

# TRENDY



# TIMES

20 Pine Street, Woodsville, NH 03785  
Phone: 603-747-2887

Email: Gary@TrendyTimes.com  
Website: www.TrendyTimes.com

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## Subaru To Sponsor 2020 Mt. Washington Hill Climb

Lincoln, NH - Officials with the Sports Car Club of New Hampshire, sanctioning body of the 2020 Mt. Washington Hillclimb planned for July 10-12, 2020 at the Mt. Washington Auto Road in Pinkham Notch, Gorham, NH, announced today that Subaru of America will return as Title Sponsor of this historic motorsports event which was first run 125 years ago in July of 1904 and last run in July of 2017.

"The Sports Car Club of New Hampshire is honored to welcome back Subaru of America as Title Sponsor of the 2020 Subaru Mt. Washington Hillclimb for the third consecutive event. Subaru has a long history of success in motorsports, especially at Mt. Washington," stated Howard Roundy, Event Director for the 2020 event sanctioned by the Sports Car Club of New Hampshire. "We're also very excited to welcome back

Subaru's factory-backed motorsports team, Subaru Motorsports USA / Vermont SportsCar from Milton, VT."

First run in 1904, the Climb to the Clouds took place as part of the famous Glidden Tour several months prior to the first-ever Vanderbilt Cup on Long Island, New York that was first run in the Fall of 1904. The initial Mt. Washington Hillclimb was also seven years before the first-ever 500-mile race at the Brickyard in Indianapolis, Indiana which took place in 1911 and twelve years prior to the inaugural Pikes Peak Hillclimb in Colorado which first took place in 1916. The 7.6 mile "Climb to the Clouds" is without question one of the ultimate proving grounds for both drivers and automobiles anywhere in the world. The serpentine tarmac and gravel road is lined with trees, rocks and dramatic drop-offs as it winds its way to the 6,288 foot summit of the Northeast's tallest peak - Mt. Washington.

Organized and sanctioned by the Sports Car Club of

New Hampshire, event officials are expecting an 80-car competition field filled with some of the most talented drivers and impressive race cars from the world over competing for "King of the Hill" honors in one of the most exciting events in all of motorsports.

Set for July 10-12, 2020, the Subaru Mt. Washington Hillclimb will serve as a 3-day motorsports festival filled with a variety of motorsports-oriented activities for all ages including a vendor area, car corals for various car clubs, antique vehicle displays and an autograph session topped off by the return of the historic Subaru Mt. Washington Hillclimb that takes place on the winding 7.6 mile Mt. Washington Auto Road.

"Since 1904 we've had a long and storied history of car racing on Mt. Washington. When the first 'Climb to the Clouds' was contested on those hot July days in '04, we took our place in automotive racing history as a challeng-



ing proving ground for man and machine," stated Howie Wemyss, General Manager of the Mt. Washington Auto Road. "We've continued with this great tradition off and on over the years and are thrilled to once again be getting ready for the Subaru Mt. Washington Hillclimb in July 2020. We know that technology is changing fast and with each of the past several races have come even faster and more amazing times so we're anticipating plenty of excitement and drama this coming summer."

Along with the announcement of Subaru of America returning as the Title Sponsor of this prestigious Hillclimb,

officials also announced that registration for those wishing to submit an entry application for consideration for the 2020 event will open at 12:01am, November 1, 2019 and will remain open through midnight on December 31, 2019. Details regarding classes, safety specifications, entry fees and other competitor-related information will be available at [www.climbtothecLOUDS.com](http://www.climbtothecLOUDS.com) on November 1, 2019.

Additional information regarding volunteering, spectating and lodging for the 2020 Subaru Mt. Washington Hillclimb scheduled for July 10-12, 2020, will be available in the coming weeks, also at [www.climbtothecLOUDS.com](http://www.climbtothecLOUDS.com).

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# TRENDY Dining Guide

## Polly's Pancake Parlor

By Gary Scruton

There are many eateries in this part of Northern New England that have been around for many, many years. There is always a reason behind the long existence of such eateries. Not only is the food all that you expect, but in most cases there is also that something extra that makes it stand out.

I was never able to partake of the previous version

of Polly's Pancake Parlor, but I am willing to say that the current version offers those things you would expect from a place tucked away in Sugar Hill.

We visited on a Saturday morning. As we have learned, the best way to get a seat at Polly's is to call in advance and get your name on the list. I called about 45 minutes before our projected arrival time. When we did arrive we were handed

an electronic pager and told that it should not be long. It wasn't. Maybe 5 minutes before the four of us were taken to the far end of the seating area to a freshly washed and set table.

Janice and I had invited our friends Rick & Camille to join us. We did not give them much notice, but for a chance to visit Polly's we were told they didn't need much notice.

Our waiter soon appeared at our table for drink orders. Three coffees, and orange juice and a glass of water were requested. We all got a glass of water to go with our other beverage.

Our waiter gave us time to look over the menus and discuss our choices, and then showed up ready to take some notes. Camille has a

favorite, six plain batter pancakes with blueberries. Janice was next with the owner named Kathie's Combo, 3 pancakes (plain, buckwheat, gingerbread all with blueberries), 2 eggs (scrambled) and a choice of ham, sausage or bacon (bacon please). Rick also ordered a stack of six pancakes. He got three plain with blueberries and three buckwheat with walnuts. He also got a side order of bacon which he shared with Camille. I went last and stepped out of the pancake track enough to get Cinnamon Raisin French Toast with a side of sausage.

We then had a little bit of time to sit back, enjoy our beverages, and very much enjoy the view of the snow capped presidential range of the White Mountains.

Our waiter brought all four dishes to us at once. I should take this time to mention that not only does the wait staff at Polly's served the customers, but they also cook the pancakes. In the case of six stack orders they cook and serve three, and then keep an eye out to time the second threesome to arrive when those enjoying the food are ready for them. So

Rick and Camille each got three pancakes while Janice and I got our entire meals.

One of the condiments on each table is a glass pouring bottle of maple syrup. I probably don't need to say that the syrup bottle needed to be refilled at one point. In fact our waiter simply brought us a full bottle and took the other elsewhere to be refilled.

Personally I can report that the french toast was the expected two slices of bread cooked in an egg batter that came out just right. I really like cinnamon raisin bread and with the batter and maple syrup this french toast was just right. The sausage patties were also something to write about. From a local source they had some spiciness to them, but were not overwhelming.

The four of us were also lucky enough to have a brief visit with owner Kathie. It turns out that she and Camille both are, or were, members of the Pine Hill Singers and have known each other for a number of years.

The total cost for all four meals at Polly's was \$57.90 which includes the tax, but does not include the cash tip that was left on the table when we were finished.



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### Lisbon Lions To Host Senior 22nd Annual Senior Citizens Holiday Dinner

The Lisbon Lions Club is once again showing their appreciation to local senior citizens by sponsoring the 22nd Annual Senior Holiday Dinner, free for all senior citizens living in Lisbon, Lyman and Landaff, on Saturday, November 16th, at the Lisbon Regional School cafeteria at 12 noon. The dinner menu will include roast turkey with stuffing, gravy, mashed potato, vegetables, cranberry sauce, rolls and butter, and a variety of home baked pies.

celebrate the holidays a little early, enjoy great food and visit with friends and neighbors. Home deliveries are available again this year for those unable to attend the dinner at the school. We are also happy to provide transportation to the event, if needed.

To make reservations to eat at school, to request a dinner delivered to your home, or to request assistance with transportation to the school, please call Donna & Phil Clark at 838-5043 by November 14th.

Please come out to cel-



On Thursday, October 31st, 2019, Woodsville High School JAG officers attended the NH JAG Officers Leadership Conference at the McAuliffe-Shepard Discovery Center in Concord, NH. The group had the opportunity to meet officers from other schools, participated in team building activities, and learned leadership skills. They also discussed several fundraising and community service projects for the current school year. Pictured from L to R are Rebecca Smas, Jeter Bailey, Hayley Perkins, Jayson Anderson, Gillian Capps and Felisha Fournier.

### Littleton Dog Park & Littleton Food O-op

The Littleton Dog Park Committee is excited and honored to be the Littleton Food Co-op Partner of the Month for November. This is our first year as a partner of the month and we are grateful for this opportunity to be part of the Food Co-op's sponsored community fundraisers.

