion will be driven by the interests of the attendees. Whether recalling historically significant milestones or simply the daily customs of by-gone times, participants will be invited to “hear a story / share story.”

Meet-ups are an increasingly popular format for events at which people gather regularly to discuss shared interests, often over meals. Rather than offering presenters and programs, meet-ups draw on the knowledge and enthusiasm of the participants themselves.

“Part of the mission of the

Historical Society is to foster and support our neighbors’ interest in local history,” notes Robert Roudebush, a trustee of the Society and the coordinator of the meet-up. “We hope to create a regular event at which people will be able to share their own personal knowledge of our region’s history.”

Though registration is not required, since this is the first such event, the Historical Society would appreciate hearing from people who plan to attend. They may call or e-mail Roudebush at 603-787-6549 or roudewine1@charter.net.

The Haverhill Historical Society is on-line at HaverhillHistoricalSociety.blogspot.com

Lyman Church Reopens On Easter

Join us in a rebirth this Easter at Lyman Bible Church, opening its doors for the season.

Easter Sunday April 5 service is at 10 am with light refreshments and visiting af-

terward.

Please join us as we reopen the church for the new season and celebrate God’s renewal and spring.

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See Facebook: Lyman Bible Church for more details.



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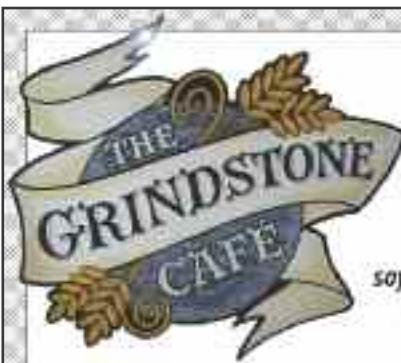
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ALL ARE INVITED - HEAR A STORY / SHARE A STORY

Thursday, April 9, 2015

5:00 pm – 7:00 pm

Shiloh’s Restaurant, Woodsville, NH

Limited Seating Available

We will be remembering and sharing the area’s history while enjoying good food and drink!

**There is no charge for being part of this casual fun gathering,
but the cost of your food and drink is your responsibility.**

Let us know if you’ll be a part of it!

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QUESTIONS? CONTACT ROBERT AT 603-787-6549 OR ROUDEWINE1@CHARTER.NET



By Rich Ladd - Haverhill

It's budget time!

Within the past week, the media has carried one article after another regarding state funding of highways and education. House Finance has proposed that education (stabilization) funding be reduced by \$46,000,000. I have asked, "How will this reduction impact education and operation of schools in Haverhill?" A quick look at the spreadsheet provided the answer. Under the current funding formula, Haverhill would receive \$4,173,836 from state adequacy in FY16. With reductions as proposed by Finance, Haverhill would receive \$4,104,790 in FY16

and \$3,329,928 in FY17. Notice that the reduction for FY17 is significantly more than FY16. The intent for establishing a lesser reduction in FY16 was to assist schools in preparing and planning for the heavy reduction to follow in FY17. The cuts are premised upon declining enrollment; however, the difference between the current funding formula and the projection for FY17 is a huge loss of \$843,908. A harsh reduction!

In response to comments, Finance offered a different scheme. The new stabilization reduction formula limits state aid reductions to no

more than \$750,000 per school district; however, this proposal is inherently unfair to smaller districts such as Haverhill, Northfield, etc.

The formula is plagued with unfairness. For larger districts such as Manchester, Claremont or Berlin, the \$750,000 limit is a much smaller portion of their total grant, but when the maximum \$750,000 reduction is applied to towns like Haverhill or Northfield, the reduction has a much different result due to the cut being a greater percentage of the whole.

Haverhill has a low median family income level and the tax base is not as strong as many communities. Recognizing that budgets must be built upon sound revenue projections and real dollars, I offer another plan that accounts for community disparity. Reduce school district stabilization funding in accordance with the number of eligible district students in the free and reduced meal program. This program is an accurate measure of community need and wealth. By applying the statewide free and reduced meal program average participation rate of 28%, or even using a cut-off as high as 35%, towns such as Haverhill at 40% or Northfield at 37% would benefit from a reduction formula aligned more closely with the local tax base. This formula would address the issue of community disparity. Communities with a weak tax base as demonstrated through student participation in the free and reduced meal program would have a lesser reduction in stabilization funding.

Thank you and your input is always welcomed.

Muehl Achieves Million Dollar Round Table

Outstanding client service, ethics and professionalism have enabled Nathan Muehl of Wells River, VT, to achieve membership in the prestigious Million Dollar Round Table – The Premier Association of Financial Professionals. Muehl is a 3-year member of MDRT.

Attaining membership in MDRT is a distinguishing career milestone. It requires Muehl to adhere to a strict Code of Ethics, focus on providing top-notch client service and continue to grow professionally through involvement in at least one other industry association.

"MDRT brings great minds in the global financial service profession together and provides access to career shaping resources and

networking opportunities necessary to take ones' businesses to the next level, said MDRT President, Caroline A. Banks, APFS." At MDRT, I found people who were willing to help me learn and grow – the knowledge sharing is invaluable and can have a profound impact on members' professional and personal lives."

MDRT also provides continuing education opportunities, informative and inspirational meeting and encourages members to support community and charitable involvement through the MDRT Foundation.

For more information, contact Muehl at 802 588 5035 or Nate@nmafinancial.com.

Raising A Piglet In Your Backyard

Thursday, April 23, 2015 (6:00 – 8:30 PM) at the Grafton County UNH Cooperative Extension office, 3855 Dartmouth College Highway, North Haverhill, NH.

Come listen to Dot Perkins, UNHCE Livestock Field Specialist, to get all the facts and many practical tips pertaining to raising and caring for pigs in New Hampshire.

Dot will cover information about different breeds, housing and space requirements,

basic care, and an overview of processing. Also included will be swine nutrition, their health, and how pasture fits in.

Register on-line at: https://www.events.unh.edu/RegistrationForm.pm?event_id=17597

For more information contact Heather Bryant at heather.bryant@unh.edu or call 603-787-6944.

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BRUSHY BEAVER & TOOTHY TIGER PROGRAM *Empowering Kids To Be Responsible For Their Own Oral Health*

By Marianne L. Kelly

At one time or other parents have struggled with the sighs, moans and complaints when encouraging their children to take proper care of their teeth.

The Brushy Beaver & Toothy Tiger Dental Program, open to children ages 5-12, is a four week program, that creates a fun dental experience, while teaching all important oral hygiene.

Dr. Melanie Lawrence, owner of the Newbury Health Clinic, along with The Dartmouth Research Co-op teamed up to pilot a dental education program in Bradford, Newbury and Piermont. This pilot program has been in effect for four years and is now ready to reach out and include more schools for participation in the program.

The first two sessions, aimed at third and fourth graders, known as "Brushy Beavers" teaches them about plaque and tooth decay, while giving practical skills such as brushing, flossing, leading up to the students becoming oral health coaches to kindergarten children, called "Toothy Tigers."

The last two sessions sees the "Brushy Beavers" as oral health coaches, passing along what they learned to the "Toothy Tigers," by assessing little mouths for signs of tooth decay and cavities.

