

A FREE PUBLICATION

# TRENDY



Next Issue: Tuesday, July 21  
Deadline: Thursday, July 16



# TIMES

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## TVT Awarded \$100,000 To Build Capacity

Bradford, VT....Tri-Valley Transit (TVT), doing business locally as Stagecoach, was recently granted \$100,000 by Jane's Trust, a regional family philanthropy with a focus in northern New England, to strengthen TVT's capacity to meet the transportation needs of residents who have been adversely impacted by the COVID-19 crisis and more. This contribution will unlock \$900,000 in government grants to build the new Upper Valley Community Transportation Center (UVCTC), which will allow TVT to meet urgent rider needs more safely and efficiently.

While the UVCTC project has been in the planning stages since 2018 in response to demand for expanded public transit up and

down the Connecticut River Valley, the COVID-19 pandemic has made the construction of this facility even more critical both now and heading into the future. Since 2014 ridership in the region has grown 9% and, even taking into consideration the effects of COVID, it is expected to increase another 20% by 2024.

During this world health crisis, TVT has continued to provide essential services to current and new riders alike while adding multiple new layers of safety protocols to address the Coronavirus dangers. Many techniques have been employed, including requiring riders and drivers to wear face masks, sanitizing vehicles multiple times during the service day, screening riders and staff to ensure no COVID risk, limiting seats for essential trips



only, providing hand sanitizer onboard and providing specialized training and Personal Protective Equipment for drivers who must come into close contact with a rider when assisting with a wheelchair boarding.

Now, demand for rides is growing as more places re-open. TVT is seeing an increase in riders who are newly unemployed but still need to get to essential services; vulnerable populations

who have had to delay health care appointments and procedures; essential workers who have been critical to containment of the crises; and high-risk, stay-at-home community members who have needed food deliveries. TVT is making plans to safely increase seating capacity to meet that need. The UVCTC will provide the much-needed infrastructure to operate these plans, as well as provide greatly reduce current operational costs which will free more funding to provide more rides.

The UVCTC will be co-located at the VT Park and Ride at I-91's Exit 16 in

Bradford, Vermont. Construction is slated to begin in October 2020, with a planned opening by spring 2021 and a ribbon cutting is planned for that time.

With the Jane's Trust grant, 93% of the project funding has now been committed. With just 7% to complete the project funding, TVT welcomes additional contributions for this community resource. To learn more about TVT services, and/or contribute to the capital campaign for the Upper Valley Community Transportation Center, please visit [www.trivalleytransit.org/news](http://www.trivalleytransit.org/news) or e-mail [info@trivalleytransit.org](mailto:info@trivalleytransit.org).

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# TRENDY Dining Guide

## Bliss Village Store

by Gary Scruton

At this point I am guessing that most everyone has noticed that times are different. Especially when it comes to the simple act of dining out. Of course rules are different depending on which side of the Connecticut River you plan on dining.

But there is at least one local eatery that has needed to make few changes to their way of serving the public. The Bliss Village Store on Main Street in Bradford has offered a full deli case to the public for many years. Also, especially at this time of year, it's important to note that they offer an ice cream window to the sidewalk.

Janice and I have visited Bliss on several occasions in the past and stood in front of the deli counter deciding

what to order. When we showed up on a recent Friday evening we needed to have a bit of patience as the two people behind the counter were already busy with several other orders. During that time we had a chance to look at the deli counter for what was inside. I also took note of what was on the outside of the deli case.

When it was our turn Janice ordered a BLT sub. Along with that she asked for a side order of a shells and tuna salad that was in the case. Upon questioning she asked for the roll to be "lightly" toasted.

I ordered next and continued on my "try something different" trend. There was a sheet of paper on the front of the deli case that proclaimed that Bliss was now serving

seafood. One of the items they were offering was one of my favorites, scallops. So even though this was a regular item, it was from a new place. The fried scallops came with french fries and coleslaw.

As normal we told the folks behind the counter that we wanted to eat in house, if there was room, which there was. So we headed out back with a stop at the many drink coolers and picked out a couple of bottles of beverage. I chose a lemonade while Janice got a flavored iced tea.

We sat down and started enjoying our beverages while we waited for the meals to come our way. Though it was rather busy we did not wait that long before our two baskets of food came our way.

Janice's sub was on a nicely toasted roll and was stuffed with bacon, lettuce and tomato. The side salad was just what she wanted. She noted that it was made with mayonnaise and not a dressing which is the way she likes it.

Regarding my scallops, I was anxious to see the size of the serving and the nature of the food. I was not disappointed at all. The cole slaw was very good and served in a small paper vessel. There was a good number of french fries that were not overcooked, but still had some crispiness to them. In regards to the scallops, there was a good number (about a dozen or so) coated with a moderate amount of breading. The meal also came with a good sized dish of tartar sauce. Janice noticed that one scallop was actually hiding under the tarter sauce dish. It turned out that it was very small and was actually just breading.

We both finished our meals, and though I had initially thought about getting a sundae for dessert, we only paid our bill and left because there was no room left for more food.

As is our habit at Bliss,

we threw out our trash and put the baskets and dinnerware into the bucket next to the trash that is there for just such a procedure. Then we took our bottles and the deli slip to the front counter for payment.

The total for our two meals and drinks was \$29.00 even. While I was paying that amount, Janice stopped again at the deli counter to give those hard working employees a tip for their service and efforts.

*Put a Little Bliss  
in Your Day!*

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For More Details

Contact Gary @ 603-747-2887

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# Grafton County Farm Service Agency is Accepting Emergency Conservation Program Applications

Orford, New Hampshire, June 22, 2019 – U.S. Department of Agriculture (USDA) Farm Service Agency (FSA) County Executive Director, Steven Schmidt today announced that Grafton County is accepting applications for the Emergency Conservation Program (ECP) to address damages from a severe storm that occurred on April 9, 2020. ECP signup will begin on June 15, 2020 and end on July 17, 2020.

The approved ECP practices under this authorization include debris removal from farmland; grading, shaping, re-leveling; and restoration of conservation structures or other similar installations.

ECP assists producers with the recovery cost to restore the farmland to pre-disaster conditions. Approved ECP applicants may receive up to 75 percent of the cost of approved restoration activity. Limited resource, socially disadvantaged and beginning farmers and ranchers may receive up to 90 percent cost-share.

“Dealing with natural disasters is never easy, especially when you have to consider the health and safety of livestock, but it’s important for producers to call our office before they take any action,” said Schmidt.

Producers with damage from such events must apply for assistance prior to beginning reconstructive work. FSA’s National Environmental Policy Act (NEPA) and environmental compliance

review process is required to be completed before any actions are taken. Submitting an application after reconstructive work has been completed may not qualify for ECP.

FSA county committees will evaluate applications based on an on-site inspection of the damaged land, taking into consideration the type and extent of the damage. An on-site inspection does not guarantee that cost-share funding will be provided.

The 2018 Farm Bill increased the payment limitation for ECP to \$500,000 per disaster. The use of ECP funds is limited to activities to return the land to the relative pre-disaster condition. Conservation concerns that were present on the land prior to the disaster are not eligible for ECP assistance.

For more information on ECP, please contact the Grafton County FSA office at 603-353-4650 (ext. 2) or visit [farmers.gov/recover](http://farmers.gov/recover).

# Cohase Chamber Garden Tour Coming Soon

The Ninth Annual Cohase Chamber Garden Tour will be held on Sunday, July 19th this year. While there’ll be some changes due to guidelines from public health officials, this will be an opportunity to get out and visit some beautiful local gardens while staying safe.

Kicking off with registrations at the Fairlee, VT gazebo on the town common on Route 5, maps and garden descriptions will be available beginning at 10:45 with an eclectic mix of gardens in Fairlee, W. Fairlee and Lyme open from 11-3:30. This year’s gardens range from an in-town brookside urban garden, to an 18th century country farm, to an extensive Connecticut Riverside garden. Get ready to travel some of the area’s prettiest back roads as you enjoy the five different gardens on this self-guided tour.

