

TRENDY TIMES



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MARCH 3, 2020 VOLUME 11, NUMBER 11

Six Candidates Vie For 2 Seats On Haverhill Selectboard

by Gary Scruton

For the second consecutive year there have been two Candidate Platforms scheduled in the town of Haverhill for those running for elected positions during all day balloting on Town Meeting Day. The idea for these platforms came from the two day "A Greater Haverhill" forum that was held in 2018. During that event many ideas were talked about and some have come to reality. Trendy Times has been very pleased to have been the means by which these platforms have taken place.

In can be noted that in 2019 there were four candidates for two seats on the Haverhill Select Board. In

2020 that number has increased to six candidates again seeking one of two seats on the board. It should be noted that each voter will be allowed to vote for two candidates when they go to the polls on March 10th. Therefore the top two vote getters will become members of the board.

All six of these candidates showed up to participate in the platform on Saturday, February 29th. Along with the candidates a good number of Haverhill voters also attended and asked questions.

The questions asked of candidates covered many aspects of Haverhill. Due to current happenings there were questions about the possible combining of the two highway departments. It was noted again that Haverhill is the only town in New Hamp-

shire that has two such departments. There were also questions in regards to the upcoming votes at both the town and precinct levels regarding the fire departments in town. It appeared that all the candidates agreed that there should not be any fewer stations, but there continues to be questions about how the administration of the departments could be designed and maintained.

Another question regarded the warrant article for funding for Court Street Arts at the upcoming town meeting. It was noted that the article allows for an amendment from the floor to determine the amount to be raised by taxes.

It should also be noted that another position has more than one person listed on the ballot. A one year term



The six Haverhill Selectboard candidates: (l-r) Fred Garofalo, Tom Fried, Steve Robbins, Glenn English, Gary Hebert & Charles Fenn as they faced questions from voters.

on the Haverhill Cooperative school Board has two candidates. The other two School Board seats are for three year terms and only one person is signed up for each.

To get further comments

from each of the six candidates for Selectboard please turn to pages 6 & 7 of this edition of trendy Times to read exactly how the candidates feel about the issues that were sent to them.

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TRENDY Dining Guide

Hungry Bear Pub & Grill

by Gary Scruton

Janice and I had made the decision to partake of our chance to "eat out" on a Saturday evening after both of us had battled some minor health issues earlier in the week. In fact that day my throat was giving me issues and I had a good touch of laryngitis. That made my hope of having any kind of a good conversation during the meal almost impossible. It also even made ordering dinner a bit difficult. But I must say that our waitress did not seem to be at all deterred and heard me enough to understand and get the order just right.

We pulled into the parking lot on the north side of the Hungry Bear and noticed a good number of other vehicles already there. We walked thru the front door

into a small entry area where a sign asked for patrons to seat themselves. We then walked thru the bar area that features a nice bar as well as some high top tables. Then we came to the back eating area. At that point Janice pointed out another sign that asked for our forgiveness due to the mess they are making during renovations. We saw very little mess, but did note some new acoustic tiles on the ceiling. We also noted that the Saturday evening Karaoke was being set up, getting ready to start at about 7:00 PM.

As neither of us have anything close to a good singing voice, we were happy to note that we had time to get our meals, eat, and still be gone before the singing began.

Our waitress did not rush

us a bit, nor did we hurry, but with the menus in hand, including some specials for Saturday, we made our choices for the evening meals.

Janice picked out a chicken and broccoli fettuccine dish and stayed with just a glass of water. I started by asking what was on the menu for dessert choices. I then took advantage of one of the specials and ordered a "Sloppy Joe". It came with a side order. When our waitress mentioned sweet potato fries I agreed. Due to my laryngitis I stayed away from any adult beverage and therefore just stayed with water.

I don't know if everyone else was not eating, or if the kitchen is simply quick, but it took very little time for our meals to come back out.

Janice's meal was all that she expected. In fact she noted that the sauce was very cheesy, thick and quite delicious. Her meal also came with a couple of pieces of garlic bread on the side which really topped off a very nice meal.

My Sloppy Joe was not nearly as sloppy as I had expected. I did look up some information about this long time sandwich and though there seems to be some discussion as to where it first began, it seems all agree as to what it is made up of. Some good ground hamburger with tomato sauce and some nice spices (at least in my opinion). It was served on a bun and it was thick enough that I was able to pick it up just like a hamburger. No fork needed, except to pick up some of the beef that fell out. And I did not miss any of the beef that fell out! I

also used the fork, and my fingers, to work on the pile of excellent sweet potato fries. The fries were cooked just right (again, in my opinion). Not so crispy that they crunch, but also cooked thru so that they were not soggy. My meal fully disappeared.

As I had planned since learning of the desserts, our waitress took my order for a piece of lava cake. Unexpectedly she offered it with ice cream, chocolate sauce, or whipped cream. I stopped listening after the chocolate sauce option was given me. When it came out it looked great, and even more importantly it tasted great. The warm cake and hot lava just finished off a very enjoyable meal.

The total cost for our two meals was \$33.79 including tax. As normal we left a cash tip on the table for our waitress.

Volume 11 Number 11

March 3, 2020

Not all Times are Trendy, but there will always be Trendy Times



gather
verb

1. come together, assemble or accumulate

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- SPECIALTY COFFEE & TEA
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For More Details
Contact Gary @ 603-747-2887
or Email: Gary@TrendyTimes.com

It's Tea Time at the Littoton Community Center

Littleton, NH – The Littleton Community Center will host a British Cream Tea on Saturday, April 4 at 1 pm. Treat someone you love to a classic selection of sandwiches, scones, desserts and teas.

Originating in England in the mid 19th century, this pause for tea was a meal easy to prepare by the homeowners while their servants were out doing errands or resting before attending to the fashionably late dinner usually served at 8 pm.

"The Littleton Community Center fits the criteria to host an afternoon tea," says

hostess Wendy Clark. "It's the sort of place that looks as if it was built for that very purpose."

The British Cream Tea costs just \$15 which includes the full sweet and savory menu and a choice of specialty teas. Participate in a raffle for your chance to win a copy of a vintage Teacup and Saucer that will make you feel like royalty in your own home.

Seating is limited and reservations are required by March 27. For more information please call 603-444-5711 or email littletoncommunitycenter@gmail.com.

Kids Can Cook Young Chefs Wanted

Littleton, NH – Are you a boy or girl who loves to have fun in the kitchen? Come to the Littleton Community Center to sharpen your culinary skills or learn the basics of cooking on Saturday, March 14 from 10am-12pm.

Research shows that cooking is an ideal craft for kids to learn. It boosts self-confidence, encourages family bonding and exposes

them to new foods which will aid them in becoming more adventurous eaters.

"I love to cook," says one young participant from the last class. "We measured, we mixed, we baked, but best of all we ate!"

To reserve your spot or for more information, please call 603-444-5711 or email littletoncommunitycenter@gmail.com.

OHRV and Snowmobile Safety Education

The New Hampshire Fish and Game Department strongly recommends that all riders participate in a Safety Education Class. State law required that all operators 12 years of age and over must possess either a valid Motor Vehicle Driver's License or must have successfully completed an approved OHRV or Snowmobile Safety Education Class when operating off their own property. The safety certificate is valid for both OHRV and snowmobile operation, two separate

courses are not required.

A course will be held Saturday, March 7th at the Littleton High School Cafeteria from 8:30 am to 3:30 pm.

The course is free. Lunch will be provided.

Pre-registration is requested: send information to lisbonstumpjumperNH@gmail.com or call 838-6059.

Celebrate ACT's 20th Anniversary at the Sunset Hill House!

SUGAR HILL – Come help the Ammonoosuc Conservation Trust (ACT) celebrate its 20th anniversary on Saturday, March 7 from 5 - 7 pm at the Sunset Hill House in Sugar Hill!

The festivities start at 4:30 pm with an optional, easy, walk around the Sunset Hill Golf Course. This and property surrounding the Sunset Hill House was one of the first pieces of land protected by ACT in 2002. You may need snowshoes for the walk, otherwise, we'll be out in hiking boots with some light traction, if needed. We especially hope Mother Nature cooperates, so we're treated to beautiful sunset views of the surrounding hills and mountains.

The party will officially start at 5 pm, with appetizers provided and a cash bar. Join the fun to catch up with old friends, make some new ones, and celebrate ACT's 20 years. Since its start in 2000 and alongside a strong community of landowners, partner organizations, members and supporters ACT has helped conserve 32 properties in a dozen North Country towns. That's over 5,000 acres (or nearly 7,000 football fields) permanently protected in the region.

A big thank you to the Sunset Hill House for co-sponsoring this event. Although the party will wrap up at 7 pm anyone interested is welcome to stay and enjoy the delicious dinner fare in the restaurant.

Registration for this event is requested to help organizers, but not required. The walk will start promptly at 4:30 pm if you'd like to join

please meet in the parking lot across the street from the inn by 4:25 pm. For more information about this event or to register please go to www.act-nh.org/education-events or call the office at (603) 823-7777.

The Ammonoosuc Conservation Trust inspires and leads private, voluntary action to conserve land the North Country loves. Learn more and become a member at act-nh.org or by calling (603) 823-7777.

Trendy Threads

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HEEC Urges Support For Cell Phone Warrant Article at Haverhill Town Meeting

Following the November 2019 public meeting at Haverhill Cooperative Middle School where community members expressed support to find solutions to expand cell phone coverage, the Haverhill Entrepreneurial Encouragement Committee (HEEC) presented a proposed warrant article to the Select Board which voted in support. The HEEC encourages Haverhill citizens to vote in favor at the March 10 Town Meeting.

"It is clear that the investment of taxpayer dollars will be required," said HEEC member Doug Teschner. Funds will be used to conduct feasibility studies and provide matching funds for potential grants. The warrant article creates the Cellular/Broadband Service Modernization and Expansion Reserve Fund with an initial

\$50,000 investment.

HEEC was formed after the April 2018 "Better Haverhill" forum, when residents identified supporting businesses and new business creation as high priorities for the town. Interested citizens created the HEEC as an unofficial town committee to help grow new businesses; strengthen communication between local government, schools, and businesses; and expand the town's tax base. The need for better cell service was a conclusion of the HEEC's business survey.

HEEC usually meets the 4th Wednesday of the month at the town office. Interested individuals are welcome to attend. Anyone with questions should contact Kevin Shelton (728-9777), Doug Teschner (989-5429), or Jeff Stimson (787-6623).



Firearm Possession on School Property?

