

Region

April Vacation Day Camp

BEDFORD – Calling all girls ages 5-17! Can't wait for summer camp? Join Girl Scouts of the Green and White Mountains for a fun-filled week at Camp Kettleford during school vacation week, April 25-29. One week of adventure is \$100 per girl, from 9 a.m.-4 p.m. each day. Questions? Call Dawn Thomas at 888-474-9686 x114, or e-mail dthomas@girlscoutsgwm.org. See www.girlscoutsgwm.org for more. Space is limited, so sign up now.

Tickets On Sale Now For The 2nd Annual Taste Of Milford

Friday, June 3

Milford - The Milford Oval is the place to be for great food at the 2nd Annual A Taste of Milford on Friday, June 3 from 6-9 pm. Building upon the huge success of last year's Taste, this year will feature twice as many restaurant and eateries, plus music, raffles and browsing of unique downtown shops. Sample specialties from 20 Milford restaurants including Amigos Mexican Cantina, Chapangas, Foodees, Giorgios, the Pasta Loft, the Red

Arrow Diner, the Rustic Leaf Bistro, Tiebreakers at Hampshire Hills and the Union Street Grill just to name a few. Tickets are \$20 per person and may be purchased at <http://www.milforddoit.org> or by telephoning 672-4567. Early ticket purchase is recommended - tickets are limited and this event sold out last year. Proceeds benefit the Milford Downtown Ongoing Improvement Team. The Taste of Milford is sponsored by Hansen Printing & Design, Milford and Centrix Bank.

Nashua/Amherst Chapter

Nourishing Traditions/The Weston A. Price Foundation

Raising Healthy Kids in a Toxic World

NASHUA – Beth Lambert, author of "A Compromised Generation," and Gail Vanark, Family Nurse Practitioner, will speak at the Nashua Public Library on Monday, May 9, from 7 to 9 p.m.

"A Compromised Generation: The Epidemic of Chronic Illness in America's Children" reveals how seemingly benign elements of American culture are making millions of children chronically ill, disabled or dysfunctional. Children are being diagnosed with illnesses such as autism, asthma, allergies and ADHD at a breathtaking rate. Beth reveals how environmental factors, specific American lifestyles and pharmaceutical over-usage are at the root of the epidemic, and she and Gail offer advice on how it can be reversed.

Beth Lambert is a former health-care consultant and teacher, and is currently the Executive Director of Epidemic Answers, a 501(c)(3) non-

profit organization dedicated to educating the public about the epidemic of chronic illness affecting our youth.

Gail Vanark, MSN, FNP, is an ANCC Board-Certified Family Nurse Practitioner who is trained in conventional and complementary therapies and who focuses on prevention, wellness and education in her independent practice at the Center for Preventive Medicine in Amherst NH.

The lecture is free and open to the public and is sponsored by the Nashua/Amherst Chapter of Nourishing Traditions/The Weston A. Price Foundation. For more information contact Linda Millman at 603.886.1617.

The Library is located at 2 Court Street in Nashua. For directions and information on parking, go to www.nashualibrary.org/directions.htm. The lecture will be held in the downstairs Theater.

Milford Rotary Senior Citizens BBQ May 4

MILFORD – Attention Area Senior Citizens: You are all invited to be the guests of the Milford Rotary Club at their 33rd Annual Senior Citizens Barbeque to be held at the Souhegan Valley Boys and Girls Club, 56 Mont Vernon Street, Milford on Wednesday, May 4, 2011 at 12:00 noon. The Club's world famous BBQ chicken will be served, accompanied by sides that are sure to please. This is an event you won't

want to miss. No reservations are required and best of all, it's free!

The first Milford Rotary sponsored Senior Citizens Chicken Barbeque was held on October 3, 1979, and provided meals to 165 senior citizens and 48 Rotarians in the midst of falling snow. Let's hope winter is finally over and this year's event will be held under sunny, warm skies. No matter the weather, it is sure to be fun (and delicious) time for all.

aurvara Salon Supports Clean Ocean Action with Cut-A-Thon

Our mission at aurvara Salon is to be an integral part of our community, both locally and globally, that's why our partnership with AVEDA and Clean Ocean Action to raise money for Earth Month is a cause that we hold close.