Due to Covid-19 considerations, online registration is encouraged at [www.cohase.org](http://www.cohase.org) to minimize person-to-person contact. Wearing masks while near others

and maintaining social distancing will also help to maximize everyone’s safety. Also due to Covid-19, there will not be an ‘end-of-the-tour’ tea this year, so plan to bring a picnic lunch or to stop at one of the stores along the route for food.

The cost is \$20 per person (over 12) with proceeds to benefit the Chamber’s operations. Thanks to business sponsors North Country Organics, North Haverhill

Agway, Blackmount Equipment, JM Landscaping, Wells River Savings Bank, Wells River Chevrolet, Eastman Electric, Colby Insurance Group and Cottage Hospital for their support of the Chamber and this year’s event.

For more information go to the Chamber website noted above or call 802-518-0030

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Registration, tickets, maps and programs on the Fairlee VT Town Common starting at 10:45 AM • Register and pay online, and/or for more info go to [www.cohase.org](http://www.cohase.org) or call 802-518-0030

**IMPORTANT Health Safety Changes for 2020!**  
Garden Tour Only- No "Tea Party" included.

May we suggest a picnic instead? Feed local game birds and please to purchase lunch at our map handout PLEASE DON'T SMILE. Come in small groups. Wear a mask. Practice social distancing. Sanitize frequently.

Featuring in 2020...

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**Trendy Threads**

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## Historic House Session Comes to a Close

The N.H. House of Representatives session came to a close on Tuesday, June 30th. The session ended, just as it began, in an historic way. Due to COVID-19, representatives met at the Whittemore Center at UNH in Durham in order to observe social distancing guidelines. This marked the first time that session was held outside of Representatives Hall since the Civil War and only the second time that representatives met away from the State House since they began meeting there in 1819. The bills acted on ran the gamut, many were 'omnibus bills', legislative packages containing multiple items, sent over from the state Senate.

Some highlights include an omnibus bill that would create a program to import generic drugs from Canada, limit copayments on insulin, and require insurance coverage of epipens. Another legislative package, which passed with broad bipartisan support, would: name a portion of N.H. Route 49 in honor of Specialist Marc P. Decoteau, an American soldier killed in action; designate a portion of state Route 125 in honor of Officer Stephen Arkell, a N.H. police officer killed in the line of duty; declare June 6 as D-Day Remembrance Day annually; proclaim August 31st as Overdose Awareness Day; and require that public schools include some form of Holocaust and genocide



education during a student's school career as local districts see fit. All of the bills passed on the 30th will meet their ultimate fate in the coming days on the governor's desk.

As the session ends, I would once again like to express my thanks to the voters of Grafton 15 for putting their faith and confidence in me two years ago. This session has been both challenging and rewarding. Over the past two years I am most proud to have played a role in the legislature in delivering more state aid to our schools and towns which had a direct and positive impact in reducing local property tax rates in the district. As I look to re-election efforts I hope to earn the opportunity to continue to serve you in Concord and work with Republicans and Democrats to get things done the New Hampshire way. If you live in Bath, Benton, Easton, Landaff, Orford, Piermont, or Warren - I respectfully ask for your vote.

Email: druprecht356@gmail.com  
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## Not Over Until Veto Day

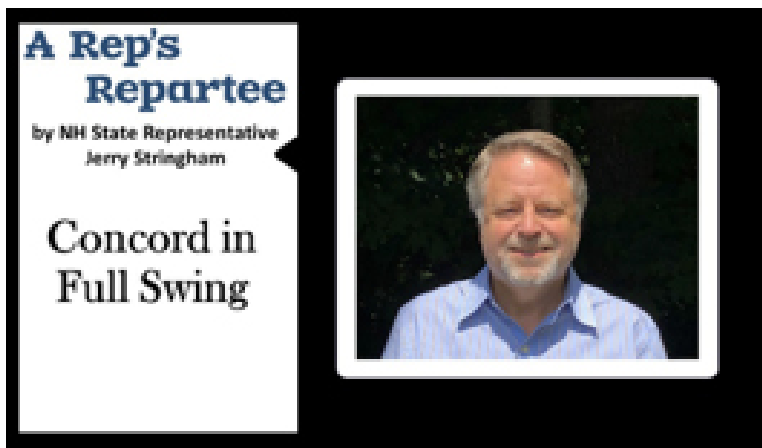
This year's legislative session finally came to an end when the General Court met in the Whittemore Center arena at UNH on June 30. From this date forward and in accordance with legislative deadlines, neither the House nor the Senate can meet and act upon new legislation until next session. However, it should be noted that both the House and Senate will convene later this fall to address possible veto messages from the Governor. In regard to vetoes, the Governor has already announced that rather than signing a bill that has the potential of allowing poorly constructed, unacceptable language to become law, he will "err on the side of a veto." So, don't be too quick to assume bills passed on the 30th will become law. As the old adage states, "Don't count your

chickens before they hatch." HB1234, the bill amended to include SB414 (the Woodsville Roads Bill) along with 40+ other amendments thrown into the bill, will most likely draw the Governor's scrutiny. If HB1234 is vetoed, there are enough votes in the House to sustain the veto. A veto will kill the bill and everything in it, both good and bad.

There were several interesting and rewarding bills passed on the 30th that are worthy of discussion. HB1582 passed by a 290-36 vote. The bill is relative to: 1.) free tuition at colleges and universities for children of veterans who are totally and permanently disabled; 2.) programs to aid veterans access to employment, housing, health care, and college degrees; 3.) educational assistance for members of the NH Na-

tional Guard; 4.) tuition waivers for children in state foster care or guardianship; and 5.) prohibiting higher education institutions from discriminating on the basis of military, law enforcement, or veteran status. Lastly, on behalf of all in the House, I spoke in support of HB1135 that includes amending language from SB727 requiring Holocaust and genocide studies in our public schools. With the passing of death camp survivors and of many in the Greatest Generation who fought in WWII and who witnessed these horrific events, we now have the responsibility to engage future generations to know and learn from past history to be more tolerant and respectful of differences. This bill was passed with the largest margin of the day, a 299 - 17 vote. The outcome of this bill was most satisfying.

Respectfully Submitted,  
NH Rep Rick Ladd,  
Haverhill



## Final House Session Ends in UNH's Whittemore Center

On June 30th, the NH legislature met on the floor of the University of New Hampshire's hockey arena. The two meetings we held there were the first two sessions outside of the NH state house since the civil war.

Two bills that I was the prime sponsor of, House Bill's 1135 and 578 passed with overwhelming majorities. Both of my bills were amended in the Senate and Tuesday the house concurred with the changes. They are now off to the governor's office for signature.

HB 1135 covers the naming of Route 49 in Waterville Valley in honor of PFC Marc P. Decoteau who died in Afghanistan ten years ago but also covers requiring teaching of the holocaust, sets up

an annual remembrance day for D-Day, names two judges. chambers, and a remembrance day for those who have lost their lives to opioids. HB 578 as amended will lead to a study commission this fall to improve the safety of our nursing homes. I am proud of both bills.

The last few months has seen quite a shift in process as the virus caused us to implement remote methods of meeting. Zoom came to Concord. Just as medical professionals have adopted telemedicine, the legislature has become comfortable with online committee hearings and caucuses. The first four democratic caucuses of the Ways and Means Committee used my personal

Zoom account, which I have had for five years. Full committee hearings required community access of house control, which were very effective. I co-sponsored a bill this year to speak to changing rules to allow more remote participation in our government. It is not unusual for Representatives to have to drive three hours to attend a single one hour hearing - sometimes with dangerous weather conditions. I was pleased that all Ways and Means members were able to participate and that attendance was very high.

We have gained a lot of experience in running an effective legislature. When the state of emergency ends, the outdated rules will still be in place.

