

A FREE PUBLICATION

Next Issue: Tuesday, March 19
Deadline: Thursday, March 14

TRENDY TIMES

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MARCH 5, 2019 VOLUME 10, NUMBER 11

Haverhill Hometown Heroes Program

The Haverhill Area Beautification Committee is launching a new program in town in hopes of continuing the trend toward a more welcoming and proud community.

The program is titled "Hometown Heroes" and is aimed at honoring the many heroes who previously or currently call the town of Haverhill home and who have also stepped up to serve in the armed forces of the United States of America. The branch of military does not matter, nor the time frame when the individual served. A hero only needs to be a current Haverhill resident or was a resident of Haverhill upon their death. This means that not only living heroes of today can be honored, but also heroes from the many conflicts of the United States that have

taken place in the history of our nation.

Requirements for a person to be honored with a banner is that a valid DD-214 (or other acceptable discharge paperwork) be provided verifying prior service. A high quality photo of the honoree in uniform is also needed. A fee of \$150 to create the banner will also be a requirement. This donation will cover the cost of the creation of the banner and the time and effort to take care of its annual display and winter storage of the banner. Banners will be approximately 24" wide by 48" tall. The banner will also include the veterans name, branch of service, and the area of Haverhill where the veteran calls home (Woodsville, North Haverhill, Haverhill Corner, Mt. Lakes, Pike)

The banner will be flown annually from Memorial Day thru Veterans Day. It is expected that each banner will last about 10 years. At that time the banner will be retired and given back to the sponsor.

At the beginning of this program banners will be flown on Central Street in Woodsville. Plans are that as the number of banners increases they may be further spread throughout the town of Haverhill.

If you have a Hometown Hero you would like to honor, please pick up a form at the Haverhill Town Office, the Party Store in Woodsville or the Gather Together Cafe also in Woodsville. For more information you can contact Michele Haney (603) 728-9345 russellandmichele@gmail.com or Liz Shelton (603) 747-3200 anaffair.partyr@yahoo.com or Erin Atkinson (603) 243-0555 eatkinson514@yahoo.com.

Each banner may take up to four weeks to create so please send in your information, photo and donation soon in order to be part of this years initial presentation.



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TRENDY Dining Guide

Miss Lyndonville Diner

by Gary Scruton

Regular readers of this column are well aware that I seldom go to visit one of our eateries without having my wife (Janice) with me. For this issue's visit I not only had Janice, but also Janis, a great friend. Luckily we all know each other well enough to not let the names become an issue (just an occasional joke).

All three of us have visited Miss Lyndonville in the past, but this was our first time all together. It was a Thursday night and our waitress agreed with our assumption that they had been fairly quiet. This did mean that we had our choice of seats and Janis led us to one of the booths in the "non-diner" newer section of the establishment.

We got started with a big glass of milk (Janis), a Pepsi (Janice) and a glass of water (me). Then the hard part, going thru the menu to see where the taste buds would take us. Miss Lyndonville lives up to the diner tradition of serving breakfast any time they are open and I almost went that way.

Janice ordered first and took advantage of one of the posted specials. It was a special called "seafood delight". The dish included 4 butterfly and a good helping popcorn shrimp plus a 3 ounce piece of fried haddock. Her potato choice was baked with sour cream and for a side one of the choices

was spinach. "Is it fresh, or is it that canned slimy stuff?" Our waitress did not positively know so she went to ask. "Fresh" was the answer and therefore spinach was written down.

Janis went next and asked for one of the house specialties, one of their special steaks. "How would you like that cooked?" "Juicy". That did make our waitress pause. But they hashed it out and ended up with Medium rare (though I'm pretty sure that our waitress wrote "juicy" on her pad. Janis also got mashed potatoes and a very creamy cole slaw.

For my meal I asked about the baked Cajun haddock. "How hot is it?" Our waitress told me that she was not a "hot food" eater, but she had never had anyone complain

that the meal was too hot. I also ordered mashed potato and cottage cheese to go with my meal.

It wasn't too long before our meals showed up. First for Janice and me, then for Janis, and it was time to dig in.

Our waitress soon was at our table to ask me how "hot" the Cajun haddock was. I found it to be spicy, but not so hot I couldn't stand it. I liked it quite a bit.

Janice enjoyed her shrimp and fish, but the real question was the spinach. It was indeed the fresh style and she very much enjoyed her Popeye food.

As we have done with other guests we put Janis on the spot to give us feedback on her meal. She was more than willing. The steak was

indeed "juicy". Just the way she wanted it was her comment on that. In fact there was enough juice that she could transfer some of her potato to the main dish to soak up some of that liquid. We know that one of Janis' favorite foods is mashed potatoes. The order she got here was straight potatoes that were mashed. I can put it this way. These were sock hop potatoes, where as Janis would have preferred a more dressed up style. But she like them.

The three of us really enjoyed our meals and took our time doing just that. When we did finish we somehow had room for a bit of desert. Again we put our waitress thru her paces to get a list. She told us that in honor of Presidents' Day they were offering a slice of Cherry pie

for just \$1.00. I was sold. The ladies though could not decide between the cherry pie or a lemon meringue pie. As a compromise they got one of each. When they were served they took a knife, cut each in half, and shared. They both decided that they had made a new discovery. The tartness of the lemon was a perfect match up with the sweet cherries, absolutely delicious.

The total cost for the three meals was \$57.23 which I paid for via credit card. The tip was cash and was left on the table for our knowledgeable, and willing to help, waitress Janet who has been there for years. She laughed and said that she had been since Cherry Pie was offered at 25 cents a slice for Presidents' Day.



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NEK Council on Aging Launches New Website

St. Johnsbury, VT – The Northeast Kingdom Council on Aging formally announces the launch of its new website designed to serve as an informative communications tool for all residents of the Northeast Kingdom, and especially those who support and care for older Vermonters and those with disabilities. The new website is www.nekcouncil.org.

The website features expanded content including, photos, videos, a master events calendar (meals, classes, events, exercise programs, Medicare boot-camps), a comprehensive services section, nutritional/meal site resources and maps, volunteer information, stories and testimonials, expanded news and wellness program sections, and a complete staff and board directory. The website is also fully compliant to meet the needs of the visual and hearing impaired.

“Our new website provides everyone with valuable information to support our older family, friends, and neighbors as they age well, their way,” said Meg Burmeister, Executive Director of the NEK Council on Aging. “The person-centered services provided by the Council are diverse and in addition to our Helpline, we wanted to provide access to anyone seeking information during the day, in the middle of the night, or on the weekends. I believe the new

website will be a very helpful resource to members of our NEK families and beyond.”

For the development of the website, the Council turned to Northeast Kingdom Online, a marketing and branding agency located in Lyndonville, VT. Using their proprietary content management system, NEKO360, the Council is able to make changes to the website easily and quickly via the internet. With responsive design, the new website can be viewed across many different devices (PC, tablet, and smartphone).

“Coming into this project, we knew that accessibility was going to be a top priority. A lot of care went into creating an experience that would be productive and workable for the Council’s staff and diverse community,” said Jay Davis, CEO and Partner of Northeast Kingdom Online. “I appreciated the opportunity to learn about the services provided by the Council—it helped us to fine-tune our design with the client in mind.”

The Council offers over 37 wellness classes every week throughout the Kingdom and with the new master calendar on the website, one can search by program, day, month, or town to discover exactly what is going on in real time.

“By making this information easier to access, we hope to increase the support and participation in our pro-

grams and services which include: State Health Insurance (SHIP); Independent Living; Food and Fuel; Wellness; Caregiving; Community Dining Sites/Meals on Wheels; Veteran’s Services; Nutrition; Pets for Life, LB-GTQ Advocacy, Transportation; Senior Companions; and Volunteers,” said Burmeister. “Most of these programs are provided free of charge and supported by our staff of 26 people and a team of over 350 volunteers.”

The use of the new website can be measured and is designed to grow as the Council grows. “The new website allows the Council to be more proactive in communicating with current and new Council clients and their families,” said Mel Reis, a marketing consultant assisting the Council with the development of the new website. “Based on how visitors are using the website, the Council can track what content is being viewed and fine-tune their marketing and communications plans based on how visitors are accessing and using the website.”

The NEK Council on Aging has offices in St. Johnsbury, Newport, Island Pond, and Hardwick. The Hardwick and Island Pond locations are by appointment only. For further information, call the Helpline at 800-642-5119 or visit nekcouncil.org.

Join ACT’s ‘Shoes & BrewsSM in Bethlehem March 9

BETHLEHEM – You won’t want to miss the Ammonoosuc Conservation Trust’s next ‘Shoes & BrewsSM event on Saturday March 9th. Set aside the afternoon to discover some of Bethlehem’s downtown trails, then enjoy some social time at Rek’-lis Brewing. The ‘Shoes will start at 2 p.m. in downtown Bethlehem. We’ll move at a slow to moderate pace along some of the Bethlehem Trails Association (BTA) in-town pathways. Find a new quiet place to walk on easy wooded trails as we snake through the woods on mostly flat single track and learn about how these trails were established as well as future plans for Bethlehem’s trail system. Ian Dowling of Rek’-lis Brewing and the BTA board will help lead alongside ACT Outreach Director Gal Potashnick.