The coaches use specific screening tools including pictures of healthy and unhealthy teeth, to explain to the younger children the importance of good dental hygiene, and demonstrate correct brushing and flossing techniques. Along with instruction and coaching, students receive educational materials along with toothbrushes, toothpaste and dental floss.

A trained dental hygienist will be on hand, with the help of the "Brushy Beavers" oral health report cards, assesses those children needing to be seen by a dentist, and gives confidential information to school nurses.

The next presentations are in two parts. Part one of the "Brushy Beavers & Toothy Tigers" presentation, is more informational and takes place on April 9, from 8:15am-9am, at the Piermont Village School. Part two sees the "Brushy Beavers," using what they learned on the younger students, and takes place on April 16 at the Piermont Village School from 8:15 am-9 am.

For more information, contact Sheena Loschiavo, BS, RDH, Care Coordinator at the Newbury Health, Tuesdays and Wednesdays at (802) 866-3000, or email: sloschiavo@littlerivers.org.

Cottage Hospital Auxiliary Announces 2015 Golf Tournament

WOODSVILLE, NH The Cottage Hospital Auxiliary announced that its 13th Annual Golf Tournament will be held on Saturday, May 30, 2015 at the Blackmount Country Club in North Haverhill.

The Cottage Hospital Auxiliary's golf tournament will kick off the 2015 golf season and provide area golfers with a great day of golf, food, prizes and fun. Sign-in for registered teams will be at 8:30 am with a shotgun start at 9:00 am and an awards luncheon served at 1:00 pm for all participants.

Interested golfers are encouraged to submit their team registration form and payment early. Registration and tournament information can be obtained by calling Barb Fitzpatrick at (603) 272-9124 or contacting Don Perlee at (603) 838-2346 or



d.perlee@yahoo.com.

The Monroe Community Church will again be serving their barbecued chicken luncheon and snacks and other refreshments will be available throughout the entire tournament.

The cost for the Auxiliary's 13th Annual Golf Tournament remains the same as the prior two years, \$75 per player/\$300 per team. The cost includes the 18 holes of

golf, green fees, carts, luncheon, snacks and as in past years players will be competing for many great individual prizes for contests as well as 1st to 4th place team prizes. The proceeds from this tournament will be donated by the Auxiliary towards the construction of Cottage Hospital's new Dr. Rowe Health Center, which is being built directly across from the hospital.

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COTTAGE HOSPITAL AUXILIARY
13th Annual Golf Tournament
Saturday, May 30, 2015

**Blackmount Country Club,
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Team Sign-In - 8:30 am
Team Scramble - 9:00 am
Luncheon and Prizes - 1:00 pm
Team of 4 - \$300/\$75 per golfer
For Info call Barb at 603-272-9124 or
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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!

March 31, 2015 Volume 6 Number 13

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

WEDNESDAY, APRIL 1

STATIONS OF THE CROSS

6:30 PM

Church of the Messiah, No. Woodstock

WOODSVILLE/WELLS RIVER 4TH OF JULY COMMITTEE MEETING

7:00 PM

Woodsville Emergency Services Building

THURSDAY, APRIL 2

MAUNDY THURSDAY

SIMPLE SUPPER & EUCHARIST

6:30 PM

Church of the Messiah, No. Woodstock

FRIDAY, APRIL 3

GOOD FRIDAY LITURGY

6:30 PM

Church of the Messiah, No. Woodstock

SATURDAY, APRIL 4

EASTER BAKE SALE

9:00 AM – 3:00 PM

Bath Historical Society Building, Bath

SUNDAY, APRIL 5

EASTER SUNDAY EUCHARIST SERVICE

9:00 AM

Church of the Messiah, No. Woodstock

EASTER SUNDAY SERVICE

10:00 AM

Lyman Bible Church, Parker Hill Road

MONDAY, APRIL 6

GOOD OLE BOYS & GIRLS MEETING

12:00 Noon

Happy Hour Restaurant, Wells River

HAVERHILL SELECTBOARD MEETING

6:00 PM

Morrill Municipal Building, North Haverhill

MEAT BINGO

6:00 PM

Orange East Senior Center, Bradford

See article on page 7

TUESDAY, APRIL 7

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, APRIL 8

MONTHLY MEETING -

ROSS-WOOD POST #20 AMERICAN LEGION

6:00 PM

American Legion Home, Woodsville

THURSDAY, APRIL 9

MEET UP AND GREET

5:00 PM – 7:00 PM

Shiloh's Restaurant, Woodsville

See article and ad on page 3

FREE COMMUNITY DINNER

5:00 PM – 6:30 PM

St. Luke's Parish House, Woodsville

BOOK CLUB: LAKE PEOPLE

6:00 PM

Bath Public Library

CONN RIVER VALLEY BEEKEEPERS

7:00 PM – 9:00 PM

Grafton County Extension Office, North Haverhill

FRIDAY, APRIL 10

AMERICAN LEGION RIDERS

MONTHLY MEETING

6:00 PM

American Legion Home, Woodsville

SATURDAY, APRIL 11

PENNY SOCIAL

1:00 PM Door open / 2:00 PM Drawings

Haverhill Municipal Building, North Haverhill

See ad on page 7

BRADFORD'S 250 YEARS OF HISTORY

2:00 PM – 4:00 PM

Bradford Historical Society Museum

172 N. Main St.

TAX RELIEF DINNER (ROAST PORK)

5:00 PM – 7:00 PM

American Legion Post #83, Lincoln

SUNDAY, APRIL 12

BENEFIT TEXAS HOLD "EM POKER

1:00 PM Tournament / 11 AM Cash

American Legion Post 58, Maple St. St. J. Vt.

MONDAY, APRIL 13

ROSS-WOOD AUXILIARY UNIT 20

MONTHLY MEETING

6:00 PM

American Legion Home, Woodsville

TUESDAY, APRIL 14

ROAST BEEF DINNER

12:00 Noon

Orange East Senior Center, Bradford

See article on page 7

GARDEN GROUP

6:00 PM 802-757-2693

Baldwin Memorial Library, Wells River

THURSDAY, APRIL 16

ST. JOHNSBURY JOB FAIR

2:00 PM

St. Johnsbury School

VFW POST #5245 MONTHLY MEETING

7:00 PM

VFW Hall, North Haverhill

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

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

8:30 AM – 9:15 AM

First Congregational Church, Lyndonville

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 -

Groton Free Public Library News

YES, we DO have new release DVDs for borrowing! Stop by to check out our latest purchases and donations, or check our online card catalog: grotonlibrary.kohavt.org. We also have audiobooks on CD for your commute!

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

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

Monday, April 20 at 6:30pm: Monthly Monday Book Discussion.

This month: "To Kill a Mockingbird" by Harper Lee. Pick up a copy from the library and join us for a lively conversation!

Wednesdays, April 22-May 13 at 6:30pm: Free Yoga Classes.

This program is co-sponsored by the Groton Library & Groton Recreation Committee. Residents of all towns & all yoga levels are invited to take advantage of 4 free Wednesday yoga classes, taught by Kelsey Root-Win-

chester of Rising Spirit Yoga. Classes are held at the Groton Community Building.

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

Orange East Senior Center News

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

For March for Meals promotion, we will be having Meat Bingo on April 6 at 6:00 p.m. The doors will be open at 5:00 p.m. Their bingo prizes will consist of meat for example pork roast, turkey, and roast beef just to name a few. So please come and support Meals on Wheels.