Rule reform and increased broadband access will gather significant legislative attention in the next legislature with the potential for greater citizen participation.

Jerry Stringham represents Lincoln, Woodstock, and Waterville Valley in Concord, serving on the House Ways and Means Committee. If you need to reach Representative Stringham, email jerry@jerrystringham.com.

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# Guida To Seek Re-Election For NH Senate District #2

Dear Friends,

As your state Senator, I've worked hard to solve problems for people, businesses and institutions. I've sponsored successful legislation to combat the housing crisis, cut taxes, streamline state agencies, and attack the substance abuse crisis. I've worked to address the high cost of education, and saved a business-funded program that pays charter and private school tuition for students struggling in our traditional schools. I've fought for increased funding for a much-leaner Plymouth State University, and for preventive Medicaid dental care because it's much less expensive than the endodontic surgery that results without it.

Housing Action NH, a coalition of 80 organizations and businesses united in support of affordable housing policy and ending homelessness in NH, presented me with its annual Legislator "Home Matters in NH Award" for my legislation to combat our workforce housing shortage. And I received the inaugural CADY (Communities for an Alcohol and Drug Free Youth) Legislative Leadership Award as "a legislative leader who works with CADY to promote the health and promising futures of our children and youth, in a spirit of collaboration and partnership."

The advent of Covid-19 drastically affected every individual, family and business in the state. I volunteered to serve as a Senate member of the Governor's Economic Reopening Task Force, knowing that rapid

reopening was crucial to restoring our state's economy. I've pushed hard for our Public Health authorities to move more quickly in approving reopening guidelines.

Serving on the Finance and Ways & Means committees, I've helped deliver two state budgets, opposing unnecessary spending and using your tax dollars to provide the services we need at a price we can afford. Now, as we face hundreds of millions in looming deficits because of the pandemic, knowing the workings of the budget and the intricacies of our state tax structure will prove invaluable in shaping the next biennial budget.

Though largely unseen, I've learned a great deal working with those of you who reached out to me for help during dark and difficult times in your lives. Not only has it been personally fulfilling, but because of you, I've been able to shape legislation to make state government work better for all our citizens, working with our public servants to improve the services they provide.

And finally, I've never forgotten that the Senate District 2 seat belongs to you. I've honored your trust and worked hard to build a better future for our families, businesses and institutions in everything I've said and done. Now, as I announce my candidacy for the District 2 Senate seat, I'm asking for your continued support as I seek the honor and privilege of serving you once again.

Respectfully,  
Bob Guida  
State Senator  
NH District 2

by Joe Benning  
State Senator & Minority Leader  
Caledonia District  
802-274-1346

Years ago as a freshman in college I decided to become a radio disc jockey. Getting paid all day to play music seemed like a dream job. There was just one obstacle. Back then you had to have a third class license from the Federal Communications Commission to prove you could read a transmitter with some basic understanding of what it was doing.

Truth be told, I wasn't as savvy at electronics as my student colleagues in the college radio station. We studied the same manual of electronic gibberish before heading to Boston for the licensing test. They passed; I didn't. I studied that manual again, went back to Boston, and flunked a second time.

Embarrassed, yet determined, I purchased a new book on the subject. Unlike the previous manual of electronic gibberish, this one translated the subject into plumbing. Electronic lingo became hot and cold water faucets in a sink. It completely changed my perspective and suddenly it all made sense. Back in Boston for a third time, I knew I had passed the test before I had finished it.

Decades later I find myself in the position of being an old white guy. With pride and a love for Vermont and America, I live in relative comfort with friends and family, who think and look just like me. Like them, I've rolled my eyes when someone complains about what I've accepted as the "true America" or the "true Vermont." I've snickered at comedic cartoons displaying gender differences, and wondered what the fuss was about when female acquaintances objected. I've become defensive with the sudden appearance of a black flag containing three letters, like it is threatening my way of life. I've recoiled at news reports of rioting people pulling down statues

# Waking Up

and defacing monuments that I consider part of the fabric of my universe. To me, their anger and frustration were akin to the gibberish contained in that electronic manual I never did understand.

But recently I received an email from a 17 year old female constituent named Sawyer. She wondered if I'd sign her petition. As a politician I'm normally very hesitant to sign any petition for fear of angering some part of my constituency. Her petition was directed to the directors of our local fair. She told the story of how she and a friend were enjoying the fair until suddenly confronted with a vendor's tent selling souvenirs and trinkets. As she listed the sexist, violent and bigoted items for sale it dawned on me that I had seen them at fairs thousands of times and never given them much thought. If I'd given any thought at all it was usually to dismiss an objecting comment for making much ado about nothing. Sawyer's petition was asking for the fair directors to put themselves in the place of someone offended and request that they prohibit such items so all could enjoy the fair.

Like that different FCC manual, her email brought a change in perspective. For too long I had enjoyed what some might call the "privilege" of never having to think that way. It just wasn't relevant to my life. I realized

my friends, parents and grandparents also treated anyone who might have objected as a momentary threat to normalcy, happy to move on and forget when the awkward moment ended. We truly weren't purposefully "sexist" or "bigoted," we were simply living in a multi-generational, willfully ignorant, blissfully complacent herd mentality. But to the recipient of our "systemically" dismissive attitude, we'd never considered that the impact was still the same.

Sawyer's request on the heels of the death of George Floyd was a wake-up call. We old white guys need to become engaged in the conversation so young white guys don't perpetuate our systemic attitudes. People like Sawyer aren't attacking our way of life. They are seeking to be included in the same American dream we white guys enjoy. They are entitled to that inclusion.

Sawyer, thanks for having the courage to reach out to this old white guy. It says a lot about your character. Someday you will live in a land that truly does treat people by the "content of their character," rather than by silly differences like gender and skin color. In the meantime, I hope you enjoy the next fair. By the way, I did sign your petition.

# General Bolduc To Speak In Littleton

The Northern Grafton County Republican Committee will meet Tuesday, July 7th at 7:00 P.M. at the Littleton Opera House, 2 Union Street, Littleton, NH. Brigadier General Don Bolduc, who is running for the U.S. Senate

on the Republican ticket, will be the guest speaker.

Social distancing and masks will be observed.

Interested persons may contact: janicenovak@myfairpoint.net or call 603-823-5011.



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## Town of Haverhill Fire Department Update

On June 17, 2020 the Haverhill Corner Precinct held their annual precinct meeting. At that meeting, precinct residents were asked to vote on an article whether to join the Haverhill Corner Fire Department with the new Town of Haverhill Fire Department. The residents of Haverhill Corner voted, and decided against the pairing, citing that they wanted a fully baked plan in hand first. The sentiment is understandable, as fear is a strong emotion and fear of the unknown can be particularly scary. The good news is, Haverhill Corner has a very conscientious representative sitting on the Haverhill Fire Department Committee. His active participation will ensure that over the next year, the people of Haverhill Corner are well represented and that the needs of Haverhill Corner precinct residents

are brought to the development table. It is vital, now more than ever, that Haverhill Corner have a strong advocate through development of the plan. A plan they strongly stated they need in order to be comfortable deciding next spring. Having a representative at the table, throughout the development process, will also provide Haverhill Corner precinct residents firsthand information, valuable knowledge of planning details, rather than misinformation and rumors. I look forward to working with the Town Fire Department Committee over the next year to include members from all of the Town's precincts.

Brigitte M. Codling, Town Manager  
Haverhill, New Hampshire  
603-787-6800 (office)  
603-728-5192 (cell)

## Laurer Responds To Comments Regarding Grafton County Budget

To the Editor and the Citizens of Grafton County:

I wish to respond to a statement from Grafton County's Register of Deeds that appeared as part of her report in a recent issue. The last paragraph of her report stated that that "County Administrator Libby's powerpoint presentation to the public on the proposed FY2020 budget included information that misled the public" and stated that "Wrapping these two numbers [ a Deeds clerk for 6 months of overlap with a retiring employee and a Finance Director] to be hired on 1/1/2021] ....hid from the public the salary of the Finance Director position for a full year."

