

A FREE PUBLICATION

Happy Spring

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Deadline: Thursday, March 28

TRENDY

TIMES

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Theme Needed For 2019 4th of July Celebration

As Spring arrives it is already time to look forward to one of the biggest events of the summer season in the Woodsville Wells River community. Thursday, July 4, 2019 will be the 39th annual local celebration of our nation's founding on the streets of these neighboring villages.

Just like past years the members of the 4th of July Celebration Committee are asking for the public's help

by submitting ideas for this year's theme for the gigantic parade. The submitter of that winning idea will be rewarded with a reward of \$25 cash. Submissions should be sent to the committee at PO Box 50, Woodsville, NH 03785 and postmarked no later than March 29, 2019. You can also send theme ideas by way of the web site (www.wvr4th.org) or on the Facebook account. For those who wish to participate in the parade, a reminder that there is no charge to join the fun. Plus there are cash prizes awarded in three different categories. It's a fun way to promote your business, your organization or for your family to participate in this great celebration.

Another aspect to this parade is the honor of being chosen as the Grand Marshal

or Parade Marshal. Here as well ideas and suggestions are requested from the general public. The annual Parade Marshal has traditionally honored a former member of the US military. The Grand Marshal is selected from nominations of community leaders. Both selections will be offered the opportunity to ride in the parade and have short biographies listed in the annual souvenir booklet.

The 4th of July Committee would also like to announce that plans continue to be made for the celebration on the Community Field in Woodsville after the parade. Along with the normal Flea Market, food vendors and the fun from D&L Amusements, there will be music, bingo, chicken chip bingo and more. One added attraction being planned this year is a classic pie eating contest. A limited number of contestants in men's, women's and children (up to 15) divisions will be given a chance to see who can consume a blueberry



pie the fastest. Contestants can register by contacting a member of the committee. There will be a \$5 registration fee and cash prizes will be awarded to the top three finishers in each division. Sign up today before all the spots are taken.

Another annual aspect of this fun celebration is the raffle drawing. Tickets are now available for \$10 each. The top cash prize for this draw-

ing is \$1,000. Plus a \$500 prize, 2 \$250 prizes and 4 \$100 prizes. The drawing is held during the Community Field celebration on the Fourth of July.

If you or your family would like to help make this celebration continue please volunteer for an hour or so. Contact the committee through the website or on Facebook. Or call Gary Scruton at 603-348-4563.



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TRENDY Dining Guide

Room 111 at Victory Lanes

by Gary Scruton

I find it neat whenever I can enjoy something new at a venue that I have visited before. Sometimes there are very minor changes (paint, furniture, maybe even an addition). When it comes to an eatery that change can also be some new menu items, and on occasion a change in the hours and therefore a change to what can be, and is, offered.

Not long ago just such a change happened at Room 111 at Victory Lanes. They are now offering a weekend brunch on Saturday and Sunday beginning at 9 am. We took advantage of that and showed up on a Sunday morning about 11 am.

When you visit Room 111 the first things you see are the six classic candlepin

bowling lanes. There are still plenty of opportunities to roll a string or two, and leagues are still part of the overall objective of ownership. The next portion of Victory Lanes is the bar area. Walking thru that area there are two dining areas. Janice and I went to the "pool room" (yes, there is a full size pool table in the middle of that room). This room has a couple of low tables as well as some high tops.

The waitress on duty (also doubling as the bartender) brought out the brunch menus along with a special morning beverage menu that included Irish coffee, bloody marys and mojitos (several varieties of each). We both went a bit more conservative and got two cups of coffee (straight). With menus in hand we got down to making

the hard decisions, which new item would we choose?

After much deliberation Janice chose a "San Franciscan". This was fluffy scrambled eggs topped with an abundant variety of vegetables including onions, red & green peppers, mushrooms, tomatoes and topped with melted cheese served with home fries. With this Janice added a side order of bacon. I made my choice of a blueberry and banana stuffed pancake with a side of a baked home fries with cheddar cheese and bacon bits.

Our wait for the meals to arrive was not long and our table was right next to the kitchen so the dishes came out plenty hot. In fact it was the cook who delivered our meals.

Janice's eggs had plenty

of the promised vegetables, the home fries were crispy and her side order of bacon was crispy but not burnt, just as she likes it.

My pancake was a bit of a surprise. It was a single flap jack, but plenty big. It was folded in half after dropping in some blueberries and banana slices. More banana slices were added to the top before serving. I am not sure what kind of blueberries they were but when I bit into one there was no question that it was as it claimed. Just a great taste to them. The home fries were served in a bowl that almost looked like a miniature baked bean crock. The cheddar cheese and bacon bits that were added gave this dish a wonderful taste that I am not sure I have ever had before.

In fact our waitress at one point made the comment that they were offering items on the menu that you simply could not get elsewhere in this area.

I need to also mention that if I had eaten brunch at Room 111 before then I probably would not have ordered my two dishes together. Either one of them would have been enough to eat. I did make a futile attempt to clean my plates, but in the end needed to get a take home box for some of the home fries (I ate them much later that day and only needed to add a bit more to make a full meal.)

Our total cost for the two meals and coffees was \$25.04. We paid that bill via credit card at the bar and left a cash tip on the table.

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For More Details
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NEK Young Professionals Network Presents Opportunities to Engage This Month

The Northeast Kingdom Young Professionals Network (NEK YPN), a committee of the Northeast Kingdom Chamber of Commerce, is pleased to present opportunities to engage and collaborate around the region in the month of March.

NEK YPN will represent its work as a part of the new Women LEAD initiative on Monday, March 25, from 6 to 8 p.m., at the Eastside Restaurant and Pub, 47 Landing St., Newport. The event is a free fundraiser and mixer, designed to share upcoming leadership opportunities for females in the Northeast Kingdom.

On Thursday, March 27, the NEK YPN will host an informal networking get-together at 4:30 p.m. and a mixer, from 5:30 to 8:30 p.m., at the Burke Mountain View Pub at the Burke Mountain Hotel & Conference Center, 2559 Mountain Road, East Burke.

These activities follow the Vermont League of Cities and Towns' third annual conference on "Strengthening Communities for the Future: A Community and Economic Development Fo-

rum." Thanks to a strong partnership with the NEK Collaborative, the NEK YPN will sit on the panel, "Finding Vermont's Fountain of Youth: Promoting Youth and Young Professional Engagement," during the afternoon breakout sessions. The mixer is intended to be a great way for NEK professionals to mingle and network with each other after a day of learning.

On Thursday, March 7, the NEK YPN hosted an open meeting at Do North Coworking in Lyndonville, with more than 30 young professionals in attendance. The open-meeting format gave prospective members the opportunity to hear from group members regarding ways to get involved, participate in the monthly meetings, network with and learn from local area businesses as well as check out the co-working space. Do North is designed to offer affordable office, conference and high-speed internet space and access to those in need.

"We are excited to collaborate with new and emerging businesses, building socio-economic vitality for

the NEK. This is an important way for us to learn how we as a group, can better support the needs of business and YPs in our region," shared Kinsley Sicard, of the NEK YPN, commenting on the variety of events held by the committee.

Locally involved businesses and sponsors for the March 7 function included Bag Balm, Freighthouse Market & Cafe, Apotheker's Bee Sweetened Goods, Cafe Lotti, Burke Mountain Resort and Breakout Bakery & Cafe. Other collaborators included Green Mountain United Way, Do North Coworking and Sunshine Silver



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The NEK YPN is a network for young professionals living and working in and around Vermont's Northeast Kingdom. It aims to provide valuable leadership, relationship and educational opportunities through collaboration with community partners. To learn more and get

involved, e-mail nekyppg@nekchamber.com or visit its Facebook page for events and a membership form @ NEKYoungProfessionals.

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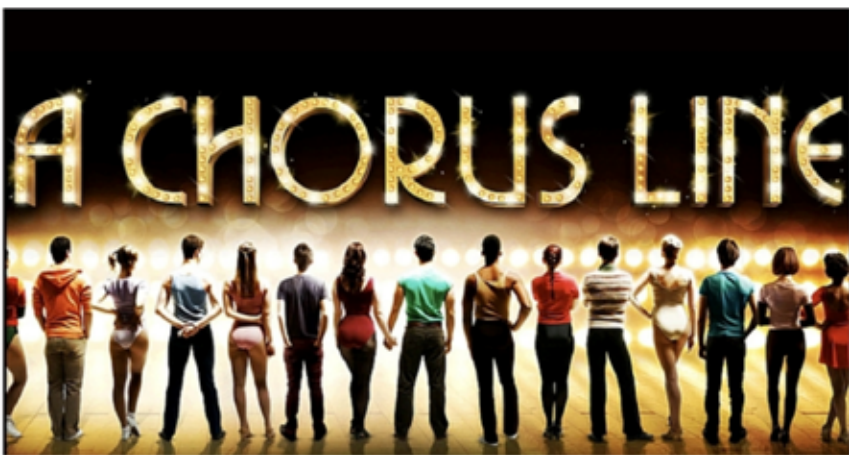
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The Denny Report
by NH State Representative
Dennis Ruprecht

The Meaning of the Flag



What does the flag mean to you? It's a question that I considered when I received a letter from Woodsville Elementary School students about a month ago. Ms. Nancy Musgrave's first and second grade class wrote to me to see what could be done to replace an American flag and a New Hampshire flag that were damaged and consequently taken down at their school. I am impressed by the initiative and resolve displayed by these students. Not only did they see a problem, and find a solution, but they also understand the significance of our flags and the importance of civic engagement.

