

Northeast Kingdom Artisans Guild Presents Fiber: No Boundaries

The Northeast Kingdom Artisans Guild announces a new exhibition in our Back Room Gallery entitled Fiber: No Boundaries Innovative Cloth Artistry by Quilt: Judy B. Dales, Braid: Delsie Hoyt Felt: Amanda Weisenfeld

The exhibit will be open April 17 through June 1, 2019 Monday - Saturday 10:30 am until 5:30 pm.

An Artist Opening Party on Friday April 19 from 4 to 6 Meet the Artists and enjoy fine finger food, good drink and the best company in St. J on a Friday Night.

These three Vermont crafts women have taken the traditional utilitarian crafts of blanket, rug and wall cover beyond practical status, into the realm of art. Beginning with cloth, hands, needle and

Come see our great

Jackson

tered the aesthetic appeal into a deeper context, of emotion, enriching the viewer with fresh ideas and imagined ideals..



Judy B. Dales "Winter Mirage"

Judy B. Dales has influenced fellow quilters around the world, through exhibitions in solo and group shows, instructional books, and inclusion in art books, along with workshops and teaching sessions. Judy writes a line in

<u>SARANAC STREET</u>

EST. 1985

echoed by the other two artists about their work: "The techniques and materials I have chosen to work with influence, and sometimes restrict, my artistic choices. I consider these limitations a challenge to both my creativity and skill. . . . These challenges ensure that each image is distilled to its purest



TODD HOLT PHYSICAL THERAPY

her artist statement that is form, stylized by still recognizable."

> **Delsie Hoyt** "Sanctuary: Hope 4"

Delsie Hoyt, has shown her rugs in Folk life and Crafts Exhibitions, as well as I workshops as an instructor throughout the country. Delsie writes "I was inspired by the complex artistry my Great-Grandmother, Annette "Nettie" Nelson, drew out of this simple craft over a century ago. Nettie's unique, braided "pinwheel" was a major break with rug making conventions of her time." Delsie continues this daring step beyond the ordinary in her unique designs stepping beyond the margins we expect in braiding. She has also "stepped off the floor" into braiding wool into hats, bowls, table decor & boxes.

Amanda Weisenfeld, "Opossum on the Run" Amanda Weisenfeld calls

started as functional felt art into a story telling genre, featuring gnomes, ravens, foxes, porcupines, and all kinds of creatures including the Scandinavian Tomten, playing among the animals. She also transforms these fantasies into fanciful illuminated lamps, storybook wall hangings, dolls balls and cards. Amanda states, "I started out as biology major, morphed into Environmental studies, and ended up finding my forever home in felt art."

Northeast Kingdom Artisans Guild is located at430 Railroad St., St. Johnsbury, VT 05819 (802)-748-0158 --Text by James M. Frase-White, Curator, Back Room Gallery







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by Gary Scruton

It is always interesting to take someone new on one of our eatery visits. It's even more fun to take someone to a spot that they have never had the opportunity to visit in the past.

It was a Sunday morning

when Janice and I got our Volume 10 Number 13 friend Dawn to join us for a trip up to Sugar Hill and the very busy Polly's Pancake Parlor. Knowing the routine at Polly's we gave them a phone call about 9:30 to get our name on the list. We arrived, as we planned, about 10:30 and therefore only had to wait about five or ten minutes. Polly's does not take reservations, but getting on the list is vital unless you want to simply sit and wait.

We were seated at one

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of the many standard sized four person table. From our seat we could watch the cooking area where the pancake magic happens.

It wasn't long before our waiter, TJ, stepped up to our table and asked about beverages. Janice and I got coffee while Dawn went for a large glass of orange juice. He also asked if we had decided yet about our meals. Well, that wasn't happening. There are just too many options.

TJ dropped off our drinks and then returned again to get our morning choices. Dawn went first and decided on the classic six pack of pancakes. For add-ons she went with blueberries, coconut and :anything but nuts". She also picked two or three

And a New

of the variety of batters that are offered. TJ got to make the final choices as how they would be matched up as the wait staff also cooks the pancakes.

Janice went next and ordered something brand new for her. She got a ham and cheese quiche. It came with a small salad beside it.

It was then my turn and I decided to try something totally different. I got a two egg omelet with ham and sharp Harman's cheddar cheese. Plus an order of sausage on the side.

meals to arrive we continually were enthralled by the guickness that a table would empty of it's eaters, then the kitchen staff would arrive to clean off the table of dishes, come back to wash it down, and reset the table. It most cases it was less than 5 minutes from the time one group left and the next group was seated and looking over menus.

When TJ arrived with our meals it was time to dig right in. Of course there was plenty of maple syrup on the table for Dawn to add to her pancakes. I even poured a bit on my sausage. I also took advantage of the maple spread that was on the table to put on my toast.

As is the standard procedure at Polly's only three of Dawn's pancakes came out to start her meal. The second batch of three did not arrive until the first ones were almost gone. Actually her second stack sat on her plate for a while and then TJ dropped off a take home container as he realized those three were

gong home. It should also be noted that the take home box was not the styrofoam type, but rather the biodegradable cardboard style.

Even though quiche is not something that Janice normally ordered it was not a totally unknown dish. Her comment about Polly's quiche? "Very cheesy". She enjoyed her choice very much and will probably try others in the future.

Dawn declared later that the coconut pancakes were the best, but the blueberry ones were right there. I was happy that I only ordered a two egg, not three egg, omelet.

The total cost for our three meals was \$42.73 which we paid at the souvenir counter as the main counter was still busy with incoming guests.

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 For More Details

 Contact Gary @ 603-747-2887

 or Email: Gary@TrendyTimes.com

PSU Dining Launches One Million Acts of Good Volunteer Campaign

Plymouth, N.H. —Chartwells Higher Education has partnered with MATTER and General Mills Foodservice to engage students on 100 of its campuses, including Plymouth State University (PSU), to provide healthy snacks and nutrition education to help fight food insecurity communities nationwide.

The Cheerios One Million Acts of Good campaign calls on people to spread kindness and fill the world with good. Chartwells Higher Education, together with MAT-TER, a Minnesota-based global nonprofit with a mission to move people forward by giving them a chance at a healthier life, and General Mills to encourage students at its campuses to improve the health of their communities with a turnkey process that promotes volunteerism. Chartwells has grown its participation from 50 campuses in 2018 to 100 campuses in 2019 and will distribute over 20,000 MATTERbox packages.

"The participation in this initiative is particularly important to us and our campus partners because this month we celebrate nutrition," Chartwells Higher Education CEO Lisa McEuen said. "On a basic level, the healthful and nutritious food we serve fuels students and encourages learning to prepare them for the future. This volunteer program connects us all through compassion and kindness for a better community with our peers, campuses and communities."

On March 27, 2019, each campus location will pack 200 MATTERboxes with two snack packs including General Mills items such as Whole Grain Cheerios™ and Nature Valley Bars, along with other healthy food items. Each snack pack also includes nutrition information, as well as a You-MATTER hand-written note of encouragement, which offers a way that those packing can share an inspirational message with the recipients. Once packed, the MATTERboxes will be distributed locally to nonprofits, schools, after-school programs, and health care providers.

Plymouth State University is participating in One Million Acts of Good, and more than 50 students and staff will volunteer their time to make a difference in their community. Local organizations that will receive the MATTERboxes include PSU Food Pantry, Pemi Youth Center and other local food pantries in Thornton, Rumney, and Plymouth, N.H.

"PSU Dining and Chartwells Higher Education are inspired by the opportunity to join these like-minded organizations and students to give back to our community,' PSU Dining General Manager, Phil Bowers said. "We have the ability to increase access to healthy snacks and nutrition education for those who may need it most. And the best part is the personal connection with our hand-written note and act of kindness to brighten someone's day."

About Chartwells Higher Education Dining Services: Chartwells is the recognized leader in contract food service management, hospitality and award-winning guest service within 290 college and university dining environments throughout academic institutions across the U.S. Chartwells' nutritious cuisine not only satisfies the unique appetites, lifestyles and dietary needs of every guest dining on campus, but it also brings people together to promote the high-intensity relationships that will prepare students for the future. For more information, www.ChartwellsHighvisit erEd.com, www.Chartwells-Monthly.com, www.Dineon-Campus.com.

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Living Soil: A Documentary For All of Us

Our soils support 95 percent of all food production, and by 2060, our soils will be asked to give us as much food as we have consumed in the last 500 years. They filter our water. They are one of our most cost-effective reservoirs for sequestering carbon. They are our foundation for biodiversity. And they are vibrantly alive, teeming with 10,000 pounds of biological life in every acre. Yet in the last 150 years, we've lost half of the basic building block that makes soil productive. The societal and environmental costs of soil loss and degradation in the United States alone are now estimated to be as high as \$85 billion everv single vear.

