

A FREE PUBLICATION

NEXT ISSUE: TUESDAY, MAY 26
DEADLINE: THURSDAY, MAY 21

TRENDY TIMES

171 Central Street • Woodsville, NH 03785
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TIMES

Email: gary@trendytimes.com
Website: www.trendytimes.com

MAY 12, 2015 VOLUME 6 NUMBER 16

Paddle The Border - Spring 2015

Sunday, May 17th

By Michael Thomas

The Paddle The Border (PTB) event is in its 12th year. The PTB was started as a way for community organizations from Vermont and New Hampshire to work together to "Show Case" our shared asset, the Connecticut River. The event is sponsored by The Newbury Conservation Commission-NCC, Haverhill Recreation Commission-HRC, and Coos County Chamber of Commerce, with support from the Woodsville/Wells River Rotary Club.

The Paddle is held twice a year weather permitting, no rain dates are planned. The Spring Paddle 2015 date is Sunday, May 17th. The Spring Paddle goes from

Woodsville Community Field in Woodsville, to the Bedell Bridge State Park Boat Launch off Route 10, Haverhill Corner, NH.

The Fall Paddle is held the first Sunday in October. This year it will be October 4, 2015. The Fall Paddle goes from the Newbury Boat Launch beside the Newbury-Haverhill Bridge, to the Bugbee landing at the community field in Bradford, Vermont.

There is a shuttle service from the take out, to the launch sight. This Shuttle Service has been provided by Butler Bus Company (we thank them). The Shuttle Service is available from 10am to 11am. This gives us

a suggested launch time of 10:30 to 11:30am. The approximate paddle time for the spring and fall paddles is 3-1/2 hours.

At the end of the paddle displays are set up by various local organizations, offering information about the Connecticut River, the Connecticut River Valley and events happening in the Upper Connecticut River Valley.

This is an area of the event that I would like to see expanded. I see the potential to turn this into a "Living History" event. Imagine - floating down the river, rounding a corner and there on the bank is a Native American campsite, or the campsite of early



pioneers, Rogers Rangers themselves. Upper Valley Land Trust-UVLT has campsites on this section of the River. They could set up an informational display about "Who and What UVLT does, right at the campsite. 4-H, Agricultural Group, Audubon (the river is a major flyway) the local Historical Society, Boy & Girl Scouts, local Educators, any or all of these groups could set up at the end of the paddle, or along the way.

I see Paddle The Border as a way to promote the nat-

ural, cultural, scientific, scenic and recreational resources of the Connecticut River, in a way that would also provide an economic boost twice a year to the area. If any of this interests you, or you know of a group or organization that would be interested in getting involved with Paddle The Border, please have them contact me. Michael Thomas 802-757-3960 or email me at mikethom1@charter.net or check our website at www.newburyconservation.org

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TRENDY Dining Guide

Maplewood Lodge

By Gary Scruton

As most readers of this column probably realize by now, I enjoy a good hearty breakfast on the weekends. I also, on occasion, enjoy breakfast for the evening meal. That is one thing I very much enjoy about the opportunity to dine out. Each person can choose just exactly what they want. That experience is enhanced even more when a good restaurant that is open for the evening meal also serves breakfast, and is ready and able to serve that breakfast all day long.

As you might guess by now this was the circumstance the last time my wife and I visited one of the participants of the Trendy Dining Guide. The location was the Maplewood Lodge on Route 5 between St. Johnsbury and Lyndonville. We were in the area to attend

the Lyndon State Twilight Players production of Hair and made a full evening of it by stopping at Maplewood before the production for supper. (Well, supper for her, but breakfast for me.)

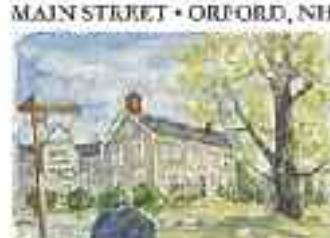
The first thing that I like about Maplewood is that you have a choice of three different dining areas. There is the first area that is a comfortable, but fairly simple dining area with a few tables. Travel the hall a bit and you come to the Ice Cave area. This is a lounge and eating area that has spray foam on the walls and ceiling to really give it the igloo look. The lighting also helps. The third area, and our choice for the evening, was the tropical lounge. The windows have ocean scenes, there is a rubber plant in the

middle and to top it off Gilligan's Island was playing on the TV with reggae music in the background. Some might say this was over the top, but we enjoyed it.

Now on to the meal. My wife went with a steak tenderloin dish served with roasted red potatoes and whole green beans. Tasty, filling, and reasonably priced were the words she used to describe her meal. I can also mention that Maplewood does have a full bar though we chose not to partake on this particular evening.

Now for my breakfast meal. I looked over the menu and settled on a jumbo pancake served with home fries (or hash browns) and choice of meat (sausage, please). It also came with a side dish of

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fruit. I have ordered pancakes before and even seen them served on a separate plate due to the size. This one came on a large plate and took up all the room. However, instead of a second plate the sausage and home fries were served on top of the pancake. A great way of doing this.

Much easier to handle from an eaters point of view. The fruit dish was on the side along with a good portion of maple syrup. Speaking of the fruit, it was a mix of strawberries, apples, pineapple and grapes. I topped this off with a cup of coffee, which they brewed up

fresh just for me.

I must also mention that as we sat down we mentioned to our waitress that we were a bit pushed for time as we were, as I mentioned earlier, headed for a play. They accepted that request and we were served promptly and were finished in plenty of time.

The owners of Maplewood Lodge continue to make improvements and fine tune their establishment. On this evening the food was served quickly, hot, and delicious. Certainly a place to add to your list of possible eateries in the North Country.

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Swinging Long High And Lovely For The Doc Hospital Auxiliary Supports New Dr. Rowe Health Center

By Robert Roudebush

QUESTION - I'm hearing some good buzz about a golf tournament helping Dr. Rowe, what's all that about?

ANSWER - It's all about good stuff. I've seen the posters around too, also think they're gonna talk on WYKR radio. It's about Cottage Hospital expanding its physical footprint, in a big way, a new building now laid out and already going up across the street from the present structure. Where the old Brown's Masonry used to be.

A - Oh yeah, I got that, but what's this about Dr. Harry Rowe?

A - That's the name of the new building, the Dr. Rowe Health Center. Remember him, great old man, great old doctor, unending spirit, no longer with us, but still extraordinarily alive in many people's memory. And how the golf tournament figures in is that the proceeds from this year's outing by the hospital's Auxiliary will be donated toward the construction of that building. So, in a very real way, out on

the links, a good golf swing means a good game, and every good game, every good team, every good sale at the silent auction means another solid step forward in the tradition of a venerated physician. We'll keep this beloved man's name alive and boost community health care at the same time. How can you beat that?

Q - Don't think you can.

A - Sure, grow a good hospital into a better one and honor a good man at the same time. Best pitch for enjoying some golf with friends I've heard yet.

Q - Yeah, but are they still feeding us lunch again this year?

A - You know it, same group as last year, the Monroe Community Church, they'll dish up fragrant, finger-licking good barbequed chicken for lunch, plus, as usual, you can get snacks and other refreshments throughout the entire tournament.

Q - Hasn't this run of golf tournaments by the Hospital

been going on for a while, more than ten years, right?

A - Sure, the Auxiliary tells us this the 13th annual event, and the date is 30 May, that's a Saturday, and held at the same place as last year and other years too, the Blackmount Country Club. That's in North Haverhill, on Clarke Pond Road.

Q - May 30th? That's quite a bit earlier than last year, isn't it?

A - Good catch, you're right, make a note of it, nearly a month earlier than last year. This is typically 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, and an awards lunch period served at 1:00 PM for all the participants.

Q - What's the rest of the info we need to get ourselves rolling on this?

A - O K, all the interested golfers are encouraged to submit their team registration form and payment as early as pos-

sible. I hear some folks are already doing that by the time you read this. And you can get the information you need by calling Barb Fitzpatrick at 603 272 9124. Or you can call Don Perlee at 603 838 2346 or you can get Don another way, d.perlee@yahoo.com.

Q - Gotta ask about the cost, probably gone up right, like everything else, except maybe gasoline?

A - Wrong, the cost for the Auxiliary tournament this year is exactly the same as last year, in fact the same as the last two years - \$75 per player/\$300 per team. Hey, this is 18 holes of golf, green fees, carts, lunch, snacks, and just like last year and years before that, each

player will be competing for lots of individual prizes for contests, as well as prizes for top-ranking teams, 1st to 4th place.

