

Business

REMINDER

Community Rallies with Local Business for Hope For Gus

AMHERST - Ponemah Farms and The Hope for Gus Foundation, with the cooperation and support of other local businesses, will host a Halloween event for families at their Amherst location, with proceeds benefitting the Hope for Gus Foundation. The Dreher family of Frankestown started the Hope for Gus Foundation shortly after learning of Gus' diagnosis in 2009. The Fair date is Saturday, October 30th from 11AM to 5PM at 42 State Route 101A, Amherst. Amherst's own Moulton's Market will be at the Fair offering hot lunch and refreshments. By the Brook Farm of Frankestown will have a petting zoo and offer pony rides and the Steve Dre-

her and Friends Band will regale all ages with their fun and funny kids songs. The fair will have a raffle, bake sale, balloons and a kids costume contest. Each volunteer, vendor and staff member involved in Ponemah's efforts is excited to be a part of the day. Admission bracelets are five dollars per person and can be purchased at Ponemah Farms, Moulton's Market, and Frankestown Village Store, as well as at the event itself. For more information, call Ponemah Farms at 673-0446. To read more about Gus' story, the Hope for Gus Foundation and Duchennes Muscular Dystrophy, visit www.hopeforgus.com.

Business Basics

How to Start a Business in NH
Thursday, November 18th, 5:30 p.m. - 9 p.m.
Manchester, NH

The New Hampshire Small Business Development Center (NH SBDC) is offering Business Basics for people who are interested in learning how to start and run a business well. Subjects covered are the pros and cons of being in business, registering your business, choosing your business form (LLC, sole proprietor, etc.), hiring your first employee, record keeping, understanding

your market, and more. Thursday, November 18th, 5:30 p.m. - 9 p.m., Amoskeag Business Incubator, 33 S. Commercial Street, Manchester. For more information and to register go to www.nhsbdc.org and click on the Calendar. The registration fee is \$49 for the first person and \$30 for each additional person from the same business.

wedü Announces Agency Expansion with New Hire

MANCHESTER — wedü, a nationally recognized full service advertising and marketing agency, is pleased to announce the expansion of its Interactive Team with the addition of Jeffrey Parrish, a veteran web developer.

Parrish joins wedü after most recently owning and managing J-Cap Web Design, a web development agency based in New Boston, New Hampshire. He will be tasked with assisting the wedü Interactive Team with web programming, search en-

gine optimization, social media and hosted application development.

"I am pleased that wedü has been able to reverse the economic trend and continue to add staff positions over the past two years," commented Sean Owen, wedü President and Creative Director. "The addition of Jeff Parrish to our Interactive Team is going to ensure that our clients will continue to enjoy award-winning web solutions." (www.wedu.com)

AARP Tax-Aide Program

The AARP Tax-Aide program is a community service developed by the AARP Foundation in conjunction with the Internal Revenue Service (IRS). The program provides Free Tax counseling, preparation, and electronic filing services to senior citizens, as well as low-and middle-income taxpayers, in connection with their Federal and State (NH, MA only) income tax returns.

Your local AARP Tax-Aide Program is seeking volunteers with an interest in helping others to staff locations in the Nashua area where you will provide tax assistance services under the supervision of a local coordinator. Volunteers of all ages and backgrounds are welcome. You do not need to be an AARP member, a retiree, or have previous tax training and/or extensive com-

puter experience to volunteer.

Tax-Aid program volunteers will receive approximately two weeks of in-classroom training in tax law, procedures for income tax return preparation, and the use of "Tax-wise" software beginning January 3, 2011 (at Daniel Webster College in Nashua). Upon successful completion of at-home, open-book testing, volunteers will receive an IRS certification. Tax-Aide volunteers are expected to provide tax assistance services at least once each week during the 2011 tax season or February 1 2011 - April 15, 2011.

If you would like to volunteer for, or learn more about the AARP Tax-Aide Program, please contact Kaye Heffernan by phone at (603) 882-8736 or by email at pkcheffh@comcast.net.

The Cozy Tea Cart is Participating in NH Open Doors

BROOKLINE - On Saturday, November 6th we welcome Cynthia Gold and her co-writer Lise Stern. Cindy is the Tea Sommelier at the Boston Park Plaza; a Culinary Chef; and author of the book, 'Culinary Tea'. She will demonstrate "Cooking with Tea" using recipes from her book throughout the day. Cindy has actively been combining teas with food for the last twelve years, has traveled the world teaching chefs her culinary tea techniques, has received numerous awards, and has been featured in magazines and publications world-wide. You will not want to miss this delicious demo and tasting - an inspiring and artful experience for the home cook or restaurant chef!

