



Each year the New London Garden Club members meet at Our Lady of Fatima Catholic Church for a Greens Workshop, where they make over 50 wreaths for all the churches and public buildings in New London. Greens are clipped, red bows are fashioned, and newer members are coached by veteran members in the intricacies of wreath making. The Club also decorates and fills 48 tray baskets for Bittersweet residents and for those receiving Meals on Wheels. L-r: Bonnie Guterl, Chairperson of the project, and Dusty Logan. Photo: Sally Bergquist

Marie Prinsen, MD, Joins New London Hospital Staff

New London Hospital is pleased to welcome Marie Prinsen, MD, of Newport to its team of family medicine providers.

A 1994 graduate of the University of Montreal School of Medicine, Dr. Prinsen completed postdoctoral studies in family medicine at the University of Montreal and Hospital Maisonneuve-Rosemont in Canada. Prior to joining the New London Hospital team, Dr. Prinsen was affiliated with Catholic Medical Center's Amoskeag Primary Care in Manchester as a full-time family medicine practitioner.



From 2004 to 2007, she was associated with Claremont's Sullivan County Partners in Health, where her scope of services included obstetrics, emergency care, intensive care, and nursing home patients. She was appointed Medical Director of the practice in 2005.

From 2000 to 2004, Dr. Prinsen was a family medicine physician with the Northwest Medical Center and the Altru-Northwest Clinic in Thief River Falls, Minnesota. She served as a fam-

ily medicine physician at the Maisonneuve-Rosemont Hospital affiliated with the University of Montreal from 1996 to 2000.

Dr. Prinsen is certified by the American Board of Family Medicine. Her areas of special interest include preventive health, women's health, pediatrics, and geriatrics. Dr. Prinsen welcomes new patients and may be reached at 526-5544.

Wilmot Ladies Aid Society

By Lindy Heim

Wilmot Ladies Aid Society

Five Wilmot college students were recently named Merit Award winners by the Wilmot Ladies Aid Society. The monetary awards are given annually to college or college-bound students from Wilmot who exhibit exceptional character, scholastic achievement, and community involvement.

The 2008 winners are Ashley Grace, a freshman at Plymouth State University; Heather Grace, a senior at University of New Hampshire; Matthew Franklin, a junior at Clarkson University; Amy Lucas, a freshman at the University of New England, and Alex Slover, a fresh-

man at Cornell University.

The Ladies Aid Society raises funds for these awards and other charitable works through activities such as the popular Cookie Walk at the Holiday Craft Fair, the raffle of a Triple Irish Chain quilt hand-quilted by the Society, and the sale of handmade and home-baked goods at the Wilmot Farmers Market.

Don't miss your chance to buy tickets for the raffle of a beautiful queen- or king-sized Triple Irish Chain quilt with matching shams. This gorgeous multi-colored quilt's dominant color is plum. Raffle tickets sell for \$1 each, or six for \$5. Watch for the quilt at various locations through October of 2009.

UNH Cooperative Extension Service Offers Holiday Spending Planner

By UNH Cooperative Extension Service

'Tis the season to be generous and jolly, but remember that come January, when the bills start coming in, excessive spending will translate into facing more bills than you may have anticipated. It's easy to get caught up in the atmosphere created during the holiday season. And when we can easily pull out one of several credit cards, keeping holiday spending under control can be a challenge.

There are several strategies you can follow to keep your budget from going into the red in January:

- Think about what you are trying to accomplish. What traditions do you really want to focus your resources on that will create the fond memories you and your family members will cherish?
- Get organized and make a list. Think about ways to stretch your gift

dollars for each person on your list. We all love to show our love and gratitude to our family and friends, but a gift of your time may be more appreciated than an actual object. That may be especially true today as more people are using their extra time to work multiple jobs in order to make ends meet.

- When you select your gifts, think frugally. Frugality means being resourceful and stretching your resources without sacrificing quality. It's not the same as cheapness, which disregards quality and suitability. Thinking frugally allows you to stretch your dollars by exploring places other than shopping malls to obtain your gifts.

- Prepare a holiday budget. Set an amount that will cover your expenses, and then stick with it. Within the planned amount for holiday spending, break it down further by setting a limit for each person or holiday expense on your list. The total should not exceed your set amount.

The only way to ensure that you don't exceed what was planned is to record your actual expenses. One tool you can use is the Holiday Spending Planner. It's a small wrap that fits around your credit card. Each time you make a holiday purchase, you just note the transaction amount and what it was for on the small planner.

Call the University of New Hampshire Cooperative Extension office at 225-5505 to request the Holiday Spending Planner or visit Extension.UNH.edu/COUNTIES/Merrimack/Merrimack.htm. Under the "What's New" section, there is a downloadable version of the planner.

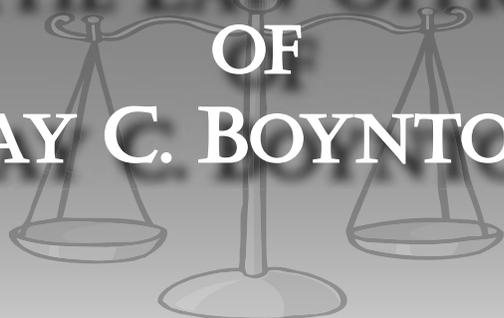
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