A - Seems to me this would be a great chance for local merchants, businesses and individuals to participate by sponsoring a golf tee or green signs, which can advertise or recognize their participation, and help spread the word about their activities? They'd probably get themselves mentioned in the tournament program, right?

Q - Wow, it's just like I wrote that last paragraph myself for this article! Thank you, and there's more to come on this tournament just before the event May 30th.

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

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Welcome To New Hampshire Presidential Candidates

By Tom Thompson

I would like to welcome all 2016 Presidential Candidates of both parties and those who are still considering running for President of the United States.

New Hampshire hosts the "First in the Nation Primary" which will be celebrating its 100th anniversary this primary election. We may be a small state both in population and geography, but for most Presidential Candidates, it's a "Big Deal," as our experienced voters level the playing field for all who seek to run for President.

To be successful here, you need to plan early, to be prepared to work hard, to assemble a better grass roots team than anyone else (my suggestion: consider New Hampshire folks who know the lay of the land), to not be afraid to come back to New Hampshire often, like every other week or more frequently and not to be afraid to campaign north of Concord. Yes, there are voters in the North Country and on Election Day they remember and reward those who have visited them.

New Hampshire voters take Presidential Campaigning seriously. We want to see and meet each of you two to three times before we decide. It's kind of like buying a car; we check you out, kick the tires, ask tough questions to see

which of you performs the best and who will reduce big government within our daily lives, lower taxes and reduce regulations, etc. Above all, don't get impatient with us as it takes us time. This is a big decision for our family, our state and our nation. That's how it works in New Hampshire - the "First in the Nation Primary".

New Hampshire also has a long history of what we refer to as "The Pledge." Nearly fifty years ago my father, the late New Hampshire Governor Meldrim Thomson (1973-1979), decided to run for office (1968) and he pledged to the voters that he would "Ax the Tax," which simply meant that he promised to the people if elected to serve he would veto a sales or income tax and today, New Hampshire continues to have neither tax.

From that first Pledge, the voters made clear in New Hampshire that we expect those running for office to Pledge what they stand for and that they would be willing to sign "The Pledge" before asking for our support and our vote.

After my father's passing in 2001, I decided it was important to continue "The Pledge" and I know Dad would approve. First the Pledge has been every two years for

county and state elected officials as well as state Congressional and Senatorial elections, which has been very successful in protecting our voters. In 2010, I decided it was time that we should have a Presidential Pledge, which was ready in 2011 for the "First in the Nation Primary." Candidates from both parties were asked to sign and on August 12, 2011 Governor Mitt Romney was the first of eight to sign "The Presidential Pledge".

The 2016 Presidential Pledge will be ready to sign within the week and I encourage all Presidential Candidates to sign the "First in the Nation Primary Pledge." I plan to reach out to each Presidential Candidate and ask them to sign "The Pledge".

I also encourage each Presidential Candidate to spend as much time as you can in New Hampshire and don't you, your staff and the media forget to take a few extra minutes before leaving our great state to do some shopping for your families and loved ones; it's TAX FREE.

Happy campaigning in New Hampshire, the "First in the Nation's Primary" with its proud motto "Live Free or Die." Hope to see you on the campaign trail!



38% OF APPROPRIATIONS FOR DHHS

I have been asked by several to explain the process in which the state budget is developed and approved every two years. In accordance with statute, the Governor submits an Executive Budget to the House of Representatives in February. Governor Hassan's budget addresses all facets of state government including transportation, education, health and human services and more. After receiving the Governor's Executive Budget and the Capital Budget, the House of Representatives developed its budget based upon projected first quarter revenues and paralleling expenditures. The House Budget was sent to the Senate on April 2.

Budget building discussions continue through June, and once agreed upon, the budget is sent to the Governor for approval. HB1 as introduced is the legislature's first step in crafting the two-year budget, and the final product adopted in June often looks very different than the bill sent to the Senate.

It is important to understand that the HB1 as initially introduced is built upon first quarter revenue projections that are limited in scope. Upon receiving HB1, the Senate is able to adjust fiscal numbers based upon more accurate second quarter revenue understandings and further public input.

In February, the Governor presented a biennium budget recommending an appropriation of \$11.5 billion dollars. The budget for the current biennium totals \$10.7 billion. The House budget

totals \$11.2 billion. This budget is \$300 million less than the Governor's, but still contains a \$500 million increase beyond the current budget cycle.

The House budget is nowhere near perfect, as it leaves the rainy day fund depleted. Citizens are also concerned about funding for Meals on Wheels. I also share this concern along with funding for K-12 education. It should be noted that funds for home delivered meals are included in a budget line item called other non-Medicaid services. This budget line item does see a reduction in funding from the Governor's proposal, but it must be remembered that the Governor's budget exceeds the current biennium by \$800 million. It is the discretion of the Department of Health and Human Services to disburse and prioritize received funding in a manner the Commissioner sees fit. He has authority to move funds within his budget to address department needs. The House Finance Committee has received written communication from the Commissioner of DHHS stating that funds appropriated for purposes categorized with meals on wheels will be prioritized.

The House submitted a balanced budget containing no new taxes. Based upon more reliable second quarter revenue projections, I am hopeful that the budget as amended by the Senate will contain more support for elderly and adult services. Lastly, it should be noted that the Health and Human Services budget expands each year and that it is now 38% of all state expenditures.

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From The Desk Of NH State Senator



Dear Constituents,

The Senate Finance Committee has been hard at work for the last several weeks, working on the 2016-17 budget proposal that came over from the House and we are fast approaching our deadline to submit a final budget for consideration to the full Senate.

At this point, we've heard from all the departments and agencies and have a good sense of the problems and pitfalls in the budget the House of Representatives presented. A brief synopsis follows.

The House budget proposal appropriated \$11.2 billion in total funds for the next biennium (as compared to the Governor's budget of \$11.5 billion.)

The House and Governor budget proposals seem to be in agreement on approximately 35 departments—hav-

ing little to no change. Some of those items include:

- Accepting the Governor's proposal to cut funding for both bridge and road aid grants to municipalities in half.
- Fully funding the Governor's recommendation for Office of Veterans Services and funding the new 25 bed unit at the NH Veterans Home.
- Accepting the Governor's proposal to consolidate the Board of Nursing and the Real Estate Commission with the Joint Board.
- Accepting a variety of new and increased fees (e.g., vanity plate fee; Homeland Security Assessment; child support fee to name a few).

Some of the changes that the House did not agree with the Governor on and made changes to include:

- Eliminating \$93+ million in taxes and fees that the Gov-

ernor put into her budget;

- Allowing the sunset of The New Hampshire Health Protection Plan per current law.
- Eliminating the Governor's proposal for a Chief Operating Officer.
- Eliminating ServiceLink; significantly reducing Meals on Wheels and emergency shelter funding.
- Transferring \$52.1 million from the Renewable Energy Fund to the general fund.
- Depleting the Rainy Day Fund (\$9.3 million) for general fund spending.
- Greatly reducing funding for drug and alcohol prevention and treatment as well as tourism promotion.

Last week the Senate Finance Committee held the public hearing on the 2016/2017 budget in Concord—and as you might imagine, it was a packed house. An estimated 400+ New Hampshire citizens showed up to express their concerns about the budget proposed by the House. After 9 hours of testimony, the public hearing ended at approximately 12:30 a.m.

Three-hundred seventy four men, women, and youth signed in to speak. They included mothers and fathers, business people, advocacy

groups, college students, and the developmentally disabled. Most of the testimony was in support of programs like Meals on Wheels, ServiceLink, developmental disabilities, mental health, substance abuse, and emergency shelters. Folks were frustrated, angry, and scared about the potential impacts from the House budget, but through all the testimony, comments were thoughtful and respectful.

With the public hearing behind us and having heard from the departments, we begin the process of putting the Senate's mark on the budget. As we have in the past, we will build a budget that is based on realistic revenues and lives within the state's means.

However, we do face challenges going into this budget that will force us to spend an additional \$123 million to \$143 million in health spending because of three issues (extra spending due to the federal Affordable Care Act and the Governor's settlement of the mental health and Medicaid Enhancement Tax lawsuits.)

We recognize that hard choices need to be made, and we will have much the same priorities as we had in our last budget. The Senate will craft a budget that works hard to protect the state's taxpayers and our most vulnerable citizens.

While we will continue to focus on those priorities, we will also work to re-establish the state's rainy day fund and reduce business taxes. We must create a better business climate for small and large business owners in the state.

I am confident that by working together, we will pro-

duce a responsible budget that lives within our means, with no new taxes and assures that our most vulnerable citizens and our taxpayers remain a top priority.

