

TRENDY TIMES

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Saturday Night Entertainment Announced for North Haverhill Fair

There's only once that an organization can boast of celebrating its diamond anniversary. The 75th annual North Haverhill Fair will do just that from July 24-28, 2019 with a theme of "Celebrating Our Diamond Jubilee".

Of course any such celebration needs some great entertainment. For that reason the tradition of great rock & roll tribute bands will continue this year with "Wanted DOA", a group that was formed in 2015 with a goal of capturing both the studio and live aspects of Bon Jovi. First and foremost it is all about the music - working the vocal harmonies, guitar and keyboard sounds, and most importantly the lead vocals. To be a good Bon Jovi tribute you need to sound as much like Jon as possible! You can see this great tribute band live on Thayer Stage on Saturday, July 27 at 8:00 PM. Admission is still free with your paid general admission to the fair.

The entertainment at this year's fair will also include

many of the regulars that have become traditions over the many years of the fair. The car show, 6&8 cylinder and Mini-van Demolition Derbys and Oxen pull on Wednesday open up the five days of entertainment.

Thursday will again feature a talent contest, log loading competition and more ox pulling.

A 4 cylinder demolition derby highlights the Friday night happenings along with a country music concert featuring an artist who should be named soon. During the day there will also be pony and miniature horse pulling events.

The Saturday list of fun will again feature the traditional tractor pull and the long running Lumberjack competition. Plus a full day of horse pulling in the covered Bishop Arena. The evening will be capped off by the Wanted

DOA concert.

The final day of the 75th annual fair will be highlighted by the 4x4 pull with a new earlier starting time of 12 noon. There will also be our traditional horse show and more entertainment on the Thayer stage. There will also be plenty of horse pulling in the Bishop Arena.

Again this year Fiesta Shows will be on site with plenty of thrill rides for young and old. Special ride events will still happen on several occasions. Keep an eye on the website for exact timing and pricing.

Special events for this year's North Haverhill will include the return of Horses, Horses, Horses. This is a show for all ages and there will be multiple shows every day of the fair. Another every day event will be the ever popular Rosie's Racing Pigs.

Again, several shows each day promise to entertain those ready for a show.

Other events at the North Haverhill Fair will include plenty of 4-H shows. These include dairy, beef, steer, goat, sheep, horse and dog shows. Plus there will be a special first time non-4-H swine show this year.

The return of helicopter rides is another anticipated option for fairgoers again this year. Plans are continuing to work on a few other "special 75th Anniversary" events. More details will be announced later.

Admission to the North Haverhill Fair continues to be just \$12 for adults with a discount on Friday from noon - 5 pm for all. Senior Day is



Thursday. Admission is just \$8 for those 65 and older. To honor our military we offer a Veterans Day on Wednesday. Admission is just \$5 for veterans with proper ID. Children ages 5-12 pay only \$3.00 to attend the fair and those under 5 are still free. Parking is also free.

To get further details on these events or to enter a contest check out our website: www.nohaverhillfair.com or go to our FaceBook account. You can also get information by leaving a message on the fair phone 603-989-3305

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TRENDY Dining Guide

Buffet, Church & Home

by Gary Scruton

This column is designated as a means to describe a visit to one of the Trendy Times Dining Guide advertisers. There is a schedule and an order to which of those advertisers is selected for each of these columns. As with any plan, there can be the occasional glitch, or exception, to how that schedule works out.

This issue happens to be one of those glitches. It was not the turn for any of our advertisers. Either it is too early in their term, or they have already had a review during their current term. Thus it gives me an opportunity to stray from the normal course.

There is no doubt, for those who read this column

on a regular basis, that I do like food and enjoy the eating experience. So let me briefly explain some other eating experiences I have had the pleasure of experiencing in the past few months. (Yes, I do not always eat at an eatery).

On two recent occasions I have had the chance to enjoy a buffet style dinner. On one occasion Janice and I attended. The other instance Janice was unable to attend so I had the chance to dine with three other people. The great thing I can say about a buffet is that you can take as much, or as little, as you want of whichever food you want. This is especially appreciated when there happens to be something on the menu that you simply do not

like. I am, for instance, not a fan of tomatoes or green beans. With a buffet you can easily not take any and just take more of something else.

Another aspect of a buffet dinner is that there is no wait staff. That not only means that you get your own food, but you also clean up after yourself. Much more like home.

Janice and I also recently attended a monthly church supper. This meal is fully cooked and served by volunteers. There is one meal that is served to everyone who attends. In this particular case we had a tossed salad followed by roast pork and gravy, stuffing, mashed potato, and peas. The tables also had homemade bread, butter and apple sauce. The

volunteers came around with coffee and water. They also took care of removing the plates and coming back with a blueberry cake with a whipped cream topping.

Like any good story I am following the rule of three. Three sections to the story. My third part to eating meals at home. But not just any meal at home. No indeed, this was the first grilled meal of the season. Janice pulled out a great set of pork ribs that went onto that grill. Cooked slow and with barbecue sauce. To add to the meal there was a freshly made potato salad with plenty of hard boiled eggs. There were several keys to this meal. First was that it was delicious and we got to share it with a friend. Second was that it meant winter was indeed over and we could

again start using that gas grill. And third, and possibly most importantly, we got to enjoy the meal more than once. They traditionally are called leftovers, but some might call them planned extra meals.

I have written about these other styles of enjoying meals because it is something that we all probably do on occasion. Just like eating at one of our advertised eateries. They all have their place. They all have their advantages as well as less enjoyable aspects. But nothing is perfect.

So get out there, enjoy a meal at a different location, or of a different style, or perhaps even with different people. Just be sure to always enjoy the experience.

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Littleton Food Co-op Presents Jon Steinman, Author Of Grocery Story: The Promise Of Food Co-ops In The Age Of Grocery Giants

For many of us fortunate enough to be able to purchase our food from a grocery store, rarely do we give ourselves the opportunity to inquire into the companies selling us the food. Who owns the grocery stores we shop at? What influence do these often national or multi-national chains exert on the production, processing and distribution of food? How do these retailers contribute to the health and well-being of the communities they operate in and to what extent do they add or extract from the local economy? These are just some of the big questions probed in *Grocery Story: The Promise of Food Co-ops in the Age of Grocery Giants* — a highly anticipated new book from journalist Jon Steinman.

“There is this fascinating interest among people of all walks of life to inquire more deeply into the food we feed ourselves and our families,” says Steinman. “This new era of food literacy is unlike anything we’ve ever seen, and yet one of the most influential forces shaping the food supply has surprisingly evaded attention — the grocery store — the epicenter of our food gathering ritual.”

Grocery Story is receiving considerable praise from leaders in the movement for good food. “A great read! Full of energy and eyes-wide-open hope,” writes France Moore Lappé, author of the seminal food book *Diet for a Small Planet*. “In era of extreme economic concentration, Jon Steinman awakens us to elements of an arising democratic economy, hidden in plain sight,” adds Lappé. “Grocery Story is, above all, an empowering tale we need now more than ever.”

The democratic economy Lappé speaks of are consumer-owned grocery stores — food cooperatives (or co-ops). This unique business model has been used widely to provide goods and services for well over one hundred years as an alternative to private ownership. When the model is applied to food retail, consumer co-ops offer grocery store customers the opportunity to co-own the store they shop at — effectively relieving consumers from being at the mercy of the handful of grocery giants operating in their neighborhoods. For just a \$50-\$200 investment, you could be the proud co-owner of your grocery store. No longer interested in co-owning the

store? Your money is returned to you. “It’s really quite remarkable — almost revolutionary,” says Steinman. “The cooperative model is democratizing the economy, and best of all, it’s a well-established alternative already operating in communities of all sizes across the country.” There are 230 independent consumer food co-ops with over 300 stores among them. Another 100 co-ops are in various stages of development.

Melissa Cohen is the General Manager of the Isla Vista Food Co-op near Santa Barbara, California. Her co-op serves a predominantly student population. At a time when 67% of America’s grocery dollars end up in the pockets of only five companies, Cohen believes a book like this is needed now more than ever. “This book offers an important consideration of the impact that can happen when going to the grocery store becomes an activity and not a chore, and when a grocery cart can ultimately become a vehicle for social change,” says Cohen. Stuart Reid of the Food Co-op Initiative (FCI) agrees. FCI is at the forefront of new food co-op development. “Jon Steinman has done an excellent job of describing the evolution of the grocery business from local, independent owners to chain stores,” says Reid. “Cooperatives provide an alternative that helps us reclaim control over our food systems and communities.”

To launch the book, Steinman is touring across the U.S. and Canada throughout 2019 with visits planned for upwards of 140 food co-ops from coast to coast. The tour runs from April through December with dates posted at www.grocerystory.coop.