AARP will be doing taxes

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

Bradford Elementary School will be hosting a Roast Beef dinner on Tuesday, April 14 at noon. If you are interested please let the school or us know so you can be added to the head count.

We are looking for some-

body 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.

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

Wells River Rotary Club Seeks Student Leaders

The Woodsville – Wells River Rotary Club is looking for student leaders interested in further developing their leadership skills, and having a great time while learning. The Club is sponsoring three students for the Rotary Youth Leadership Award (RYLA).

Participants must be finishing their freshmen or sophomore years at Blue

Mountain Union School, Oxbow High School or Woodsville High School. Selected students will attend a three-day conference at Lyndon State College on June 26-28.

The conference at LSC allows RYLArians to participate in exercises and games to teach them about different leadership styles, team build-

ing, ethics and community service. Students from New Hampshire, Vermont and Quebec will participate.

For more information or an application see your guidance counselor or contact Ian Clark, (802) 429-2477, ian@ianclark.com. Selection is competitive and the number of participants is limited, applying now is encouraged.

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

SUNDAY SERVICE 10:30AM
1st, 2nd & 4th Sundays
Holy Communion With Sunday School
3rd & 5th Sundays
Morning Prayer With Sunday School
Bible Study Following Coffee Hour

Penny Social
Saturday, April 11, 2015
Haverhill Municipal Building
Doors Open - 1:00 PM
Drawings Start - 2:00 PM

BENEFIT:
North Haverhill VFW & Auxiliary #5245

COME ONE COME ALL!!!

For more information call
Donna Bagley
603-764-9469
or
Janice Sackett
603-764-9949

Growing Shiitake Mushrooms In The Northeast

"Growing Shiitake Mushrooms in the Northeast" will be presented by grower Dean Bascom at Tenney Memorial Library, Rte. 5, Newbury, VT, on Thursday, April 9th at 7 p.m. Dean will outline the process of growing shiitakes, demonstrate the tools that are used, and will explain how to get started, from a one-log set-up to a mushroom yard. He will also discuss the origin, benefits, and uses of this unique mushroom.

Bascom has been raising shiitakes for five years now in Newbury VT. A former dairy farmer, he took part in a research project by UVM and Cornell to determine if a shiitake enterprise could be economically viable

for small farms in the Northeast. The results? It can be.

Bascom's mushroom yard is under the trees in the shade of his back yard. The production season runs from late May to early October. Given the number of logs he has, he harvests 400 to 600 pounds of shiitakes each season. They are sold to restaurants, at farm stands, at a food coop, and farmers' markets. And Bascom, and his wife, Donna, eat a lot of mushrooms themselves, preserving by drying and freezing for off-season use.

The presentation will be followed by time for questions and samples of shiitakes prepared in various methods. The program is free and open to all.

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A Walk In The Woods - Late March, 2015

By David Falkenham, UNH Cooperative Extension Grafton County Forester

Volume 6 Number 13
March 31, 2015

The freeze-thaw action of late winter has finally set the snow up for great snowshoeing and I trudge along, sinking only inches into the snow, which I know is still several feet deep. The dogs are elated to finally be able to walk on top of the snow and stretch their legs, having been trench-trapped in an impassable wall of white for most of this winter. I pause at the edge of a beaver pond, taking a moment to feel the sun.

Early signs of spring offer hope of what is to come. Our local wildlife know that spring is coming and their activity level has increased significantly in the last few weeks. Much of this activity can be observed near water and this is a great time of year to hike or ski into remote beaver ponds to get a glimpse of deep forest life in early spring.

The heat of the sun warms the bare trees, increasing insect activity in the bark and wood. Woodpeckers, who have been starving for most of the winter are suddenly drawn to the trees to feast, which explains the sudden appearance of woodpecker holes in trees this time of year. Bobcats, fisher and coyote take advantage of the great walking conditions to hunt for their favorite food. Barred owls are active in late winter search-

ing for food and mating and can often be heard hooting throughout the day and night. Otters as well, are very active and their playful slides often go on for several yards as they travel over land and through waterways, hunting beneath the snow and ice.

And of course there is the beaver, the masterful and over-motivated engineer who has designed and built this great habitat that I am currently walking along. Beavers are entirely vegetarian and feast mostly on the twigs, bark, and leaves of hardwoods. The chisel sharp teeth of beavers are constantly growing and they must chew wood throughout the year to maintain their proper length.

Beavers are slow on land, but they are masterful swimmers. Open water provides safe access to the trees they need to eat. When this water is not available, beavers build impoundments that enable them to swim to their food. Beavers build incredible dams, and will raise the water level as high as the landscape allows and as the need for food continues. I have seen dams as high as 10 feet tall and once witnessed a deer using a dam for safe passage to the land that was over a hundred yards to the other side.

Beavers will use the water

to float small trees and the branches of trees back to their lodges. They will secure the branches to the bottom of the pond with mud which gives them a winter food supply that can be accessed from the safety of the water. Late in the winter, when their food cache dwindles, beavers will occasionally leave the safety of the pond to find trees and restock their supplies. Their sudden activity is another sign that winter is slowly losing its grip on the North Country.

Historically beavers have been trapped for the trade of furs and for their castor glands (scent glands) which are used to this day to make expensive perfume. Regulated trapping is a pastime that is enjoyed by a handful of hearty individuals. Trapping beaver is a lot of hard work and commitment and it ensures healthy populations of beaver whose engineering feats, while entirely admirable, can sometimes become a challenge along roads and in urban areas.