Afterwards, the group will head to Rek’-lis for the

Brews portion from approximately 4 – 5:30 p.m. Even if you can’t make the ‘Shoes, you’re welcome to join us for the Brews.

Join us at Rek’-lis to enjoy a beverage, catch up with old friends, and make some new ones. Everyone is welcome and free to come and go as needed. Light snacks will be provided by event host and sponsor Rek’-lis Brewing. All are encouraged to stay awhile to enjoy the full menu of delicious fare and local brews.

Registration for the ‘Shoes is required - for the safety and enjoyment of the group we must limit the walk to 20 participants - so please be sure to pre-register ASAP. Registration closes at noon on Friday, March 8th. Once registered, an email will be sent with details of meeting location. Rek’-lis is generously sponsoring the event and the Bethlehem Conservation Commis-

sion is co-hosting all of our events for the whole month of March.

Registration for the Brews is not required but is very much appreciated to help organizers plan accordingly. Not able to make it to both portions? You can join either or both. If you’re only coming to the brews, bring a friend(s)!

With so much support, this ‘Shoes & BrewsSM is bound to be a blast for all who can make it and is a great way to get outside, meet new friends, and enjoy local fare! Kids are always encouraged to come along and dogs are welcome!

The Ammonoosuc Conservation Trust is the North Country’s lands conservancy, protecting land for the vitality and well-being of our region. Learn more and become a member at act-nh.org or by calling (603) 823-7777.

Littleton Food Co-op Partners with The Bancroft House for March Partner of the Month

LITTLETON, NH - The Littleton Food Co-op is excited to be partnering with The Bancroft House in Franconia, New Hampshire to raise funds for the important work they do in our community for those who are in need of temporary shelter. The Bancroft House was founded by local people and has been sustained by the generosity of volunteers and private donors.

The shelter is located within convenient walking distance to shops and to the post office. All guest rooms are on the ground level and are easily accessible. Amenities include full bathrooms for each room, a living room, laundry room, private backyard, fully stocked pantry and communal kitchen. They operate seven days a week, 24 hours a day.

Since its founding in 1982, The Bancroft House has retained private, non-profit, tax-exempt status and depends on donations and grants for all operations. Their mission is to provide a secure, temporary home for women, children, and families in need with compassion and respect.

The Littleton Food Co-op Partner of the Month Program is one of their major

fundraisers this year. Even though funds are needed to keep The Bancroft House going, they have asked funds raised the first week of March go to Rodney Mitton, former Perishable Operations Manager, who suffered from a life threatening head injury accident earlier this year. He is still in recovery with a long road to travel. The folks at the Littleton Food Co-op wish to thank Bancroft House, as well as

Mt. Eustis who donated part of their month to funds for Rodney, for their generosity and heart felt compassion to our friend and co-worker.

Member-owned Littleton Food Co-op is a local, hybrid, and very friendly store located at the intersection of Cottage Street and Route 302 (exit 41 off I-93). Everyone is welcome to shop and anyone is welcome to join! Not sure what local, hybrid, and friendly means in terms of a food store.... come on in and ask any of our staff members! The Littleton Food Co-op is open daily from 7 am - 8 pm. For more information or to become a member, please visit www.littletoncoop.com or call 603-444-2800. See you at the Co-op!

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Bipartisan Votes Advance Trio of Critical Education Funding Bills Through House

“Concord, NH – The House of Representatives voted today to pass a trio of education funding bills to address short, midrange, and long term education funding challenges. HB 177 benefits communities in the short term by restoring Stabilization Aid to 2016 levels for FY2020 and FY2021. HB 709 provides a bridge by establishing Fiscal Capacity Disparity Aid based on equalized valuation per pupil beginning in FY2022. HB 551 takes a long-range approach by establishing an independent commission to review, and make recommendations to improve, all aspects of education funding.” Majority Office

“This package of bills represents the most significant and bipartisan steps this legislature has taken yet to address deficiencies in our education funding formula. Year after year, property taxpayers have been forced to foot an increasing portion of public education costs because the state has failed to meet its obligations. “The House Education Committee rolled up our sleeves and worked together to propose meaningful reforms to our funding formulas. With the support of

Representative Ladd and our Republican colleagues, we developed bipartisan proposals to provide more aid to communities that need it, while upholding our constitutional obligations to all students. Together, these bills address short-term, mid-range, and long-term education funding needs. I thank my colleagues from both parties for their votes today.” Rep Myler, Chairman, House Education

The above news release was sent from the Majority Office this past week regarding public school funding. I have addressed and offered many articles in the past regarding NH’s school funding crisis, and it is my belief, that we are moving carefully toward resolution. This is an important priority for communities such as Haverhill, which are property poor and unable to raise necessary revenues through the statewide education property tax. These revenues are needed to overcome existing funding disparities between wealthy and poor municipalities that have a direct impact on programs and services provided students. The release speaks to the “bipartisan” effort behind this

critical issue. Through a bipartisan effort, we have attained policy resolution that defines key funding components for an adequate education. I sponsored two of the three bills above, HB177 and HB709; however, the next critical and controversial issue, “where the rubber hits the road,” is in our headlights. The following must be answered, “From where will the necessary revenues be derived, and secondly, what amount of revenue does a town having a small or declining enrollment, coupled with a weak tax base need in order to deliver a competitive K-12 education to all students?”

As of this moment, this is where the legislature stands. On February 27 and 28, the General Court passed the three bills mentioned in the first paragraph. Division II, a committee within Finance, will begin fiscal discussions, work sessions, hearings and executive session work next week. I urge local municipal and school district board members and officials to remain involved and attend these critical meetings that are posted in the House Calendar that can be found on the web: www.generalcourt.state.nh.us. Public opinion is a critical component. Berlin Mayor Grenier did testify before the Education Committee several weeks ago, and his testimony explaining the devastating impact education funding is having on his community was powerful. Local engagement is valued.

Respectfully Submitted,
Rep Rick Ladd, Ranking Member House Education

An Evening of Classical Music and Improvisation

Katharine DeBoer, soprano, and James Winn, pianist, will join forces for an evening of Haydn, Barber, Ravel, and Vaughan Williams with improvisation by Dr. Winn. The concert is at the West Newbury VT Congregational Church on Thursday, March 21 at 7:30 pm.

Katharine DeBoer, Brad-



ford, VT, is the retired Director of Vocal Studies at the University of Nevada, Reno. With her coach and renowned accompanist, John Wustman, she performed the US tour of the complete songs of Franz Schubert. As a soprano soloist she has received critical acclaim for her appearances with choral societies, orchestras, and opera companies in the US, Puerto Rico, Austria, and Germany. Dr. DeBoer also served as collegiate faculty at the San Francisco Conservatory of Music.

James Winn has been a piano and composition pro-

fessor at the University of Nevada, Reno for 22 years. Since his professional debut with the Denver Symphony at age thirteen he has performed widely in North America, Europe, and Japan. He was a solo pianist with the New York City Ballet, and is a frequent guest with the Chamber Music Society of Lincoln Center. Well known as a specialist in new music, he’s been involved in numerous world premieres. He performs regularly in recital with internationally acclaimed New York based violinist Rolf Schulte. Dr. Winn is an active recording artist and is featured in over three dozen CDs as soloist, chamber musician, and composer and has received numerous



career recognitions.

The third member of the concert is the Baldwin grand piano, making its debut concert performance. The piano was bequeathed to the church by Winn and Phyllis Ellis, formerly of West Newbury. It has been under the care of Bruce Stevens, tuner, restorer and owner of 1001 Keys in Wells River VT. In 2018 the piano was moved from the Ellis home to Steven’s shop for a complete restoration before coming to the West Newbury church.

Admission is by donation and refreshments will be served following the concert. West Newbury Congregational Church, 207 Tyler Farm Road, West Newbury VT.

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What I Have Seen Happening In Concord

by NH State Senaotr David Starr - District #1

Tuesday, 19 Feb. Education and Work Force Development committee hearings on six bills, SB276 SB281 SB302 SB253 SB309 and SB280. First hot potato was SB 302 about school discipline, specifically suspension and expulsion. Right now school boards handle this pretty much as they please. This bill would set up procedures, rules, limits, reporting, and fix things in a firm bureaucratic mold. We had LOT of testimony, so much that the hearing ran an hour late. We had a lot of testimony that suspension and expulsion was hard on the kid, cut him off from teachers and friends. A lot of testimony that more children of color and children with special needs get suspended than ordinary needs white children. Some cheerful talk about a process called MTSS-B that would solve much of the problem. That witness was unable to explain what MTSS-B was when I asked.

Then we had a plan to install a new hi-tech emergency communications system in SB253, introduced by senator Watters. This system would automatically call all police and fire stations in the area of school with an emergency, like a school shooter in the building. It claimed to contact off duty first responders near the emergency school. It was supposed to be far superior to just dialing 911. Costs about \$3000 per school. There has been a sizable pilot program, dozens of schools. In a few cases when the experimental money ran out the school elected not to continue paying \$3000 a year to keep the system running.

Finally we got to SB280 which would raise state support of local schools. Sen. Reagan introduced the bill. Lot of testimony. This bill would also let adequacy funding go to church schools, mostly Catholic parochial schools. That caused a lot of pushback which is unfortunate. Those parochial schools give a fine education. I am not Catholic but I sent my three children to parochial school. Some teach-

ers worried that the bill might fund home schooling. And they plumped for more paperwork from home schoolers and parochial schools.