The Littleton Dog Park Committee was formed in October of 2017 by the Littleton Board of Selectmen to explore the possibilities of building a dog park in Littleton. Over the past two years, we have held public meetings the second Wednesday of every month at 5:15pm at the Littleton Opera House. We have developed plans and designs for a dog park. We have reached out to community members for input, and we have received an impressive amount of support for the dog park. Our surveys have bolstered our commitment to create a dog park that is accessible to everyone and walkable from the center of town. Our search for possible land has brought some potential sites, but they have not been in our scope of what we want for land for the park. We continue to work with the Town Manager to locate the "perfect" site for our dog park. We are focused on building a park for our fur friends and remain optimistic we will find land that meets our needs.

Co-Chairs Sue Pilotte and Chris Wilkins, along with our committee members have been doing fundraising for the park's needs, such as fencing, landscaping, water features, and signs for the rules of the park. We have been in our community talking to people and have found that 98% of the contacts we have made are in



favor of having a dog park in Littleton. Everyone needs a place to play and call their own! Even our four legged friends. Our goal is to create a space in Littleton for every dog in town.

To date, our grassroots fundraising efforts have been positive and we continue to grow support from the town and the community. We have raised over \$3,000 to date and have purchased dog park fundraising items, such as dog bowls, quality dog park logo t-shirts and more great products.

Come visit the Littleton Food Co-op in November and ask the cashier to "round up" your balance in support

of the Littleton Dog Park. Our committee members will be assisting the cashiers and will be available to talk to customers at the store. We will have a fundraising table set up in the foyer with some amazing products that will make great gifts for the holiday season! We appreciate your support!

For more information on the Dog Park you may contact Sue Pilotte at 603-575-5324 and Chris Wilkins at 603-575-9170 Visit our Facebook page at Littleton NH Dog Park for upcoming events and newsworthy information.

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

November 12, 2019

Volume 11 Number 3

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## “Be Aware...Big Business In Schools”

To date, NH's senators and representatives have introduced a total of 797 legislative requests for the upcoming session. One legislative request addresses the annual SAT assessment that is completed by all eleventh grade students. Testing all students in grades 3 – 8 and at the 11th grade in high school is a Federal mandate required under the Every Student Succeeds Act. To be eligible for Federal money, states must have their annual statewide assessment plans approved by Washington. NH high schools currently administer the SAT that is owned and administered by the College Board, a non-profit organization. The College Board also administers the PSAT, SAT, and AP exams that are widely used to assess student achievement and provide student preparation data to post secondary institutions. State law requires the NH Department of Education to administer either the SAT or ACT assessments.

As background information, although the College Board identifies as a

“non-profit,” the organization hauled in \$1,067,701,847 in tax year 2017. Thanks to huge profits, the President of the College Board receives over \$1 million dollars a year while several executives make \$300,000 - \$500,000 a year in salary and benefits. As a “non-profit,” this level of compensation is difficult to comprehend, but this does establish the point that education has become BIG business.

The College Board's non-profit status, coupled by huge annual profits and business practices has attracted close scrutiny. In a November 6, 2019 article, The Wall Street Journal identified a situation that should concern students and families preparing for the college experience. The following paragraph is a summary of the article.

Recently, 10 universities contacted a high school senior in the Chicago area, and encouraged her to make applications to their institutions. Of her 10 submitted applications, seven institutions quickly rejected her. As a school

valedictorian, she believed that all 10 were interested and encouraging her attendance, but that was not the case.

A College or university knows that its national ranking will rise if it can prove that the institution is highly selective. The more applications rejected will work toward bettering institutional ranking and prestige. Who gains in this business? The non-profit College Board gains revenue selling student names, addresses, etc. On the other hand, for approximately 47-cents per student, the institutions acquire information, increase applicants and watch their ratings climb. Each year, approximately 1900 schools and scholarship programs buy over 2 million names from the College Board. They even buy names of students whose scores are well below the individual college acceptance bar, but knowingly send encouraging contact letters to these students. In response, hopeful students forward their completed applications with a non-reimbursable application fee to the college. This business practice serves to benefit College Board and post secondary schools, but not the student's finances. This is just one issue associated with the SAT that has surfaced during the past year. Along with the above-mentioned concern and the College Board's “adversity” score fiasco abandoned several months ago, LSR2444 (the proposed bill) relative to statewide testing will offer the legislature an opportunity to make any necessary changes reference continued reliance upon the SAT as NH's annual statewide high school assessment.

Respectfully Submitted,  
Rep Rick Ladd  
NH House Education  
Committee

## Fire Starters & Missing Marbles

by Maggie Anderson

I got an email from an old friend - a title much closer to the truth than it used to be - this morning and got to giggling over her predicament until I was reminded of an attempt to start the fire in the woodstove one early morning last year.

As anyone who knows me can tell you, I don't do mornings. The only time I like to see a sunrise is when I've been working all night and I catch a glimpse of golden light as I pass the kitchen window on my way to another cup of coffee. I really hate early, always did.

That morning Hank was in his usual cold-weather enchilada position, curled up and hoping he could wait me out and stay in his winter oven until I brought the coffee upstairs. The whole thing was his fault no matter what he says and he paid a steep ransom for his inactivity.

I laid out a few sheets of newspapers as usual, but I had stacked a boat load, or in this case a truck load of fire wood the day before and my back was saying things I didn't want to hear. It hurt so much in fact I decided to wrap my fire-starter bundle of paper, twigs, and pine cones on Hank's chair which sits conveniently close to the wood box.

I stuffed it all into the gaping maw of our ancient Round Oak stove, touched a match, closed the door, opened the upper draft and headed for the kitchen to start water for coffee. By the time the coffee was filling the kitchen with the aroma of bliss I headed back upstairs to share it with Hank and catch up on some emails and our usual morning coffee conversation about what we could do to fix yesterday's shortcomings, turn the world around and/or solve everybody's problems - that or decide whether to crawl back into bed for awhile longer.

Before I hit the stairs I stirred the blazing fire and stoked it to hold a warm center for as long as we were busy putting the pieces of the world's complicated puzzle together.

zle together.

A bit later when Hank wanted to watch one of the game shows that seem to be his morning transfusion of energy, he could not find the remote. We looked everywhere it might be hiding, under his chair, behind the cushions on his chair, beside my work table in case I'd left it there when I in a bleary-eyed fog had finally quit trying to get the last bear done the night before.

We even looked inside the fridge and the freezer in case one of us had gone for a treat and laid it down while we made our choice. And on the off chance that we may have been losing some marbles along the way. Nothing. It never turned up.


I vaguely remember hearing a loud pop about the time I reached the kitchen that morning but chalked it up to a pitchy hunk of kindling and I remember how quickly the fire kicked in, other than that I can offer no answers. I can tell you that Hank was horrified at the prospect of having to actually get off his chair and use the buttons on the television whenever he wanted to turn it on or off, ramp up the sound, or change the channels. He was steamed for months, until we got the new cable system that came with it's own remote. I still think it was the most exercise he'd had in years.

So the giggles I got from the news about my friend having run to the ladies room for a pit stop and spend the drive home trying to figure out why her pants were so uncomfortable only to discover she had them on backwards was smothered by the memory of my having torched our remote.

You'd think by now I'd have learned to keep smug at a distance. Of course this particular friend always has fuel to toss on my fire, last week she told me she had to buy a new TV because she couldn't find her remote either. In this case I refuse to reveal a name in order to protect the guilty, but you know who you are.



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## Congregational Church To Celebrate Achievements And Recognitions At Open House

On 29 July, the First Congregational Church in Littleton was added to the New Hampshire register of historic places. The church was recognized for both its architecture and social history. As noted by the NH Division of Historical Resources:

"... the First Congregational Church reflects the architectural evolution from Greek Revival style, which was later covered with Gothic Revival details. The attached chapel is adorned with Stick Style elements. Since its construction the property has been an important social and community gather place in Littleton. Despite some modern alterations, the church retains sufficient integrity for inclusion in the State Register."

The church also recently received notification of a \$17,000 reimbursement grant from the Department of Homeland Security for physical security at the church. The Department of Homeland Security awarded 7 NH houses of worship on August 9th who will share a total of \$150,000 in first-time Nonprofit Security Grants to upgrade building security. Members of the church have completed the first step in a very lengthy process in hopes to replace or repair some exterior and interior doors, install keyless entry to all exterior doors, and install video surveillance at the main entry.

