

# TRENDY TIMES

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APRIL 14, 2020 VOLUME 11, NUMBER 14

## Catamount Reschedules KCP Presents Shows: Poundstone, Bromberg, & Peking Acrobats Announce New Dates

Catamount Arts and KCP Presents have managed to reschedule shows postponed by the onset of the COVID-19 pandemic. New dates have been announced for Paula Poundstone, David Bromberg, and the Peking Acrobats. Tickets for previously scheduled dates will be honored at the rescheduled shows.

Comedian Paula Poundstone, beloved panelist on NPR's #1 show, "Wait, Wait... Don't Tell Me," will perform at NVU-Johnson's Dibden Center for the Arts on Thursday, September 3rd.

Iconic multi-instrumentalist and singer-songwriter David Bromberg will play with his band at St. Johnsbury Academy's Fuller Hall on Thursday, September 17th.

The eagerly anticipated Peking Acrobats will perform their gravity-defying repertoire of gymnastics, contortion, and dazzling feats of human strength on Thursday, March 11, 2021, at NVU-Johnson's Dibden Center for the Arts.

"We're thrilled that we didn't have to cancel any of these amazing shows," said Jody Fried of Catamount Arts. "It sends a powerful message of hope to the public that things will move forward after the (COVID-19) crisis."

For arts organizations like Catamount that rely on ticket sales for revenue, closures and cancellations due to the

pandemic have the potential to shut the doors permanently. KCP Presents' recent Kickstarter campaign suggests that community arts supporters have no intention of letting that happen. 146 backers contributed to the popular performing arts series' winter campaign to match nearly \$20,000 in funds granted by the National Endowment for the Arts.

"We're deeply gratified by the community response to our annual fundraising appeal," said KCP series curator and Kingdom County Productions artistic director, Jay Craven. "We feel privileged to be able to offer these shows and the memorable experiences of shared community that they provide. During this time of social distancing, we look forward to re-connecting with audienc-



es, hopefully soon."

For more information about ticketing for the rescheduled KCP Shows, or to learn more about programming updates at Catamount Arts, please visit [www.catamountarts.org](http://www.catamountarts.org). Please be advised that the Catamount Arts Center on Eastern Avenue remains temporarily

closed to the public.

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 New England Foundation for the Arts.

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# TRENDY Dining Guide

## Trendy Dining Guide Update

by Gary Scruton

**ADDITIONAL EDITOR'S NOTE:** The following article is the same as the one published in our March 31 edition. I can only add that changes continue to happen. So please check with your local establishment to get full details. Also, when possible, and being sure to do so in a safe manner, please consider patronizing some of these businesses during this very tough time. They will all have a difficult time surviving this time and any assistance we can offer will undoubtedly be greatly appreciated.

I probably don't need to tell anyone that times have changed. Both Vermont and New Hampshire Governors have closed down all restau-

rants and bars, for in house serving, until some time to be determined. This means that every one of the advertisers here in the Trendy Dining Guide have needed to evaluate their business and make changes.

Those changes have varied depending on the particular business, and in a couple of situations, have changed since the first orders came down from government.

Though I can not possibly give full updates on all of our advertisers I will try to give at least some current information for your evaluation.

In alphabetical order:

**Bliss Village Store:**

The Bliss Village Store has been a staple on the Main Street of Bradford for

many decades and continues to be open. Their deli case will continue to operate with food to go. There is also a large number of coolers for beverages, a good variety of fresh baked pastries, and many other "staples".

**Everybuddy's Casual Dining:**

This establishment has changed their hours in order to better serve those who are coming to get take-outs. They are now open Monday thru Thursday from 11 am - 7 pm, and Friday, Saturday & Sunday from 9 am until 7 pm. They are also using some of their time to do some remodeling inside.

**Gather Together Cafe:**

Though Gather Together

is a fairly new establishment, it has become a favorite of many. With many in house baked items and fresh made coffee available they have continued to have those offerings. They have also added freshly prepared meals to go to the menu There are also new extended hours at Gather Together, 7 am - 6 pm Tuesday thru Saturday and 8 am - 1 pm on Sunday.

**The Happy Hour Restaurant:**

The Happy Hour has been located on Main Street in Wells River now for generations. Just a few years ago new owners took over and have continued many traditions while making changes to keep up with today's patrons. With this current situation they have also needed to make some changes. Though they initially tried take outs, they have since decided to simply close down all together until some later date after the crisis.

**Hungry Bear Pub & Grill:**

The Hungry Bear is one of those establishments that has needed to make changes since the order first came

down. They began with take-outs available. But they have now decided to close entirely and take advantage of this time to do some more renovations. Again, reopening date is to be determined.

**Polly's Pancake Parlor:**

It happens that Polly's is normally closed in early April for an annual "spring cleaning". The original reopening date was April 9, but that appears to be changed.

**Room 111 at Victory Lanes:**

According to the Facebook page this establishment has decided to close entirely. As with the other businesses their reopening date is yet to be determined.

**Tuttles Family Diner:**

Tuttles has had a deli counter in place for some time now. That counter remains open along with the new addition of some grocery items. They are also offering take-outs, curbside service and even some local deliveries. They have also changed their hours to Monday thru Saturday from 7 AM - 7 PM.

Volume 11 Number 14 April 14, 2020

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# Giant Puppet-Making Workshop & Pageant Goes Virtual

**WHAT:** Participants will make giant puppet characters from materials found in and around their home, per instructions and online guidance from members of the PUPPETEERS COOPERATIVE OF BOSTON. They will learn their puppet character's lines and actions, submit photos or video clips to the Puppeteers' video editor, who will stitch the submissions together into an online pageant or parade.

**WHEN:** The week of April 13-17.

**HOW:** Participants will visit <https://www.fairleearts.org> to register. Instructions for making puppets and costumes and developing each puppet character will be sent to each participant by April 13. For two hours each day from April 13 to 17, participants will join PUPPETEER coaches and fellow participants in a virtual Google Hangouts community as they construct their puppets and learn their parts in the pageant. Per final instructions, each participant will upload a short video clip, audio, or photo of their character in action and submit it to the designated video editor for consolidation into a virtual event.

**WHO:** ANYONE, ANY AGE, ANYWHERE can participate --puppeteers, office workers, the family dog, poets, kids, musicians, grandparents, whole families together (even the cousin in Seattle or the boyfriend in Toronto) -- anyone at home during COVID-19 with a computer, Internet connection, and camera, phone, or tablet.

The PUPPETEERS COOPERATIVE OF BOSTON's Sara Peatie, who facilitated the 2019 live workshops in Fairlee Town Hall Auditorium, will also be the virtual coach along with a colleague from the Puppeteers ([www.puppetco-op.org](http://www.puppetco-op.org))

Megan Helm and members the ADVENTURE KIDS CHOIR will provide some music along with participants. (

[kidschoir.org](http://kidschoir.org))

Vermont poet VERANDAH PORCHE is assisting with the script. ([www.facebook.com/verandah.porche](http://www.facebook.com/verandah.porche))

FAIRLEE COMMUNITY ARTS (FCA), the presenting organization, is an all-volunteer nonprofit organization in Fairlee, Vermont, dedicated to building community through the cultural activities. ([www.fairleearts.org](http://www.fairleearts.org))

The VERMONT COMMUNITY FOUNDATION is supporting this program with a "Spark! Connecting Communities" grant of \$2,880 awarded in November 2019 when the program was designed as a live workshop to take place in Fairlee Town Hall Auditorium this April. Funds would eliminate the need to charge a fee for participation in order to cover workshop costs.