The hearing ran so late that we didn't have time to go into executive session on any of the bills. We are planning a make up session on Thursday after the regular senate session.

Thursday, 21 February. Full senate session, started at 10 AM. We did some depolarization of politics by passing four bills 24-0 on roll call votes. Plus four more on voice votes, which were unanimous, not a single cry of Nay. That's better than those stumblebums down in Washington can do. We passed SB 303 which increases state aid to education by a decent amount. We passed the Juneteenth bill for black history month, honoring a day in the Civil War when union troops declared black slaves to be free. Did not make it a state holiday, just gave it favorable mention. We passed SB 14 which increased staffing and funding for DCYF. Both Jeb Bradley (R) and Dan Feltes (D) spoke in favor of. We passed SB 242, the Wayfair bill, making out of state companies jump thru some bureaucratic hoops before they can collect their sales taxes from NH companies. Let's hear it for the bureaucrats; they ought to make 'em push a peanut across the state, north to south, with their noses.

Then we got to SB 76, a bill to ban off shore oil and gas exploration. We pointed out that the language was so vague that the bill would allow the greenies to prohibit nearly everything, anywhere in the state. The democrats agreed to send the bill back to committee to clarify the language.

And a polarized bill. The democrats want \$4 million to "study" (actually do preliminary design work) on running a commuter rail line all the way to Concord. This would be a nice deal for property owners near the right of way, and especially near stations. But it would do nothing at all for my constituents up in Coos and Grafton counties. The dem-

ocrats proposed a magical funding process involving "Toll Credits" of which they said we have a lot of. Don't know how "Toll Credits" are different from real money. Plus we have very decent bus service from Boston all the way to Littleton, lot of my friends come up for skiing on the bus. They call me on their cell phones as they pass the Tramway, and I drive down and pick them up at Mac's Market. Plus the costs are horrible, \$50 million to fix the track, \$5 million a year in track maintenance, nobody knows how much to actually run the trains. Plus California just threw in the towel on the LA to San Francisco high speed rail. No matter, the Democrats voted it thru 14 to 10, roll call vote.

Senate session finished up around noon. This time the senate did not adjourn, as is standard out in the real world. Instead we "recessed". At 1 PM we started up a marathon executive session in the Ed & WFD committee. Executive session is where we decide what to do (Ought to Pass or Inexpedient to Legislate) about each bill, rather than just hear pro and con testimony. We polished off 16 bills over the course of 3 hours. Hot potato bill SB 302, on school suspensions and expulsions was sent back to committee to be melded with a house bill to the same effect.

And then we got down to two bills, SB 265 and SB 309. SB 265 would freeze the stabilization grants to local schools at 92% of the original level, and SB 307 would put them back up to 100%. We liked them both. I suggested that we amend SB 265 up to 100% to match SB 302 and everyone liked that idea, gets maximum stabilization grant money back to the local schools without having to vote down one of the bills.

Auditions For Two One-Act Plays At Old Church Theater

Old Church Theater is holding auditions for our first shows of the season! Our two one-acts are Bob's Date by John Shanahan and 10 Ways to Survive the Zombie Apocalypse by Don Zolidis. Descriptions for both plays are included below.

Auditions will be Friday, March 15th at 6:30pm and Saturday, March 16th at 2pm; you only need to attend one of these audition times. The performances will be May 10, 11, 12 and 17, 18, and 19.

All auditions at Old Church Theater are open to anyone who is interested. We welcome everyone, no matter their level of (in)experience. You do not have to be familiar with the scripts, nor do you need to have a monologue prepared. You will read for both directors at auditions and can let them know if you prefer one play over the other or if you'd be interested in performing in both!

We hope to see you later this month at auditions!

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Calendar of Events

A Full Page of Events from Local Non-Profits, Schools and Towns. *Presented FREE by Trendy Times.*

TUESDAY, MARCH 5

VERMONT TOWN MEETING DAY
A Polling Place Near You

WEDNESDAY, MARCH 6

HISTORY FAIR INVITATION
10 AM
St. Johnsbury Athenaeum

1ST WEDNESDAYS: THE POWER OF THE JOURNEY
7:00 PM
St. Johnsbury Athenaeum

THURSDAY, MARCH 7

TEEN ADVISORY BOARD MEETING
5:30 PM
St. Johnsbury Athenaeum

DATA PRIVACY
6:00 PM
St. Johnsbury Athenaeum

LEGALIZING MARIJUANA IN NH: SHOULD WE, OR SHOULDN'T WE?
6:00 - 7:15 PM
Joseph Patch Library, Warren
See Article on Page 7

SATURDAY, MARCH 9

PANCAKE BREAKFAST
8:30 - 11:30 AM
Bath Historical Society Home, Bath Common

PENNY SALE / CHINESE AUCTION
To benefit the W. Newbury Backroom
10:00 AM - 1:00 PM
Orange East Senior Center, Bradford

ACT SHOES 'N BREWS
2:00 PM
Downtown Bethlehem
See Article on Page 3

SUNDAY, MARCH 10

BENEFIT TEXAS HOLD 'EM POKER
11:00 AM Cash Game - 1:45 PM Tournament
Moose Lodge #1779, St. Johnsbury

TUESDAY, MARCH 12

NEW HAMPSHIRE TOWN MEETING DAY
A Polling Place Near You

WEDNESDAY, MARCH 13

ROSS-WOOD POST #20 AMERICAN LEGION MONTHLY MEETING
6:00 PM
Post Home, 4 Ammonoosuc Street, Woodsville

THURSDAY, MARCH 14

ST. LUKE'S COMMUNITY MEALS
5:00 - 6:30 PM
St. Luke's Parish House, Woodsville

ROSS-WOOD POST #20 SONS OF THE AMERICAN LEGION MONTHLY MEETING
6:00 PM
Post Home, 4 Ammonoosuc Street, Woodsville

FRIDAY, MARCH 15

OLD CHURCH THEATER AUDITIONS
6:30 PM
Old Church Theater, Waits River Road, Bradford
See Article on Page 5

SATURDAY, MARCH 16

STRAWBERRY PANCAKE BREAKFAST
7:30-10:30 AM
West Newbury Hall, West Newbury

HAVERHILL TOWN & SCHOOL MEETINGS
9:00 AM
Haverhill Cooperative Middle School

OLD CHURCH THEATER AUDITIONS
2:00 PM
Old Church Theater, Waits River Road, Bradford

See Article on Page 5

AMERICAN LEGION BIRTHDAY PARTY
5:00 PM Social Hour 6:00 PM Dinner
Post Home, 4 Ammonoosuc Street, Woodsville
See Ad on Page 4

SUNDAY, MARCH 17

BENEFIT TEXAS HOLD 'EM POKER
11:00 AM Cash Game - 1:45 PM Tournament
American Legion Post #58, St. Johnsbury

THURSDAY, MARCH 21

VFW Post #5245 monthly meeting
7:00 PM
VFW Hall, North Haverhill

AN EVENING OF CLASSICAL MUSIC AND IMPROVISATION
7:30 PM
West Newbury VT Congregational Church

SATURDAY, MARCH 23

SATURDAY NIGHT SUPPER: SPAGHETTI & MEATBALLS
5:00 PM- 7:00 PM
American Legion Auxiliary Unit 83, Lincoln

SUNDAY, MARCH 24

BENEFIT TEXAS HOLD 'EM POKER
11:00 AM Cash Game - 1:45 PM Tournament
American Legion Post #30, Lyndon

WEDNESDAY, MARCH 27

BUILD A STORY
3:00 PM
St. Johnsbury Athenaeum

SUNDAY, MARCH 31

BENEFIT TEXAS HOLD 'EM POKER
11:00 AM Cash Game - 1:45 PM Tournament
Tom Breslin Center, Lyndon

SATURDAY, APRIL 13

SATURDAY NIGHT SUPPER: CHICKEN & DUMPLINGS

Ongoing Weekly Events

MONDAYS

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Darling Inn, Lyndonville
BINGO - 6:00 PM
Orange East Senior Center, Bradford
TOPS (TAKE OFF POUNDS SENSIBLY)
6:00 PM - Peacham School
KIWANIS CLUB OF ST JOHNSBURY
6:15 PM - VFW Post, Eastern Ave.
DRAWING FROM LIFE - 6:00 - 8:00 PM
Joseph Patch Library, Warren
MONDAYS/WEDNESDAYS
RSVP BONE BUILDERS
10:30 AM - 11:30 AM
Linwood Senior Center, Lincoln
RSVP BONE BUILDERS
1:30 - 2:30 PM
United Community Church, St. Johnsbury
MONDAYS/THURSDAYS
ADULT INTERVAL AEROBICS CLASS - 6:30
Woodsville Elementary School
GOLDEN BALL TAI CHI
8:30 - 9:15 AM - St. Johnsbury House
RSVP BONE BUILDERS
9:00 - 10:00 AM
Municipal Building, Lyndonville
9:15 - 10:15 AM
Congregational Church, East St. Johnsbury
6:00 - 7:00 PM
Community Church, Concord

MON./WED./FRI.