Civic engagement is a value that I share, and visiting Woodsville Elementary School on March 8th evoked memories of the late Ray Burton visiting Bath Village School when I was a student there and giving us all copies of the New Hampshire Constitution, fondly dubbed "Ray Burton Constitutions".

His visits made me realize the importance of our Constitution, but also the importance of public service. He gave government a good name, and as students he made us feel heard and respected.

At a time when the approval of government is low and when many people feel neither heard nor respected, I hope that the flags for these students mean what a "Ray Burton Constitution" meant to me: that you are never too young to make a difference, that you are heard, your voice matters, and you have something to contribute. Flags are something that we see almost everyday, and to many of us a flag may be just a flag, but for others the flag signifies much more. To me, a flag represents the enduring promise made in our Constitution to "form a more perfect Union" and the shared responsibility we all have to work towards that end.



Another State Education Lawsuit

Property taxes and education are inextricably intertwined, as one impacts the other. Both contribute to a municipality's quality of life, jobs, and future workforce development.

High local property taxes and struggling school districts are common among a majority of New Hampshire's rural communities. Just within the past week, towns comprising the ConVal School District (Antrim, Bennington, Dublin, Frankestown, Greenfield, Hancock, Peterborough, Sharon and Temple) filed a lawsuit against the state claiming the legislature has failed to fund an adequate education. The suit which is very similar to the series of New Hampshire Supreme Court decisions known widely as the Claremont cases, again claims that the current education funding formula does not properly or accurately reflect actual costs for fa-

cilities, transportation, minimum education standards, labor costs and more. This suit is not unexpected, as I have previously communicated in media articles and while speaking on the floor of the House, that the formula for costing an adequate education is broken. It doesn't address the disparities between property poor and property wealthy communities.

There are three bills currently before House Finance that address and correct issues brought forward by ConVal and other districts such as Berlin and Haverhill that are unable to sustain high property taxes. Through these bills, a process is presented to revise the education funding formula beginning in FY20 by reinstating lost stabilization funds, in FY21 by instituting a stronger intermediate funding formula, and in years following a com-

prehensive costing formula premised upon program and less upon our current methodology which is base upon declining per capita student counts.

There are, however, two sides to education legislation, policy and finance (revenue and expenditures). The legislature understands and has approved needed education policy changes by overwhelmingly passing HB177 and HB709. Finance is now delving into the revenue questions. HB686, an act relative to calculating and funding the interim cost of an opportunity for an adequate education and extending the interest and dividends tax to capital gains, is seen as a possible revenue source. This bill extends the interest and dividends tax to capital gains and increases exemptions for the tax. The bill revises per pupil costing rates for determining adequate education grants to school districts. The bill also reduces the total amount collected for the state education tax beginning July 2021. Overall, the bill proposes additional financial support to poor towns such as Haverhill while reducing the statewide education property tax amount in 2020 by approximately 25%. The majority supports HB686 as an interim revenue approach; however, the bill does result in a new tax on capital gains. The minority has questioned the estimated \$150M revenue figure and the implementation of a new capital gains revenue tax.

As with family finance, the state also needs to make sound fiscal decisions. If HB686 along with HB177 and HB709 pass into law, Haverhill would benefit. On the other hand, although HB686 is designed not to impact incomes below \$200,000 per year, there is question as to the short and long-term impacts of a capital gains tax on the state as a whole. When I introduced HB177 and HB709, the total costing increase to the state approximated \$25M. Through subsequent amendments, the combined cost of the bills has increased well above \$100M.

Within the next 3 months, a budget for FY 20 and FY 21 must be approved. I look forward to your input.

Rep Rick Ladd,
House Education
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Housing Appeals Board

SB306 is critical to addressing the current housing shortage that is driving housing costs out of reach for young and old alike.

SB306 establishes an alternative appeal process to the lengthy and costly Superior Court litigation that is currently the only option for an appeal. Towns, taxpayers and builders alike across the state spend hundreds of thousands of dollars each year on legal fees fighting cases that often go on for years, killing much-needed housing construction.

LOCAL BOARDS LOSE NONE OF THEIR RIGHTS OR AUTHORITY UNDER SB306. What the bill DOES do is greatly expedite the appeals process to assist with the acute workforce housing shortage. The current process is forcing young families to leave NH, and new employers to locate in other states because of our exorbitant housing costs. These costs are caused by lack

of new homes. SB306 will save towns, taxpayers and builders (and consequently, homebuyers) time and money by providing an alternative process to resolve disputes within 180 days of a local board decision. And – this is important - if any of the parties, including abutters, don't like the Housing Appeal Board decision, they retain the right to take the matter to court AS IS THE CASE IN CURRENT LAW. No one is losing any existing rights under this legislation.

SB306 is a much-needed alternative process to avoid costly, lengthy court proceedings. Everybody wins with a streamlined process of handling appeals – and no one loses any of the rights guaranteed under current law.

Please contact your legislators and tell them to support SB306.

Bob Giuda
State Senator
NH District 2

What I Have Seen Happening In Concord

by NH State Senator
David Starr - District #1

Tuesday 5 March. Ed Committee hearings. First on deck, SB 282 requiring suicide prevention training for faculty and students. Senator Jeb Bradley introduced the bill. We had a LOT of testimony. Some, from mothers who had lost children to suicide, was heartbreaking. We had representatives from a number of suicide prevention agencies. Everyone testified in favor of the bill. Suicide is up; NH lost nearly 400 people to suicide last year. It is the leading cause of death among the young, worse than car accidents. Training the students as well as faculty is a good idea. They are more likely to observe the symptoms of on coming suicide in their friends than faculty. I think all children ought to know what suicide is, that it can take their friends, and what they should do if they see a friend succumbing to suicide. Much of the time intervention can save a life.

A second suicide prevention bill SB 199 was heard. It covered pretty much the same ground as the preceding bill. We, the committee and the witnesses preferred SB 282 and so SB 282 is the bill that will go to the Senate floor.

The only other bill heard was SB108, which messed around with the eligibility requirements for the governor's scholarship program. Language was tightened up, but nothing essential was changed.

Thursday 7 March. An even longer day. Senate session started at 10 AM, the usual time. We dealt with 67 bills. Took until 7:30 PM. I did not get home until 9 PM. Of this load of bills, twelve were to establish studies and/or study committees for one thing or another, including one to study the effect of

electric cars reducing gas tax revenue, which is probably a front for raising the gas tax, and one for alternate energy which is a way of raising our electric rates. Most of the bills sailed thru on voice votes, which are mostly unanimous. Only eleven were controversial enough to demand a roll call vote.

For openers the "fast track" (aka "consent") calendar of 10 bills was approved on a single voice vote, after SB 300 to eliminate tolls at exit 11 (Merrimack) was pulled off as too controversial. SB 99 would allow long term disabled workers to draw unemployment for ten years or longer. Right now long term disability payments are limited to five years. Democrats voted this one thru on a roll call, 14 to 10. We managed to postpone (refer) SB 248 which would have raised the legal smoking age to 21. SB 280 which would have raised state aid to education didn't make it. It got referred. SB 309 which restored the "stabilization grants" to their original level before some cost cutters started whittling them down two years ago, passed on a voice vote. SB 68, to allow outsiders to see voter registration data was voted thru by democrats on a 14-10 roll call. My comment on that unfortunate decision was to ask if we live in the state of New Hampshire, or the state of New Facebook.

Then we passed SB 24 on a voice vote. This concerns the Regional Greenhouse Gas Initiative (RGGI). I was told, by a guy I trust that SB 24 was the best deal we could get. I don't understand that, we ought to pull out of the whole RGGI deal. It is a concealed electricity tax. The money comes from the utilities, raising our electric rates, and was supposed to be used for virtuous green

projects like adding insulation to houses and the like. In actual fact most of the RGGI money goes into the general fund and gets spent on ordinary state operations. We ought to get rid of RGGI entirely. Electricity is so expensive up here that it is driving business away.

For the last of the big time spenders we voted thru SB 254 to fund \$26.5 mil worth of waste water projects. That passed on a roll call 24-0. And a small spender, SB 269 appropriated a mere \$100K for an "ecological integrity assessment" what ever that might mean. I don't think \$100K is enough to just survey the wild turkeys, the bobcats, the coyotes, the bears or the moose, let alone any sort of look at the ecology up here.