Of the bills discussed this week, HB1285, relative to possession of firearms on school property generated considerable debate. This bill was actively heard and debated in the Education Committee. Eventually the amended bill received an ought-to-pass, 12-8. The vote did not go straight down party lines. This bill is very similar to previous bills submitted in previous sessions. The bill prevents a person from knowingly possessing a firearm on public school property, including grounds, school buses and vans. It further states that a person who violates the provisions of the bill shall be guilty of a class A misdemeanor. There are some exceptions included in the bill. For example, any person dropping off or picking up a student must keep the firearm in the vehicle. Any person authorized by name and writing by the school board may possess a firearm on school property; however, only after the school board has conducted a hearing, noticed in the usual manner. Following the public hearing and receiving

testimony, the school board may decide in a nonpublic session to authorize specific persons to possess firearms on school property. Any law enforcement officer, when on or off duty or serving as a school resource officer would be permitted to possess his or her firearm on school property.

Due to the fact that HB1285 is very similar to previous bills dealing with firearms in schools, I again raised a number of questions seeking definition for the words such as "school" and "school property." According to statute, "school" means any public or private elementary, secondary, or secondary vocational-technical school in New Hampshire. It shall not include home schools. Therefore, the bill will also apply to private schools regardless if they do or do not receive public funding. Throughout discussion, bill sponsors talked about public schools, but according to RSA193-D:1, the bill will also impact privates. Another definition that gives cause for thought, is that of "school property,"

which means all real property, physical plant and equipment used for school purposes, including but not limited to school playgrounds and buses, whether public or private. The two words in this definition that give cause for further concern are "school purposes." "School purposes" means, "school-sponsored programs including but not limited to educational or extra-curricular activities." Knowing these definitions, would the Community Field in Woodsville when used for school-sponsored activities such as high school soccer, be considered a safe school zone in which firearms are not allowed? If so, would a person carrying a firearm while watching a game be in violation of this bill and result in a possible class A misdemeanor fine? The school or district does not own the field, and it is not signed as a "safe school zone," but it is used for school purposes.


There are also other aspects of the bill that generated debate among committee members. Is the bill in conflict with the Second Amendment that provides the right of the people to keep and bear Arms? In addition to this important constitutional question committee members also argued the point that by removing firearms from law abiding individuals, would the bill be disarming only caring, law abiding firearm owners? By doing so, those intending to do harm may perceive schools as an even softer target. It is likely that this bill will be passed by the House majority and forwarded to the Senate. If the Senate approves, the bill will move to the Governor's desk for his consideration, and if so, a veto is likely.

In closing, I encourage all to attend and participate in their upcoming town meetings.

Respectfully submitted,
Rep Rick Ladd

Volume 11 Number 11
March 3, 2020
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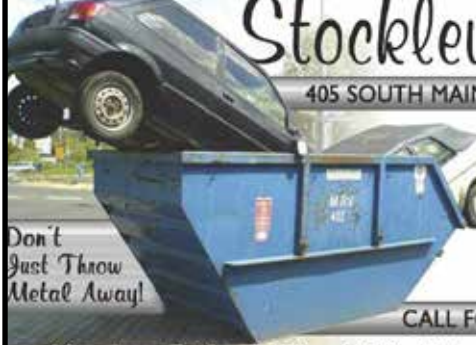
HAVERHILL TOWN MEETING



The Town of Haverhill Town Meeting will take place on Tuesday March 10th at 7:30 PM in the Cooperative Middle School gym in North Haverhill, NH

Ballot Voting will take place at the James R. Morrill Building on Tuesday, March 10 from 8:00 AM until 6:00 PM.

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Thank you
Glenn English

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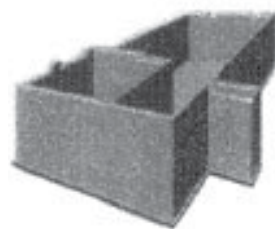


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- * Most of all, I promise to listen to the issues, learn about possible solutions, and serve all the citizens of the Haverhill community to the best of my ability.

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Woodsville High School National Honor Society Annual Food Drive



The Woodsville High School National Honor Society has had a busy and fulfilling start to the new year. They hosted their annual food drive in early February and collected around \$750 worth of food for the Good Shepard Ecumenical Food Shelter. This was held as part of the Winter Carnival week at the school. For Valentines Day, they sold carnations as a fundraiser for Adaptive Sports Partners of the North Country, an organization that holds year-round recreational activities for people with disabilities. NHS is happy to be supporting such important and admirable organizations.

WHS' College & Career Fair Thursday, March 12th

Woodsville High School would like to invite you to attend our 1st Annual College and Career Fair on March 12th, 2020 from 1 - 6 at the Woodsville High School's Dr. John Bagonzi Community Building. We will have over 40 New Hampshire and Vermont Colleges and Employers ready to answer any questions you may have. The afternoon session is primarily designed for local area students and the 4-6 session is designed for any community members. Anyone is welcome and there is no cost to attend this event.

The list of organizations keeps growing but here is who is confirmed so far. Keep tuned to WHS on our Facebook page(Facebook.com/WoodsvilleHighSchool) and our website (WoodsvilleHighSchool.com)

US Army National Guard * US Marines * New Hampshire State Police * Haverhill NH Police Department * NH Fish and Game * Oliverian Automotive * Burndy Manufacturing * Hatchland Farm * Cottage Hospital * Dartmouth Brain Institute * Woodsville Fire & Rescue * Grafton County Nursing Home * Grafton County Department of Corrections * Town of Haverhill NH * Haverhill Recreation NH *

Woodsville Guaranty Savings Bank * Clarks Trading Post * V & V's Automotive * Wells River Savings Bank * SAU 23 * North Country Health Consortium * New England Wire Technologies * Phlume MEDIA * NH WORKS * Dartmouth Hitchcock WorkForce Readiness * Representative Denny Ruprecht * and we are always adding to the list!

Plus: UNH * Northern Vermont University * Lincoln

Tech * Upward Bound * Riverbend Career and Technology Center * St. Anselm's * NHHEAF * SNHU * PSU * WMCC * NH job Corps * River Valley CC * VT Tech * NH Works * More Coming!!

The WHS Boosters will be selling food, drinks and WHS gear!

If you are interested in being a vendor please contact Rosie Farr at rfarr@sau23.org

VILLAGE ADMINISTRATOR

Woodsville NH seeks a qualified individual to manage its local operations and to interact with our valued citizens, local businesses, contract operators and other government agencies.

Our operations include water, sewer, electric, highway, EMS and Fire departments. The District employs 56 people including per diem EMS and Fire personnel. Water and Sewer processing are operated by outside contractors.

Candidates must have a degree in business management and 10 years of experience in management.

Salary range is \$75 - \$90K. Contact richardguy@Woodsville.org for further information or to apply.

Help For Kids Who Stutter Is As Close As Your Library

Kids who stutter have a lot to say, and friends can show them how in Stuttering: For Kids By Kids, a DVD in English and Spanish starring kids who stutter, available at most public libraries or through interlibrary loan.

Many children who stutter have never met others who struggle with the same disability. In this DVD from the Stuttering Foundation, they meet kids who recount how they handle challenges such as teasing, speaking out in class, and teaching others about stuttering.

Swish, a lively and engaging animated basketball character designed by students at Purdue University, narrates the DVD. The children, who range in age from first-graders to high school students, offer frank and sometimes differing views of stuttering.

For example, Matthew, age 10, says about his speech difficulties, "It's no big deal," but Kate, age 9,

worries about talking, what is going to happen next and whether or not she'll stutter. Arianne, age 14, says, "The hardest part about stuttering is to get through it and to stay in there when you're stuck." Umang, age 12, agrees, "Sometimes it gets kind of annoying when you want to say something and you can't. I also get worried what other people might think if I do stutter and wonder if I'll be able to get out of my blocks and things."

"All those interested in helping kids learn more about stuttering will want to see this tape," said speech-language pathologist Bill Murphy of Purdue University. "The children featured are a perfect ex-

ample of how to openly and honestly handle stuttering." "This is an important tool for families and teachers of kids who stutter," added Jane Fraser, president of the non-profit Stuttering Foundation.

Other professionals and specialists in stuttering in this production include Kristin Chmela of Northwestern University, Joe Donaher of Children's Hospital of Philadelphia, Lisa Scott of Florida State University, and Lee Caggiano of Friends.

The 72-year-old non-profit Foundation has provided free materials to public libraries nationwide. A library that will shelve them can download a request form at <http://www.stutteringhelp.org/libraries-information>.



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6 Questions for 6 Candidates: Haverhill Select Board Candidates

Glenn English



1. *What is your top priority as a member of the Select Board?* It is critical that respectful communication and cooperation be re-established between the Town Selectboard and the various precinct and district commissioners and their people. The Town's ancestors, in their wisdom, set up local autonomy and left specific control of certain public services in the hands of rate-payers and village/taxpayers. This has kept taxes and overhead low. I believe that government governs best when it is close to the people. If elected, I would like to be a part of this improvement in communication and would be willing to play a lead role.

2. *What is your opinion on combining the 2 Highway Departments?* We need a cost/benefit analysis of this idea before it is put to the voters. The two highway departments have somewhat different missions. Maintaining city streets is not the same as maintaining rural roads. Both departments' facilities are paid for and are geared to their current missions. What would be the point of combining operations unless it saves considerable money. Do the homework first.

3. *What is your opinion on combining the 3 Fire Departments?* This is an issue which each fire department/and its precinct voters may decide. It can't be forced by the Town government. I agree with John Page that if a sensible plan can be developed, the issue can be brought to the Town voters to establish one Town department. It is important however to recognize that the fire departments are currently training and working together. They are buying compatible equipment. They are providing excellent service all over Town for very minimal administrative costs. The Town has equalized taxation which makes funding fair to all the taxpayers of the Town. I think the real cost issue is the amount of rolling stock we need and can afford. A representative committee already exists which should be dealing with this issue. Let's concentrate on that.

4. *How should Haverhill handle development at the Industrial Park/Airport area?* The Business Park infrastructure is built, the covenants are in place (revised). The Park needs to be marketed. Professional help needs to be provided either by the town manager or a marketing/economic development specialist. Follow the Littleton model which was a real community effort.

5. *What should the Select Board do to help with cell coverage/broadband in Haverhill?* I don't know a lot about this issue except that Cell coverage/Broadband is primarily a private-sector service so there is not much that government can do to target its development to certain areas, short of subsidizing a very profitable market. Are we willing to pay for this?? The State government has done little beyond planning and the Federal government has promised to do a lot, but will it? Like every other rural community we do not have the market share to attract providers without some sort of government or subscriber pay-off. At the local level, we should continue to work with the business community, the North Country Council and the State and Federal governments on this issue.

6. *How should the Select Board interact with Precinct Commissioners?* I addressed this under my answer to number 1. But I would add that the Selectboard needs to understand that precinct commissioners are not their subordinates. They are co-equals and autonomous in the functions they perform for their constituents. They should always be treated with respect and sought out for advise in their areas of expertise and control. That is our local government reality and it has served us well over the years.