RSVP BONE BUILDERS
1:30 - 2:30 PM - United Community Church, St. Johnsbury
TUESDAYS
BREAKFAST BY DONATION
8:30 AM - 10:00 AM
Horse Meadow Senior Center, North Haverhill
RSVP BONE BUILDERS
9 AM - 10 AM - St. Johnsbury House
10:30 AM - 11:30 AM
Congregational 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
RSVP BONE BUILDERS
2:00 - 3:30 PM - East Haven Library
TOPS (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
Wells River Congregational Church
COMMUNITY DINNER BELL -
5:00 PM September 5- June 5
All Saints' Church, School St., Littleton
AA MEETING (OPEN BIG BOOK)
7:00 PM - 8:00 PM
St. Luke's Parish Hall, Woodsville

TUESDAYS/THURSDAYS

RSVP BONE BUILDERS --
8:30 - 9:30 -- Monroe Town Hall
ACTIVE OLDER ADULT STRENGTH CLASS
1:30 PM
Woodsville Post Office, S. Court St
RSVP BONE BUILDERS
2:00- 3:00 PM -East Haven Library
TUESDAYS/FRIDAYS
RSVP BONE BUILDERS
9:00-10:00 AM
St. Johnsbury House
RSVP BONE BUILDERS
9:30-10:30 AM
GRACE Art Gallery, Hardwick
GOLDEN BALL TAI CHI
8:30-9:30 AM
United Methodist Church, Lyndonville
WEDNESDAYS
AQUA AEROBICS
Evergreen Pool, Rte 302, Lisbon
ADULT STRENGTH TRAINING
1:30 - 2:30 PM - United Community 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 COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - West Barnet Senior Meal Site
NOON - Darling Inn, Lyndonville

THURSDAYS

GROTON LUNCHESES W/FRIENDS
10:00AM - 2:00 PM / Lunch @ 12:00
Groton United Methodist Church
NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Senior Action Center, Methodist Church, Danville
NOON - Darling Inn, Lyndonville
ST PAUL'S BIBLE STUDY ON JAMES, 6:15 PM, 113 Main St., Lancaster
TOPS (Take Off Pounds Sensibly) -- Weigh-in @ 6:00 p.m., meeting @ 6:30 -- Monroe Public Library
FRIDAYS
RSVP BONE BUILDERS
9:00 - 10:00 AM - St. Johnsbury House
9:30 - 10:30 AM
Grace Art Gallery, Hardwick
1:30 - 2:30 PM - United Community Church, St. Johnsbury
WORSHIP UNDER THE TENT- 7 PM
100 Horse Meadow Rd, No Haverhill
AA MEETING (OPEN DISCUSSION)
8:00 PM - 9:00 PM
Methodist Church, Maple St, Woodsville
SATURDAYS
STORY HOUR FOR CHILDREN - 10:15 AM
September thru May
Brainerd Memorial Library, No. Danville
SUNDAYS
CRIBBAGE - 1:00 PM
American Legion Post #83, Lincoln
NORTH DANVILLE BAPTIST CHURCH (ABC),
Worship and Sunday School, 9:30 AM
Refreshments at 10:20 a.m.

Horse Meadow Senior Center

Activities for March, 2019
Lunch is served daily at 12:00, except when noted
Breakfast Buffet: Every Tuesday @ 8:30-10:00
Find-a-Sticker March 6 @ Noon
50/50 Raffle March 13 @ Noon

*Meals are available M-F for home delivery.

*A variety of Exercise Equipment is available daily in Bertha's room at HMSC
SPECIAL DAYS:

March 5th, Mardi gras Fun,
March 18th, Traditional St. Patrick's Day meal
ENTERTAINMENT: Starts between 11&11:15
Phyllis: 3/5, 3/19
The Boy-z: 3/20
Ethel Cooper: 3/13, 3/21, 3/27

Bob Benjamin: 3/14, 3/28
Wayne Klinger: 3/18
Carl, Gloria & friends: 3/6
Barry Hayes: 3/22, 3/29
Marshall Meade: 3/11, 3/25
CLINICS:

March 8: Foot Clinic with Susan Hanna Rose RN, from 9-12pm Call center for appt.
ON-GOING ACTIVITIES:
Mel Colby JP, NP (NH) will be here at HMSC for notary services, free of charge
Cancer Support Group now meets once a month: This month is 3/7 @ 10:45
Domestic Trauma Support Group @ 10:45, Thursday 3/14, 3/28

Grief Support with Florence 3/6 at 10:30 in the library
Bone Builders: Mondays, Wednesdays & Fridays @ 9:30, Tuesdays and Thursdays @ 1:30

Interfaith Fellowship & Coffee beginning at 9:30 on 3/5, 3/19 w/ Pastor Wayne Chevalier All welcome!

Hearts & Hands Quilting: Mondays @1:00
Herbal with Elaine on Friday 3/8, 3/22 @12:30

Nifty Needlers: Every Tuesday 9:00-2:00
Writers Group: Wednesdays @ 10:30

Bingo: Wednesdays @ 1:00
Floral Arrangements w/ Jane: Thursday 3/14 @ 9:30
Mahjongg: Every Friday @10:30

Play Reading Group: Mondays @ 10:30
Cribbage: Thursdays @ 12:30

HMSC Chorus: Mondays @1:00
Sewing with Rosemary: Mondays @ 10:00

Hand and Foot Cards: Fridays @ 12:30
Ukulele: Thursdays @ 1:00
Drums Alive: Tuesdays @ 12:30 come join us!

Beginners Quilting: Wednesdays @ 1:00
Free Massage by Donna Paye 3/19, must sign up

*Also, Please think about volunteering here at Horse Meadow or delivering meals!

AARP Sponsored Tax Filing

AARP Sponsored Tax filing ~ Tuesdays, and Thursdays 9 AM - 2 PM. Including Renters Rebate, Homestead Exemption, Property Tax Adjustment, Federal and State income tax filing by IRS-Certified volunteers. No income

limits, ALL WELCOME. Services provided at the Orange East Senior Center, 176 Waits River Road, Bradford, VT 05033. Sponsored by AARP and the OESC. For more info or to make an appointment call 802-222-4782

New "Cohase Cash" Contest Runs Through March 30, 2019

The Cohase Chamber of Commerce is pleased to announce that they will once again offer their increasingly popular "Cohase Cash" Contest giving the public a chance to win \$100 to be spent at local member businesses in New Hampshire and Vermont.

Participants simply need to submit a receipt from any member business to enter. Multiple entries are allowed as long as each entry is from a different business. Purchases can be made anytime starting March 1, 2019 through the contest deadline of Saturday, March 30, 2019.

The winning entry will be drawn on Saturday, April 6, 2019. Copies of receipts can be texted to (802) 518-0030, emailed to cohasechamber@gmail.com, uploaded at the Chamber WEB

site at www.cohase.org or mailed to Cohase Chamber of Commerce, PO Box 35, Wells River, VT 05081.

All types of receipts or proofs of purchase are valid including not only retail receipts but restaurant receipts, ATM receipts, copies of payment checks, receipts for business or personal services, farm shares and farm product purchases as well as donations to member nonprofit organizations. Past winners have included Angela Cottrill of Bradford, VT; Laura Tucker of Fairlee, VT; Shawn Stetson of Groton, VT and Amy Peberdy of Corinth, VT.

For full contest details, instructions for entering without a purchase and a listing of over 170 Chamber member businesses, please visit the Chamber WEB site at www.cohase.org.

Legalizing Marijuana in NH: Should We, or Shouldn't We?

The next event in the Common Ground Forum Series will be a moderated forum on the legalization of Marijuana in the state of New Hampshire.

This forum gives everyone a chance to speak their mind on a topic before the NH legislature. We encourage all ideas and opinions and hope you will participate in the timely discussion of this issue.

The discussion will take place on Thursday, March 7 from 6:00 until 7:15 pm at the Joseph Patch Library at 20 NH Route 25 in Warren.

For more information or details on this forum or other library matters call 764-9072



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NEK Young Professionals Making Inroads in Region:

Northeast Kingdom – The Northeast Kingdom Young Professionals Network has launched a number of new initiatives and hosted a number of successful events this past year, significantly increasing the numbers of its organization region wide.

The board reflects the geographic diversity of the region, with Maire Folan, the program manager of the Green Mountain Farm-to-School office in Newport, serving as committee chair. Patrick Sodums, the YPN vice chair, brings a hospitality background to the group, as he works as the conference and corporate sales manager of the Burke Mountain Hotel & Conference Center in East Burke. Rounding out the board is Sarah Chadburn, the group's treasurer, who serves as a credit analyst at Community National Bank in Newport.

'young' to be dynamic, not static, and 'professional' to be inclusive, not exclusive," Folan noted. "We welcome all to this group.



"We have found there is a real need and hunger for young professionals to connect. Especially for new young professionals, it can be difficult to find a social-support system. We hope to help facilitate those connections, both socially and professionally, and help YPs grow and evolve as important members of our community," she added.

In the past two years, the NEK YPN has sponsored a number of events in the Northeast Kingdom and partnered with similar groups in northern New Hampshire in an attempt to reach out to more young professionals throughout the North Country. Such meetings have not only allowed more professionals to network with each other but also helped the committee determine what the needs of young professionals are in the Kingdom.