And then SB 310, the casino gambling bill, came up yet again. They try to pass this one every year for the last ten years that I know of. They always promise fantastic tax revenues, (\$134 mil this time). We finally voted to table it on a roll call 22-2.

I will close this account with SB 88, a kitchen sink bill full of changes to the existing medical marijuana law. The original bill faced a two line amendment from the floor and we voted separately on each to the two lines. One of them reduced pot prescriptions to one year, from three. Which is not unreasonable, my doctor only writes prescriptions for one year. The other line required the Bureau of Pot to actually issue the mandated photo ID cards. The Bureau had whined that doing photo ID's was too hard. Cannon Mountain has been doing photos for season ski tickets for more years than I can remember. If they can do it, so can the Bureau of Pot.

Shedding A Light on the Real Eastern Coyote

BETHLEHEM – Everyone seems to have opinions about the coyote – creature of our woods, sometimes hunted, sometimes revered, found in cartoons, legends, and stories. But what's the real story of this intriguing and sometimes perplexing creature?

Join the Ammonoosuc Conservation Trust (ACT) on Friday, March 29 from 6:00 to 7:30 pm at the Bethlehem Elementary School to learn more. Our speaker is wildlife biologist Christine Schadler, who'll address the life cycle and habits of the Eastern coyote, including how it has been shaped by changing habitat and competition with predators. We'll learn how we can coexist with coyotes as we farm, hike, or garden, and otherwise share space with them in the North Country.

Schadler holds a master's in conservation biology from Antioch University and has studied coyotes for over 30 years. A former instructor at the University of New Hampshire and Granite State College, she is currently the New Hampshire and Vermont representative for Project Coyote, a national organization that promotes peaceful coexistence with coyotes.

This event is free and open to the public and donations are welcome and gladly accepted. The program is geared toward adults and

older children, but all are welcome. Save your spot by pre-registering at <http://www.act-nh.org/education-events>. Everyone who preregisters is entered to win a cool door prize!

Two members of Ammonoosuc Conservation Trust are sponsoring this program. If you're interested in sponsoring an upcoming speaker, please give ACT a call.

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



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Calendar of Events

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

THURSDAY, MARCH 21

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

AN EVENING OF CLASSICAL MUSIC AND IMPROVISATION

7:30 PM
West Newbury VT Congregational Church

SATURDAY, MARCH 23

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

OCT CABIN FEVER CABARET

7:00 PM
Old Church Theater, Bradford
See Ad on Page 9 and Article on Page 7

SUNDAY, MARCH 24

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

MONDAY MARCH 25

NEK YPN WOMEN LEAD INITIATIVE
6:00 - 8:00 PM
Eastside Restaurant and Pub, Newport
SEE ARTICLE ON PAGE 3

WEDNESDAY, MARCH 27

BUILD A STORY
3:00 PM
St. Johnsbury Athenaeum

THURSDAY, MARCH 28

NEK YPN NETWORKING GET-TOGETHER
4:30 PM /Mixer 5:30 - 8:30 PM
Burke Mountain View Pub, East Burke
See Article on Page 3

FRIDAY, MARCH 29

ATHENAEUM GAME NIGHT
6:00 PM
St. Johnsbury Athenaeum

THE REAL EASTERN COYOTE

6:00 - 7:30 PM
Bethlehem Elementary School
See Article on Page 5

RIVERSIDE SCHOOL: "FOOTLOOSE"

7:00 PM
Lyndon Institute Auditorium.
See Article on Page 9

SATURDAY, MARCH 30

AMERICAN LEGION AUXILIARY PENNY SALE
10:00 AM - 3:00PM
Post Home, 4 Ammonoosuc Street, Woodsville

RIVERSIDE SCHOOL: "FOOTLOOSE"

2:00 PM
Lyndon Institute Auditorium.
See Article on Page 9

SUNDAY, MARCH 31

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

MONDAY APRIL 1

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

THURSDAY, APRIL 4

THE GREEN NEW DEAL FORUM
6:00 - 7:15 PM
Joseph Patch Library, Warren
See Article on Page 7

WOODSVILLE WELLS RIVER 4TH OF JULY

MONTHLY MEETING
7:00 PM
Woodsville Emergency Services Bulding

SATURDAY, APRIL 6

HUNTING HERITAGE BANQUET
5:00 PM
Northern Vermont University
See Ad on Page 4

SUNDAY, APRIL 7

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

MONDAY APRIL 8

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

WEDNESDAY, APRIL 10

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

THURSDAY, APRIL 11

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

ROSS-WOOD POST #20 SONS OF THE AMERICAN LEGION MONTHLY MEETING

6:00 PM
Post Home, 4 Ammonoosuc Street, Woodsville

SATURDAY, APRIL 13

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

SUNDAY, APRIL 14

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

WEDNESDAY, APRIL 24

ROSS-WOOD POST #20 AMERICAN LEGION ELECTION OF OFICERS
6:00 PM
Post Home, 4 Ammonoosuc Street, Woodsville

Ongoing Weekly Events

MONDAYS

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Darling Inn, Lyndonville
BINGO - 6:00 PM

Orange East Senior Center, Bradford

TOPS (TAKE OFF POUNDS SENSIBLY)

6:00 PM - Peacham School

KIWANIS CLUB OF ST JOHNSBURY

6:15 PM - VFW Post, Eastern Ave.

DRAWING FROM LIFE - 6:00 - 8:00 PM

Joseph Patch Library, Warren

MONDAYS/WEDNESDAYS

RSVP BONE BUILDERS

10:30 AM - 11:30 AM

Linwood Senior Center, Lincoln

RSVP Bone Builders

1:30 - 2:30 PM

United Community Church, St. Johnsbury

MONDAYS/THURSDAYS

ADULT INTERVAL AEROBICS CLASS - 6:30

Woodsville Elementary School

GOLDEN BALL TAI CHI

8:30 - 9:15 AM - St. Johnsbury House

RSVP BONE BUILDERS

9:00 - 10:00 AM

Municipal Building, Lyndonville

9:15 - 10:15 AM

Congregational Church, East St.

Johnsbury

6:00 - 7:00 PM

Community Church, Concord

MON./WED./FRI.

RSVP BONE BUILDERS

1:30 - 2:30 PM - United

Community Church, St. Johnsbury

TUESDAYS

BREAKFAST BY DONATION

8:30 AM - 10:00 AM

Horse Meadow Senior Center,

North Haverhill

RSVP BONE BUILDERS

9 AM - 10 AM - St. Johnsbury House

10:30 AM - 11:30 AM

Congregational Church, Danville

NEK COUNCIL ON AGING'S HOT MEALS

11:30 AM - St. Johnsbury House

NOON - Senior Action Center,

Methodist Church, Danville

NOON - Presbyterian Church, S. Ryegate

NOON - Darling Inn, Lyndonville

RSVP BONE BUILDERS

2:00 - 3:30 PM - East Haven Library

TOPS (TAKE OFF POUNDS SENSIBLY)

Weigh In 5:00 PM - Meeting 6:00 PM

Horse Meadow Senior Center, N. Haverhill

EMERGENCY FOOD SHELF

4:30 PM - 5:30 PM

Wells River Congregational Church

COMMUNITY DINNER BELL -

5:00 PM September 5- June 5

All Saints' Church, School St., Littleton

AA MEETING (OPEN BIG BOOK)

7:00 PM - 8:00 PM

St. Luke's Parish Hall, Woodsville

TUESDAYS/THURSDAYS

RSVP BONE BUILDERS --

8:30 - 9:30 -- Monroe Town Hall

ACTIVE OLDER ADULT STRENGTH CLASS

1:30 PM

Woodsville Post Office, S. Court St

RSVP BONE BUILDERS

2:00- 3:00 PM -East Haven Library

TUESDAYS/FRIDAYS

RSVP BONE BUILDERS

9:00-10:00 AM

St. Johnsbury House

RSVP BONE BUILDERS

9:30-10:30 AM

GRACE Art Gallery, Hardwick

GOLDEN BALL TAI CHI

8:30-9:30 AM

United Methodist Church, Lyndonville

WEDNESDAYS

AQUA AEROBICS

Evergreen Pool, Rte 302, Lisbon

ADULT STRENGTH TRAINING

1:30 - 2:30 PM - United Community

Church, St. Johnsbury

BINGO - 6:30 PM

Haverhill Memorial VFW Post #5245

North Haverhill

CRIBBAGE - 7:00 PM

Orange East Senior Center, Bradford

WEDNESDAYS/FRIDAYS

NEK COUNCIL ON AGING'S HOT MEALS

11:30 AM - St. Johnsbury House

NOON - West Barnet Senior Meal Site

NOON - Darling Inn, Lyndonville

THURSDAYS

GROTON LUNCHES W/FRIENDS

10:00AM - 2:00 PM / Lunch @ 12:00

Groton United Methodist Church

NEK COUNCIL ON AGING'S HOT MEALS

11:30 AM - St. Johnsbury House

NOON - Senior Action Center,

Methodist Church, Danville

NOON - Darling Inn, Lyndonville

ST PAUL'S BIBLE STUDY ON JAMES, 6:15

PM, 113 Main St., Lancaster

TOPS (Take Off Pounds Sensibly) --

Weigh-in @ 6:00 p.m., meeting @ 6:30

-- Monroe Public Library

FRIDAYS

RSVP BONE BUILDERS

9:00 - 10:00 AM - St. Johnsbury House

9:30 - 10:30 AM

Grace Art Gallery, Hardwick

1:30 - 2:30 PM - United Community

Church, St. Johnsbury

WORSHIP UNDER THE TENT - 7 PM

100 Horse Meadow Rd, No Haverhill

AA MEETING (OPEN DISCUSSION)

8:00 PM - 9:00 PM

Methodist Church, Maple St, Woodsville

SATURDAYS

STORY HOUR FOR CHILDREN - 10:15 AM

September thru May

Brainerd Memorial Library, No. Danville

SUNDAYS

CRIBBAGE - 1:00 PM

American Legion Post #83, Lincoln

NORTH DANVILLE BAPTIST CHURCH (ABC),

Worship and Sunday School, 9:30 AM

Refreshments at 10:20 a.m.