On a separate note, I'd like to share some good news with you—because of your calls, letters, and emails to the Governor, funding has been restored to the nursing homes. When you doubt that your voice doesn't make a difference, here is a perfect example of where it has!

I am extremely pleased that the Governor understood the importance of following the law and making nursing homes a priority. Unfortunately, she has not restored the \$5.1 million to the home health agencies. I remain hopeful that she will do the right thing and restore the original funding to the home health care lines per the law.

As always I want to hear from you. If you have a concern you'd like to share, an event you'd like me to attend, or a problem you think I might be able to help with--please call or email (271.4980 or jeanie@jeanieforrester.com). If you would like to subscribe to my e-newsletter, which provides great information and links to what's happening in Concord, go to www.jeanieforrester.com and sign up.

Your Senator from District 2
Jeanie Forrester

The Whispers... The Rumors... The Facts About The New Dog Park!

Dr. Amy Cook, a local veterinarian in Newbury, is building a new dog park behind the Newbury Veterinary Clinic. There will be two areas available, one for the medium to large dogs and a smaller pen for the "wee ones." Each pen will have a double gated entrance to allow a pet owner to remove the dog's leash before entering the area-safely.

After Dr. Cook's lab, Oscar, passed away, she decided to build a dog park and applied for an incorporation status in Vermont. Once that was accomplished, she then applied for the organization's 501(c)(3) status....and thus, Oscar's Memorial Dog Park, Inc. became a reality.

Oscar's Memorial Dog Park will be the only dog park within a 35 mile radius of the Newbury Veterinary Clinic (dog park behind the clinic). This area encompasses roughly 25 towns, within a 10-30 minute drive.

The non-profit organization has a Board of Directors and we have been extremely busy with the planning and necessary preparations to make this a reality. The building of a dog park is a very large endeavor to undertake. Dr. Cook and her Board have decided to build this dog park

in two to three different phases, since a large amount of funding is necessary to go up on each level. Phase I will actually be the excavation and fencing work of the park, with an anticipated opening date of late August or early September 2015.

The organization's mission is to create the fenced-in, off-leash dog park, for our well behaved canine citizens. They will be able to exercise and play in a clean and safe environment, without endangering or annoying people, property or wildlife.

The dog park will be promoting education, training and recreational activities to facilitate responsible dog ownership through the use of volunteers and community support. The dog park will foster fellowship among people who are passionate about dogs, thus promoting responsible dog ownership.

Dr. Cook and her staff at the Newbury Veterinary Clinic are seeing an increase in trauma, injuries, abandonment, and neglected dogs as a direct result of irresponsible dog ownership. It is the intent of Dr. Cook and the organization to be a part of the outcome to reduce these statistics.

At the current time, the organization is undertaking the large project of raising funds. We need financial support from our communities, sponsors, donors, and other interested parties. We are in the process of writing grants for further financial assistance, hopefully to give us a boost in building the dog park.

Volunteers are the core of making non-profit organizations thrive and the Board is looking for anyone who would be interested in volunteering, to make us a success. A Volunteer Profile sheet can be obtained by sending an e-mail request to oscarsMDP@charter.net and the form will be either e-mailed by PDF format or by regular mail, whichever is your preferred request.

Stay tuned as we will be providing updates on the progress of our dog park. We hope dog lovers and their Fur-Parent(s) will enjoy the park and for those of you who do not own a dog, please feel free to come to our park for companionship and interaction with the dogs in the park. It is a community project and we look forward to meeting new friends, "canine or humans."

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MEMORIAL DAY PARADE
MONDAY, MAY 25 - 11:00 AM

Steps off at Bond Auto Parts
Central Street, Woodsville

Ceremonies at:
Central Street Monument
Guest Speaker:
Joe Kenney, Executive Counselor

Ray Burton Bridge

Ross-Wood Post #20 American Legion
4 Ammonoosuc Street, Woodsville

**THE PUBLIC IS CORDIALLY INVITED
TO VIEW ANY OR ALL CEREMONIES**

Calendar of Events

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

TUESDAY, MAY 12

GARDEN GROUP

6:00 PM 802-757-2693
Baldwin Memorial Library, Wells River

THE HUNGRY HEART FILM

6:30 PM
Tenney Memorial Library, Newbury

WEDNESDAY, MAY 13

INSTALLATION OF OFFICERS - ROSS-WOOD POST #20 AMERICAN LEGION

6:00 PM
American Legion Home, Woodsville

THURSDAY, MAY 14

CONN RIVER VALLEY BEEKEEPERS

7:00 PM – 9:00 PM
Grafton County Extension Office

SATURDAY, MAY 16

BACK ROOM PLANT SALE

8:00 AM
The Back Room, West Newbury

2ND ANNUAL MOUNTAIN DULCIMER FESTIVAL

8:30 AM – 3:30 PM
Catamount Arts, St. Johnsbury

CHICKEN BBQ

5:30 PM
On the Common, Fairlee

SUNDAY, MAY 17

PADDLE THE BORDER - SPRING

11:00 AM Suggested Launch Time
Newbury Boat Launch
See article page 1 and ad on page 8

BENEFIT TEXAS HOLD "EM POKER

1:00 PM Tournament / 11 AM Cash
Breslin Center, Main St., Lyndonville

MONDAY, MAY 18

HAVERHILL SELECTBOARD MEETING

6:00 PM
Morrill Municipal Building, North Haverhill

POULTRY GROUP "FOWL FRIENDS"

6:00 PM 802-757-2693
Baldwin Memorial Library, Wells River

BOOK DISCUSSION

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

TUESDAY, MAY 19

NH STATE VETERANS COUNCIL REPRESENTATIVE

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

SUMMER READING PROGRAM

10:30 AM
Bath Public Library
See article on page 7

TUESDAY & WEDNESDAY

MAY 19 & 20

ST. JOHNSBURY PLAYERS AUDITION

6:30 PM
St. Johnsbury School Auditorium
See article on page 11

WEDNESDAY, MAY 20

YOGA CLASS

6:30 PM
Groton Community Buiding
See article on page 7

THURSDAY, MAY 21

VFW POST #5245 MONTHLY MEETING

7:00 PM
VFW Hall, North Haverhill

SATURDAY, MAY 23

HAVERHILL GARDEN CLUB PLANT SALE

8:30 AM – 11:30 AM
On The Common, Haverhill Corner
See article on page 13

DOG WALK-A-THON

9:00 AM
Kinder Forest, North Haverhill, NH
See article on page 5 and ad on page 9

SUNDAY, MAY 24

BENEFIT TEXAS HOLD "EM POKER

1:00 PM Tournament / 11 AM Cash
VFW Post 10038, 156 Hill St., St. Johnsbury

HAVERHILL AREA REPUBLICAN MEETING

1:00 PM - Speaker: Joe Kenney
VFW Post #5245 Hall, North Haverhill

SUNDAY & MONDAY MAY 24 & 25

VT CIVIL WAR HEMLOCKS

Rt 25, Bradford
See article on page 15

MONDAY, MAY 25

MEMORIAL DAY PARADE

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

RE-DEDICATION CEREMONY

11:00 AM
Bradford Academy Lawn, Bradford
See article on page 15

BOOK DISCUSSION

7:00 PM
Groton Free Public Library
See article on page 7

Ongoing Weekly Events

SATURDAYS

GROTON GROWERS - 9 AM - 1 PM

Groton Community Building

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 1PM-2PM

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

WALKING CLUB

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

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

Weigh In 5:00 PM – Meeting 6:00 PM

Horse Meadow Senior Center, N. Haverhill

EMERGENCY FOOD SHELF

4:30 PM – 5:30 PM

Baldwin Memorial Library, Wells River

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

WEDNESDAYS THRU MONDAY

PEACHAM CORNER GUILD 10AM-5PM

643 Bayley Hazen Road, Peacham

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

Groton Free Public Library News

Wednesday, May 20 at 6:30pm: Free Yoga Class! (Please note change of date.) Residents of all towns & all yoga levels are invited to take advantage of this final free Wednesday yoga class, taught by Kelsey Root-Winchester of Rising Spirit Yoga. Class is held at the Groton Community Building and co-sponsored by the Groton Library & Groton Recreation Committee.

Monthly Monday Book Discussions. This month: "The Uglies" by Scott West-

erfeld on Monday, May 18 at 6:30pm and "Charming Billy" by Alice McDermott on Monday, May 25 at 7pm. Pick up your copy from the library and join us for a lively conversation!

Every Tuesday at 10am: Round Robin Reading Story-time. 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!