Please use remaining space to tell voters why they should elect you as a member of the Haverhill Select Board. Why should you vote for me? Well all I can say is that this community has been very good to me and my family. I appreciate every blessing that we have received over many years. This is a great community, no matter how others try to define it. I would like to give back to the Town. I feel that my education, experience and ability to work with others qualifies me to serve you as a Selectboard member. Over the years I've learned how to work with others, to respect their opinions, to compromise when needed. That's how it's supposed to work! All the other folks running are good people. I know most of them well. I'm really not running against any of them. I'm running to help build the Community and to encourage volunteerism. Trying to artificially force us to be "one-town" by re-structuring local government is the wrong approach. It can happen by good communication and consensus. That's what I'm for.

Charles Fenn, Jr.



1. *What is your top priority as a member of the Select Board?* My first priority would be to finish the high school project along with the other needs of all our schools; Woodsville Elementary and HCMS. Another priority would be the completion of the Clark Pond Road bridge.

2. *What is your opinion on combining the 2 Highway Departments?* I feel that the departments combining would not provide any financial gains to the towns. If anything provide less of a service.

3. *What is your opinion on combining the 3 Fire Departments?* Combining the 3 fire departments would be more of an expense and less effective for meeting the needs of our community and surrounding towns.

4. *How should Haverhill handle development at the Industrial Park/Airport area?* The card reader for the fuel services would be a positive improvement which could help the facility pay for itself.

5. *What should the Select Board do to help with cell coverage/broadband in Haverhill?* We need to look into cell tower possibilities or boosters that would provide enough strength to support our community needs.

6. *How should the Select Board interact with Precinct Commissioners?* They should have more frequent meetings with all members to provide open and collaborative discussions for our towns. Look at alternative methods of providing this information back to the community so all can be current on town development and growth.

Please use the remaining space to tell voters why they should elect you as a member of the Haverhill Select Board. I grew up in Haverhill and have the same interests as my neighbors to see our community grow and strengthen for our future.

Thomas Friel



1. *What is your top priority as a member of the Select Board?* To continue to deal with issues that come before the board in a timely manner and improve services to the town in a cost effective manner.

2. *What is your opinion on combining the 2 Highway Departments?* Workable. This has to be done from the ground up. Both highway Dept's need to get together and see if it's feasible. These Departments know their strengths and weaknesses. If they work together they can come up with a plan and present it to the selectboard and commissioners for their approval.

3. *What is your opinion on combining the 3 Fire Departments?* North Haverhill did it with Haverhill Corners. I see no reason why the Woodsville Fire Dept can't work with them to do the same. When there is a fire all three departments show up and work together. Also, consolidating these services cuts costs and overhead. These savings are passed along to the tax payers.

4. *How should Haverhill handle development at the Industrial Park/Airport area?* Contact the State of NH for their professional assistance and contact other towns that have successfully developed similar parks and follow their advice.

5. *What should the Select Board do to help with cell coverage/broadband in Haverhill?* This board has taken a giant step in this direction. The current select board approved a warrant article proposed by a committee of very knowledgeable and dedicated town residents. Support them at the March 10th Town Meeting to move this issue forward.

6. *How should the Select Board interact with Precinct Commissioners?* Precinct Commissioners know their districts, their individual needs and problems. When a common problem arises then that's when the select board should be involved. The boards should also work together on issues that are in the best interests of the town and precinct.

Please use the remaining space to tell voters why they should elect you as a member of the Haverhill Select Board. I have been an active and effective member of this board and would like to continue my contributions to it and Haverhill. I've been on the board for nine years and have been on the Planning Board for ten. I have been a resident here for over 50 years and feel a commitment to this community. This board has gotten more done in the last year than I can recall in the last three years. We work extremely well together with very diverse backgrounds and a ton of institutional knowledge. No, we don't always agree, but we openly discuss things professionally and respect each others opinions. Resulting in an effective and unbiased board that works.

A reminder that Haverhill Town Meeting is Tuesday, March 10 at 7:30 PM at the Haverhill Cooperative Middle School. Voting on officers (including Selectboard) will take place during the day, from 8:00 am until 6:00 pm, at the Morrill Municipal Building in North Haverhill. Also be aware that Town Reports were due to be available as of March 3 at the Town Office, as well as other normal locations throughout the town. The full Town Report will also be available on line when you visit the town's website at www.haverhill-nh.com

There are also two candidates running for a one year term on the Haverhill School Board along with several other offices where candidates are running unopposed. Please note that the Annual Haverhill Cooperative School District meeting is Saturday, March 21 at 9:00 AM at the Middle School

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Fred Garofalo



1. What is your top priority as a member of the Select Board? My top priority as a selectman is to ensure the safety of Haverhill residents by assisting in any way I can the Police, Fire, Street, Water, and all other departments of the Town of Haverhill.

My second priority as a selectman is to ensure taxpayer money is spent wisely and with transparency. Last but not least, I want to listen to issues as they arise, learn about all possible solutions, and serve all Haverhill citizens to the best of my ability.

2. What is your opinion on combining the 2 Highway Departments The Woodsville/Haverhill Highway Department merger is a solution to the block grant funds disbursement issue. Fund disbursement formulas have changed over the years, this year there is another potential change, and the Woodsville commissioners disagree on the amount of funds due to them. If the two departments merge, it ends discussions of how much Woodsville should receive and relieves Woodsville of road maintenance responsibilities.

3. What is your opinion on combining the 3 Fire Departments? National fire department statistics call for one fire station every 10 square miles. Haverhill is a town of 52.1 square miles. According to the statistics, we are at least one - if not two - fire stations short. Another important issue is having enough firefighters so combining fire departments helps in both areas. However, I vehemently oppose combining them into one central station. Haverhill needs fire stations located where firefighters can reach a fire quickly, with the proper equipment at each station. One central fire station wouldn't work for us.

4. How should Haverhill handle development at the Industrial Park/Airport area? Haverhill needs to encourage businesses to buy available land and build facilities in the industrial park; however, the park's location makes truck access difficult and there's a lack of skilled workers to attract a company looking to hire. That being said, the industrial park is suited for small businesses; it's not impossible to fill the park, but it will take time and effort to find the right businesses.

5. What should the Select Board do to help with cell coverage/broadband in Haverhill? Cell/broadband providers are a private industry and are not required to provide service to all. There are ways to get service but at a cost. I recently spoke with a gentleman from near Portsmouth; they found a provider to put up a tower and it solved their no-cell-service problem. The downside is every tax bill now includes a fee that goes straight to the service provider. We have the Haverhill Entrepreneurial Encouragement Committee (HEEC) and \$50,000 in the budget to explore cell service viability. I believe the select board should work with the HEEC to find a solution we can all live with.

6. How should the Select Board interact with Precinct Commissioners? Our precincts are a valuable part of the town of Haverhill and any interaction between the select board and precinct commissioners should be a mutually respectful and helpful interaction.

Please use the remaining space to tell voters why they should elect you as a member of the Haverhill Select Board. I am honored and humbled by the trust placed in me when I was elected. I worked to be worthy of that trust and followed my beliefs that government's two main duties are the safety of its people and spending tax money wisely and with transparency. I will continue to give my best efforts to both duties if I am re-elected.

Gary Hebert



1. What is your top priority as a member of the Select Board? My top priority is to serve all citizens from every precinct; I cannot show favoritism to one and all discussions and decisions have to be in the best interests of the Town.

2. What is your opinion on combining the 2 Highway Departments? Combining the 2 Highway Departments is a positive step in achieving the one town approach. I also think there would be money savings to all precincts if combined which in turn could help lower the overall tax rate or at least keep it static. This would also assist the citizens of the Town with a single point of contact and supervision of the road crews for expedient responses to problems and emergent issues.

3. What is your opinion on combining the 3 Fire Departments? I think combining the 3 Fire Departments is again achieving a positive step in the one town mentality. With one Fire Chief governing most administrative functions along with assisting in consistent training, the 3 Deputy Fire Chiefs could focus more on the real world application from their training.

4. How should Haverhill handle development at the Industrial Park/Airport area? The Town of Haverhill has been working on trying to develop and market the area for quite some time. They've hired realtors and others to try and bolster proposals to businesses, but the lots have still gone unclaimed. I'm not a business man nor am I a marketing expert. I believe the board needs to possibly hire a marketing firm to address this matter. As far as the Airport is concerned, there is a new Airport manager in place. Let us see where he takes it.

5. What should the Select Board do to help with cell coverage/broadband in Haverhill? This has been an ongoing issue for some time with no outcome from any recommendations. However, there is a vendor trying to bring in "Firstnet" that will help bring towers and services. It has not taken off as fast as we would want, and hopefully it is still coming. Let's see what happens this year.

6. How should the Select Board interact with Precinct Commissioners? The Select Board's interaction with Precinct Commissioners should be as equals understanding that there are some processes that require a bilateral dialogue between the two entities. Additionally, for the Commissioners to administer the precinct they must be allowed to govern independently as their constituents voted to empower them, as long as it does not obstruct Town business where the Town has authority & rights.

Please use the remaining space to tell voters why they should elect you as a member of the Haverhill Select Board. I'm asking the voters to vote for me to become a member of the Town of Haverhill Select Board. I believe I can make a positive influence and to help put and keep the Town in a reputable/dependable direction.

Steve Robbins



1. What is your top priority as a member of the Select Board? My top priority is to try to figure out and eliminate the divide that appears to be going on between the town and district(s). To do this I need to listen to all sides, research the information, and remove any emotional attachment to make clear decisions.

2. What is your opinion on combining the 2 Highway Departments? I think that on the surface combining the highway departments is a poor idea, there has been no published plan or financial impact statement published. I see absolutely no way that this can be accomplished without an immediate financial impact to the taxpayer. Referring to question one, this concept is obviously a contributing source of the divide, feelings need to be put aside and a careful analysis of financial impact, and a plan need to be discussed.

3. What is your opinion on combining the 3 Fire Departments? Again, on the surface I feel that this is being brought forward before a plan and financial impact has been properly studied. On each of these 2 subjects, I don't say that they are never going to be a good idea however, without a proper plan I see them as Hasty decisions.

4. How should Haverhill handle development at the Industrial Park/Airport area? I wish that I had a good answer for this question. I feel the economic development and growth in Haverhill is critical. Possibly, we need to hire an agency that specializes in this field. I believe that before any economic growth is possible, we need to deal with my comments in question one. I think that economic development and growth should be a priority of our town office.

5. What should the Select Board do to help with cell coverage/broadband in Haverhill? It appears that we have a good start on this project, there is a group that has asked for seed funding to continue their efforts, I do know that there is a tower currently being built and hopefully that will create some interest from multiple providers.

6. How should the Select Board interact with Precinct Commissioners? The same way as they should interact with everyone with respect and positive dialogue. I think that regular communication to aim for the common good of the town of Haverhill should be how we move forward. I certainly think the communicating in the press as we have seen lately by both sides is not the answer.