The Little Free Pantry, located in front of the church, is also a recent accomplish-

ment of the Community Outreach Group at the First Congregational Church. Inspired by the Little Free Pantry movement (see [littlefreepantry.org](http://littlefreepantry.org) for more information), it is now open 24 hours a day, 7 days a week to provide a space where community members can help one another. Through the community, the Little Free Pantry will supplement existing food pantries in the area as those in need sometimes have obligations during the hours when local food pantries are open. Donations can be dropped off in the pantry 24 hours a day, 7 days a week. Suggested donations include: shelf stable milk, canned meat, canned fruit, soup, baby food, diapers, pet food, cleaning products, personal care items, and heated hand warmers (unopened, please). The Little Free Pantry-Littleton was established with funds lovingly donated in memory of Katharine "Kay" Lofgren. Everyone with access to Facebook is encouraged to like and share: Little Free Pantry-Littleton, NH.

A celebration of these recognitions is planned for Friday November 15th at 5 PM at the First Congregational Church of Littleton which is located at 189 Main Street. This event will include a festive reception, presentations, and a tour of the building and pantry. This celebration is open to the public and everyone is welcome.

## KCP Presents Brings Grammy Winner Ricky Skaggs to NVU-Lyndon

Fifteen-time Grammy winner and Country Music Hall of Famer Ricky Skaggs will play in Lyndonville, Friday night, November 15, at 7pm, as part of a thrilling KCP Presents Performing Arts Series season, produced by Catamount Arts. The legendary country-bluegrass star, who's been inducted into no fewer than five Halls of Fame, will play at NVU-Lyndon between multiple Nashville gigs including his latest of countless Grand Ole Opry appearances.

Born in Cordell, Kentucky, in 1954, Ricky was gifted his first mandolin at the age of five after his father heard him harmonizing with his mother while playing with his toys across the room. Ricky's local following came quickly; when the renowned Bill Monroe came to play Martha, Kentucky, the crowd wouldn't let up until "Little Ricky Skaggs" got up to play. The revered father of bluegrass put his own mandolin around the six-year-old's neck, adjusting the strap to fit his small frame, and just like that, Skaggs was catapulted into stardom.

In the late 1970s, Ricky turned his attention from bluegrass to country music. Though still in his 20s, the wealth of experience and talent he possessed served him well, first as a member of Emmylou Harriss' Hot Band and later as a solo artist. In 1982, he became a member of the Grand Ole Opry, the youngest to ever be inducted at that time. Celebrated



guitarist and producer Chet Atkins credited Skaggs with "single-handedly" saving country music.

As a musician, Skaggs is a brilliant traditionalist willing to mix genres, recording and touring with artists such as Bruce Hornsby and Ry Cooder. In 2015, Ry Cooder, Sharon White and Skaggs embarked upon the critically acclaimed Cooder-White-Skaggs: Songs for the Good People Tour, singing gospel, blues and country while demonstrating characteristic superior musicianship in venues including Boston's Berklee Performance Cen-

ter and Carnegie Hall in New York.

2018 saw three Hall of Fame inductions for Skaggs: the National Fiddler Hall of Fame, the Bluegrass Music Hall of Fame and country music's greatest honor, the Country Music Hall of Fame. According to Skaggs, he's "just trying to make a living," playing the music he loves.

For tickets to see Ricky Skaggs with Kentucky Thunder on Friday, November 15th, at NVU-Lyndon, or to learn more about the KCP Presents 2019-20 season, call 802-748-2600 or visit [www.catamountarts.org](http://www.catamountarts.org) or [www.kcppresents.org](http://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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Saturday 9-5pm

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

November 12, 2019

Volume 11 Number 3

# Calendar of Events

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

## TUESDAY, NOVEMBER 12

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

CONVERSATION WITH AUTHOR CHRIS WREN  
6:30 PM  
Fairlee Town Hall Auditorium

TEEN ADVISORY BOARD  
5:30 PM  
St. Johnsbury Athenaeum

## WEDNESDAY, NOVEMBER 13

ZINE-MAKING SERIES  
3:30 PM  
St. Johnsbury Athenaeum

FORUM ON SUBSTANCE ABUSE  
6:00 - 7:30 PM  
Wells River Congregational Church

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

## THURSDAY, NOVEMBER 14

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

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

## THURSDAY & FRIDAY NOVEMBER 14 & 15

THE LITTLE MERMAID  
7:00 PM  
St. Johnsbury Academy's Fuller Hall Auditorium

## FRIDAY, NOVEMBER 15

ACORN CLUB STORYTIME  
10:30 AM  
St. Johnsbury Athenaeum

CELEBRATION & OPEN HOUSE  
5:00 PM See Article on Page 5  
First Congregational Church of Littleton

TURKEY SPIN OFF  
6:00 PM See Ad on Page 7  
Post Home, 4 Ammonoosuc Street, Woodsville

RICKY SCAGGS CONCERT  
7:00 PM See Article on Page 5  
NVU-Lyndon

## SATURDAY, NOVEMBER 16

HOLIDAY BAZAAR  
9:00 AM - 3:00 PM See Ad on Page 7  
Warren Village School

JOURNEY TO THE MANGER BAZAAR  
8:30 AM - 1:00 PM  
St. Elizabeth Parish Hall, Lyndonville

LAPSIT STORYTIME  
10:30 AM  
St. Johnsbury Athenaeum

SENIOR THANKSGIVING MEAL  
12:00 Noon Lisbon, Lyman, Landaff only  
Lisbon Regional School cafeteria\  
See Article on Page 3

THE LITTLE MERMAID  
2:00 PM  
St. Johnsbury Academy's Fuller Hall Auditorium

4-H TURKEY SUPPER  
5:00 - 7:00 PM See Ad on Page 3  
North Haverhill United Methodist Church

BEEF STEW OR CORN CHOWDER, SUPPER  
5:00 PM - 7:00 PM  
American Legion, 183 Main Street, Lincoln

## SUNDAY, NOVEMBER 17

THANKSGIVING POTLUCK WITH  
US SENATE CANDIDATES  
12:00 PM - 3:00 PM  
Warren Town Hall, 19 Water St., Warren

CLASSICOPIA PERFORMS "JAZZICLE"  
2:00 PM  
Fairlee Town Hall Auditorium

## WEDNESDAY, NOVEMBER 20

ZINE-MAKING SERIES  
3:30 PM  
St. Johnsbury Athenaeum

TRANSPARENCY TOUR:  
VT SECRETARY OF STATE JIM CONDOS  
6:00 PM St. Johnsbury Athenaeum

## THURSDAY, NOVEMBER 21

VFW POST #5245 MONTHLY MEETING  
7:00 PM  
VFW Hall, North Haverhill

## FRIDAY, NOVEMBER 22

ACORN CLUB STORYTIME  
10:30 AM  
St. Johnsbury Athenaeum

PAINT BY PAGES: WHERE PICTURE BOOKS  
MEET ART  
1:00 PM St. Johnsbury Athenaeum

## SATURDAY, NOVEMBER 23

SUGAR HILL CHRISTMAS FAIR  
9:30 AM - 2:30 PM  
Sugar Hill Meetinghouse

HAVERHILL AREA YOUTH HOLIDAY CRAFT FAIR  
10:00 AM - 3:00 PM  
Haverhill Cooperative Middle School

SWEET JAMM DANCE  
6:00 - 9:00 PM By Donation  
Alumni Hall, Court St., Haverhill

## TUESDAY, NOVEMBER 26

BRIT READERS OF THE NEK BOOK CLUB:  
WHERE THE CRAWDADS SING  
5:00 PM St. Johnsbury Athenaeum

# 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

LISBON BIBLE CHURCH, WOOLSON ROAD  
Sunday School 9:15 AM  
Worship 10:30 AM Bible Study 6:00 PM  
NORTH DANVILLE BAPTIST CHURCH (ABC),  
Worship and Sunday School, 9:30 AM  
Refreshments at 10:20 a.m.  
CRIBBAGE - 1:00 PM  
American Legion Post #83, Lincoln



### Richard Adams Carey Speaks In Bath

Bath Public Library has received a grant from the New Hampshire Humanities to present Richard Adams Carey, "In the Evil Day: Individual Rights, Town Government, and the Crime That Stunned the Nation" on Saturday, November 30th at 2:00 pm at the Bath Public Library.