Folan states "the vision of the NEK YPN is to be a network for young professionals living and working in and around Vermont's Northeast Kingdom.

"We hope to provide valuable leadership, relationship, and education opportunities through collaboration with community partners," said Folan. The group has held successful social events, or mixers, to bring people together. It hopes to soon roll out some new programs that will welcome new folks to the area and provide more leadership opportunities.

The Northeast Kingdom Young Professionals Network was re-energized two years ago by Geoffrey Sewake after having been established by then-Northeast Kingdom Chamber President Hannah Manley in 2011. The main purpose of the group is to serve the needs of young professionals, employees, leaders, and entrepreneurs of the tri-county region, who are hoping to find networking and social opportunities with others in their area.

"We recognize the word



"An important priority of the NEK YPN is to reach every corner of the Kingdom and help and assist young professionals, as they are not only the leaders of tomorrow, but, in many cases, today's leaders as well," said Darcie McCann, executive director of the Northeast Kingdom Chamber. "We as a chamber, as well as other chambers throughout the Kingdom, are striving to work as closely with the group as possible to ensure we give them the support and skills they need to succeed."

FAIRLEE, BRADFORD, FAIRLEE, VERMONT



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WHS Vocal Ensemble Engineers of Sound to Sing for Governor & Executive Council on March 27th

The Woodsville High School choral department will be represented by the 8 member Engineers of Sound on March 27th at the NH state house, in a performance for the Governor and Executive council. WHS Chorus and Music teacher Christina Flateau was contacted by Julianne Gadoury, of the NH State Council on the Arts to have a WHS group perform during the month of March as part of Music in Our Schools Month. This month celebrates music education, and the State House will have displays from participating schools up throughout the month before and after the performances. Flateau was asked to craft a statement about music at WHS, and the following, as well as photos of the WHS choral program, will be on display at the State House

to learning of parts, students manage their learning through music literacy skills they've garnered in their WHS Chorus experience. In the WHS Chorus classroom, students explore music through the lens of the National Core Arts Standards, with Performance Based Assessment centering around the four areas of Creating, Performing, Responding and Connecting. This enables students to develop real life skills that will benefit them no matter what path they take after graduating from Woodsville High School. Lastly, our non-performance music courses provide students a chance to design their own learning, through performance based assessment. In courses like Ukulele, Music Theory, Songwriting, and Personalized Music Learning, students design



Choral Director: Christina Flateau, Students: Chica Mendoza, Alice Nelson, Kyra Carbee, Annabelle Townsend, Olivia Sarkis, Ava Boudreault, Donny Bowman, Sammy Sarkis

throughout the month of March:

Woodsville High School is a rural public school on the upper Connecticut River in northern NH. We serve approximately 200 students grades 9-12 and our music program reaches close to 75 students in a variety of course offerings. The Engineers of Sound is an auditioned group of 8 SATB singers who meet 1-2 two days weekly to to sight read and learn challenging choral literature.

At WHS, we are deeply committed to competency based education, and increasingly, student led learning. Engineers of Sound is an ensemble that is student led, with teacher facilitation. From selection of literature,

learning targets, and rubrics in each of the four Core Arts Standards. Over a course of 5 weeks students work towards their goals, and assess themselves at the end. This provides students who do not seek performance a chance to experience music on their own terms, and hopefully build a lifelong passion for expression and enjoyment in this medium. Furthermore, through taking ownership of their learning, they develop autonomy and critical work study habit skills to become successful members of modern society. Woodsville High School is a small school with big ambitions for it's students - and we are honored to be able to present our learning to you today.

BMU Taps Sweethearts & Heroes To Help Battle Bullies

WELLS RIVER, Vt. — Sweethearts & Heroes, the nation's most unique and effective anti-bullying program, has partnered with Wells River Chevrolet to bring a powerful and timely message to students in Wells River, Vt., on Monday, March 4.

The schedule for the day was set as follows:

- 7:55-8:40 a.m. — Presentation for Grades K-3
- 8:45-9:45 a.m. — Presentation for Grades 4-6
- 10:00-11:30 a.m. — Presentation for grades 7-12
- 12:00-1:25 p.m. — Workshops with National Honor Society & Student Council
- 1:30-3:30 p.m. — Workshops with staff
- 4:30-5:30 p.m. — Workshops for parents

Sweethearts & Heroes is co-developed by Tom Murphy, a former professional MMA fighter and Ultimate Fighting Championship (UFC) veteran from St. Albans, Vt., and Jason Spector, an educator and coach in Glens Falls, N.Y. Sweethearts & Heroes has caught on nationwide because it emphasizes an action-based approach — going beyond awareness — to an issue that affects schools, neighborhoods and individuals. Murphy's engaging, energetic and interactive presentation focuses on victims, bullies and the bystanders who can be empowered to make a difference. He calls his UFC career his "delicious hook" with students.

The crux of the Sweethearts & Heroes presentation, and all of the organization's efforts, is a literal A-B-C approach to bullying. In addition, Rick Yarosh, a retired sergeant with the U.S. Army — injured in Iraq with burns over most of his body — gives a message about overcoming adversity and turning a negative situation into a positive one.

Wells River Chevrolet



in Wells River is sponsoring the Sweethearts & Heroes event at Blue Mountain Union School. The Wells River Chevrolet team says: "Wells River Chevrolet is excited to announce the presentation of Sweethearts & Heroes at Blue Mountain Union School. Students at BMU will benefit from an interactive experience targeted towards bullying. The issue of bullying in schools is worth everyone's attention, and Wells River Chevrolet is proud to announce Sweethearts & Heroes' presentation on March 4 at BMU. We look forward to the benefits it will bring to our school and community."

Murphy and Spector call Sweethearts and Heroes "the 'stop, drop and roll' of bullying"; their message is about H.O.P.E. (Hold On Possibilities Exist). Since 2011, Murphy has presented Sweethearts & Heroes to more than 1 million students in several hundred schools from New England to Hawaii. Murphy and Spector also tailor Sweethearts & Heroes for businesses, colleges/universities and camps.

"Just talking about awareness doesn't fix anything," says Murphy, a husband and father who competed on the second season of Spike TV's The Ultimate Fighter. "What separates us from other anti-bullying presentations and projects is that we have the plan to curb and even stop bullying

in your school, or wherever it exists for you. But we go beyond bullying. We are about humanity, giving H.O.P.E. to the hopeless and making the world a better place."

Murphy and Spector are New Yorkers who wrestled (All American) for premier Division III college wrestling coach Don Murray at SUNY-Brockport. Murphy and Spector eventually became mixed martial arts (MMA) competitors. "We use Einstein's quote: 'The world is a dangerous place not because of those who choose to do evil, but because of those who choose to do nothing about it,'" says Spector. "We offer a unique perspective on bullying and leave audiences with an A-B-C action plan to fight it. Bullying isn't the problem. Bullies have been around forever. The problem is we don't have enough Sweethearts and Heroes in the world."

For more information on Sweethearts & Heroes, visit sweetheartsandheroes.com. Or watch this short, impactful trailer <https://youtu.be/RnNW42RPhpQ>.

On Facebook: <https://www.facebook.com/sweetheartsandheroes/>.

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What Next?

by Maggie Anderson

You've all heard by now that though I know Google's directions are often spotty and more often totally off the map I followed them anyway and ended up where I hadn't planned to go. I'm beginning to think my computer - AKA Hal - is trying to gaslight me.

This morning I thought I would check out the local college's web site and promptly received a notice on the screen telling me that window couldn't be opened and advising me to make sure, if I had a popup blocker installed that it was disabled.

Not having a clue how to go about disabling whatever a popup blocker was I typed "How to disable a popup blocker" in my search bar only to have the same notice appear on my screen again. After several more attempts I gave up.

We have a computer wizard, several in fact, here at the library. Guess where I'm going as soon as I finish my coffee. I just hope he can wrestle Hal into submission.

This whole week seemed to be tilting. I made a dish for the February birthday casserole contest at the senior center. One of the ladies stopped me as I passed her table to tell me how delicious it was. Then she asked me what all was in it. When I told her it was dilled salmon with lemon cream she wanted to know if there were any dairy products in it.

Two things came to mind, one, if you're allergic maybe you should ask that question before the first forkful hits its mark. And two, I thought lemon cream answered her question already. So my answer was, only if you count the cheeses and the cream.

Weird week at the beach.

Letter to the Editor

The Haverhill Communication/Connection/Engagement Committee (HCCE) would like to thank the following organizations for their participation in the first HCCE-sponsored Volunteer Fair on Saturday, February 2, 2019:

- Alternative Sentencing Restorative Justice
- American Legion
- American Legion Auxiliary
- Cohase Chamber of Commerce
- Cottage Hospital Auxiliary
- Court Street Arts dba

- Haverhill Heritage, Inc.
- Disabled American Veterans transportation
- Good Shepherd Ecumenical Food Pantry
- Grafton County Nursing Home
- Haverhill Area Substance Misuse Prevention Coalition
- Haverhill Area Youth
- Haverhill Communication/Connection/Engagement Committee
- Haverhill Historical Society
- Haverhill Recreation
- Horse Meadow Senior Center

- North Haverhill Girls' Club
- RSVP
- St. Luke's Community Meals
- St. Luke's Friends of the Community
- Tri-County Head Start
- Woodsville Fire Dept.
- Woodsville-Wells River Fourth of July Committee

We thank these organizations for their service to our community and we hope that this was a beneficial event for each.
Sincerely,
HCCE Committee

Committee Members

First let me add my thanks to others for putting on this event. Finding volunteers for any organization can be a very daunting exercise. By putting this event together, however, a potential volunteer can see the wide range of potential directions one can go in order to give back to the community.