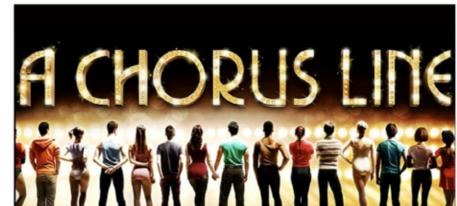
Like any relationship, our living soil needs our tenderness. It's time we changed everything we thought we knew about soil. Let's make this the century of living soil.

This documentary was directed by Chelsea Myers

of Tiny Attic Productions and produced by the Soil Health Institute through the generous support of The Samuel Roberts Noble Foundation.

Following the movie, we will have a lively discussion about healthy soil and how to get it on your farm. What are the steps to developing soil structure, managing nutrients, farming for carbon, and increasing diversity? NRCS Soil Conservationist Stacey Cooper and UNH CE Fruit and Vegetable Field Specialist Heather Bryant will answer questions and discuss practices that can work on your farm. Join us for the Living Soil event on Tuesday, April 2, 2019 at 1:00PM, at the UNH Cooperative Extension Conference Room at the Grafton County Complex, 3855 Dartmouth College Highway, North Haverhill. Contact Pam at Grafton County Conservation District with any questions: (603) 353-4652.

Volume 10 Number 13







SUNDAY, APRIL 28, 2019

Day Trip Includes: Deluxe Round Trip Motor Coach Transportation Continental Breakfast on the way (Coffee & Homemade Breakfast Goodies) Surprise Beverage Ticket to the Show at The Palace Theatre in Manchester, NH Bottled Water & Our Famous Homemade Brownies on the way home

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Passover Seder to be held at **New Life Christian Center**

New Life Christian Center on Route 116, in Bethlehem is once again hosting a Passover Seder on April 19th at 5:30. The Seder will include a full meal and teaching. It is free to the public; a free will offering will be taken. If you would like to reserve a seat or have questions, please call 444-1230.

We also gather together each Sabbath to worship YAWHEW and study the Torah. We begin the service at 10:30 with the blowing of the shofars, followed by prayer and a study of God's Word. At the end of the service we get together for a time of food and fellowship If you would like more information, please feel free to contact us at 444-1230.

Other ministries at New Life Christian Center

New Life Assembly of God Services held on Sundays at 10:30. Our Hebrew Study Center is open on Tuesdays 9:00-3:00. Helping Hands Food Pantry is open to all who need food. We are open the first Thursday of each month 9:00-12:00. Respitality is respite for those caring for loved ones who have Alzheimer's Disease or other memory loss. We are open Tuesdays from 9-3:00.

If you would like more information, about Respitality please call Patricia at 991-0155. For information about any of these ministries you can contact Pastor Jay Dexter at 444-1230.



Sports Betting ... In NH?

The NH General Court Hampshire; however, it is a recently approved HB 480, authorizing the Lottery Commission to operate a new system of sports betting in New Hampshire. As amended by the House, this bill would strengthen the Governor's sports betting proposal as identified in HB2.

As with many forms of gambling, there are supporting arguments for expanding sports betting from proponents and traditional objections from non-advocates. In May 2018, the United States Supreme Court ruled in favor of New Jersey's brief requesting that the 1992 Federal ban on sports betting violated their rights. The court's decision struck down the ban and gave states decision-making authority to enable sports betting.

Currently, this form of gambling is not legal in New

commonly known fact, that many people in New Hampshire as well as throughout the country are engaging in sports betting not withstanding its illegality. You can bet that during March Madness. many are involved in local office pools or engaged in online gambling sites hoping that their bracket picks will win.

The bill's intent is to bring much of this activity to the surface where it will be legal, regulated and produce state revenue. Legislative language proposes that Lottery Commission agents will be responsible for conducting sports gaming activities, and to further identify and determine maximum revenue impact to the state. As approved by the House, HB 480 requires local municipal approval for physical place-



ment and operation of retail sports gaming operations with no more than ten functioning at any one time. Betting on high school sports or on most sports events involving New Hampshire collegiate teams would be prohibited. All internet-based wagers must be initiated and received within the state must remain in compliance with the Federal Wire Act. If all goes well, the bill would net approximately \$10M per year in new revenues.

The 2018 Supreme Court decision eliminated the Federal law against sports gambling, and now it is only a matter of time that states such as NH will develop and possibly pass legislation enabling people to bet on sports. In 2018, a number of states immediately adopted legislation allowing sports gambling: New Jersey, New York, West Virginia, Mississippi, Pennsylvania and Connecticut. There are approximately 40 states that have some kind of casino, either state regulated or operated under tribal law. It's just a matter of time before most states will move toward sports gambling as a source of needed revenue. It should be mentioned, however, that sports betting nets only 2% of Nevada's overall gaming take. A majority of casinos opting to enter the sports gaming arena, have done so as a method to draw potential customers to the full array of gaming options.

Having passed the House by a bi-partisan vote of 269 to 82, the sports betting bill will be sent to the Senate for that body's consideration and action.

Respectfully Submitted, Rep Rick Ladd, Haverhill

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Saturday, May 4 St. Johnsbury Elks Club **118 Western Avenue** St. Johnsbury, VT05819 4:00 --- 7:00 PM

View Items After April 15 at jenkinsauctionservice.com **Refeshments And Cash Bar Available**

Contact Denise Stuart 1-802-684-1293 For More Information

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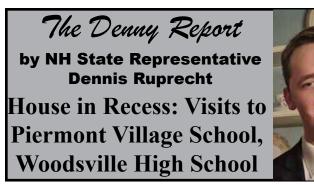
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The NH House of Representatives was busy last week acting on bills in order to meet our first deadline on March 21st requiring that all bills not in a second committee, except budget bills, being acted on by that date. After two long session days, we acted on all of the bills a day early, and are now in recess until April 4th.

A long recess has afforded me extra time to spend in the district, which is my favorite part of the job. Recently I had the pleasure of visiting Piermont Village School in preparation for their subsequent visit to the State House on March 26th. The faculty and students at PVS are delightful, and I'm glad that they were able to participate in the NH tradition of visiting the State House. School groups, historically 4th grade classes, have long visited the State House and have earned a unique spot in NH politics. Many Presidential candidates over the span of decades have greeted elementary school students during their visits to the People's House, and former NH Governor John Lynch has quipped that there's nothing more humbling than using the bathroom at the State House (the Governor does not have a private bathroom) while a group of 4th grade boys are, too. I again thank the students and faculty of PVS for making the long trip

down to Concord.

During recess I also had the opportunity to participate in Woodsville High School's Student Professional Development Day which was held on Thursday, March 28th. The day was focused on giving students the opportunity to explore career opportunities and essential life skills needed as they prepare for adulthood. Session topics included presentations from the Haverhill Fire Department, Dartmouth Hitchcock Medical Center, and Wells River Savings Bank among many others. Woodsville High School is doing an excellent job at preparing students for their next phases in life, and Rosalie Farr deserves a great deal of credit in playing an instrumental role. It's encouraging to see great things happening at our schools.

Thank you to Piermont Village School and Woodsville High School for preparing our next generation of citizens and leaders.

NVU-Lyndon's Twilight Players Present The Mystery of Edwin Drood

April 25-28th, Northern Vermont University-Lyndon's Twilight Players proudly present their Spring production of The Mystery of Edwin Drood. A raucous musical comedy based on Charles Dickens unfinished novel.

Loosely based on Dickens unfinished story, Mr. William Cartwright (Talon Pace) and the colorful company of The Music Hall Royale, devise a musical in the dramatic format that invites audience participation at every step. In small town of Cloisterham, England, the young and charming Edwin Drood (Kate Henriques) has been mysteriously murdered. But by whom? His leering romantic rival, John Jasper (Crenshaw Lindholm)? The infamous purveyor of opium and vice, Princess Puffer (Kayla Henesy)? The mysterious Landless twins (Michael Bachand Jr. & Rachel Fauci), newly arrived from Ceylon? The solitary Reverend Crisparkle (Kaio Scott) or his mysterious assistant (Nick Latessa)? Or someone else even more dastardly and villainous? Rupert Holmes' award-winning musical solves this predicament by asking the audience

> Copper • Brass Aluminum • Light Iron • Etc.



to choose which character is the killer by putting it to a vote. Staged in metatheatrical manner the audience get to vote on multiple questions that determine how that night's performance will end. This charming and inventive musical is sure to intrigue and entertain any musical or mystery lover. Showtimes are 7:30 p.m. April 25-27 and 2pm on April 28th. Admission is by donation (free to NVU students). Please note that The Mystery of Edwin Drood does feature some light bawdy humor. For more information, or to reserve seating please call 802-626-3663



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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, APRIL 2

THE LIVING SOIL: A DOCUMENTARY 1:00PM UNH Cooperative Extension Conference Room See Article on Page 3

WEDNESDAY, APRIL 3

POEMTOWN NOONTIME POETRY READINGS: **OPEN MIC** 12:00 NON St. Johnsbury Athenaeum

