

March 24, 2010



Special points of interest!

- 3/30 Louis Fuchs Concert at Kennett Middle School 6:30pm
- 3/31 All School Assembly 2:30pm



Energy Fair

Did you enjoy the Energy Fair? Do you want to make a difference in town, but aren't sure how? Come join the Tamworth Energy Commission, which meets @ 7pm, the second Tuesday of every month in the town office. Please call Peg or Lee Custer 323-2055 or email them deerhill356@roadrunner.com with questions.

KENNETH A. BRETT SCHOOL

PTA News - Save the date of May 15th for our golf tournament to be held at Indian Mound Golf Course to benefit the after school and enrichment programs at our school. If you golf, get a team of four together to enjoy a great day. Registration forms are available in the school office. We are also looking for contributions for raffles and prizes, so if you can help out please call the office at 323-7271. Thanks for your support.

Jump Rope For Heart - Congratulations to everyone who helped make this fundraiser for the American Heart Association a success. 43 students participated and 27 students raised \$1,626.00. Mr. Krug's class raised the most money and had the most participants in a class. The top three fund raisers were Willa Canfield, Brooke Barron, and Molly Canfield.

Kindergarten Registration - If your child will be 5 years old by September 30, 2010, you can register for Kindergarten by calling 323-7271 to schedule an appointment for Monday, May 3rd or Tuesday May 4th.

Guidance News - *Fishful Thinking?* Check out the website www.FishfulThinking.com. This is a resource that provides information and practical tools so that you can parent with confidence. The 5 ingredients of *Fishful Thinking*: Optimism, Emotional Awareness, Goal Setting/Hope, Resilience, Empowerment.

Nurse Information - Heart Healthy Chicken Fingers

Try these tasty tenders as an alternative to drive thru or frozen nuggets. With half the fat and sodium as your traditional chicken fingers-they are definitely worth a try!

Ingredients: Canola oil cooking spray, 1/2 cup sliced almonds, 1/4 cup **whole-wheat** flour, 1 1/2 teaspoons paprika, 1/2 teaspoon garlic powder, 1/2 teaspoon dry mustard, 1/4 teaspoon salt, 1/8 teaspoon freshly ground pepper, 1 1/2 teaspoons extra-virgin olive oil, 4 large egg whites, 1 pound chicken tenders (**lean**).

Prep: 1. Preheat oven to 475°F. Line a baking sheet with foil. Set a wire rack on the baking sheet and coat it with cooking spray. 2. Place almonds, flour, paprika, garlic powder, dry mustard, salt and pepper in a food processor; process until the almonds are finely chopped and the paprika is mixed throughout, about 1 minute. With the motor running, drizzle in oil; process until combined. Transfer the mixture to a shallow dish. 3. Whisk egg whites in a second shallow dish. Add chicken tenders and turn to coat. Transfer each tender to the almond mixture; turn to coat evenly. (Discard any remaining egg white and almond mixture.) Place the tenders on the prepared rack and coat with cooking spray; turn and spray the other side. 4. Bake the chicken fingers until golden brown, crispy and no longer pink in the center, 20 to 25 minutes. 5. Serve and enjoy!

Recreation Department - Annual Hoop Shoot - Brett School Gym - Saturday, March 27th. Trophies to the top three scores in each group. Open to all Tamworth children. For more information call 323-7582. Grades 4, 5, 6 girls at 1pm. Grades 4, 5, 6 boys at 2pm. Grades 7, 8 boys at 3pm. Grades 7, 8 girls at 4pm.

Annual Easter Egg Hunt - Sponsored by the Tamworth Rec. Department. All Tamworth children 4th grade and younger on Saturday, April 3rd at **Noon** at the K. A. Brett School. Rain or Shine!

See the back of the newsletter for **More Community Events**

Community Events

Tin Mountain - Ephemeral Flowers of Spring on Thursday, March 25th at 7pm at the Nature Learning Center in Albany. Join education director Lori Jean Kinsey on a pictorial journey of early spring wildflowers. Call 447-6991 for more information..

3rd Annual MWV Regional Science and Technology Fair - All 7th through 12th grade students from the Mt. Washington Valley are invited to participate in the fair on Thursday, May 13th. For more information contact Julie Hoyt at Julie.Hoyt@granite.edu or visit www.mwvsciencefair.com. Applications are due by March 27th.

Arts Council of Tamworth - ACT for Kids present a Chicken Art Workshop with Lianne Prentice and Nicole Maher-Whiteside, for kids ages 8 & up, on Saturday, March 27, from 10:00am to 12:00pm at The Community School in S. Tamworth. Cost is \$3.00; register by emailing act@artstamworth.org or calling 323-8104.

Arts Council of Tamworth - Presents storyteller Simon Brooks, back by popular demand, on Thursday, April 1 at 7:00 p.m. at the Cook Memorial Library in Tamworth, NH. Simon will tell stories suitable for grownups, kids 8 & older, and mature younger listeners. Program is free; donations welcome. Info: www.artstamworth.org or 603-323-8104.

Tamworth Learning Circles Players - Will present Gulliver's Travails at the Barnstormers Theatre at 6pm on April 22nd. For ages 7-13, rehearsals on March 23rd and younger actors ages 5-6 join in April. For full details call 323-7477. Don't miss this dramatic opportunity. They are still accepting actors this week, so join in on the fun.

Kennett High School Project Graduation - An evening of entertainment featuring jazz, vocals, flute ensembles, music and stories on Sunday, March 28th at 7pm at the Tamworth Congregational Church in Tamworth Village. Tickets are \$10.00 and are available at the door or call 323-8504. Refreshments served.

Cook Memorial Library - The library is holding it's Second Ever RATS party at the Cook Memorial Library on Monday, March 29th from 5-7pm. What is RATS? It's a read-a-thon for kids, in 4th, 5th and 6th grades. There are games, snacks, silent reading, pizza and fun! Call 323-8510 to let us know you are coming so there will be enough pizza.

The Mountain Storytellers Guild - Presents April Foolery: An evening of stories of fun and folly with Matt Krug, Marion Posner, Joan Veilleux, and Claes Thelemarck on Wednesday, March 31st at 7pm at the Met in North Conway. For more information, please call 356-3231.

Compost Bins - The annual NRRA Compost Bin Sale is being conducted until April 7, 2010. Home compost bins can be ordered by contacting Marcia McKenna at 367-8831. They are being offered through the Northeast Resource and Recovery Association and more information can be found at their website. The bins are wholesale priced at \$42.00 each and include a booklet to get you started. Between 15% and 30% of all household trash can be composted, reducing transfer station costs and helping the planet.