In early March, 2020, the Foundation approved FCA's proposed re-allocation of the grant funds for a virtual version of the program developed in response to the COVID-19 pandemic. The virtual Giant Puppet-Making Workshop and Pageant answers the need for community activities that can be done in individual homes and enables FCA to offer stipends for several professional artists at a time when so many are deprived of income from cancelled events.

VCF Spark! Connecting Community" Grant Program  
The Spark! Connecting Community grant program

puts building and nurturing community front and center. The Foundation aims to support the work happening throughout Vermont's 251 towns that builds social capital. These grants—where a small amount can make a big difference—are intended to light the spark that keeps Vermonters healthy and happy.

The Vermont Community Foundation ([www.vermontcf.org](http://www.vermontcf.org)) inspires giving and brings people and resources together to make a difference in Vermont. A family of hundreds of funds and foundations, we provide the advice, investment vehicles, and back-office expertise that make it easy for the people who care about Vermont to find and fund the causes they love.

The heart of the Community Foundation's work is closing the opportunity gap—the divide that leaves too many Vermonters struggling to get ahead, no matter how hard they work. We are aligning our time, energy, and discretionary resources on efforts that provide access to early care and learning, pathways to college and career training, support for youth and families, and community and economic vitality. We envision Vermont at its best—where everyone has the opportunity to build a bright, secure future.

# NEK Council On Aging Welcomes Marlie Cargill As Options Counselor

Newport, VT – The NEK Council on Aging is pleased to announce that Marie Cargill, BSW has been hired as an Options Counselor. This position supports clients by evaluating needs and providing person-centered and lifestyle options that inform, encourage, inspire, and support older and disabled adults.

"Marie's extensive career in the field of health and human services will serve her well as she learns more about our network of programs and services," said Meg Burmeister. "Her impressive experience and list of trainings and certifications demonstrates her commitment to serving some of our most vulnerable residents. We are very pleased to welcome her to the team."

Cargill previously served NEK Human Services (NEKHS) over the past eleven years as a CRT Case Manager, CRT Team Leader, Transitional House Team Leader, NKHS Housing Coordinator, and finally as CRT Program Manager where she supervised a staff of ten administratively and clinically.

Her service at NEKHS spanned across Orleans, Essex, and Caledonia providing clients with case management services such as encouragement/training in areas of basic living and home management skills,



shelter support, social skills, supportive counseling, community integration, family support, coordination of services, and treatment planning.

Her trainings include Dialectical Behavioral Therapy with Vermont Cooperative for Practice Improvement and Innovation (VCPI), Qualified Mental Health Professional (QMHP), Markey Read's Leadership Styles, Applied Suicide Intervention Skills Training, VT Agency of Human Services Field Staff Safety Training, National Alliance on Mental Illness Provider Education Course, Wellness Recovery Action Plan Mental Health Recovery, and Department of Children and Families Abuse Training.

Cargill received a Bachelors in Social Work from Southeastern University in Lakeland, Florida. She lives in Morgan, VT with her husband and two children.

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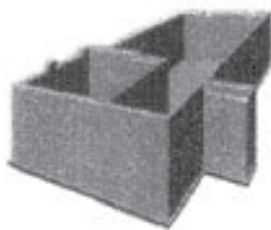
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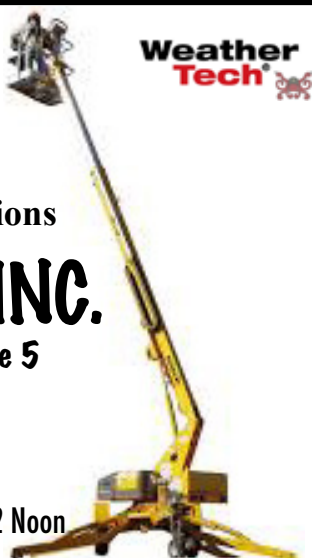
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## School Funding Commission Challenge

On April 20, the NH Commission to Study School Funding will resume meetings using remote technology for the purpose of reviewing the educational funding formula and to later make recommendations to ensure a uniform and equitable design for financing the cost of an adequate education for all NH public school students. Along with other assigned tasks, the commission is tasked to determine and make recommendation regarding a revenue source that is uniform across the state. To accomplish this endeavor, the current biennium budget appropriated \$500,000 for commission administration, staffing and utilization of independent school finance experts.

Given the devastating impact of the coronavirus outbreak on small businesses throughout NH and America, the state should expect a significant reduction in revenues needed to support programs that will most likely extend into future years.

As Governor Ralph Northam plans to do in Virginia by "delaying some long-sought Democratic priorities until more is known about the pandemic's affect on the economy," (WSJ) the funding commission and lawmakers should remain vigilant and cautious when and if new proposed spending levels for future budgets are made. The public and small businesses will not be positioned to withstand the demand for new taxes or fees. Prior to moving forward with new recommendations to either consider or expand revenues, the commission should wait and develop budget decisions once economic information and facts are known.

Further, the commission includes 16 members, 6 of these members are elected officials, 2 Senators and 4 Representatives. Of the elected officials, I am the single elected Republican appointed to the commission. That circumstance raises the question, "Will the lack

of bipartisan membership negatively influence how the eventual report may be received by the full General Court?" Although I sincerely hope the report will be fair and balanced, the balance of elected officials on the commission may negatively impact and be a point of discussion among the newly elected legislature next fall. Given the state of politics in America and New Hampshire, the likelihood of implementing a new education funding formula will depend upon a majority of elected officials working together to achieve commonly, agreed upon needs. Reassessing the State's education funding formula is certainly a statewide priority need that requires support from both political parties. The current composition of elected commission members may contribute to a lost opportunity and potentially result in another unsuccessful effort to improve K-12 education.

Given the economic challenges created by this pandemic emergency, perhaps commission time and effort should be directed at reassessing, aligning or even designing an education funding formula based upon affordable and sustainable revenue levels, with funding formula emphasis and support limited to prioritized needs and accountability.

Lastly, I want to thank all teachers who are working closely with students through remote learning communication. Keep Zooming: you are appreciated!

Respectfully Submitted,  
NH Rep Rick Ladd,  
Haverhill  
Commission Member  
Ranking Member, House  
Education Committee

## Recreational Trails Program Grant Applications for 2021 Available

The New Hampshire Division of Parks and Recreation, Bureau of Trails Recreational Trails Program (RTP) grant applications for 2021 are now available. RTP is a competitive grant program that offers funding for quality public trail projects throughout New Hampshire.

Grants are available for motorized, non-motorized, and diversified trails. Eligible projects include maintenance and restoration of existing trails, purchase and lease of trail construction and maintenance equipment, construction of new trails, development and rehabilitation of trailside and trailhead facilities, trail linkages, and acquisition of easements or property for trails. Applicants may be non-profit organizations, private groups or government entities.