FIRST WEDNESDAYS: VINCENT VAN GOGH AND THE BOOKS HE READ 7:00 PM St. Johnsbury Athenaeum

THURSDAY, APRIL 4

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

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

SATURDAY, APRIL 6

FARMER'S BREAKFAST 7:30 - 10:00 AM - By Donation United Congregational Church of Orford UCC

FOOD SALE 9:00 AM 1:00 PM Woodsville United Methodist Church

HUNTING HERITAGE BANQUET 5:00 PM Northern Vermont University

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

POEMTOWN NOONTIME POETRY READINGS: **OPEN MIC** 12:00 NON St. Johnsbury Athenaeum

THE COOKING CIRCLE 3:00 PM St. Johnsbury Athenaeum

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

ACT Shoes & Brews 2:00 - 5:30 PM Littleton, NH See Article on Page 12

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

MONDAY APRIL 15

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

WEDNESDAY, APRIL 17

POEMTOWN NOONTIME POETRY READINGS: **OPEN MIC** 12:00 NON St. Johnsbury Athenaeum

THURSDAY, APRIL 18

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

FRIDAY, APRIL 19

PASSOVER SEDER 5:30. New Life Christian Center, Bethlehem See Article on Page 4

WEDNESDAY, APRIL 24

POEMTOWN NOONTIME POETRY READINGS: **OPEN MIC** 12:00 NON St. Johnsbury Athenaeum

WOODCOCK WALK AND TALK 4:00. – 8:00 PM Grafton Country Extension Office, No. Haverhill See Article on Page 13

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

THURSDAY-SUNDAY, APRIL 25-27

THE MYSTERY OF EDWIN DROOD-THE SOLVE-IT-YOURSELF MUSICAL 7:30 PM Alexander Twilight Theater, Lyndonville See Article on Page 5

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

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

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**

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

KIWANIS CLUB OF ST JOHNSBURY 6:15 PM - VFW Post, Eastern Ave,

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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

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

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 Вілдо - 6:30 РМ Haverhill Memorial VFW Post #5245 North Haverhill Співваде - 7:00 РМ 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

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 Mav Brainerd Memorial Library, No. Danville SUNDAYS Співваде - 1:00 РМ American Legion Post #83, Lincoln NORTH DANVILLE BAPTIST CHURCH (ABC), Worship and Sunday School, 9:30 AM Refreshments at 10:20 a.m.

Orange East Senior Center

Lunch is served daily at 12:00 Meals are available M. W. & F for home delivery. BINGO every Monday at 6 pm, doors open at 5 pm. **Everyone Welcome** CLINICS: Foot Clinics DATES on 4-10 & 4-24. Call OESC to make an appointment 802 222 4782. Foot care provided by Susan Hanna Rose, RN Blood Pressure and Wellness Clinic on 4-19-19 from 10:00 am to 1:00 pm. MaryAnn has retired and Connie Powell, MSRN will be here the 3rd Friday of each month. **ENTERTAINMENT: Starts** between 11 & 11:15 Music - The Boy-z on 4-12-19 Music - No Strings Attached on 4-26-19 ON GOING: **Exercise Classes every** Monday, Tuesday, Thursday and Friday at 9:00 am Line Dancing every Tuesday at 10:00 am Arts Group is groups that meets and support each other's arts and crafts on The First Wednesday of the month at 2:00 pm Chair Massages are

happening once a month. Indulge in you the last Tuesday of each month. The cost is \$15 for 15 minutes. Call for any appointment, April 16 is the date this month. Computer Class each Wednesday at 3:00 pm Cribbage every Wednesday evening at 7:00 pm

***Newsletters are not going to be mailed out, this is the last month. It is because of the substantial cost of post-

age and supplies. • The newsletters will be available for pick up here at the center.

 Newsletters can be emailed to you.

 Meal delivery's will continue receiving newsletters

SAVE THIS DATE! OESC ANNUAL PENNY SALE AND AUTION (A FUND RAISER FOR OUR MEALS ON WHEELS PROGRAM) WILL BE SATURDAY - OC-TOBER 19, 2019.

OESC Board Meetings are the last Wednesday of the month at 12:45. Everyone is welcome to attend.

NEK Chamber Looking For Events For Its Online Regional Calendar

In an attempt to better promote the many business and social events in the region, the Northeast Kingdom Chamber is once again seeking the assistance of the area's many civic, social and non-profit organizations to submit calendar items to the chamber web site, www. nekchamber.com.

The NEK Chamber online calendar is used as a resource for visitors, residents, welcome centers, workforce training and the state tourism office. There is no charge for listing events on the calendar and all regions of the Kingdom are represented. The chamber web site is considered the most extensive site on the region, covering visitor, relocation, business guidance, resident information, business directory and chamber member benefits.

and scroll down to Featured Events, which includes a "Submit Your Event" link. A form will appear that allows organizations to easily fill in necessary information on all types of events, whether it might be a concert or Quick-Books training opportunity.

"Although one of the most popular sections of our web site, historically, has been our activity calendar, we are receiving more and more business and training event submissions as well," said Jenn Garand, assistant to the director. She asks that groups send information on events as soon as they are finalized to allow earlier and better promotion of the activities.

Horse Meadow Senior Center

Activities for April, 2019

Lunch is served daily at 12:00, except when noted Breakfast Buffet: Every Tuesday @ 8:30-10:00 Find-a-Sticker April 3 @ Noon 50/50 Raffle April 17 @ Noon

SPECIAL DAYS: April 18th Easter Dinner and 4H Fashion Show Looking ahead: May 4th Dance & Listen to Comfort Country on Saturday 5/4 from 7:00-9:00 May 18th Step Up/ Stop Hunger Meals on Wheels statewide Walkathon at Horse Meadow Walk begins at 10:00 and BBQ @ 12:00, choose either a one mile walk or three miles. Forms available at the Center. Veteran Support with Krystal Letourneau, Veterans Service Officer will be here on a day in April. Please Call to confirm date and time. For any immediate questions, etc. call her at 603-486-8290 **ENTERTAINMENT: Starts**

between 11&11:15 Phyllis Vogel: 4/2, 4/16, 4/30 The Boy-z: 4/17 Ethel Cooper: 4/4, 4/18, 4/24 Bob Benjamin: 4/11, 4/25 Wayne Klinger: 4/15, 4/29 Carl, Gloria & friends: 4/3 Byron Berwick: 4/9, 4/23 Marshall Meade: 4/8, 4/22

CLINICS:

April 1, April 15: Foot Clinic with Susan Hanna Rose RN, from 9-12 pm Call center for appt. April 5: Foot Clinic with Beverly Sinclair, Call for appointments and dates **ON-GOING ACTIVITIES:** Mel Colby JP, NP (NH) will be here at HMSC for notary services, free of charge Healthy Lifestyle Share: 4/4 @ 10:30 contact Nancy Carr for info. 787-2539 Domestic Trauma Support Group @ 10:45, Thursday 4/11, 4/25 Grief Support with Florence 4/3 at 10:30 in the library Bone Builders: Mondays, Wednesdays & Fridays @

days @ 1:30 Interfaith Fellowship & Coffee beginning at 9:30 on 4/2, 4/16 w/ Pastor Wayne Chevalier All welcome! Hearts & Hands Quilting: Mondays @1:00 Herbal with Elaine on Friday 4/12, 4/26 @12:30 Nifty Needlers: Every Tuesday 9:00-2:00 Writers Group: Wednesdays @ 10:30 Bingo: Wednesdays @ 1:00 Floral Arrangements w/ Jane: Thursday 4/11 @ 9:30 Mahjongg: Every Friday @10:30 Play Reading Group: Mondays @ 10:30 Cribbage: Thursdays @ 12:30 HMSC Chorus: Mondays @1:00 Sewing with Rosemary: Mondays @ 10:00 Hand and Foot Cards: Fridavs @ 12:30 Ukulele: Wednesdays @ 1:00 Drums Alive: Tuesdays @ 12:30 come join us! Free Massage by Donna Paye 4/9/19, beginning at

TAINMENT: Starts 9:30, Tuesdays and Thurs- 9:00, must sign up Lyme Disease and Your Pet

BATH – The Bath Public Library is pleased to present David Hyde, DVM, "Lyme Disease and Your Pet" on Saturday, April 27th at 2:00 pm.

Lyme disease, also known as Lyme borreliosis, is a bacterial illness that can be transmitted to humans, dogs, and other animals by certain species of ticks. It is caused by the spiral-shaped bacterium Borrelia burgdorferi that is carried inside the tick and then gets into the dog's or person's bloodstream through a tick bite. Once in the bloodstream, the bacteria can travel to different parts of the body and cause problems in specific organs or locations, such as joints, as well as overall illness. Included in his presentation, new information on the Asian longhorned tick, coming soon to a pet near you! The program will conclude with a Q & A session.

Dr. Hyde graduated from the University of Minnesota College of Veterinary Medicine in 1998. He has been working in Northern Vermont and Massachusetts for the past 13 years. Dr. Hyde started working for Ryegate Small Animal Hospital in 2001 and has recently returned to Ryegate Small Animal Hospital after a 6 year

GO!

and Incense.