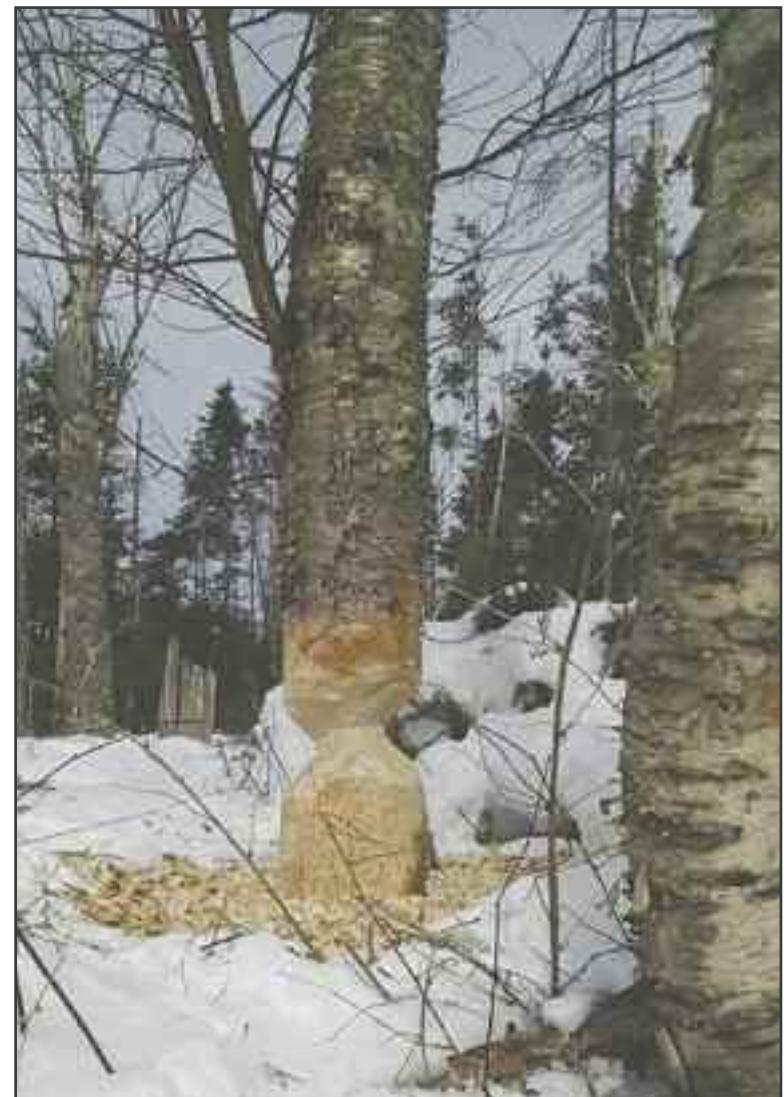


Photo by Jokie Falkenham

American Legion Celebrates Its 96th Birthday



On Saturday March 14, 2015 the American Legion Ross Wood Post 20, here in Woodsville, celebrated the American Legions 96 birthday. The American Legion family is comprised of the Legion, the Legion Auxiliary, the SONS of the American Legion and the Legion Riders.

The American Legion Ross Wood Post 20 Commander Oliver Brooks, Pictured, delivered a speech at this ceremony.

For 96 years, the American Legion has led the charge as America's leading

advocate for Veterans health care and rehabilitation, children and youth programs, a strong national security policy and 100 percent Americanism.

During war or peace, the American Legion will always be there to express our gratitude for our defenders of freedom. "We support the Troops" is not just a slogan to us. It's a way of life. We serve those who served and we serve America.

If you are a veteran, we invite you to join us as a member. If you are a male but not a veteran and your father or Grandfather served, you're eligible to join our Sons of the American Legion. The spouse of a Veteran or the daughter of a veteran may join the Legion Auxiliary. Come by the Post and pick up a membership application. We would love to have you join us.

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Historic Monroe Farm Conserved Forever

MONROE--An important part of the heritage and beauty of the Connecticut River valley has been conserved forever. Thanks to the foresight and generosity of the private landowner and a host of funding organizations, Ammonoosuc Conservation Trust (ACT) has conserved a unique stretch of farmland, forests and islands along the Connecticut River in Monroe.

The 311-acre property is owned by Richard Johnson, whose family settled there about 1800. Mr. Johnson wanted to see the land, which was a dairy farm into the 1990s and is now used for hay and corn, to be conserved forever so another family may farm it.

The farm is an emblematic New Hampshire place, prominent from the Connecticut River itself and from NH Route 135, which is part of the Connecticut River National Scenic Byway.

Over 2,200 feet of shore land are protected, providing important habitat for a variety of shorebirds and other wildlife. The rich agricultural soils are among the highest ranked in the state. The property rises up along the ridge to Gardner Mountain, where ACT has already conserved 1,100 acres. This part of the land provides highly important wildlife habitat, including for imperiled bats that hibernate on the mountain.

In addition, the property includes two islands. One has highly important floodplain forest, a type of habitat that has declined dramatically in the Connecticut River valley. The other island is an unusual bedrock formation. It will be the site of a new campsite for the Connecticut River Paddlers Trail. Vermont River Conservancy, which worked in partnership with ACT on the project, will manage recreation on the island.

The Johnson Farm is conserved with a permanent conservation easement. Conservation easements are legal agreements between landowners and an organization like ACT. The easement protects natural resources, scenic qualities, and assures public access while placing residential development limits on the land. ACT's easement is also "farm-friendly," meaning that future farming and forestry are encouraged on the land. Mr. Johnson chose to conserve his land because it has been in his family for generations and he wants to know that it will be farmed instead of turned into a housing development.

When selecting lands to conserve, ACT seeks lands that possess diverse natu-



ral resources and are important in their communities and in our North Country region. Preserving agricultural land, water quality, scenic views, wildlife habitat, and providing new recreational opportunities on the Connecticut River, and the interest of the landowner are reasons the Johnson property was ideal for a conservation easement. If you would like to learn more about preserving your land please contact ACT at 603.823.7777 or e-mail outreach@aconserationtrust.org.

This project has been six years in the making, and with the support of our members, generous funders, and the patience of Mr. Johnson this land will be forever conserved.

The project was made possible by the generosity of

ACT members and funders including: Federal Farm and Ranchland Protection Program (FRPP) through the Natural Resources Conservation Service, Upper Connecticut River Mitigation and Enhancement Fund, New Hampshire Land and Community Heritage Investment Program (LCHIP), NH State Conservation Committee grant program, through the sale of the Conservation License plates (Moose Plate), the Russell Farm & Forest Foundation, and through their funding of the Vermont River Conservancy, the Neil & Louise Tillotson Fund and TransCanada.

To learn more about ACT's role in land conservation in this region, please visit www.aconservationtrust.org.

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Cottage Hospital Auxiliary Continues To Help With Heart Health



HAVERHILL, NH – Cottage

Hospital Auxiliary recently donated funds for the purchase of a new, updated software program for use with the hospital's Cardio Stress Test Treadmill System. The purchase of the Stress Test Treadmill System was made possible through a donation by the Cottage Hospital Auxiliary last Fall enabling patients to receive specialty cardio

services locally.

Auxiliary members and hospital staff gathered recently to celebrate the new purchase. Pictured from left to right are: Karen Rajsteter, Auxiliary Member, Linda Pair, Auxiliary Co-President, Karen Woods, RTRMCT, Administration Director, Anil K. Mukerjee, MD, FACC, FACP, FASNC, RSCCT and Yvonne Claffey, RN.

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BATH, NH - Relax & watch the sunrise and set over the mountains. Custom built Ranch with a wonderful kitchen for the one who loves to cook. 1st floor Family Room w/wood stove, Formal Dining, Sitting room off the Living Room, 1st floor Master Room w/whirlpool tub, lower level is finished, root cellar, landscaped w/a variety of plantings. 2 Acre. More in condition. \$128,000.

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LITTLETON, NH - Imagine walking up on your own horse farm. Main barn consists of 5 stalls with turn out of the stalls, large tack room, high ceilings, nice stall, good size Hay Barn, smaller 3rd barn to store hay with chicken coop and run in for the pasture. 12.9 Acres of rolling pastures. newer run in shed. Ranch style farm home with a large entry to the open concept Living Room with fireplace along with a patio overlooking the farm. Dining area and Kitchen with plenty of cabinets, 2 Bathrooms, hardwood floors and more. Great place to relax and ride. \$145,000.

HAVERHILL, NH - Chalet style home for your year round living or weekend home. Close to the lake across the street. Lowly large screened in porch for the warm days. Great for entertaining or relaxing. Living room with cathedral ceiling and fireplace. 1st floor Master Bedroom, 2 Bathrooms, finished lower level with 2 Bedrooms and Family Room, walk out from Family Room to a patio. Mountain Lakes offers 4 Beaches, in-ground pool, tennis and much more. No association fees. Offered at \$151,000.