On August 19, 1997, in little Colebrook, New Hampshire, a 62-year-old carpenter named Carl Drega, a man with long-simmering property rights grievances, murdered state troopers Scott Phillips and Les Lord at a traffic stop in a supermarket parking lot. Then Drega stole Phillips's cruiser and drove downtown to settle some old scores. By the end of the day three more were dead, Drega among them, and four wounded. Occurring on the eve of America's current plague of gun

violence, this tragic event made headlines all over the world and shocked New Hampshire out of a previous innocence. Touching on facets of North Country history, local governance, law enforcement, gun violence, and the human spirit, Richard Adams Carey describes a community that was never a passive victim but rather a brave and resilient survivor.

Richard Adams Carey is a writer whose byline has appeared in magazines ranging from Alaska to Yankee. He is the author of four award-winning books of literary nonfiction, including Raven's Children: An Alaskan Culture at Twilight (a New York Public Library Book to Remember) and Against the Tide: The Fate of the New England Fisherman (the New Hampshire Literary Prize for Nonfiction). A Connecticut native, Harvard graduate,

and long-time New Hampshire resident, he has taught school in the Alaskan Bush, odd-jobbed on a Western ranch, worked on fishing boats, tracked caviar smugglers, served as president of the New Hampshire Writers' Project, and now teaches in Southern New Hampshire University's MFA in Fiction and Nonfiction program.

This program is free and open to the public. There will be light refreshments served. New Hampshire Humanities nurtures the joy of learning and inspires community engagement by bringing life-enhancing ideas and subjects from the Humanities to the people of New Hampshire.

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

### Orange East Senior Center Activities

- Tuesday, November 12**  
Exercise 9:00  
Chair Massage by Appointment
- Wednesday, November 13**  
Foot Care Clinic by App  
Computer Class @ 3-5  
Cribbage 7pm
- Thursday, November 14**  
Exercise 9:00
- Friday, November 15**  
Exercise 9:00  
Wellness Clinic 10:00-12:00  
Barry Hayes-Music
- Monday, November 18**  
Exercise 9:00  
Tai Chi 10:00  
BINGO @ 6:00
- Tuesday, November 19**  
Exercise 9:00  
Line Dance 10:00
- Wednesday, November 13**  
Foot Care Clinic

- By Appointment  
Computer Class @ 3-5  
Cribbage 7pm
- Thursday, November 21**  
Exercise 9:00
- Friday, November 22**  
Exercise 9:00  
MUSIC BY  
NO STRINGS ATTACHED @ 11:00
- Monday, November 25**  
Exercise 9:00  
Tai Chi 10:00  
Bingo @ 6:00
- Tuesday, November 26**  
Exercise 9:00
- Wednesday, November 27**  
Foot Care Clinic by App  
Cribbage 7pm
- Thursday & Friday, November 28 & 29**  
Happy Thanksgiving!  
CLOSED

### Littleton Community House To Be Lit

[ Littleton, NH – See the Littleton Community House adorned for the holidays on Friday, November 29 from 12-2:30 pm.

This Queen Anne style home will be decorated in grand fashion featuring an evergreen tree uniquely trimmed with small, delicate baskets that will bring back fond memories of times past.

Plan to visit with Mr. and Mrs. Santa Claus who will make a special guest appearance directly after the parade. "It's a fun time and gears people up for the holiday season" says Board Member, Kathy Doriski.

This annual event is free and open to the public. Light refreshments will be served along with a station for dec-

orating gingerbread men. Whether you're a grown adult or a family with kids, be sure to stop by and take your photograph with the jolly man in red.

For more information, please call 444-5711 or email littletoncommunitycenter@gmail.com

### Bethany Church of Pike To Host Community Festival of Song

Hoping to spark a Spirit of Thanksgiving within the hearts of people -- the Bethany Church Choir of Pike is hosting a Community Festival of Song on Saturday, November 16th from 3:00 to 5:00 pm at Bethany Church, the church set on the hill, Route 25, Pike.

This informal gathering will include local vocalists and musicians, young and older, who will share their talents to fill the atmosphere of the sanctuary of Beth-

any Church. The choirs of Bethany, Orford UCC, and Haverhill UCC and special guests, including Ben Taylor of Haverhill Middle School on the trumpet, vocalists Archie Steenburgh of Pike, and Bobby Adams of Connecticut.

A variety of music from gospel to show tunes to pa-

triotic will be presented. Following this Time of Thanksgiving, homemade desserts will be served. A Good-will offering will be received. All are encouraged to attend this joyful community event! The director is JoAnne Jaworski, email or call benjoannej@charter.net, 603-787-6658 for more details.

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**Friday, November 15 6:00 PM**

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Ammonoosuc Street, Woodsville, NH

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**40 tickets sold per turkey**  
Each ticket has 3 numbers  
Winner chosen by wheel spin

**Public is Invited - Please use front door.**  
**Non-members must be signed in.**

**HOLIDAY BAZAAR**

**SATURDAY NOV. 16**  
**9 a.m. - 3 p.m.**

What a great time to do your Holiday Shopping!

Join us at the Warren Village School for the Holiday Bazaar and the Famous Chili and Chowder Cook off

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603-243-0550 • [www.bossmanoutdoors.com](http://www.bossmanoutdoors.com)**WES Classroom Corner****Reading Time in the  
Library**

We have been celebrating the Fall season in the library! Some books we've read were about bears getting ready for their winter nap including "Bear Can't Sleep", "Every Autumn Comes the Bear", "Bears Make Dens" and "Bear Feels Scared".

We also read about the autumn colors in the books "It's Fall!", "Fall Leaves Change Color", "The Sky Tree", "Let it Fall!", "Falling Leaves" and "The Scarecrow".

Finally, as the end of October approached we read pumpkin and Halloween stories including "The Bumpy Pumpkin", "Moonlight The Halloween Cat", "Ghost in the House" and "There Was An Old Lady Who Swallowed A Bat!" (a favorite of the students).

**Music**

Greetings from Music! This past month the 2nd and 3rd graders have been busy preparing for our Holiday Concert scheduled for December 3rd! Third graders received their recorders and have started learning how to read and play recorder music. The students are already looking forward to playing for you in the Holiday Concert! Second graders have finished preparing their first song. They are now listening to their own singing in order to find ways to improve.

The students in first grade and Kindergarten have just started learning new songs while participating musical movement games including "My Aunt Came Back", and "Roller Coaster".

**Creepy Times in Physical  
Education!**

In Physical Education, we have continued working on

**Singing and Playing in**

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64 Railroad Street, Lincoln, NH 03251***James Ross, Principal  
Woodsville Elementary School  
(603) 747-3363*

our locomotor skills through active play. We have been focusing on the step-and-hop fundamentals of skipping. Students have enjoyed incorporating locomotor movements while role-playing as creepy creatures of the night! We played "Witches, Wizards, and Ghosts Oh My!" along with other Halloween themed activities. Last week the gym was transformed into a graveyard where students were on the hunt for treasure!

WES students continue to demonstrate our Shared Values in class. Congratulations to Ms. Hudson's Class who won this month's Golden Sneaker Award! Coming up this month, students will participate in the school-wide "Turkey Toss"! This new tradition will help inspire students and classes to work together! Stay tuned for photos of our students focused on tossing that Turkey!

Students are continuing to earn their sneakers awards for the laces club tree. A friendly reminder to please help your child(ren) practice. A couple minutes a day makes a huge difference!

**"Pixel-ated" in Technology**

The 2nd graders have finished their pixel art images using Pixel Art in Google Classroom. Using a spreadsheet the students formatted it so that individual cells change color based on the number (1-9) they typed in the cell. Think of this as a "color by number." This template is from a book called: Google Apps for Littles by Christine Pinto & Alice Keeler.

**On The Look-Out for  
Subs!**

Since we are not near the ocean the subs we are actually looking for guest teachers, secretaries, custodians and nurses - or substitutes ("subs")! The Haverhill Cooperative School Board recently raised the pay for teacher subs to \$100/day and to \$90/day for support staff! If you are interested in becoming more involved at school, and pick up some extra money along the way, please contact Sheila in the WES main office (747-3363) or the SAU23 Office (787-2113) for more information.