Horse Meadow Senior Center

Activities for March, 2019
Lunch is served daily at 12:00, except when noted
Breakfast Buffet: Every Tuesday @ 8:30-10:00
*Meals are available M-F for home delivery.
*A variety of Exercise Equipment is available daily in Bertha's room at HMSC
ENTERTAINMENT: Starts between 11&11:15
Phyllis: 3/19
The Boy-z: 3/20
Ethel Cooper: 3/21, 3/27
Bob Benjamin: 3/28
Barry Hayes: 3/22, 3/29
Marshall Meade: 3/25
ON-GOING ACTIVITIES:
Mel Colby JP, NP (NH) will be here at HMSC for notary services, free of charge
Domestic Trauma Support Group @ 10:45, Thursday 3/28
Bone Builders: Mondays, Wednesdays & Fridays @ 9:30, Tuesdays and Thursdays @ 1:30
Interfaith Fellowship & Coffee beginning at 9:30 on 3/19 w/ Pastor Wayne

Chevalier All welcome!
Hearts & Hands Quilting:
Mondays @1:00
Herbal with Elaine on Friday 3/22 @12:30
Nifty Needlers: Every Tuesday 9:00-2:00
Writers Group: Wednesdays @ 10:30
Bingo: Wednesdays @ 1:00
Mahjongg: Every Friday @10:30
Play Reading Group: Mondays @ 10:30
Cribbage: Thursdays @ 12:30
HMSC Chorus: Mondays @1:00
Sewing with Rosemary: Mondays @ 10:00
Hand and Foot Cards: Fridays @ 12:30
Ukulele: Thursdays @ 1:00
Drums Alive: Tuesdays @ 12:30 come join us!
Beginners Quilting: Wednesdays @ 1:00
Free Massage by Donna Paye 3/19, must sign up
*Also, Please think about volunteering here at Horse Meadow or delivering meals!

The NEK Council On Aging Promotes March For Meals Community Champions Week

St. Johnsbury, VT – The NEK Council on Aging's Meals on Wheels Program, along with elected officials, are preparing to celebrate the March for Meals Community Champions Week (March 18-22) in honor of the dozens of volunteers and staff who serve in the community meal sites and Meals on Wheels Program across the Northeast Kingdom of Vermont.
Every March, and across the entire country, the Meals on Wheels programs enlist elected officials, local celebrities, and other prominent figures to deliver meals, speak out for seniors, and raise awareness of the power of Meals on Wheels. Representatives from Senator Bernie Sanders office are visiting meal sites this week.
The annual March for Meals commemorates the historic day in 1972 when

President Nixon signed into law a measure that amended the Older Americans Act of 1965 and established a national nutrition program for seniors 60 and older. Since 2002, Meals on Wheels programs from across the country have joined forces for the annual awareness campaign to celebrate this successful public-private partnership and garner the support needed to fill the gap between seniors served and those still in need.
"This March, we are honoring the dedicated volunteers and staff who support our 15 Meals on Wheels locations throughout the NEK", said Meg Burmeister, Executive Director for the NEK Council on Aging. "This amazing group of cooks, servers, hosts, and drivers distribute meals across three counties and in some of the most rural

areas of Vermont. They deliver nutritious meals and offer friendly visits and safety checks to some of our most at-risk older Vermonters, all year long. As the demand for Meals on Wheels continues to grow, we are always in need of volunteers."
The NEK Council on Aging's Meals on Wheels program delivers over 475 noon-time congregate and Meals on Wheels meals each day. A voluntary contribution of \$3-4 per meal is accepted; however, no one is denied meals for the inability or unwillingness to contribute. If you are interested in receiving meals for yourself or a loved one, or if you would like to volunteer to deliver Meals on Wheels, please contact the NEK Council on Aging at 800-642-5119 or email at info@nekouncil.org.

Old Church Theater Presents Cabin Fever Cabaret

Join Old Church Theater for their Cabin Fever Cabaret! Chase away the winter blues with singing, dancing, music, dramatic readings, and more! The Cabaret is on Saturday, March 23rd starting at 7pm (doors open at 6:30pm). Admission is \$10, and refreshments and door prizes are available.
Old Church Theater Board Members Carrie Anne Quinn and Miles A. Conklin held auditions in February and put together a show to

provide entertainment during the long winter months and showcase local talent. The Cabaret will also help raise funds for Old Church Theater's ongoing Restoration project to renovate and restore the 225-year-old building.
This event will be held at Old Church Theater's temporary location at 176 Waits River Rd in Bradford, VT while the original theater is being renovated.

Orange East Senior Center

Activities and Events for March 2019
176 Waits River Rd. Bradford, VT 05033
Lunch is served daily at 12:00
Meals are available M, W, & F for home delivery.
Advance Directives Workshop on Tuesday 3-19-19 at 12:45 The VT Ethics Network will present this instructive workshop and will have all the tools/forms needed to complete advance care planning. Everyone is Welcome.
BINGO every Monday at 6 pm, doors open at 5 pm. Everyone Welcome
CLINICS:
Foot Clinics DATE this month 3-27. Call OESC to make an appointment 802 222 4782. Foot care provided by Susan Hanna Rose, RN.
Tax Assistance appoint-

ments each Tuesday and Thursday, call for appointment.
ENTERTAINMENT: Starts between 11 & 11:15
Music - No Strings Attached on 3-22
ON GOING:
Exercise Classes every Monday, Tuesday, Thursday and Friday at 9:00am
Line Dancing every Tues-

day at 10:00 am
Arts Group is groups that meets and support each other's arts and crafts on 3-6, Wednesdays at 2:00pm. Change to this group, we will meet only once a month.
Computer Class each Wednesday at 3:00 pm
Cribbage every Wednesday evening at 7:00 pm

Want to Connect to Other Readers? Join the Bath Book Club!

The Bath Library Book Club will be discussing "The Painted Girls", by Cathy Buchanan on Thursday, April 11th at 5 pm at the Bath Public Library.
In belle époque Paris, the Van Goethem sisters struggle for survival after the sudden death of their father, a situation that prompts young Marie's ballet training and her introduction to the painter Degas.

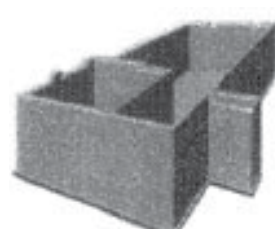
Books may be picked up at the Bath Library; hours are Tuesdays, Wednesdays and Thursdays 9:00am to noon and 1:00 pm to 5:00 pm and Saturdays 9:00 am to noon. Anyone with an interest in reading and conversing about books is welcome to attend. For information, please contact the library at 603-747-3372 or email bathlibrarykjb@gmail.com

The Green New Deal

"It is not easy being Green" This moderated forum gives everyone a chance to speak their mind on a set of proposed economic stimulus programs in the United States that aim to address: climate change and economic inequality.
The forum will take place at the Joseph Patch Library located at 20 NH Route 25

in Warren, NH, on Thursday, April 4th from 6:00 - 7:15 PM.
We encourage all ideas and opinions and hope you will participate in the timely discussion of this issue.
This forum is part of the Common Ground Forum Series. For more information call 603 764-9072

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MENTOR Vermont and Local Mentoring Agencies to Launch Upper Valley Mentor Recruitment Campaign

Burlington, VT— MENTOR Vermont, in partnership with five agencies that coordinate youth mentoring programs in the Upper Valley, will be launching a campaign to recruit new mentors in the region. MENTOR Vermont, The DREAM Program, Empower Up! Mentoring in Windsor Central, Everybody Wins! Vermont, The Mentoring Project of the Upper Valley, and Windsor County Mentors aim to recruit 30 new mentors between March 1, 2019 and May 31, 2019.