Jon will be at the co-op on Tuesday, April 30 from 10 am to 5 pm signing books and available to chat. He is also giving a presentation at

5:00 pm in the Co-op Cafe. He welcomes your questions! Advanced registration is appreciated, but not required. RSVP online at littletoncoop.com/events or calling 603-444-2800.

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 everyone is welcome to join! Not sure what local, hybrid, and friendly means in terms of a food store? Come on in and ask any of our staff members! The Littleton Food Co-op is open daily from 7 am - 8 pm. For more information or to become a member, please visit www.littletoncoop.com or call 603-444-2800. See you at the Co-op!

Jon Steinman is the producer and host of the internationally syndicated radio show and podcast *Deconstructing Dinner* (2006-2010) and of *Deconstructing Dinner: Reconstructing our Food System* — a television and web series currently streaming online. Jon was an elected director from 2006-2016 of the Kootenay Co-op — Canada’s largest independent retail consumer food co-op, serving as Board President from 2014-2016. He lives in Nelson, British Columbia. www.deconstructingdinner.com

New Society Publishers has been publishing books for almost 40 years and has operated as a solutions-oriented publisher focused on providing people with the tools needed for a world of change. NSP helps us “know the talk, and walk the talk” and has published the likes of Joanna Macy, Starhawk, John Taylor Gatto, Richard Heinberg, Michael Ruppert, Steve Solomon, David Holmgren, and John Ikerd among others. www.newsociety.com

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Mary Saucier Choate, UNH Cooperative Extension Field Specialist, Food Safe-

ty, is a nationally certified ServSafe® instructor and will be teaching this class on Monday, May 20, 2019 from 8:00 a.m. to 5:30 p.m. at the UNH Cooperative Extension Grafton County Office — 3855 Dartmouth College Highway, North Haverhill, NH.

For more information go to <http://bit.ly/ServSafe-Haverhill-2019> or call the Grafton County UNHCE office at 787-6944. Seating is limited. Registration must be received by May 1st to allow time to receive and study the ServSafe® book.

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Craziness In Concord

The New Hampshire House budget as passed and sent to the Senate on April 11 may be likened to a young child's first trip to a candy store. The candy store visit along with many to come teaches young people how to handle disappointment, to make responsible decisions, and to learn how to differentiate between "wants" and "needs." The House majority in passing the 2020-21 biennium budget abandoned this basic family budget principle. The House budget includes a laundry list of items from an income tax-funded family leave plan, to a new tax on capital gains and higher business taxes, and grows the perpetual operation of government with one-time money. While taking action on the budget, the Republican minority offered a number of compromise amendments, but all were rejected right down party lines.

The budget increases spending by 13% by including \$637M in General and

Education Fund spending and more than \$1.5B in total funds over the current operating budget for FY2018-19. The nonpartisan Legislative Budget Assistant's Office provided these figures. This tax increase translates into a \$9,500 spending increase for every individual in New Hampshire. Those supporting the budget spree, say this plan will offer tax relief, but through this tax relief plan, they are still asking our citizens for more than \$400M in new and increased taxes. With one hand saying "tax relief" and the other waving "increase taxes," defense of the budget is definitely misleading and contradictory.

I offered several education amendments addressing disparity issues in property poor towns that included: fully funding kindergarten within the adequacy formula; fully funding the state's portion for career and technical center tuition and transportation, special education, and building aid; freezing stabilization at

the FY 18 allocation which would provide Haverhill an additional \$168,782 in FY20, establishing an interim funding formula with disparity aid for communities such as Haverhill based upon equalized valuation per pupil, and more. A small district such as Haverhill would see an education budget increase in FY21 of \$385,190.

This interim fix for education funding was accomplished without the need for a capital gains tax. In fact, my proposed amendment, 2019-1473h, eliminated the Democrats unsustainable \$150M capital gains tax. It is very dangerous to predicate a budget on new revenue such as this capital gains tax, which is estimated to produce only \$95M in revenue among other complications.

Rather than supporting the Governor's forward thinking budget, the House budget also grows government with one-time revenue. Using one-time revenues to support long term budgetary increases will set NH up for future deficits and hard times. The Democratic budget also short-changes the rainy day fund with \$20M less than the Governor's proposal while adding 157 new government employees with over \$23M in new personnel costs.

In short, the House budget is nothing short of an irresponsible spending spree, and if sustained by July 1, will significantly damage our NH Advantage.

Respectfully Submitted,
Rep Rick Ladd

The Denny Report by NH State Representative Dennis Ruprecht Education Funding, Property Tax Relief Priorities in NH Budget



Throughout the 2018 campaign, while knocking on doors and meeting voters, many of us heard the same concerns all across New Hampshire: Granite Staters worried about rising property tax bills and dwindling school funding. It was with the many conversations during the campaign from house visits, door knocks, and phone calls in mind that the New Hampshire House of Representatives passed a two year, \$12.9 billion budget which largely prioritizes education funding and local property tax relief. The budget will now move on to the Senate where it's all but certain to be amended, and may end up looking entirely different than the House's proposal.

Anticipated Senate changes aside, the budget that the House passed includes a major boost for public schools--\$160 million over two years, the largest increase in decades, as well as local property tax relief, and \$500,000 in funding for the Internet Crimes Against Children (ICAC) Task Force. The \$500,000 appropriation for the ICAC Task Force was requested by NH Attorney General Gordon MacDonald to support the important program which aims to pro-

tect children online by preventing and prosecuting, as the name of the task force suggests, internet crimes against children. The additional education funding provides an increase in statewide adequacy aid, fully funds special education, transportation, and building aid, and sends dollars where they're needed most. Under the House's proposed spending bill, Haverhill would receive an additional \$1,627,882 in state aid annually, an 18% increase over current levels, to support our schools and take some pressure off of our taxpayers.

While the House's budget is encouraging in its aid for local schools and relief to property-taxpayers, it's not perfect, is likely to be changed significantly, and has an uncertain future. Regardless of potential Senate amendments, it's not likely that Governor Sununu will sign the spending bill, which would send it back to the legislature for revisions. The budget passed today by the House was, in my view, a rough draft, and will be revised in a number of ways before being enacted. This is just the first step it what is likely to be a long budget process.

Town of Haverhill, NH REQUEST FOR BIDS Demo of Chapel Street Building in Woodsville Village

The Town of Haverhill has been granted permission by court order to raze and dispose of dilapidated buildings at 2 Chapel Street, Woodsville Village, Lot 006 on Haverhill Tax map 101. The Town has taken the property for non payment of taxes. The Town is requesting sealed bids to raze, remove, and dispose of the buildings on the property. The main house was built in the early 1900's and is 2 stories with an estimated floor area of 3,567 square ft. There is an attached barn which is also to be included in the bid. The bid should include a description of the process to be used in the project and a traffic control plan. The successful bidder will also be responsible for any required disconnects from utilities. The bid shall include a project start date and the length of time required to properly raze, remove, and dispose of the buildings. The Town will backfill the cellar hole when notified by the contractor. Please separate the following in the bid: 1) cost of demolition; 2) cost of debris disposal. All traffic control and safety measures will be the responsibility of the contractor. The successful bidder must provide proof of proper disposal of any and all materials found in the tear down and must provide proof of possession any required license in response to this request. The successful bidder must also provide proof of valid commercial general liability insurance, including coverage for the handling and disposal of any hazardous materials found on site, on an occurrence basis with limits of liability in an amount not less than One Million Dollars (\$1,000,000) combined single limit for each occurrence, and Three Million Dollars (\$3,000,000) in the annual aggregate. The successful bidder shall have and shall provide proof of valid worker's compensation coverage as required by law and shall furnish the Town with certificates of insurance evidencing the insurance coverage set forth above, including naming the Town of Haverhill as an additional insured. The successful bidder will be required to indemnify and hold harmless the Town from any claims of damages that may occur on the subject site or that may result from the scope of work as described. There is no asbestos in the buildings, same having been abated. The Town is unaware of any hazardous materials on the property.

Interested parties can contact the Town Manager with questions at 787-6800.

Prospective bidders are encouraged to inspect the property prior to submitting a bid. Sealed bids are due in the Selectmen's office at 2975 Dartmouth College Highway, North Haverhill, NH 03774 by Monday, April 29, 2019 at 5:00 pm.

The Board reserves the right to reject any and all bids.

Business People/Constituents Urged To Ask Questions at Monthly NEK Chamber Legislative Breakfast

With the legislature starting to begin the long journey to recess, business people and residents are encouraged to attend the Northeast Kingdom Chamber Legislative Breakfast on April 29, to voice your opinion on issues that most affect you and to find out what legislation might be on the horizon.

Business people and residents are encouraged to write in, e-mail or call in questions they would like to see addressed at the April 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.

With budget, taxation, workforce, paid family leave, minimum wage and budget

and taxation bills still on the docket, there will be much to discuss at the upcoming breakfast, said Darcie McCann, Northeast Kingdom Chamber Executive Director. She stressed the importance of local legislators knowing how the region feels on such issues before casting their votes.