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 Calendar

Tuesday - May 12 9:00 a.m. Exercise Class, 9:40 a.m. Line Dancing, 10:00 Balance Class, Lunch at Noon-\$5 adults 59 and younger, \$3.60 and older

Wednesday - May 13 - Foot Care Clinic by Appt., Lunch at Noon \$5 adults 59 and younger, \$3.60 and older, \$3.60 and older, 3:00 p.m. - 5:00 p.m. Computer Class

Thursday - May 14 - 9:00 a.m.-Exercise Class, Lunch at Noon-\$5 adults 59 and younger, \$3.60 and older

Friday - May 15 - 9:00 a.m. Exercise Class Lunch at Noon-\$5 adults 59 and younger, \$3.60 and older

Monday- May 18 - 9:00 a.m. Exercise Class, Lunch at Noon-\$5 adults 59 and younger, \$3.60 and older, 12:45-Board Meeting-Open

to the Public, BINGO GAME- Game begins at 6:00 p.m. and doors open at 5:00 p.m.

Tuesday-May 19-176 - 9:00 a.m. Exercise Class, 9:40 a.m. Line Dancing, 10:00 Balance Class, Lunch at Noon-\$5 adults 59 and younger, \$3.60 and older

Wednesday-May 20- Ellie Hayes from the state will be here to help with paperwork-11:30 a.m.-1:00 p.m. Lunch at Noon \$5 adults 59 and younger, \$3.60 and older, 3:00 p.m.-5:00 p.m.- Computer Class

Thursday-May 21 -9:00 a.m.-Exercise Class, Lunch at Noon-\$5 adults 59 and younger, \$3.60 and older+

Friday-May 22- -9:00 a.m. Exercise Class 10:00 am-12:00 pm- Flu Clinic, Lunch at Noon-\$5 adults 59 and younger, \$3 - 60 and older

and younger, \$3-60 and older

Monday-May 25-Memorial day-Closed

Tuesday-May 26-9:00 a.m. Exercise Class, 9:40 a.m. Line Dancing, 10:00 Balance Class, Lunch at Noon-\$5 adults 59 and younger, \$3-60 and older

Wednesday-May 27- Tai-Chi class by donation 8:00 a.m.-9:00a.m, Lunch at Noon \$5 adults 59 and younger, \$3-60 and older-3:00 p.m.-5 p.m.- Computer Class

Thursday - May 28 -9:00 a.m.-Exercise Class, Lunch at Noon-\$5 adults 59 and younger, \$3-60 and older+

Friday - May 29- 9:00 a.m. Exercise Class 10:00 am-12:00 pm - Flu Clinic, Lunch at Noon-\$5 adults 59 and younger, \$3 - 60 and older

Bath Public Library Summer Reading Program

Bath Public Library's 2015 Summer Reading Program "Every Hero Has a Story" kicks off with "Big Joe – the Storyteller" on Tuesday, May 19, 10:30 am at the Bath Village School.

Heroes come in all shapes and sizes, and each one has an amazing story! Big Joe will tell those tales and take listeners on a journey they will not forget. Big Joe has been delighting chil-

dren and families for many years with his exciting story-telling show. With a huge collection of original and classic tales as well as a box filled with puppets, props and surprises. This program is open to the public and free of charge. For more information, please call the Bath Public Library, (603) 747-3372, Tuesday through Thursday, 10 am – 6 pm.



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STRAWBERRY Festival

Saturday, June 27, 2015

9:00am - 3:00pm

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\$15 / table

Call Dave & Mary Swanson for information 603-838-6036

We look forward to seeing you in June!

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Veterans Group Helps Veterans In Need



Pictured above from L-R Shelly Golden, Grafton County Mental Health Coordinator, Lucille Amero, Grafton County Director of Alternative Sentencing, Michael Owens, Justice Outreach for the Veteran's Administration, Linda Lauer, Grafton County Commissioner, Oliver Brooks, Commander of the American Legion - Ross Wood Post #20, Bob Williams, Sr. Vice Commander of Ross Wood Post #20 and Everett Rust, Legion Finance Officer of the American Legion - Ross Wood Post #20.

Grafton County Alternative Sentencing recently received a generous gift of 3 computers with printers from the American Legion - Ross Wood Post #20 of Woodsville, NH. They will be used for the Veteran's Resource Area being established at the Alternative Sentencing Building on the Grafton County Complex.

The Grafton County Alternative Sentencing Programs are dedicated to creating an improved collaborative response to Veterans, through increased cultural competency surrounding veterans' unique experiences, and creating the best treatment and legal network options that we can to support our veteran community members.

Dogs Cats Exotics Poultry Boarding Grooming Dental Care Surgery

BRADFORD VETERINARY CLINIC
802-222-4903
176 Waits River Rd, Bradford, VT
BradfordVet.com or Facebook.com/BradfordVetClinic

Paddle The Border

Sunday, May 17, 2015

From Woodsville Community Field

On Connecticut Street, Just Off Route 135 in Woodsville, NH

To Bedell Bridge State Park Boat Launch

Off Route 10, Haverhill Corner, NH

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

Suggested Launch Time 1 hour
Approx. Paddle Time
3 1/2 Hours

All Events Are
Weather Permitting

All participants MUST abide by
safe boating rules and regulations

EVENT SPONSORED & SUPPORTED BY:

Cohase Chamber of Commerce

Haverhill Recreation Commission

Newbury Conservation Commission

Woodsville/Wells River Rotary Club

Butler's Bus Service

Paddle The Border – Fall
is scheduled for Sunday, October 4, 2015

For Further Information Contact Mike Thomas 802-757-3960
Or Email mikethom1@charter.net Or Go To www.cohase.org

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Veterans To Ride Free On Hobo & Winnipesaukee Scenic Railroads Memorial Day Weekend

Lincoln, NH – The Hobo Railroad in Lincoln, NH and the Winnipesaukee Scenic Railroad in Meredith and Weirs Beach, NH begin weekend operations on Saturday, May 23, 2015 – Memorial Day Weekend.

On this special 3-day holiday weekend, the Railroad is offering complimentary tickets to all United States Military Veterans. "This unique opportunity is being extended to all Veterans who have retired, are still serving on active duty or are prior service. It's our way of saying thank you to Veterans everywhere for their service and dedication to this great country" stated Benjamin Clark, Vice President of the Hobo & Winnipesaukee Scenic Railroads. Regularly priced tickets will be also available in Lincoln, Meredith and Weirs Beach for family members wishing to join their

Veterans aboard the train as well as for the general public.

The Hobo Railroad's one hour and twenty minute round trip excursions travel through wooded areas along the banks of the Pemigewasset River from Lincoln through North Woodstock and south to Woodstock, NH and back.

The Winnipesaukee Scenic Railroad offers one and two hour excursions along the western shores of Lake Winnipesaukee and Paugus Bay from May through October.

back. All trains travel rain or shine and all excursions are round-trip.

"People of all ages love to look at trains and we have a number of special events scheduled throughout the season where they can see and experience rail travel up close and personal," stated Benjamin Clark, Vice President of the Hobo & Win-nipesaukee Scenic Railroad, "Come check us out, we have a train ride for everyone!"

Located in Lincoln, NH,
the Hobo Railroad is located

just off Exit 32 on I-93, left on Rte 112 directly across from McDonalds. The Win-nipesaukee Scenic Railroad station is located off Rte 3 at 154 Main Street in Meredith.

NH, while the Weirs Beach ticket booth is conveniently located on the Boardwalk at 211 Lakeside Avenue across from the arcades, just off Rte 3.

An advertisement for the Hobo Railroad. It features a cartoon illustration of a man in a top hat and vest, holding a red balloon, standing next to a small train engine. The text includes "HOBO Railroad" in large letters, "Lincoln, NH", "OPERATING WEEKENDS STARTING MAY 23RD", "HOLIDAY WKND TRAIN SCHEDULE: SAT & SUN: 11am, 1pm & 3pm MON: 11am & 1pm", "VETERANS RIDE FREE MEMORIAL DAY WEEKEND", and "www.HoboRR.com".

**Join Us For A
DOG WALK-A-THON FUNDRAISER
To Benefit
OSCAR'S MEMORIAL DOG PARK!**

Saturday, May 23, 2015 – 9:00 am
Kinder Forest, Briar Hill Road, North Haverhill, NH
Beautiful trail walk for dogs (on-leash, please!) & their people, with photographs of you & your companion by photographer Linda Bryan (by donation).

OMDP is being built this summer on land behind Newbury Veterinary Clinic (3890 Rte 5 N).