Whether your interest is children or older

adults, fighting fires or helping with a one day celebration, cooking or communicating, there seems to be a group that could use your assistance.

Even though the fair is done, there remains plenty of tasks to be performed. If you are one of those potential volunteers please contact one of the participants of this fair.

Gary Scruton, Editor

Haverhill Candidate Platform

The second of two candidate meet and greets, sponsored by Trendy Times, was held on Saturday, March 2. All four of the Select Board candidates were present for the full three hour session. A number of Haverhill residents also stopped in to meet with the four men, ask some questions of them, and discuss some of the issues facing the town of Haverhill.

Listing the candidates in alphabetical order:

Matthew Bjelobrck: A property owner in Haverhill since about 2014, and a resident for about 3 years, Matt is a retired New York police officer. He is also a retired Colonel of the New York Guards. Matt is currently enrolled part time in law school. One of his motivations for running for Select Board is the airport beacon issue. Matt is concerned with the strings that may be attached to federal grant money. Matt's slogan is "Let's Put Haverhill First."

Michael Bonanno: A former member of the Haverhill Select Board, Mike also served as vice chair of the board during his past term. Mike would like to bring some more stability to the Select Board. Mike served as a member of the US Marine Corps for six years.

Howard Hatch: Owner of Hatchland Dairy, Howard has been involved with the goings on in Haverhill for at least 39 years (the number of years he has served on the Haverhill Budget Committee). Howard believes that his experience running a business gives him a solid base to help run the many

departments of Haverhill. Howard is a Viet Nam veteran.

Gary Hebert: Gary currently serves as the Chief of Police for the town of Piermont. When asked why he is running for Haverhill Select Board his answer was "Because I can." Gary has always wanted to be involved but could not because of work obligations when he worked as a police officer in other communities (including Haverhill). He now sets his own hours and feels he can devote the time needed to the job of Select Board member.

A reminder that voting for the two seats on the Haverhill Select Board for this year will take place on Tuesday, March 12 from 8:00 am until 6:00 pm at the Morrill Municipal Building. The deliberative session of town meeting will not occur until

Saturday, March 15th beginning at 9 am. This meeting will take place at the Haverhill Cooperative Middle School and will be followed by the Haverhill Cooperative School District Meeting.

Town Reports for Haverhill should be available beginning Wednesday, March 6 at the Municipal Building and some other key locations around the town.



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Who Can You Trust to Reduce Stress of Estate Planning?

When it's time to do your estate planning – and it's actually never too soon to begin – you may find the process, at first, to be somewhat bewildering. You'll have many questions: What sort of arrangements should I make? Who should get what? And when? How can you address these and other issues?

You'll need to get some help. In drawing up your estate plan, you will need to work with an attorney. And for guidance on the investments that can help fund your estate planning arrangements, such as a living trust, you can draw on the help of a financial advisor. You also may want to connect with a trust company, which can help facilitate your estate plans and coordinate the activities of your legal and financial professionals.

Of course, you might think that only the very wealthy need a trust company. But that's not really the case – people of many income levels have long used these companies. As long as you have a reasonable amount of financial assets, you likely can benefit from the various services provided by

a trust organization.

And these services can range from administration of a variety of trusts (such as living trusts and charitable trusts) to asset-management services (bill-paying, check-writing, etc.) to safekeeping services (such as providing secure vaults for jewelry and collectibles).

In short, using a trust company can make things a lot easier when it's time to plan and execute your estate. A trust company can help you in the following ways:

Avoiding family squabbles – It's unfortunate, but true: Dividing the assets of an estate can cause ill will and turmoil among family members. But a trust company can act as a neutral third party, thus minimizing any feelings of unfairness.

Providing greater control – When you establish an arrangement such as a living trust, administered by the trust company, you can give yourself great control over how you want your assets distributed. For example, you can specify that a certain child receive portions of your estate spaced out over several years – a move that may appeal to you if you think this child might not be ready to handle large sums all at once.

Saving time and effort – As mentioned above, when you work

with a trust company, you can let it do all the "legwork" of coordinating your plans with your financial professional, tax advisor and attorney. And these professionals are used to dealing with trust companies.

Gaining Protection – Trust companies assume fiduciary responsibility for your financial well-being – which means that your best interests will always be considered in each service and transaction performed.

You can choose from among a variety of trust companies, large and small. Before choosing one, you may want to check out the services and fees of a few different firms. In any case, as you move toward that time of your life when estate planning becomes more essential, talk to your attorney, tax advisor and financial professional about whether using the services of a trust company might be right for you.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

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Letter to the Editor

POWDER HOUSE HILL FARCE

As a 78 yr. life long resident of Haverhill Corner and an abutter (within 150 ft.) of Powder House Hill. I have followed the farce with great interest. Whatever happens here will have an impact on the value of my property as well as Haverhill Corner.

From the very beginning the tax payers of Haverhill, have been mis-lead and given bogus information. To date it has cost the tax payers approximately \$14,000 in lawyer and surveyor fees to determine this piece of land belongs to a now defunct, cemetery association. For historical reasons this might be good to know going forward, but at what cost when we can't fix town roads or repair a falling down high school? REALLY

The incompetence of

our select board, who's chair has let petty jealousy, trivia personalities, plus conflict of interest, affect & influence his common sense and good judgment over this entire 3-4 yr. boondoggle, while the board has followed along like Pavlov's dog. This has accomplished nothing but cost the tax payers of Haverhill tax dollars to prove what? Now what, at the Town Meeting, do we let local tree hugging, granola bar eaters try to sell us on another Park? The Town of Haverhill doesn't need another Library, Fire Truck or a non-revenue producing Park. LIKE CUSTER DIDN'T NEED MORE INDIANS.

What's needed is tax producing real estate. For example, if the Town was to Quit-Claim this land and sell it at fair market value it could get say \$8,000

-\$15,000 thus off setting some of the expenses to date. The best is yet to come, whoever buys the land will more than likely build a house to the tune of \$200,000 - \$300,000 all in. This would generate, in two years, about \$10,000 in annual tax revenue or \$100,000 over the next 10 yrs. to the town and school. Anyone who can afford that will have a good job and probably no kids in school. PEOPLE THESE ARE PENNIES FROM HEAVEN.

We as tax payers need to think beyond the ends of our noses here, don't turn this into another park but get some tax revenue out of it finally.

WE CAN'T SOAR WITH EAGLES WHEN WE ARE THINKING LIKE TURKEYS

Respectfully;
Harv Keyes,
Haverhill Corner

Harvey,

For those not aware, the subject of Powder House Hill will be on the Haverhill town warrant again this year. Town meeting will take place beginning at 9:00 AM on Saturday, March 16 at the Haverhill Cooperative Middle School. Of course there is much more than just this piece of property to discuss and decide on that day.

Whether you are in favor of, or opposed to, the selling of Powder House Hill, or any other

subject to be brought up during town meeting, it is our duty and I dare say, our obligation, to show up, listen, learn and vote. This is our chance to have input into the workings of our town. This is true in Haverhill as well as most other towns in our area, both Vermont (town meeting day is March 5) or New Hampshire (voting day is March 12).

Remember, the voters are in charge, but only if we take the time to show up and vote.
Gary Scruton, Editor

Letter to the Editor

Dear Editor,
GOP, steadfast in righting the ship of state!

Yes, there is a definite diversity between the Democrat Party and the Republican Party as eluded to in Mr. Paul R. Nickerson's LTE in the Union Leader on January 20th. Hopefully, the American people can see it, or see through it.

The Republican Party stands for upholding the US Constitution and its laws, holding fast to the American Dream which includes the work ethic of Capitalism, is a Party of morality and ethics, a Party which believes in law and order, a Party which believes in individual responsibility and personal

reward through one's own efforts. The Republican Party believes in less government control, low taxes, and workfare not welfare. The Republican Party believes in a strong USA with definite borders. We don't believe in infanticide, and believe if you do the crime you do the time! We believe in saluting our American flag, and we believe that God created this Nation to be a force for Good in the world! It's a privilege to be an American citizen...one that's earned every day!

The Democrat Party, on the other hand, is hell-bent on destroying America and forming an entirely new government where the philoso-

phy is one of Entitlement... where everyone has a right to American citizenship, where everyone has a right to free education, free medicine, free social security, free housing, where taking drugs is legitimate, where infanticide is sanctioned, where you get a free out-of-jail card if you commit a crime. And, the list goes on! It seems the philosophy of the Democrat Party is one that does not promote individual responsibility and personal growth by one's own merits, but "leaching" off the hard work of others!

Nick De Mayo
Sugar Hill

Nick,

There is no doubt, after reading your letter, as to which side of the political aisle you sit. I applaud you for standing up from the seat and voicing your opinion. That is one of the greatest rights we have in this great country. No matter what your opinion is, you have the right, and I would dare say often the requirement, to voice that opinion.