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.

Individuals wishing to express any comments or region-wide issues may contact McCann or Jenn Garand at 802-748-3678, director@nekchamber.com or drop by the 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 calendar for the remaining 2019 date of 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.

Self Evident In The Vermont Tradition

by Joe Benning
State Senator
Caledonia District
802-274-1346

If one hangs around motorcyclists for any length of time you will eventually see one wearing a t-shirt that says: "If I have to explain, you'll never understand." This rather snarky expression embodies the frustration of a motorcyclist confronted by those who don't ride and have little tolerance for those that do. It is not unlike the term Thomas Jefferson once scratched with quill pen into the immortal parchment that begins with the words: "We hold these truths to be self-evident..." as he skillfully articulated the attitude by which a new nation was being formed. Both are premised on the right to be left alone.

That right to privacy surfaced as the Vermont Senate debated Proposition 5. Emotions are apt to override civic debate, so it is important to begin by focusing on what the language actually says. Narrowly tailored to address reproductive rights, it is centered on a right to privacy that should otherwise be self evident. It says: "An individual's right to personal reproductive autonomy is central to the liberty and dignity to determine one's own life course and shall not be denied or infringed unless justified by a compelling State interest achieved by the least restrictive means."

Vermont is historically positioned for a discussion about the proper dividing line between government intrusion and the extent to which one may control one's own affairs. Ethan Allen once pounded his fist on a table in Bennington's Catamount Tavern and proclaimed: "The gods of the valleys are not the gods of the hills!" Cal-

vin Coolidge's fountain pen proudly noted how the spirit of liberty, if vanished from the Union, could all be restored by the generous store held by the people within these borders. With clanking keys of a typewriter, Dorothy Canfield Fisher labeled our energetic grappling with "how to reconcile the needs of the group ... against the craving for individual freedom" as the "Vermont Tradition."

So how should Vermonters consider Proposition 5? It should be immediately obvious that the proposal is gender neutral, embracing privacy rights as universal. Every Vermonter should be able to determine their life course and, if faced with a proposed restriction, the burden should always be on the State to justify a compelling need. Supposing the State could so justify, any restriction should be limited to only that needed to achieve the objective. That is a proper balance in the "Vermont Tradition."

Proposition 5 also accounts for the State's interest in protecting a perfectly viable fetus by balancing it against a woman's right to choose. Similar to the United States Supreme Court's decision in Roe v. Wade, its' "compelling interest"

balancing test declares first the privacy of the mother but reserves the possibility of state intervention to preserve the life of a fetus as it grows capable of surviving outside the womb. Contrary to the opinion of some, it would not automatically enshrine infanticide.

I decided to vote for Proposition 5 for three reasons. First, it is gender neutral, demonstrating that the right to privacy is not limited to just one issue. Second, in the case of abortion it preserves a balancing test between a woman's right to privacy and a state's interest in protecting a viable fetus. Third, since it is a proposal to amend our State's Constitution, it must be presented to the populace for a vote.

All of us have the right to make decisions about our own life's course. Absent a compelling state interest, that right should never be infringed upon. In the presence of such an interest, the State should still be required to use the least restrictive means necessary. Proposition 5 is self evident in the Vermont Tradition. Hopefully a day will come when none of us should have to explain why that is.

North Country Chorus Presents Spring Concerts

North Country audiences will have three opportunities to enjoy NCC's spring program, featuring Chichester Psalms by Leonard Bernstein and Requiem by Gabriel Fauré. Performances will take place at 7:30 pm on Friday 3 May at First Congregational Church, Littleton; at 7:30 pm on Saturday 4 May at Bradford (VT) Congregational Church; and at 3 pm on Sunday 5 May at South Church, St Johnsbury.

Chorus and soloists will be accompanied by organist Peter Beardsley and an ensemble of strings, harp, and percussion. Alan Rowe, Musical Director, will lead the entire ensemble. St. Johnsbury Academy's Hilltones and the North Country Youth Chorus will also perform.

Gabriel Fauré began his study of organ, piano and choral music at an early age in Paris, where Camille Saint-Saëns became his teacher and lifelong friend. Fauré based his text on the traditional Latin Requiem liturgy, but freely edited it to reflect his own vision of death "as a happy deliverance, an aspiration towards

happiness above, rather than as a painful experience." Likewise, his music departs from the prevailing operatic, large-scale styles that were characteristic of other Requiem composers. His subtle treatment of melody, dynamics and harmony provide a mood of gentleness and serenity.

Bernstein composed Chichester Psalms at the request of the Very Reverend Walter Hussey, Dean of the Cathedral of Chichester in Sussex, England, for the Cathedral's 1965 music festival. The result was a piece in three movements based on the text of six Psalms to be sung in Hebrew. The music is tuneful and rhythmic. The text, hopeful and life-affirming, is the composer's plea for brotherhood and peace.

Tickets can be purchased in advance from catamountix.org for \$15. Admission at the door will be \$18. Admission for all students is free.

Visit northcountrychorus.org to learn more about the chorus, to subscribe to its email list, and to link to its Facebook page.

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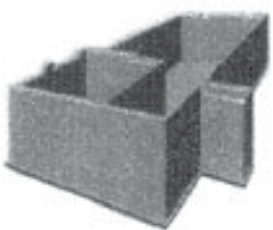
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Drawings Start - 2:00 PM

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603-764-9469

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Calendar of Events

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

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 PM
New Life Christian Center, Bethlehem

WHAT'S IN A PICTURE FRAME?

7:00 PM
St. Johnsbury Athenaeum

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

ROSS-WOOD POST #20 AMERICAN LEGION ELECTION OF OFFICERS

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

THURSDAY, APRIL 25

RUMMAGE SALE]
9:00 AM - 4:00 PM
Fairlee Community Church of Christ, Rt. 5

JUNIOR POETRY JAM
3:00 PM
St. Johnsbury Athenaeum

FRIDAY, APRIL 26

RUMMAGE SALE]
9:00 AM - 4:00 PM
Fairlee Community Church of Christ, Rt. 5

POLLINATORS: WHAT YOU CAN DO TO HELP

6:00 - 7:30 PM
Littleton Senior Center
See Article on Page 9

CLASSIC MOVIE NIGHT: REAR WINDOW

7:00 PM
St. Johnsbury Athenaeum

BALLET HISPANICO

Lyndon Institute
See Article on Page 16

SATURDAY, APRIL 27

PENNY SOCIAL
1:00 PM Doors Open / 2:00 Drawings Start
Haverhill Municipal Building, No. Haverhill
See Ad on Page 4

RUMMAGE SALE]

9:00 AM - 4:00 PM
Fairlee Community Church of Christ, Rt. 5

SUNDAY, APRIL 28

BENEFIT TEXAS HOLD 'EM POKER
11:00 AM Cash Game - 1:45 PM Tournament
American Legion Post 30, Rt. 5, Lyndon

THE MYSTERY OF EDWIN DROOD- THE SOLVE-IT-YOURSELF MUSICAL

2:00 PM
Alexander Twilight Theater, Lyndonville

MONDAY, APRIL 29

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

THURSDAY, MAY 2

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

"WHAT DO YOU SAY AFTER "DON'T SAY THAT!"

5:30 – 7:00 PM
The Barn at The Riverside School, Lyndonville
See Article on Page 8

BIERSTADT'S "DOMES OF YOSEMITE":

7:00 PM
St. Johnsbury Athenaeum

FRIDAY, MAY 3

RUMMAGE SALE
5:00 - 7:00 PM
Haverhill Congregational Church Parish House

NORTH COUNTRY CHORUS CONCERT

7:30 PM
First Congregational Church, Littleton
See Article on Page 5

SATURDAY, MAY 4

RUMMAGE SALE
9:00 AM - 1:00 PM - Bag Sale 1:00-2:00 PM
Haverhill Congregational Church Parish House

KIWANIS AUCTION

4:00 - 7:00 PM
Elks Club, St. Johnsbury

ITALIAN DINNER WITH LASAGNA

5:30 to 7:00 p.m. Donations gratefully accepted
United Congregational Church of Orford, Main St.

NORTH COUNTRY CHORUS CONCERT

7:30 PM
South Church, St Johnsbury.
See Article on Page 5

SUNDAY, MAY 5

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

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.

Strengthening Your Facilitation Skills

Do you volunteer or help lead a community group or organization? Are you interested in learning how to better build collaborative relationships with other groups, organizations and the community-at-large? If the answer is yes, I would encourage you to consider participating in UNH Cooperative Extension's upcoming workshop designed to target those needs. Strengthening Your Facilitation Skills is a two-day workshop taught by Sue Cagle and Penny Whitman of UNH Cooperative Extension.