Find us on Facebook!

WELLS RIVER CHEVY MILITARY Appreciation Month		
2013 Fiat 500 #40337A Sport, Int. Leather, Esp, 40 mpg \$12,925 \$179⁰² A MONTH 	2012 Ford Focus #40256, SE, 4dr, 2.0L, AT, 38 mpg \$13,213 \$209³² A MONTH 	2013 Chrysler 200 #40299, LX, 4dr, 2.4L, Nic, 31 mpg \$14,444 \$199⁷⁸ A MONTH 
2014 Chevy Cruze #15007A, LCO, 4dr, 1.4L, Turbo, 6 Speed, 42 mpg \$16,653 \$229⁹⁸ A MONTH 	2011 Jeep Grand Cherokee #0216A, Limited, 4x4, Moonroof, Navigation \$26,633 \$419³² A MONTH 	2013 Chrysler Town & Country #40330, Touring, Leather, DVD, Stow-N-Go \$19,889 \$274¹⁰ A MONTH 
2011 Chevy K1500 #25101A, WT, 4x4, Reg. 4.3L, AE, Tow \$17,987 \$284⁰⁹ A MONTH 	2011 Chevy K1500 #24167A, Z71, 4x4, Xcab, 5.3L, Nic \$22,835 \$359⁹² A MONTH 	2012 Chevy K1500 #24106A, Z71, 4x4, Xcab, 5.3L, Tow, Low Miles \$25,993 \$409³¹ A MONTH 
2012 Jeep Wrangler #25176A, Sport, 4x4, 4dr, Leather, Wheels, Low Miles Just In Call For Details 	2014 Chevy K1500 #25000A, Z71, 4x4, DBL, Leather, All Star, 5.3L, Tow \$31,892 \$438¹⁹ A MONTH 	2013 Chevy K1500 #24192A, Z71, 4x4 Crew, All Star, 5.3L, Tow \$30,550 \$419⁸⁶ A MONTH 

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<p>2015 Chevy Trax LS #25138, All New, AWD, 1.4L Turbo, 31 MPG 39 Month Lease \$149⁹⁹ A MONTH</p> 	<p>2015 Chevy Cruze LT #15261, 1.4L Turbo, 2 Seat. Remote Start, Backup Cam 39 Month Lease \$138³⁴ A MONTH</p> 	<p>2015 Chevy Equinox LS #25134, American's Best Selling AWD Crossover 39 Month Lease \$199⁷⁷ A MONTH</p> 
<p>2015 Chevy Camaro LS #15012, 3.6L, 321 HP, 3 SP. Sedan 39 Month Lease \$239⁹⁹ A MONTH</p> 	<p>2015 Chevy Colorado #25167, All New, 2LT, 4x4, Crew Cab, 3.6L V6 305HP All New Must See</p> 	<p>2015 Chevy 1500 LT #25000, 4x4, DCL, Cab. 13.3L, All Star, Tow Package 39 Month Lease \$249⁹⁹ A MONTH</p> 

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Drive I-91 to Exit 17, Rte. 302 To Down Town Wells River, VT 05081 • Mon. - Fri., 8am - 6pm • Open Sat., 8am - 4pm

A photograph of a large, rustic wooden chalet. The building has a steep, dark gabled roof with exposed beams. A wide front porch with white railings spans the front. The exterior walls are made of light-colored wood paneling. In the foreground, there's some greenery and a paved area.

Find us on Facebook!

A photograph of a two-story log cabin with a dark shingled roof and a prominent front porch. To the right of the cabin is a single-car garage with a white door. The cabin is surrounded by a lush green lawn and trees.

Haverhill, NH - Log home bordered but 8 acres of common area. Features include open Living/Dining Room and Kitchen. Two bedrooms on the first floor, spacious master bedroom on 2nd floor; finished lower level with 3 rooms and walkout. Enjoy Mountain Lakes. Short Sale \$115,000

Haverhill NH - long term tenanted but 8 acres of common

area. Features include open Living/Dining Room and Kitchen. Two bedrooms on the first floor; spacious master bedroom on 2nd floor; finished lower level with 3 rooms and walkout. Enjoy Mountain Lakes. Short Sale \$115,000

The top photograph shows a single-story mobile home with a light-colored exterior and a dark roof, situated in a grassy area with trees in the background. The bottom photograph shows a larger view of the property, including the mobile home, a paved driveway, and a large, flat, open lawn area.

Haverhill, NH - Comfortable economical living with this 12x62 middle home. Living Room, Kitchen with Dining area, all appliances are staying. Spacious screened porch along with an open porch are accessible side. Dining Room, four bedrooms, 1.5 bath.

Hawthorn, NH - Continuous rolling lawn 1.31 Acres. Single level living. 3 bedrooms, spacious kitchen, bright sunny Living Room, 2 Bathrooms, 11' x 24' addition for a hobby room or what you may need it for. Inclusion is a handicap ramp. Paved driveway, bathrooms are remodeled, extra feature an Amish shed.

Pleasant, NH - Nicely constructed home with large Living Room with pellet stove, sliders to large deck overlooking the pond, field and trees. Dining area with Hickory floor, spacious Master Bedroom with Master Bathroom, 1st floor laundry, lower level partially finished with 2nd Bedroom. Lower level workshop area with walk out. Move In condition. East commute to Hanover. \$148,000.

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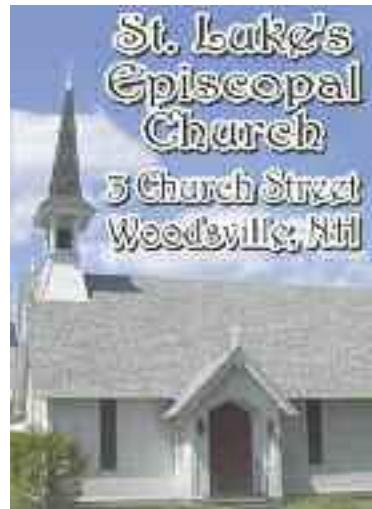
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Old Church Theater Turns 30

It was opening night for the 30th year of productions at Old Church Theater. According to the hallmark website the traditional gift for a 30th anniversary is Pearl. The modern gift is Diamond. Either way it appears that OCT had a pearl of a show, that shined like a diamond.

Of course it did not hurt that the Board of Directors for Old Church had decided to open this season with an Agatha Cristy classic, "The Mousetrap", a murder mystery that lives up to its billing as having some mind numbing twists and turns to the plot.

So it was a given that the script was good, but like I have seen written before, the best words are no good without actors that can do them justice. Toward that end let me start with the man who had the major role. Jim Heidenreich, who doubles as a member of the BOD, played Major Metcalf, a visitor to the Inn who turned out to not been such a major player after all.

A second "star" of the show

must be Charles Fray, Mr. Evil himself. Now Chuck doesn't always portray evil or bad people, but he has done enough over the years that he has become very good at doing just that. In this performance his biggest challenge was the accent. Excellent job, Charles!

The part of Miss Casewell was played by Meghan Bullard, again. Meaghan actually had the opportunity to play this same part just last year in another production of the Mousetrap. This just shows the kind of dedication, and talent, that OCT has been able to attract to this community theater.

This review must also include the fact that not one, but two of the actors on stage are still high school students. Nic Buomanduci and Vincent Moore have yet to earn their diplomas from school, but both are seasoned performers and once again did masterful portrayals of their assigned characters. The two remaining characters can not be forgotten as they played unforgettable

roles. Bailey Ray was the Inn Keeper Molly Ralston which put her in the middle of all the goings on. It even put her at the wrong side of a gun and a pair of squeezing hands.

The final actor to mention was by no means the least important to this play. Portraying Mrs. Boyle, Ginny Peck was necessarily a bit pompous, and it was that attitude that fueled the fire to her only being seen during the first act of the play.

Though this review will come out after the final weekend of The Mousetrap at OCT, I still will not give away the final scene of the play just in case you get the opportunity to see it elsewhere. (By the way, if you get the chance, take it. It is indeed a classic.)

But more importantly this was just the first of five performances this year from the folks at Old church Theater. Though this one will be tough to top, I look forward to partaking of the other four presentations and fully enjoying some of our local actors doing what they love.

Teaching The Night Away

By Elinor P. Mawson

I don't know whether it is the medication I take, my advancing years or my long experiences in the classroom, but most of my dreams take place in a school.

Sometimes, the room is shack-like and I only have a few students. Sometimes my principal has called me out of retirement to take over a class that some teacher has left in a hurry. Many times, I find I am teaching the sisters and brothers of students I actually had in school.