The students and staff of WHS got their spooky on last Thursday, October, 31st, 2019 by dressing up in costumes for the National Honors Societies 'Trick Or Treat For The United Nations Children's Fund' event. \$250 was raised, all of which will benefit UNICEF. In order to wear a costume, the students and staff had to pay a dollar. This year, Mr. Nichols agreed to dress up in an adult baby costume if the students raised \$100. Thanks in part to Mr. Chase, the money was raised by Wednesday afternoon. Thanks to everyone who participated in today's event. Happy Halloween!



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# Listen To The Travel Of The Falling Rain

By Robert Roudebush

After a day-long down-pour, my niece and I went exploring our unpaved roads and she asked, "Uncle Robert, where does all this water in the puddles go?" There's a question. I told her, "Goes to the Atlantic Ocean and then the rest of the planet. Unless we drink some of it." Ashley laughed enthralled and I watched her already big eyes get bigger, disbelief mixed with curiosity. We'd both skirted carefully around most of the miniature temporary ponds on our walk, but once or twice gave into temptation. It was the old man and the young girl splashing through a couple of them on purpose, spraying cold fresh water onto each other and laughing like dementos as only two careless kids can do. Yeagh, at those times you are a kid, no matter your age.

That smart child is older now and even smarter and surely knows where the fallen rain water goes, short term and long term, and how it gets there and what it does once it gets there. But she didn't know then, she was about 6 or 7, and this was a chance to treat her query as a smart question. Ashley was not strictly my niece, but the daughter of one of my nieces, which made her my great-niece and made me her great-uncle. She deserves the title to this day, but I'm less sure of my worthiness.

About those rain puddles. We doubled-back to one of them we'd violated and I showed her how with our feet we had kicked part of the graveled edge away from the small rain-filled depression. The rain was draining rapidly out of the small pool, a tiny stream running down a stone bank into our pond. By then she already knew that our pond, excavated and dammed by us years ago, was the result of the impoundment of several small perennial streams. That costly work had transformed our lower acres into a place of peace and play. A lot of great picnics and cool evening warm bonfires sprang up beside

it. Ashley had been adept at learning what perennial and impoundment meant.

"So, the rain water joins our spring water here, becomes part of our pond, and leaves the pond at the small dam we call a berm down there". Ashley was bright-eyed and questioning; we walked to the far end of the pond and I showed her the vertical water intake pipe which drains the pond. And I pointed down to the horizontal outfall pipe running under the berm which emptied pond water onto a small wetland, still on our land. We hiked on the sopping ground a bit more to a town road bordering the far end of that wetland, the limit of our property. I showed her a culvert under that road which emptied the former pond water into the continuation of one of the perennial streams which was keeping our pond full. At that point, our family called that stream King Creek. It babbles and bubbles downhill just beside the front and back outdoor decks of our neighbors the Kings. The Kings had appreciated for years that sound because it is one of nature's most soothing and healthful. In really wet times, King Creek turns into what we call King River.

Stimulated now, Ashley and I did a little more clambering downhill, real explorers this time. We saw King Creek join the upper of the two Mountain Lakes, crossing to it through another culvert under Kearsarge Drive. Now part of a small elegant lake, our rain water flows slightly downward out of it to the lower of the two lakes, the larger one where it is contained by a larger dam. At that dam, it flows through more vertical and horizontal pipes, much larger now, and becomes part of a lagoon of shallow water just outside and below the dam near the District's water system pump house.

Our rain puddle water was just starting its travels, and Ashley and I were ending ours. We followed the remaining movement of the water through my description. That lagoon sends water into Waterman

creek, a continuation of the very same perennial stream which fills the two Mountain Lakes. Waterman creek flows downhill to join the Wild Amonoosuc river, which joins the Amonoosuc, which joins the Connecticut river in Woodsville, just where the Wells River joins it. All that joined water is part now of the longest river in New England, more than 400 miles long, moving at a placid 3 to five miles per hour. It meanders down right between New Hampshire and Vermont, and then through two other states, Massachusetts and Connecticut. It finally enters Long Island Sound, then to the Atlantic Ocean and from there through ageless ocean currents to the rest of the globe.

Ashley asked me, "But you said, 'Unless we drink it'. What does that mean?" I told her lots of stuff happens that takes water out of any moving river – irrigation, evaporation, and sometimes it becomes part of the water in a town's public water utility. In the case of Mountain Lakes, a small part of the water in our distribution system comes from a sand and gravel well back at that lagoon.

"You mean that lagoon just outside of that big dam of the lower lake?"

"Yes. Which means, any glass of water you drink in our house up here, part of it might come from that well, and that means maybe some of that rainwater that's in all these puddles around our land now".

In the next few days, I saw Ashley drink several glasses of water, cold, clear and delicious, right from our taps. She'd look at each one very carefully, sniff it and drink it, drink more of it and smile.

## BEEZWAX



By John Martin

## Letter to the Editor

### Voting While Getting Old (this is worth repeating)

To the Editor:

Getting older is getting harder. Not only to life, but to Democracy. Voting is getting much more complicated. From one's local Town Meeting to our state politics, to our national "game of politics." Makes one wonder — harder; is it being done on purpose, so only those they want to vote will go, even if they have to drag themselves up the steps? Is this possible? Reading the New Hampshire Constitution not only is complicated, as well as the US Constitution. But is it really followed? One will get old. This is a Fact. You will get old. Have you stopped voting because of this obsolete local ruling? "If one is elderly or handicapped, one should not have to be Present after 7 p.m. in evening, in Winter Conditions, to vote for Warrant Articles, Should be able to vote when they vote for candidates, in the daytime."

Nancy,

*I was not aware that such a phrase existed in the NH Constitution. I would have to agree with you that, unless a later items changed it, what is written in the Constitution is indeed the law of the land.*

*Ironically I now qualify for both of those conditions (old & with a disability). I am still proud to say, however, that I have always found a way to vote. I do understand that others are not as able, and that should not take away their opportunity to voice their option, and cast their vote, in any election, whether it be at the town or precinct level, all the way up to national voting.*

*There are several areas of both the NH & US Constitutions that could use upgrading. I only hope that reasonable minds will be the ones in charge when, and if, this occurs.*

Gary Scruton, Editor

I read, In the NH State Constitution Voters Rights".

Art. 11: "Voting registration and polling places shall be easily accessible to all persons including disabled and elderly persons who are otherwise qualified to vote in the choice of any officer or officers to be elected, or upon any question submitted at such election."

I was told,"Art. 11 of NH Constitution doesn't apply to Warrant Articles/business, have always been voted on after candidate voting", One has to have this changed in Concord; that's the law." (If it's in the Constitution, it is the Law)

Well, time for this to change. NH Constitution and the US Constitution have to be brought up to date, into the 21st Century. Begin with "all men" are created equal. To all people, citizens are created equal... Voting, as I was told, was and is our right as an American citizen.

Nancy Leclerc  
N. Woodstock

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# What Can Investors Learn from Veterans?

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Each year, Veterans Day allows us to show our respect for the sacrifices that military veterans have made for our country. But have you ever stopped to think about what lessons our veterans can teach us about how we conduct various aspects of our lives? For example, consider the following traits and how they might apply to your actions as an investor:

- **Perseverance** – Even veterans who have not served in armed combat have had to persevere in challenging situations. The military life is not an easy one, as it often involves frequent moves, living in foreign countries, time away from loved ones, and so on. As an investor, in what ways do you need to show perseverance? For one thing, you'll need to stick it out even in the face of volatile markets and short-term losses. And you'll need the discipline to make investing a top priority throughout

frequently need to learn new skills for their deployments. Furthermore, living as they often do in foreign countries, they must adapt to new cultures and customs. When you invest, you're learning new things, not only about changes in the economic environment and new investment opportunities, but also about yourself – your risk tolerance, your investment preferences, and your views about your ideal retirement lifestyle. Your ability to learn new investment behaviors and to adapt to changing circumstances can help determine your long-term success.

- **Awareness of the "big picture"** – All members of the military know that their individual duties, while perhaps highly specific, are nonetheless part of a much bigger picture – the security of their country. When you make an investment decision, it might seem relatively minor, but each move you make should contribute to your larger goals – college for your children (or grandchildren), a comfortable retirement, a legacy for your family or any other objective. And if you can keep in mind that your actions are all designed to help you meet these types of goals, you will find it easier to stay focused on your long-term investment strategy and

not overreact to negative events, such as market downturns.