Strengthening Your Facilitation Skills

Thurs, 05/16/2019 to Fri, 05/17/2019

9:00am - 4:00pm
Foundation for Healthy Communities, 125 Airport Rd., Concord, NH 03301

Registration required. The registration fee of \$120 covers workshop materials, morning refreshments and lunch. Fee may be reduced or waived for students and those with financial need. Please contact Sue Cagle at 603-527-5475 for further information on reduced cost options.

Register online (<https://bit.ly/2X0sZpc>) or via phone (603-527-5475).

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

The Bath Library Book Club will be discussing "Kitchen Confidential", by Anthony Bourdain on Thursday, May 9th at 6 pm at the Bath Public Library.

When Chef Anthony Bourdain wrote "Don't Eat Before You Read This" in The New Yorker, he spared no one's appetite, revealing what goes on behind the kitchen door. In Kitchen Confidential, he expanded that appetizer into a deliciously funny, delectable

shocking banquet that lays out his 25 years of sex, drugs, and haute cuisine.

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

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 4-24. 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 - 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 postage 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 - OCTOBER 19, 2019.

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

Eighth Annual Meals On Wheels Walkathon

North Haverhill, NH – Grafton County Senior Citizens Council, Inc. is hosting the Annual Walkathon to raise vital funds for Meals on Wheels. The Step Up & Stop Hunger 2019 Meals on Wheels Walkathon will take place on Saturday, May 18th, 2019, at the Horse Meadow Senior Center at 91 Horse Meadow Road in North Haverhill.

Staff, volunteers, and friends from the Grafton County Senior Centers: Plymouth, Bristol, Lincoln, Canaan, North Haverhill, Lebanon, and Orford, as well as ServiceLink Resource Center of Grafton County and RSVP will congregate in North Haverhill to participate in the many activities planned for the day. Community members of all ages are welcome to join in on the fun! The walk will take place on Horse Meadow Road and onto the Rail Trail.

Registration begins at 9:00 AM, with the walk commencing at 10 AM.

The first 200 walkers and volunteers to register will

receive a participation wristband, which will entitle them to a favor bag, a t-shirt, and a complimentary BBQ lunch after the walk. Everyone is welcome to enjoy the meal for a nominal cost.

Activities for all ages have been planned throughout the day to celebrate the power of community, to support our elder neighbors as well as to raise awareness of the issues of isolation, and hunger among our elderly population. Additionally, there will be face painting, music, assorted raffles, area vendors, and ice cream graciously donated by Big Cones Ice Cream Shop.

Meals on Wheels provides a valuable service to area seniors. Not only does this resource provide meals to frail older adults, but it also is a source of compassionate community brought to the homes of this vulnerable population. In 2018, Grafton County Senior Citizens Council, Inc. (GCSCC) provided 130,000 meals through the Meals on Wheels program, serving

close to 1,000 older adults throughout the region.

The Step Up & Stop Hunger 2019 Meals on Wheels Walkathon raises vital and necessary funds, and is a great opportunity to celebrate community, to recognize and celebrate the dedication of home-delivered meal staff, and hundreds of volunteer drivers and delivery folks, all of whom generously give of their time, energy, and resources to make the program affordable and personal.

Many people walk to honor a grandparent, an older friend, a relative who is unable to walk, or in memory of a loved one. Others walk simply to support a great cause, and have fun in the process. It is a chance to get out on a spring day and enjoy the beautiful North Haverhill area. Sponsorships, volunteers, vendors and cheerleaders are welcome and needed. GCSCC greatly appreciates the generosity and involvement of the community.

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
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: 4/16, 4/30
The Boy-z: 4/17
Ethel Cooper: 4/18, 4/24
Bob Benjamin: 4/25
Wayne Klinger: 4/15, 4/29
Byron Berwick: 4/23
Marshall Meade: 4/22

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 4/25

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

Interfaith Fellowship & Coffee beginning at 9:30 on 4/16 w/ Pastor Wayne Chevalier All welcome!

Hearts & Hands Quilting: Mondays @ 1:00
Herbal with Elaine on Friday 4/26 @ 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: Wednesdays @ 1:00

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

Historical Fish Fry In Bath

On Saturday, April 27th, the Bath Historical Society will be hosting a Fish Fry from 5 to 7 PM under the tent on Route 302 in the center of Bath, NH.

For a donation of \$10.00 you will receive farm raised Fried Fish, Johnny Cakes,

Cole Slaw, Dessert and Water. Enjoy your meal under the tent with other community members ... or ask for a take-out!

Hope to see you there!!!! All proceeds will be used by the Historical Society for displays and future programs!

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Burton Awards Given At Plymouth State University

Bath, NH: The Raymond S. Burton Legacy Fund, in concert with Plymouth State University, held their annual fund-raising dinner at the Merrill Place Conference Center on the Plymouth State University's campus on March 21, 2019.

The evening also consisted of the presentation of the Raymond S. Burton Public Service Award. This year the award went to The Honorable Kelly Ayotte, former U.S. senator and The Honorable John Lynch, former Governor of New Hampshire.

Plymouth State gave the Robert Frost award to Kelly Ayotte at the same ceremony (John Lynch was a past recipient). Kelly Ayotte and John Lynch also were the

key note speakers and were warmly welcomed with their message of civility and corporation in the public service arena as well as in our personal lives. Kelly was John's Attorney General and most notably, they were from different political parties.

The funds raised went to the "Ray's Angels" emergency grant program at Plymouth State that provides smaller amounts of financial help to needy students for books, food, rent and other expenses that are putting them in jeopardy of dropping out of school. This program saves up to 40 or more students a year from leaving school. It was always one of Ray's passions to do what he could to encourage the pursuit of higher education.



Presenting the Raymond S. Burton Public Service Award. Alex Ray, 2018 Recipient, Duane Baxter, Chairman Raymond S. Burton Legacy Fund, Former Governor John Lynch and Former Senator, Kelly Ayotte, this years recipients.

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WOODSVILLE, NH- Gambrel 2600 sq. ft. built in 1900's. Downtown location. 4 bedrooms, 1 1/2 baths, wonderful hardwood floors, over under enclosed porch, fireplace, central staircase with period glass doors. Beautiful workmanship throughout the home. Partially finished basement. Detached 2 car garage. New to market. \$114,500.



HAVERHILL, NH- Unique waterfront cottage. Literally on the waters edge. Large living area with sleep area with built in beds, single bed area, vaulted trussed ceilings, one bathroom, fishing is great from your deck. Over the years this has grown into a great Airbnb business with potential to expand the business or your own enjoyment. Has a septic, phone and electric, lake water source. Summer is right around the corner. \$114,500.



NORTH HAVERHILL, NH- Country Paradise with 10 Acres. Raised Ranch with 10 Rooms, Very large eat in kitchen with slider to the deck and above ground swimming pool. Master Bedroom with Bathroom, 2nd Bedroom and Main Bathroom, Finished basement. Heated Shop, storage room attached. Detached 2 car garage with circular driveway. Pond in front, walking trail, Gazebo and so much more. \$249,500.



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Riverside School Forum To Highlight Effective Conversation On Diversity And Social Justice

Lyndonville, VT – Diversity includes all the ways people differ. While diversity is often used in reference to race, ethnicity, and gender, there are broader definitions of diversity that also include age, national origin, religion, disability, sexual orientation, socioeconomic status, education, marital status, language, and physical appearance. There are also diversity of thoughts and ideas, perspectives, and values. How can we move beyond simply being tolerant of differences to achieving equity so that all people are valued and empowered?

To draw awareness to the complexity of diversity and social justice, The Riverside School is pleased to welcome Patricia Shine, Professor of Human Services at Northern Vermont University-Lyndon, to discuss how students, parents, and community members can talk to each other about diversity and social justice. Her presentation "What do you say after "Don't say that!" will take place on May 2nd, in The Barn at Riverside from 5:30 – 7 p.m. The event is free, and all are welcome.

"How can we have effective conversations with our

kids, and each other, about topics such as racism, sexism, classism, heterosexism and ableism? How can we intervene in ways that facilitate conversation versus shutting it down? How can we create spaces that support equity and social justice? These are just some of the questions we'll be exploring during my presentation/discussion," says Shine.

Patricia Shine, M.S.W., L.I.C.S.W., has been a Professor of Human Services at NVU-Lyndon for the past 16 years. She has facilitated workshops and trainings on topics related to social justice throughout New England for over 25 years.

Shine received her M.S.W from the Simmons School of Social Work in 1987. Her positions in Boston included as clinical social worker at Concord-Assabet Adolescent Services, Program Director at the Big Sister Association of Greater Boston, and Program Coordinator at the Boston Adult Technical Academy through the Boston Public Schools. In addition, she had a small private practice and served as an adjunct instructor at Salem State University, Wheelock College, and the



Patricia Shine, M.S.W., L.I.C.S.W., Professor of Human Services at NVU-Lyndon, will be the guest speaker for a public forum to discuss how students, parents, and community members can talk to each other about diversity and social justice. Her presentation "What do you say after "Don't say that!" will take place on May 2nd, in The Barn at The Riverside School from 5:30 – 7 p.m. The event is free, and all are welcome.