The June 1 public budget presentation to which the statements refer was a short Power Point summary of a 75+ page budget document, with as many as 25 individual budget line items on

each of the pages. The Power Point presentation was never intended to be a detailed breakdown of the entire budget, nor should it have been. The presentation was intended to provide a broad overview of the proposed Commissioner budget, including any significant changes from the FY2020 budget. The full 75+ page document has been available on the County's website since before the presentation, and a hard copy was mailed to each legislator and Town office in Grafton County and was made available to all attendees at the public budget hearing. That budget provides a detailed breakdown of every County expense, including the proposed salary for the new Finance Director position.

There has been no attempt by anyone to mislead the public or hide any numbers, as evidenced by the facts that detailed infor-

mation was and is available on-line, was distributed prior to the budget hearing in accordance with all applicable RSA's, and was discussed at public Commissioner budget meetings. There was only an attempt to summarize a great deal of data as succinctly as possible in the presentation. The Board of Commissioners reviewed and approved the presentation at a public Commissioners' Meeting the week prior to the public budget meeting.

I am more than happy to answer any questions that anyone might have about the FY2021 budget or any other County issue. You are encouraged to contact me at llauer@co.grafton.nh.us or by telephone at 603-991-2286 (feel free to leave a message).

Linda D. Laurer  
Chair, Grafton County  
Board of Commissioners

## Building Community Through The Arts Program Team Announces Variety of Events for Summer 2020

Unusual times require unusual planning, and the Building Community Through the Arts program team of Bethlehem Hebrew Congregation happily announces plans to continue with the seventh summer season of the White Mountain Jewish Film Festival, Books of Jewish Interest, and Sounds in the Sanctuary Classical Music.

Details for registration for the various meetings and events are posted on the Bethlehem Hebrew Congregation website: [www.bethlehemsynagogue.org/programs](http://www.bethlehemsynagogue.org/programs).

Books of Jewish Interest  
Books of Jewish Interest Chair Gail Robinson said, "We're not going to miss a beat this summer because of Covid19. We're simply changing the venue. Instead of meeting at Bethlehem Public Library, we will gather on Zoom from the comfort of our own homes. You pick the room and dial in to the Zoom meeting at 4 p.m., every other Wednesday afternoon, starting July 8. Books this year represent Jewish-themed life in different parts of the world, from a Jewish family-owned general store in a small southern town to a thriller about the escape of Ethiopian Jews to Israel. Participants are expected to read the book listed for each date.

Opening the season on July 8 is "Mossad Exodus"

by Gad Shimron, a participant in the daring rescue operation in 1977. He will join the discussion led by Martin Kessel. On July 22, the featured book is "The Jew Store," by Stella Suberman. This family memoir takes place in the South during the 1920s. Melissa Potter will lead the discussion. "The Book of Jeremiah" by Julie Zuckerman is the selection for August 12. Zuckerman will attend the meeting and Edward Cowan will lead the discussion. On August 26, the haunting history of violins played by Jews during the Holocaust is presented in "Violins of Hope" by James A. Grymes. Lechaim Naggan will lead this discussion.

For more details, contact [www.bethlehemsynagogue.org/books](http://www.bethlehemsynagogue.org/books).

White Mountain Jewish Film Festival Forum

"Although the doors of Bethlehem's Colonial Theatre remain closed during this time, the show must go on! On line, that is! Welcome to our virtual WMJFFF - the White Mountain Jewish Film Festival Film Forum. We know it is hard to let go of our in-person gatherings on the Colonial patio, or to give up the fascinating talks from our guest speakers . . . But, wait! We don't have to. We can adapt! Here's how it will work." Managing Director David Goldstone explained.



First, we ask participants to watch each movie on their own. All four films this season are available on Amazon Video and rental fees vary from \$2 to \$4. For "Remembrance" we will send you a free link to watch the movie online. Next, sign up for the WMJFF Film Forum. Film Forum meetings will take place on Zoom at 7:30 p.m., Thursdays, July 16 and 30; and August 13 and 27.

Four Film Forums are scheduled for July and August. July 16 - "Focus," a story of anti-Semitism in 1940s Brooklyn. The film is based on a novel by Arthur Miller. Forum leader is Neal Slavin, American photographer and TV/Film director.

July 30 - "Remembrance," a remarkable love story that began in a German concentration camp in Poland, 1944. Forum will be led by Carole Renard, NEH Oral History Project Coordinator at National Yiddish

Book Center.

August 14 - "The Chosen" is the story of a strong friendship of two boys which is endangered by their fathers' conflict about Jewish statehood. Rick Winston, film expert, film history professor, and a frequent White Mountain Jewish Film Festival guest speaker will lead the forum.

August 27-"God's Slave," a thriller based on actual events of a 1994 bombing in Buenos Aires, pits Ahmed, an Islamic terrorist against David, a cold-blooded Israeli special agent." Leading this forum is Marjorie Agosin, Chilean-American poet, novelist and human rights activist.

For complete film details, please visit [www.bethlehemsynagogue.org/film](http://www.bethlehemsynagogue.org/film).

At the WMJFF Film Forum you will meet these film directors, writers, critics, and educators who will add their professional insights about each film. For all the

sign-up details you need, contact WMJFF at [white-mountainjewishfilm@gmail.com](mailto:white-mountainjewishfilm@gmail.com).

Sounds in the Sanctuary Classical Music Series

"Did you really think we would let the 2020 Sounds in the Sanctuary pass silently into the night? We may be a little concert venue, but we, too, can bring music to life virtually," Martin Kessel, Concert Series Chair announced. Richard Kogan, pianist and psychiatrist, presents a live Zoom discussion of his recently recorded program, "The Mind and the Music of Piotr Ilyich Tchaikovsky" at 5 p.m., Friday, August 7.

Pianist and composer Elizabeth Borowsky will join him for this discussion.

Details for registration for this special Sounds in the Sanctuary Zoom conversation will be announced in July at [www.bethlehemsynagogue.org/concert](http://www.bethlehemsynagogue.org/concert).



# Peacham Summertime "Quest" Explores Pandemics of the Past

Peacham, VT: The Peacham Library and the Peacham Historical Association are partnering to create a unique summertime activity. "Pandemics of Peacham's Past", is a scavenger hunt-style quest that can be completed on foot or by car. Each quest stop will explore the history of sites in Peacham Village, offering historical links to past outbreaks of diseases in the community.

The quest will be on view starting July 3 through July 12th, 2020. It begins at the Peacham Library (656 Bayley Hazen Road, Peacham, Vermont 05862) and includes 10 stops throughout the greater Peacham Corner area. Questers may visit the sites at any time in any

order, and are asked to follow proper social distancing guidelines. Once questers have visited all sites, they may submit their response to the Peacham Library to receive a small prize for their efforts.

The Peacham Library and the Peacham Historical Association were inspired by current events to share this very relevant history, in a safe and distanced way appropriate for the times. "Peacham villagers have experienced many diseases over the years, some epidemic, some chronic. We thought it would be interesting for current villagers to learn about both the depth of suffering, and the resilience of people in the past.", says Johanna Branson, President of the

Peacham Historical Association.

Continuing with this theme, the Peacham Library's annual meeting on Monday, July 13th at 7:00pm will include guest speaker Larry Coffin, curator of the Bradford Historical Society, who will share a presentation about Vermont's response to other epidemics throughout history. The meeting will take place via Zoom. Visit [peachamlibrary.org](http://peachamlibrary.org) for a link to join the meeting.

More details about the quest and annual meeting can be found at [peachamlibrary.org](http://peachamlibrary.org), [peachamhistorical.org](http://peachamhistorical.org), on Facebook at [facebook.com/peachamlibrary](https://facebook.com/peachamlibrary), or by calling 802-535-3682.