Please use the remaining space to tell voters why they should elect you as a member of the Haverhill Select Board. I feel that I bring the ability to listen and make good decisions to the table. I've spent most of my life as a Haverhill resident, and given much of myself for the good of the town. I have many years of leadership experience, and business experience that I feel go hand in hand with being a member of the select board. I will make every effort to speak with members of the community and vote on important issues based on their wishes not necessarily my own personal views. I have a true passion for our town, and I am running for this seat because I would like to be part of steering us back on course.

Not all Times are Trendy, but there will always be Trendy Times

March 3, 2020

Volume 11 Number 11

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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 3

TOWN MEETING DAY IN VERMONT
At a voting booth & town hall in your town

NORTHERN GRAFTON COUNTY REPUBLICAN
COMMITTEE MONTHLY MEETING
7:00 PM
Littleton Regional Healthcare

WEDNESDAY, MARCH 4

THE CIVIL WAR, AND THE CREATION
7:00 PM
St. Johnsbury Athenaeum

THURSDAY, MARCH 5

HOMESCHOOL BOOK CLUB
12:15 PM
St. Johnsbury Athenaeum

DEMOCRATIC PARTY VS BERNIE SANDERS
6:00 - 7:15 PM - See Article on Page 9
Joseph Patch Library, Warren

WOODSVILLE WELLS RIVER 4TH OF JULY
MONTHLY COMMITTEE MEETING
7:00 PM
Woodsville Emergency Services Building

FRIDAY, MARCH 6

ACORN CLUB STORYTIME
10:30 AM
St. Johnsbury Athenaeum

HARP THERAPY - PATTY WILLIAMS
7:00 PM
United Congregational Church of Orford UCC

SATURDAY, MARCH 7

HAVERHILL PARKS & REC PENNY SALE
11:00 AM - 3:00 PM - See Ad on Page 9
Clifford Memorial Building, Woodsville

OHRV SAFEY COURSE

8:30 AM - 3:30 PM - See Article on Page 3
Littleton High School Cafeteria

ACT 20TH ANNIVERSARY

5:00 - 7:00 PM - See Article on Page 3
Sunset Hill House, Sugar Hill

ROAST BEEF DINNER

5:30 - 7:00 PM by donation
United Congregational Church of Orford UCC

SUNDAY, MARCH 8

BENEFIT TEXAS HOLD "EM POKER
Cash 11:00 AM - Tournament 1:50 PM
Moose Lodge 1779, Portland St, St. Johnsbury

TUESDAY, MARCH 10

TOWN MEETING DAY IN NEW HAMPSHIRE
At a voting booth & town hall in your town

PAINT BY PAGES: WHERE PICTURE BOOKS
MEET ART
1:00 PM - St. Johnsbury Athenaeum

WEDNESDAY, MARCH 11

MEDITATION & BEGINNER YOGA CLASS
6:00 - 7:30 PM - See Article on Page 9
Woodsville Free Public Library

THURSDAY, MARCH 12

WHS COLLEGE & CAREER FAIR
1:00 - 6:00 PM - See Article on Page 5
Woodsville High School

ST. LUKE'S COMMUNITY MEALS

5:00 - 6:30 PM
St. Luke's parish House, Woodsville

TECH SUPPORT

5:00 PM
St. Johnsbury Athenaeum

ROSS-WOOD POST #20 SONS OF THE
AMERICAN LEGION MONTHLY MEETING
6:00 PM

Post Home, 4 Ammonoosuc Street, Woodsville

FRIDAY, MARCH 13

ACORN CLUB STORYTIME
10:30 AM
St. Johnsbury Athenaeum

MOVIE NIGHT: "THE GHOST AND MRS. MUIR"
6:30 PM
St. Johnsbury Athenaeum

SATURDAY, MARCH 14

PANCAKE BREAKFAST
8:30 - 11:00 AM
Bath Historical Society Building on the Common

WEST NEWBURY BACKROOM PENNY SALE/
CHINESE AUCTION
10:00 AM
Orange East Senior Center, Bradford

KIDS CAN COOK

10:00 AM - 12:00 Noon - See Article on Page 3
Littleton Community Center

ACT SHOES & BREWS

12:30 - 4:00 PM - See Article on Page 10
Bretton Woods Norkic Center

NOTCH ABOVE PHOTO CLUB

1:00 - 3:30 PM
Bethlehem Public Library.

CELTIC CONCERT

7:00 PM by donation
United Congregational Church of Orford UCC

MONDAY MARCH 16

HAVERHILL SELECT BOARD MEETING
6:00 PM
Morrill Municipal Building, North Haverhill

TUESDAY, MARCH 17

TEEN ADVISORY BOARD
5:30 PM
St. Johnsbury Athenaeum

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

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

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

TOPS (TAKE OFF POUNDS SENSIBLY)

Weigh In 4:45 PM - Meeting 5:45 PM

Cottage Hospital Conference Room

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

LISBON BIBLE CHURCH, WOOLSON ROAD

Sunday School 9:15 AM

Worship 10:30 AM Bible Study 6:00 PM

NORTH DANVILLE BAPTIST CHURCH (ABC),

Worship and Sunday School, 9:30 AM

Refreshments at 10:20 a.m.

CRIBBAGE - 1:00 PM

American Legion Post #83, Lincoln

Horse Meadow Senior Center Activities for March

MARCH 6th DANCE to Comfort Country from 7-9:00 PM Admission \$5, ALL are welcome

Lunch is served daily at 12:00, except when noted

Breakfast Buffet: Every Tuesday @ 8:30

Find-a-Sticker 3/4/2020 @ Noon

50/50 Raffle: 3/ @ 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 11th VETERANS COFFEE hour from 11-12:00, then can stay for lunch

March 17th traditional St. Patrick's Day Meal of Corned Beef and Cabbage w/Envelope raffle

March 25th Easter Crafting 1:00-2:30 making Tussie, Mussie's /Victorian Floral Cones call for info.

March 21st CABIN FEVER Auction @ 10:00: furniture, antiques, collectibles, themed baskets, pies

ENTERTAINMENT:

Starts between 11&11:15

The Boy-z: 3/18/2020
Bob Benjamin: 3/12, 3/26
Carl, Gloria & friends: 3/4/2020
Barry Hayes: TBD
Marshall Meade: 3/3/9, 3/23
Byron Berwick: 3/3/2020

CLINICS:

3/6: Foot Clinic with Beverly Sinclair, Call for appointments

ON-GOING ACTIVITIES:

The Power to Change on Tuesdays beginning March 24th - from 10-12:00 Building self-esteem, etc

Domestic Trauma Support Group @ 10:45, Thursday 3/5, Contact Jessica for info. 787-2539

Grief Support with Florence is the First Monday of each month at 10:30 in the library

Gripe Group 3/12 @ 10:00 contact Florence @ 787-2530 or fthornton@gcsc.org

Bone Builders: Mondays, Wednesdays & Fridays @ 9:30, Tuesdays and Thursdays @ 1:30

Cards with Sharon: Wed. March 18th @ 1:00
Interfaith Fellowship &

Coffee beginning at 9:30 on 3/3, 3/17, 3/31 w/ Pastor Wayne Chevalier

Hearts & Hands Quilting: Monday 3/2 @ 1:00

Herbal with Elaine on Friday 3/13, 3/27 @ 12:30

Vintage Voyagers Writers Group: Wednesdays @ 10:30

Bingo: Wednesdays @ 1:00

Floral Arrangements w/ Jane: Thursday 3/5 @ 9:30

Mahjongg: Every Friday @ 9:30

Cribbage: Thursdays @ 12:30

HMSC Chorus: Mondays @ 1:00

Hand and Foot Cards: Fridays @ 12:30

Drums Alive: Tuesdays @ 12:30 come join us!

Beginners Quilting: Mondays @ 1:00

Massage with Donna Paye 3/3 by donation

Rightsizing: March 6 @ 10:00

Rhyme Workshop: March 9 & 23 @ 10:00AM a writing workshop on poetry and rhyme

The Democrats VS Bernie Sanders

Join us at the Joseph Patch Library in Warren, NH on Thursday March 5th from 6- 7:15 P.M. for the Common Ground Forum.

This month's topic: The Democrats VS Bernie Sanders

No matter your political party, tell us how you feel about Bernie Sanders. What

makes him so popular with voters but so reviled by politicians and the media?

This moderated forum gives everyone a chance to speak their mind on a current topic.

For more information call 603 764-9072 for the Joseph Patch Library.

Woodsville Library to Offer Yoga and Meditation Course

The Woodsville Free Public Library will offer free meditation and beginner yoga lessons on Wednesdays, March 11 and April 8 from 6:00pm until 7:30pm at the library. The introductory sessions will be taught by Kelsey Root Winchester who is a meditation and yoga instructor as well as health coach at Rising Spirit

Yoga in Wells River.

The sessions are free and open to the public. The instructor will provide a few yoga mats but is encouraging folks to bring their own if they have them.

Our library hours are Tuesday's Wednesday's and Friday's 1pm-8pm, and Saturday's 10am-1pm.

Orange East Senior Center Activities for March

Monday, March 2

Exercise 9am

Tai Chi 10 am

Bingo @ 6 pm

Tuesday, March 3

CLOSED

TOWN MTG DAY

Wednesday, March 4

Computer Class 3-5 pm

Thursday, March 5

Exercise 9:00

TAX PREP BY APPT

Friday, March 6

Exercise 9:00

Music - Barry Hayes @ 11:00

Monday, March 9

Exercise 9:00am

Tai Chi 10am

BINGO @ 6:00 pm

Tuesday, March 10

Exercise 9:00

Line Dance 10:00

TAX PREP BY APPT

Wednesday, March 11

Foot Clinic by App

Computer Class 3-5

Cribbage 7pm

Thursday, March 12

Exercise 9:00

TAX PREP BY APPT

Friday, March 13

Exercise 9:00

Music by The Boyz @ 11am

Monday, March 16

Exercise 9:00am

Tai Chi 10am

BINGO @ 6:00pm

Tuesday, March 17

Exercise 9:00am

Line Dance 10:00am

TAX PREP BY APPT

Wednesday, March 18

Foot Care Clinic by App

Computer Class @ 3-5

Cribbage 7pm

Thursday, March 19

Exercise 9:00

TAX PREP BY APPT

Friday, March 20

Exercise 9:00

Wellness Clinic 10:00-12:30

Monday, March 23

Exercise 9:00am

Tai Chi 10am

BINGO @ 6:00pm

Tuesday, March 24

Exercise 9:00am

Line Dance 10:00am

TAX PREP BY APPT

Wednesday, March 25

Foot Care By App

Computer Class @ 3-5

Cribbage 7pm

Thursday, March 26

Ex Exercise 9:00am

TAX PREP BY APPT

Friday, March 27

Exercise 9:00

Music by - Barry Hayes

@ 11am

Monday, March 30

Exercise 9:00am

Tai Chi 10am

Bingo @ 6:00pm

Tuesday, March 31

Exercise 9:00am

Line Dance 10:00am

*TAX PREP BY APPT



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Haverhill Parks & Recreation

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ROBERT E. CLIFFORD MEMORIAL BUILDING
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Purchase a sheet of 25 tickets for \$1.00, then browse the items on display. Drop your ticket(s) in the cup and wait to see if your number is drawn!