Open at 11 AM

hiatus.

Dr. Hyde enjoys all aspects of veterinary general practice. His special interest, however, is in veterinary dentistry. He believes strongly in a lifetime of care and a strong personal relationship with owners and their pets.

This program is free and open to the public. There will be light refreshments served.

For more information, contact the Bath Public Library at 747-3372 or e-mail bathlibrarykjb@gmail.com



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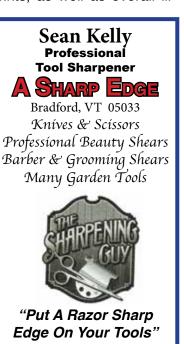
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EVERYTHING MUST

Sunday Closed

Not all Times are Trendy, but there will always be Trendy Times April 2,

The easiest way to submit events is to go to chamber web site's home page For more information on the chamber's online calendar and how to submit items on it, please contact the NEK Chamber at 802-748-3678 or nekinfo@nekchamber.com.



Phone: 802-222-9258 (Call now for brochure)



Clumb To The Clouds Hill Climb Returns To Mt. Washington In July 2020

Officials with the Mt. Washington Auto Road in Gorham, New Hampshire and the Sports Car Club of New Hampshire announced today that one of the Nation's oldest automobile races, the historic Mt. Washington Hillclimb, will be returning to the Northeast's tallest peak July

Organized and sanctioned by the Sports Car Club of New Hampshire, the 2020 Mt. Washington Hillclimb will serve as a 3-day motorsports festival that will include an 80-car field filled with some of the best drivers from North America and the world-as well as a contingent of rare vintage race and rally cars. "We're incredibly excit-

ed to once again welcome

back the Climb to the Clouds

Pinkham Notch, NH -9-12, 2020.



Peak Hillclimb in Colorado. The Climb to the Clouds was run sporadically from 1904-1961, then not again until 1990 when it was run consistently until 2001. Following a ten-year hiatus, the Mt. Washington Hillclimb returned in 2011 as part of the 150th anniversary celebration of the Mt. Washington Auto Road which first opened on August 8, 1861. Since the 2011 event, the Hillclimb has taken place in 2014 as well as 2017. The 2020 Mt. Washington Hillclimb will celebrate 30 very active years of growth and popularity since it was brought back in 1990.

"The Sports Car Club of New Hampshire is delighted to once again partner with the Mt. Washington Auto Road to host the 2020 Mt. Washington Hillclimb," stated SCCNH President, Nick Wilson. "Formed in 1955, the Sports Car Club of New Hampshire has a long history of successfully organizing and hosting a variety of top-level motorsports events and is proud to be the returning organizer of the Climb to the Clouds, the oldest motorsports event of its type in

Above: Travis Pastrana negotiates the serpentine "6-Mile" section of the Mt. Washington Auto Road, where the edge of the asphalt drops away into the steep ravine of the Great Gulf. Following his 2017 hillclimb victory, Pastrana enthusiastically stated to the media:

"I'm not saying the time I set can't be beat . . . but Ken Block, Rhys Millen, get your butts out here and let's have some fun! The next time they open this mountain, bring what you've got!"

The current record time of 5 minutes 44.72 seconds for the 7.6 mile course to the top of Mt. Washington was set by multi-time X Games Gold medalist, Nitro Circus creator and 5-time US Rally Champion Travis Pastrana at the 2017 Subaru Mt. Washington Hillclimb. Driving a Subaru Rally Team USA / Vermont Sports-Car-prepared 2017 Subaru WRX STI rally car with over 600 horsepower, Pastrana crushed the previous course record time of 6:09.09 which was set in 2011 by his Subaru Rally Team USA teammate, David Higgins from Wales, by nearly 30 seconds! Averaging close to 90 miles per hour along the 7.6 mile course in 2017, Pastrana also recorded speeds in excess of 130 mph above tree line. Following his record-setting drive, Pastrana stated "This record means a lot to me. To get the record here at Mt. Washington is real close to everyone's heart at Vermont SportsCar and Subaru Rally Team USA. To go up there with nearly double the horsepower (600 hp) by yourself, without a co-driver, having to memorize the 150+ turn course has taken months of work and memorization, it means a lot, it's really cool." Pastrana went on to say "I would love to see other drivers and manufacturers come over and see what they can do against us be-

cause I think we have the best car right here. This Subaru is the best car I've ever driven! That run up the hill is going to take some work. I'm not saying the time I set can't be beat . . . but Ken Block, Rhys Millen, get your butts out here and let's have some fun! The next time they open this mountain, bring what you've got!"

There's truly no question that the 7.6 mile Mt. Washington Auto Road is one of the ultimate challenges for driver and automobile alike anywhere in the world. The serpentine road is lined with trees on the lower half and dramatic drop-offs above halfway as it winds its way to the 6,288-foot summit of the Northeast's tallest peak. The drivers selected to compete in the 2020 Mt. Washington Hillclimb will race on the very same road as the original 1904 Climb to the Clouds competitors. Of course, the surface has changed a lot

CPR/AED and First Aid **Training at Housewright** Construction



NEWBURY, VT – When two individuals within our organization survived heart attacks last fall, we were thankful for their full recoveries and grateful for their returns to work. It was a jolting reminder about how suddenly life can change and about the value of receiving swift medical care. These heart attacks became a catalyst for us to update our in-house training. In November, 2018 Housewright Construction contracted with the Newbury Emergency Medical Services, who used the curriculum from the American Heart Association to educate and certify 16 of our employees to become CPR/ AED and First Aid providers. Our staff was very engaged in the training and they now have the skills they need in the event of an emergency, whether it occurs on one of our jobsites, at their homes or in the broader community. We would like to thank Newbury EMS volunteers Dan

Martin, Nancy Martin, Doug Merrill and Steve Willett for sharing their time, experience and knowledge with us.

since those early years with

nearly 90% of the road now covered with asphalt and a

mere 10% of the road's sur-

face remains hard-packed

ington Hillclimb will also re-

tain the same competition

classes that were developed

for the 2017 event which in-

clude the extremely popular

Unlimited Class as well as

Open, Prepared, High Per-

formance Showroom Stock,

(ARX), 2WD & 4WD Ral-

ly, Modified Electric, Stock

Electric and Vintage. Other

event-specific details, such

as competitor registration,

entry fees, car construction,

safety rules, event schedule

and volunteer information

will be shared in the coming

weeks on the event's official

website, www.ClimbToThe-

Rally

Cross

For 2020, the Mt. Wash-

gravel.

America's

Clouds.com

The population of many rural Vermont and New Hampshire towns - Newbury included - is spread over many miles. These distances, especially when combined with poor weather or road conditions, can seriously hinder the response time of the local volunteer fire department and EMT personnel. Each community would benefit from having more people with CPR and First Aid training. We encourage anyone who is interested in gaining or renewing these skills to contact your local EMS organization for guidance. The Newbury EMS team and fire departments are also looking for volunteers. Interested parties should contact Dan Martin (nemshos@gmail.com) to learn more.

event! This race has been a part of the Auto Road scene since 1904 and we're proud of this racing tradition and our place in automotive history," mentioned Mt. Washington Auto Road General Manager, Howie Wemyss. "We love the action, the fans and the drivers with their teams-it's such an amazing and colorful weekend filled with individual stories and drama. And we're always happy to see competitors test themselves and their machines while they go for a win or the chance of a



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WARMER DAYS

Fannie Mae Davis: OBITUARY

Woodsville, NH - Fannie Mae Davis, 94, of Ammonoosuc Street passed away on Wednesday, March 27, 2019, at Dartmouth Hitchcock Medical Center, Lebanon, NH.

Mae was born on February 10, 1925, in Bedford, PA to Samuel Clyde and Fannie Mae (Leonard) Walter. After losing the farm to fire in Pennsylvania, the family moved to Ohio where Mae grew up on a farm with her brothers and sisters. On December 20, 1947, she married Eric F. Davis of Piermont, NH. She was a member of the Woodsville United Methodist Church, sang in the choir and volunteered at church suppers and volunteered at the Horse Meadow Senior Center kitchen. She was a member of the Woodsville Bowling League and a former member of the Bradford (VT) Country Club and the Heather Country Club in Florida. Over the years she won a number of trophies for her prowess on the golf course. For several years, she wintered in Florida. Family was always important to Mae and she inquired about their well-being right up until her death. She loved holiday dinners with the family.

She was predeceased by her husband, Eric Davis, on April 7, 2008; a son, Daniel Eric Davis on August 22, 1992; a grandson, Lucas K. Davis on August 21, 1981; along with six sisters and four brothers.