There are many ways to voice that opinion. From voting to working for a candidate of your choice, or for writing a Letter to the Editor, passing along your opinion is a wonderful exercise.

Just let me throw out this one cautionary

comment. Republican, and Democrats, come in all shapes and sizes. Some will agree, or disagree, with every point you have made. Others will pick and choose what to believe in, and what to dismiss.

Personally I would much rather vote for a person rather than for a party. I would much rather listen to another's ideas and suggestions, then make a decision on which way to go, rather than deciding which way to go before even hearing someone's thoughts.

I still want to believe that there is some middle ground for our parties to find. Legislation is, almost always, a compromise of some nature.

Gary Scruton, Editor

Letter to the Editor

Rudy Gelsi for Littleton
Selectman

Over the years, the message from Rudy A. Gelsi to the people of Littleton has been the same...lower taxes through less spending! This is not a novel idea!

It seems Mr. Gelsi has been studying his New Hampshire history because he reflects the philosophy and words of one of New Hampshire's favorite sons by the name of Meldrim Thompson.

Meldrim Thompson was born in Pennsylvania, raised in Florida, and moved to New Hampshire in 1955, where he became involved in local and state educational and tax issues. Sounds like Mr. Gelsi...born in Italy, moved to America where he became an American citizen in New York City, worked in Connecticut as a pilot, and moved to New Hampshire, where he got involved in town politics.

Meldrim Thompson coined the slogans "Low taxes are the result of low

spending" and "Axe the tax" to represent his fiscal philosophy. Mr. Gelsi has been reflecting these same words of conservative fiscal practices for over six (6) years, and his message is beginning to take hold among hard-working and over-burdened taxpayers in Littleton and throughout our region.

Local politicians cannot keep going to the 'same old proverbial "well" to solve their addiction to higher spending. The taxpayers of New Hampshire, and especially the North Country (where jobs are few and far between, and pay checks are dismally low!) cannot continue to have the fiscal burden dumped at their feet to fund "municipal growth"! We need job growth and higher-paying jobs through lower business taxes to create these jobs in the North Country! We don't need more government programs.

We need somebody with new, creative ideas to keep taxes on the local

homeowner low and affordable. Sometimes, it takes a "Meldrim Thompson" to present rational changes for the good of all. Many local entrenched politicians spout the same emotional rhetoric without doing a thorough "due diligence"!

Mr. Gelsi is a person with endless energy. He is proud to call Littleton his home. He makes it a point to attend many, if not all, town meetings. His direct approach is a little unsettling to North Country ears, but his concern for the plight of the middle-class taxpayer is unmistakable. He is, in reality, a cheerleader for Littleton!

Mr. Gelsi deserves the chance to implement his philosophy of fiscal conservatism on behalf and for the benefit of the taxpayers of Littleton.

I urge the voters of Littleton to support the candidacy of Mr. Rudy Gelsi at the polls on Tuesday, March 12.

Nick De Mayo,
Sugar Hill, NH

Nick,

Thank you for the information about Mr. Geisi. There needs to be more people willing to step up to serve the taxpayers of our local towns in a responsible manner, both monetarily as well as with the other issues that come before our select and school boards. At the same time we need to remember that some of the funding

is out of their hands as the state legislature has much to say about education and town funding.

I will also echo your call for voters to attend their town meeting to vote for your representatives as well as to make monetary decisions. It is an honor and a privilege that we all need to exercise.

Gary Scruton, Editor

Letter to the Editor

I find it strange to hear newscasters talk about Donald Trump running for president in 2020. Evidence of his criminality is being revealed each week, from money laundering dirty Putin cash through loans and gifts for the past two decades or more to violation of the Emoluments Clause during the past two years. The Trump inauguration is under investigation because of evidence they misspent over 50 million dollars donated for the celebration.

His campaign has been shown to have accepted help from Putin to win the 2016 presidential election via illegal hacking of Democratic Party emails and spreading slander and lies about Hilary Clinton on social media and of actually providing Russian agents with polling data so they

Alice,

Aren't politics great? At this writing there are a couple dozen announced Democrat candidates announced for the 2020 presidential election. President Trump has also thrown his hat in the ring for the Republican party. What is left to learn is who may join him in seeking that nomination, and who will come out of the Democrat party to face off against that winner.

One thing about running for office in the United States is that your past has no bearing on whether or not you are allowed to run. Whether or not you are elected, meanwhile, will always come down to the voters. Not only those who vote for one candidate or another, but also those who do not bother to vote one way or the other. So even though primary time is still many months away, I urge all to begin listening and learning about those running. Be informed, be registered to vote, and exercise your right.

Gary Scruton, Editor

could target certain key states, in return for easing sanctions on Russia if Trump got elected.

I look forward to seeing phony "President" Trump go to prison, along with some of his adult children, members of his cabinet, and members of his campaign, several of whom have already been charged and convicted of crimes.

One can only hope the whole trump Organization goes bankrupt (especially given the investigation into past income tax fraud now underway) and this time disappears completely (unlike the previous four to six times, when he was bailed out by dirty foreign money; Russian and Saudi Arabian), so we never have to hear or see that odious name again.
Sincerely, Alice Morrison
Newbury, VT

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2019 Hospice Volunteer Trainings

Littleton, NH - North Country Home Health & Hospice Agency (NCHHA), an affiliate of North Country Healthcare, which serves all of Coos and the northern part of Grafton Counties, is happy to announce their upcoming Hospice Volunteer Training. This free training is open to community members from all over the North Country, who are interested in being involved in the Hospice Program, or who would like to learn more about end-of-life care and issues of death and dying, for personal and/or professional reasons.

The Hospice Volunteer Training will be offered in two sessions, at two different locations this spring. The first, at Upper Connecticut Valley Hospital in Colebrook,

on four consecutive Mondays, from 1-5 pm, beginning April 1. The second, at North Country Home Health & Hospice Agency's Main Office in Littleton, on four consecutive Tuesdays, from 1-5 pm, beginning on April 9. The range of topics presented and contemplated in the group include: the history and philosophy of hospice, perspectives on death and dying, self-care, communication and listening skills, signs of impending death and comfort care, grief and loss, and care of spirit.

Hospice is a philosophy of care and a delivery system of that care. It is about living and dying well; being as comfortable, complete and at peace as possible. Hospice is acknowledging that we are dying (which is

usually the hardest part) and then living until we do. The guiding premise is that people's needs at their end-of-life are much more than just medical. Although hospice care is directed by physicians and provided primarily by nurses who specialize in end-of-life care; volunteers, social workers, clergy, home health aides and homemakers are all essential contributors to the care and well-being of the patient and their loved ones.

Participating in the hospice training does not commit individuals to become volunteers. Participants can decide after completing the program if they wish to continue and join the NCHHA Hospice Volunteer Program. The opportunities hospice volunteers can provide for patients include companionship and respite care, sitting vigil in the last hours, supportive tasks in the home (i.e., cooking, walking the dog), bereavement support, hospice administrative assistance, and professional services (i.e., massage therapy, reiki, grooming, music therapy - all professional services require proof of licensure/certification depending on profession).

Your compassion and commitment are welcome for taking part in the end-of-life care in your community. To register for the training or for further information, please contact Tiffany Haynes-Hicks, MSN, RN, CHPN, Director of Hospice at 603-444-5317 or thaynes@nchha.org. Pre-registration is required.



What About Ma?

by Kellie Quackenbush

All About Money Care

We have recently had a barrage of news stories on the radio, television and the newspapers about the "crisis" our Nation is facing. "Invasion from Mexico", "Urgent need for a Wall", "Poor Immigrants", "Government Shut-down" and "Senators in Black-face" to name a few. It is interesting that the solution to all of these issues is money.

Most interesting, when politicians and elected officials start talking about Government debt or income shortfalls, the first place they go is to "borrow" or "reduce" Social Security benefits for the people of the United States. Some have even gone so far as to say the maintenance of the Social Security funds should be put into "private hands" like they have done for Medicare and Medicaid. I say no.

Administrative fees that the government pays to the contractors handling the Medicare and Medicaid funding are huge. The limitations of the funds for the people on these programs is more because the guidelines set for claim payment are interpreted by lawyers who are hired to limit funding. New medical treatments take years to be approved and the cost falls to the patients to pay. Pre-approval, getting the assurance the medical service will be approved and paid for, is cumbersome.

The President has stated that he will take the funds for his "wall" from other sources

because the Congress did not approve the money he wanted. This is the time to speak up and let your elected officials know that you do not want to have your benefits cut. That you have worked to earn your Social Security and Medicare. Tell them that Social Security is not a "piggy bank" to be robbed by any political leader. It is when our Government makes big financial decisions that they quietly "borrow" from the Social Security funding.

Per Allen W. Smith, Ph.D. on 10/11/13, Ronald Reagan and The Great Social Security Heist, "Congress passed the Social Security Amendments of 1983, which included a hefty increase in the payroll tax rate. The tax increase was designed to generate large Social Security surpluses for the next 30 years. The public was led to believe that the surplus money would be saved and invested in marketable U.S. Treasury Bonds, which could later be resold to raise cash with which to pay benefits to the boomers. But that didn't happen. The money was all deposited directly into the general fund and used for non-Social Security purposes." With recent budget issues, why are we not seeing the funds generated by the increased Social Security tax, Congress spent it. Additionally, "The \$2.7 trillion, which is alleged to be in the trust fund, was all spent for wars, tax cuts for the rich, and other government programs. If the money is repaid at some point in the future, we could say it was just "borrowed." But no arrangements have been made to repay the money..." per Allen W. Smith, Ph.D.