The campaign, which is made possible by support from Cabot Creamery Cooperative, the Donley Foundation, and the Redduds Foundation, will primarily consist of new short PSA videos highlighting the benefits and program model for each of the five mentoring agencies. Current mentors will serve as Mentor Ambassadors and use the new marketing materials to recruit their friends, family members, and colleagues to become mentors too.

"We are proud to support the expansion of mentoring programs in the Upper Valley," said Chad Butt, executive director of MENTOR Vermont. "While there are currently close to 300 adults serving as mentors to youth in the region, there are still



so many more kids here that could benefit from having an adult mentor in their life."

These five mentoring agencies that coordinate programs in the Upper Valley currently support more than 285 mentoring matches. Based on the 2014 U.S. Census, Mobius estimates that there are more than 3,000 youth in the region that will grow up without having a formal or informal mentor in their lives, and would meet MENTOR: The National Mentoring Partnership's definition of being in strong need of a mentor.

To learn more about becoming a mentor in the Upper Valley, visit www.mentorvt.org/UpperValley.

About Mentoring: According to the "Mentoring Effect," a study released in 2014 by MENTOR: The National Mentoring Partnership, one in three youth in Vermont will enter adulthood without having a formal or informal mentoring relationship

with a caring adult. National studies by MENTOR and Big Brothers Big Sisters demonstrate that youth with mentors are less likely to engage in risky behavior with drugs and alcohol, and they are more likely to develop positive relationships with peers and adults and pursue college and other post-secondary opportunities. Based on the 2018 Vermont Mentoring Surveys, nearly 72 percent of middle and high school youth supported by mentoring programs in Vermont feel like they matter to people in their community, and more than 88 percent of mentors play a direct role in their mentee's education.

About MENTOR Vermont: MENTOR Vermont (formerly known as Mobius) supports 140 adult-to-youth mentoring program sites that serve 2,300 mentor pairs throughout the state. The organization awards more than \$300,000 to youth mentoring agencies annually through the Vermont Mentoring Grants, which are made possible by support from the A.D. Henderson Foundation, the Vermont Department for Children and Families, and the Permanent Fund for Vermont's Children. Additionally, MENTOR Vermont offers technical support to program staff, maintains an online program directory and referral system for volunteers, manages a quality-based program management database, raises public awareness of mentoring, works with programs to ensure they are meeting best practices, and leads statewide mentoring initiatives. For more information about mentoring programs and initiatives in Vermont, visit www.mentorvt.org.

March Monster Madness as Frankenstein Hits the Screen and Stage



KCP Presents is bringing America's foremost producer of classical touring theater back to St. Johnsbury on Wednesday, March 27, for a production of Mary Shelley's "Frankenstein." New York City's Aquila Theatre has brought a dizzyingly diverse selection of works to the Fuller Hall stage, including "Hamlet," Agatha Christie's "Murder on the Nile," and back to back performances of "Romeo and Juliet" and "The Adventures of Sherlock Holmes."

Written two centuries ago in 1818 by Mary Shelley, "Frankenstein: The Modern Prometheus," is the first true science fiction novel. Years ahead of its time, the story has since become the inspiration for countless film and stage adaptations.

Victor Frankenstein is a Swiss scientist with a mission to create an artificial human. Without considering the consequences of such progress, he succeeds with terrifying results. After wandering the world alone, the monster eventually comes for Frankenstein's family. Horrific events unfold until the doctor tentatively agrees to create a mate for the creature. Ultimately, the doctor changes his mind in an effort to spare humanity but bears the terrible and personal penalties of his decision.

Two hundred years after the novel's debut, Franken-

stein still poses a myriad of critical ethical questions. Aquila Theatre's production of this timeless classic will be bold and thrilling – while paying homage to the original writing of Mary Shelley.

Aquila Theatre's mission is to bring the greatest works to the greatest number, providing everyone the opportunity to engage with classical drama of the highest quality at an affordable price right in their own communities. The company endeavor to create bold reinterpretations of classical plays for contemporary audiences that free the spirit of the original work and recreate the excitement of the live performance. Aquila presents its work each year in New York City, tours nationwide, provides extensive educational programming and is well known for its innovative humanities and arts based public programs.

The KCP Presents Performing Arts Series is produced by Catamount Arts working in association with Kingdom County Productions and supported by generous local sponsors with grant funding from The National Endowment for the Arts and the Vermont Arts Council. For more information or to purchase tickets for Aquila Theatre's Frankenstein or other KCP Presents shows, visit www.kcppresents.org or call 748-2600.

For more information on additional Frankenstein programming presented this month by Catamount Arts, including screenings of the feature film "Mary Shelley," and the original motion pictures "Frankenstein" and "Bride of Frankenstein," visit www.catamountarts.org or call 748-2600.

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The Riverside School Kicks Up Their Heels With “Footloose!”



Members of the Publicity Elective for Riverside’s production of Footloose! work on attracting an audience with direct mailings to trustees, grandparents, and prospective families of the school. The group has also designed a poster, written a public service announcement for the radio, and promoted the show on social media. Pictured are 7th graders Lacey Patoine and Donovan Randall.

Lyndonville, VT – The preparations for the yearly Riverside School musical have begun. This year the 6th-8th graders are producing Footloose! The show will be on Friday, March 29th at 7:00 PM and Saturday, March 30th at 2:00 PM at the Lyndon Institute Auditorium. Admission is by donation and the performance is appropriate for all ages.

Footloose! is about Ren McCormack, a charming Chicago teenager who moves to a small town in Oklahoma called Bomont. Ren is dismayed when he discovers the local law against dancing, put in place by the church’s reverend. Ren, along with other friends, help to convince town leaders to permit dancing in town.

Until Riverside’s performance, the middle school students are buzzing with

excitement as they work hard to make this musical production possible. The work starts with electives that take place twice a week. The students participate in publicity, sets, props, costuming, choreography, and rehearsals. This lasts for six weeks before “Play Week”, an entire week with no classes, completely devoted to the show and ending with the final performances.

Eighth grader Maren Giese says, “Play Week can be very stressful, but it’s also fun because you get to work a lot with your peers.”

In the Publicity Elective, students are tasked with designing and creating the poster and t-shirts, as well as spreading the word through advertisements, letters, and, yes, writing press releases (including this one)! The Sets Elective plans, builds, and paints the scenery and

backdrops, while props creates and collects the objects seen on stage. Together, they set the scene and create the town of Bomont!

In the Costuming Elective, the students are busy gathering fabrics, cutting and sewing, and making the characters of Footloose! come to life. This group decided to set the production in the 1980s and is having a lot of fun using the bright fash-

ions from that era.

While all of this is going on, certain students are called every day to practice their scenes, songs, and choreography with music teacher Lydia Ham and English teacher and director Peter Sahlin. They accomplish a lot in the just twelve rehearsals before Play Week.

On opening night, the students finally get to show off

all of their hard work. Seventh grader Donovan Randall says, “it’s very stressful, but once the curtain opens all the stress goes away and you know you will do great!”

Music by Tom Snow. Lyrics by Dean Pitchford. Stage adaptation by Dean Pitchford and Walter Bobbie. Based on the original screenplay. A part of the R&H Getting to Know collection.

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CABARET

Saturday, March 23

7:00 PM

(doors open at 6:30 PM)

Admission: \$10.00

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The Real Winners of Copper Cannon Camp's Auction



LITTLETON, NH, - Thanks to the hard work and generosity of everyone involved with Copper Cannon Camp's 47th Annual Auction, more than 100 New Hampshire youth will attend a free week of summer camp. Copper Cannon Camp's executive director Peter Christnacht said the results surpassed all expectations with the event being sold out a month in advance.

The keynote speaker, a former camper, described her abusive home life as, "chaotic and inconsistent so we lived in constant fear." As she continued her speech, she explained, "Copper Cannon Camp opened my eyes and showed me another life: a life without fear, stress, anxiety, abuse, and constant criticism. It showed me that I had something to fight for." Since her time at camp, she has received two college degrees and has a full-time job helping others. "I stopped being a victim at Copper Cannon Camp that week and became a survivor!"

Later in the evening, attendees were given the opportunity to sponsor a

camper. Donors held up their bidder numbers with one hand and the number of days they wished to sponsor on the other hand. Several bidders sponsored more days than they could show on one hand with the highest being 35 days.

A team of more than 40 volunteers, including a number of campers and summer staff, worked hard for months leading up to the event, which resulted in a sold-out event with hundreds of items up for bid. "The event allowed campers and their families to give back for what camp has given them," Christnacht said. "Some families drove more than 100 miles to participate."

Haverhill Annual Town & School Meetings Recap

Saturday, March 16th was the date set for the annual meetings for both the town of Haverhill and the Haverhill Cooperative School District. Not only do these two entities share a meeting date but they also share a Moderator. Jay Holden of Woodsville once again was the man in charge for the day and again this year he ran a pair of meetings that went along smoothly.