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LETTERS (and even some real words)

From The Editor

One person, one vote. It is an idea that has been around since the foundation of this country. There have been some additions to that rule over the years. Remember that back in 1776 only white males were allowed to vote. That is very different today. But it is still one person one vote. The issue we seem to have now is that not all those people eligible, or even registered to vote take the time to exercise that privilege. A great example is the Annual Haverhill Cooperative School District meeting of Thursday, March 19.

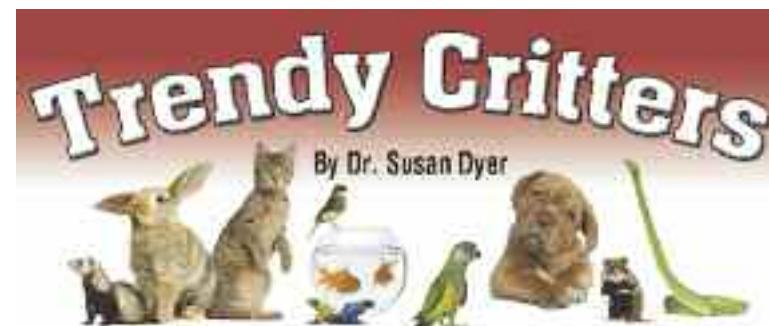
The town of Haverhill has just over 2500 registered voters. Each and every one of those voters pays property taxes in Haverhill, one way or another. Many will say that renters do not pay property taxes. I disagree. A renter pays rent to a landlord who pays the actual property tax bill. If the property taxes go up, the rent goes up. But when it came time to discuss, and vote on the annual school budget (a large majority of that property tax bill) less than 100 voters took the opportunity to attend.

At this year's meeting those in attendance were given a revised dollar number for the current budget. It meant that the proposed budget, rather than being about \$500,000 higher, was actually about level funded. However, an amendment was proposed and passed to increase the budget by just over \$200,000. Let me try to put that in a bit of a perspective.

A \$200,000 increase divided by 2500 voters means about \$80 per voter, if all had voted. The amendment that was passed had a vote of 42 in favor and 36 opposed. That is 78 votes. Divide \$200,000 by 78 and we get a little over \$2,500 per voter. But only 42 of those who voted were in favor of this increase. Back to the calculator and each of those 42 votes was worth \$4,751. Taking it one step further, the vote passed by six votes. That's \$33,333 per affirmative vote. Does that boggle your mind a bit?

Those are the numbers. Whether you were for or against the budget, it was passed because of how a half dozen people voted. Those six people turned a vote that should have been valued at \$80 and turned it into a vote worth more than \$33,333. And it did not happen because of what those voters did. It happened because of what more than 2,300 other voters did not do. Exercise their privilege and right to vote.

The moral? Utilize your rights. Be informed and vote when you have the opportunity. Every vote can make a difference.



NO LILIES FOR CATS! Spring Holidays Bring Deadly Threat To Cats

By M. Kathleen Shaw, DVM
Vermont Veterinary Medical Association

With the spring holidays of Easter, Passover, and Mother's Day, lilies will be present in many homes. This summer, daylilies will grace many gardens. They are favorite flowers to many of us: their color, fragrance, and beauty are hard to beat. However, what you may not know is lilies are deadly to cats. This is especially pertinent as a recent American Veterinary Medical Association survey shows Vermont tops in the nation for cat ownership with almost 50% of households having at least one cat.

All parts of the lily, including pollen are toxic to cats and cause sudden severe kidney failure and death, if not treated promptly. Even cats with seemingly minor exposure such as biting a leaf or getting pollen on his or her whiskers or hair coat can be fatally poisoned. We don't know why cats are attracted to lilies, but cats of all ages

are affected. It is especially tragic when young kittens, who like to chew on every-



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The Rev. Dr. Dwight A. White, 89, of South Bayley Hazen Road, Ryegate, died unexpectedly on Tuesday, March 10, 2015 at home in Ryegate Corner. He passed quickly and without suffering into the arms of his Lord and Savior on the family homestead after a rich and rewarding life.

Dwight was born in Cottage Hospital Woodsville on February 7, 1926, son of the late William Dustin and Ethel (Taplin) White. He was the

OBITUARY – DWIGHT ALLAN WHITE

fifth born of six children who survived childhood, growing up on the family homestead in Ryegate Corner. Two of his brothers farmed locally in Ryegate, his oldest brother and two sisters went on to become educators in Vermont. Dwight attended elementary school at the local schoolhouse and then Woodsville High School where he graduated in the class of 1944. He then served in the U.S. Army with basic training at Camp Blanding, FL before deployment to Saipan and Japan where he served until 1946. After discharge he enrolled at Westminster College in New Wilmington, PA, the closest to Vermont of the few colleges affiliated with the United Presbyterian Church, where he graduated cum laude after three years with a major in history. He then pursued a Master of Theology degree at Pittsburgh Xenia Theological Seminary, graduating and then being ordained as a

Presbyterian minister in 1953. Later in life he earned a Doctorate of Ministry degree from Drew Theological Seminary in Madison, NJ and received an honorary Doctor of Divinity from Westminster College.

While studying in Pennsylvania, he met Jean Dolores Shaffer, marrying her in May 1953 in her hometown of New Wilmington, PA. The two moved to San Francisco, CA where Dwight served as pastor of the Ingleside Presbyterian Church for five years. Their two children, William and Rebecca were born in San Francisco during this pastorate.

Further ministries followed in Fresno, CA, and at Presbyterian churches in Liberty Corner and Newark NJ with one year spent in Indiana on special assignment for the church. During his active ministry Dwight served on numerous national church commissions and delegations, with his church work becoming even more extensive after "retire-

ment" in 1991 to the family homestead in Ryegate. His service to the church included active service on the National General Assembly Council of the Presbyterian Church and an assignment on the Worldwide Ministry Council that included visits to mission projects and councils in Armenia and Zimbabwe. The presence of a large Armenian community in Fresno along with work for the Ministry Council led to a role on the board of the Jinishian Memorial Committee. Dwight also served local congregations as interim pastor and/or guest preacher in Barnet, Ryegate, Topsham as well as at numerous other churches in Vermont and New Hampshire. He has served many years as President of the Reformed Presbyterian Society of the Walter Harvey Meeting House in Mosquitoville (Ryegate), as chaplain of the St Andrews Society of Vermont and of VFW Post 5245 in North Haverhill. Most recently he has been serving as Moderator of the Session of the Topsham United Presbyterian Church at that church – moderating the annual congregational meeting in February.

As important as the church was in the life of Dwight, he also served in many community roles during his ministries and in retirement including as President of the Somerset County (NJ) Mental Health Association, as President of the Woodsville/Wells River Rotary Club, for many years as the "Ryegate Santa" delivering Christmas parcels to families in need, as a member of the board of Cottage Hospital in Woodsville, as Justice of the Peace and as a member of the Ryegate Board of Civil Authority. He chaired the committee that in the 1990s assigned official names for the first time to all of the roads in Ryegate as part of the establishment of the 911 emergency response system.