Now is the time to renew your interest in what the Congress and other political leaders are doing with your money. We have already seen 2.7 trillion dollars that was supposed to protect our aging population whisked away, do we really want them to short-change the rest of our retirement protections? Now is the time to make phone calls, write letters and send e-mails to make them aware- we are watching.

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Tuesday – Friday 9:00 am - 5:00 pm

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Stress Management

Everyone is affected by varying degrees of stress. Stress is our physical and emotional response to the demands of life. The key to our health is how we respond to stress. Most Americans are running harder and harder to stay in the same place. Financial obligations, job pressures, seeking work in an increasingly downsized job market, family demands, emotional problems, health concerns, and lack of rest and leisure can overwhelm even the most stable, well-adjusted nature. Many people seem to be under stress most of the time. While facing challenges and difficulties helps us to grow and learn, prolonged, chronic stress depletes energy reserves, and creates an imbalanced system that never allows for relaxation. We try to get as much done as we can in as short of time as possible. Sometimes we try to do as many things as possible at the same time!

Stress is a universal enemy affecting modern life. It is experienced by people who work in polluted atmospheres, by those who are immobilized at control desks with machines demanding continual attention, by people who travel coast to coast constantly, by people with repetitive, boring jobs. At best, stress causes useless fatigue; at worst, it is dangerous to health. It is a major cause of headaches, hypoglycemia, arthritis, and some cancers. Yes, most degenerative diseases are stress related. Stress irritates the body in the form of gastritis, ulcers and colitis. It irritates the mind in the form of moodiness, burn-out, overuse of drugs, depression and anxiety.

Stress is usually at the heart of heart disease. In fact, heart disease is a case where the failure to manage stress in your life can kill you. Stress directly depletes the adrenal glands. In prolonged stress, the adrenals cannot raise blood sugar when necessary and hypoglycemia results. Stress affects the reproductive organs, libido and sexual ability. It leads to irritable bladder, acne, eczema, psoriasis, nervous tics, muscle spasms, high cholesterol, and even to baldness. Profound emotional stress, such as that caused by job loss or the loss of a loved one can lead to serious depression. The inability to express our emotions, such as loneliness, or grief can be very damaging to health because immune response is reduced. Yet the human body is designed to handle stressful situations, to thrive and be challenged by some of them. The goal ought not be to avoid all stress, but to maintain a high degree of health to handle and survive stress well.

There are four levels of stress symptoms: 1) losing interest in enjoyable activities, eye-corner sagging, forehead creasing, becoming short tempered, bored, nervous; 2) tiredness, anger, insomnia, paranoia, sadness; 3) chronic head and neck aches, high blood pressure, upset stomach, looking older; 4) skin disorders, kidney malfunction, susceptibility to frequent infections, asthma, heart disease, mental and nervous breakdown. Symptoms of flight or fight reactions are elevated heart rate, breathing changes, muscle tension, mental focus and fear or anger.

Herbs are wonderful therapeutics for overcoming stress naturally. They are rich in minerals, trace minerals, and enzymes. They provide inner strength with bio-active, stabilizing amino acids and electrolytes that help restore body and mind energy. They correct nutrient deficiencies with vitamin B complex, vitamin C and bio-flavonoids that fortify you for inner calm when the going gets tough. Sometimes you can even expect miracles. Effective herbal combinations help reduce stress and tension by repairing damaged nerve sheathing. Herbal nervines that calm and soothe the brain without the addictive side effects of valium compounds. Herbs support healthy nerve structure, and stabilize body balance during high stress times. Herbs help control acid-produced stress and emotional anxiety.

Restoring nerve strength – along with the brain, the nervous system is the first to be affected by stress, tension and emotion. Herbs are wonderful medicinals for overcoming everyday stress and tension naturally. Nervi-

ness like gotu kola, skullcap and Siberian ginseng reduce stress and tension by helping repair damaged nerves. Herbs like passionflower and chamomile quiet and soothe without the addictive side effects of valium compounds. Herbs like hawthorn, ginkgo and St. John's wort support healthy nerve structure by balancing body chemistry, and provide a soothing influence on the brain. Herbal stress formulas work rapidly in many cases.

Anxiety Relief Nervines include: Rosemary, Black Haw Bark, Gotu Kola, St. John's Wort, Scullcap, Passionflower, Valerian Root, Kava Kava Root.

Stress Reducing Adaptogens include: Bee Pollen, Royal Jelly, Panax Ginseng, Kelp, Alfalfa, Ginkgo Biloba, Spiulina, Barley Grass, Siberian Ginseng, Black Cohosh Root.

Adrenal Gland Support Herbs include: Sea vegetables, Sarsaparilla Root, Astragalus Root, Red Raspberry, Licorice Root, Capsicum, Ginger Root, Peppermint.

Nerve Support Tonic Herbs include: Gotu Kola, Hawthorn Berry, Leaf & Flowers, Ashwaganda, Chamomile, Catnip, Wood Betony.

Mental, Inner Energy 15 Herbs include: Ashwaganda Root, Ginkgo Biloba, Fo-Ti-Tieng Root, Kava Kava Root, Panax Ginseng, Licorice Root, Suma Root, Siberian Ginseng Root.

Melanie Osborne is the owner of Thyme to Heal Herbs and practices on Route 302 in Lisbon, NH. She has been in practice since 1991. She is certified in Therapeutic Herbalism through the Blazing Star Herbal School in Shelburne Falls, Massachusetts.

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by Cindy Pinheiro
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Supreme Shepherd's Pie

EDITOR'S NOTE: I must start by apologizing for the Trendy Dining guide in the last Trendy Times. Cin Pin has indeed been under the weather again of late, and both the last recipe and this one are repeats. The additional information in the last article was included only because of an oversight on my part. If that inclusion was not deemed appropriate, I apologize.

Hello, hello my fellow chefs and thank you for following my column! I hope you are enjoying the recipes I pick.



This is my version of Shepherds Pie because my family always thought the plain recipe was too dry. You can see in the picture the bubbling gravy coming through and I love gravy on my mashed potatoes. I think your family will love this supreme version.

Make your mashed potatoes and set oven to 325 degrees.

I used my 9 x 13 glass casserole dish.

- 1 lb. good ground beef not fatty
- 1 vidalia onion chopped
- 1/2 tsp. garlic powder
- 1 14 oz. can creamed style corn
- 1 14 oz. can green beans
- 6 or 8 Yukon gold potatoes (depending on size)
- 1 12 oz. jar of Heinz savory beef gravy

Peel potatoes, cook, make mashed and set aside
Brown 1 lb. ground beef with chopped onion and garlic powder, drain any excess fat

After beef is cooked with onion pour jar of gravy in and mix and put in 9 x 13 pan.

Pour and spread creamed corn as next layer.

Pour (rinsed) green beans and spread.

Spread mashed potatoes on top and poke fork holes to allow gravy to bubble through.

Bake for 30 minutes or until gravy is bubbling

through. Remove from oven and let sit 15 minutes before cutting.

Voila! This is delicioso !!! I use Yukon Gold potatoes because they have a great buttery taste, you should try them or if you prefer any potato will do. Also, creamed corn has a wonderful sweetness sure to please.

You can serve this great casserole to guests because everyone loves this comfort food and this supreme version will knock their socks off.

Serve with a nice mild Rose wine. Remember don't drink and drive, and drink responsibly. Keep your comments coming in. I love it and it tickles me pink.

Happy Cooking
Signing off - Cin Pin

Michael Costa Named Northern Counties Health Care New CEO

St. Johnsbury, VT – Michael Costa has been named the new Chief Executive Officer of Northern Counties Health Care, Inc. (NCHC). Most recently serving as Deputy Commissioner of the Department of Vermont Health Access, which administers Vermont's public health insurance system, Michael brings an in-depth understanding of Vermont's Medicaid program, state and federal health policy, and strategic and risk management to the Northern Counties Health Care CEO position. While in state government, Michael led teams that created statewide and local partnerships to improve the health and human services sectors. These collaborations led to innovations in the way the State pays hospitals, physicians, and mental health providers, each project focused on improving the health of Vermonters. Michael will assume the role of CEO on March 25, 2019.

"We are fortunate to attract and hire someone like

Michael to come to Northern Counties Health Care as he brings a strong connection to the Vermont health care industry and state government network. Under Michael's leadership, Northern Counties will continue to deliver responsive and high-quality health care to the communities of the Northeast Kingdom while navigating the ever-changing health care industry," expressed Northern Counties Health Care Chairperson, Thad Richardson.

Michael earned a Bachelor of Arts degree from Bates College and a law degree from the University of Wisconsin School of Law. In addition, he recently received a Master of Health Care Delivery Science from Dartmouth College in Hanover, New Hampshire. Michael graduated from the Snelling Center's Vermont Leadership Institute, and the Millbank Memorial Fund Emerging Leaders Program. He lives in Norwich, Vermont with his wife and two boys.

Northern Counties



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