# Goshen Church Announces Summer/Fall Season

The Goshen Church located near Wright's Mountain, was built between 1832-1834 on land deeded for 999 years by Richard Aldrich, son of Silas Aldrich, a Goshen pioneer and one of Roger's Rangers in the 1759 expedition to subdue the St. Francis Indians. Officially entered on the National Register of Historic Place in 1976, the Goshen Church retains its original design intact. Interdenominational summer services are open to the public.

Notwithstanding the dis-

connect caused by the corona virus, we invite you to attend our Summer and Fall programs, if allowed:

Sunday, July 19 at 3 PM, service of Worship with Rev. Kelly Conahue of the East Corinth UCC.

Sunday, July 26 at 10 AM: The Stewart-McIntosh Reunion

Sunday, August 2 at 2 PM: The Annual meeting of the Old Goshen Church, Inc.

Sunday, September 6 at 6:30 PM: Candlelight Service of worship with Rev. Harvey Bartlett.

# 4th Annual Westmore Mountain Challenge Opens for Registration

EAST CHARLESTON, VT — The NorthWoods Stewardship Center is pleased to announce the opening of registration for the 4th annual Westmore Mountain Challenge, scheduled for Saturday, September 26, 2020.

This one-day, five-mountain marathon hike, permitted by the VT Department of Forests, Parks & Recreation, traverses the trails on Moose Mountain, Mount Hor, Mount Pisgah, Haystack Mountain, and Bald Mountain, ending at the NorthWoods Stewardship Center lodge off the 10-Mile Square Rd in East Charleston.

"The Westmore Mountain Challenge has always required a capped number of

participants and staggered start times to help keep hikers spread out across the course and reduce environmental damage to the trail system," said NorthWoods Executive Director Maria Young. "We are fortunate that these ongoing practices also happen to help keep the event safer for hikers in regards to virus transmission, and as a result, we are anticipating having to make relatively few logistical changes to ensure a fun and safe 2020 Challenge."

The Westmore Mountain Challenge was first held in 2017, and has become one of the region's staple annual

hiking events, attracting participants of all types, from marathon trail runners to local families. Last year, over 90 hikers completed the full marathon length, including two children under 10 years old, with the fastest adult time coming in at 3 hours and 57 minutes.

Proceeds from the event help to raise money for ongoing trail work, forestry and outdoor education programming by the NorthWoods Stewardship Center throughout the region. Interested hikers can visit [northwoodscenter.org](http://northwoodscenter.org) to learn more and register for the event.

# Woodsville Library Opens For Curbside Service

We're excited to announce that the Woodsville Free Public Library began curbside services on Tuesday, June 23rd. The building will remain closed to patrons, but patrons may request materials for pickup (books, magazines, DVDs and audiobooks) by calling us at 603-747-3483 and leaving a message with your name and phone number for a return call. You can also message us requests to our Facebook page, and/or email your request to [woodsvilibrary@hotmail.com](mailto:woodsvilibrary@hotmail.com).

Library staff will provide you details regarding the date and time of your pickup. We will be open for pickups Tuesdays, Wednesdays, and Thursdays 3pm - 7pm, and Saturdays 11am - 12 pm. Our procedure for returned materials will continue to be that they are quarantined for 5 days upon return, after which they will be wiped down and put back into circulation. With that said, request turnover is dependent on volume of requests and availability of materials.

Thank you all so much

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

July 7, 2020 Volume 11 Number 20

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## Cottage Hospital Auxiliary Honors Outgoing Past Co-Presidents Brenda Long and Chris Roberts and Elects New 2020/2021 Officers

WOODSVILLE, NH - At its annual luncheon meeting on June 22nd at the Shiloh's Restaurant in Woodsville, NH, the members of the Cottage Hospital Auxiliary met to give a big thank you to the outgoing Co-Presidents Brenda Long and Chris Roberts. Both Brenda and Chris have been long-time members of the Auxiliary and both were very active having served Co-President, Vice President and Recording Secretary as well as serving as chairpersons of numerous Auxiliary committees and projects.

In addition to serving as Auxiliary Co-President, Brenda Long also serves as a member of the board of the New Hampshire Association of Hospital Auxiliaries, a statewide organization whose purpose is to help



Auxiliary Past Co-Presidents Chris Roberts and Brenda Long

educate auxiliaries/volunteers on what's happening at the State level in health care that supports and assists local hospital auxiliaries.

Brenda and Chris were both recognized for their strong commitment over their many years of volunteering with the Cottage

Hospital Auxiliary and helping its members in achieving the Auxiliary's mission and help make all of the Auxiliary's projects a success. Both Brenda and Chris embody the spirit and dedication of being a volunteer member of the Cottage Hospital Auxiliary,

The Auxiliary also elected new officers for 2020/2021 - Marcia Selent and Carolyn Hofmann as Co-Presidents, Dottie Long as Vice President, Laraine King as Treasurer, Karen Rajsteter, Corresponding Secretary, and Don Perlee as Recording Secretary.

The Cottage Hospital Auxiliary is a tax-exempt nonprofit organization. Membership in the Cottage Hospital Auxiliary is open to everyone, women, men and hospital employees. To obtain more information the Cottage Hospital Auxiliary or to become a member, please visit [www.cottagehospital.org/support/cottagehospitalauxiliary](http://www.cottagehospital.org/support/cottagehospitalauxiliary) or call 603-747-9707.

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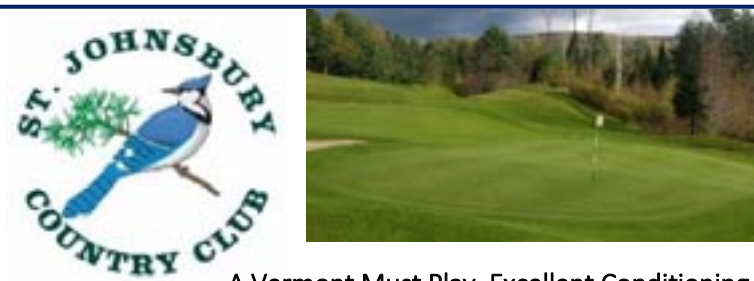
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## Now Accepting New Patients Alex Perreault, Wells River



"I am a Family Nurse Practitioner who has lived in northern Vermont for the last 6 years. I received my Bachelor's Degree at Middlebury College and completed my Masters of Science in Nursing at Simmons College in 2018. I worked for many years as a registered nurse in women's health.

I am thrilled to be part of the Little Rivers Health Care team caring for members of the community of all ages and through all stages of their lives. Outside of work I enjoy spending as much time as possible outdoors with my family and dogs."



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# Weathervane's Patchwork Players 2020 Productions To Be Performed Virtually & Outdoors This Summer

WHITEFIELD, NH - June 29, 2020 - Weathervane Producing Artistic Director Ethan Paulini and Intern Program Director Marisa Kirby are proud to announce the 2020 Patchwork Players Season (Give My Regards to Disney - 25 Years of Disney on Broadway, Polka-dots: The Cool Kids Musical, Made of Wood - Pinocchio, and Land of the Lost Stories) will be live streamed from inside the Weathervane every Tuesday at 11 AM in July and August. For the first time families can watch these productions from the comfort of their own homes. These live streamed productions are in addition to the already scheduled Friday 11 AM performances at the Weathervane.

Now in its 30th season, the Patchwork Players are known for their 11 AM Friday performances in July and August performed inside the Weathervane. This year those performances will be held outside as our Picnic with Patchwork series. Patrons are encouraged to bring a blanket and a snack and enjoy a great show for the whole family - all while still being able to maintain social distancing and other safety regulations.

Also brand new to Weathervane and the Patchwork Players are 11 AM Tuesday live streams from the Weathervane. Now anyone from anywhere can enjoy these entertaining family-oriented live theatre performances.

Tickets for livestream and outdoor performances available now at weathervanetheatre.org. Livestream and ticketing packages also available.