Town meeting was first and began with a bit of a surprise. The announcement of voting from Tuesday was the first business to take place. It was at that point that Mr. Holden announced that a recount of the select board votes was called for. The unofficial results had Howard Hatch with 299 votes, Matt Bjelobrk 202, Gary Hebert 198 and Mike Bonano 163. The recount was scheduled for Wednesday, March 20th and barring a further contesting of the results the top two vote getters will each be sworn in to three year terms.

The main portion of the meeting then got underway with the town budget which passed on a voice vote.

A number of other money articles were also passed with little or no discussion thru Article 23.

Article 24 referred to the request of \$25,0000 from the

taxpayers to help with the cost of a playground on the VFW field located behind the Haverhill Municipal Building. Much discussion occurred on this article including the fact that fundraising has already gotten underway to raise other funds including funds to help maintain the structures and area. John Rutherford made a motion to increase the amount to \$50,000. That amendment was voted down and the voters then passed the original motion.

A ballot vote was required for Article 27 which was a request to discontinue the Residence Tax in Haverhill. After another strong discussion 165 ballots were cast. Twenty voters were in favor of the discontinuation while 144 opposed the idea.

The next five articles referred to about a half mile total of town roads being discontinued. After some brief explanation from Interim Town Manager Glenn English and home owner Joe Longmoore, all articles passed.

Next up was another discussion of Powder House Hill and the potential sale of that parcel of land. With explanations from the select board and the town attorney, plus some questions from

the audience the vote to sell was passed on a split voice vote.

Town meeting ended about 11:30 AM with thanks to outgoing select board members Wayne Fortier and Chris Luurstema.

High noon was the starting time for the Haverhill Cooperative School District. Though the budget was scheduled to be discussed and voted on first those gathered decided to move to a ballot article first.

The ballot question was to make two changes to the election of school board members. An amendment eliminated one of those changes leaving the board at 7 members. The question to make all positions at-large seats passed almost unanimously.

Back to the budget which showed an increase for the 2019-2020 school year. After a presentation by board members and some questions of clarification from the audience the full budget passed on a voice vote.

The other articles also passed with little or no discussion. Under the final "other items" article an update was given on the high school project. The meeting adjourned shortly before 1:30 PM

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Time for Some Financial Spring Cleaning

Spring is here – and for many of us, that means it’s time for some spring cleaning. This year, in addition to tidying up your home, why not try brightening your financial environment? Some of the same moves you make to clean your surroundings may apply to your finances. Consider these suggestions:

Get rid of clutter. When you go through your closets, attic, basement or other areas, you may find many items you no longer need. You might be able to sell some of these things or find other ways of disposing of them. And as you review your portfolio, you might also encounter “clutter” in the form of investments that may be redundant to others you own. If so, you might consider selling these investments and using the proceeds to purchase new ones, which may help you broaden your portfolio. Protect yourself from hazards.

As you go about your spring cleaning, you may well encounter hazardous substances, such as cleaning agents, paints, batteries, pesticides and so on, which you don’t need anymore and which may pose potential health risks. You can reduce the possible danger from these materials by recycling or disposing of them in an environmentally safe way. Your overall financial situation has hazards, too, in the form of illness or injury preventing you from working, or, in your later years, the need for some type of long-term care, such as an extended stay in a nursing home. To protect yourself, you may need appropriate insurance, including disability and long-term care.

Find new uses for existing possessions. When you are sprucing up your home, you may rediscover uses for things you already have. Who knows – perhaps that treadmill that’s been gathering dust in your garage could actually be employed again as part of your rededicated exercise regimen. And you might be able to get more mileage out of some of your existing investments, too. Suppose, for instance, that some of your stocks are paying you dividends, which you take as cash. If you don’t really need this income to support your lifestyle, you might consider reinvesting the dividends so that you can own more shares of the dividend-paying stocks. Over the

long run, increased share ownership is a key to helping build your portfolio.

Establish new habits. Spring cleaning doesn’t have to be just about physical activities – it can also involve a new set of habits on your part. For example, instead of placing your unread magazines in an ever-expanding pile, try to read and recycle them quickly. You can also develop some positive habits as an investor, such as “paying yourself first” by regularly putting some money in an investment account each month, even before paying all your bills. You can also avoid some bad habits, such as overreacting to market downturns by selling investments to “cut your losses,” even though those same investments may still have strong growth potential and may still be suitable for your needs.

Doing some spring cleaning can make you feel better about your living space today. And applying some of these techniques to your financial situation can help you gain a more positive outlook for tomorrow.

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



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As you go about your spring cleaning, you may well encounter hazardous substances, such as cleaning agents, paints, batteries, pesticides and so on, which you don’t need anymore and which may pose potential health risks. You can reduce the possible danger from these materials by recycling or disposing of them in an environmentally safe way. Your overall financial situation has hazards, too, in the form of illness or injury preventing you from working, or, in your later years, the need for some type of long-term care, such as an extended stay in a nursing home. To protect yourself, you may need appropriate insurance, including disability and long-term care.

Choices

by Maggie Anderson

I attended my 50th high school reunion this past summer and it was decided that we should begin to meet every year rather than our usual five while those of us from far away can make the trip and a few of us still remember how to get there.

I’ve worked in nursing homes, senior centers, and various facilities serving a population I am now a part of since I first started volunteering in a nursing home that crossed my trek home-ward after school in the 6th grade. Even before that I remember visiting The City

of Hope cancer center in Azusa, California with Dad. I remember reading to a guy one day who periodically lifted the gauze loosely covering his trachea so he could suck in the smoke from a cigarette through the hole in his neck. Sobering stuff for a child.

He knew he was dying, knew the cigarettes were the reason and still he stuck that butt up to that gaping hole and filled what was left of his lungs with the poison that had robbed him of a future. I was 8 years old at the time. That was the day I made up my mind that I would never smoke, that I would never allow anything to have so great a hold on me.

Though I do still struggle with the grasp of coffee and avocados I have never smoked a cigarette - of any kind for those who might be wondering.

My husband never smoked either. It may have been the fact that his father tried so hard to quit before he was finally free of tobac-

co’s hold but it also came down to choices for Hank and his buddies who all lived on farms way out in the country. Their weekly thrill was to get all slicked up and the four of them hitch hike into town for the Saturday matinee and a day of goofing off far from the chores at home. They had to choose between blowing their meager funds on a pack of smokes or the tickets to the show and a carefree day in town.

Whatever the reason, now that Hank is dealing with life on half a lung, the companionship of oxygen in a tube to supplement, and a bum ticker to boot, he would have said his final goodbyes years ago if he’d lit up instead of out for a day in town all those years back.

As for myself, I ran my own anti-smoking campaign. I simply wouldn’t kiss a guy who smoked. I’m happy to say there were a few who couldn’t find an ashtray fast enough. I didn’t always look like somebody’s grandmother you know.

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Rachel Elizabeth Gilleland - OBITUARY



Woodsville, NH: Rachel Elizabeth Gilleland, 34, of Central Street, died unexpectedly on Tuesday, March 12, 2019, in South Ryegate, VT.

She was born in St. Johnsbury, VT, August 10, 1984, the youngest child of Mark and Robin (Vincent) Gilleland.

Rachel grew up in Barnet and graduated from St. Johnsbury Academy in 2002, where she enjoyed singing with choral groups and playing the clarinet. Rachel was a loving, empathetic person who embraced all those she encountered with an open heart. Rachel was devoted to her pets and her love of all creatures was evident in her daily life. She had a zany sense of humor, and great love of friends and family. She spent many hours with friends, children and pets playing at Railroad Park near her home. She was especially happy spending time hanging out with the love of her life, her niece Caitlyn. She was loved by all who knew her.

Rachel is survived by her mother, Robin Gilleland and stepfather Robert Davis of South Ryegate (259 Church St), her father, Mark

Gilleland Sr. and stepmother Lisa Bowden of Barnet (77 Church St), her two brothers, Mark Jr. of Woodsville, and Aaron of South Ryegate, maternal grandparents Sally Vincent of Levant, ME, and Raymond Vincent Sr., of Colchester, VT, and several aunts, uncles, and cousins.

To honor Rachel and her love of animals, the family encourages donations be made to the Oliver Fund, Ryegate Small Animal Hospital, 54 Moore Lane, East Ryegate, VT 05042.

A celebration of Rachel's life will be at the convenience of the family at a later date.

Northern Counties Health Care Launches New Website

St. Johnsbury, VT – Northern Counties Health Care is pleased to announce the launch of a new website to serve as an informative tool for residents in the Northeast Kingdom. The new website is www.nchcv.org.

Working with Earthlogic, a branding and website creative agency in Essex, VT, the new website features expanded content including directories of all NCHC locations, hours of operation, and contact information, a new expanded provider directory with photos and bios, a comprehensive services section (Primary Care, Dental Care, Behavioral Care, Home Health & Hospice, and Outreach and Enrollment), news blog, health and wellness resources, a career center,

and volunteer section. "We are very pleased that the new website is compatible with all devices: desktop, smartphones, and tablets," said Tom Pitts, Interim CEO at NCHC. "The website project was part of a company-wide rebranding initiative and we wish to thank Earthlogic for their help in redesigning our website and our corporate image. This was a team effort and I am confident our new website will be a valuable resource for current and future NCHC staff and patients."