First ticket will be drawn at noon, but door opens at 11:00 for ticket purchase and table review. You must be present to win!

We have a full raffle table and a concession stand with baked goods also for sale.

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For more information, call (603) 787-6096 or email: rec@haverhill-nh.com

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ACT's 'Shoes & Brews Visits Bretton Woods!



BETHLEHEM – Are you looking to cure your cabin fever? Join the Ammonoosuc Conservation Trust's (ACT) March 'Shoes & Brews at the Bretton Woods Nordic Center! Come for a jaunt in the woods and some so-

cial time on Saturday, March 14th from 12:30 to 4 pm. We'll start at 12:30 pm with a stroll along a lovely riverside trail then head to The Grille at the Nordic Center for a beverage or two and snacks from about 2:30 to 4 pm.

For the 'Shoes the group, led by ACT staff and volunteers, will walk along the Ammonoosuc River then head up to Middle and Upper Falls. The walk is about 3 miles total with approx. 250 feet of elevation gain. Depending on snow conditions snowshoes may be required, trekking poles are optional. An email will go out the day before the event with details and directions to the meeting location.

The Brews, after the walk, will be in The Grille at the Nordic Center. Enjoy snacks, refreshments and each other's company trailside. Come to catch up with old friends and get to know new ones. All are welcome and are free to come and go as needed.

ACT is excited to be partnering with Bretton Woods for the very first time on this 'Shoes & Brews. A big thanks to them for hosting the event!

Registration for the 'Shoes is required and is limited to 15 participants, please register ASAP as the hike will fill up quickly. Registration for the Brews is not required but is very much appreciated to help organizers plan accordingly. Registration closes at noon on Friday, March 13. To sign up today go to act-nh.org/education-events.

ACT's 'Shoes & Brews events are a great way to get outside, explore new places, meet new friends, and enjoy some delicious local fare. Check the ACT website or sign up for our monthly E-News to find out about future 'Shoes & Brews and other ACT events.

Clark Pond Bridge: Done In 2020

The Town of Haverhill has received formal notification of funding obligation by FEMA for the construction of the Clark Pond Bridge located on Clark Pond Road in No. Haverhill, NH. The construction contract will be advertised in early March 2020 with a bid opening in mid-April. The project will have a start date of May 26th and a

completion date of October 9th. The bridge and road will remain closed until the project is complete.

Any questions can be directed to Brigitte Codling, Town Manager at townmanager@haverhill-nh.com or by calling the Town Administration Office at 603-787-6800.



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Franconia Librarian Exhibits Works at 42 Maple

On March 6, Bethlehem's 42 Maple Contemporary Art Center hosts the opening reception for "And Then..." an exhibition that features new works by Ann Steuernagel. Best known as the director of the Abbie Greenleaf Library in Franconia, Steuernagel is also an experimental filmmaker and sound artist who works with found materials

recently, her work was presented in shows at the Brattleboro Museum and Arts Center, Vermont and the Chautauqua Institute in Chautauqua, New York.

In 2017, after years of making films and videos whose exhibition required lots of equipment and electricity, Steuernagel decided to pursue the creation

gy for display. Experiments with this idea have resulted in the creation of flip books, crank boxes and lenticular cards. However, she has not completely abandoned traditional movie making and with this current exhibition she proudly presents both approaches to exhibiting the moving image.

The opening reception for "And Then..." is from 7 to 9 pm on Friday, March 6, at 42 Maple Contemporary Art Center. Free and open to the public, this exhibition includes multimedia presentations as well as two and three-dimensional works. Works will be on display until March 30. Learn more about 42 Maple by visiting the website at 42maple.org.



such as old 16mm home movies and records, as well as original footage and field recordings.

"This new body of work, which follows a period of tremendous upheaval in my life, consists of films, sound, non-electric movies, and small sculptures that explore the frailty of the human body as well as my delight with subtle human gestures and the aural world," said Steuernagel.

Steuernagel's films have been shown at festivals and galleries throughout the United States including Boston, New York and San Francisco as well as in Canada, Mexico, and Europe. She is the recipient of a Locarno Video Art Prize, a Somerville Arts Lottery grant, a Massachusetts Cultural Council Media Fellowship and a LEF grant. She was also a fellow at the Radcliffe Institute for Advanced Study at Harvard University.

In 2011, Steuernagel's film "The Garden" won Best of Festival (experimental) at the 30th Black Maria Film Festival. In 2013, her video "Red Boat" was included in the permanent collection of the Worcester Museum of Art in Worcester, MA. More

of non-electric movies. She became enamored with the idea of viewing moving images that could be held in one's hand and required only one's own kinetic ener-

TUESDAYS
MAR 10, 17 & 24
1 - 3:15 PM

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Shirley Mae Montandon: OBITUARY

Shirley Mae Montandon of Topsham, VT passed away peacefully at UVM Medical Center on February 20, 2020 surrounded by her family. She was born October 21, 1937 in Topsham, VT the daughter of Albert F. Downing and Emma (Stevens) Downing.

She attended Bradford Academy and was one of the first woman licensed mechanics in the state of Vermont, which she used at Hassie and Ed's Texaco in East Corinth Vermont where she was part owner.

She married Harold Edgar White on August 25, 1956. She later married Henry Montandon on November 20, 1971.

Shirley enjoyed spending time with her family and friends especially having parties where she would make her bean hole beans. She was an outdoors woman who loved hunting, fishing, digging ginseng, sugaring, and riding her four-wheeler. Shirley took pride in growing a big vegetable garden and



spent hours canning and making jelly. She also loved making her flower gardens look beautiful. She also enjoyed making quilts.

Shirley is survived by her son, Henry Montandon of Topsham, VT, brothers, Edgar Downing, Albert (Sonny) Downing, Dustin Downing and wife Eva all of Topsham, VT, and Richard Downing and wife Tracy of Corinth, VT, sisters, Alberta Sweet, Janice Emerson, and Joyce Meyeette all of Topsham, VT, Sharon Emerson and husband Ralph of South Ryegate, VT, grandchildren,

Brooke Hayward-Miller and husband John of Topsham, VT, Gene Welch and wife Jennifer of Wells River, VT, George Welch, and Justin Welch and wife Amanda both of Topsham, VT, Danyeil Montandon, Lillian Montandon, and Chase Montandon all of Topsham, VT, great-grandchildren, Wyatt and Shirley Hayward, Michael and Taylor Welch, George and Owen Welch, and Elizabeth Welch, and many nieces, nephews and cousins.

Shirley was predeceased by her parents and both husbands, a daughter, Darlene Welch, her grandson-in-law Ned Hayward, brothers, George Downing, James Downing, and Donald Downing, sisters, Jesse Gilman, Irene Wilson, and Patricia Flint, and a niece, Anne Downing.

At her request there will be a graveside service at the Waits River Cemetery in the spring. Arrangements are by Hale Funeral Home of Bradford, VT.

Joan Louise Whiting: OBITUARY

West Topsham, VT - Joan Louise Whiting, 60, of West Topsham, died Friday, February 14, 2020 at the University of Vermont Medical Center in Burlington, VT, after a short illness.

She was born February 11, 1960 in Barre, VT - the daughter of Neil and Louise (McKay) Young. She attended East Corinth schools, Ox-bow High School, and was a graduate of Vermont College with a degree in business.

On August 18, 1984 she married Larry Whiting in West Topsham, VT.

Joan worked at the Richardson Insurance Agency, and many years at Upper Valley Press. After her career in business, Joany was self-employed, spending her time picking blueberries and cutting decoration brush with Larry.

She loved the outdoors - vegetable and flower gardening, raising goats, and spending time with Larry and Ben at camp. Many of her favorite days were spent in the woods digging ginseng with her dad. She loved the time with her mom, enjoying the many interests that they shared. She loved music and dancing.

She loved the color yellow - sunshine and roses. She attended services in Plainfield and cherished her church family. She was a volunteer at food shelves and homeless shelters in Barre and Montpelier.

Survivors include her son, Benjamin Whiting of North Haverhill, NH, her



parents Neil and Louise Young of East Corinth, sister Nan Young-Mann and husband John of Barton, VT, and nephew Michael Bottiggi of Cooperstown, NY. She also leaves an aunt and uncle, Dunc and Judy McKay, Kathy and several other

cousins and many friends.

Friends were invited to call Friday, February 21st from 5 - 7 pm at the Hale Funeral Home in Bradford, VT. A Garden Party to celebrate her life will be held in the spring.

In lieu of flowers, contributions can be made to the Larry and Joany Whiting Memorial Forestry Scholarship (River Bend Career & Technical Center) by sending donations to Nan Young, 3638 Willoughby Lake Road, Barton, VT 05822.



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EOE

Steven "Smitty" Smith: OBITUARY 13

Monroe, NH - Steven "Smitty" F. Smith, 68, formerly of Newbury, VT, died on Saturday, February 22, 2020 at the Country Village Center in Lancaster, NH.

He was born at Cottage Hospital on September 24, 1951, the son of Helen (Bigelow) Lambert and Charles Smith. He went on to marry his former wife, Patti (Leonard) Smith, with whom he shared two children.

For many, many years Steve was a logger in the Vermont and New Hampshire woods, which he loved. After logging he moved on to carpentry and real estate. But his most prideful and most fulfilling accomplishment was being a coach. He loved coaching basketball and baseball to all kids, especially his children and grandchildren. He loved telling stories of fond memories as a coach, something he always held on to.

Steve would do anything for his children and grandchildren. He was always there, willing to help where he was needed, no questions asked. Steve was also known as having quite the character. One thing that he will be remembered for, is giving nicknames to people.



If you had a nickname given to you, you were special to him. Some of those nicknames still stick til this day.

He was predeceased by his parents, Helen and Charles.

Survivors include his daughter, Carrie Smith; son Adam Smith; and granddaughter Mia Smith all of Las Vegas, NV; former spouse and mother of his children, Patti (Leonard) Smith; daughter Sharronda and her husband, Marty Hunsicker; grandson's Sincere and Shayden Wilson all of Monroe, NH.

There will be no calling hours or funeral service. Per Steve's wishes there will be a celebration of his life in July of this summer. A place, date and time will be announced.

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The preferred requirements include a Bachelor's Degree in Human Services or a related field and a minimum of two years' experience supporting individuals to achieve life outcomes. The position is based in Bradford and is a benefitted, 40 hour/week, salaried position.

Please send resume' and letter of interest to Kelley Wright at kwright@uvs-vt.org, or by mail to Upper Valley Services, Inc., 267 Waits River Rd., Bradford, VT 5033.
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Will Your Money Last as Long as You Do?

What do your fellow citizens fear most? Almost half of them – 49% – are most afraid of running out of money during retirement, a higher percentage than the 44% whose chief concern is failing health, according to a recent survey by Aegon Center for Longevity and other groups.