She is survived by a daughter, Victoria Davis of Wilder, VT; three sons, Stanley Davis of Woodsville, Kurt Davis and wife Donna of North Haverhill, NH; and Jeffrey Davis of Monroe, NH; five grandchildren, Sarah, Tara, Trevis, Benjamin, and Katie; four great- grand-



children, Tyler, Abigail, Alexander, and Elizabeth: baby Calvin who is due in early April; a sister, Betty Grieser of Archbold, OH; a sister-inlaw, Irene Holoway of Piermont, NH; and several nieces and nephews.

There will be no calling hours. A memorial service will be on Friday, April 26th at 2 PM at the Woodsville United Methodist Church on Maple Street, with Pastor Clint Brake, officiating, followed by a gathering in the church basement at 3PM.

Burial in Ladd Street Cemetery is to be announced later in the spring, Haverhill, NH.

Memorial contributions may be made to the American Heart Association, Founders Affiliate, PO Box 417005, Boston, MA 02241; Alzheimers Association, NH Chapter, 166 South River Road, Suite 210, Bedford, NH 03110; or the Good Shepherd Ecumenical Food Pantry, PO Box 124, Woodsville, NH 03785.

For more information or to offer an online condolence, please visit www.rickerfh. com



Littleton Food Co-op To Partner with The North Country Beekeepers Association

The Littleton Food Co-op is excited to partner with The North Country Beekeepers Association (NBCA) during the month of April. Believe it or not, you have a bee to thank for every one in three bites of food you eat! Seventy out of the top 100 human food crops - which supply about 90 percent of the world's nutrition - are pollinated by bees.

Founded in June of 2012, The North Country Beekeepers Association is a non-profit, volunteer-run organization that promotes beekeeping by providing ongoing support and education to both current beekeepers, the bee-curious, and the public. The NCBA works with local schools, civic organizations, food cooperatives, radio stations, and local cable access stations to help raise awareness and insight. Based in Littleton. NH, the NCBA hosts offers workshops, tours, and guest speakers to learn more about the world of bees and hive management. Monthly meetings welcome all levels of experience and take place the second Sunday of every month at 6:00PM EST at Littleton Food Coop, 43



Bethlehem Road, Littleton,

Learn more about The North Country Beekeepers Association on their facebook page: https://www. facebook.com/groups/northcountrybeekeepers

Member-owned Littleton Food Co-op is a local, hybrid, and very friendly store located at the intersection of Cottage Street and Route 302 (exit 41 off I-93). Everyone is welcome to shop and ne is welcome to join! Not sure what local, hybrid, and

YOUR AD

per issue

friendly means in terms of a food store....come on in and ask any of our staff members! The Littleton Food Coop is open daily from 7 am - 8 pm. For more information or to become a member, please visit www.littletoncoop.com or call 603-444-2800. See you at the Co-op!

2019

Volume 10 Number 13

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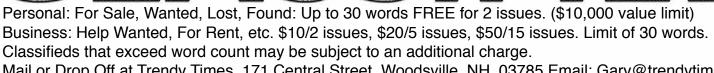


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BARRELS, TOTES & PAILS: 5 gallon - 275 gal-Ion. Plastic or steel. Open and closed top. Call Bicknell Barrels 802-439-5519 12.24

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VISA

MAN 25-55 YEARS OLD to work with me on outside projects once the snow melts. \$13 cash. North Haverhill. 603-787-2060 04.02

HARMAN'S CHEESE & COUNTRY STORE NEEDS SOMEONE WILLING TO DO EVERY-THING: Retail clerk, Pack boxes for Shipping, Wrapping Cheese, Customer Service. Must be able to lift 50 lbs and willing to work at least one weekend a month. Hours negotiable from 20 to 40 hours per week. Salary based on experience. E-Mail: Cheese@HarmansCheese.com or calL 603-823-8000. 04.16



TDL WASTE SERVICE & trash drop. Jct. Route 302 and Wallace Hill Road. Wells River. Wed. 5-7 pm. Sat. 8 am - noon, Sun. 9 am - 1 pm. Phone 802-428-2005 or 802-431-1718 06.26



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Classifieds that exceed word count may be subject to an additional charge. Mail or Drop Off at Trendy Times. 171 Central Street, Woodsville, NH 03785 Email: Gary@trendytimes.com

Letter to the Editor

NH are allowing for the IM-

PORTATION of trash from

MA, RI, VT, ME, CT, and

other surrounding states,

which makes up over a third

of the waste currently going

into the Bethlehem landfill

and is the main reason why

Casella Waste Systems

needs to expand. I cannot

understand why our polit-

ical leaders would permit

this to happen, especially in

these times of heightened

environmental awareness!

Trash should be handled

and disposed of locally, for

all states and their respec-

tive municipalities to deal

with (recycling, household

waste reduction programs,

etc) as it makes zero sense

for it to be collected and

I also learned that we in

It has recently come to my attention that Casella Waste Systems, via its subsidiary company North Country Environmental Services, is taking steps to expand its landfill operations from the current location in Bethlehem into a large parcel of land (1900 acres) which lies within the 3 towns of Littleton. Bethlehem. and Dalton and is currently owned by Douglas Ingerson, Jr. We all are fortunate enough to live in a beautiful area here in the North Country, with its pristine air and water, gorgeous landscape (the landfill proposed is near Forest Lake State Park) and I would implore all of you to help prevent this from happening.

Jon,

The issue of what to do with trash is becoming more and more of an issue not only here in the North Country, but all across this nation and around the world. I would have to agree with you that recycling and reducing trash must become more common for all of us. Simply cutting down on the materials we throw away on a daily basis, multiplied by the number of days we do that, can add up to a very large footprint.

In regards to this particular site for a land

shipped elsewhere, anywhere, and especially here in our little slice of paradise. Talk about a carbon footprint!

I would invite all citizens in the North Country to join me and others to do all that we can to prevent this from happening. Please contact your elected officials, share this info with your neighbors, and get the word out as this new landfill would have a very negative impact on our environment, our property values, and quality of life.

Thank You, Jon Swan Dalton, NH

fill, I must admit that I do not know the exact spot, but your description tells me that is seems to lie in an area enjoyed by the general public. I would hope that regulations that are in place will be adequate to properly site any new landfill. But I also would encourage you and others to make your voices heard. The voices of the voters are what our elected representatives should be listening to. So be sure they know vour opinion.

Gary Scruton, Editor

Real Estate Auctions Information Sessions Scheduled

The public is invited to learn more about the process of buying and selling real estate at Real Estate Auctions by attending one of two free information sessions in the region.

The sessions entitled "Unlocking the Mysteries of Real Estate Auctions" will explain how real estate auctions work and address common misconceptions about the real estate auction process.

All attendees are welcome and you do not need to be currently planning to purchase or sell real estate to attend. Light refreshments will also be served.

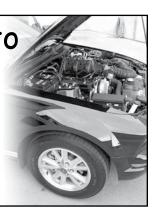
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The first session will be held on Thursday, April 11th from 5:30-6:30 PM at The Space on Main, 174 Main Street in Bradford, VT. The second session will be held on Tuesday, April 16th from 5:30-6:30 at Alumni Hall, 75 Court Street, Haverhill Corner, NH.

Attendance is FREE but attendees are requested to RSVP at www.upcountryauctions.com/rsvp or by calling (802) 866-0184.

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Tourism in the White Mountains Has a New Leader

North Woodstock, NH -Charyl Reardon has been named president of White Mountains Attractions Association, marketing the State's most popular tourism region and driving a \$900 million industry in the region.

Reardon becomes just the third president in the association's 60-year history, responsible for visitor services, public relations, and promotion of New Hampshire's fabled White Mountains in markets around the world. She succeeds Jayne O'Connor, who is retiring after 22 years at the helm.

"I love the White Mountains and I believe it is one of the best tourism destinations" Reardon said. "I am beyond excited about the energy, enthusiasm and passion of my team. I am looking forward to leading this organization, which understands the economic impact of tourism, and has helped to make memories for generations of families from across the country and around the world." A graduate of Lincoln-Woodstock Public School and Plymouth State University, where she earned a Bachelor of Science in business, Reardon joined White Mountains Attractions in 1999, handling all aspects



of marketing over the years, from brochure distribution and membership, to operations and digital marketing.

"It's rewarding to turn the organization over to someone you have nurtured and encouraged," said outgoing president, Jayne O'Connor. "The association has a pretty dynamic marketing plan these days, investing one million dollars annually into promoting the region here and abroad. Charyl is very good at integrating new

marketing opportunities into our current plans in order to reach as many potential visitors as possible.

There is a lot of competition for people's time these days," said O'Connor, "so our job is to keep them coming to the White Mountains for their fun and recreation."

The association maintains the popular VisitWhite-Mountains.com website, as well as several social media outlets for White Mountains tourism. In addition, it promotes the region through brochures, travel shows and public relations.

The White Mountains Attractions Association is based at the White Mountains Visitor Center on the Kancamagus Highway in North Woodstock and is the official destination marketing organization for the White Mountains, its 17 major attractions and over 300 other tourism businesses.