Northern Counties Health Care, Inc. is an area non-profit organization serving the Northeast Kingdom of Vermont with a rural network of five community health centers, three dental practices, and a home care and hospice division.

Letter to the Editor

Dean Memorial Airport is a sleeping "Gem" nestled in the foothills of the White Mountains. As the Airport Manager for the past three years, I am disheartened to be leaving the position following a period of controversy and dissension. I feel the need to offer a brief clarification so the people of Haverhill are not left with the impression that I turned my back and walked away when things became difficult.

Late in the afternoon of Monday, March 4, 2019 I was summoned to the office of ITM English and was presented with two choices - resign or be fired. I chose the former. When asked the reason for this ultimatum, ITM English reminded

me that I had been told "not to voice opinions for the Airport Commission or the Town". It had been my understanding from that conversation that I was to refrain from commenting on current controversial subjects and I agreed. I will accept responsibility if I misinterpreted the scope of ITM English's silencing. It was never my intent to imply that I was speaking for any other person or group, and all opinions were strictly my own. In fact, the Airport Manager is not permitted to be a member of the Airport Commission, and therefore cannot be a representative of the group. The last article published was meant to be informational in content with the focus that other

projects are available for consideration at the airport. Apparently, there was negative response to the article as well.

As the airport manager, I believed I had a job and responsibility to keep our township informed of what was happening at the airport and the progress that we were making. I will continue to be a strong advocate for your airport and hope that you, the residents of our town will vote your sentiments about the airports future. My greatest hope is that true value of our airport "gem" will be recognized and promoted to its full potential.

Dennis M. Cunningham
North Haverhill

Dennis,

When any person is in the position of a manager, or executive director, or even president or chairperson of a group it is a very thin line that must be walked between speaking for the group, or speaking for yourself. Not only is the line thin, but sometimes it can be blurry.

I do not know all of the details of your conversation with Interim Town Manager Glen English, nor should I know them, I only know that the supervision of town employees falls to the Town Manager. That authority would include the hiring, and firing, of all such town employee.

In regards to the airport itself, I still re-

member well the flight I was able to take from that airstrip when it was first paved in the mid to late 60's. I certainly hope that our local airport can continue to function well for the Town of Haverhill. It can do that best with the full knowledge and direction of the voters as a whole, and the members of the Airport Commission in particular. I know that many projects have been on the drawing board. Which ones should move forward, and which ones should be scraped, is the big question. It will only be answered well when the public is well informed and has the opportunity to voice their opinion.

Gary Scruton, Editor

Letter to the Editor

Re: Opposing HB 481 – Legalization and Commercialization of Marijuana

I strongly urge voters to contact their State Legislators and tell them you oppose HB 481 that would provide for the legalization and commercialization of marijuana. It's a wrong public policy especially while our state is in the midst of a drug and opioid epidemic that has underfunded and inadequate solutions.

Let me be clear, I fully support the decriminalization of marijuana, expungement of all marijuana convictions, and prohibition of employers to require job applicants to answer if they

use or used marijuana or permit on the job testing for marijuana unless specifically related to the nature and performance of a job.

If we examine Colorado's five years experience with marijuana we will see a very mixed bag of results and many of those results are troubling; auto fatalities up 21% from 2011 to 2017, related hospitalizations up from 575 in 2000 to 3,517 in 2017, emergency room visits up, increased costs to local law enforcement, emergency services, courts, hospitals, emergency rooms, etc. How will N.H. fund these types of cost increases? How will our counties and towns pay

for these increased costs? How will these costs impact our communities?

NH currently has many underfunded problems; the drug and opioid epidemic, public schools, kindergartens, state colleges, child welfare protection, mental health treatment and facilities, roads, bridges, uncompensated healthcare costs, unsustainably low Medicaid reimbursement, and the list grows.

Now is not the time to legalize and commercialize marijuana. Let's take measured steps. We have too many far more important priorities.

Don Perlee, Lyman, NH

I can point out that, I believe, all of the other New England states have passed some sort or decriminalization of this substance. But our legislators still need to do what is best of the citizens and the businesses of this state.

Gary Scruton, Editor

Don,

The legalization of marijuana is indeed a hot topic for this session of the NH House and Senate. One of many such important, long impacting, decisions that must be made sooner or later.

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What About Ma?

by Kellie Quackenbush

All About Smoke Detectors

The news has been filled with stories of house fires. There was one man who claims his cat saved him when his house caught on fire. Another family, no smoke detectors in their house, lost family members because the fire spread so fast--no warning of the danger. Another family, trapped in an upstairs apartment when the downstairs porch caught on fire.

Spring is coming but our furnaces have been working overtime this past winter. The extended cold has caused some people that use wood heat to use green or pine wood. Pine and green wood add to residue build up in the chimney which may cause chimney fires. Pellet stoves also can contribute to dirty chimneys.

Because of the excessive use of heat this winter, chimneys are dirtier than ever. Now is the time to be sure you have done everything to make your home safe. Have your furnace cleaned at least once a year. Make sure your smoke detectors have new batteries. Check the age on your smoke detector and check to see if it is still working. Smoke detectors should be replaced every ten years.

The smoke detector in

most homes is either directly wired to the homes electrical system, operated by batteries or both. When it is getting time for the batteries to be replaced, the smoke detector will start a "chirping" noise which is very different from the alarm sound that it makes due to smoke. It is important that the batteries be replaced when the smoke detector makes the "chirping" noise, however, a better plan would be to change the batteries on set dates before they "chirp".

One of the most obvious safety statements is to call 911 when the smoke detector makes it's alarm. The only exception to this is if you have burned supper and the smoke from your burning food is what has set the alarm off. Don't be one of the growing number of victims that die in the house because they thought they could "find the problem" and get caught in the fire. It is sad to hear the stories of people who suffer from smoke inhalation because they did not react and escape the house when the smoke detector went off.

Final words--

If the smoke detector is making the alarm noise--Dial 911 and get out of the house.

WMRHS Junior ROTC Teams Advance to Round 2

Junior ROTC Cadets from the White Mountains Regional High School Academic and Leadership teams recently competed in round one of competitive online play against thousands of JROTC students from across the world to win a place in the championship and an opportunity to win a trip to Washington, DC. During the competition, students are tested on standard high school curriculum; Math, Science, English, and leadership skills. Only 40 teams in the nation will advance to the finals.

The JROTC Leadership and Academic Bowl is a nationally recognized academic competition created exclusively for JROTC students. By participating, cadets learn the values of citizenship, academic competition, and college opportunity. The competition creates tremendous opportunities for JROTC and its cadets by demonstrating the academic abilities of JROTC students.

After advancing through the first phase of competition, the WMRHS JROTC cadets will compete in the second phase of The College Options Foundation's 2019 JROTC Leadership and Academic Challenge. If successful, the teams will advance to the final Championship round of Leadership and Academic Bowl which will be held in Washington, D.C., June 21-25, 2019.



Academic Team pictured left to right: Jennifer Fowler, David Rose, Dayna Randall, Dimitrios Spanos, Joshua Womble



Leadership Team pictured left to right: Jaden Vashaw, Keigan McCann, Tyler Nelson, Josef Blanchette

The College Options Foundation is a non-profit organization dedicated to enriching the academic development of high school students and assisting them in their preparation for higher education. Using academic

competitions, college exam study guides, college admissions tutorials and personalized counseling, College Options Foundation has assisted the nation's 1.1 million Department of Defense - JROTC cadets worldwide.

Business People/Constituents Urged To Ask Questions At Monthly NEK Chamber Legislative Breakfast, March 25

With the legislature in mid-session, there is more reason than ever to attend the Northeast Kingdom Chamber Legislative Breakfast on March 25, to voice your opinion on issues that most affect you and the region before it is too late.

Business people and residents are encouraged to write in, e-mail or call in questions they would like to see addressed at the March breakfast, which will be held from 8 to 9 a.m., at the St. Johnsbury House, 1207 Main St., St. Johnsbury. In addition to legislators presenting committee reports, focusing on how their work affects the region, there will be extra time allotted for the submitted questions and queries addressed by the audience.

"This year, in particular, there are more issues that affect the Northeast Kingdom than most. It is important that legislators know how you feel about issues before they cast their votes,"

said Chamber Executive Director Darcie McCann. "Our chamber is working every day of the session and all year to help prompt positive changes in the state that will help our regional economy."

McCann noted the chamber has worked very hard to carve out more time for breakfast guests to ask questions of the legislators in recent years and the breakfasts were changed in 2019 to make the sessions more responsive and relevant to the people of the Kingdom.

Topics that might be discussed include health care, labor issues, the carbon tax, permitting concerns, economic development issues, taxes and fiscal policies, all issues that affect the Northeast Kingdom. Individuals wishing to express any comments or region-wide issues may contact McCann at 802-748-3678, director@nekchamber.com or drop by chamber office in the Green Mountain Mall, 2000 Memorial Drive, St. Johnsbury

Center.