But most always, I have a class of 15-year-old boys who are all in fourth grade. They come in one or two at a time and never stop! I find places for them to sit, and while I am doing that, more and more boys come in. I run to each part of the room, finding chairs and desks for them, but it is never

enough.

Then I go and look for my lesson plans. They aren't to be found. There are no books, no handouts, not even any paper or other supplies! How can I teach without these necessities?

And meanwhile, nobody is sitting down!

Needless to say, I wake up in a turmoil, but thankful that none of it really took place. Real life is wonderful!

Actually, my teaching career was much more pleasant than my dreams. Although there were years when I had 36 students in my classroom, somehow it was manageable. I never had much trouble with discipline because I always tried to establish a rapport with my kids so that they wanted to behave. And when discipline was necessary, I had the stu-

dent write their name on the board, which seemed to suffice.

In later years when I taught younger kids, there was a red plastic chair which was used if someone ran in the hall, or didn't follow directions. The culprit stayed in the red chair just long enough to admit to what they had done, and to promise it wouldn't happen again.

I guess I was lucky. I have heard horror stories from teachers in the years I have been retired. Tales of name calling, classroom fights, parents' intervention, to say nothing of standardized tests and merit pay, give me the shivers.

Teaching just isn't the same anymore.

I guess I will continue on with my dreams. They don't pay anything, but I can always wake up relieved that nothing like them ever happened.

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The St. Johnsbury Players 11 Announce Auditions For Agnes Of God

Auditions for John Pielmeier's compelling drama, Agnes of God, will be held by the St. Johnsbury Players on Tuesday, May 19th, and Wednesday, May 20th, at 6:30 p.m. at the St. Johnsbury School Auditorium, 257 Western Avenue, St. Johnsbury, VT.

Summoned to a convent, Dr. Martha Livingstone, a court-appointed psychiatrist, is charged with assessing the sanity of a novice accused of murdering her newborn. Miriam Ruth, the Mother Superior, determinedly keeps young Agnes from the doctor, arousing Livingstone's suspicions further. Who killed the infant and

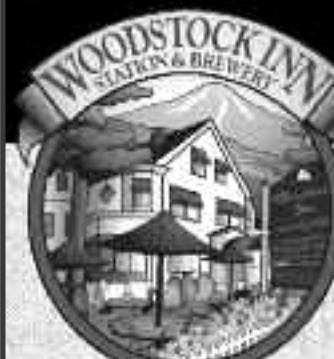
who fathered the tiny victim? Livingstone's questions force all three women to re-examine the meaning of faith and the power of love leading to a dramatic, compelling climax.

There are roles available for three women. Mother Superior – age 50-60, Dr. Livingstone – age 30-40, Agnes – age 18-25. Performances will be July 10, 11, 17, 18, and 19. Rehearsals will be held in the evenings, generally on Sunday, Tuesday, & Thursday.

For more information, contact Director Laura Wayne at 802-751-1175 or Producer Gianna Fregosi at 802-626-3663.

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"Step-by-Step" Approach Can Ease Estate-planning Process

Like many people, you may enjoy investing. After all, it can be invigorating to put away money for your future, follow the performance of your investments and track the progress you're making toward your long-term goals, such as a comfortable retirement. However, you might be less excited about doing estate planning, dreading the perceived time, effort and cost. Yet, you can make the entire process more manageable by breaking it up into specific tasks.

What are these tasks? Everyone's needs are different, but here are a few suggestions that may be applicable to your situation:

Purchase life insurance. If something were to happen to you, would your family be able to stay in the house? Would your children be able to go to college? You should have sufficient life insurance to take care of these and other essential needs. You might hear about various "formulas" for how much insurance you should purchase, but you may be better off by working with a financial professional — someone who can evaluate your assets, goals and family situation, and then recommend an appropriate level of coverage.

Draw up your will. For most people, a will is probably the most essential estate-planning document. Regardless of the size of your estate, you need a will to ensure that your assets and personal belongings will be distributed accord-

ing to your wishes. If you die intestate (without a will), your belongings will be distributed to your "heirs" as defined by state laws — and these distributions may not be at all what you had in mind.

Consider a living trust. Depending on your situation, you may need to go beyond a will when drawing up your estate plans. For example, you might want to create a living trust, which can allow your assets to go directly to your heirs, avoiding the public, time-consuming and expensive process of probate. A living trust offers other benefits, too, so you may want to consult with a legal professional to learn more about this estate-planning tool.

Check beneficiary designations. The beneficiary designations on your insurance policies and retirement accounts, such as your IRA and 401(k), are powerful and can even supersede the instructions left in your will. So it's in your best interests to make sure you've got the right people listed as your beneficiaries. Over time, you may need to update these designations to reflect changes in your fam-

ily situation.

Make final arrangements. Whenever you pass away, it will be a stressful time for your loved ones. To ease their burden, consider establishing a "payable-on-death" account at your bank, and then funding this account to pay for your funeral and related expenses.

Share your plans. The most comprehensive estate plan in the world may not be of much value if nobody knows of its existence. Share your plans with your loved ones and heirs. It's important that everyone knows their roles in carrying out your wishes.

When dealing with any estate-planning issues, you'll want to consult with your legal and tax professionals. And by taking a step-by-step approach, you can keep the process moving forward — without feeling that you're being overwhelmed.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, its employees and financial advisors are not estate planners and cannot provide tax or legal advice.

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EDITOR'S ASSISTANT	JANICE SCRUTON	CONTRIBUTING WRITERS	ELINOR P. MAWSON,
SALES	RICHARD M. RODERICK, ILENE LAHUE & GARY SCRUTON	MARIANNE L. KELLY, MELANIE OSBORNE,	ROBERT ROUDEBUSH
GRAPHIC DESIGNER	JEANNE EMMONS	IN VINO VERITAS	ROBERT ROUDEBUSH
TRANSPORTATION		TRENDY KITCHEN	RONDA MARSH
COORDINATOR	BARBARA SMITH		

Phone 603-747-2887 • Fax 603-747-2889
gary@trendytimes.com
ads@trendytimes.com
171 Central St. • Woodsville, NH 03785
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OBITUARY – JASON JOHN ALDRICH



North Haverhill, NH - Jason John Aldrich, 37, of Benton Road, died on Thursday, May 7, 2015, at Cottage Hospital, Woodsville, NH as a result of injuries sustained in a motorcycle accident.

Jason was born in Lebanon, NH on July 27, 1977, to James J. and Pamela J. (Carpenter) Aldrich. He graduated with the Class of 1996, from Easley High School, in South Carolina.

He was currently employed at O'Reilly Auto Parts in Woodsville.

Jason was a very creative and talented person. He built amazing stairs and did stone masonry along with carpentry. He didn't tackle anything that he couldn't complete. Jason was energetic, outgoing, and entertaining. He enjoyed the outdoors, riding ATVs and his Harley. Jason lived life to the fullest. He was a dedicated father to his daughter, Elaina, a great son and an amazing brother.

He is survived by his daughter, Elaina JoLeigh Aldrich and her mother,

Christina Wooster of Easley, SC; his parents, Jim and Pam Aldrich of North Haverhill; his brother, Joshua Aldrich and wife Lorie and their children Nicolas and Kiptyn of North Haverhill; along with several aunts, uncles and cousins.

Calling hours will be on Tuesday, May 12 from 5-7 PM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH.

A memorial service will be Wednesday, May 13 at 2 PM at the North Haverhill United Methodist Church, 2900 Dartmouth College Highway, North Haverhill, with Pastor Clint Brake and Pastor Carleton Cleveland, officiating.

In lieu of flowers, memorial contributions may be sent to Mr. and Mrs. James Aldrich, 170 Benton Rd, North Haverhill, NH 03774, for the benefit of Jason's daughter, Elaina.

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

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

Chili & Music At RR Park

The Haverhill Recreation Commission summer concert series opens May 30, 2015 at Railroad Park on Central Street, Woodsville at 6:00 PM with Parker Hill Road Band and Chili Contest.

The Wells River Action Program (WRAP) is again sponsoring the Chili Contest. There are 3 categories of chili - meat, vegetarian and game that contestants may enter chili to be judged. Contestants may enter in more than one category. Prizes will be awarded by WRAP for People's Choice and Judges Favorite. Chili Samplers will be on sale by WRAP with the proceeds benefitting WRAP and the Haverhill Recreation Commission. Hot dogs, soda and popcorn will also be on sale by the Haverhill Recreation Commission.