What steps can you take to help ensure your money will last as long as you do?

Here are a few suggestions:

- Estimate your longevity. None of us can say for sure how long we'll live. However, you can make some educated guesses based on your health and family history. And once you do have at least a ballpark figure, you can then determine about how much money you may need to last the rest of your lifetime. A word of caution: It's probably going to be more than you think. Health care costs alone can run into the hundreds of thousands, even with Medicare.

- Determine when you'll retire. Your retirement age will have a big impact on how long your money can last. The longer you work, the more you can contribute to your retirement plans, such as your IRA and

401(k). Plus, if you have health insurance through work, you should be able to cover some of the out of pocket health care costs you'd normally have to pay if you're retired.

- Invest as much as you can in your retirement. During your working years, contribute as much as you can afford to your IRA and your 401(k) or similar employer-sponsored retirement plan. And every time you get a raise, try to increase the amount you put into your employer's plan.

- Protect yourself from long-term care costs. If you're fortunate, you'll never need any type of long-term care, such as an extended stay in a nursing home or the services of a home health care provider. Still, there are no guarantees, and long-term care expenses can be big enough to threaten your retirement savings. The average cost for a private room in a nursing home is about \$100,000 per year, while a home health aide costs about \$50,000 per year, according to the insurance company Genworth. Medicare typically pays just a small portion of these amounts, so you may want to purchase a long-term care insurance policy that will pay for qualified long-term care costs. Or you might consider a "hybrid" policy, which combines long-term care protection with life insurance. So, if you never needed long-term

care, your hybrid policy would pay a death benefit to your beneficiary, but if you did need the care, your policy would pay benefits toward those expenses.

- Choose an appropriate withdrawal rate. During your retirement, you'll need to withdraw money from your IRA, 401(k) and other retirement accounts. But you'll want to avoid taking out too much each year, especially during the early years of your retirement. It's important to establish an annual withdrawal rate that's appropriate for your needs, taking into account your age, sources of income, lifestyle and other factors.

The thought of running out of money during retirement is scary indeed – but by making smart choices, you can go a long way toward alleviating this fear and enjoying your life as a retiree.

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

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Leaving Home

by Elinor Mawson

With the beginning of our grandson's career as a Sports Reporter at the Benning Banner in Vermont, I am reminded of the exodus of my siblings and our 2 boys leaving the nest.

I left home at the age of 14. I had had a terrible Freshman year in high school, with horrible grades, miserable friendships and a home life that left me feeling worthless. My father acted like the Lieutenant Colonel that he had been during World War 2, and, being the oldest of 4, I was the recipient of a lot of his wrath.

My mother, in "rescue mode" decided I needed a change and looked into a boarding school a few towns away. She took me for an interview with the principal and I was "in". Our town paid the tuition; my family paid the room and board, and I had a scholarship. I had no idea what I was in for, but knew it had to be better than being home. It never occurred to me that I would never be home again. It was one of the happiest days of my life.

I made new friends. I got on the honor roll. I got treated like the other girls in the dorm. I did my jobs happily. I never thought of the fact that the dynamics in the family were changed forever. I just

knew it was the right place for me.

When I went to college, some of the expenses were taken care of by my parents (with a lot of complaining), and I had jobs for the first 2 years. I transferred to another college for my last 2 years and paid for it myself. I got married just before my senior year and my husband paid the tuition.

My sister Suzanne was unhappy at home, but never was sent away to school. She should have been, but by this time our family had moved to Connecticut and it was time for college. She commuted with my father at the crack of dawn each morning to a college in Hartford. They returned home around 7 PM that evening and she did her homework and went to bed. When she finally got her degree after four years, she bought a car, got a teaching job and got out as fast as she could. My mother said she was glad Suzanne had taken her (very expensive) teeth with her.

After dealing with his 2 daughters in college, my father complained about financing education for women (although it wasn't THAT expensive at the time); he, accompanied by my sister Leslie, traveled to the Uni-

versity of Vermont. She was interviewed, accepted, paid for--and had a debt free four years. She immediately got her Master's and then, a great job.

My brother, never a student, was sent to college by my mother; she paid for the first semester, and Jeremy flunked out before the second. He enlisted in the Coast Guard and traveled back and forth from wherever he was stationed--by hitchhiking. I can only imagine my mother's worry when she would take him to his starting point and watched him stick out his thumb. Jeremy always got a ride, even from people who never picked up hitchhikers -- "because you have an honest face". He figures he hitchhiked over 100,000 miles during the four years he was in the service.

Our own 2 boys left home gradually. After watching other kids Mark's age go in and out their home's revolving door, we told him, "Either go to school or get a job; you have 2 weeks to live here otherwise". He never stayed that long. Our other son chose to move to an apartment with his lady-friend and that was that. My biggest problem was the fact that I cooked for 4 for several years before I got it right.

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Riverside School Spanish Students Explore Journey of Hispanic Immigrants

Lyndonville, VT - In an effort to draw awareness to the journey of Hispanic immigrants to the state of Vermont and in celebration of Hispanic Heritage Month, Carmenza Montague, the K-5th grade Spanish teacher for The Riverside School developed a unique unit researching Hispanic immigration to Vermont.

Students evaluated "push" and "pull" factors involved in migration such as lack of freedom, cost of living, quality of life, food insecurity, and/or violence. Students learned about the racial composition of Vermont and population trends. They also interviewed several area professionals to gain insight into the work and living conditions of Hispanic immigrants in the state.

Vermont State Police Officer David Garces described his experience moving to the United States from Colombia and Mónica Pineda Etter, the middle school Spanish teacher at Riverside, who is also the NEK Regional Coordinator for the Migrant Education Program at UVM, answered ques-

tions from students.

Working with the National Geographic Learning Framework, Montague led her students through an introductory workshop implementing a set of activities and lessons and finally, developing a capstone video summarizing the project. The video is available on the website www.the-riversideschool.org.

Montague was named a National Geographic Certified Educator for her leadership in the project. National Geographic Certified Educators are committed to teaching their students about the world and how it works, empowering them to succeed and to make it a better place.

"I wanted my students to dive deeper into the human journey and using the National Geographic resource "Why Communities Move" as a tool, we explored the reasons why Hispanics might come to Vermont," said Montague.

Her mentor at National Geographic, Katrin Beinroth, was impressed with her work and the response from students. "This is incredible!

What an amazing learning experience you have created for your students! I am in awe! From what I can gather, your students really embraced the Explorer mindset, which is the goal of all this! Congratulations again! Bravo!"

Montague was inspired by the desire of her students to make a difference and the support received from the school.

"Riverside has made all this possible. I am fortunate to work at a school with solid values where teachers like me receive plenty of support and encouragement, and can count on their students' curiosity, desire for exploration, and a positive disposition towards learning about their community and other cultures," said Montague. "Their sense of responsibility was inspiring; I couldn't be more pleased with the results of the unit. Our 5th graders identified paths towards social action based on their learning, and I am looking forward to supporting them to see their ideas come to fruition."

Blissfully Delusional

by Maggie Anderson

Long ago I took a photograph of our youngest daughter and our only son in the driveway of the house Hank and I moved into the day of our first anniversary. It's a beautiful shot. She will be 50 years old in September and he, the baby of the family, will be 47 next month.

They had been at each other all morning, the whole "don't look at me, don't touch my truck, or my doll, or anything I don't want you touching" sort of morning. Then we had one of those sweet spring rains and everything shimmered and glittered in the sun that magically appeared from behind the clouds the moment the rain stopped falling.

The two of them went out to play in the rainwater puddling in the driveway. I grabbed the camera and got the shot after I heard the giggling and saw what they were up to.

The photo shows the two of them squatting in the mud, both of them grinning, and each completely covered in mud. I don't mean just a little muddy, I mean covered in mud. It was in their ears, it squished between the toes of their formerly pink feet and had been combed into their hair by sticky, mucky

little fingers and the two of them could not stop giggling. They had grit in their teeth for days afterward.

It is a beautiful picture, beautiful moment, beautiful memory preserved.

I saw a recent listing for a class designed to tell us how to know what beauty is. Pardon my French but what nit wit thinks he's qualified to tell me, or anyone, what beauty is and how to recognize it? Didn't he have a grandmother who told him beauty is in the eye of the beholder?

I'll bet you five bucks the shot of our two kids slathered in mud, giggling uncontrollably, slights forgotten, would not be on his list of the beautiful things this world has to offer and it's even less likely to show up in his powerpoint presentation. That does not mean the photograph isn't beautiful, it simply means someone else might not find it beautiful.

The world is filled with people who would ask themselves what Hank sees in me but the poor sap sees me with different eyes. To him I am a beauty no matter what anybody else thinks. He has no need of someone to show him the ropes of how to cut a beauty out of the pack. He knows all he needs to know and made his

choice because of the things he saw in me, not by following a list of features to watch for compiled by a self-designated expert.

The blurb advertising the class had an exotically-colored bird pictured. That shade of blue was stunning, unless you hate blue. The snow-topped mountains are beautiful only to those who think them so.

One person cannot teach another how to tell what beauty is, lucky for me.

I remain happy in Hank's delusion.

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Letter to the Editor

To the Editor,
New Hampshire Stronger Under Sununu

The last 3 years in New Hampshire have seen an economic boom thanks to the pro-growth and pro-business policies of Governor Chris Sununu.

Democrats are frantically trying to obstruct the Governor's success, but his work ethic and ability to get things done - despite their resistance - is a testament to how effective our Governor is.

Our State's unemployment rate is the lowest it has been in memory. More people are working than ever before, our exports are up over 10%, and opportunity keeps knocking at New Hampshire's door.

Rebecca,

It is great to see so many people working. A low unemployment rate is worth talking about. Having a good educational system is also something worth talking about. It appears that more talk needs to take place about that subject. Perhaps charter schools are the right answer. Perhaps there are other answers. Perhaps it will be a combination of many things. That is why there are three branches of government, working in concert, to bring the people of New Hampshire the best possible end result. Let's invite them all to work together toward that end.

Gary Scruton, Editor

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By John Martin



SO WHERE DO YOU WANT TO EAT AT THIS WEEKEND?



THE USUAL PLACE I GUESS!

Molly Gray Kicks Off Campaign for Lieutenant Governor

Molly Gray, democratic candidate for Vermont Lieutenant Governor kicked off her campaign with a tour from Bradford to Burlington on Thursday. Gray started the day at Four Corners Farm in Newbury where she grew up. She greeted local supporters at the Space On Main in Bradford and continued on to meet with business owners, community leaders, and service providers at stops at Farm-Way in Bradford, Cochran's Ski Area in Richmond, and the King Street Center in Burlington, before ending with a campaign rally at the Queen City Brewery in South Burlington.

Throughout the day Gray spoke with Vermonters about her vision for bringing a generation home to Vermont and keeping a generation in the State. Gray spoke about her commitment to reinvigorating Vermont's rural communities, ensuring Vermont is the best place to raise and support families, and protecting the land and environment for future generations.