Featuring the members of the Weathervane's highly competitive Intern Program, these productions will also play on the road at Bethlehem's Colonial Theatre, Lancaster's Rialto Theatre, Bretton Woods' Omni Mount Washington, and Colebrook's Great North Woods Center for the Arts. Ticket prices vary by venue. Visit weathervanetheatre.org for schedule and more info.

Due to COVID-19 many theatres have cancelled or postponed their 2020 seasons. Known for its perseverance, Weathervane was determined to present live theatre in the North Country.

"I did not want to break an 85 year streak of professional theatre in the North

Country," said Producing Artistic Director Ethan Paulini. "This pandemic has no doubt affected arts organizations in profound ways as it prevents us from essentially practicing any part of our craft. However, I am lucky to have an incredible, dedicated and innovative staff and instead of throwing in the towel and saying "see ya next year" we decided to innovate. Innovation like this will ultimately be how the future success of the Weathervane is measured."

Patchwork is not the only programming to be transformed due to COVID-19. All of Weathervane's previously announced titles for its 2020 Mainstage series have been postponed to 2021.



Littleton Shaw's Supermarket Store Director Tracy Aubit gives a "Thumbs Up" sign along with North Country State Farm Agent Brad Bailey of Littleton. Bailey gave \$500 in Gold House Pizza gift cards to employees of Shaw's through State Farm's "Good Neighbor Community Program". In a letter Bailey stated, "During the Covid 19 crisis you have come to work under trying circumstances, interacted with people under stress, and aided area residents in the purchase of food and essential supplies for their

## Now Accepting New Patients Ayla Priestley, Bradford



"I am a Family Nurse Practitioner providing in the Upper Connecticut Valley for just over 10 years. I began my nursing career as a licensed nursing assistant, attended nursing school at Nashua Community College, and completed both a Bachelor of Science in Nursing and a Master of Science in Nursing from Rivier University. I am pursuing a Doctorate of Nursing at Rivier and serve as a nursing instructor and an adjunct clinical instructor at Rivier.

Before joining Little Rivers Health Care as a Family Nurse Practitioner, I served at Dartmouth Hitchcock Medical Center for 9 years in critical care units, surgical/trauma/neuro ICU. My FNP clinical hours were completed at Upper Valley Pediatrics, Newbury Health Center, Little Rivers Health Care, and Kendal at Hanover. I travelled to four countries to provide free health care clinics in Australia, New Zealand, Kenya, and Costa Rica. I am a Reiki Master and Teacher and love music, kayaking, traveling, meditating, and my Chihuahua named "Pickles".



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## Now Accepting New Patients Ally Noble, East Corinth



"I have been a Family Nurse Practitioner providing care across the lifespan to families of the Upper Connecticut Valley for the past 13 years. I have Bachelors Degrees in both Social Work and Nursing and a Masters of Science Degree in Nursing. I am currently completing my post-graduate certificate in Psychiatric Mental Health Nursing.

Prior to coming to Little Rivers Health Care I worked as a Family Nurse Practitioner at Ammonoosuc Community Health Services in Woodsville, NH and at Upper Valley Pediatrics in Bradford, VT. As a Family Nurse Practitioner I have been trained to treat the whole family from infancy to the elderly. My passion lies within women and children's health. I am focused on teaching patients about maintaining a balance for optimal health as well as collaborating to develop a plan of care that focuses on the patients' values and goals in an atmosphere of respect and acceptance."



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**KAYAK CARRIERS:** 2 pairs of Malone fold down roof top carriers w/all hardware and tie downs, plus 2 Thule 48" cross bars. All in excellent condition. \$100 firm. 802-626-9244 07.21

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**LOOKING FOR DOG SITTER** for 2 dogs, Saturday mornings from 8:00 - 12:00 noon. \$50/week. North Haverhill area. Call 603-219-4176 for interview. 07.07

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## FREE

**MOBILE HOME SHELL** - Interior walls are already removed. Windows (some broken) paneling, wire, some outlets, pitched roof trusses, frame, etc. all available. You remove and take what you want. First come, first served. Call for location and authorization. 603-348-4563 09.01

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**ADARAC pickup truck rack,** like new. \$100.00: Classic Push reel Mower. \$25.00 606 638-2656 07.07

**5'x8' U.S. FLAG** 100% cotton, U.S. made, mint condition. \$30.00; 4 Cooper M/S tires, 265x70Rx17, very good rubber. \$300. Call 802-439-3254 07.07

**BASEBALL CARDS** 10/\$1 & wrapped packs plus 2 stands. Contact: Ralph Cornell, 129A Wellington Ave., Albany, NY 12203 07.21

**4 COOPER M/S TIRES,** 265x75Rx17, very good rubber, \$275. 48 star US Flag 5x9.5' fram Guantanamo Navy Base, mint condition. \$75. 2015 Red Book of Coins \$3.00. Call 802-439-3254 07.21

**NEW MOBILITY SCOOTER:** by Drive Zoom R418CS, up to 15 mpg. range up to 45 mi. Weight capacity 500 lbs. Maroon with black. Basket, mirrors, headlights, alarm. \$2,200. 802-698-7800 Leave message 7.21

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**UNRESTORED MODEL "A" Ford** car or truck or parts. Call Frank in Keene, NH 603-352-6290 09.01

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**1959 CHEVROLET EL CAMINO:** Old Chevrolts, Hot Wheels, Matchbox, Johnny Lightning toys. Model A Ford leatherback sedan. Philip Allan, 50 Route 10, Piermont, NH 03779. Call 603-960-4027 07.07

**BEE KEEPING EQUIPMENT:** Hives, supers, etc. 603-747-4140 and ask for Leo. 07.07

**FREE FILL** Does not need to be clean. In Littleton NH. Call/text 860-202-7002 or email: maxz701@sbcglobal.net 07.07

**SOMEONE TO TURN COLLARS** on four heavier cotton winter shirts and shorten legs on denim jeans. Call 802-748-4562 07.21

**HIT & MISS SINGLE CYCLINER ENGINE:** any size, working or not. call Leo at 603-747-4140 07.21

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Any personal items (up to \$10,000) can be advertised for two issues at no charge. Just mail them to Trendy Times, 20 Pine Street, Woodsville, NH 03785 or email them to Gary@TrendyTimes.com or use the convenient submission form on our website www.TrendyTimes.com



### Letter to the Editor

To The Editor -

#### REPRESENTATIVE RUPRECHT RIDES AGAIN

The news is out in the upper valley a few days ago, good news, State Representative Denny Ruprecht, of Landaff, now serving in Grafton District 15 in his first term - and as one of the youngest state reps in state history - is not leaving the elective political arena as he had originally planned. Instead, he has chosen to run again for a second term, this time to represent Grafton County District 3, which includes many of the same towns as District 15.

It's good news for several reasons. Ruprecht is an intelligent, open-minded, accomplished and actively

engaged young person who is now also pursuing his college education while he serves his constituents at the state level. I'm pleased to say I know Denny well and admire and respect him, respect his abilities.

But he won't be running against Ed Rajsteter from Haverhill who has announced he is seeking the District 15 spot on the Democratic ticket. Ed is also an intelligent accomplished open-minded fellow, and also engaged actively in community and county affairs. And I'm pleased to say I know him and admire and respect him and his abilities.

Be great to have them both representing our area in our state house.

Further good news - Grafton County Commissioner Linda Lauer has made the challenging deci-

sion to step up to the bat again and run for another term on the county commission.

Mr. Ruprecht approached his decision to stay in public office as a state rep in his usual manner - with well-informed thoughtfulness. "I feel the weight of this moment", he has said, reacting to the new set of challenges we all face in these unprecedented times.

"If these past few months have shown us anything, they've reminded us of our shared purpose and common cause as Granite Staters. As we look to re-open our state to economic recovery, I understand we have a tough road ahead."

Right on Denny, and ride on.

