



BARNSTEAD BANNER

Good News from a Small Town



I Have Crossed the Rubicon (Actually I Was Shoved)

By Kristina Schram

When it comes to arguing with my children, I have to admit there are times when I have crossed the Rubicon. When I have passed the point of no return. When retreat is not an option. I have committed to this path, and I will not back down! But maybe I should back up. Because I need to explain what the heck I'm talking about. You see, when I was young, I was taught a lot of facts about the world. As a parent, I then passed along these facts to my children. It's what we humans do. We share information as a means of education, protection, or control (don't deny it). So imagine my dismay when I learned I had been passing along lies! So here's the supposed truth:

George Washington's teeth were composed of a lot of things, even lead, but not wood. Waking sleepwalkers isn't dangerous for them, but could be dangerous for you (they tend to attack the waker, something I do if anyone tries to wake me before 7 am). Apparently it's not bad for you to swim right after eating - I still get a little misty-eyed at how many hours of swimming time I wasted as a child (in Minnesota you had to make the most of that one warm week). Allegedly, sugar does not make you hyperactive. I imagine losing this excuse for their children's bad behavior has led to many parents simply giving up. Many of you will likely be disappointed to learn this next tidbit, but we humans do not swallow 7-8 spiders a year, or any at all, while sleeping. I guess you'll just have to do it when you're awake. Marie Antoinette didn't ever declare, "Let them eat cake." Apparently it was some "great princess" (possibly an ancestor of yours truly) who said it. So you can still use the phrase, just leave poor Marie out of it. It's not true that we only use 10% of our brain; it only feels that way (especially after binge watching Hallmark movies all night). Iron maidens supposedly never served as torture devices, at least not during medieval times. Great. Now I can no longer use the one I bought from a back alley dealer as a conversation starter for parties. (Though I probably can still use it for torture.)

Anyhoo, back to my first paragraph... I don't like feeling uneducated, so I dig in my heels and refuse to admit I might be wrong, especially when it's my kids trying to prove they know more than I do. Why I choose these hills to die on I do not know. Okay, I do know. But that's not going to stop me from going to battle, with all weapons at my disposal, including my Iron Maiden.

Eventually, with time and a lot of soul searching, I do come to terms with being betrayed by my education and accept these new, less exciting, facts. Though sometimes I just don't want to admit defeat. I still haven't given up on Pluto as a planet (we won't desert you, little guy!). And I won't accept that cracking your knuckles does not give you arthritis. Mainly because I can't stand the sound of it and this has been my best argument for getting my kids to stop (and guess who informed me of this alternate truth? Yes, my precious little knuckle crackers).

In this age of the Internet, when facts are no longer facts, I find myself feeling a bit lost. What can I believe? Do I stick to my guns, or concede defeat? I don't much like being wrong, or worse, being proven wrong. But sometimes you've got to capitulate. So, yes, sometimes I make my way back across the Rubicon. Except when it's my kids doing the arguing. Never shall I give in to them! I'll just let them eat cake while I quickly change the subject.

VOLUNTEERS WANTED!

The Banner needs you!

Our monthly publication depends on articles, event submissions and ads from readers like you. If you are interested in learning more, please contact us at :

danielle@oscarfoss.org or
visit our website at
www.oscarfoss.org/the-barnstead-banner

Volunteer

March Events at Oscar Foss Memorial Library



Read Across America runs from Mar. 1 to Mar. 4. Come to the library and celebrate Dr. Seuss' birthday and the love of reading! We will have crafts, activities, and a special storytime for this week!

March Madness Beat Saber Competition begins Mar. 1st! We will have a set song and level for each heat and the highest score wins the heat. If you are unable to make it to the library before we move on to the next heat (there will be 5 total), it is an automatic forfeit. The winner will get a \$30 gift card to BarnZ's. For ages 13-18, but a permission slip is required for Oculus use by those aged 13-16. Registration required BEFORE competition begins in March.

Peeps, it's Peeps time! Between Mar. 1 and Mar. 18, enter your most creative Peeps diorama based on a book. Entries should be roughly the size of a shoebox, all characters should be made from Peeps, and limit one entry per person or family/team. Be sure to put your age (or "adult") and name on entries. Dioramas will be on display for public voting from Mar. 20 - Mar. 31, and prizes will be awarded on Apr. 1.