Applications are due June 19, 2020. For an application and more information, visit the Recreational Trails Program page at [www.nhstateparks.org/about-us/trails-bureau/grants/recreational-trails-program](http://www.nhstateparks.org/about-us/trails-bureau/grants/recreational-trails-program). Usually there is a mandatory workshop requirement for applying to the RTP grant however, this requirement is waived for this year due to the ongoing situation. The RTP Information Presentation (shown at the workshops) is available on the webpage. The RTP guidelines are attached to the application. Please read them carefully and email Alexis. [Rudko@dncr.nh.gov](mailto:Rudko@dncr.nh.gov) for any questions you may have.

More than \$20 million has been invested in NH trails since 1993.

"There would not be a public trail system in NH without these funds being available for new trail construction and maintenance of existing trails." Said Chris Gamache, chief of the NH Bureau of Trails. "It is one of the only public sources of trail funding available in the State."

Funding for the Recreational Trail Program is generated from federal gas tax dollars paid on fuel purchases for off-highway recreational vehicles and snowmobiles. These funds are appropriated to the states by the Federal Highway Administration as authorized through the Fixing America's Surface Transportation Act (FAST) of 2015. The program in New Hampshire is administered by the Division of Parks & Recreation's Bureau of Trails.

The Division of Parks and Recreation is comprised of the Bureau of Park Operations, Bureau of Historic Sites, Bureau of Trails, and Cannon Mountain. The Division manages 93 properties, including state parks, beaches, campgrounds, historic sites, trails, waysides, and natural areas. The Division of Parks and Recreation is one of four divisions of the Department of Natural and Cultural Resources. To learn more, visit [www.nhstateparks.org](http://www.nhstateparks.org), follow NH State Parks on Facebook and Twitter, or call 603-271-3556.

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# My Trip To See Crazy Horse

by Kellie Quackenbush

Last July, my husband and I took a scenic ride through the Badlands of South Dakota. Of course, Mount Rushmore was on my list of sites to see but the real “find” on this journey was to the Crazy Horse Memorial. “Crazy Horse Memorial® is in the Black Hills of southwestern South Dakota in the United States. The entrance along US Highway 16/385 (the Crazy Horse Memorial Highway) is 9 miles south of Hill City, SD and 4 miles north of Custer, SD. Crazy Horse Memorial® is 17 miles southwest of Mount Rushmore National Memorial.” per crazyhorse-memorial.org.

Driving into South Dakota from North Dakota, one sees the vast plains with little vegetation, Bluffs of red dirt and granite jutting up from the ground and wild goats jumping along the rocks and cliff edges. The constant motions of the oil drills, moving with its own rhythm, and the fire plumes that spring from spouts on the oil field, give a stark contrast to the open prairies of the West. July is a very hot month in the midwest, with few trees and sparse rain, the heat leaves the red clay soil parched. At mid-day, the breeze that does blow feels like it has escaped a hot oven. The red dust is carried on the breeze and clings to anything in its path.

The lonely highway runs for miles between little towns that sit like oasis on the plains. Approaching some of these “towns”, we found that they were abandoned remnants of a day gone by, wind worn buildings barely standing and small businesses with faded “For Sale” signs barely hanging from posts. In one such town, there was even a rusted screen door, swinging in the wind. A few old dilapidated buildings, markings of a town that once was, but is no more.

As we drew closer to Rapid City, South Dakota, we started to see the sparkle that comes from a thriving community and the wonder of the State Parks and the National Parks. “Mount Rushmore National Memorial is centered on a sculpture carved into the granite face of Mount Rushmore in the Black Hills in Keystone, South Dakota, United States. Sculptor Gutzon Borglum created the sculpture’s design and oversaw the project’s execution from 1927 to 1941 with the help of his son Lincoln Borglum.



The sculpture features the 60-foot (18 m) heads of Presidents George Washington (1732–1799), Thomas Jefferson (1743–1826), Theodore Roosevelt (1858–1919), and Abraham Lincoln (1809–1865), as recommended by Borglum. The four presidents were chosen to represent the nation’s birth, growth, development, and preservation, respectively.” per wikipedia.org/wiki/Mount\_Rushmore.

Looking at the State map for South Dakota, one is struck by the number of parks found in the state, it would take weeks - perhaps months to truly enjoy all of the splendor found in these parks. The largest being the Black Hills National Forest which extends from Spearfish, South Dakota in the north and reaches south beyond Hot Springs, SD. This National Forest is wide, starting at Rapid City, SD in the East and stretching west into Wyoming, it is a great forest filled with rivers, trees and an abundance of wildlife. Continuing with the parks of South Dakota, there is the Badlands National Park, Buffalo Gap National Grassland, Grand River National Grassland, Fort Pierre National Grassland, and Custer State Park are some of the most outstanding places to go. Cruising along Interstate 29 there are 200 miles of cultural and historic attractions. Taking a slower route, the Peter Norbeck National Scenic Byway leads one through rock tunnels and breath-taking views of enormous granite spires or pinnacles that reach up and stab the sky. The wonders did not cease as we drove the Wildlife Loop Road around Custer State Park, there we saw Buffalo roam and as the song says, “the deer and the antelope play”, wild donkeys and ‘whistle pigs’ were just a few of the many wild animals that we saw on this great adventure.

The Crazy Horse Memorial, a monumental project commissioned by the Lakota People, is a work in progress. It is a private

funded project that was opposed by the United States Government for many years because the U.S. government did not want to celebrate a Native American leader that led a successful battle against it (the U.S. government). Despite the opposition, “Korczak Ziolkowski began work on Crazy Horse Memorial in 1948. Once complete, this tribute to the Lakota leader will be the largest mountain carving in South Dakota and the world.” per travelsouthdakota.com.

“Crazy Horse is famous for being one of the leaders in a victory against the US army in the Battle of Little Bighorn in 1876. He’s also known for his humility, and some people have questioned whether he would have liked having a replica the size of a mountain.” per www.businessinsider.com, “Over the last 70 years the granite mountain, once called Thunderhead Mountain, has been shaped by dynamite and bulldozers. It’s slowly taken shape, but it’s far from finished.” Korczak Ziolkowski’s family and the Lakota People have kept this dream alive and private donations and contributions from tourists keep the work going.

Driving through the states of North and South Dakota, there are many tributes to General Custer, the influx of people that traveled to this region in search of gold, were able to find their fortunes because of General Custer. However, General Custer broke treaties with the People by bringing the fortune hunters in. The U.S. government has broken most of the treaties made with the Native Americans, that is a sad part of this story. This is why I do support the People’s wish to make this one great monument to a leader, Crazy Horse, that stood against the odds for his people.

I recommend to everyone, take a drive and see all that our country is and what it has to offer.

# Things Could Be Worse

by Maggie Anderson

Two weeks into our forced confinement I’m looking for some silver in the lining.

To start with I’m enjoying all the emails and calls from friends and family often so busy I’m lucky to hear from them once a year on my birthday, or in the case of my progeny, two weeks before theirs in case I’ve forgotten when I delivered them. It’s been great getting emails or phone calls that are more than a single check-in sentence and a passing catch-you-later goodbye.

People have more time to communicate, not just send up a flare so you know they’re still wherever they are. Old connections are being cleared, email and phone circles are drawing everybody closer in spite of the 6 feet between us mandate.

And it’s wonderful to have real free time, lots of it, to dive into the projects I’ve been trying to find time for. With day after day open

and waiting to be filled with all sorts of industrious yard work, woodworking, and the arts and crafts projects like all those unfinished sweaters and unmade tissue box covers, free time is a gift.