Gray finished the tour with a campaign rally at Queen City Brewery in Burlington. Speaking to over 100 supporters, Gray said: "It is clear that Vermont is ready

for a change. All day, from Bradford to Burlington, Vermonters shared with me their stories, and reminded me of who we are and what we are able to achieve. These are the voices that I will bring into the State House as we chart a bright new future for Vermont."

Gray received endorsements through the tour, beginning in Bradford. Introducing speakers and welcoming guests to Bradford was resident Monique Priestley, founder of a community coworking space in the heart of downtown Bradford. A proven and dedicated community leader and organizer, Monique endorsed Gray stating, "I am very excited to support Molly's campaign for Lieutenant Governor. Coming from a small-town Vermont farm, Molly is able to represent rural Vermonters' views in a way that very few statewide candidates can. Not to mention, she is a strong, intelligent, young voice - something that needs to be heard and represented with more frequency. I look forward to seeing Molly in office."

Also speaking in Bradford and endorsing Gray, were Representatives Carl Demrow of Corinth and Chip Conquest of Wells River. Of

Gray, Rep. Demrow said "Molly Gray understands the challenges our rural communities face, and she knows the importance of making Vermont a place of opportunity for our young people. She is uniquely qualified to serve all Vermonters well as Lieutenant Governor."

Rep. Conquest endorsed Gray, saying: "Molly grew up here, left to do important work, and then came back. She understands what makes Vermont attractive to young people and how to communicate that. Having been in the legislature for twelve years now, I have an idea of the qualities and characteristics that we want in the State House, and Molly has those."

While at the landmark outdoor retail store Farm-Way, Gray met with three generations of Farm-Way's ownership and a group of community members to discuss challenges specific to Bradford, particularly a lack of accessible, affordable housing in the downtown. Farm-Way owner Paul Gallerani endorsed Gray stating, "Molly was brought up at Four Corners Farm with a loving, hardworking family. She knows the value of hard work. I expect that Molly will work hard for our small businesses, farms, villages, schools and for proper healthcare. We know she will do an outstanding job as Vermont's next Lieutenant Governor."

Gray also met with Olympians Marilyn Cochran and James "Jimmy" Cochran who is the next generation of Cochran children managing the family's ski area in Richmond. Gray learned about efforts to keep outdoor rec-



reation accessible to Vermont families in the face of a changing climate by adding mountain bike trails and diversifying offerings while protecting the land and natural resources for future generations.

Later, Gray visited the King Street Center in Burlington to tour the facility and learn about the organizations many child and family services. Gray said, "It is essential that we invest in programs and incentives for Vermont families who are struggling to care for both aging parents and for young children."

Gray finished the day with over 100 supporters from around Vermont at Queen City Brewery in Burlington. Speaking in support of Gray and her campaign for Lieutenant Governor were Burlington City Councilor representing the South End, Joan Shannon, founder and CEO of Skida Headwear, Corrine Prevot, Governor Madeleine Kunin, and Burlington resident Kelsey Stavseth. In her endorsement Shannon said, "Molly Gray has all of the personal resources, as well as the vision and focus, to find solutions for Vermont. Vermont is a microcosm of the world and Molly is a dynamic new leader who has the global perspective and lived experience to create a

more sustainable future for our small cities, towns, farm fields and woodlands."

Governor Kunin, who endorsed Gray at the time of her announcement, continued to champion the need for more female leaders in state-wide office, painting Gray as the ideal candidate for Lieutenant Governor, adding "Molly's a bright spot as we look at the political horizon."

Stavseth, who introduced Gray, said "Molly is dedicated to lifting up our entire community which is why I am supporting her for Lieutenant Governor. She is the next generation of leader that this state needs to not only address our most pressing issues but to build on our greatest strengths. Her values, optimism, and commitment to Vermont are why I will be standing with her and working hard to get her elected."

Master of ceremonies for the night was Burlington resident and campaign volunteer Olivia Peña, who ended the evening with a call to action: "With all eyes on Vermont in 2020 we can prove that our brave state is not too small to lead. Your vote matters, and who we elect matters. The most important thing you can do is vote on August 11th!"

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WES Classroom Corner

Ms. Favaloro's First Grade: Back in the swing!

Ms. Favaloro's class returned after February vacation with excitement and stories to tell! It was clear that everyone had a nice break from school! We jumped right back into the swing of things and have continued making connections to what we are reading, identifying text-to-self, text-to-text, and text-to-world connections. We have also continued asking and answering questions about both fiction and non-fiction texts.

In writing, students began to touch-and-tell about an opinion after listening to Arthur's Family Vacation by Marc Brown and discussing opinions held by the characters. Students are illustrating the supporting details of their own opinions and beginning to write them!

We are finishing our Plant and Animal Superpowers Science unit (about plant and animal adaptations) and will soon be moving into our next unit: Spinning Sky: Sun, Moon, and Stars. Ask your child about engineering a device that could help a person hear better during our last visit with guest science educator from VINS, Hannah.

In math, we are working on counting to 120, identifying numbers to 120, and

showing numbers to 120 using "quick pictures"- lines to show a ten stick, and circles or dots to show ones. Our class also continues to model, discuss, and practice being respectful to our classmates and teachers.

Writers and Researchers in Miss Hudson's First Grade

Ms. Hudson's class came back from vacation rested up & excited to learn! We are continuing our informative writing unit and will be jumping into writing non-fiction chapter books soon!

Students are enthusiastic about writing books about topics they know well and even more excited to research new topics to write about! Students are working on responding to what they have read and are making connections to their reading and using describing words about feelings! We are continuing to practice fluency, expression and using strategies when reading!

In math, we are starting chapter 7 and will be working on problem solving, comparing numbers using symbols and greater than and less than!

In science, we are wrapping up our Spinning Sky unit with our last visit from VINS! Students enjoyed having Hannah visit our



James Ross, Principal
Woodsville Elementary School
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classroom & getting to explore the patterns in the sky! Next week we will be starting our next science unit; Lights & Sounds where we will investigate properties of light and sound!

Our class is continuing to focus on demonstrating our shared values, especially empathy; our shared value for the month! Students have been very proud of how much they have been practicing their sight words & reading at home; keep up the good work!

Strong Eggs in Mrs. Giudici's First Grade

Ms. Giudici's first graders were very excited to share about what they did over February vacation! We have been working on informational writing pieces and

they are excited to share them with their classmates. They are also very proud of themselves for helping edit one another's work.

We have another visit planned for this week with Mrs. Robie from Ag in the Classroom. Last month the students experimented with eggs and discovered the eggs amazing strength! This was demonstrated when they were asked to stand on a flat of eggs – and not one broke! We have our final visit for VINS (Vermont Institute of Natural Sciences) this week. The students will be doing a hands on engineering project using recycled materials. Be sure to ask your child about it.

We are working on chapter #7 in Go Math! This chapter focuses on ones and tens place value and greater than and less than using the "alligator symbol". The students have had a head start in these skills because we have been working with place value since the beginning of September daily when we do calendar. This was also a nice connection with 100th Day. Thank you

for the wonderful 100th Day projects. The students love sharing the creative ideas they came up with.

Students have been working on empathy in guidance and discussing it during our morning meeting times. As we conclude another trimester, I would like to remind families of the importance of reading each day with your child.

WES Shared Values Monthly Honorees - EMPATHY

Kindergarten: Jase Blanchard, Gio Cacilhas, Arabella Harris, Orrin Robie, Hailey Schulz, Maddox Taylor, Lucas Tetrault, Lillie Wilmont, Lillie Mae Wright

First Grade: Abigail Cassidy, Allahna Gray, Bailey Manning, Jacob Langille, Carly Sanville, Kierra Woods

Second Grade: Winston Hatch, Maitland Mackay, Landyn Russell, Wesley Williams

Third Grade: Emily Emerton, Micheal Hall, Jaylynn Jock, Nicholas Nutter, Jared Strojia, Gabriel Vermuelen

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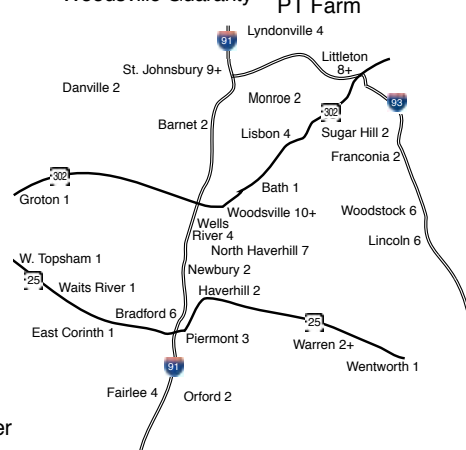
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What About Ma?

by Kellie Quackenbush

All About The Real Health Threat

The news is filled with news of a “new” illness that is spreading across the Globe, the Coronavirus Disease. Listening to the news, it sounds like an epidemic, this illness is being spread everywhere. However, if we take a moment and think logically, what has caused this to spread?

The Coronavirus has come from a heavily populated country. People that are sick, coughing and sneezing, spread the illness by coughing into their hands and then touching something. The thing they touch then carries the virus to someone who touches the infected surface. Per the CDC, www.cdc.gov/coronavirus/2019,

“How easily a virus spreads from person-to-person can vary. Some viruses are highly contagious (like measles), while other viruses are less so. Another factor is whether the spread continues over multiple generations of people (if spread is sustained). The virus that causes COVID-19 seems to be spreading easily and sustainably in Hubei province and other parts of China.”

What is clear about this disease is that it is spread the same way the cold or the flu is spread, some one coughs or sneezes and everyone in the area of the cough or sneeze is exposed. Hard

surfaces need to be washed or sanitized after someone sneezes or coughs. People need to wash their hands more frequently. Oh my, did I mention that we ARE in cold and flu season and the precautions are the same?

We are in the Cold and Flu season and that is a real threat, “CDC estimates that influenza was associated with more than 35.5 million illnesses, more than 16.5 million medical visits, 490,600 hospitalizations, and 34,200 deaths during the 2018–2019 influenza season.” per www.cdc.gov/flu, “From October 1, 2019 thru February 14, 2020 there have been 19 million medical visits from people with Flu symptoms and 41,000 deaths from the Flu in the United States (alone)”. This comes from the reported illnesses, there may be more that have not had medical treatments and deaths that were not given cause.

What do we do to limit

our chances of getting any of these pesky illnesses? For the Flu, it is recommended that everyone get an age-appropriate flu vaccine. Vaccination is one of the first lines of defense for the Flu. The other safety precautions work for almost all of these seasonal illnesses. As noted from (www.cdc.gov/flu) below:

- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)
- Cover your nose and mouth with a tissue when you cough or sneeze. After using a tissue, throw it in the

trash and wash your hands.

- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.

- Avoid touching your eyes, nose and mouth. Germs spread this way.