The legislative breakfast series is sponsored by the Northeast Kingdom Chamber, with sponsorship assistance from Casella Waste Systems, Community National Bank, Fairbanks Scales, Guibord-Pearsons & Sayles Funeral Homes, LaBelle Holdings/Beverly Manufacturing, Lyndon Institute, Myers Containers, Northeastern Vermont Regional Hospital, Passumpsic Savings Bank, St. Johnsbury Academy, Union Bank and Weidmann.

The breakfasts are held the last Monday of each month from January to May, from 8 to 9 a.m. Please mark your calendars for the remaining 2019 dates of April 29 and May 20. The chamber would like to thank the St. Johnsbury Meal Site for putting on the event and Kingdom Access Television, WSTJ and the Caledonian-Record for covering the sessions. There is a small fee to attend the breakfast.

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ABOVE THE NOTCH
 HUMANE SOCIETY

NEK Council on Aging Executive Director Attends n4a Board of Directors Meeting

St. Johnsbury, VT – The NEK Council on Aging's Executive Director, Meg Burmeister traveled to Washington D.C. to attend the National Association of Area Agencies on Aging (n4a) Board of Directors meeting held March 11-12. The n4a represents America's national network of 622 Area Agencies on Aging. The n4a Board of Directors has 38 members and Burmeister has served as an alternate board member since 2018.

In addition to the board meeting and aging policy briefings, the board addressed the reauthorization of the Older Americans Act (OAA) due in 2019. This landmark legislation, enacted in 1965, helps millions of aging Americans meet the goal of aging with health, independence, and dignity in their homes and communities. Since its enactment, the OAA has been amended 16 times, most recently in 2016.

"Because the OAA is up for reauthorization in 2019, Congress should consider thoughtful changes and investments in the Act to better reflect the rapidly growing aging population," said Burmeister. "Vermont should be a state where people can live, work, and contribute their whole lives. The OAA provides the funding for key services such as wellness programs, caregiver support, case management, our helpline, legal services, Meals on Wheels, and community dining."

The vision and mission of the OAA is even more important than it was five decades ago. In the next five years, more than 18 million people will turn 65. In addition, this population is also living longer. Between 2020 and 2030, the number of people 85 and older is projected to rise by 35 percent; for people age 100 and old-

er, it's an amazing 52 percent growth rate.

While in Washington, Burmeister had the opportunity to meet with representatives from all three members of Vermont's Congressional delegation, Senator Patrick Leahy, Representative Peter Welch, and Senator Bernie Sanders.

"We are so fortunate to have the support of our state representatives on this very important piece of legislation. In today's world of challenges facing older Vermonters, the OAA is critical in ensuring that people can live with dignity and respect in our local communities. The OAA lets grass-roots efforts meet the needs of their communities in a person-centered way," said Burmeister. "Most Vermonters want to be able to stay in their homes as they age, and we see the best results when we take the time to listen to people and respect their needs and desires. When we address the needs of older Vermonters, we improve the lives of all Vermonters."

The primary focus of the n4a is to advance policies that effectively and efficiently address the needs of an aging America. To accomplish this goal, the n4a works directly with the Vermont Area Agencies on Aging (vermont4a.org) and the five Area Agencies on Aging for Vermont-- the NEK Council on Aging serves older and disabled Vermonters in Caledonia, Essex, and Orleans counties.

For more information on programs and services for elders and the disabled in the Northeast Kingdom, visit www.NEKCouncil.org. To receive policy alerts on the reauthorization of the Older Americans Act, visit the National Council on Aging www.ncoa.org.

The Flea Market #4 Frank, Dearie and the 3-Dollar Bill Man

by Elinor Mawson

Every so often an itinerant dealer would come through the door and ask if there was any space where they could peddle their wares for a short period of time. One day a short, swaggering man with a cowboy hat came in accompanied by a short, mousy lady in a house-dress. He announced that he and his wife would like to rent a booth for the summer months, and oddly enough, there was one available. Frank had been a sheriff in Florida and he and his wife (who he called Dearie) were taking the summer off from the heat there. According to them, they "played" the outdoor flea markets during the winter months on Frank's days off from his sheriff's duties.

They set up their booth and sat waiting for the customers. Their merchandise was pretty pathetic, I didn't see anything that interested me, but it would be an eye-opener to find out if anyone else thought it had any merit. Frank ordered Dearie

around and she would obey him immediately. I don't have to tell you that we disliked him for that!

As days went by, 'we felt sorrier and sorrier for poor Dearie. Besides being ordered around, she would occasionally display bruises on her face and arms and we knew where they came from. They never sold much of their stuff and Frank would complain that our venue wasn't worth his time.

After a month or so and a lot of unkind words to just about everyone, Frank and Dearie moved out. We weren't sorry to see them go, but--I suspected that he might have called her Dearie in public, but probably beat her up when they got home. I've wondered about them since. He might have been a sheriff but he was also one step ahead of another one.

Another time, a scruffy man came in and asked for a space for a short time. We didn't know what he meant by that until he announced that he sold 3-dollar bills. We wondered who would buy such things, but we

waited silently and watched him go to work. "Get your 3-dollar bills here!" he would say. Anyone who heard him would look the other way and you could tell they thought he was a little crazy. He might have sold one or two during that afternoon, but he must have decided it wasn't the place for him. Thank Goodness!

We were very sad when we got the notice that we would have to move out so a wallpaper store could move in. It was the demise of a family of sorts.

We had learned the vagaries of each dealer, and had to decide who would be finding a new place and who would be dealers there. We had gotten very accustomed to the way things were, and knew that we would essentially be starting over in a new place. For me, it was a new adventure. I had spent 4 years of my life in that dusty old building and I had learned a lot! I have often called it my college education in the antique business.

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

Untidy Josephs

Hello hello my devoted fellow chefs. I hope you are intrigued by this new funny name that my friends and I came up with for Sloppy Joes. It's easy peasy and "Delicioso".

Spring is on the way, the day's are getting longer and I hope that the snow is finished because I'm ready to see flowers and to start working on my flower bed and start my vegetable garden.

Okay, let's get started with this week's recipe.

Ingredients

1 package of sesame seeded hamburger buns (I

chose Arnold sesame seeded sandwich buns, they are a bit bigger than regular buns so you can pile on the filling.

1 lb. Ground beef (I used fresh farm ground beef) very little fat and very tasty.

1 red pepper chopped small

1 Onion chopped small

1 small can of tomato sauce

1/4 Cup of ketchup

1 Tbsp. Paprika

1 Tbsp. Chile powder

1/4 Tsp. Cumin

1/2 tsp. Garlic powder

1 1/2 Tbsp. Worcester-

shire sauce

1/2 Tbsp. Brown sugar

1/2 tsp. White vinegar

1 tsp. yellow mustard

2 Tbsp. Water

Salt and pepper to taste

Here's how to make this easy peasy supper.

Brown hamburger with the onion and red pepper. Drain excess fat if needed. Break up the hamburger with a wooden spoon or what I use is a potato masher. It should be crumbly.



Add the small can of tomato sauce and the ketchup. Add the paprika, Chile powder, the cumin, garlic powder, Worcestershire sauce, brown sugar, white vinegar, yellow mustard, water and salt and pepper if needed using a small amount if needed. Mix well so all the spices marry. Make sure there are no chunks of hamburger using the potato masher or wooden spoon. Cover and let cook for 20-25 minutes.

Spoon into your sesame seeded hamburger buns. The Arnold seeded rolls are bigger than regular buns, so you can pile on the filling. That's it, enjoy!

You can compliment the sandwich with French fries and a nice glass of Hearty Burgandy wine. Remember to drink responsibly. If you have any questions please contact Gary and I will help you out. So folks make and enjoy your "Untidy Joseph's"! I hope you like this old time favorite.

Until next time my friends I'm signing off. Sincerely, Cin Pin.

Singers Invited!

The 30th 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 4 August to Saturday 10 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. In March 2018 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 text of this year's featured masterwork, Sea Drift by Frederick Delius, is based on a poem by Walt Whitman, whose bicentennial is being celebrated this year. Hill will also lead singers through Sacred Choruses, a new collection of 28 exceptional oratorio choruses and short choral works, painstakingly researched and edited by John Rutter.



Mezzo-soprano Paula Rockwell of Acadia University, Nova Scotia, will conduct master classes and sessions in vocal technique. She regularly earns rave reviews from participants for her exceptional teaching skill and sparkling recital performance.

Ogontz Arts Foundation is offering one full scholarship to a full-time student working toward a degree in music education or other music-related field. Deadline for Student Scholarship applications: Sunday 31 March.

Visit ogontzarts.com for complete details and a link to the registration form. Singers can take advantage of a \$50 Early Bird discount when registering by Sunday 31 March. Students enrolled in college are eligible for discounted tuition.

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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March 19, 2019

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