The free time is a wonderful thing, normally I have so little of it. The only problem is my unfinished projects and unmade tissue box covers are all in New Hampshire while I sit this one out 3,000 miles away on the opposite coast.

So I spend my days writing, reading every book and magazine in the place, some of them the second time around, and busy myself trying to keep Chantilly from eating every plastic bag she finds, which seems to be her drug of choice at the moment. Most of the time I think she prefers it over any food choices we make, no matter what’s in the can, she heads for the plastic bag my new toothbrush came in.

It reminds me again that we can’t have everything, at least not all at once.

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**NOTICE**

**The Woodsville Fire District Annual Meeting originally scheduled for March 25th then rescheduled to April 22nd has now been moved to May 6th at 7pm in the Emergency Services Building.**

*Take care of yourselves*

**NOTICE**

**The Haverhill Cooperative School District Annual Meeting originally scheduled for March 21st then rescheduled to April 18th has now been moved to Saturday, May 30th at 9:00 am in the Haverhill Cooperative Middle School Gymnasium**

# Cutting Firewood – One Way to Be Prepared

By Jim Frohn,  
UNH Extension Grafton  
County Forester



During these uncertain times, many of us are working from home and spending most of our time there. With our normal daily routines disrupted, and basic staples sometimes difficult to come by, we may be thinking about how prepared we actually are for this type of major disruption. Whether due to a pandemic, or a destructive storm, it's good to be prepared to spend unplanned down time not worrying about where the basics will be procured.

To prepare for temporary isolation, different people focus on different things. My wife likes to keep a well-stocked freezer and pantry. I like to focus on keeping plenty of dry firewood ahead. Firewood is especially handy during a winter power outage to keep the house warm and pipes from freezing. Though we're

moving out of heating season, now is a good time to start putting up firewood for next winter.

For those of us fortunate to own a woodlot, even a small one (mine is only an acre or so), harvesting and gathering firewood can be a great way to get fresh air and exercise, gain knowledge of our woods, and provide our own heat. Firewood cutting is also a great tool for accomplishing other woodlot goals. These include:

- Improving tree health and vigor
- Improving growth and value of timber
- Improving wildlife habitat
- Creating diversity and resiliency

## Choosing Trees to Cut

Choosing trees to cut for firewood depends on your goals. If you're improving wildlife habitat, you may want to cut an opening to create dense growth for food and cover, or you may want to release mast trees to improve production. (Mast refers to nuts and fruits used



by wildlife - acorns and beechnuts are hard mast; soft mast are things like apples and cherries.) When managing for timber, releasing selected trees from competition will accelerate diameter growth, allowing the tree to reach sawtimber size sooner. And when we give a tree the appropriate amount of growing space, the tree's vigor typically improves.

## To Improve Growth and Value of Timber

Firewood cutting is a great way to improve a timber stand. Removing poorly-formed trees and less desirable species, giving crop trees more room to grow, can improve the stand's future value. It also reduces the time for trees to reach sawlog size. (A crop tree is a tree that will be grown for the long term to meet landowner goals.) For timber purposes, crop trees are those of a valuable species - such as white pine, red oak, or yellow birch - with a healthy crown and straight trunk with few knots. Identify the crop trees first, then cut trees that are competing with them. Areas with no

crop trees can be left alone, or cleared to make room for new growth. The firewood is a by-product of the deliberate decisions of growing particular trees, rather than the main focus of cutting.

## To Improve Wildlife Habitat

Cutting openings in the canopy encourages growth of new seedlings, sprouts, grasses, and shrubs. This growth, known as young forest, creates important habitat for many species. The opening, called a patch cut, can range from a half-acre to several acres or more in size. It can be located where there are diseased beech, poorly-formed hardwoods, or other undesirable trees. Felling a half-acre or more of trees in one spot will produce a lot of firewood in a short amount of time. You'll want to be sure you don't cut any more than you can keep up with. If the goal is to create a good size opening, simply cut the amount you'll use in the next few years, then when it's time to cut more, continue expanding the opening until it has reached the desired size.

If you want to increase acorn production for wildlife, find oaks with good crowns and cut the trees that are crowding them. An oak with a large crown is not only more vigorous, it will also

produce more acorns. This practice is called mast tree release and is a variation of crop tree release described earlier. It is effective for other mast-producing species such as black cherry, yellow birch, beech, apple, and others. Caution should be used with beech, however. Beech are prone to sun scald, so part of the tree should remain shaded.

## Creating Diversity and Resiliency

Any forest disturbance that breaks up a uniform tree canopy and introduces different sizes and ages over time also adds to the diversity and resiliency of the forest. These disturbances can come in the form of wind, ice, insects, disease, or cutting. Sunny openings allow a wide range of plant species to become established; crop tree release increases individual trees' vigor. Over time a diversity of species, sizes, and ages of trees and shrubs become established. This in turn leads to diversity of wildlife. Vigorous trees and diverse sizes and ages help a forest to be more resilient in the face of insect or disease infestation. Cutting firewood can also help people be more resilient in the face of uncertainty by giving us exercise, fresh air, and a sense of self-reliance.

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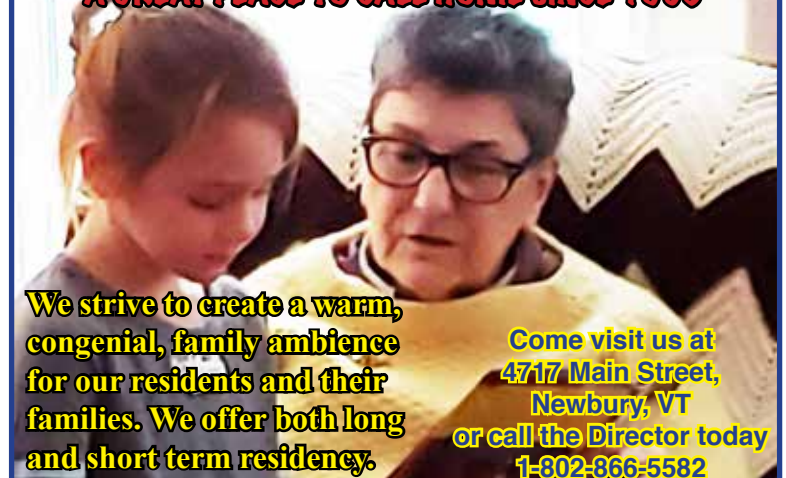
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# Herbs For Colds & Flu

by Melanie Osborne

Staying healthy in flu season seems to be on everyone's mind. Many are calling and emailing for herbal advice and there are multiple answers. Herbal therapy can be effective in overcoming many kinds of infections. As anti-bacterial agents, herbs contain powerful natural substances to flush and cleanse the lymph glands, allowing the body to process out harmful pathogenic wastes. Herbs are effective internally in overcoming both acute and chronic infections, also effective externally as poultices or compresses, to draw out poisons or infection through the skin.

Herbal anti-biotic compounds are also beneficial when used in conjunction with other therapeutic herbal formulas to increase their potency, especially at the beginning or acute stages of an illness. Success has been particular in cases of oncoming colds and fever, swollen glands, bronchitis, inflamed lung and chest ailments, heavy post-nasal drip, low grade throat and sinus infections and "hanging-on" infective conditions, where the body can't seem to "get over" a problem.