On Sunday, November 7, meet local caterers and health professionals. Sample the delicious foods they have created for you and enjoy them paired with our tea throughout the day! This is a unique opportunity to meet them in person and learn about the other services they have to offer. Danielle Beaudette, shop owner will be demonstrating some of her favorite cooking with tea recipes for sampling. Bring your appetite! There is no charge and this is open to the public! In celebration of the Giving Season, please bring a food item that can be donated to SHARE of Milford. Visit us at www.TheCozyTeaCart.com for complete details.

Businessmen's Fellowship International USA Nashua Chapter

The Business Men's Fellowship is an organization birthed by the Holy Spirit in September 1995 and is committed to Christ-like living through the empowerment of the Holy Spirit.

Its MONTHLY BREAKFAST MEETING is Saturday Nov. 6 at 8:00 AM at New Beginnings Fellow-

ship 6 Spruce Street Nashua. This is a men's only continental breakfast. Come, bring a friend and enjoy a time of fellowship and prayer. For more information call Sonny Johnson 672-8085 or Jack Jackson 883-3446. Join us for a Complimentary Breakfast.

Health Notes

ATTENTION SENIORS and CAREGIVERS

"Medicare Open Enrollment" begins November 15th through December 31st. Do you have questions about the best health insurance plan for you or your loved one? Might you qualify for a Medicare Savings Program, which would pay your monthly Medicare B premium (which is deducted from your Social Security check each month)? Are you confused about Medicare D (insurance for prescription drugs), or wonder if your income is low enough to make you eligible for Medicare D premium "Extra Help"?

"Who you gonna call?"
Call ServiceLink in Nashua: 598-4709 OR

Visit Parkhurst Place, 11 Veterans Rd, Amherst, NH where Program Coordinator, Michelle Magarian, will have office hours on the second Wednesday of the Month (Next time: October 13th), 10:30 am - 12:30 pm.

Parkhurst Place is pleased to offer this community service for seniors and their caregivers, to help navigate the complex health care system and as it affects this age group, as well as other issues which arise that may threaten independence. ServiceLink is a statewide network of locally administered, community-

based resources for seniors, adults with disabilities and their families. ServiceLink is a free information and supported referral service that can answer your questions and connect you to the appropriate services that support healthy and independent living.

The assistance you receive from ServiceLink will be tailored to your specific individual needs, or the needs of someone you care for. ServiceLink staff is knowledgeable on the resources available within your local area and throughout New Hampshire, including:

- o Home care services
- o Caregiver Support
- o Employment Issues
- o Financial/Retirement Planning
- o Wellness Education
- o Prescription Drug Options
- o Healthcare Benefits
- o Disease Management
- o Housing

And much more....

Call ServiceLink at 598-4709 to make an appointment with Michelle at Parkhurst Place.

Parkhurst Place

11 Veterans Rd.
Amherst, NH 03031
(603) 249-1600
parkhurst-place@comcast.net

Programs for Seniors at Parkhurst Place

Strength Training Classes (on-going)

(Join class at any time: fee will be pro-rated)

Two classes per week:

Tuesdays & Fridays, 10:30 - 11:15 am OR Tuesdays & Fridays, 11:30 am - 12:15 pm

Hampshire Hills Instructors: Joanne Leedy and Sue Greaney

Cost: \$30 for 6 weeks (for 2 classes per week)

Please call Lorraine at 249-1600 to sign-up (please leave a message).

Gentle Yoga Classes*

(on-going)

(Join class at any time, fee will be pro-rated)

One class per week: Mondays OR Thursdays

Mondays, 8:15 - 9:15 am OR Thursdays, 10:00 - 11:00 am

Instructor: Laurie Daley, Certified Kripalu Yoga Teacher,

Cost: \$30 for 6-week session

Call Lorraine to register: 249-1600 (please leave a message)

Tai Chi Easy Classes

Wednesdays

9:00 - 10:00 am (If you wish to take Tai Chi in the afternoon instead - we are thinking about changing this class to 3:00 pm—call Lorraine & leave a message at: 249-1600)

Instructor: Susan Flanagan

Bean Community Room

Cost: \$5 per class or \$30 for 6-week session (Join any time)

Please call Lorraine at 249-1600 to reserve a place

Art Instruction for Adults

6-week session began Tuesday, September 14th, 2010

Tuesdays, 9:30 am -11:30 am (join anytime)

Parkhurst Place 2nd floor activity room

Cost: \$10 per class

For more information or to register, please call Milford artist and instructor: Sue Peterson: 673-5951

Blood Pressure Clinic

Wednesday, September 29th, 2010

10:30 - 11:30 am

Free blood pressure checks provided the last Wednesday of every month provided by Nurses PRN of Merrimack.