- Clean and disinfect surfaces and objects that may be contaminated with germs like flu.

If you are coughing and sneezing in excess, you are not a “hero” or “brave” going to work. You are a cause for other people to get sick.

Invest in bleach to wipe down the hard surfaces, get a new toothbrush and drink plenty of fluids. The basics for surviving the cold and flu season. I would add, get rest and eat your fruits and vegetables, a healthy diet will keep your system strong. My bottom line, do not let the latest new disease worry you, we have plenty of other germs to worry about.

NEK Council On Aging Joins In Month Long Nationwide “March For Meals” Celebration

St. Johnsbury, VT – The NEK Council on Aging has announced that it will be participating in the 18th annual March for Meals, a month-long, nationwide celebration of Meal on Wheels, a critical service provided to elder Vermonters to remain healthy and independent at home. The NEKCOA is partnering with 17 community dining sites to promote events taking place throughout the month.

“The services we provide are a lifeline for elders throughout the NEK and the need is rapidly increasing,” said Meg Burmeister, Executive Director of the NEKCOA. “Together, we can keep our elder neighbors well-nourished, safer, and more connected to our community as they age. March for Meals provides a unique opportunity for our entire

meal site network to come together and celebrate the services they provide.”

A full list of the community dining sites and area activities are available on the NEKCOA website (nekcouncil.org) and include visits with area legislators at meal sites, fundraisers, seasonal or holiday menus (St. Patrick’s Day), dedications at meal sites for first responders, local restaurant partnerships, music performances, and more.

The annual March for Meals celebration commemorates the historic day in March of 1972 when President Nixon signed into law a measure that amended the Older Americans Act of 1965 to include a national nutrition program for seniors 60 years and older. Since 2002, community-based Meals on Wheels programs from across the country have joined forces for the annual awareness campaign to cel-



brate this successful public-private partnership and garner the support needed to fill the gap between the elders served and those still in need.

“We’re grateful for the generous community support in helping to build awareness of the Meals on

Wheels services provided at the 17 NEK community dining sites,” said Laura Valcour, Director of Wellness and Nutrition for the NEKCOA. “I am thrilled with the response from the meal sites and the activities they have planned. I am also grateful to area legislators and state representatives who have agreed to join our elder friends and neighbors for lunch during the celebrations. We encourage area businesses to help us celebrate as well by ordering take-out lunches for employees from their area community dining site.”

The NEK Council on Aging offices are located in St. Johnsbury, and Newport, and by appointment in Island Pond and Hardwick. For information, call the helpline at (800) 642-5119.

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Herbs For Heartburn / Acid Reflux

Heartburn is a burning sensation and pain in the stomach and/or chest, behind the breastbone. It may be accompanied by bloating, gas, nausea, shortness of breath, and/or an acidic or sour taste in the throat. It often occurs when hydrochloric acid, which is used by the stomach to digest food, backs up into the esophagus (the tube between the throat and stomach), causing sensitive tissues to become irritated.

Normally, the esophageal sphincter muscles pinch themselves shut and prevent stomach acid from surging upward. However, if the sphincter is not properly functioning, the acid can slip past it into the esophagus. This condition is referred to as "gastroesophageal reflux disease" (GERD) rather than dyspepsia, chronic heartburn or acid indigestion. GERD can strike anyone, at any age. GERD can scar the esophagus, and if stomach acids make their way into the lungs, it can cause asthma-like symptoms.

People with hiatal hernia often experience heartburn. It can be triggered by cer-

tain foods. Common trigger foods include alcohol, caffeine, chocolate, citrus fruits, fatty or fried foods, peppermint, spicy foods and tomatoes. Gallbladder problems, stress, allergies and enzyme deficiencies are other contributing factors. At the first sign of heartburn, drink a large glass of water. Raw potato skins contain large amounts of potassium, this often helps to juice a raw potato and mix the juice with equal water, and or wash and eat the peels, purple potatoes are considered the best. Celery juice every day, sip 1 Tablespoon of raw apple cider in a glass of water while eating. Do not drink any other liquids with meals. Do not eat for three hours before bedtime. Wait at least three hours after eating before lying down.

Estrogens can weaken the esophageal hiatus muscle, which keeps stomach acids in the stomach. Women who are pregnant and women who take birth control pills that contain estrogen and progesterone are therefore more likely to suffer from heartburn. Try to maintain an exercise pro-

gram that includes walking, biking or low-impact aerobics. Antacids often provide temporary relief of symptoms, however, many over-the-counter antacids contain excessive amounts of sodium, aluminum, calcium and magnesium. With prolonged use of these products, dangerous mineral imbalances can occur. Excess sodium can aggravate hypertension, and excess aluminum has been implicated in Alzheimer's disease. Do not ignore symptoms of GERD. This condition can cause serious health problems. If heartburn lasts longer than two weeks, you should seek medical and/or holistic treatment.

Herbs for consideration include:

LICORICE ROOT: (Glycyrrhiza Glabra), A healant for gastro-intestinal conditions such as ulcers, and capable adrenal nourishment. It also acts as natural cortisone. Used to speed healing of mucous membranes in a formula for gastric and duodenal ulcers.

PAPAYA LEAF & SEED: (Carica Papaya), A nutritive protein digestant with farther reaching enzyme therapy properties for serious

disease. Used as part of a gas, bloating, and flatulence relief formula; to relieve colic in infants. Nutrients: calcium, iron.

IRISH MOSS, LEAF & STEM: (Chondrus Crispus), A sea coast vegetable widely used for its natural gelling, emulsifying, and food stabilizing properties; best used as a soothing/coating agent for gastritis and stomach ulcers.

GINGER ROOT: (Zingiber Officinale), A warming circulatory stimulant and body cleansing herb, with excellent effectiveness for cramping, used for indigestion, an alkalizer for clearing gas.

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Singers Invited!

The 31st Annual Ogontz Choral Workshop offers extraordinary opportunities for singers, choral conductors, and church musicians to explore repertoire with some of the world's leading choral directors. It will take place from Sunday 2 August to Saturday 8 August at Ogontz Camp, a retreat in Lyman, New Hampshire, known for its scenic beauty, delicious food, and warm hospitality. Registration is open to anyone; no auditions are required.

David Hill, director of London's Bach Choir and Yale University's Schola Cantorum, will lead the singers. He is respected as one of Europe's leading directors. The Royal College of Organists conferred on David its highest honor, the RCO Medal, "in recognition of distinguished achievement in choral conducting and organ playing." Queen Elizabeth appointed him Member of the Order of the British Empire (MBE) in the 2019 New Year's Honours for services to music.

The featured masterwork will be Requiem by Maurice Duruflé. Additional repertoire will include "Apparebit repentina dies" by Paul Hindemith. Music will be available for rental.

Mezzo-soprano Paula Rockwell of Acadia University, Nova Scotia, will con-



duct master classes and sessions in vocal technique. She regularly earns rave reviews from participants for her exceptional teaching skill and sparkling recital performance.

All students enrolled in college are eligible for discounted tuition. Ogontz Arts Foundation is offering several full scholarships to full-time students working toward a degree in music education or other music-related field. Deadline for Student Scholarship applications: Sunday 15 March.

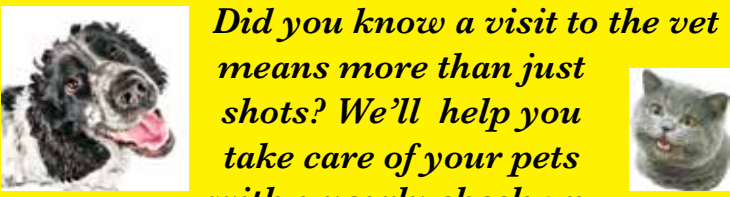
Visit ogontzarts.com for complete details and a link to the registration form. Singers who register and pay by Tuesday 31 March can take advantage of a \$50 Early Bird discount.

Visit the Ogontz Arts Facebook page to enjoy photo albums of past workshops.


Questions? Contact Claire Mead at 215-962-2998 or claire@ogontzarts.com.

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by Cindy Pinheiro
to contact Cindy (aka Cin Pin)
write to the editor at
gary@trendytimes.com

English Muffin Appetizers

Editor's Note: Once more I must report that Cindy's health is not currently something that she is happy with. We wish her the best and hope for a full and speedy recovery. In the meantime we will continue to look back in the files and bring up a previously published recipe.

fat falls through, the bacon doesn't curl, it gets crunchy and clean up is easy. Even if a little bacon fat gets on the cookie sheet you are going to dispose of the aluminum foil with fat, throw away and

use same cookie sheet to line toasted English muffins. Spread Velveeta/butter garlic mixture on all 12 pieces of crunchy muffin halves and sprinkle crumbled bacon on top. Bake for 20-25 min checking often last 5 minutes.

When done and sizzling stops use a sharpened knife (not serrated) to cut into wedges (4 pieces). Press down, they should cut easy. Arrange in dish and enjoy warm, they are Delicoso! Yields 48 triangles, Red, White or Rose` wine, they all go good with this appetizer. Remember to drink responsibly and keep those comments coming in. Mangia, Mangia!

Signing off, Cin Pin.



Volume 11 Number 11
March 3, 2020
Not all Times are Trendy, but there will always be Trendy Times

Hello Hello my fellow chefs. I hope everyone is feeling healthy during the beginning of this flu season, Today's recipe is from a dear friend, Jeannie, who passed away too young. But her recipe lives on. Jeannie and I shared the same labor room. We became friends the 1st day of school for her daughter Michelle and my son Nick. Good memories.

Anyway, I took a few pictures of this recipe with my old fashion flip Trac phone and immediately ate at least 8 triangles, they were warm and I started eating them like pop corn, little two biters,. It hit me I never checked the pictures. I never saved the pictures and now I ate half the picture. Oh Damn! So I calmly got a smaller plate and rearranged the triangles. Whew! Sorry if the pictures are a bit blurry, my tablet is mailed out for repair and I'm waiting.

So here's the recipe
1 package (6) English Muffins cut in half so you have 12 circles, toast them all till lightly brown (pre-toasting prevents soggy centers.)

8 oz block Velveeta cheese softened. Not Melted. Use a fork and add butter to cheese already started to be mashed with garlic powder

1 stick butter or margarine softened - Not Melted (melting will separate and you are creaming)

1/8 spoon garlic powder
1/2 pound cooked crispy bacon Preheat oven to 350 degrees (The way I do mine is I line a cookie sheet with aluminum foil, then put 2 wire cake coolers in the cookie sheet and drape bacon slices across wire rack, separate each slice, try not to overlap. The

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NEWBURY, VT- Very Spacious Log Home with attached apartment. Living Room/Dining Room with 17' high ceiling and loft den, Fabulous first floor master bedroom with private bath with Jacuzzi tub, 2 bedrooms in lower level, 2 car attached garage, full length porch on front of home, heated work shop with ventilated paint room. Lot 1.1 Acres. \$248,500.

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