A special focus in retirement was the continuation of a long-standing White family interest in the history of the Scottish-founded town of Ryegate. His efforts here included serving since his return to Vermont as secretary/treasurer of the Ryegate Historical Society including a role in the restoration of the Whitelaw

Hall, the former Presbyterian Church and now home of the Historical Society. Dwight wrote the preface to the 2002 reprinting of the History of Ryegate VT 1774-1912 and wrote himself an update to this work which was published by the Town of Ryegate in 2006: The Down of the Thistle, 20th Century Ryegate, VT.

Indeed, in his various pastorates away from Vermont, Dwight often referred to his home town of Ryegate as an inspiration, drawing faith from his upbringing there and illustrating sermons with examples taken from his home, upbringing and surroundings.

Survivors include his wife of nearly 62 years, Jean Shaffer White of Ryegate, son William (Bill) of Sint-Pieters-Leeuw, Belgium, daughter Rebecca (Becky) of Seeley Lake, MT and grandchildren Ezra Dustin White, Phoebe Lenore White and Deirdre Esther White, all of Sint-Pieters-Leeuw, Belgium. His siblings have all pre-deceased him but other surviving family members include brother- and sister-in-law Alvin and Beverly Shaffer of Shelton, CT and numerous nieces, nephews and cousins in Vermont, Maine, Connecticut, Maryland, Pennsylvania, Illinois and Washington states.

Calling hours were held on Thursday, March 19, from 6 until 8 PM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH.

Services were held at the Ryegate Presbyterian Church in Ryegate Corner on Friday, March 20 at 1 PM, officiated by Carol Ann Barker.

In lieu of flowers, memorial contributions may be made to the Ryegate Presbyterian Church, c/o Jeff Fraser, Treasurer, 3213 Ryegate Road, East Ryegate, VT 05042, to the Ryegate Historical Society, c/o Florence Ford, 3158 North Bayley Hazen Road, East Ryegate, VT 05042 or to the Dr. Harry Rowe Medical Arts Building Fund, c/o Cottage Hospital Community Relations Department, 90 Swiftwater Road, Woodsville, NH 03785.

Ricker Funeral Home & Cremation Care of Woodsville was in charge of arrangements. For more information or to sign an online condolence please visit www.rickerfh.com

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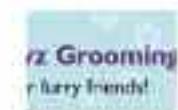
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OBITUARY – DOROTHY G. STEVENS



WELLS RIVER, VT – Dorothy G. Stevens, 98, of Wells River, VT, passed away Thursday, March 12, 2015 at her home on Bible Hill Road.

She was born Dorothy Elizabeth Gibson, September 25, 1916, to Albert W. and Florence Warden Gibson at their home on Leighton Hill in Newbury, VT. She graduated as valedictorian from Wells River High School in 1934. In 1938 she graduated from UVM with a degree in Secondary Education, and taught English at Lamoille Central Academy in Hyde Park, VT.

On August 25, 1940, she married David C. Stevens, and they had 3 children, Albert, Philip, and Susan. They lived in South Burlington, VT until 1953 when they moved back to her childhood home to care for family members.

Dorothy was very active in conservation activities of the Vermont Association of Conservation Districts. She was a member of the VACD Education and Information Committee, Auxiliary president for several terms, and chair of the Soil Stewardship Committee. Dorothy served as Auxiliary President of the Northeast Region of the National Association of Conservation Districts and received the Northeast Region Distinguished Service Award.

During her later years she became a contributing author for the local Bridge Weekly Sho-Case newspaper, and readers have looked forward to her stories of past times. In 2012 she published a book of some of her stories named "The Cow Pasture Golf Course". She learned to use the computer to aid in getting the stories and book published.

Out of all her accomplishments Dorothy was most proud of her family. She never tired of hearing of their achievements, especially in

education.

gregational Church in 1928, and held many offices including moderator, deacon, trustee, president and secretary of the Women's Fellowship.

She was trustee and treasurer of the Atkinson Retirement Home and board member of the Atkinson Retreat Center. She was also a trustee and secretary-treasurer of the Wells River Cemetery Association. Dorothy served as board member and secretary of the Wells River division of the Oxbow Senior Independence Program during the construction of an 18 unit senior housing project in Wells River, and was a member of the Wells River Action Program (W.R.A.P.).

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Out of all her accomplishments Dorothy was most proud of her family. She never tired of hearing of their achievements, especially in

Dorothy is pre-deceased by her husband David, and brothers Winston and Warden Gibson, and by her son Albert. She leaves her son Philip and his wife Sonja Stevens, daughter Susan Lemmon, daughter-in-law Barbara Stevens, 9 grandchildren, 14 great grandchildren, and her great-great grandson. She also leaves her special Home Share Now companion, Janis Moore, and canine friend Mavis.

Visiting hours was held on Tuesday, March 17, at Ricker Funeral Home, 1 Birch Street, Woodsville, NH from 5 to 7 PM. A service was held at the Wells River Congregational Church, UCC, 76 Main Street, Wells River, VT, Wednesday, March 18, at 11:00 AM. A committal service will be held at the family plot in the Wells River Cemetery on June 5 at 10:00 AM.

In lieu of flowers, contributions may be made to the Wells River Congregational Church, UCC, or to the Baldwin Memorial Library, 33 Main St. N, Wells River, VT, 05081.

Ricker Funeral Home & Cremation Care of Woodsville was in charge of arrangements.

OBITUARY RONALD RAY KRISTENSEN



North Woodstock, NH – Ronald Ray Kristensen, 53, died Friday, March 13, 2015, at his residence with his "loved one" by his side.

Ron was born on May 2, 1961, in Livingston, MT, the son of Karl "Bill" and Colleen (Leistikow) Kristensen.

Following his high school graduation in 1979, he joined the US Army in 1980. During his twelve years with the Army he specialized in all forms of nuclear weapons and chemical defense. He was deployed during Desert Storm earning commendations including the Bronze Service Star for extreme bravery under fire.

Ron returned to civilian life in 1992, working various jobs in Montana before relocating to New Hampshire in 2012 where he began work as a de-

livery truck driver for Budget Lumber in North Haverhill.

Ron is survived by his "loved one" and caretaker Terry Knights of North Woodstock, his father Bill Kristensen of Havre, MT; twin sister Ronda Larson and husband Neil of Havre, MT; numerous cousins, aunts, and uncles, including a very special aunt, Muriel "Kay" Ludlow of Augusta, GA; his dear companion, Candy, a chocolate Labrador; and an extended New Hampshire family.

There will be no calling hours.

A memorial service was held on Saturday, March 21st, at 11 AM in the N. Haverhill United Methodist Church. Pastor Clint Brake will officiate.

Burial will be in Montana at a later time.

In lieu of flowers memorial contributions can be made to either your local humane society and/or Rescue shelter, or to the Wounded Warrior Project, PO Box 785517, Topeka, KS 66675.

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

Ricker Funeral Home & Cremation Care of Woodsville was in charge of arrangements.

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Be Prepared For Those RMDs

You might not think that 70 1/2 represents any particular milestone. But when you do reach this age, you will have to make some decisions that affect an important aspect of your life — your retirement income.