Chili Contest application forms may be picked up at Jocks Oil and the Baldwin Memorial Library in Wells River, and the Town Offices in Haverhill and Trendy Times in Woodsville. Applications should be returned to Nancy Ranno at Jock Oil. Application forms may also be requested by emailing WRAP at wrapwr@gmail.com and completed applications may be returned via the same email address.

The deadline to enter is May 26th. For more information about the contest contact Nancy at Jock Oil: 802-757-2163 or at 802-757-2283 or email WRAP: wrapwr@gmail.com

The Parker Hill Road Band a perennial favorite will again open the concert series this year's summer concert series.

Parker Hill Road Band is a bluegrass band and has opened up the Railroad Park Summer Series since its inception 9 years ago. Band members are Chris Cate, Bass; Mike (Woody) Woods, Banjo; Paul Amey, fiddle; Tim Cate, mandolin and Tom Rappa, guitar. The band has been together for over 20 years.

To find a Railroad Park Summer Concert schedule send an email to rec@haverhill-nh.com, visit the Town of Haverhill website at Haverhill-nh.com or follow us on Facebook under Haverhill Recreation.

In case of rain the Concert and the Chili Contest will be held at the Clifford Memorial Building at 65 Court Street in Woodsville.

Plant Sale Coming Up

The annual Plant Sale by the Haverhill Garden Club will take place on Saturday, May 23, 2015, on Haverhill Common, Dartmouth College Highway, from 8:30 a.m. until 11:30 a.m. The event will take place rain or shine.

The sale, always a popular event among local gardeners, will feature a variety of plants started, raised and nurtured by members of the club. This year's offerings will include popular annuals such as snapdragons, Sweet William, blue salvia and zinnias.

Herbs including dill and

basil will be available, as well as different varieties of tomatoes and other vegetables. In addition, there will be a number of mature plants for sale, harvested from members' gardens.

Typically, popular varieties sell out first, and since supplies are limited, "the early bird gets the worm." Typically, the sale attracts both veteran and novice gardeners.

Garden club members will be available to answer questions and offer advice on plant location and maintenance.

Funds raised through the plant sale are used for beautification projects and scholarships. In 2014, the Club pledged funds to landscape the perimeter of the Bertha Farnum Room extension to the Horse Meadow Senior Center, now under construction. This spring the Club will restore the garden at the triangle on Court Street in Haverhill Corner between the north and south Commons.

Mark your calendars to not miss the Haverhill Garden Club Plant Sale on May 23, 2015, 8:30 - 11:30!

NEWBURY CONNECT

Seeks Information On Groups Active In Newbury

Attention all organizations ANYWHERE in Newbury - town, villages, outback, wherever.

Newbury Connect is compiling a master list of all organizations and goings-on in our town. If you are a club, NGO, non-profit, church group, or other organization that meets, holds events, does community service, hosts hikes, dances or any other type of activity, large or small, we want to know about it. Newbury Connect is a group, organized out of the ReNewbury process, that is seeking to help our entire community become more "connected" and energized.

Our first step is to organize a master list of all the things going on in Newbury.

Please help us out by sending your information: group name, contact person, contact information (phone and e-mail), and if applicable, meeting time, any event currently scheduled, any annual event with date - set or approximate. Please check with the contact person to be sure it's okay to list him or her. Please send this information to our e-mail address newburyconnect@gmail.com or to Angela Cottrill at angela@e-burwinkel.net. We'll be in touch!

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

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Dear Marci,

My mother has several serious health complications, and her condition has deteriorated in the past few weeks. Her doctor has diagnosed her as terminally ill and recommended that we consider transitioning her to hospice care, but I am concerned about the costs and coverage. How does Medicare cover hospice care and what are the costs?

William

Dear William,
Medicare covers hospice

care if you meet certain criteria. Hospice care is comprehensive care for people who are terminally ill that includes pain management, counseling, respite care, prescription drugs, inpatient and outpatient care, and services for the terminally ill person's family.

In order to qualify for the hospice benefit, you must meet the following criteria:

- Have Medicare Part A;
- The hospice medical director (and your doctor, if you have one) must certify that you have a terminal illness, meaning that your life expectancy is six months or less;
- You sign a statement electing to have Medicare pay for palliative care, such as pain management, rather than care to try to cure your condition;
- Your terminal condition is documented in your medical record; and
- You receive care from a Medicare-certified hospice agency.

If you are considering hospice care, speak with your doctor about finding a Medicare-certified hospice agency. The hospice medical director and your doctor will certify your eligibility. You must sign a statement electing hospice care and waiving curative treatments for your terminal illness. The hospice team of providers must consult with you to develop a plan of care. The team includes a hospice doctor, a registered nurse, a social worker and a counselor.

Hospice can be provided in the home or in an inpatient facility; you do not have to be homebound to qualify for the hospice benefit. The hospice benefit covers the following services related to your terminal condition:

- Nursing services
- Skilled therapy services
- Home health aide services

- Durable medical equipment and medical supplies
- Short-term inpatient care to give relief to your caregivers
- Short term inpatient care to manage symptoms and control pain
- Medical social services
- Some prescription drugs
- Spiritual or religious counseling care
- Nutrition and dietary counseling

The hospice benefit is always covered under Original Medicare. Even if you have a Medicare Advantage plan, Original Medicare Part A will cover your hospice care. Your Medicare Advantage plan will continue to pay for your care that is unrelated to your terminal condition.

Original Medicare covers most costs associated with hospice care. You will be responsible for paying up to \$5 for outpatient prescription drugs covered through the hospice benefit (prescription drugs related to pain relief and symptom control). You also will pay a copay of no more than 5 percent of the Medicare approved amount for each day of inpatient respite care.

While you have hospice, you can still get Medicare coverage for treatment of all illnesses and injuries unrelated to your terminal condition. However, the costs you usually pay for services will apply.

Medicare will cover the hospice benefit as long as you continue to qualify for hospice care. If you receive 180 days of hospice care, you must have a face-to-face meeting with a hospice doctor or nurse practitioner to confirm that you still qualify for hospice care. You also can end hospice care at any time and elect to receive curative treatments for an illness.

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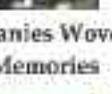
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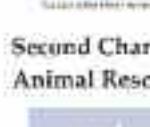
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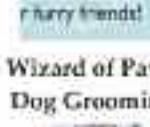
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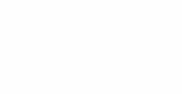
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Dear Marci...

care if you meet certain criteria. Hospice care is comprehensive care for people who are terminally ill that includes pain management, counseling, respite care, prescription drugs, inpatient and outpatient care, and services for the terminally ill person's family.

In order to qualify for the hospice benefit, you must meet the following criteria:

- Have Medicare Part A;
- The hospice medical director (and your doctor, if you have one) must certify that you have a terminal illness, meaning that your life expectancy is six months or less;
- You sign a statement electing to have Medicare pay for palliative care, such as pain management, rather than care to try to cure your condition;
- Your terminal condition is documented in your medical record; and
- You receive care from a Medicare-certified hospice agency.

The hospice benefit is always covered under Original Medicare. Even if you have a Medicare Advantage plan, Original Medicare Part A will cover your hospice care. Your Medicare Advantage plan will continue to pay for your care that is unrelated to your terminal condition.

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Speak Out Now About Your Local Natural Resource Concerns¹⁵

Do you want to know your voice was heard when identifying the natural resource concerns of Grafton County? In fiscal year 2014, \$2,533,772 were spent in federal technical and financial assistance for Grafton County farm and forest landowners through Farm Bill Programs. Who decided how and where that money was spent? Enter the Local Working Group. Our mission is to develop a conservation needs assessment with community input to help identify program funding needs and conservation practices. Our goal is to accomplish this through open discussion with interested farm and forest landowners and area partners working with natural resource conservation. This is an im-

portant step in the Locally Led conservation process. Our local resource concerns discussion will be facilitated by Roger Noonan, NH Association of Conservation Districts Executive Director, and President, NE Farmers Union.

Conservation districts work with farm and forest landowners to let them know that federal technical and cost-share assistance is available for approved conservation practices through Farm Bill Programs. Conservation practices are designed and implemented to benefit the environment through improved water and air quality, reduced soil loss and improved energy efficiency. The list of approved conservation practices is long and diverse. Examples

of conservation practices include a fencing system for rotational grazing, improved access to a woodlot, spring development, animal trails and walkways, improving pollinator and wildlife habitat. Installed conservation practices benefit the environment, the landowner, and local contractors hired to complete the practices. The process of deciding what practices should be available to landowners, and which resource concerns are most critical funding requires guidance and knowledge of local needs, identified by a Local Working Group.