Herbal anti-viral compounds have had notable success against the strong, destructive viruses that cause many of today's serious illnesses. Severe flu and viral infections such as AIDS, HPV and viral warts are becoming increasingly widespread in America as air and soil pollutants, chemical foods and preservatives, over-use of drugs and generally poor nutrition lower our immune defenses. These progressively powerful viruses do not respond to medical anti-biotics, and many people have been "bedridden" for weeks, unable to overcome them. Herbal anti-viral combinations have been effective

when anti-biotic drugs were not.

Anti-bacterial herbs include:

**BLACK WALNUT LEAF & HULLS:** (Juglans Nigra), A manganese-rich herb with broad spectrum activity from many parts of the plant; primarily laxative, astringent, blood cleansing and tonic properties. Nutrients: Calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 & C.

**ECHINACEA PURPUREA, ROOT & WHOLE ROOT:** (Echinacea Purpurea), An anti-microbial infection fighter and blood purifier against staph and strep viruses; an effective anti-biotic lotion to help heal septic cuts, wounds and sores. Calcium, Iron, Magnesium, Manganese, Phosphorus, Potassium, Selenium, Zinc. vitamins B1, B2, B3 & C.

**ECHINACEA ANGUSTAFOLIA, ROOT & WHOLE HERB:** (Echinacea Angustifolia), A powerful immune stimulating and blood purification herb with anti-biotic, anti-septic, anti-inflammatory activity. It is gentle for all ages and health constitutions, yet very effective. Nutrients: Calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 & C.

**ELECAMPANE ROOT:** (Inula Helenium), A bitters and expectorant anti-bacterial used to relieve chronic respiratory congestion and infections.

**PAU DE ARCO BARK:** (Tabebuia Impetiginosa), A primary anti-biotic, anti-viral and anti-fungal herb, effective against many kinds of virally caused cancers and malignancies; a major agent for immune enhancement and overcoming opportunistic diseases as candida albicans yeast overgrowth. It is an effective blood purifier, and successful against many blood toxicity condi-

tions, such as dermatitis and psoriasis and environmentally caused allergies and asthma.

**ACIDOPHILUS:** (Lactobacillus acidophilus and Bifidobacterium bifidum) Probiotics bacteria favorably alter the intestinal microflora balance, inhibit the growth of harmful bacteria, promote good digestion, boost immune function, and increase resistance to infection. Individuals with flourishing intestinal colonies of beneficial bacteria are better equipped to fight the growth of disease-causing bacteria.

**ASTRAGALUS ROOT:** (Astragalus Membranaceus), An organ toning and balancing herb, particularly stimulating to the immune system. A specific in immune/resistance building formulas. Nutrients: Calcium, choline, copper, essential fatty acids, iron, magnesium, manganese, potassium & zinc.

Melanie Osborne is the owner of Thyme to Heal Herbs and practices on Route 302 in Lisbon, NH. She has been in practice since 1991. She is certified in Therapeutic Herbalism through the Blazing Star Herbal School in Shelburne Falls, Massachusetts.



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Winston Oakes



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### Letter to the Editor

Dear Editor,  
**Fake-faced Nancy, 'Queen of NAPA Valley,' undermines US**

What mammal has a forked tongue?

What creature was admonished by God from the Garden of Eden, "...to crawl on its belly forevermore..." for tempting Man with the forbidden fruit?

The serpent is portrayed as a deceptive creature or trickster, who promotes as good what God has forbidden, and shows particular cunning in its deception.

"Fake-faced" Nancy Pelosi, 'Queen of NAPA Valley,' and Speaker of the House, can be equally described as "the Snake of the House."

She works against US by working against the duly-elected President of the United States of America. He represents US!

President Trump is a cheerleader for US by being a cheerleader for America....since day One!

Nancy Pelosi has been anti-US by initiating campaigns against this strong President during times of peace, and now, during this time of war, ie the war against the 'invisible enemy,' the deadly Coronavirus pandemic.

While President Trump and his Coronavirus Task Force have been educating us daily on TV with measures we should take in order to stay alive via tips by Dr. Anthony Fauci and Dr. Deborah Birx; and,

Nick,

*The current pandemic is affecting each and everyone of us. Whether or not you have COVID-19, or you know someone who has it, or if your business or place of work has been altered, it is affecting us all. The big difference is how we react to it.*

*It appears that is the same in the world of politics. Some will say that the President has done just the right things. Some will say that the Democrats are always right. But I believe that the truth is somewhere in between. The only way to really know is to look back at this time in history when it becomes history. And even then*

while President Trump and his Coronavirus Task Force have been instilling HOPE in our daily lives with medical resources, timelines, and curves so we know when we'll begin to flatten the curve; and, while President Trump has demonstrated unique management skills trying to keep our economy afloat through multi-Trillion dollar incentives to small businesses and all workers, "fake-faced Nancy," does everything possible to undermine the President, and "...cut him off at the knees!" The \$2.2 Trillion Stimulus Bill, which recently passed the Congress, was infused with so much Democrat FAT, even Porky Pig, Miss Piggy, Babe, and the Three Little Pigs, couldn't recognize themselves!! House and Senate Republicans had NO CHOICE, but to pass the bill, or have it defeated because Queen Nancy and her Deleterious Democrat puppets, insisted that "... let it be written, let it be done!"...with these superfluous additions! In the vernacular of our day and age, Queen Nancy's actions demonstrated: it's "... our Democrat Way, or the highway!" Middle finger to the Republicans and all of US, really!! Pass it, with all that FAT, or we'll kill it, along with all those infected with the pandemic virus! That was THE Ultimatum!

Now, the "Snake of the House" wants another 'inconsequential investigation' of our heroic President re-

garding his handling of this present, murderous, pandemic situation.

As the "leader" of the House of Representatives, second in line, after the Vice President, to become President, shouldn't she offer to help our skillful President by investigating China, the source of this world-wide, deadly disease?

Shouldn't she prompt her fellow Democrats to introduce legislation seeking reparations from the Chinese for continued operation of their contaminated, disease-inflicting, "wet markets"?

Shouldn't she be working with this pro-American President to demand the United Nations' World Health Organization investigate, condemn, and shut down the practice, and operation of these infectious methods of "food preparation and handling," and demand they STOP!!?

Queen Elizabeth of Great Britain is calling for national unity in light of this killing disease. Shouldn't "Queen Nancy" ask her fellow Democrats to show national unity in light of this situation? Isn't that what statesmanship demands?

Sad that our House of Representatives is being led by a snake, but we can fix this in November by voting Republican, and sending President Trump the support he deserves in order to better serve US.