Boston University Graduate School of Social Work.

She is the recipient of the Sister Elizabeth Candon Distinguished Service Award from Vermont Women in Higher Education; the Maida Solomon Distinguished Career Award from the Simmons School of Social Work; and Social Worker of the Year from the National Association of Social Workers, Vermont Chapter.

Shine came to NVU-Lyndon (then Lyndon State College) in 2003 where she is now Professor of Human Services and Chair of NVU-Lyndon FAIR, the campus social justice group. She lives with her husband, Paul, in Concord, VT.

"Our society is changing so rapidly, we simply cannot pretend to imagine how such changes in our culture are playing out in the minds of our students," said Riverside's Head of School, Michelle Ralston. "As adults, we are moved by all that happens daily in our society. The things we say and model for our students has become increasingly important. We are excited to host Professor Shine and this important forum."

The Riverside School coordinates at least one public forum each school year. The purpose of the forums are to invite the public to join school staff, faculty, and professionals in their field to discuss subjects relevant to life-long learning. The events are also planned with suggestions from the Riverside Parent Group.

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Brigitte M. Codling Named Town Manager For The Town Of Haverhill

The Haverhill Board of Selectmen is pleased to announce that Brigitte Codling has accepted the position of Haverhill Town Manager. Bridgette will replace former Town Manager Jo Lacaille, who retired in December 2018. Brigitte brings with her almost 20 years of experience obtained from the Vermont Agency of Transportation (VAOT) where, in 2000, she started as an Asphalt Binder Technician and leaves as the Construction Management Business Lead/Contract Manager; a position which she has held since 2017. During her time with VAOT Brigitte gained experience in project management, program management, contracting, electronic bidding and highway construction.

In addition to her professional career, Brigitte also has many years of volunteerism having served as a Select Board member, interim Road Commissioner and as chairman for local hometown and national committees. She also served for many years as the Program Manager for the local Snow-



mobile Club.

Brigitte lives in St. Johnsbury, VT with her husband Mark and their three youngest children. They also have two grown daughters who are both married and two granddaughters. Brigitte and her husband own and operate a small property management and construction company in St. Johnsbury, VT.

Brigitte holds a Bachelor of Architectural Studies from Vermont College of Norwich University and currently enrolled in the Master of Science in Management & Leadership program through Western Governors University.

When asked what she hopes to accomplish in her new position Brigitte said "I look forward to developing a positive and productive relationship with the residents of Haverhill where we establish collective goals for the future and work together to achieve those goals. I intend to continue Glenn [English]'s open door policy and welcome the insight and input of residents. I am very excited to begin this new journey."

Haverhill Selectboard Chairman, Darwin Clogston, said "The Select Board is very excited about hiring Brigitte Codling as the Town Manager of Haverhill. We look forward to her taking the reins on April 24th. We would also like to take this opportunity to thank Interim Town Manager Glenn English for his service and patience."

Brigitte will start her new position on April 24, 2019. A meet and greet with the new Town Manager was set for Monday, April 15 from 1 to 6 pm at the Morrill Municipal Building. Please join us in welcoming Brigitte to the Town of Haverhill.

Jazzy's Fun Run & Walk

WELLS RIVER, VERMONT- Wells River Savings Bank is teaming up with The Jazzy's Children Fund, a local non-profit helping local sick and injured children and their families to sponsor the first ever "Jazzy's Fun Run & Walk".

The "Jazzy's Children" fund began at the bequest of Jasmine Paye, who died of cancer in 2013. Her wish was to help other children who were sick or hurt.

There are a variety of ways the general public can participate: Organize a team of friends, family, or co-workers; Become a corporate

sponsor, or be there to cheer us on! For sponsorship information, contact Cassie Moulton or Heather Beckley at (802) 757-2361. You can also log on to Jazzy'sChildren.org and donate directly. Pick up registration forms at any Wells River Savings branch in Wells River, Newbury, Bradford, Fairlee, and East Thetford, Vermont.

Jazzy's Fun Run & Walk will take place on Sunday May 19th. Registration is from 9am- 10am. The race begins at 10, followed by a cookout and family games at the Wells River branch of Wells River Savings Bank.



We hope you can be there. The Jazzy's Children Fund. Let's make a difference, together.

ACT's Speaker Series: Pollinators —What You Can Do To Help



LITTLETON – Is your garden or yard pollinator friendly? Why does it matter? Join the Ammonoosuc Conservation Trust (ACT) on Friday, April 26 from 6 to 7:30 pm at the Littleton Senior Center to learn about our native pollinators both common and rare, and why they are such an essential part of our world. Our special guest speaker is N.H. Fish and Game Wildlife Biologist Heidi Holman.

We'll hear about a variety of common, threatened, and endangered moth, bee, and butterfly species in our state. Holman will update us on the well known and beloved monarch butterfly, which is currently being reviewed for federal listing as endangered after significant declines across their range. The presentation will include actions all of us can take to help keep our native pollinators healthy and in abundance.

Holman is a New Hampshire native and returned to the state after receiving her M.S. degree from the University of Minnesota in conservation biology. Now at N.H. Fish & Game she's

working on projects to help recover populations of the endangered Karner blue butterfly and the New England cottontail rabbit.

This Friday evening lecture, part of ACT's monthly speaker series, 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!

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

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The Truth About Illegal Voting

Op Ed:
by Nick De Mayo

Can illegal aliens actually vote in our elections?

[Recently, New Hampshire has introduced SB7, (the SMART act), which would automatically register new voters when they interact with the NH DMV.]

The following article is written by Attorney Madison Gesiotto, an American conservative commentator and columnist, and reprinted here for thoughtful voter consideration.

The simple answer is yes, of course they can, and they do. It is usually illegal, but not always. According to federal law, noncitizens are expressly prohibited from voting in federal elections in the United States. In fact, voting as an illegal alien in federal elections is a crime punishable by law.

Under 18 USC:611, "It shall be unlawful for any alien to vote in any election held solely or in part for the purpose of electing a candidate for the office of President, Vice President, Presidential Elector, Senator, or Representative." A violation of this section can result in a fine with up to one year in prison.

Furthermore, 8 USC: 1227 provides, "Any alien who has voted in violation of any federal, state, or local constitutional provision, statute, ordinance, or regulation is deportable." Finally, 8 USC:1182 provides, "Any alien who has voted in violation of any federal, state, or local constitutional provision, statute, ordinance, or regulation is inadmissible," meaning ineligible to receive visas and be admitted to the United States.

Thus, under federal law, voting as an illegal alien in federal elections is a crime

punishable by fine, imprisonment, deportation, or inadmissibility. However, not everyone who violates these statutes is caught or brought to justice. Information on the exact number of illegal aliens who have voted in our country is debatable and arguably undeterminable, but some academic estimates have been high enough to "change meaningful election outcomes" and tend to favor Democrats over Republicans.

Currently, 12 states and the District of Columbia allow noncitizens to obtain drivers licenses. Oftentimes, these illegal aliens are added to the voter rolls at the time they renew their drivers licenses without any attempt made on behalf of the government to verify their United States citizenship. Thus, this loophole in the system is part of the problem.

Furthermore, there is no information pertaining to state and local elections. The United States code says absolutely nothing about the inability of noncitizens to vote in these elections. This means that it is left up to the states to decide whether illegal aliens can vote in these races. As of 1926, every state across the country has outlawed noncitizen voting in state elections, but the same has not been done for local elections.

Proponents of noncitizen voting support places like San Francisco, CA, College Park, MD, and Cambridge, MA, which are just a few of the many citizens have the right to participate in American elections. These supporters argue that excluding the votes of illegal aliens on a state and national level is not constitutionally required by nor in line with historical norms, pushing for noncitizen

zen voting across the country.

However, while not constitutionally required, there are clear reasons to support the continued ban on non-citizen voting as well as to push for change in the many cities in the 11 states that allow illegal aliens to vote in some form on the local level. "Extending voting rights to those who are not lawfully present in the United States acts like another incentive for foreign nationals to come to the United States illegally and stay," House Judiciary Chairman Bob Goodlatte explained after a key resolution vote.

He is absolutely right. Allowing noncitizens to participate in even our lowest level of elections may incentivize them from going through the proper immigration channels to obtain citizenship and may actually encourage them to continue voting illegally on the state and national levels. We simply cannot afford to let this become a bigger issue.

Our lawmakers have struggled to produce meaningful immigration reform, and the reality remains that more needs to be done to protect our elections. It starts with stopping noncitizen voting along with protecting states and cities to ensure lawmakers do not overreach in an attempt to support ideas like those put forth by people like the attorneys in Florida.