Looking to relax? Want to become more bendy? Then join us for Yoga Time at the library. On Mondays we have All-Levels at 10:15 am and Seniors at 12:00 pm. Tuesdays are reserved for Intermediate Yoga at 5:30. A \$10/class donation is suggested but not required.

Every Wednesday at 10:30, Storytime Extravaganza commences! March Madness has arrived, which means it's time to get out of the house. Here at the library you and your wee companion can travel to exotic locations and meet interesting characters through the magic of storytelling. You can sing like a king! You can also try your hand at being crafty. It's the place to be when you feel the need to flee (your house)!

Wednesday, Mar. 1, at 6:00, Mead and Read Book Club will be at Over the Moon Farmstead in Pittsfield. Ages 18+. The Guernsey Literary and Potato Peel Pie Society is our book for March. As yummy as it sounds, we will not be having potato peel pie, but you can buy yourself a pizza pie! April's book is going to be James Clear's Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones.

The Tween DnD adventures continue! Thursday, Mar. 2, from 4:00-6:00 the party must attempt to move beyond the Bullywugs. What mysteries will they encounter as they leave the world of light behind and journey further down into the cold, dark earth? All players are welcome at any point in the campaign. For Grades 6-8. Light refreshments provided.

March Events at Oscar Foss Memorial Library

Teen DnD is also running on Thursday, Mar. 2, and goes from 6:00-8:00. Our brave adventurers must finish their battle with the Bullywugs! Will the party rest or bravely continue into the unknown? All players are welcome at any point in the campaign. For grades 9-12. Light refreshments provided.

On Friday, Mar. 3, at 6:00, OFML presents Seacoast NH Permaculture Film Night. Permaculture is a design system using nature as a guide to help us develop life skills to live sustainably and become active producers and participants in our future. Bountiful backyard gardens, thriving landscapes, strong local economies – responsible stewardship at every level. Seacoast NH Permaculture will show a short film followed by a discussion session. The group will also display their community quilt and have some great giveaways, including items from The Little Red Hen Farm in Pittsfield. This event is open to everyone!

Thursday Mar. 9 and Friday Mar. 10 the library is offering 30-minute Toybox appointments for grades 6-12. Toybox isn't an actual box for toys, it's a machine used for 3D printing! You can learn how to make small gifts, rings, keychains, and more! Policy sign-off required before we begin printing (ages 15 and under will need a guardian to sign prior to appointment). Open times are from 3:00-7:00 on each day. Reach out to the library to get the full policy requirements, pricing, and to make an appointment!

Family Movie Night is on Friday, Mar. 10, at 6:00. Lyle, Lyle, Crocodile is on the agenda. The movie's rated PG, and the popcorn is free. If you like crocodiles, especially ones who sing in the tub, then this is the movie for you!

Do we have a delicious day planned for our patrons! Tuesday, Mar. 14 (3.14) from 10:00-6:00 we are hosting Pi(e) Day. Stop by the library for fun math (yes, that's possible) games, interesting mathie books to check out, and to join our pie contest! Entries need a name, contact info, and type of pie. Your pie-ce de resistance must be dropped off at the library between 10:00 am-12:00 noon, and will be judged by our staff (a hard job, but someone's gotta do it). After voting across the street for the town election, come by and reward yourself with a slice. We'll have a prize for the best pie and prizes for anyone who can recite a few pi digits. There will be crafts and circle-shaped snacks, as well!

On Tuesday, Mar. 14, from 12:30-2:00, in keeping with the 3.14 theme, our Homeschool Event will focus on all things Pi. Let's show math some love by playing fun math games and doing low stress numerical activities for everyone to enjoy. Registration required.

On Friday, Mar. 17, from 12:00-8:00, we are offering our patrons some St. Patrick's Day fun. Do you have the luck of the Irish? If you find hidden gold coins around the library, you can exchange them at the front desk for chocolate coins! We will also have a make-and-take Ireland activity packet and craft for you to take home with you.

The library will be closed two Saturdays in a row: Mar. 18 for the Town Meeting and Mar. 25 for the School Meeting. We hope to see you at the BES gym, where you can make your voice heard and your choice count!