Robert Roudebush  
Haverhill, NH

Robert,,  
I should point out that Representative Ruprecht also has an article in this edition of Trendy Times. He has given us his thoughts on the last session of the fiscal year. We thank him here for this report as well as previous ones.

Grafton County Commissioner Laurer also has an article in this edition. Her article is in reference to the recently passed budget for the county.

As I have done before I encourage these

electd officials as well as candidates for any elected office to send in their thoughts, their opinions, and even letters from endorsers like this one.

I encourage all voters to learn as much as possible before the upcoming elections. Both the primaries in Vermont and New Hampshire and then the general election in November will help to decide the path these states, counties and the nation will flow.

Gary Scruton, Editor

### Letter to the Editor

To the Editor,

The astonishing piece of selective outrage, written by your columnist Maggie Anderson, over the silly takeover of a city block in Seattle by protesters, which neglected to note the event that presaged such protests - the nearly 10 minute film of a police officer in Minneapolis kneeling on a handcuffed man's neck (whose back was also being kneeled on by another officer) until the man dies, in full public view of bystander witnesses in daylight and the policeman's awareness that he

was being filmed and his complete unconcern, secure in the knowledge that there would be no legal consequences for this murder given the history in the United States of decades of thousands of such unpunished murders of citizens by police and evil White Supremacist citizens - demonstrates exactly why our country is in the current mess it is.

Fools like her elect corrupt, racist imbeciles like Donald Trump into public office.

Alice Morrison  
Newbury, VT

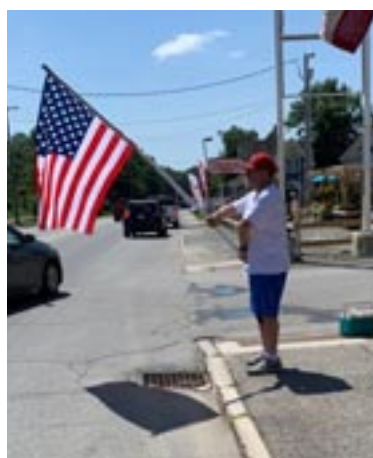
Alice,

Let me point out that the officers in questions are now under arrest for murder in this case. Certainly there have been too many deaths to persons in police custody. There have also been deaths to persons being pursued by police. Let me also remind us all that many police officers have also died in the line of duty. Killed by criminals or in accidents.

None of this excuses the acts of any person, on either side, when it comes to harming another human being. The situation is also complicated when civil protests are taken over by uncivil persons looking for an excuse to loot, burn, and harm other persons and/or their property.

Finally let me point out that although Maggie is a regular contributor to the content of Trendy Times, her opinion, like that of every other contributor is her own. The ownership of Trendy Times (yes, that's me) does not necessarily endorse or reject any opinion written. In fact we encourage a diverse range of opinions. It is one of the great strengths of the United States of America, and what has allowed us to have this great country for almost two and a half centuries.

Gary Scruton, Editor



Woodsville Resident Alfred "Jay" Holden showed his patriotism on the 4th of Jul even without a parade.

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Tuesday – Friday 9:00 am - 5:00 pm

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

## SERVICE COORDINATOR Upper Valley Services, Inc.

Case Manager needed to provide service planning and coordination to an assigned caseload in the Upper Valley. Responsibilities include: development and coordination of an individualized service plan of clinical, medical, residential, social and educational/vocational components, development of professional relationships with team members, staff supervision and training and facilitation of the individual team process.

The position requires the ability to work independently, communicate well, respond calmly to emergency situations and maintain a sense of humor and adventure.

The preferred requirements include a Bachelor's Degree in Human Services or a related field and a minimum of two years' experience. The position is based in Bradford VT. This is a full-time salary position.

Please send resume' and letter of interest to Kelley Wright at kwright@uvs-vt.org, or by mail to Upper Valley Services, Inc., 267 Waits River Rd., Bradford, VT 05033. EOE

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

July 7, 2020

Volume 11 Number 20



# Finding Solutions for Your Financial Needs

**Kim R Shillieto**  
Financial Advisor

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## Managing Withdrawals Carefully Can Protect Retirement Income

Throughout much of your working life, you contribute to your 401(k), IRA and other investment accounts to help ensure a comfortable retirement. However, once you do retire, you'll need to shift your focus somewhat from building these investments to using them – in other words, you'll have to start withdrawing from your portfolio to meet the costs of living. How can you be sure you're not taking out so much that you risk outliving your resources?

First of all, you need to establish a proper withdrawal rate – the percentage of your portfolio's value needed for one year's worth of retirement expenses. Ideally, if you were to stick with this rate, your portfolio would last as long as you do. Your withdrawal rate should be based on a number of factors, including your age, amount of assets, portfolio mix

and retirement point since you will want to review your withdrawals each year to ensure they are still appropriate.

If the financial markets performed smoothly and predictably, year in and year out, any adjustments you make would likely be more modest. But, as you know, and as we've all been reminded the last several months, the markets are neither smooth nor predictable. Rather than constantly trying to change your withdrawal rate and spending in response to movements in the markets – which may be challenging if you have grown accustomed to a certain standard of living – you might be better off adopting a more conservative rate at the beginning of your retirement. For example, if you are in your mid-60s, you could start at a withdrawal rate of about 4%, which also assumes an increase in withdrawals (a "raise") of approximately 3% each year to incorporate inflation. By starting at a more modest withdrawal rate, you would have some flexibility for those years in which the market drops significantly. And you could increase your chances of extending the lifetime of your portfolio.

But even if you started out with a conservative rate, you may

need to review it during periods of extreme market movements. If, for instance, your portfolio were to fall 20% in one year, the 4% you had planned to withdraw would actually become 5% because you're taking out the amount you had planned, but now it's from a smaller pool of money. If this happens, should you consider making an adjustment?

There's no easy answer. The amount you withdraw from your portfolio has a major impact on how long your money lasts. You'll improve your likelihood of success if you are able to be flexible and make some spending adjustments – spending less on some of your discretionary items, for example, or not taking a "raise" until your portfolio recovers. Importantly, your financial advisor can help run different scenarios to determine if adjustments need to be made to ensure you remain on track.

In any case, think carefully about your withdrawal rate. By managing it carefully, and reviewing it over time, you can take greater control over your retirement income.

*This article was written by*

## How We Got to Where We Are (2)

*by Elinor Mawson*

The day my husband retired we came to camp in 2 vehicles; I got here first and discovered we had been broken into. They smashed down the door and, using matches to see by, helped themselves to some antiques, our coffee bean grinder (?), and my husband's fishing equipment. We called the police who weren't much help. We decided not to call the insurance company, although there was quite a bit of money involved. We were unhappy about the whole thing, but realized that we were sitting ducks if we weren't here all the time.

But meanwhile, we decided that we couldn't be paranoid because it would keep us from enjoying our favorite place on the planet. We sold our house a few years after, and since we didn't have another place to live, we brought a lot of our furniture, etc to camp. At the time I was doing a quilt show in Vermont and had

my entire inventory for that show stored at camp as well.

In the winter of 2004 we decided to go to Florida for the month of March. We rented a condo in a town where we had friends, and enjoyed some summer weather, and lots of visits. I especially loved the yard sales from Wednesday through Saturday; we both enjoyed our friends' swimming pool.

It was a Saturday when we got the call from one of our friends in Woodsville, telling us our camp had burned to the ground the previous night. He had been to check, and described what was left which wasn't much. We also heard from the fire department and from the Fire inspector who asked if we had any enemies. It was our worst nightmare.

When we got home from Florida, we made arrangements to have the place cleaned up in preparation for a rebuild. Our family had decided that we would put a log home on the site since we wanted to keep ourselves in the place we loved. Our boys would take time off to prepare the site and build the house and we would be our own general contractors. We rented a place in Swiftwater for the summer and got busy.

It took awhile to find a person with an excavator. I

was going around a field when I saw one and immediately made arrangements. I was on top of the world until I got home and received a phone call telling me that my mother had passed away.