As someone whose family immigrated to the United States less than 100 years ago, I am proud to be an American and respect the constitutional rights given to me under my citizenship. I know I speak for many when I say I want these rights to be protected on all levels of government.

Letter To The Editor

More and more there is talk to abolish the Electoral College. Senate democrats will be proposing an amendment to do just that.

There is the National Popular Vote Interstate Compact. Little by little states are voting in agreement with this pact that whichever candidate has the most popular vote, the states that are part of this will give all electoral votes to that candidate. It does not matter how citizens voted in the primary.

If you look at the states that have agreed to this, they are primarily huge populous states that usually vote democrat. So far the states that have voted for this are California, Washington, Maryland, New Jersey, Illinois, Hawaii, Vermont, Massachusetts, Rhode Island, New York, Connecticut, Colorado, Delaware and the District of Columbia with a total of 184 votes. To win the election 270 electoral votes are needed.

This is a horrible plan. Our founding fathers created this form of election to give small states a say in the voting. If just the popular vote was important, candidates would only go to largely populated states

Linda,

No plan is ever perfect. Especially when the plan involves millions of people. The important thing about elections is that they are fair and honest.

All candidates know what the rules are for an election when they enter. Most are simply a majority of votes cast. Some are a plurality of votes cast. And then there is the election for President of the US where the Electoral College is utilized.

In order to change the rules of the game there needs to be a high bar and a rigorous method in order to make it happen.

I hope and trust that our elected officials will take the time to fully study the election method and to make the best decision for the citizens of the US, not the best decision for their own personal wants.

Gary Scruton, Editor

and cities in those states.

New Hampshire has only 4 Electoral College votes. No one would come to NH. Even if we are the first in the nation primary.... Who would care what NH citizens want? NH is so used to candidates meeting with citizens and coming here often. No one would come. They would not come even to Manchester or Portsmouth.... Not big enough to choose our President. A President that would value the wishes of city residents.... Can you imagine how much the federal gas tax would be so inner city residents could ride the transit.... For free maybe or at least very little. Or maybe the federal government would subsidize rents in the inner cities Higher taxes for those not living in the inner city to pay for goodies for the inner cities.

New Hampshire must not join this compact. If this compact has the required states, our votes will mean nothing.

By the way, since I started writing this letter to the editor, New Mexico joined the National Popular Vote Interstate Compact which now has 189 votes. Linda Riley, Meredith NH

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Earth Day Offers Valuable Lessons to Investors

On April 22, millions of people will observe Earth Day by participating in events that support environmental protection. As a citizen, you may want to take part in a local celebration. And as an investor, you can learn a few lessons from the themes of Earth Day.

Here are a few of them:

Avoid a toxic investment environment. A recurring topic of Earth Day is the necessity of reducing toxins from our air, water and land. And, while you might not think of it in those terms, your portfolio can also contain some “toxic” elements in the form of investments that may be hindering your progress, or, at the very least, not contributing to it. For instance, you might own some investments that, for one reason or another, have consistently underperformed, or are now too aggressive for your risk tolerance, which can change over the years. In these cases, you might be better off selling the

investments and using the proceeds for other, more appropriate ones.

Look for sources of renew-

able energy. Efforts to protect our environment include a push for more renewable energy sources, such as solar and wind. As an investor, you, too, can look for “renewables” in the form of investments that keep paying you back in one way or another. Of course, the most basic example would be a bond, which pays you regular interest until the bond matures and you get your principal back, provided the issuer doesn’t default, which is generally unlikely with an investment-grade bond. However, you also may want to consider another type of renewable – dividend-paying stocks. By reinvesting these dividends, you can increase the number of shares you own – and share ownership is a good way to help build your portfolio. Some companies have paid, and even increased, their dividends many years in a row, but keep in mind they’re not obligated to do so.

Plant seeds of opportunity. Some Earth Day events involve planting trees – many of which won’t be fully grown for decades. When you invest, you are planting seeds in the form of investments you hope will grow over the years.

Of course, you will likely see some volatility along the way, but over the long term, investments with strong fundamentals may reward you for your patience.

Apart from these ideas, you also can connect the idea of helping protect the environment with investing for your goals. Through socially responsible investing, you can screen out investments in companies whose products you find objectionable, while supporting businesses whose work you believe helps contribute to a better world. And you can find investments, such as mutual funds that emphasize social responsibility, whose returns are competitive, so you don’t have to sacrifice growth potential for your principles.

In the nearly 50 years since Earth Day celebrations began, we have taken steps to improve many aspects of our physical world, although the work continues. And by following some of the same techniques, you can improve your investment environment, too.

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

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Two By Two My Foot

by Maggie Anderson

We spent a couple of days with old friends in Portland before we came home to the east coast. The timing of our visit was such that we were excited to be invited to take part in the annual Spring ritual of the stomping of the sugar ants. Actually the ants are so small it’s more like the thumbing of the sugar ants but anyway.

While we were dismissing the marchers other ant stories stepped into line and we ended up trading some of those. When I said that ants creep me out because I can’t handle the smell of them, one of our friends said he didn’t know they gave off noxious fumes.

Just to bore you with the details ants reek of formic acid any time they’re excited about the promise of a good meal or the possibility of capture or annihilation. They stink when they’re happy, sad, scared, and probably bored themselves I imagine, if it’s even possible for ants to be bored having so much to do and all.

Frankly I find the smell of ants worse than skunk juice. I am so tuned in to it that when our four children were toddlers I woke one night from the sleep only a mother of four, three of them still in diapers, knows shook Hank and said “We have ants!”

He asked me how I knew and I said I could smell them. He couldn’t smell anything out of the ordinary ex-

cept the odor of misery that comes from being rudely awakened in the silence of the middle of the night. But he got out of bed and followed me on my impromptu ant hunting expedition.

We had ants, boy did we have ants!

We started in the kitchen seemingly the best possible place to head them off at their pass but there was not an ant in sight nor was the kitchen in need of fumigation. No ants there.

Next we decided to try the bedroom the kids shared at the front of the house. Before we ever got near the door I could smell the ants. That smell is so offensive to my nostrils it was all I could do not to turn and run for the bathroom where I could hover over the throne until the nausea let go its grip on me.

I have never been able to describe that odor, in part because I can’t stand to be near it long enough to really analyze what I could compare it too and secondly because I don’t believe there is anything I could compare it too. And once it hits my olfactory senses it takes all sorts of remedies on my part to clear the air and ream my nostrils.

My dad was involved with finessing a candy shop venture into life at the time and had sent a 3 foot tall Christmas tree to the kids, an example of the items selling in the new store. The tree was made entirely of lollipops of

every size and color. We had been doling them out one at a time after lunch or dinner, pulling them off the back of the tree or here and there from the front making sure it wasn’t left looking like Charlie Brown’s.

Apparently the kids didn’t think that was the best speed with which to devour every single candy on the tree so they found a way to speed things up. They decided, who suggested it we’ll never know because they made a pact not to tell, to grab them by the handful but only from the back of the tree.

So far so good. Their big problem was that in order to keep us from discovering what they had done before they’d stripped the tree completely they stuffed the gooey lollipop sticks under the toy box in the bottom of their closet.

The parade of ants were not just marching, there were thousands of them dancing from the closet floor to the place in the ceiling where they ran to make a deposit in some unseen pantry and dance back down the wall for another load.

The first to go were hoovered into the vast unknown the rest of them were invited to a different kind of banquet, the kind designed not only to discourage their return but to eradicate the whole colony.

Let me tell you the Big Rock Candy Mountain is not all it’s cracked up to be.

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BACK IN THE DAY
THE DEMOCRATIC REPUBLICAN NEWSPAPER

OFFERED BY JIM HOBBS ... INFO@WMTN.BIZ ... 603 243 0225

STRAY STEER....

came into the enclosure of the subscriber about the 15th of September a yearling steer ... brindle color.

The owner is requested to prove the ownership of the property ... pay the charges and take him away!

James Eastman, 2nd

Haverhill Dec 4th, 1835

Bobby Gilcrest: OBITUARY

Bobby Gillcrist, 67, from Woodsville NH, passed away peacefully at his home early on the 6th of April, but not before finishing an episode of Miami Vice and putting on clean socks.

He leaves behind a wonderfully, funny, caring and spirited family that he was very proud of.

Bobby, was renowned for his lack of patience, interesting temper, not holding back his opinion and a knack for telling it like it is. He always told you the truth even if it wasn't what you wanted to hear and was adamant he was always right-'I'm never wrong, just misunderstood.' With that he was genuine to a fault, a big softie at heart and yet sugar coated nothing.

He had a sharp tongue and extensive vocabulary, liking four letter words as much as he loved fishing, Chinese food, the Pats, Budweiser, collecting items that didn't work, WWE, camping and of course his grandkids.