Grafton County Conservation District will host a Local Working Group (LWG) meeting at 2:00pm on Friday, May 15, 2015 at Windy Ridge

Orchard in North Haverhill, NH. This is your chance to identify locally important natural resource concerns and make recommendations to the State Technical Committee and USDA Natural Resources Conservation Service (NRCS) State Conservationist on such items as priorities, conservation practices, and program implementation. This is an opportunity to voice your comments related to any of these programs so that your thoughts may be taken forward to the State Technical Committee. This meeting is open to the public. Contact Pam Gilbert at Grafton County Conservation District, (603) 353-4652, ext. 103 for additional information about the meeting. Grafton County

Conservation District (GCCD) values your thoughts about our local resources and hopes you will assist us by participating in our Local Working Group meeting.

There will be a Spring Cookout following the Local Working Group meeting. Pre-registration is required to attend the Spring Cookout. Grafton County Conservation District will be recognizing our Agriculture Steward of the Year 2014, the Fabrizio Family and Windy Ridge Orchard, and our Forest Steward of the Year, Rick Evans, consulting forester from Canaan, NH at our Spring Cookout. Contact Pam Gilbert, (603) 3543-4652, ext. 103 for Spring Cookout details.

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

May 12, 2015 Volume 6 Number 16

Bradford's 250th Celebration To Continue

As the Town of Bradford, VT prepares to celebrate the 250th Anniversary of our first settler, Mr. John Hosmer (Osmer), our volunteer committee has created memorable events lasting throughout the 2015 year.

Special events, honored guests, historical displays, music, stories and many more activities are scheduled. Even though Mother Nature tried to be the headliner for our Winter Carnival, we had several successful indoor events to start our Sesquicentennial anniversary celebration.

The next series of events will be held on May 24 and May 25, 2015. The Town of Bradford welcomes special guests; the Vermont Civil War Hemlocks as they demonstrate living history with an open encampment on Route 25, Waits River Road, just west of Bradford Mini Mart.

As they celebrate the 150th Anniversary of the Civil War, the Hemlocks are dedicated to proudly and accurately portraying the common Vermont infantry and artillery soldier during the War of the Rebellion, 1861 – 1865. Their encampment is open to public on Sunday as they arrive at approximately 10:00 AM. Watch as they set up camp, practice maneuvers and drills. Walk through a

Union encampment, listen to the stories and Civil War songs. Learn about the equipment; the Hemlocks use two 3 inch wrought iron rifles (sometimes known as ordnance rifles). Bring your own cup and enjoy a coffee boiled on a campfire and see what the common soldier is eating for supper.

Monday morning, beginning at 0600 hours the unit will prepare for the day. At 11:00 AM, the Hemlocks will join honored guests and fellow soldiers from the Vermont National Guard Armory Company A, 2nd Battalion, of the 172 Armor Division as they participate in the Re-Dedication Ceremony of Bradford's Veterans Memorial on the BA Lawn, 172 North Main Street in Bradford.

This memorial was originally dedicated on Bradford's new Memorial Field during the Town's Bicentennial celebration in 1965 by Major General Ernest N. Harmon, Bradford Academy graduate Class of 1912. "During World War II, Major General Harmon ranked without doubt among the ten outstanding field commanders in our far-flung forces", according to Harold W. Haskins, author of A History of Bradford, Vermont, in 1968 by Courier Publishing. He goes on to say the Major General Harmon graduated from West

Point in 1917, retired from the Army in 1948 where he became President of Norwich University until 1965. The field was purchased by funds by Bradford Academy and Graded School District to "be a memorial to those who served in the Armed Forces of World War II.

The Bradford Academy & Graded School Board and

the Bradford Select board has agreed that the memorial erected in 1965 should be moved to more prominent location so that the citizens can appreciate the sacrifice of so many who served in the Armed Forces of all wars and conflicts. The Bradford 250 Committee is proud to participate in this move and owe our gratitude to those who

helped to make it possible.

Join us on the special weekend to give thanks and honor those who gave so much to provide us with the way of life that we know and love. For more information, contact Meroa Benjamin at 802-291-1384 or email dpben@charter.net.

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PRN	June 28	Sonoma	2:00
PRN	July 19	New Hampshire	12:30
MRN	August 16	Michigan	12:00
MRN	September 20	Chicagoland	1:00
PRN	September 27	New Hampshire	1:00
MRN	October 4	Dover	1:00
MRN	October 18	Kansas	1:00
MRN	October 25	Talladega	1:00
MRN	November 1	Martinsville	12:30
PRN	November 8	Texas	1:00
MRN	November 15	Phoenix International	2:00
MRN	November 22	Homestead-Miami	2:00

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By Ronda Marsh

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

A Perfect Oven Roasted Beef Tenderloin

Beef Tenderloin, which is also known as Filet of Beef, is considered the most expensive piece of beef you can buy; when it is cut into steaks, it becomes Filet Mignon – the ultimate tender, juicy, and buttery bite of meat there is. Given the price-point of tenderloin, it goes without saying that once you make the investment in this exquisite roast, you are well advised to have a fool-proof plan for cooking it. Now don't let what I've told you thus far scare you away from taking the plunge! The good news is that presenting a toothsome and perfectly roasted Tenderloin couldn't be easier or faster. Also, unlike Prime Rib, (which is probably better known as a special-occasion cut) there is absolutely no waste, no bones or gobs of fat to contend with, and in my opinion, tastes better as leftovers. Pound for pound, I think it's a better buy to choose Tenderloin over Prime Rib, and by following a few simple tips, you can have a better-than-restaurant meal which will impress everyone seated at your table.

Firstly, be sure to specifically order your Tenderloin “trimmed and tied”, which means all the fat and silver-skin will be removed, and it will be tied at intervals with butcher’s twine to ensure even cooking throughout.

- 1 beef tenderloin (about 3 to 3-1/2 pounds, trimmed & tied)
 - 2 teaspoons salt
 - 1 teaspoon pepper
 - 1 teaspoon garlic powder
 - 1 teaspoon onion powder
 - 3 Tablespoons butter, room temperature

Remove beef from refrigerator one hour before cooking, to allow it to come to room temperature. When ready to roast the beef, preheat oven to 450°F. Pat roast dry with a paper towel. Combine the salt, pepper, garlic powder, and onion powder; sprinkle evenly over the roast and rub in. Rub the butter all over the roast, then place the buttered and seasoned meat in an oven-safe roasting pan. Roast, uncovered, for 30 minutes, or until the internal temperature registers about 125°F. Remove from oven and allow to rest 20 minutes, covered loosely, before carving into thick slices. Serves 4 adults.

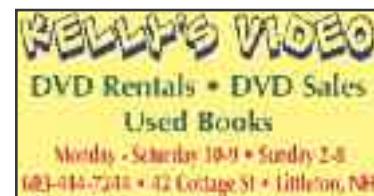


Next, it is necessary to take the chill off the meat before cooking, so don't even think about going straight from fridge to oven; let it sit out for an hour or so. What about bacteria growth, you ask? Not to worry...that amount of time is not enough to allow any marked increase in interior bacteria levels, and the high roasting temperature further mitigates any issue in that department. Be sure to wipe the meat down before seasoning it, please! Even a little excess surface moisture will inhibit browning, and prevent a nice little crust from forming on the exterior. You might be wondering if it isn't a bit excessive to slather a generous amount of butter on this already rich cut of meat, but with so little fat of its own, it really is required, and will only add flavor as well. Finally, as much as you may be tempted to cut right into it hot from the oven, be

sure to let the meat rest a full twenty minutes before carving. If you don't, you'll end up with juices running all over, and a dry roast...now that would be a real shame!

Just to gild the lily, I sometimes whip up a quick mushroom/onion pan gravy, using red wine or sherry to deglaze, then adding in some canned beef broth and the collected pan drippings for extra flavor. Draped over a generous slice of that unctuous beef, I can almost hear the angels singing, and I bet you will, too!

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Nathan A. Muehl,
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The logo for Groton Growers Farmers' Market features a stylized yellow woven basket filled with various fresh vegetables like carrots, onions, and leafy greens. The basket is set against a white background with a thin black border.

The logo for the Peacham Farmers' Market features a central illustration of a group of people, possibly farmers or market vendors, gathered around a table under the shade of a large tree. The tree is heavily laden with red fruit, likely peaches. The scene is set outdoors, with a simple fence visible in the background. The entire illustration is enclosed within a decorative border that includes the text "PEACHAM FARMERS' MARKET" at the top and "REJOICE IN THE FRUITS OF THY GARDEN" at the bottom.