Nick De Mayo  
Sugar Hill, NH

*there will be differing opinions. Just take a look back at the Great Depression. Those who study that period in our history will still disagree on what could have, or should have been done.*

*My hope is that the saying "this too will pass" comes true sooner rather than later. I also hope that our elections this fall, and even our primaries, much earlier this year, will occur as planned, or at least will occur. Then we can see where a majority of the voters stand. I also hope that the majority of voters will indeed find a way to vote and be heard, no matter what side of the political fence you may be watching from.*

Gary Scruton, Editor

### Letter to the Editor

Dear Editor:

The Haverhill Library Association in Haverhill Corner has served our community for 140 years. Never in all those years has our library been closed to business for more than a few days. But this year's viral pandemic has closed all libraries, including ours for much of March and the entirety of April, and possibly for longer. Thankfully, in recent years we have expanded our services to include online Internet resources that can be accessed remotely--the EBSCO database, Downloadable Books, Ancestry and HeritageQuest. These services remain accessi-

Trustees,,

*I thank you for giving our readers an update on the status of the Haverhill Library. During this time of social distancing and stay at home orders, we are all looking for ways to pass the days. Utilizing our local libraries, whether it is Haverhill Corner or elsewhere, is a good way to expand our knowledge base. Or perhaps to look into our ancestry.*

*Again, thank you for what you and the rest of the community is doing to help each other. As it has been said many times already, this too will pass.*

Stay safe.

Gary Scruton, Editor

ble to patrons. For questions, residents can contact us through Facebook messaging, email (mail@haverhilllibrary.org) and phone (989-5578. Leave a message, we'll get back to you.) If you need Internet access, you can access our WiFi from the street in front of our library (Password is "guest").

We know that this pandemic is testing us all and we want to do all we can to be of use and comfort to the community we serve, while following health and safety regulations.

Best to all, Stay healthy;  
Trustee's  
Haverhill Library  
Association

## LETTERS

(and even some real words)

### From The Editor

by Gary Scruton

Have you heard that we are living in unusual time? Just like any time it affects every person differently.

There are many working on the front lines who have probably seen their work time go up. Those are nurses, doctors, first responders.

Then there are those who are working at essential businesses. In some cases they are working more, and some may be working less.

A third group would be those who are not employed by a business still open to the public. That would include Trendy Times as well as many, many other establishments. Those employees are home and may be waiting for that stimulus check (or direct deposit) to arrive. Or perhaps they are able to qualify for unemployment.

All of this means that even during these times we are all

unique. It's hard to throw out a blanket that covers everyone. So I think I will just use a wash cloth and give you a look into our household.

This coming week I will actually get a chance to see some normalcy. Because of internet connections I have the chance to be part of two different meetings. This means taking to people that I have not seen in a month (or more) and discussing items bigger than just what my wife and I will have for supper.

Please don't get me wrong, I am enjoying time at home with Janice. I have even shown her that I am able to cook a meal (here or there), can fill and unload the dishwasher, and can even make the bed! Sharing is caring.

Whatever your situation may be at this time. Stay safe, and keep smiling.

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### BEEZWAX



By John Martin

Not all Times are Trendy, but there will always be Trendy Times April 14, 2020 Volume 11 Number 14

## Finding Solutions for Your Financial Needs

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## Put Tax-Smart Investing Moves to Work

The tax return deadline has been extended until mid-July, but you may have already filed your taxes. If you were not entirely happy with the results, you might start seeking ways to change the outcome for next year. And one area to look at may be your investment-related taxes.

To help control these taxes, consider these moves:

- Take full advantage of tax-deferred investments. As an investor, one of the best moves you can make is to contribute as much as you can afford to your tax-deferred accounts – your traditional IRA and 401(k) or similar employer-sponsored plan – every year. If you don't touch these accounts until you retire, you can defer taxes on them for decades, and when you do start taking money out, presumably during retirement, you may be in a lower tax bracket.

- Look for tax-free opportunities.

Interest from municipal bonds typically is exempt from federal income tax, and, in some cases, from state and local income tax, too. (Some municipal bonds, however,

may be subject to the alternative minimum tax.) And if you qualify to contribute to a Roth IRA – eligibility is generally based on income – your earnings can be withdrawn tax-free, provided you've had your account for at least five years and you don't start taking withdrawals until you're at least 59-1/2. Your employer may also offer a Roth 401(k), which can provide tax-free withdrawals. Keep in mind, though, that you contribute after-tax dollars to a Roth IRA and 401(k), unlike a traditional IRA and 401(k), in which your contributions are made with pre-tax dollars.

- Be a "buy and hold" investor. Your 401(k) and IRA are designed to be long-term investments, and you will face disincentives in the form of taxes and penalties if you tap into them before you reach retirement age. So, just by investing in these retirement accounts, you are essentially pursuing a "buy and hold" strategy. But you can follow this same strategy for investments held outside your IRA and 401(k). You can own some investments – stocks in particular – for decades without paying taxes on them. And when you do sell them, you'll only be taxed at the long-term capital gains rate, which may well be less than your ordinary income tax rate.

But if you're frequently buying and selling investments you've held for less than a year, you could rack up some pretty big tax bills, because you'll likely be taxed at your ordinary income tax rate.

- Be prepared for unexpected taxes. Mutual fund managers are generally free to make whatever trades they choose. And when they do sell some investments, they can incur capital gains, which will be passed along to you. If this is a concern, you might look for funds that do less trading and bill themselves as tax efficient.

- While taxes are certainly one factor to consider when you invest, they should probably not be the driving force. You need to build a diversified portfolio that's appropriate for your risk tolerance and time horizon. Not all the investments you select, and the moves you make with them, will necessarily be the most tax efficient, but by working with your financial and tax professionals, you can make choices that can help you move toward your long-term goals.

*This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.  
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## Shopping in Trying Times

by Elinor Mawson

Our freezer was emptying out, we needed everything and it was time to bite the bullet. We have been virtually homebound since the beginning, My husband went for this and that, but I stayed at home in my pajamas. (This is something I love to have an excuse to do even though the experts warn against it.)

But it was time.

First I made some masks out of a pair of socks. I saw the directions on the internet and gave it a shot. They fit like a glove; the heel just fit around our noses and the ear pieces were in the right place. The only thing wrong with them was that they looked like the ragbag they

came out of, but they were the only socks that fit the directions. I can only imagine how they would look if I were wearing my pajamas.

We went to a large supermarket in another town. There were warning signs on the doors, in the vestibule and at the end of the aisles. (ONE WAY).

There were signs limiting things like butter, eggs, certain kinds of fruit and vegetables. We did the best we could, although we were greeted by empty shelves in the flour aisle, the spaghetti aisle, the fish case (!) and of course -- the toilet paper aisle. There were other places with a limited supply of items (such as soup).

One of the things that amazed us was the lack

of masks on about half the people. None of the employees were wearing a mask, and just about one out of two shoppers was wearing one. Hardly anyone observed the 6-foot rule, even when there were spots on the floor to indicate it. It had me wondering if those people hadn't watched the news, read the paper, or were voting Republican.

When we checked out, the cashier was wearing gloves but no mask. When she finished, she sanitized her hands and I asked for a shot of sanitizer for my own hands. She complied and also gave me 2 pairs of latex gloves to use at home. (They didn't have any sanitizer for sale in the store-- "But we had some yesterday!")

We thanked them very kindly for being there and left the place to distribute a huge order of groceries in our car. Coming home and putting them away was the usual "not fun" activity. We washed our hands, had our lunch and declared we were happy that job was done.

And then I got back into my pajamas.

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# What About Ma?

by Kellie Quackenbush

## All About Reaching Out

Last week, we lost a valued member of our family, an aunt that just lived a few miles away. We have always held her as a beloved family member but like all busy working people, we did not see her as often as we would have liked. Then the "social distancing" was put into place, which added to the length of time since our last visit.