New Hampshire

The Town of Haverhill has an opening for the position of Airport Manager for the town-owned Dean Memorial Airport located in North Haverhill.

This is a part-time position.

For a complete job description please contract the Haverhill Town Manager at townmanager@haverhill-nh.com

> The Town of Haverhill is an equal opportunity employer.



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Being Old

by Elinor Mawson

Last year I became an octogenarian. That means I 2019 turned 80. I always thought that meant "old" but now I April 2, am there, it doesn't seem old at all.

cal sense. But a recent visit to the hospital was a real eye-opener. I was called "honey" by just about evall eryone. I hate being called Not "honey" but I couldn't tell ev-I am busy living a happy life. eryone because I would be saying it hundreds of times a day. And then there was the kind lady who asked me if I seen yesterday and I love had done my "advanced ditoday." I can't think of anyrectives". thing better.

These are formal papers saying I don't want to be resuscatated if necessary.. When I told my son about this, he said, "What does that mean?" I had to tell him, "It means 'pull the plug' and he looked horrified. But now he knows what I want and I am sure he will do it. Now that I have made my wants known, I can forget about it

and travel on. We have done our wills and bought our headstone. We don't think about them very often because we are quite busy living every day when it comes along. I find myself thinking about my mother at the age I am now. She was in a wheelchair and had macular degeneration but she was busy most of the time with the things she loved--gardening, reading books on tape and asking for help when she needed it. I am in much better condition than she was at 80 and hopefully will remain so--and

I saw a poster once that proclaimed: "I am not afraid of tomorrow because I have

Try to Avoid "Titanic" Investment Mistakes

since the tragedy of the Titanic. Of course, this disaster has fascinated the world ever since, leading to books, movies, musicals and, ultimately, a successful search for the big ship's remains. On the positive side, commercial shipping lines learned a great deal from the Titanic, resulting in safer travel across the oceans. And as an investor, you, too, may be able to draw some important lessons from what happened on that cold April night more than a century ago.

So, to avoid some "titanic" investment mistakes, consider the following:

Create a financial strategy with a solid foundation. Although considered a technological marvel, the Titanic had some real structural, foundational flaws - such as compartments that weren't

watertight. fully To withstand the inevitable rough seas ahead, your investment strategy needs a strong foundation, based on your needs, goals, family situation, risk tolerance and time horizon.

Be receptive to advice. The

It's been 107 years this month Titanic's crew had received plenty of Marconi wireless warnings from other ships about ice in the area. Yet they did not take precautions, such as slowing down. When you invest, you can benefit from advice from a financial professional - someone who can caution you when you're making dangerous moves, such as pursuing inappropriate investments, which could ultimately damage your prospects for success.

> Be prepared for anything. The Titanic had far fewer lifeboats than it needed, resulting in a tragic loss of life that could have been prevented. As an investor, you need to be prepared for events that could jeopardize your financial well-being, and that of your family. So, at a minimum, you need to maintain adequate life and disability insurance. And it's also a good idea to build an emergency fund containing six to 12 months' worth of living expenses, with the money kept in a liquid, low-risk account.

> Don't overreact to perceived threats. When the iceberg loomed directly ahead, the Titanic's crew frantically tried to steer clear of it. While this move was understandable, it inadvertently hastened the ship's demise, because it exposed a more vulnerable part of the hull to the huge ice mass. When you invest, you might also be tempted to overreact when facing per

ceived dangers - for example, if the financial markets plunge, you might think about selling your stocks. This is often a bad idea, especially if you're taking a big loss on your sales. If your investments are still fundamentally solid, you might well be better off by staying patient and waiting for the markets to recover.

Give yourself time to reach your goals. Edward J. Smith, the Titanic's captain, apparently wanted to break speed records on the Atlantic crossing – and this desire may have contributed to his somewhat reckless passage through fields of ice. As an investor, you could also run into problems if you rush toward a goal. To illustrate: If you wanted to retire at 65 with a certain amount of money, but you didn't start saving and investing until you reached 55, you'd likely have to put a lot more away each year, and possibly invest a lot more aggressively, than if you had started investing when you were 30.

Put to work some of the Titanic's lessons - they might help you improve your chances of smooth sailing toward all your important financial goals.

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

ACT's 'Shoes & BrewsSM at PRKR Mt. & Littleton Freehouse April 13

LITTLETON - Say hello to spring and walk some great trails and visit one of Littleton's newest restaurants with the Ammonoosuc Conservation Trust (ACT) at its 'Shoes & Brews Saturday, April 13 from 2 to 5:30 p.m. in Littleton.

Wear your hiking boots for the 'Shoes portion of the event. We'll walk some of the Parker (PRKR) Mountain trails near downtown Littleton from 2 to 3:30 p.m. We'll move at a slow to moderate pace along trails built for mountain biking but also open to hikers and skiers year-round. We currently plan for a loop of about 2.5 to 3 miles with light to moderate elevation gain. Kids are encouraged to come along and dogs are also welcome! After the hike, the group will head down the hill to the Littleton Freehouse for the Brews portion of the

event for snacks and refreshments. The Brews will officially run from 4 to about 5:30 p.m., and everyone is welcome to come and go as needed, whether or not they're on the hike. Consider staying to enjoy the delicious fare offered on the full Freehouse menu.

A big thanks to PRKR Mtn for partnering with ACT for this event!

Registration for the 'Shoes is required and is capped at 20 participants for your safety and enjoyment, so please be sure to register ASAP. Registration closes at noon on Friday, April 12. Once registered, an email will be sent with details about the meeting location. Registration for the Brews is not required but is very much appreciated to help organizers plan accordingly. Not able to make it to both portions? You can join

either or both. If you're only coming to the Brews, bring a friend(s)!

Our 'Shoes & Brews events this past winter have been well-attended and very popular. They're a great way to get outside and explore new places, meet new friends, and enjoy some delicious local fare. We'll be taking a short mud season break and then start up the 'Shoes & Brews again in June, so check the ACT website or sign up for our monthly E-News to find out about future 'Shoes & Brews and other ACT events. The Ammonoosuc Conservation Trust inspires and leads private, voluntary action to conserve the land the North Country loves. Learn more and become a member at act-nh.org or by calling (603) 823-7777.

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God will not hold America Guiltless.

Psalms 94:16 The Lord asks His people:

"Who will rise up for Me..." "Who will take his stand for Me..."

The safest place for a baby should be in his mother BUT in America, it has become the most dangerous place.

Go to: heartbeatbill.com, sign letter themoraloutcry.com, sign petition and view 2 short videos.

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Mary Elizabeth "Betty" Hysong: OBITUARY

North Haverhill, NH – Mary Elizabeth "Betty" Hysong, 74, of Oak Ridge Park, died on Saturday, March 9, 2019, unexpectedly at her home.

She was born in Jamestown, NY, July 25, 1944, a daughter of Frank and Ruth (Carpenter) Howe.

Betty was a graduate of Jamestown High School, Class of 1962. She received her teaching degree in 1967 from Houghton Col-Betty married Rev. lege. Ralph Hysong on August 16, 1975. She was a member of the Trinity Church of the Nazarene and had faithfully played the piano there for over 40 years. Betty was also very involved with teaching Sunday School, leading Bible studies, supporting Mission work, and being the consummate Pastor's wife.

For over 22 years, she worked as a trainer/inspector on circuit boards at Hypertherm in Lebanon, NH.

Betty was predeceased by her husband, Rev. Ralph Hysong on February 26, 2006 and a daughter, Deborah Ruth in 2016.

Survivors include her daughter, Elisabeth Mahoney and husband Robert of North Haverhill; a son, Joseph Hysong of North Haverhill; four granddaughters, Rachel Taylor and husband Cory Turner, Rebekah Taylor, Sarah Mahoney, and Jessica Mahoney; six great



grandsons, Tristan, Caleb, Eamon, Rowan, Luke, and Andrew; two brothers, Robert Howe and wife Janet and William Howe and wife Linda both of New York, and several nieces, nephews, and cousins.

There will be no calling hours.

A Celebration of Betty's Life will be held on Friday, May 31, 2019 at 10 AM at the Trinity Church of the Nazarene, 41 Nazarene Drive, North Haverhill, with Rev. George Hemway officiating.

Burial will be in the Horse Meadow Cemetery Annex at the convenience of the family.

In lieu of flowers, memorial contributions may be made to the Dayspring Ministry Crisis Pregnancy Center, 1 Main Street #2, West Lebanon, NH 03784. For more information or to sign an online condolence please visit www.rickerfh. com

Ricker Funeral Home & Cremation Care is in charge of arrangements.

Fish & Wildlife Board Appointments ¹³ Lack Inclusion

Stowe, VT - Last week, Governor Scott ignored numerous emails and phone calls from Vermont residents who asked him to diversify the Fish and Wildlife Board (Board), which makes all regulations pertaining to hunting, trapping, and fishing. "The Board does not just make regulations; they essentially form public policy on a public 'resource' (wildlife), without representation from diverse members of the public on the Board," shares Lisa Jablow, POW Board member. By appointing three lifelong hunters, the Governor rejected concerns that the Board needs to better reflect the opinions and concerns of all Vermont citizens, not just the estimated 16% who hunt, trap, or fish. Many have asked for a bipartisan appointee, such as a wildlife biologist to fill a vacancy, to no avail.