These words of encouragement, wisdom, and sometimes comfort, kept us in line, taught us the school of hard knocks and gave us something to pass down to our own children. 'I'm a pain in the neck, but at least I'm constant' was his mantra (clean version at least!) He was hard working, always up before 6am and he made sure the coffee was always brewing.

He was a great cook, loved to BBQ and he always had a DIY project on the go.



All who loved him dearly will never forget his grace (when pertinent), charm (when required), generosity, dependability and supportiveness.

He will be sorely missed. Survived by his Wife and best friend: Sheila Bass. His Mother-in-law: Mary. Siblings: Susan and Billy. Children: Sam & Roslyn (daughter-in-law), Mary, Roberta and Andy (son-in-law) and Tony. Grandchildren: Alexandra, Morgan and Amanda (grand-daughter-in-law), Christana, Austin, Bobby, Aaliyah, Sam, Ruth, Mia, Raiden and great-grandson Morgan.

A Mass of Christian Burial was celebrated on Friday, April 12th, at 1 PM in St. Rose of Lima Church, 77 Clay Street, Littleton with Father Mark Dollard officiating.

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

Ricker Funeral Home & Cremation Care of Woodsville has assisted with arrangements.

the Legion family in Florida where he finally settled but he was born and brought up in Lincoln.

Free Class For Late-Stage Caregivers of Alzheimer's

St. Johnsbury, VT – The last stage of Alzheimer's disease may last from several weeks to several years. As the disease progresses, intensive, around-the-clock care is usually required. Late-stage care decisions can be some of the hardest families face.

To assist caregivers and families who are experiencing this challenge, the NEK Council on Aging in partnership with the Alzheimer's Association is offering "Living With Alzheimer's For Late-Stage Caregivers" a free class led by Pam Smith, the Director of Client and Caregiver Team Support at the NEK Council on Aging. Smith also serves as the Community Education Coordinator for the Alzheimer's Association, Vermont chapter.

"During the late stage of

Alzheimer's, the role of caregiver focuses on preserving quality of life and dignity. Although a person in the late stage typically loses the ability to talk and express needs, research tells us that some core of the person's self may remain," said Smith. "This means you may be able to continue to connect throughout the late stage of the disease with your loved one."

In the two-part program, participants will learn about resources, care, and methods to engage in meaningful connections.

"Families that have been through this process tell us that it is best to gather information and move forward, rather than second guessing decisions after the fact. There are many helpful methods to provide quality care, regardless of where the care takes place, and

the goal is always to make sure the person is receiving the care they need. Participants of this class have told us that connecting and sharing stories with other people who are going through this process is extremely valuable," said Smith.

The class will be held in two separate locations. In Newport on April 23rd from 2 – 5 p.m. at the meeting room at North Country Hospital and in St. Johnsbury on April 30th from 2 – 5 p.m. at NVRH, Conference Room #126. Registration is required. Please contact Pam Smith at (802) 751-0427 or email at psmith@nek-council.org.

Additional resources to support the care of people with Alzheimer's are available on the NEK Council on Aging's website www.nek-council.org.

Lyman Church Open For Easter

Join us this Easter at Lyman Bible Church on April 21. The Easter Sunday service is at 10 am with light refreshments and visiting afterward. Hymn singing, worship and prayer – at a simple country church.

Lyman Bible Church, Parker Hill Road, Lyman, NH. See FaceBook: Lyman Bible Church for more details.

Pastor Mike Gilman
444-2482

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Town of Haverhill, NH

The Haverhill Selectboard is accepting sealed bids from prospective buyers for whatever interest that the Town may own in the property known as "Powder House Hill" lot 79 on Haverhill Tax Map 207. There is a minimum bid requirement of \$8,000.

The Town will convey whatever interest the Town may own by Quit Claim deed without Covenants, as its title to the property is not clear. The bid deadline is Monday, April 29, 2019 by 4:00 pm.

Bids shall be mailed or delivered to:
Haverhill Selectboard
2975 Dartmouth College Highway
North Haverhill, NH 03774

Questions should be addressed to the Haverhill Town Manager at 603-787-6800
The Selectboard reserves the right to reject any and all bids.



What About Ma?

by Kellie Quackenbush

All About Vacation

This is the exciting time of the year--vacation planning. There are so very many websites that offer the best deals for vacations and the opportunities to "get a deal" are amazing. Cruises to exotic places, theme parks, great American landmarks, river rafting...

Selecting a vacation is fun. There are a few things to consider in your vacation preparations; insurance, safety and domestic care of your property while you are away. Health insurance that covers you while you are away is very important, should you get sick or have an accident, you will want to know your insurance will pay the bill. Before you book that cruise or trip, call your health insurer and ask if they will cover you while you are away. Cruises are tricky as they involve ships that travel in and out of U.S. waters. If you are a Medicare recipient, cruises may not be covered (See page 48 of "Medicare & You, 2019). With that said, a travel agent or your Insurance agent may be able to help you with a policy that covers your travel. If you are not on Medicare, if you

call the number on the back of your insurance card, you can find out if your trip is covered (out of area health care can be expensive and not covered) and the preferred health care providers in the area. Again, if the location or activity is not covered under your standard health insurance, the travel agent or your own insurance agent may be able to find you a policy that covers the activities you are hoping to do.

Have emergency information with you at all times. If you are on a train, plane, boat or bus--accidents happen. By carrying your emergency information, you will be able to be identified and get help quicker. At the same time, you will want your family and close friends to be aware of your itinerary, if something happens, they can start a search for you. Remember, close friends are not the same as a "Facebook Post". Posting vacation plans on Social media (Facebook, twitter or any other social platform) is an invitation to be robbed. While you are away, you want your home to be safe and untouched. Call a close friend, visit and bring a hard copy of your travel plans and phone numbers do not work everywhere.

Vacations are fun, just remember that you are going to a strange new place and be mindful of your surroundings. Be safe and have fun.

by Elinor Mawson

Concert Manners

I'm sorry to say this, but one of the things I disliked about being a teacher was the two or three times a year when my students had to be in a concert. I say "had to be" because the music teachers were required to put on a concert for Christmas and the Spring and at least one other, and the classroom teachers were required to attend and be in charge of the students in their class.

They spent months practicing. They really were anxious to put their best foot forward for their parents and the other kids. We spent hours talking about what they were to wear, how they would line up for their turn on the stage, and how to behave in between.

On the night of the concert, each class would wait in a nearby classroom until it was their turn to go out into the auditorium. It would be hard for them to wait, and near to impossible to keep them under complete con-

trol. But somehow they lined up, got onto the stage and did what was expected of them.

Meanwhile, the first grade had already sung their song, exited the stage, and went to look for their parents. And mayhem ensued. Some of the parents packed up their kids and left for home. The rest of the parents--those of whom had to wait for their kids to sing--lapsed into conversations that got louder and louder. Their younger kids were running up and down the aisles, some were leaving the room to use the bathroom, and somewhere, practically unheard, the second and third graders were singing.

As the classroom teacher, I would be trying to keep my charges under control. Most of the time they were well-behaved, but once it was their turn to perform, they joined the fray that was taking place in the audience.

I would go home with a huge headache and a wish to never put myself through

it again. Fast forward 20-something years. I was invited to attend a talent show at a local school and I wondered how it would go. I needn't have worried.

The show took place during school hours. Each class took its turn coming into the auditorium and sat down on the floor with their teachers and helpers. Parents sat in the back of the room. The kids were called up on the stage and did their thing. Sometimes their act was good, sometimes it was marginal and the audience was enthusiastic for every one.

And every one of those kids behaved!! I didn't see too much wiggling, no loud voices, and no running here and there. They knew what was expected of them and they didn't disappoint.

I have seen a lot of parents who would benefit from watching these kids from preschool to grade 5 at Blue Mountain Union School--a class act!

NH Residents Encouraged To Learn More About Wildfire Awareness

The N.H. Division of Forests and Lands has announced that April 14-20, 2019 has been designated as Wildfire Awareness Week in New Hampshire.

April sees an increase in wildfire activity when forest and wildland fuels are highly flammable and easily ignited. Wildfire Awareness Week is an effort to promote wildfire safety and increased awareness of the dangers of wildfires and the steps that can be taken to reduce wildfire risk.

Wildfires are significant unplanned and uncontrolled fires occurring on the land-

scape; New Hampshire experiences approximately 250 of them each year, burning an average of 250 acres annually. Wildfires of any size can easily result in personal injury or property damage and have the potential to become catastrophic in certain situations.

Protecting the state's forests and timberlands from wildfires has significant positive effect on the forest products industry, recreation and tourism which together contribute billions of dollars annually to the economy.

Simple steps to help reduce the risk of wildfires and the damage they can cause include completely extinguishing all fires, including campfires, keeping lawns and native grasses mowed to a height of four inches, cleaning roofs and gutters of dead leaves, pine needles and other debris that could easily trap embers and ignite.