When last we visited, we discussed her frail health and the very long drive to visit Ma. It was our plan, when the spring time was warmer, to bring this dear aunt to see Ma, it was not to be. Phone calls, letters and "I love you" whispered in the wind will not change the loss or the guilt from not spending more time with one that has passed.

For Ma, the pain of the loss is so great, words fail to convey the emotions. Not being able to be with her, to impart such words of loss, make it worse. A funeral or a wake, a gathering of loved

ones to remember and rejoice in a life well lived--these are not to be. We are separate and baring the loss silently.

Moving forward, we must strive to reach out through social media, telephone calls and written letters to share our love with friends and family. The sentiment is there and the love and care.

I've been renewing my love of Jane Austin's writings, "Sense and Sensibility" and "Emma" bring back the distant but polite manners of yesteryear. Holding onto our feelings for a private and out of public display, it feels like today. So, now my friends, I urge you to pull out your writing paper, cards and stationery and put pen to paper. Send off your thoughts of love and caring so all may feel your true sentiment. Let us spend today, reaching out, to those that are not so far away.

# Local Yoga Therapist Renews Certification to Continue in Specialized Field of Pain Reduction

Littleton, NH, Restorative Health Therapies, LLC (located in the Tannery Marketplace), announces today that its founder, Meggen Wright, successfully renewed her certification as one of only 25 registered and certified Yoga Therapists in the state of New Hampshire through the International Association of Yoga Therapists (IAYT).

Restorative Health Therapies, LLC, focuses its business on supporting aging community members who must deal with a wide range of health concerns and challenges. This support is achieved by offering small, gentle, yoga-based classes and private therapy programs to help balance clients' body, mind and spirit. Two of the key components provided in all classes are building important body awareness and developing mindfulness skills that allow people to proactively reduce or prevent pain and decrease their chances of injury.

Wright emphasizes that yoga therapy is accessible to people in any state of health or disease, and it is a recognized and respected adjunct to traditional healthcare.

"People misunderstand," she says. "They think you have to be flexible and very healthy to do yoga therapy, and this isn't the case at all. I have long-standing working relationships with clients who have muscular sclerosis, neuropathy, cancer, Parkinson's disease, COPD, full joint replacements, chronic pain, and more. They return because classes help them feel more supple, strong, stable and vibrant. Additionally, we build a supportive community within our classes, which people really appreciate."

Wright's additional focus in the North Country is the work she does with community health care providers, both traditional and holistic. This kind of sharing between disciplines provides more options for long-lasting relief and improved health to patients and clients.

As an acknowledged holistic health care professional in the Littleton community, Wright has presented educational workshops at the New Hampshire American

Physical Therapy Association conference (2019), the Littleton Regional Hospital Women's Health Conference (2018 and 2019), and has taught over 600 small classes and private therapy sessions from Washington, D.C. to Maine.

The IAYT accrediting organization was founded over 30 years ago, Wright explains, and has "consistently championed yoga as a healing art and science. Membership is open to yoga practitioners, yoga teachers, yoga therapists, health care practitioners who use yoga in their practice, and yoga researchers worldwide." As of early 2020, there are over 5000 individual members from over 50 countries, and 50 IAYT accredited yoga therapy training programs worldwide.

Meggen Wright is a member of the Littleton NH area chamber of commerce, the recipient of the 2018 WREN entrepreneur-of-the-year award, and an active volunteer in the community.

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We hope that whether you are continuing business as usual, have closed your doors, or are somewhere in the middle, that you will stay safe. We also hope that you will continue your business association with Trendy Times during this time, as well as in the future.

### To our readers and those sending us content:

Please continue to send us your views, your news, and your thoughts. We will continue to put them together with others and keep Trendy Times moving forward.

*Remember, not all times are trendy, but there will always be Trendy Times.*

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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

A FREE PUBLICATION



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

# Turkey Stuffed Peppers

*Editor's Note: Once again I must report that Cindy is not doing well this week. She had been able to go shopping for the ingredients to a new recipe. However, her health issues rose up again and she was unable to complete the meal.*

*So below you will find a repeat of a recipe from late 2018. Both Cindy and I hope that the next issue will include a brand new recipe.*

Let's get started with what to buy and how to make it.

**Ingredients**

Preheat oven to 350 degrees  
4 Large Peppers, I used 2 yellow, 1 red and one green. If you look at the pic-

ture the yellow and red ones fell over but that's OK, they were still delicious. I found that the yellow and red ones were the sweetest. Clean out the seeds and inner ribs.

- 1 1/2 package (2 1/2 - 3 Cups) Pepperidge Farms Herb seasoned classic stuffing mix
- 1 1/2 stick of butter
- 1 stalk of celery (chopped)
- 1 Medium Onion (chopped)
- 2 1/2 - 3 Cups chicken broth
- 1 pound ground turkey browned or 2 1/2 cups of leftover cooked turkey from Thanksgiving
- If you're using ground turkey break it up with a



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wooden spoon as you're cooking.

Cut tops off pepper tops and chop.

In 2 quart pan melt the butter and saute for 5-10 minutes the celery, onions and the chopped pepper tops. Then add 2 1/2 Cups chicken broth. Heat through, add the dry stuffing and mix well. Add the browned ground turkey and mix well again. Stuff the peppers and pat down with hand.

Place in a covered dish or cover with aluminum foil. Try to stand them up. Add 1 1/2 cup chicken broth to bottom. Bake for 45 minutes and remove cover and check with a fork to check doneness of pepper. Bake 15 minutes longer uncovered.

When done let sit for about 15 minutes. Serve with a nice White Cabernet chilled and as always drink responsibly. I used my square copper pan and cover to do everything.

If you have any questions please contact Gary and I will help you. ENJOY! because they are "Delicious".

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

## Acceptance

Topics  
*Disability and Aging*  
by Cyndy Wellman



### Donation Month

April is the month of awareness. We are all looking at our own or /someone you know health issues wrong. Stop putting a label on it. Yes, it could be hereditary, cancer or an injury.

Donation of organs, eyes and tissues can save and heal lives through transplant. Donation does save lives!

You want to stay away from the following negative health issues: Bloody noses, dizziness, swollen ankles, puffy eyes, burning to no urination and high blood pressure. Let's begin the road to recovery. These declining kidney symptoms are going to improve. First and foremost, your attitude has a huge impact on your medical situation. Start off getting better! Have your immediate family or potential Donor. Do the following: blood and tissue typing test. Compatible to yours. And must be evalu-

ated in general health.

Recycle/Donate

These are things you can do. State it on your Driver's license or sign the Uniform Donor Card. You can get one at the Motor Vehicle Registration, New England Organ Bank, United Organ Bank Network Sharing and Donate Life America. If a minor, you'll need parent/legal guardian permission first. Also inform your family and physician. Hopefully you're helping someone in need. Or Vise Versa! The kidney you received or give has given life. You can guarantee that Kidney will continue to regulate water and salt balance. Continue blood flow and bones will get stronger. You will have new red blood cells and urine will get rid of waste.

Keep drinking water. Good for all organs!

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April 14, 2020

Volume 11 Number 14

## Joanne Barbara Donnelly Gafas: OBITUARY

Bradford, VT - Joanne Barbara Donnelly Gafas passed away unexpectedly at her home in Bradford, VT on Saturday, April 4, 2020.