Paper Arts Class

Wednesday, October 13, 2010

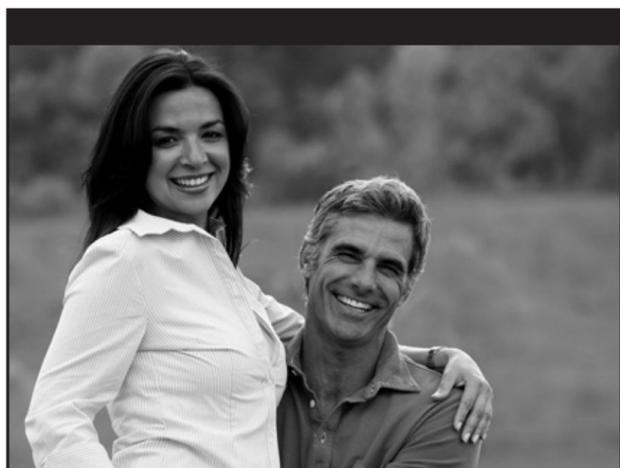
10:30 am

Lori Hannon, Mixed Media Artist

Cost: FREE - all supplies provided

Be creative! Learn new paper art skills, with guidance from instructor. No experience necessary. Call Lorraine at 249-1600 to register.

Parkhurst Place offers classes, workshops, and health screenings for residents of the Souhegan Valley who are 55 years or older. For information call Parkhurst Place (249-1600). If no one is in the office, kindly leave your name and number on the answering machine for a call back.



IT'S BETTER TO REVIEW YOUR ANNUITY THAN RETHINK YOUR RETIREMENT.

If you own an annuity, it just makes sense to review it every now and then. That's why we offer complimentary annuity reviews. Then you can make sure your annuity stays in sync with your goals. Plus, there may be features your current annuity simply doesn't offer.

So regardless of where you purchased your annuity, call your local financial advisor today to schedule your complimentary review.

Brian S McGuigan

Financial Advisor

46 Route 101A

Amherst, NH 03031

603-672-5520

Marc D Chareth

Financial Advisor

1 Elm Street

Milford, NH 03055

603-673-3957

Chris Marcucci

Financial Advisor

46 Route 101A

Amherst, NH 03031

603-672-5520

www.edwardjones.com Member SIPC

Edward Jones
MAKING SENSE OF INVESTING

10 Questions to Ask When Insuring Your Antique Home

1. Is this policy designed exclusively for antique homes?
2. Does the policy have unlimited rebuilding cost on my home? In other words, no dollar limit or % cap?
3. Do you bring in skilled craftsmen or 'Restorationists' to restore my home?
4. Do you offer unlimited building code coverage to protect me from paying for new laws & ordinances enacted since my home was built?
5. If there is a claim, do you pay me for the complete damage up front (replacement cost) for both my home & my belongings instead of actual cash value?
6. Does the policy include unlimited additional living expenses coverage while my home is being repaired?
7. Do you include unlimited water backup coverage?
8. Do you have unlimited debris removal coverage?
9. Does the policy have a cash out option on total losses so I can buy another antique home instead of rebuilding?
10. Does your company have a testimonial in writing from a historical trust?

MiddleOak Specialty®. We can answer yes to all 10 questions.

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THE TOADSTOOL BOOKSHOPS



ARCHER MAYOR

Sat., Oct. 30, 3 p.m.

We missed him last year, but the beloved VT author returns with his latest Joe Gunther mystery, "Red Herring".

HOBBLEBUSH

GRANITE STATE

POETRY SERIES

featuring

CHARLES PRATT &

BECKY SAKELLARIOU

Sat., Nov. 6, TBA

The duo read from their new collections.

DR. CATHERINE SHANAHAN

Tue., Nov. 16, 6:30 p.m.

The local physician leads a discussion based on her book, "Deep Nutrition: Why Your Genes Need Traditional Food".

Can't make an event? Call us and we'll put a book aside for you.

www.toadbooks.com

Mon-Sat 9-9, Sunday 11-5

Lorden Plaza, Milford

673-1734

12 Depot Sq., Peterborough, 924-3543
Colony Mill Marketplace, Keene, 352-8815