

New Hampshire Circle Of Home And Family

By Judy Perreault
NHCHF

We had a nice lunch at Rose Tilton's home, and before we all nodded off, Judy Perreault presented the program *Are You Getting Your ZZZs?*

Sleep is an important part of the body's requirements. Lack of sleep can compromise your immune system and cause all sorts of problems such as irritability, confusion, impatience, intolerance, and even hallucinations. This in turn leads to being less productive, less vigorous, less alert, and less able to cope.

Close to 100 million people suffer from insomnia (inability to sleep), and it is not reported by most people. It costs the nation billions in medical expenses.

Sleep patterns are affected by drugs, alcohol, medicines, a new baby, allergies, nerves, menopause, and a poor sleep environment.

The average person needs seven and one half to eight hours sleep per night.

We discussed the different types of

sleep, sleep rhythms, sleep disorders, and cures, both herbal and medicinal.

We received a list of things that can be done to promote sleep naturally, such as no naps or caffeine after 3 PM, going to bed at the same time, going to bed when sleepy, having a good sleep environment (good mattress, no noise, right temperature).

If you suspect that you have a sleep problem, you should contact your doctor. There are sleep studies available that can pinpoint your problem.

We also planned our program for next month, which will be Brazil. Instead of our usual sandwich lunch, we will be making a Brazilian meal from appetizers to dessert. Members who have items from Brazil have been asked to bring them to the meeting.

Our spring workshop will be held in at the AE/MS school on Saturday, April 18. There will be more in the next issue of the *Beacon*.

If you are interested in joining our group, call 735-5493.

New Bathroom Installed At Highland Lake Grange Hall

By Carolyn Dole
Andover Congregational Church

Bathroom facilities within the Andover Congregational Church's Grange Hall have been designed for handicap access, winter tolerance, and compatibility with applicable state requirements. Licensed contractors have been chosen and volunteers committed to installing a bathroom to be entered at the left of the stage from the hall. Work was expected to start February 16 and to be completed within a

short period of time.

Funding is from donations, baked goods sales, and other community fundraisers. This was approved by the congregation at their annual meeting. It is anticipated and planned that the updated Grange Hall will provide a convenient, comfortable, and historic building, within which there will be held many events for the benefit of church members, residents of Andover, and the greater community.

Lake Sunapee Bank Donates To Nature Conservancy For Green Accounts

Lake Sunapee Bank is pleased to donate to The Nature Conservancy of New Hampshire and Vermont after a tremendous response from its customers. Beginning on September 1, 2008, Lake Sunapee Bank introduced e-Statements and an e-Checking account with a commitment to donate to The Nature Conservancy in New Hampshire and Vermont for each account enrolled in e-Statements, and every opening of an e-Checking account at Lake Sunapee Bank and its First Brandon Bank division in Vermont.

"With the use of e-Statements and e-Checking, all of us can reduce the amount of paper and energy used every day," said Stephen W. Ensign, Chairman and CEO of Lake Sunapee Bank. "During the promotional period we had over 3,600 customers enroll in the e-Statements program or open an e-Checking account. So it is our customers who are to be thanked for this donation."

Lake Sunapee Bank, which is headquartered in Newport, currently operates 28 banking offices, including one on Lawrence Street in Andover.

WCA SENIOR LUNCHEON

The March Senior Luncheon will be held at noon at the Wilmot Community Association Barn on Village Road in Wilmot Flat on March 17. We will be celebrating St. Patrick's Day with music by Thelma and Chester Martin of Danbury. The Martins are always popular, with Thelma on piano and Chester on drums playing the old tunes we all remember and love.

The luncheons are sponsored by the Wilmot Community Association and Wilmot Ladies' Aid Society in cooperation with the Belknap/Merrimack Community Action Program. All area seniors are invited to join us for good food, conversation, and entertainment. Reservations should be made by calling 526-4540 or e-mail kmckibbin@comcast.net. A \$2 donation is requested.

Kearsarge Lodge #81 Holds Fellowship Dinner At Masonic Hall

What Is Freemasonry?

Freemasonry is the world's oldest and largest fraternity. Its history and tradition date to antiquity. Its singular purpose is to make good men better. Its bonds of friendship, compassion, and brotherly love have survived even the most divisive political, military, and religious conflicts through the centuries. Freemasonry is neither a forum nor a place for worship. Instead, it is a friend of all religions which are based on the belief in one God. Masonry regards no man for his worldly wealth nor honors.

Who Freemasons Are

Many of our nation's early patriots as well as thirteen signers of the Constitution and fourteen presidents of the United States, beginning with George Washington, were Freemasons. Today, more than four million Freemasons around the world come from virtually every occupation and profession. Within the fraternity, however, they all meet as equals. They come from diverse political ideologies, but they meet as friends. They come from virtually every religious belief, but they all believe in one God.

What Freemasons Do

Freemasons are respectable citizens who are taught to conform to the moral laws of society and to abide by the laws of the government under which they live. They are men of charity and good works. They remain unchallenged as "the world's greatest philanthropy!" The Freemasons of America contribute more than one million dollars every day to charitable causes which they alone have established. These services to mankind represent an unparalleled example of the humanitarian commitment and concern of this unique and honorable fraternity.

How Do I Find Out More?

If you would like to learn more about Freemasonry in the Andover area, plan to attend a fellowship dinner sponsored by Kearsarge Lodge #81 F&AM, beginning at 6:30 PM on Friday, March 13, at the Masonic Hall at 38 Cilleyville Road (Route 11 to Potters Road, left on Cilleyville Road to #38 on left). Wives are also invited to attend. RSVPs are requested by calling Sterrett Sleeper at 344-1669.

Reminisce!

The *Beacon* wants to publish your memories of Andover in days gone by. Big events or everyday moments, our readers would love to share in your memories.

 On this cold winter day,
he decided he wanted to stay.

*The beautiful grounds were covered in snow,
the picturesque setting felt like home,
and laughter filled the air.*

 Woodcrest Village is the place to be. Whether you need a place to hang your hat, someone to put on your scarf or simply, a deliciously cooked meal. You will find the support and care you need - whenever you need it.

Come to Woodcrest Village and you'll know why you'll want to stay.



Assisted Living in a Gracious Village Setting

356 Main Street, New London, NH 03257
(603) 526-2300 www.woodcrestvillage.com