"Most wildfires in New Hampshire are the result of human carelessness or people not understanding the simple steps that can be taken to reduce risk," said Captain Douglas Miner, wildfire prevention specialist for the N.H. Forest Protection Bureau. "Wildfire Awareness Week draws attention to the need to be proactive about reducing the potential occurrence of wildfire incidents as well as methods to keep wildfires from spreading."

National wildfire prevention ambassador Smokey Bear turns 75 in 2019 and the N.H. Forest Protection Bureau will be promoting wildfire prevention awareness by participating in programs at public libraries and other events throughout the state. A special birthday party for Smokey will take place at Franconia Notch State Park on Aug. 15.

Gov. Sununu has issued a proclamation officially designating April 14-20, 2019 as "Wildfire Awareness Week in New Hampshire," noting that wildfires "have the potential to negatively impact our state's valuable natural resources and to threaten life and property."

Anyone interested in learning more about wildfire prevention is encouraged to contact their local fire department or the N.H. Forest Protection Bureau. Information is also available from the National Fire Protection Association's Firewise Communities website: firewise.org.

Part of the N.H. Department of Natural and Cultural Resources, the Division of Forests and Lands protects and promotes the value provided by trees and forests. For more information about the Division of Forests and Lands and the work of its Forest Protection Bureau, visit nhdfi.org or call 603-271-2214.

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Thank you for your understanding.



TRENDY TIMES

A FREE PUBLICATION

Riverside Teacher To Participate In Program For Place-Based Learning And Forest Sustainability

Lyndonville, VT - Laryssa Fortier, a fourth grade teacher at The Riverside School, has been accepted to participate in the year-long "A Forest for Every Classroom: Learning to Make Choices for the Future (FFEC)", an award-winning professional development program for K-12 teachers of all disciplines, offering stimulating, thought-provoking experiences designed to refresh the mind and passion for teaching.

Across habitats and through the seasons, educators will learn how to "read"—and teach—in the landscapes of Vermont from some of the best education and natural resource professionals in the state. They will explore how using place-based learning and education for sustainability make current academic and science standards more practical and meaningful.

"I was drawn to The Riverside School because of their emphasis on place-based, hands-on learning focused on students becoming engaged and responsible citizens, especially when it comes to environmental sustainability," said Fortier. "I am grateful for this opportunity to explore ways to further utilize the incredible natural resources we have within our community and to develop in young people the passion needed to make

an impact on our school, our community, and the world."

Throughout the course, participants will be asked to apply their learning in the classroom, and share and reflect on their experiences with their fellow course mates. Educators may earn up to five graduate credits from Castleton State University for the successful completion of the Forest for Every Classroom program.

FFEC is based on an approach to teaching and learning called place-based education (PBE). PBE helps students learn about and connect to their place through real-world field experiences and on-going classroom work.

"Over the course of the year, participants will integrate hands-on natural and cultural explorations into curriculum to address concepts in ecology, sense of place, stewardship, and civics," said Joan Haley, Director of Partner Education Programs at Shelburne Farms and a member of the Forest for Every Classroom Planning Team. "At the heart of FFEC is the belief that students who are immersed in the interdisciplinary study of their place will be more eager to learn about and be involved in the stewardship of their communities and surrounding lands."

FFEC is offered in partnership with Marsh-Bill-



ings-Rockefeller National Historical Park, Shelburne Farms, Green Mountain National Forest, and the Stewardship Institute.

Fortier, a first-year teacher at Riverside, received her B.S. in Elementary Education from Keene State College. When not at school, you can find her spending time outside either horseback riding, hiking with her dog Max, mountain biking, and swimming. She also enjoys spending time with her family and friends, reading, and cooking.

The Riverside School is a diverse independent school for Pre-K – 8th grade students located in Lyndonville, Vermont. For additional information, visit www.theriversideschool.org.

NEK Council On Aging Offers Free Classes For Fall Prevention

St. Johnsbury, VT – According to the National Council on Aging, falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults. One out of four Americans aged 65 and over falls every year.

In an effort to continually draw awareness to fall prevention, the Northeast Kingdom Council on Aging (NEKCOA) offers several free programs for falls prevention throughout the Northeast Kingdom all year long. They include Tai Chi, line dancing, the Arthritis Foundation Exercise Program, and the award-winning falls prevention program A Matter of Balance.

Endorsed by the Centers for Disease Control and Prevention, A Matter of Balance is a free eight-week program that is designed to teach participants to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, and exercise to increase strength and

balance. The program was developed in the 1990's at Boston University and is designed for those at least 60 years old.

A Matter of Balance is for those who are concerned about falling, interested in improving balance, flexibility and strength, have fallen in the past, and have restricted their activities because of falling concerns. There are three eight-week classes offered throughout 2019: Derby Line at the First Universalist Parish (starting May 1st from 1 – 3 p.m.), Island Pond at Sunrise Manor (starting July 10th from 9 – 11 a.m.), and St. Johnsbury at the United Community Church (starting September 25 from 1:30 – 3:30 p.m.). The co-leaders will be Karen Budde and Jenny Patience.

In addition to retirement communities and senior centers, A Matter of Balance can be configured for a work site with older employees, fraternal clubs, social-service organizations, and church groups.

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Not all Times are Trendy, but there will always be Trendy Times
 April 16, 2019
 Volume 10 Number 14



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

Blueberry Cheesecake

Hello, hello my devoted fellow chefs. The temperatures are not feeling like Spring with cold winds blowing and still the threat of snow hovering over us, but soon enough the warm weather will come. I saw a robin in my yard so hopefully that's a good sign.

Well if you like cheesecake this recipe is "Delicioso". Let's get started with how to make it. You do need a spring form pan to make this.

Ingredients for the bottom crust.

- 1 1/2 Cups of Graham cracker crumbs
- 1/4 Cup sugar
- 2 teaspoons of cinnamon
- 1 Stick of butter melted

Ingredients for the cheesecake

- 4 8 oz. Packs of cream cheese softened
- 4 Large eggs room temperature
- 2 teaspoons vanilla extract
- 1 Cup of sugar
- 1 Cup of sour cream
- 1 Tbsp of corn starch
- 1 can blueberry pie filling

Preheat oven to 350 degrees.

Mix well the crust ingredients. It should mold together when squeezed. Put in spring form pan sprayed with Pam. Press crumb mixture to flatten and go up the sides about 1 1/2". You can use a glass bottom to flatten bottom and up the sides with your hands. I use a sandwich bag on my hand to go



up the sides. Don't press too hard that will make the crust too hard. Try to make it as even as possible.

Mix with a beater the cream cheese and add the eggs one at a time mixing each well. Add the vanilla, sugar, sour cream and the corn starch and beat until smooth and creamy. Put in the spring form pan evenly. Bake for 1 hour and 15 minutes at 350 degrees. It smells really good when baking. Center should be cooked when done.

Remove from the oven and let cool. When cooled remove the spring form pan and add the blueberries to the top and chill. Voila, you are done! I declare that your family will love this. Keep refrigerated.

You can have coffee or tea or I like milk with mine so "Enjoy"! If you have any questions please contact Gary and I will help you out.

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

Ballet Hispánico Brings Performance, Lessons to NEK

KCP Presents is ending the 2018-19 season with a performance and workshop by Ballet Hispánico, the nation's premier Latino dance organization. For nearly 50 years, Ballet Hispánico has been a gem of the New York dance scene, bringing communities together to explore Latino cultures through dance. On Thursday, April 25, Ballet Hispánico dance masters will teach a Community Latin Social Dance Workshop at 7pm at St. Johnsbury Academy's Black Box Theater. On Friday, April 26, the company will perform two shows at Lyndon Institute at 11am and 7pm.

Known for their bold, technically accomplished, and eclectic brand of contemporary dance, Ballet Hispánico was founded by National Medal of Arts recipient Tina Ramirez to give voice to the Hispanic experience and break through stereotypes. Today, Ballet Hispánico is led by Eduardo Vilaro, an acclaimed choreographer and former member of the Company, whose vision of artistic excellence, social equity, cultural identity and high quality arts education for all drives its programs.

The company's highly trained professionals perform the works of Latino choreographers for audiences around the world. Their repertory explores the diversity of Latino cultures and brings innovative ways of experiencing and sharing



a cultural dialogue. Representing a multitude of nationalities, our artists reflect the ever-changing face of our nation.

In addition to their critically acclaimed live performances, Ballet Hispánico inspires creativity and social awareness in communities across the country by providing access to arts education, teaching classes and workshops to adults and children. With innovative dance productions, transformative dance training, and community engagement, Ballet Hispánico creates a space where few institutions are breaking ground.

For tickets to see Ballet Hispánico at Lyndon Institute on Friday, April 26, or to attend the Community Latin Social Dance Workshop at St. Johnsbury Academy on Thursday, April 25, call 748-2600 or visit www.kcppresents.org. The KCP Presents 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.

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