The goal of Clean Ocean Action, an organization based out of New Jersey, is to improve the degraded water quality of the marine waters off the New Jersey & Eastern coast. In honor of Earth Day, each year, AVEDA sets aside a whole month to love, celebrate and raise money to protect the Earth and its people. AVEDA has raised over \$18 million since 1999. Over the last 4 years \$12 million of the funds supported clean

water projects at home and around the world, which have helped touch the lives of tens of thousands of families worldwide. This year, some of the proceeds will directly affect the relief efforts in Japan as well.

Join aurvara Salon in our Earth Month efforts by participating in our Cut-A-Thon on April 16th from 12-3. Haircuts are \$25 and Eye Brow shapings are \$10 with all proceeds directly donated to AVEDA and Clean Ocean Action's cause to stop ocean pollution. Other ways to help are to purchase a blue hair extension, participate in our BINGO raffle or donate \$15 and receive a FREE water bottle or reusable tote bag.

Paws To Care! Annual Kitty Angels Fundraiser at Treasures

AMHERST – Treasures Antiques, Collectables & More will once again, be the place to be on the weekend of April 30 and May 1 of this year. Preparations are underway for their annual Kitty Angels Fundraiser and adoption days. This event will run both days from 9AM to 5PM rain or shine. Last year's event gathered 100 vendors who jammed the grounds surrounding Treasures in a cheerful, flea market, yard sale and county-fair type atmosphere, selling everything under the sun! Some vendors, skilled artisans and crafters showcasing their wares and professional services are AMHERST ANIMAL HOSPITAL, who has done so much for Kitty Angels over the last 20 plus years by taking care of hundreds of the worst case kitty patients; some mangled beyond hope or critically ill and given them a second chance at life. Last year alone, they treated almost 200 cats from Kitty Angels. They will be available to explain their services and to answer any questions you may have concerning the kitties or any other pet/animal that may grace their doorway.

Fundraising raffles and silent auctions will be featured throughout the weekend. Prizes this year will include "An Evening in Ogunquit" consisting of a dinner for two at

PRIME STEAKHOUSE ON Shore Road, followed by a pair of tickets to one of the fabulous shows this summer at The OGUNQUIT PLAYHOUSE on Route 1.

This special, annual, fundraising event for "Kitty Angels, Inc." was the idea of and is the "pet" charity of Treasures' owners, Rick & Sherry Tobin. Their fundraising efforts over the years for "Kitty Angels, Inc." have exceeded \$20,000. Kitty Angels, Inc. is dedicated to rescuing stray and abandoned cats and furnishing them with treatment for injuries or other health issues. The cats are then placed into life-long, loving "forever homes" with compatible owners. All the necessary steps are taken to insure the well being of the cats, including screening for infectious diseases, spaying and neutering, providing rabies, distemper and other necessary vaccinations.

You PAWSITIVELY have to attend. Hopefully, you can adopt a new, life-long, forever-friend as well.

Are you interested in setting up as a vendor for the event? A donation of only \$25.00 is all that is needed for a weekend space. This will be in an open outdoor area, if you wish, you may set up a tent. Call 672-2535 for more information.

Conservation District Offers Trees, Shrubs, Perennials and Flower Bulbs

MILFORD - The Hillsborough County Conservation District is currently holding its annual Tree and Shrub Sale. We are offering a variety of top quality evergreen and deciduous trees, wildlife and landscaping shrubs and fruit plants. Most of the plants are native to New Hampshire and were chosen for their hardiness, wildlife and landscape value. All are offered at wholesale prices. Deadline for orders is Friday, April 8th. The District is also including perennials in its offerings this spring! Choose from various types of lilies, gladi-

olus, hosta, liatris, astilbe and other unique bulbs in many colors. They're all fresh, top-size bulbs that will add a glorious display of color to your landscape.

All of the proceeds from the sale will benefit conservation efforts in Hillsborough County. Thus, in addition to improving your landscape, you are helping fund conservation projects in your local community.

For information or to receive an order form, contact the District office by phone at 673-2409 Ext. 100, e-mail kerry.rickrode@nh.nacdnet.net, www.hillsboroughccd.com.