Joanne was born in Stony Point, Rockland County, NY on May 9, 1947 to parents Gerald Bernard Donnelly and Barbara Rose (Miller) Donnelly. Gerald was a first-generation Irish-American financier and WWII Captain in the U.S. Army Airborne. Barbara was a social worker and proud daughter of the American Revolution. Joanne was their only child, born with a strong will and the heart of a rebel.

Joanne is survived by her children Gerald Bell (son), Jennifer Bell (daughter), and Mallory Gafas (daughter) as well as her grandchildren Kira Bell (granddaughter), Isaac Bell-Morey (grandson), Imogene Bell (granddaughter), and Murray Bell (grandson). She is also lovingly remembered by many friends and extended family in Vermont, New Hampshire, New York, and Texas.

Joanne spent most of her childhood in Goshen and Campbell Hall, NY and attended Washingtonville High School in Washingtonville, NY. She was presented

to society at the age of 18 at the Debutante Assembly in Manhattan before attending college in Connecticut. She then moved to New York City, where she married, had two children, and became an outspoken feminist and political activist. Drawn to country & western music and dance, warm weather, and a booming economy - Joanne ventured southward to Houston, Texas in 1976. There, she re-married, had her third child, and started saying "ya'll". After more than two decades in the South, her Yankee roots took her northward once again. In love with New England's character and picturesque beauty, she re-settled in New Hampshire and then Vermont, spending her final years in the Upper Valley.

Throughout her life, Joanne worked as a real-estate investor, insurance broker, public servant, political activist, and homemaker. A passionate animal-rights activist, she was also a life-long supporter of several organizations devoted to animal welfare. In addition, Joanne was an active member of the West Newbury Congregational Church in West Newbury, VT for nearly

20 years. There, she helped coordinate church activities, attended Bible study, and participated in West Newbury's annual variety show. Joanne enjoyed singing and dancing, caroling, staying physically fit, playing scrabble, voicing her opinion, decorating with the color purple, daily worship, and making people smile. Above all, Joanne was known as a fierce advocate of her beliefs, a loving mother, and a gracious friend.

Joanne will be buried at the West Newbury, VT Cemetery on Rogers Hill Road. Arrangements are by Hale Funeral Home in Bradford, VT. Virtual and teleconference funeral services was to be held on Saturday, April 11th at 2pm ET (1pm CDT). For details, please contact Gerald Bell by phone at 214-718-8466 or e-mail at gmaxbell@gmail.com or Mallory Gafas by phone at 832-466-8082 or e-mail at Mallory.aida.gafas@gmail.com.

In lieu of flowers, the family suggests memorial contributions be made to the American Society for the Prevention of Cruelty to Animals (ASPCA).

## Susan Ann (Wilson) Durkee:

### OBITUARY

Orford, NH - Susan Ann (Wilson) Durkee, 73, of Rte. #10 passed away March 31, 2020, on her 24th wedding anniversary, after a long illness.

She was born November 5, 1946 in Bay Shore, Long Island, New York the daughter of George and Mildred (Andreason) Wilson. She was raised in Smithtown, NY until 1959 when the family moved to Orford. Mrs. Durkee was a graduate of Orford High School and had worked at Dartmouth Hitchcock Medical Center for 27 years. In retirement she enjoyed spending time with her grandchildren, family and friends. She enjoyed soap operas, her two dogs, and traveling with her husband.

Survivors include her

husband, James Durkee, of 37 years, a daughter, Amy and Brent Forward of Lyme, NH, a son, William and Janet Tuttle of Norwich, VT, a step-daughter, Mary Audette of Plainfield, NH, seven grandchildren, a niece and cousins. She is also survived by four life-long friends, Donna, Miriam, Gloria, and Tina. She was predeceased by two brothers, George and James Wilson.

The family would like to thank all the critical care ICU nurses and doctors at Dartmouth Hitchcock Medical Center for her excellent care. A Celebration of Life will be held at a later date. Hale Funeral Home of Bradford, VT is handling arrangements.

## The Inconvenient Truths About Coyotes

Stowe, VT – Protect Our Wildlife invites the public to join Chris Schadler, Co-Founder of the New Hampshire Wildlife Coalition, and local Project Coyote representative, for a free coyote webinar to be held on Thursday April 16th at 6:30PM. Schadler has studied coyotes and wolves for 30 years and holds a masters in Conservation Biology. That, coupled with her prior experience as a sheep farmer, will offer an informative presentation that's suitable for all audiences. Registration is required.

Schadler will counter the many myths with facts about our most unfairly maligned predator - the coyote.

Protect Our Wildlife's President, Brenna Galdenzi, will be moderating. "We often receive questions from the public ranging from fears about coyotes in their neighborhoods to those who are concerned about the year-round killing season," said Galdenzi, Protect Our Wildlife President and co-founder. "For too long, the many myths and misunderstandings about coyotes have gone unaddressed."

The public can register here: [bit.ly/coyotetalk](https://bit.ly/coyotetalk) Questions may be asked via the "chat" function on Zoom or attendees can submit their questions ahead of time to: [info@protectourwildlifevt.org](mailto:info@protectourwildlifevt.org).

## WMMP Season Opener Moved to May 10 After NHMS Postponement



N. Woodstock, NH – White Mountain Motorsports Park (WMMP) officials announced today that the 2020 season opener has been re-scheduled to Sunday, May 10 at 3:00pm. The change has been made to avoid a conflict with the Northeast Classic at Loudon's New Hampshire Motor Speedway, which was recently postponed to Friday, May 8 and Saturday, May 9.

The entire WMMP program that was originally set for May 9 will now be held the following day. Car show setup begins at 8:00am with the annual show held at the track from 9:30 to 11:30am. The pits will be cleared following the Car Show. Practice begins at 12:00pm with

a 3:00pm post time. All five regular WMMP divisions are on the card.

As part of the schedule shuffle, an open practice has also been added on Wednesday, May 6. The pits will open at 4:00pm with practice for all WMMP divisions from 5:00-7:30pm.

Both the WMMP season opener and open practice are contingent on the current New Hampshire state stay-at-home order ending May 4 as planned. The WMMP schedule may be subject to additional changes if further state or federal mandates are issued.

"As things stand, we think bumping the season opener to May 10 is in the best interests of everyone,"

WMMP managing partner Cris Michaud said. "We know there are many drivers, crew members, and fans who want to attend both the Northeast Classic and WMMP opener, and this switch allows them to do so. We're continuing to monitor the situation, and if further schedule changes become necessary, we will announce them promptly."

The 2020 White Mountain Motorsports Park Season is now slated to begin Sunday, May 10 at 3:00pm. All five divisions have a full card of racing to kick off the 28th season of racing. The annual Car Show will be held from 9:30 to 11:30am with practice at 12:00pm. Admission is just \$12 for adults, \$3 for kids ages 6-12, and \$25 for a family of four (2 adults, 2 kids). The event schedule remains subject to change pending further state and federal developments.

For more information, contact the White Mountain Motorsports Park offices at (802) 244-6963, [media@actour.com](mailto:media@actour.com), or visit [www.whitemountainmotorsports.com](http://www.whitemountainmotorsports.com). You can also follow us on Facebook at @WhiteMtnMotorsports.



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