- **Sense of duty** – It goes without saying that veterans and military personnel have felt, and still feel, a sense of duty. As an investor, you are trying to meet some personal goals, such as an enjoyable retirement lifestyle, but you, too, are acting with a sense of duty in some ways, because you're also investing to help your family. There are the obvious goals, like sending children to college or helping them start a business, but you're also making their lives easier by maintaining your financial independence throughout your life, freeing them of potential financial burdens. This can be seen quite clearly when you take steps, such as purchasing long-term care insurance, to protect yourself from the potentially catastrophic costs of an extended nursing home stay.

Military veterans have a lot to teach us in many activities of life – and investing is one of them. So, on Veterans Day, do what you can to honor our veterans and follow their behaviors as you chart your own financial future.

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

your life, even with all the other financial demands you face.

- **Willingness to learn and adapt** – During the course of their service, military veterans

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## Letter to the Editor

Letter to Editor  
**An Opportunity for Haverhill to Come Together as One Town**

I read with interest the competing perspectives on what the Town of Haverhill should be paying to the Woodsville Fire District relative to road maintenance costs. While both sides have reasonable arguments, I suggest an alternative approach. Why not join forces and create a single department to maintain the roads throughout all of the town? Having two separate road crews may have made sense in the past, but there is no logical reason to continue in the future. Our small town of 4500 people cannot afford two separate road crews.

Of course, this needs to be done carefully to ensure that the needs of our citizens and employees are protected, and we know that state legislation will be required. Let's set aside differences,

put our best minds to work, develop a plan, and move forward!

For too long, Haverhill has been fragmented in ways that undermine our ability to be cost efficient and promote our town as a whole. It is time to pull together as one town. The rivalry between Haverhill Academy and Woodsville High Schools was long ago and, while I know there is lingering dissatisfaction for many who were directly involved, is there really no way to move forward now with a new approach?

The territorial "us versus them" mentality that fragments our town is only holding us back. We can build a better future for our children if we look at ways to build the spirit of "One Town," and combining the two highway departments could be a great way to start!

Doug Teschner  
Pike, NH 03780

Doug,

*I grew up in Haverhill as a resident of Haverhill Corner. I went to one year of high school at Haverhill Academy and then three years at Woodsville High School. I am currently a resident in Woodsville. I say this only to point out that I have seen, and lived in, both sides of this long lasting rivalry. I think I can say that the rivalry is not over. The town of Haverhill has many great variations. The four precincts within Haverhill, Woodsville, Mt. Lakes, North Haverhill and Haverhill Corner are very different even though we all are Haverhill residents.*

*Speaking specifically about the two highway departments, I agree that the current arrangement should be looked at, and adjusted if need be. Whether it be forming one department, or keeping two with a different formula is for those with the knowledge to figure out. I would only strongly suggest that all parties put aside personalities and look at the reality. The bottom line needs to be what is best for the taxpayers of Haverhill. All of them.*

Gary Scruton, Editor

### TRENDY TIMES STAFF

SALES .....RICHARD M. RODERICK & GARY SCRUTON  
CONTRIBUTING WRITERS .....MAGGIE ANDERSON, ELINOR P. MAWSON, MARIANNE L. KELLY, ROBERT ROUDEBUSH, CINDY PINHEIRO, KELLIE QUACKENBUSH  
DISTRIBUTION AGENTS. ....VAUGHAN SMITH, RICHARD RODERICK, JESSICA EMERSON, GARY SCRUTON  
EDITOR / PUBLISHER.....GARY SCRUTON  
WEB MASTER .....PAUL HUNT

Phone 603-747-2887 • Fax 603-747-2889  
gary@trendytimes.com

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

Thank you for your understanding.



**TRENDY TIMES**  
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## Terry Kent Brock: OBITUARY

West Newbury, VT - Terry Kent Brock, 76, died peacefully with family on Saturday, October 26, 2019, at the VA Hospital in White River Junction, VT.

He was born November 7th, 1942, at Cottage Hospital in Haverhill, New Hampshire, the son of the late Stanley Brock and Catherine (Hempseed) Brock.

Terry attended Newbury High School, graduating in 1960. He served his country as a mechanic in the Army from January 19th, 1962 - January 18th, 1965. Terry was employed at Vermont Tap & Die and Northeast Tool in Lyndonville, VT, then moved to North Carolina when Vermont American relocated. He will be remembered by his family and co-workers for his strong work ethic.

Terry enjoyed his dogs, fishing, building furniture, woodworking, being outdoors, planting beautiful flower gardens, and spending time with family.

Terry was a member of the American Legion Post 20 in Woodsville, NH.

He is survived by his children, Anna (Brock) Copeland and her husband Tim Copeland Jr., of Brattleboro, VT, and Troy A. Brock and his partner Christina Paré of West Newbury, VT, his nieces Evangela Brock of



Fort Lauderdale, FL, and Michelle Slater, her husband Dmitri Sinenko, and their daughter of Houston, TX, his grandchildren Isaac and Tyler Copeland, his great niece Domna Dali, his great nephew, Gabriel Dali, and his brother in law Michael Slater. He was predeceased by his sister, Euphemia Brock Slater; brother, Alfred Brock, and nephew, Stanley Brock.

There are no calling hours. Interment will be held for family and close friends next spring at the family lot in the Oxbow Cemetery in Newbury, VT. A gathering at the family home on Brock Hill will follow, to celebrate Terry's life.

The Hale Funeral Home and Cremation Care of Bradford, VT. is in charge of arrangements.

## Karl Welsh: OBITUARY

Monroe, NH - Karl Richard Welsh, 72, while surrounded by family and friends, went home to be with the Lord following an 18 year battle with Parkinson's Disease on Wednesday, October 30, 2019, at Grafton County Nursing Home, North Haverhill, NH.

Karl was born at the former Boston Lying-In Hospital in Boston, MA on December 28, 1946 to John and Edna Inger (Andersen) Welsh. He grew up on Ruggles St., Boston, living next to the Ruggles Baptist Church, where his father was the church sexton. He enjoyed spending weekends and summers at their waterfront house on Stanwood Point in W. Gloucester.

His first job, along with family, was at The Museum of Fine Arts as a Security Guard when he was a teenager. Karl was a graduate of the former Christian High School (now Lexington Christian Academy) in 1964. From 1965 through 1969 he was trained and worked as an electronics technician for the U.S. Navy in Bar Harbor, ME and Ethiopia, and was honorably discharged. He then attended Northeast Technical Institute in Boston and received a certificate in 1971. From 1971-1973, Karl worked as an Electronics Technician with Electronics Corporation of America in Cambridge, MA providing technical support to the Engineering Department. From 1973-1976 Karl was a Production Supervisor with Thermo-Electron Corporation in Waltham, MA where he supervised up to 15 production workers involved in the manufacture of environmental control instrumentation and created a standardized procedure manual for manufacturing assembly processes. Karl's lifelong job starting in 1976, and from which he retired in 2011, was at Thermo-Fisher Scientific in Franklin, MA as an Engineering Aide for one of the company's senior engineers, building and testing prototype electronic circuits



for use in environmental monitoring, bomb detectors and automated overhead hoist systems. During that time period, Karl took many science and math courses at Northeastern University in Boston to assist in his career development.

After meeting his sweetheart, Susan, at Ruggles Baptist Church in Boston and marrying, he lived in Cambridge for 12 years prior to moving to Holliston. He was a member of Westgate Church, volunteered as a trustee and operated the sound system as well as worked with his wife to organize and lead an annual all-church retreat to Sandy Island Camp on Lake Winnepesaukee, NH for many years. He moved to Uxbridge with his family and during the summers, he and his wife worked at Sandy Island Camp where Karl loved helping his wife run the camp store, and cleaning 19 bathrooms for 15 years, until he was stricken with advancing Parkinson's disease. He was a member of the Uxbridge Church of the Nazarene, enjoyed acting in church musicals, and helping run the sound system. Following a dream to live in NH, Karl moved from Uxbridge to Pike, NH in 2011 after retirement, following his wife, an RN, who took a job at the Oliverian School. Karl volunteered in the kitchen helping the chef prepare food for the students. He joined and faithfully attended the Trinity Church of the Nazarene in North Haverhill. He moved to Bath, NH for a few years before ending up in Monroe.