Here's the background: Once you turn 70 1/2, you will need to start taking withdrawals from your 401(k) or similar employer-sponsored retirement plan and from your traditional IRA (but not your Roth IRA). Actually, you will need to begin these withdrawals — known as "required minimum distributions" (RMDs) — by April 1 of the following year and continue taking them by December 31 each year after that. These RMDs are calculated by dividing your account balance at the end of the previous year by your life expectancy, as determined by IRS mortality tables. If your spouse is your sole beneficiary and is more than 10 years younger than you, you'd use a separate table. Don't worry too much about the number crunching, though — your financial advisor generally can do the calculations for you.

What you should concern yourself with, however, are the first two words of RMD: "re-

quired" and "minimum." These words mean what they say. If you don't take withdrawals, or if you withdraw less than you should, you could face a 50 percent penalty tax on the difference between what you withdrew and what you should have withdrawn — and then you'll still have to take out the required amount and pay taxes on the taxable portions of those withdrawals. So it's a very good idea to take your withdrawals on time — and without "shortchanging" yourself.

Of course, you can certainly take more than the required minimum amount — but should you? The answer depends on whether you need the money. But even if you have to take larger-than-minimum withdrawals, you'll want to be careful not to take out more than you need — be-

cause if you "over-withdraw" year after year, you run the risk of outliving your resources. That's why it's so important, during the early years of your retirement, to establish a sustainable withdrawal rate for your retirement accounts. Your withdrawal rate will depend on a variety of factors, such as your other sources of income — Social Security, earnings from employment, savings, etc. — your lifestyle choices, your estimated longevity, and so on. In any case, once you have arrived at an appropriate withdrawal rate, you'll need to stick to that rate unless your circumstances change.

If you have multiple IRAs, you'll also face another decision, because, once you've calculated your total RMDs for the year, from all your IRAs, you can take that amount from one or more of them. Depending on the investment mix of these individual IRAs, you may find it beneficial to take the money from one account and leave the others intact, to potentially grow further. (If you have multiple 401(k)s, though, you will likely need to calculate and withdraw the separate RMDs for each plan.)

Other issues are also involved with RMDs, so, when the time approaches, consult with your tax and financial advisors. By studying all your options before you begin taking these withdrawals, you should be able to maximize their benefits.

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

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Grafton County Drug Court Review

By Robert Gasser

Back in 2008, I appeared before the Grafton County legislative delegation seeking \$180,000 to fully establish the second drug court program in the state of New Hampshire, completing a process that had begun a couple of years earlier. When I was finished, one of the legislators raised his hand with a question. It was not one I expected. "Why so little?" he said. "I almost lost my grandson to addiction, and it took a lot of money and love to bring him back."

He was right about that. With the Grafton County Drug Court recently having admitted its 100th participant, I can assure you that money and love are essential. But so is a highly structured program that offers incentives and provides for sanctions as drug addicts engage in the fight of their lives — or maybe more accurately, the fight for their lives.

After two years of study and training, the Grafton County Drug Court was set up in Superior Court as an alternative to jail for non-violent felony defendants who have long histories of criminal activity and severe addiction, but who are willing to try to change their lives. Many have been able to do so. Since then, for example, 12 have regained custody of their children; five have given birth to drug-free babies; five have earned their GED; 12 have enrolled in college; five started their own businesses; one was reinstated into his professional career.

This has been accomplished at an average cost to Grafton County taxpayers of about \$13,000 to \$15,000 a year per participant, based on 16 to 25 participants. (These costs may be substantially reduced if New Hampshire remains committed to the Affordable Care Act, which may pay for addiction treatment.) By contrast, the cost to incarcerate a defendant in a county jail or the state prison ranges from \$35,000 to \$37,000 a year.

That's not the only way in which Grafton County Drug Court saves money. Our mission is not only to help participants get sober and stay that way, but also to change their lifestyle. If we are able to do that, society benefits in many ways — for example, in babies born drug-free; children returned from foster care to their parents; families re-united; women better prepared to be self-sufficient; and the revolving door of ar-

rest, incarceration and re-arrest ended. And since the inception of the program, Grafton County has received \$40,363 in participant fees, and the state has received over \$21,200 to be distributed as restitution from those who have graduated.

The 18-to-24-month program consists of four phases. In phase one, the participant is required to come to court weekly and discuss his or her progress with the presiding judge and a team made up of the judge, the county attorney, the public defender, a coordinator, a case manager, a treatment professional, a clinical evaluator, a representative of the Department of Corrections and a county court clerk.

In addition, the participant must have a job; undergo nine hours of substance abuse treatment a week; attend a minimum of three Alcoholics Anonymous and/or Narcotics Anonymous or other community support group sessions a week; pay a weekly sum of \$10 toward the cost of the program; and be subject to random visits and urine tests from a supervision officer. Phases two, three and four provide some step-downs from these requirements.

If the participant successfully completes the four phases and graduates — which is by no means always the case — he or she may apply to the court after one year to have the felony offense to which the participant pleaded guilty when he or she entered the program removed from the record. I can't emphasize enough how important this is to the future prospects of participants. As The New York Times reported recently, men with criminal records account for about 34 percent of all non-working men between the ages of 25 and 54.

How do offenders enter the drug court program? Referrals come from many sources, including public defenders, private defense attorneys, law enforcement officers, Superior Court judges, members of the public, and the county attorney. All applications are reviewed by the county attorney to ensure that the applicant has no record of violence in the past or currently and is not a Drug Dealer. (I use the capital D to point out that many drug addicts deal at some time or other to sustain their habit. The capital D dealer is the one who is selling in the com-

munity solely for profit.) If the applicant is deemed suitable by the county attorney, a plea offer is made setting forth the terms of entry, including the prescribed term of incarceration if the applicant is terminated from the program. The applicant is then evaluated to determine the extent of addiction and extent, if any, of mental health problems, and what program of treatment is appropriate. The team then votes whether to admit the applicant. If approved, the applicant must then plead guilty to the felony charge or charges set forth in the plea offer in order to enter. The program is strictly voluntary; the applicant must decide whether to enter this rigorous program or proceed in the regular course of criminal justice proceedings.

Upon entering the program, the rules and procedures are clearly outlined to the participant. Failure to adhere to them may result in a sanction. Sanctions range from an admonishment from the judge to short terms of incarceration in the county jail. Ultimately, if the participant demonstrates by his or her conduct that he or she is not committed to recovery, then he or she may be terminated. It is interesting to note that some of those who have been dismissed from the drug court later contact team members saying that although they were not ready for it at the time, they had learned a great deal from the program and they are prepared now to use the tools they learned in pursuing a new life. The law of readiness is a compelling factor in success.

Overall, 53.5 percent of participants successfully complete the Grafton County Drug Court program, which is above the national average for drug courts. Dr. Ben Nordstrom, director of addiction services at Dartmouth-Hitchcock Medical Center, who has studied drug courts, says of our model, "The Grafton County Drug Court (has) a well-trained and highly motivated team that really embraces what problem-solving courts are all about without compromising on their primary mission, which is public safety."

Noteworthy is that while 63 percent of men have completed the Grafton County program, only 44 percent of women have done so; 30 percent of men have been terminated versus 43 percent of women. Studies indicate

that women embarking on drug court programs enter with feelings of guilt and lack of self-esteem. It has been suggested that up to 90 percent of female participants in drug courts have been physically and/or sexually abused, and these issues leading to self-medication must be first addressed. We have been fortunate in addressing these disparities with financial help of the Hanover Women's Leadership Council, the United Way and Headrest. Through their funding, four treatment counselors received specialized training that is believed to have led to a 10 percent increase in the completion rate of women to its current level.