Tween Advisory, which is for grades 6-8, will be on Thursday, Mar. 23 from 4:00-6:00.

Teen Advisory, which is for grades 9-12, will be Friday, Mar. 24 from 6:00-8:00. Come have a say in what happens at the library. Let us know what you want to happen with programs and new books. Learn about volunteer opportunities. Be the first to sign up for programming. Light refreshments provided. OFML Kids Club: Friday, Mar. 24, from 3:30-5:00. Ages 6-10. Painting is on the agenda, and snacks, too, of course!

Our Writers Forum happens on the 4th Friday of every month. This month it will be Friday, Mar. 24, from 6:00-7:30. Ages 14+. This group is for writers at all stages of the process, from beginners to published authors. Aspiring and experienced writers alike can not only gain knowledge, but get support as well. If you're looking for feedback, feel free to bring a piece of your work to share.

Name That Tune (Grades 6-12) Teen vs Tween: ROUND 2 is happening Friday Mar. 31 from 5:00-7:00. Last time the teens took home the win, but can they do it again? Or are the tweens ready to take their turn on the winners podium? Be sure to brush up on your music knowledge, you could be confronted with tunes from The Temptations and Elton John to SZA and Taylor Swift. Be the first to ring the bell and earn points for your team! Registration required.

For events that require registration, please contact us at 269-3900 or ofmlstaff@gmail.com to reserve your spot!

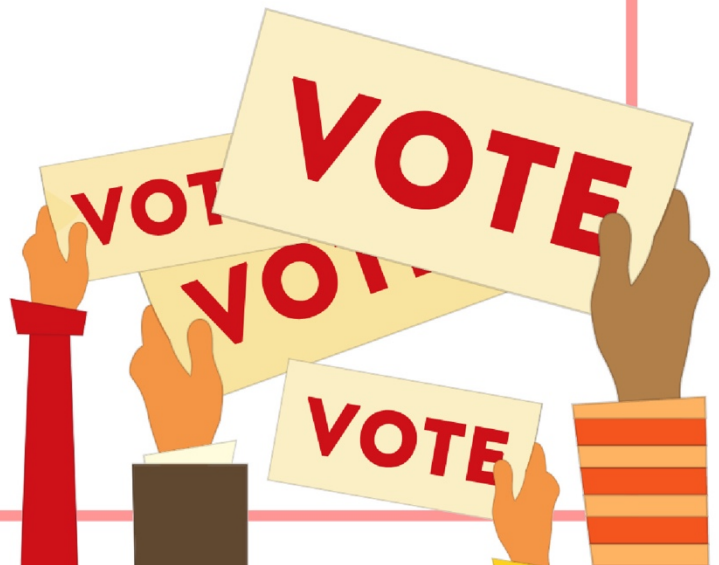
SPECIAL NOTICE

BARNSTEAD TOWN VOTING INFORMATION

Town Elections (Voting Day) - March 14th
from 7AM to 7PM at the Barnstead Town Hall

Town Meeting Day - March 18th at 9AM at
the Barnstead Elementary School

School District Meeting - March 25th at 9AM
at the Barnstead Elementary School





TRAUMA INFORMED | PERSONAL GROWTH
EQUINE ASSISTED LEARNING



8 Week Sessions

Each child attends for 8 weeks in either the Spring, Summer, or Fall. Each child gets one on one care from a practitioner and equine partner. Participating in groundwork exercises and learning coping skills, relationship building, and more.

Trauma Informed

Utilizing a trauma informed care approach, both staff and participants work together in a framework of wellness that improves outcomes. By understanding the impact of trauma, we can better serve our participants.

Contact us today!

- ☎ 603-759-3400
- @ healingonmanes@gmail.com
- 🌐 www.healingonmanes.com
- 📍 7249 Pleasant St Loudon, NH

Scan for more information!



Interested in sponsoring a child?

Make a tax deductible donation today!