Wildlife advocacy groups, as well as a veterinarian, a wildlife biologist, and attorneys met with Governor Scott last summer to discuss how to better democratize wildlife policy. "We represent the growing 'non-consumptive' community that includes wildlife photographers, bird watchers, wildlife trackers, and others. Scott's latest decision proves to us that the current system is undemocratic and broken at its core," said Brenna Galdenzi, POW Co-Founder and President. Galdenzi adds, "The Board is reportable to no one." She refers to the Board's process as the Illusion of Inclusion.

It's not unusual for Board members to ignore the Fish & Wildlife Department biologists and plow ahead with a position that is not science-based. For example, a number of Board members rejected the Department's recommendation to not extend the bobcat trapping season and more recently voted to relax the baitfish rule despite the Department's warning that it could not quantify the risk to native species. "We have lay persons ignoring the scientists, and the regulated regulating the regulated," shares Holly Tippett, POW Co-Founder and Board member.

Some wildlife advocates also have been concerns over unprofessional behavior by certain Board members, including the prior Chair, who has referred to wildlife advocates as 'antis' and other pejorative terms. "When you have Board members who are sharing their hostility towards wildlife advocates in public forums, it erodes the public's confidence that they can act fairly", shares Lynn Andrews, Vermont resident.

There is legislation pending right now, bill H.190, in the House Natural Resources Fish & Wildlife Committee that addresses what many believe is a flawed wildlife governance model that leaves various stakeholders unrepresented. To learn more about H.190 or to get involved in protecting Vermont's wildlife, go to www. protectourwildlifevt.org.

Track & Sign Certification

Saturday, April 13, 8:30am, \$125/person for day course, or \$160/ person with Friday night bunk & Saturday breakfast

These certifications are the international standard for wildlife tracking and an unparalleled training tool for those learning to observe wildlife. A great way to learn for those at any skill level! In this one-day certification, the candidate will learn to interpret the spoor and behavior of medium to large animals. Participants who pass the evaluation will earn a Track & Sign I Certificate from CyberTracker Conservation. Location: NorthWoods Stewardship Center, 154 Leadership Drive, East Charleston, VT

Contact: 802-723-6551, northwoodscenter.org, events@northwoodscenter. org

Cruiser Maintenance Contract Bids:

The Haverhill Police Department is currently accepting bids for cruiser maintenance. Eligibility Requirements:

• Mechanics must be certified to perform general maintenance on Police vehicles.

• Business must be able to provide a Certificate of Insurance and a Certificate of Good Standing.

- Work must be completed in a timely manner.
- Maintenance and repairs to police cruisers must take precedence.

 Business must reside within the Haverhill Community.

Please Provide Quotes For the Following Routine Maintenance:

• Lube, Oil, and Filter Changes using Synthetic

April 2,

2019

Volume 10 Number 13

Wednesday, April 24, 2019 erative Extensi 4:00 p.m. – 8:00 p.m. County office

Woodcock Walk & Talk

The American Woodcock is considered a species in greatest need of conservation in the New Hampshire Wildlife Action Plan. The "singing fields" and brushy habitat that woodcock need also benefit many other wildlife species, and these habitats can be managed on a small scale right in your backyard. Join us at the Pondside Lodge at the Schwaegler Family Tree Farm, 598 Indian Pond Rd, Orford, NH for an indoor presentation followed by site visits of woodcock habitat and discussion of habitat management strategies. Expect to see woodcock singing in the area later in the evening. There is no cost for this workshop. A soup supper will be provided at the Lodge.

erative Extension Grafton County office at 603-787-6944 or e-mail teresa. locke@unh.edu. Directions can be found at www.indianwoods.com.

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have a great assortment of Fall and Winter goods, consisting in part of fine Broadcloths, Cassimeres, and Satinetts, 6-4 and 3-4 English Merinoes and Circassians, super black and colored silk velvets: black and colored gros de Swiss, and gros de Naples Silks. Figured Velvet and Velnentia Vestings, Cambrics, Cambric Muslims, Bishop Lawns, super Irish Linens, and Linen Lambrics, Grecian and Bobbinet Laces, Edgings, blond Footings, Cambric Trimmings, English French and American Calicoes: Sheetings, Shirtings Ticking, Drillings, cotton Warp and Wicking. All of which will be cheap for cash or approved creditl

Also, as above we have a good assortment of CROCKERY and GLASSWARE.

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- Any other miscellaneous fees charged.

The contract period will be for one year with the option to renew the contract for up to two more years. Respondents can send emails to hpd@haverhill-nh.com (subject must be marked Cruiser Maintenance Bid); or via mail to: Haverhill Police Department Re: Cruiser Maintenance Bid 2975 Dartmouth College Highway, North Haverhill, NH 03774 **No later than May 1st 2019** The Haverhill Police Department reserves the right to

reject any and all bids.



Medicare Part B sends Medicare recipients a book every year titled "Medicare & You" and it notes the year that the information is good for--this year is 2019. It is a thick, magazine type, book that outlines what is and is not covered under your Medicare Part B insurance. If you are on Medicare Part B and have health issues beyond the annual physical, hang onto this book. The biggest phrase in

the book is "Medically Nec-

essary", this means that the

doctor has to write notes that

show a need for the service

or test. For example; you

Not all

that are treated with antibi-

> otics are tricky, people start feeling better after a few days of taking medicine but the bug that made them sick is hiding. Once the medication is stopped, a person may start being sick again. If people take the medicine incorrectly, they may cause a super bug or become even more sick. Sometimes, a bug is so big that even if you take the medicine correctly, one gets sick again after the medicine is gone. Medical necessity is met when the doctor is able to document your health issues and the success or failure of the treatment. This is why, no matter how you feel after the prescribed antibiotic is finished, one needs to call the doctor's office for a follow up.

Following up with your doctor after having an illness treated (especially if you have been given antibiotics) is the safe way to protect your health. Annual exams gives your doctor a baseline and expands the doctor's reference of your general health. When changes do occur, having a doctor that knows you will provide you with a trusted ally.

Having a doctor that works with the Medicare guidelines and has a health plan for your well being is the way to a successful aging life-style.

by Maggie Anderson

Ben Watson's at it again. Lately he's been offering me various jobs, always careful to remind me that there are gaps in the resume I sent, though I can't remember ever sending a resume to him, or anybody else for that matter, not for years anyway.

He was so worried he said he desperately needs me to answer his email and provide him some details missing from the resume I never sent. He needs those missing pieces in order to settle me into my dream job.

He has sent me info on cut rate insurance to cover everything from Humvee to hovel. Has kept me apprised of checkups due for all things mechanical, even offered to send me updates on when my oil needs changing, provided I provide him with every bit of personal information he can extract from me.

He emailed his concerns over my current health, even sent a link to the latest breaks on funeral expenses, he sent so many emails and links about my health issues I began to wonder if he knew something I didn't know, maybe something I should get in touch with him about.

When I didn't seem as responsive as he felt I should have been he began plead-

ASAP because he had located a check of mine and had to have more information about where to send it. I did not respond to that either because, really Ben it's the 21st century, you've got a firm grip on my email address, why don't you just cut to the chase and use it to deposit the check into my PayPal account?

My Budddy Ben

The poor man worries more about my life than I do.

He has offered to send me all sorts of valuable coupons, as soon as I open his email and give him carte blanche to dig as deep as he likes into every aspect of my life. I don't play nice with Ben and his ilk, never did. If you don't believe that ask any guy who ever had the poor judgement to have one of my girlfriends ask me if I would go out with him.

I'm a much more "in your face" kinda' gal, I like to see you when we share such vitally important info on my life. And I want to know who's asking and why my my problems or possible problems are more important to you than they are to me.

Poor Mr. Watson hasn't gotten the memo that if there's smoke in the chimney there's still fire in the furnace. I have to give him credit for persistence though

ing with me to contact him he really does hang in there.

Not to be outdone by his cyber buddy, Ben, Crystel Bock - by the name I don't know whether this is a male or female phisher person - but not wanting to be outdone he/she/they sent me a real eye-opener this morning. Whoever it is "invited" me to have sex with them.

My guess is they have not talked to Ben yet or he would have told them I don't answer invitations not delivered in person - unless it's for a family member's wedding and I know they are too busy to come over just to let me know I've been invited.

Somebody else must be monitoring what Mr/Mrs/ Ms Bock are up to because they sent an urgent email this afternoon giving me a link to a site called "Bust A Cheater" and assured me that they can nail the various Bocks for their transgressions against me, provided I let them into my computer of course.

The Bocks should have talked to Ben before emailing me, he could have saved them some valuable time. I doubt that it would have made much difference but whoever they are didn't even invite me out for a burger first! Really!