A strong and active man, Karl enjoyed biking, walking, hiking, and loved swimming. Karl was a faithful, loving, Christian man intensely devoted to his family. He was an avid reader and loved reading his Bible and being a Godly example to his children and family. He was respected and admired throughout his life by family and friends. He and his wife's dream of owning a cabin on a mountain came true in 2014 in Monroe.

His survivors include his wife of 40 years, Susan B. (Lee) Welsh, of Monroe, to whom he was married on August 18, 1979; a daughter Jennifer M. Erickson and husband Erik of Whitinsville, MA; a son, Jason R. Welsh, PhD of Yorktown, VA; 5 Erickson grandchildren: Elijah, Carter, Cooper, Emma and Abigail; a sister, Joan M. Welsh of W. Gloucester, MA; and several cousins and their children.

Calling hours were held on Tuesday, November 5th from 5:00 to 7:00 PM at the Ricker Funeral Home, 1 Birch Street, Woodsville, NH. Family and friends were invited to a Celebration of Life service for Karl on Wednesday, November 6th at 1 PM at the Monroe Community Church at 26 Woodsville Road, Monroe, NH. Burial will follow in the Monroe Village Cemetery.

In lieu of flowers, memorial contributions may be made to the Grafton County Nursing Home, at 3855 Dartmouth College Highway, North Haverhill, NH 03774-4909 for their exceptional care and high level of dedication to all their residents.

For more information or to offer an online condolence, please visit [www.rickerfh.com](http://www.rickerfh.com). Ricker Funeral Home & Cremation Care of Woodsville is in charge of arrangements.

## Veterans Day – A Time To Give Thanks

Veterans Day on November 11th is a day to give thanks to all who have served or are now serving in the United States Armed Forces, to let them know we appreciate them for their service, for their patriotism, and for their willingness to serve and sacrifice for the freedoms we enjoy and take for granted every day.

On Veterans Day recognize our Veterans with a special "Thank You For Your Service". A handshake, a pat on the back, or heartfelt greeting will make their day and yours too. On this day, and every day, acknowledge and give a special thanks to our aging WWII, Korean

War, and Vietnam era Veterans. As with all Veterans, they have earned and deserve our respect and support.

I am reminded of a quote I once read about "What is a Veteran?" "A Veteran – whether active duty, discharged, retired or reserve – is someone who, at one point in his/her life, wrote a blank check made payable to The United States of America, for an amount of up to, and including his/her life." So very true.

John O'Brien  
A proud V.N. Veteran  
Orford, NH

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# What About Ma?

by Kellie Quackenbush

## All About That Pumpkin

Halloween has passed and the once impressive Jack-O-Lanterns are either shriveling on the door step or smashed in the roads. I look at the wreck of these pumpkins and wonder--have we forgotten that pumpkins are food?

I grew up on a farm, my Grammy lived to be 102 years of age, we did not waste food. We did have Jack-O-Lanterns at Halloween but they were then cooked and fed to the pigs or given to the laying hens after the holiday. Pumpkin is on the list of super-foods and is worth the effort of cooking and preserving for winter meals. Let me give you the health benefits of pumpkin as noted by Healthline.com in an article by Ryan Raman, MS, RD on August 28, 2018 titled "9 Impressive Health Benefits of Pumpkin".

First, pumpkin is highly nutritious and a good source of vitamin A. With only 49 calories per cup, pumpkin is a great source of fiber and

many other essential vitamins. Moreover, pumpkin seeds are edible, nutritious and linked to numerous health benefits.

Second, pumpkins contain antioxidants, such as alpha-carotene, beta-carotene and beta-cryptoxanthin. These can neutralize free radicals, stopping them from damaging your cells. Free radicals are molecules produced by your body's metabolic process. It is thought that excessive free radicals in your body can be linked to chronic illnesses, including heart disease and cancer.

Third, pumpkin is loaded with nutrients that can boost your immune system. Vitamins A and C have been noted to boost the immune system. Aside from the two vitamins mentioned above, pumpkin is also a good source of vitamin E, iron and folate -- all of which have been shown to aid the immune system.

Fourth, pumpkin is plentiful in nutrients that have been

linked to strong eyesight as your body ages. Its beta-carotene content provides your body with necessary vitamin A. Research shows that vitamin A deficiency is a very common cause of blindness. In an analysis of 22 studies, scientists discovered that people with higher intakes of beta-carotene had a significantly lower risk of cataracts, a common cause of blindness.

Fifth, pumpkin is high in beta-carotene, which acts as a natural sunblock. It also contains vitamins C and E, as well as lutein and zeaxanthin, which can help keep your skin strong and healthy.

The article had promised nine health benefits but I thought the last four were redundant. I have always enjoyed pumpkin as a vegetable and as a fruit (which it technically is). Baking and cooking with pumpkin is a wonderful way to add nutrition and fill up your hungry family. At this time, while whole pumpkins are being marked down in the store, it is the time to take advantage of a locally grown vegetable. There is nothing like pumpkin bread or pumpkin pie to warm your family on cold winter nights.

This winter, let us all be healthy and warm -- Ma's wish for us all.

# Two Museums

by Elinor Mawson

London has a lot of interesting museums; we tried to avail ourselves of as many as we could, but finally decided that we would concentrate on just two. Because we had heard about them from just about everyone we talked to, The British Museum and the Victoria and Albert Museum were the two we chose. And we weren't a bit sorry.

The British Museum is HUGE. Its collection of the Elgin Marbles is legendary. These Marbles aren't the kind you can play with--they are huge statues and carvings that came from Greece. They go on and on in this enormous room. They were "borrowed" from the Parthenon in Athens, and there has been some discussion as to maybe they should go back there. At any rate, they are worth seeing.

Another offering at the museum is the Rosetta Stone. It has three different languages of a decree, and was written in 196 BC. Someone discovered it in 1799 and that resulted in the ability to translate hieroglyphs which had not happened before.

An addition to the British museum is the British Library which is fascinating. Not only are there wonderful early books, but journals, manuscripts, maps, newspapers and recordings both early and contemporary. It was wonderful to look at the Magna Carta as well as the handwritten lyrics to a song by the Beatles. We spent a lot of time there.

The Victoria and Albert Museum was fascinating in a lot of ways. It has a famous collection of clothing worn by royalty--such as Princess Diana's wedding dress. This clothing goes back to the

13th and 14th century.

This museum also has a collection of needlework that goes back centuries. Most of it is in a separate room and each piece is in its own drawer, and covered by glass. You can take out each drawer and study the needlework as much as you need to--this was one of my favorite displays.

Another notable collection was iron ware--hooks, hinges, locks, decorative objects, weathervanes, door knockers, --you get the idea. It was fascinating!

Each time we went to London, we returned to these two buildings. Most of the time we revisited our favorite displays; once in awhile we would look at some others. We found that it was easier to spend time seeing our favorites rather than try to see everything and get "museumed out". I'm glad we did it that way.

# Acceptance

Topics

Disability and Aging  
by Cyndy Wellman

## Face Your Fear

Someday, you will have no choice. But to Face Your Fear. One foot in front of the other. Existing or becoming Disabled.

Here is another good example. Fear: My Mother in-law became a widow three years ago! Did she give up? After 49 years of marriage? Heck no. It's not an easy journal. She says, "having



good kids helps." Discovering a new Person, she is.

Animals take chances every day! They have to face their fear. During hunting season. Maybe a shelter dog/puppy to new family. Us people, have the power to face our fears!!

# Hobo RR Announces 2019 Santa Express

LINCOLN, NH -- The Hobo Railroad in Lincoln, NH recently announced the schedule for their Santa Express Trains which starts the Friday after Thanksgiving, November 29, and departs weekends at 1:00pm through Sunday, December 22, 2019.

All passengers aboard the Hobo Railroad's popular Santa Express Train receive a cup of hot chocolate and each family or group receives a box of Holiday Cookies to enjoy during the 1 hour and 20 minute holiday excursion. Children are given letters to complete for Santa which he and Mrs. Claus pick up as they make their way through the train. On the return trip to Hobo Junction Station, Santa surprises each child on the train with a wrapped gift. Upon returning to the Station, guests are encouraged to take pictures with Santa and Mrs. Claus on the Stations' platform.