Community support has been important in other respects as well. Shortly after the program was started, a 501(c)3 charitable trust was created, The Friends of the Grafton County Drug Court, which allows private citizens to donate tax-free funds to provide additional support for the program. Since its inception, the Friends group has raised in excess of \$50,000 for such support as loans to pay fines allowing participants to regain their drivers' licenses; loans for repairs to vehicles to enable drivers to safely transport themselves and often others to treatment and court; college tuitions; books; dentures; short-term gym memberships; and many other items which would not be appropriately paid for by government funds. The loans must be paid in full prior to graduation. The Friends also support a rewards program for participants.

I first heard the words "drug court" in the year 2000 when I was an assistant prosecutor in Ocean County, N.J. My then-boss called me into his office and said that state court administrators had ordered implementation of a new program called the drug court. He added, "Don't

worry, it's probably just another one of those hug-a-thug programs that will disappear in a year."

How wrong he was. There are now more than 2,700 drug courts in the United States, and they exist in every state and territory. I have learned from my training and experience that drug courts work by changing lives. Out of that conviction, I became a consultant for the National Association of Drug Court Professionals and the American University Assistance Program for Drug Courts. As a result I have helped train new drug court teams from South Dakota to Georgia.

It is a source of great satisfaction that I was able to help Grafton County in establishing the second drug court in New Hampshire — along with a lot of people who were willing to give it a try: businessman Bill Sahlman; then-County Attorney Rick St. Hilaire; then-Superior Court Judge Jean Burling; County Commissioner Mike Cryans; attorney Gary Apfel; Jim Alexander, then the Lebanon police chief; Greg Norman, then a consultant for Dartmouth-Hitchcock's Community Health Improvement Department; Chief County Court Clerk Bob Muh; and then-director of the Department of Corrections Glenn Libby.

There are now six drug courts in New Hampshire — although the state pays for none of them. County taxpayers and temporary grants do. I hope that eventually every county in New Hampshire will have a drug court financed by the state, as is mostly the case outside New Hampshire. Because when troubled people change their lives for the better, everyone benefits.

Robert Gasser lives in Grantham and is community relations and training officer for the Grafton County Drug Court.

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By Ronda Marsh

If you would like to reach Ronda Marsh you can email her at trendychefronda@gmail.com.

Maple Mac & Cheese With Bacon

Maple goes with bacon.
con goes with cheese.
eese goes with macaroni.
t them all together in one,
per-de-duper dish and
at do you have? In my
mittedly subjective opin-
n, I'd say what you end up
h is pretty close to perfec-
n on a plate!

sorb the milk and will meld everything together when the hot, cooked pasta is tossed in. With that issue settled, I had to decide how much maple syrup to use. That's probably the biggest variable, and depends on your individual palate for sweetness, as well as the grade of syrup you are using. My suggestion is to start with 2 Tablespoons, then taste the mixture and add more, if desired. The goal here is to attain a subtle, maple smokiness, without being overly sweet. If you are lucky enough to get your hands on maple cured bacon, that will help, too. I had Italian pancetta, which is not smoked at all, so I added more syrup to compensate. I used some of the rendered pancetta fat to combine with the crumbs to top the dish, and that resulted in a nice,

crispy browned exterior. Hot from the oven, this casserole smelled wonderful, tasted great, and got a unanimous vote for best comfort food, ever!

With Easter approaching, this mac & cheese is the perfect accompaniment to your baked ham, or you could make it the following day, using cubes of leftover ham instead of the bacon in the recipe. What a perfect way to celebrate spring!

- 8 ounces very sharp cheddar cheese, grated (I prefer Cabot's Hunter Cheese)
 - ½ cup grated parmesan cheese
 - 1 Tablespoon flour
 - 1-2 Tbsp grated onion
 - 2 Tablespoons maple syrup (or more, depending on grade and flavor)
 - 1-12 oz can Evaporated milk
 - 1 tsp each, salt & pepper
 - 6 slices bacon (or pancetta), diced



- 2 cups (1/2 of a 1-lb. box) macaroni
- 1 Tablespoon butter
- ½ cup dry bread crumbs (Panko, if you have it)
- Paprika (for garnish)

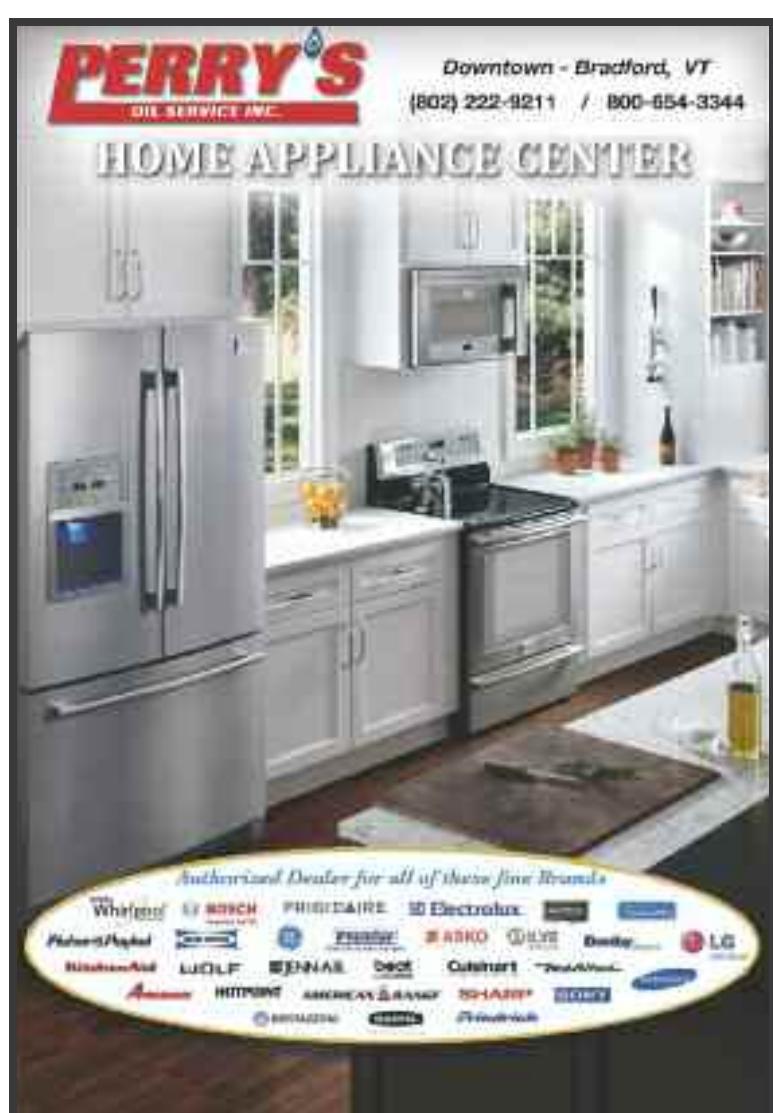
cheese mixture, mixing well. Pour into the greased casserole, top with the bread crumb mixture, and sprinkle with paprika. Bake for about 30 minutes, until bubbling and browned. Yields 4 ample servings.

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

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