Riverside School Coffee House

The Riverside School was pleased to welcome medical and clinical professionals during their "Coffee House" meeting held for parents and guardians on March 12th entitled "Ages & Stages, a Discussion on Parenting and Childhood Development."

The discussion included subjects such as building confidence and trust, gen-



erational changes in par- Sheryl Cole, MED, M.A., enting, social and emotional VT Rostered Clinical Mental

made you sick, just taking a pill may not be enough to fix the problem. Some illnesses **TRENDY TIMES STAFF**

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Trendy Times reserves the right to accept or reject publication of any letter to the editor or submission of any nature for any reason. Of course you will need to be really out there for us to turn you down. We also reserve the right to make slight changes to submissions for readability purposes.

Thank you for your understanding.

ENDY A Free Publication

changes, rules and chores at home, executive functioning, or sports trauma (concussions).

Pictured from left to right are Dr. Amanda Van Straten, a neurologist practicing at NVRH. Scott Fournier, LCM-HC, Licensed Clinical Mental Health Counselor, and

Health Counselor. Inspired by parent suggestions, the Riverside Coffee Houses offer opportunities for parents and guardians to discuss issues of teaching, learning, and parenting, and in particular questions about developmentally appropriate strategies.



OUR MISSION: To provide support for stray and unwanted dogs in our communities and to attend to their needs while looking for their forever homes. PO Box 98, Franconia, NH 03580 603-823-7077 atnhs.email@gmail.com www.atnhs.org

No Profit In Cancer Prevention

By: Rae Carter

Corporations without commitments to social and environmental impact focus on turning a profit and producing products as cheaply as possible. While this sounds reasonable from an economic perspective, human health is the primary cost.

Genetics and gene mutations cause cancer, but what causes gene mutations? Pollution in our environment; Chemicals in the products we use and have in our homes; Chemical exposure in workplaces; Pesticides on our foods and in our beverages; Genetically modified products; No adequate regulation of the 85,000 synthetic chemicals on the market (source: Breast Cancer Action): Stress. pace. and demands of our society and work/life imbalance; People's inability to access healthy food, safe products, or have the resources to make healthy lifestyle decisions; A medical system that treats the symptoms of cancer rather than the root causes of an epidemic.

A cure for cancer lies in addressing the factors above. Unfortunately for us humans (and our animal friends), prevention of cancer is not profitable for the cancer industry.

The Cancer Industry The cancer industry includes corporations, like Bayer (recently merged with Monsanto), which produce food, home and beauty products, drugs, and pay for cancer research.

A conflict of interest to say the least, corporations like Bayer profit simultaneously from genetically modified food grown with pesticides (both of which cause cancer); home and beauty products made with unregulated, cancer-causing chemicals; and the production of cancer treatment drugs. Corporations finance a vast majority of cancer research—through medical institutions, government, and nonprofit organizations-and direct the research focus towards cancer treatment and the development of pharmaceutical drugs. Cancer treatment is critical for someone diagnosed with cancer, and advances

in conventional medicine are an imperative part of saving lives. However, why is there not more research to keep people from getting cancer in the first place? Cancer-causing pollution and chemicals in our air, soil, water, food, and products along with the lack of environmental regulations guarantees a steady stream of new cancer patients. Increasing cancer diagnoses also provide the necessary statistics for continued cancer research. most of which is to develop

Corporations cannot profit in cancer prevention, and in fact, addressing the real cure for cancer could potentially topple a billion-dollar industry.

more druas.

Cancer Awareness Campaigns

The most effective marketing tactics feed on fear and there is no shortage of fear when it comes to cancer. People are so afraid they will often believe anything positive or hopeful about cancer, including supporting cancer awareness and find-a-cure campaigns, many of which are riddled in deceit. Cancer campaign marketing efforts draw attention to popular brands' support of cancer campaigns, while deceiving consumers from the truth that these same brands sell products with cancer-causing chemicals. For example, Estee Lauder and Avon are key supporters of the Breast Cancer Pink Ribbon Campaign, even though numerous products contain parabens and phthalatesxenoestrogen chemicals that cause breast cancer.

Empowerment to Change

As a marketing professional for twenty years, I understand how corporate money persuades public opinion. As a breast cancer survivor at 42 who has uncovered the cause of the cancer that invaded my body (which includes a combination of the factors listed at the start of the article), I understand what it means to have cancer in a medical system driven by profit, not prevention. Cancer has drastically changed my life and preventing cancer in my body going forward is my top priority. I also want to help people feel empowered to make changes in their lives that lead to the prevention of cancer and to advocate for themselves and their health in a fear-based system.

Cancer affects people of all races, ages, genders, socio-economic backgrounds, and political ideologies, with an additional layer of social and economic disadvantages and injustice for marginalized populations, including an inequitable health care system. Can we find common ground to demand cancer prevention from our medical system? Can we change how we spend our money to support socially responsible companies that do not contribute to the cancer epidemic? Can we advocate for an equitable health care system for humanity? Can we be the change we want to see?

Rae Carter spent the past year healing from breast cancer and several connected health issues following a 20 year marketing and public relations career. She serves on the board of Vermont Businesses for Social Responsibility and lives in Plainfield, Vermont. Connect with her at www.facebook. com/RaeCarterEmpowerment or on Twitter and Instagram as RaeChiVT.

Reducing Suicide In New Hampshire

To all concerned,

Governor Chris Sununu, in the State of the Union Address, promised to look into and develop a way to decrease the high rates of suicide due to the use and overdose of drugs among youth in New Hampshire.

However, Governor Sununu failed to include the high incidences of suicide among women of child-bearing years from maternal complications such as hemorrhage and Postpartum Psychosis, one of three phases in Post Partum

Blues Syndrome, PPBS; a sister syndrome - Sheehan's Syndrome, within maternal psychosis where the pituitary gland fails to do its job post childbirth.

Please, contact our state representatives to ask that Governor Sununu include women of childbearing years in efforts toward prevention and recovery; to give all families a chance to thrive.

Thank you,

D.A. Gray, Maternal Health Advocate, Doula Educator; gray.darlene.a@gmail.com



YOUR COUNTRY IS ...



STEVE HARMON 6:00am-10:00am









Spaghetti Prima Vera

ipe, you can use whatever you have changing the vegetables and the beans, like broccoli and canolini beans. The possibilities are wide open. I enjoyed my dinner with a nice White chardonnay. Drink responsibly.

Leftovers are so good because all the flavors marry. Remember if you have any questions please contact Gary.

Well folks until next time I'm signing off, Sincerely Cin Pin.

Hello hello my devoted fellow chefs. Well how are you all doing today knowing that Spring has sprung, I'm tickled pink?

Today's recipe can be considered vegetarian, there is no meat in my recipe for Spaghetti Prima Vera, a good Friday night alternative if you gave up meat for Lent. You won't miss the meat because there is a "Delicioso array of great veggies. Ok here's how to make it.

Ingredients 1 lb spaghetti 1 stick butter 1\2 Cup Olive Oil 5 cloves garlic sliced thin 1 tsp onion powder 1 tsp. Garlic powder 1 Tbsp. Italian seasoning 2 Cups fresh green

beans snapped in half 2 Cups fresh asparagus with bottom

snapped off then snap in 3's. When you get asparagus ready for cooking hold bottom and slowly go up and snap. If it doesn't snap go up a bit further and snap. You can clean stem with a peeler but I prefer the snap way. You end up with the best part of the asparagus. 1 14 oz. can

Artichoke hearts (I used Pastene brand).

1 14 oz. Can mushrooms 1 14 oz. Can garbanzo beans

1 14 oz. Package fresh spinach cover, I used my copper pan, melt the butter and add the olive oil. Add the fresh garlic, cook 2 minutes, then add the other seasonings. Place the green beans, the asparagus, artichoke hearts, and all the canned items placing the fresh spinach on the top and cover. In large pan boil the water for the spaghetti and cook. When spinach is wilted everything else should be cooked. Test a bean or asparagus. Mix everything together, drain spaghetti. Place spaghetti in your dish and spoon vegetable mixture over the top. Make sure you get some garbanzo beans because they tend to fall to the bottom. Top with some parmeson cheese and Voila! Your dinner is complete and "Delicioso". I love this versatile rec-

www.customsupport.com

Planning a party? **TENT+TABLES+CHAIRS**

From The Editor Haverhill Town Meeting Correction

It was brought to my attention by two different readers that I made a mistake in my report of the Annual Haverhill Town Meeting.

I wrote "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."

In reality the ballot vote was for Article 26 which was the Dean Memorial Air-

port Beacon question. Even though the Haverhill Select board had previously voted to discontinue the study it remained on the warrant for discussion. That discussion led to the ballot vote of 144-20 against the beacon.

Article 27 was in reference to the eliminatino of the Residence Tax. That vote was also against the proposal, but passed on a voice vote.

My sincere apologies for any issues my error in reporting may have created.



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