1009 Upper
 City Road
 Pittsfield
 NH made
 goods

follow us on
 facebook -
 sugarslocal



**SAVE \$\$ ON
 PROPANE • OIL
 • KEROSENE**

A BARNSTEAD FAMILY
 BUSINESS

603-435-3077
 ourtownenergyalliance.com

OUR TOWN
ENERGYALLIANCE

RECIPE CORNER

Shortbread Lemon Tart

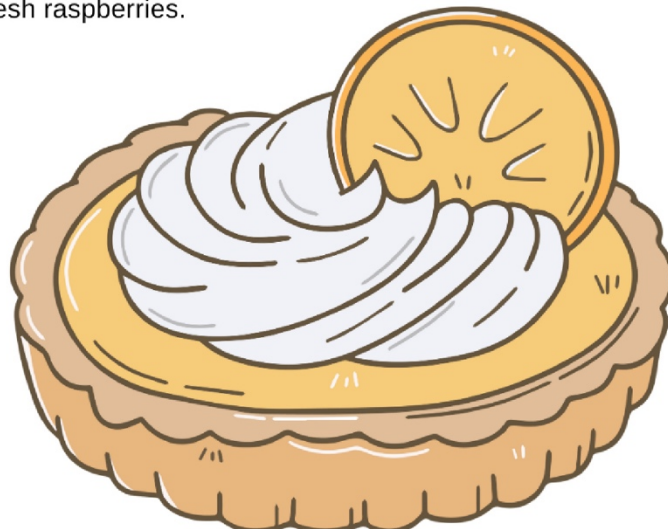


- Ingredients:
- 3 large eggs
- 1-1/4 cups sugar
- 1/4 cup lemon juice
- 1 tablespoon grated orange zest
- 1/4 cup butter, melted
- crust:
- 1 cup all-purpose flour
- 1/3 cup confectioners' sugar
- 1/2 cup ground almonds
- 1 teaspoon grated lemon zest
- 1 teaspoon grated orange zest
- 1/2 cup cold butter, cubed
- additional confectioners' sugar
- Fresh raspberries, optional



Directions

1. Let eggs stand at room temperature for 30 minutes.
2. Preheat oven to 350°. Whisk together eggs, sugar, lemon juice and orange zest. Whisk in butter until smooth. Set aside.
3. For crust, pulse first 6 ingredients in a food processor until mixture forms a ball. Press dough onto the bottom and up the sides of an ungreased 9-in. fluted tart pan with removable bottom.
4. Pour lemon mixture into crust. Bake until center is almost set, 25-30 minutes. Cool on a wire rack. Just before serving, sprinkle with confectioners' sugar and, if desired, fresh raspberries.



ANNUAL PEEPS DIORAMA CONTEST

Enter your most creative Peeps diorama based on a book between 3/1 and 3/18. Entries should be roughly the size of a shoebox, all characters should be made from Peeps, limit one entry per person or family/team. Be sure to put your age (or "adult") and name on entries. Dioramas will be on display for public voting from 3/20-3/31 and prizes will be awarded on 4/1.



FREE QUOTES

SEL CARPENTRY 



Flooring, Sheet Rock, Painting, Decks,
Bath & Kitchen Remodels, And More!

(603)396-1485 | selcarpentrynh@gmail.com

Business Cards • Forms • Business Checks • Brochures
Color Copies • Stationery • Graphic Design • Magnets
Programs • Raffle Tickets • Rubber Stamps
Wedding Invitations and Accessories • Bookmarks



Full Color: Cards • Brochures • Flyers • Labels • Postcards
Customized Promotional Items • Banners • Yard Signs

GRANITE IMAGE
940 Suncook Valley Hwy • PO Box 683
Epsom, NH 03234 • 603-736-6056
print@granite-image.com • www.granite-image.com

CONGREGATIONAL CHURCH
OF NORTH BARNSTEAD, UCC


504 North Barnstead Rd., Center Barnstead, NH 03225
ccnorthbarnstead.com

Worship with us in-person
or join us on Zoom at 10 AM.

**CENTER BARNSTEAD
CHRISTIAN CHURCH**

Worship Service - Sundays @ 10AM

www.centerbarnsteadcc.org 

**BARNSTEAD PARADE
CONGREGATIONAL
CHURCH**



Worship Service 9:00 A.M.
Rev. Sandy Pierson—483-2846

**If you would like to
submit an event or
classified for the
Barnstead Banner,
please email
danielle@oscarfoss.
org with the details.**

**To subscribe to the
online issue of the
banner, go to www.
oscarfoss.org
/the-barnstead-banner**