Views from Bedford Fields

Return of the Faithful!

The view from the window is changing in more ways than one! With the snow melting and daffodils peaking out of the ground, returning migratory birds are filling the air with color and song. All surely a feast for the senses!

If you are fortunate enough to be hosting bluebirds in your yard, they are probably incubating eggs by now. Phoebs return anytime from the end of March to mid-April, and will appreciate nesting shelves. Robins may choose to use them as well! Tree swallows and wrens will be here before you know it, and they'll take any empty boxes not taken by the bluebirds.

If you are still feeding suet, be sure to take it down or crumble it into tiny pieces as soon as it gets tacky in the heat. The "greasy belly" birds get from clinging to the suet feeder gets transferred to the eggs in the nest, particularly a problem for woodpeckers as the embryo in the grease-coated egg may suffocate and never hatch.

Don't forget to put out nesting materials such as materials available specifically for this purpose, or bits of short string, grasses, pet fur, etc and hang in an onion bag.

Please help keep our feathered friends healthy and disease free by cleaning your feeders and bird baths regularly!

Marie Nickerson is an avid gardener and birding enthusiast. Stop by to say hello and see how we're always adding to the great selection of bird supplies at Bedford Fields, Route 101, Bedford!



Marie Nickerson

Healthy Living: Easier Done With The Right Resources.

Healthy is the best way to live and remain happy, most would agree!

AMHERST – Fresh apples, peaches, tomatoes, lettuce, cucumbers, even summer squash lead to healthy eating including our 5 a day fruits and vegetables! Healthy means using local made honey to fighting off seasonal allergies! Sunshine, fresh air, friends and a smile or two are essential as well.

St Paul Farmers Market Friday afternoons 4-7pm; right off of 101A. St Paul Lutheran Church located at 3 Craftsman Lane in Amherst has an area visible from 101A between Lowes and Home Depot.

June to October seasonal items are available from local farmers; fresh produce and herbs; beef, chicken, eggs, jams, relish, local honey, maple syrup, fresh bread, local nursery plants, fresh baked goods, kettle corn and local wine. A meal could be made by what is offered. A healthy meal supporting the local economy!

Local crafts are offered hand made beaded jewelry, wool items, and wood pieces, rock creations using local resources. Entertainment and special events are being planned additional fun! More healthy benefits to the farmers market are the interaction with our local community. Meet a neighbor or friend share healthy time together!

Buying local is healthy for our community and keep the farmers in business nearby, healthy for now and for generations. Healthy is a good thing and let's make it enjoyable as well!

Visit us, Opening Day Friday June 3rd 4-7pm till October. Applications for vendors email kettle-korn@mac.com. Call Felicia 603-234-0492 see website www.kettle-korn.net with market pages! See you there!

Hillcrest Terrace to Host Free Program

MANCHESTER – 101 Solutions for Easier Living, Learning and Working will be held April 15 at 2:00 pm. This event will take place at the Hillcrest Terrace in Manchester, NH and will feature Therese Willkomm of the University of New Hampshire's Department of Occupational Therapy.

Therese Willkomm is an assistant professor in the department of occupational therapy at the University of New Hampshire. She is also the director of ATinNH, the New Hampshire state-wide assistive technology program with the Institute on Disability. She holds a Ph.D. in rehabilitation technology from the University of Pittsburgh and has over 25 years experience in providing/managing assistive technology services. She is known nationally and internationally as "The McGyver" of assistive technology.

This presentation provides participants with over 100 tools, materials and gadgets that make living easier for all. The session will cover how to use everyday materials such as specialty tapes, plastic scraps, magnets, green wire, pvc pipe and more to solve everyday life challenges in minutes. Solutions that will be shared include: back-saving solutions; solutions for gripping difficulty; solutions to improve memory; one-handed solutions; solutions for low vision or hearing loss; solutions to reduce slips and falls; reaching solutions; and solutions for getting up, into and out of. This presentation is guaranteed to be very entertaining, interactive and informative.

For more information on this event, contact Hillcrest Terrace at 630-5480 or HYPERLINK "mailto:lptimmons@yahoo.com" lptimmons@yahoo.com.

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