"We look forward to announcing our Santa Express Train schedule every year" stated Paul Giblin, Director of Marketing & Business Development for the Hobo & Winnepesaukee Scenic Railroad. "The Santa Express Trains have been part of our annual schedule since the Hobo Railroad

first opened more than 32 years ago. For many of our guests, enjoying hot chocolate and holiday cookies on the train with Santa has become a long-standing family tradition. In many cases we're seeing second and third generations of families returning to create their own traditions."

Tickets for the Hobo Railroad's Santa Express Trains are \$22.00 for Coach Class seating and \$30.00 for First Class seating (ages 4 and up), while ages 3 and under ride free. Advance reservations are strongly suggested as the Santa Express Trains often sell out. Reservations can be made by visiting [www.HoboRR.com](http://www.HoboRR.com) or by calling (603) 745-2135 between 9:00am and 3:00pm Monday through Friday. The Hobo Railroad is located in Lincoln, NH, just off I-93 at



Exit 32, directly across from McDonalds.

2019 Santa Express Train Schedule (all Santa Express Trains depart Lincoln, NH at 1:00pm)

- November 29 & 30 and December 1
- December 7 & 8
- December 14 & 15
- December 21 & 22



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# Reactive vs. Proactive Forest Management

By Jim Frohn,  
Grafton County Forester  
UNH Cooperative Extension

In the course of walking and observing many acres of forest land, I often see what I like to call “reactive management”. As the name implies, it is management that takes place as a reaction to some event – a windstorm, an insect outbreak, an invasive plant infestation, or simply an overcrowded forest that has begun to show signs of excessive mortality.

## A Dynamic Ecosystem

Many people like their woods the way they are and don't want them to change. This is understandable – a parcel of woods can be a peaceful, seemingly permanent place; and change can be hard. Forests, however, are dynamic ecosystems that are continually changing. The changes are often subtle, invisible to us on a day-to-day or even year-to-year basis. Other times the forest changes drastically, as when a microburst blows down a lot of trees, or an ice storm damages thousands of acres.

Foresters talk to landowners about managing their forests to meet their goals – thinning to improve health and vigor, to increase growth of timber or production of seeds; or to harvest mature trees to encourage regeneration and to create dense cover for wildlife. But these activities often involve felling trees, and usually extracting the trees from the woods to be used as products. This man-made disturbance can look messy, and can be disruptive to the peace and tranquility of the woods. And peace and tranquility, after all, are one of the main reasons that many people own woodlands in the first place. Their reluctance to disturb the forest is

understandable. The disruption, however, is temporary, and carefully planned and implemented harvesting can lead to a forest that meets the landowner's goals.

## Managing the Forest to Meet Goals

There's nothing wrong with letting a forest develop on its own, and allowing natural processes to take their course. Natural processes, however, don't follow a set pattern, nor do they necessarily lead to a desirable forest. This is especially the case with all of the stressors that our modern forests face: invasive insects and plants, diseases, past clearing for agriculture, logging, hurricanes, ice storms, and more. Despite all these disturbances and changes, forests persist and continue to grow. Allowing “nature to take its course” is one option. However, a landowner may not get the forest that they want, one that meets their goals for wildlife habitat diversity, valuable timber, views, or recreational trails.

Harvesting trees, when done with sound forestry practices and the landowner's goals in mind, is a valuable and useful tool for shaping the forest to achieve those goals. Without this tool, the outcome is up to the vagaries of nature.

A good example is a forest I visited recently. It was named for the large pines growing there. No cutting had been done for many decades, because people did not want to disturb or change the forest. Unfortunately, root rot set in, and, exacerbated by a fungal disease in the needles, many of the tree crowns are in poor condition. Most of the pines are dead or dying, and shade tolerant hardwoods have been developing in the understory for years. A salvage harvest was conducted in response

to the pine decline. Many trees were not salvageable because they were dead, the wood unusable. The decline of the pines and the subsequent harvest created a drastic change in the forest's appearance. There are few young pines because of the shade cast by the canopy; shade tolerant hardwoods are taking over. It is still a functioning ecosystem; it's simply not the forest of majestic pines that it once was. The harvest is a great example of “reactive” management. Proactive management, on the other hand, designed to perpetuate white pine, would have resulted in a continuing pine forest.

## Proactive Management

Instead of reacting to an event or condition, proactive management anticipates changes that will take place, and works with the soils, site characteristics, and forest vegetation on site to accomplish the landowner's goals. In the pine stand, some harvesting during a good seed year that opened up the canopy and exposed mineral soil sufficiently to allow pine to regenerate, would have started the next generation of pines to replace the old

ones. The forest would have retained a significant portion of pines.

Another example of reactive management vs. proactive management is when a landowner is interested in generating timber income. Stands left alone over the years tend to be overcrowded. The trees thin themselves out to an extent through mortality, but the ones that survive may not be the best quality. The owner decides to harvest some trees to generate some income, and is disappointed to find that most of the trees are low value pulpwood, firewood, or chips. The much more valuable sawlogs are few, because no proactive management was ever done to increase the amount of sawlogs in the stand. It's akin to planting a garden, then never thinning or weeding it, and expecting a nice yield of quality vegetables at the end of the season. Forests are the same way – making little to no investment yields a poor return. In the case of a forest, it takes decades to see the results of action, so it's important to be proactive and start management sooner than later.

It's about Goals



Dying pines resulting from root rot and needle cast.

Photo courtesy of Jim Frohn

It comes down to what the landowner is trying to accomplish on their land. If there are specific goals in mind, whether wildlife, timber, aesthetics, or a combination thereof, chances are that management will be needed to accomplish those goals.

Given the human-dominated landscape we live in, managing forests to provide for a diversity of wildlife habitats and the sustainable growth and harvest of timber provides many benefits; benefits that forests left to follow natural processes don't automatically provide.

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



## Pesto Chicken With Spaghetti Squash Casserole

Hello, hello my fellow chefs. Well I'm again visiting my family in Rhode Island and last night for supper I made this great recipe and it was a hit, even the kids loved it. But first I want to share that my Granddaughter Abigail was Baptized on Sunday. She is five and had a beautiful white dress and looked like an Angel. My son Nick had a nice buffet at his house after so I got to see my whole family. It was great.

Let's get to the recipe.

### Ingredients

1 Spaghetti Squash  
1 1/2 lb. Boneless skinless chicken breast  
1/2 Teaspoon Dry Oregano  
4 Tablespoons Olive Oil (divided)  
Salt and pepper to taste  
8 oz. Jar Pesto Sauce  
1/2 teaspoon of garlic powder or granulated garlic  
2 Cups Ricotta cheese  
1 Egg  
2 Cups Marinara Sauce (I used Bertolli Marinara)  
1 Tablespoon Italian Seasoning  
8 oz. Shredded Mozzarella cheese

Preheat oven to 350 degrees

Start by putting knife cuts through the skin of the spaghetti squash and microwave for 5 minutes. Remove from microwave and slice in half very carefully lengthwise. Scoop out seeds, brush with Olive oil, put sliced side down on cookie sheet and bake for 20 to 25 minutes. When inside is tender scrape with a fork to get nice spaghetti squash. Put in the bottom of a baking dish and spread evenly.

Next step is to get the chicken fried. Heat olive oil in your frying pan, sprinkle both sides of chicken with dry oregano, salt and pepper, and your garlic powder. Fry for 6 to 7 minutes per side. When done cooking cut into 1 inch cubes. In large bowl put the chicken and mix the pesto with it. Toss until all covered.

First spread 1 Cup of marinara over spaghetti squash in the casserole. Put

the ricotta cheese in a bowl, add the egg and 1 Tablespoon Italian seasoning and mix well. Spread 1 Cup of fixed Ricotta over the marinara layer then put 1/2 of pesto covered chicken. Repeat layers with the other cup of marinara, the ricotta cheese and the rest of the chicken.

Top with shredded Mozzarella cheese, cover with aluminum foil and bake for 30 minutes. Remove foil and bake for another 5 minutes. Remove from the oven and let sit for about 15 minutes.

That's it. Your gonna say this smells and tastes "Delizioso". It sounds like a lot

of steps but they are easy peasy steps. We enjoyed a great white Reisling wine with our dinner and some Italian bread. Please drink responsibly.

So folks that's it for this edition of The Trendy Kitchen. Stay healthy and enjoy this recipe. You will be a hit with your family.

Remember that if you have any questions please contact Gary and I will help you out Until my next edition, I'm signing off, Sincerely Cin Pin.

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