We started excavating right around the fourth of July, and it was a horror show. Our land was studded with huge boulders which took days to remove. At one point we thought we would have to have it dynamited, but our excavator handled each one and got them out. We still have them--all around our lot. One of them has the new name--AFTER-MATH-2004 on it.

To make a long story short, our new house took all the rest of the summer and most of the Fall to build. We moved out of Swiftwater and into the new place on December 10. It wasn't finished but liveable. We managed to get most of it done over the next few years. There are still some things that remain unfinished but we can stand it. We are happy here.

It has been a long road getting from there to here, but the feelings we have for the place were the driving force that gave us the courage and fortitude to get here. The years we have lived here full-time have flown by, and we never want to be anywhere else.

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DEEZWAA



By John Martin





## Sandra Jean Dunne: OBITUARY

Sandra Jean Dunne (nee Hodge) of Bradford, VT passed away peacefully June 29<sup>th</sup> at the Jack Byrnes Hospice Center at DHMC. She is survived by her husband of 53 years, Michael Dunne of Bradford, daughter Tabatha Dorrian and granddaughter Blythe Dorrian of Olathe, KS, nieces Betty Moore of Bradford, Peggy Hodge and Delores Jackson of Sanford, FL, nephews Mike Parshely and Ronny Parshley of Vershire, VT, Todd Parshley of Cypress, Texas and Dean, David William and Keith Hodge.

Sandra is the last of the six children of William and Frances Hodge of West Fairlee, VT. She attended West Fairlee School and Thetford Academy. She was a cook at Camp Norway on Lake Fairlee and at CRREL in Hanover, NH. She was married in March of 1967 and moved with her husband to Hudson, NH for 13 years, East Peacham, VT for 24 years, Olathe, KS for 14 years and finally to Bradford.



She was an avid gardener and reader and loved camping especially at Lake Groton, VT and the Maritime Provinces in Canada. She was involved with the Peacham Historical Association and served as a docent at many of their functions. Among her friends and family, she was known as a merry thief of wild elderberries and bittersweet. Though never apprehended by authorities, her generous gifts of homemade jellies and wreaths were enjoyed and will be missed by many.

Her family is grateful to the staff at DHMC for making her last days comfortable and peaceful. Arrangements are by Hale Funeral Home in Bradford, VT.

## Vermont Suffrage Centennial Alliance And Central Vermont Runners Announce Virtual Suffrage 5K Scramble

(Montpelier, VT) - The Suffrage 5K Scramble scheduled for August 15th in Waterbury will now happen all over the state during Vermont's Primary Week: Saturday, August 8th through Saturday, August 15th.

Individuals, friends, organizations, clubs and corporations are invited to form groups to commemorate the Women's Suffrage Centennial 1920-2020! Participants will run or walk the 5K (3.11 miles) route of their choice, at any interval and at any pace, between the 8th and the 15th in a "Votes for Women/Votes for All" sash and submit photos to celebrate their accomplishment.

The Suffrage Scramble 5K, presented by Central Vermont Runners, is produced in partnership with the Vermont Suffrage Centennial Alliance (VSCA), and is committed to informing Vermonters of the history and outcomes of women's suffrage and engaging them in the ongoing quest for equal rights and citizenship. The motto of VSCA is Hard

Won—Not Done.

In acknowledgement of this fact, event proceeds and extra donations will be sent to the Rutland NAACP to help fund efforts to expand voter registration, education, and access for people of color in Vermont.

The Scramble also celebrates one-half century of women being allowed to participate in road racing! It took 50 years after women gained the right to vote for women to gain the right to run in both, the Boston and New York City Marathons or pass Title IX, allowing access to running teams in schools and universities. One century with the Right to Vote, one half century with the Right to Run!

Suffrage Scramble entry fee is \$20.00. More information about Suffrage 5K Scramble can be found at <http://cvrunners.org/cvr-races/suffrage-scramble/>. Register at: <https://www.letsdothis.com/us/e/suffrage-scramble-5k-virtual-event-187864>.

# Haverhill Town Hall Plan For Re-Opening To The Public

We hope you and your family are well and have managed to stay healthy during the COVID-19 pandemic. The Town has developed the following "re-opening" plan, which will enable the safe re-opening of Town Hall:

Re-opening of Town Hall will occur on Monday July 13, 2020 There shall be no public walk-ins allowed.

All services to the public will be by appointment only.

NOTE: In order to minimize foot traffic in Town Hall, to maximize social distancing, and to reduce the risk of exposure to both residents and employees, we strongly encourage residents to continue to make use of our online tools, which can be accessed online at any time via our website at: [www.haverhill-nh.com](http://www.haverhill-nh.com)

To accommodate re-opening Town Hall the building has been modified to ensure the safety of our employees as well as visitors to Town Hall. We have also developed the following Standard Operating Procedures (SOPs), which will be in effect until further notice. These practices are based upon the Governor's Emergency Orders, public health guidelines, and are designed to keep both our employees and the public safe.

PROCESS/FACILITY ADAPTATION PRIOR TO REOPENING:

- Town Hall will be thoroughly cleaned and sanitized daily.
- Hand sanitizer stations have been established throughout the building.
- Glass service windows have been installed at all customer service counters.
- Workstations have been separated by at least six feet.
- In the main hall six-foot demarcations have been established.

EXPECTATION OF VISITORS TO TOWN HALL:

- All visitors must have an appointment.
- All visitors must arrive no sooner than ten-minutes prior to their appointment.
- All visitors must check-in with the door monitor and answer all questions asked.
- All visitors to Town Hall must wear a mask (the door monitor will have masks available).
- All visitors must use hand sanitizer prior to entering any Department.

EMPLOYEE HEALTH MONITORING:

Employees must be vigilant in monitoring their own health, and those who are sick or not feeling well must stay home. Possible symptoms of COVID-19 include:

1. Fever or chills
2. Cough
3. Shortness of breath or difficulty breathing
4. Fatigue
5. Muscle or body aches
6. Headache
7. New loss of taste or smell
8. Sore throat
9. Congestion or runny nose
10. Nausea or vomiting
11. Diarrhea

Employees must report to Town Administration if any of the following is true:

1. Employee or family member has been in close contact with a confirmed case of COVID-19
2. Has a fever of 100 degrees Fahrenheit or higher
3. Is experiencing respiratory symptoms, such as shortness of breath
4. Is experiencing a change in sense of taste or smell

If any of the situations above are true, the employee must STAY HOME.

EMPLOYEE SAFETY PRECAUTIONS:

1. Employees must have their temperature checked and logged by the door monitor when reporting to work each day.
2. Employees must wear a face mask any time they are unable to maintain a six-foot distance from their co-workers and/or someone from the public.
3. While in an office with closed doors, working alone, or at distance from other staff at their desks, masks can be removed.
4. Masks must be worn in hallways and common areas.
5. Care should be taken to keep your mask clean and uncontaminated.
6. Care should also be taken when putting masks on and taking them off; for example, hands should be washed or disinfected prior to putting a mask on and

taking one off.

7. Employees must wash their hands regularly and utilize hand sanitizer.

8. Employees must sanitize their desks at the beginning, intermittently, and at the end of their shift.

INTER-OFFICE COMMUNICATIONS:

1. Employees must minimize face-to-face contact.
2. Employees shall not mingle between Town offices.
3. There shall be no visitors within Town offices, behind glass service windows.
4. Electronic meetings shall continue to be utilized until further notice.
5. Employees must avoid congregating in the main hallway or parking lots.

BE PREPARED AND BE FLEXIBLE:

Department Heads have been instructed to plan, in the event the Town experiences higher than usual absenteeism due to COVID-19. This may include rotating groups of employees to work from home/work on-site or assigning one employee to cover another employee's duties for a period of time. So, we ask for your continued flexibility regarding work arrangements.

CONCLUSION:

Please keep in mind that these protocols will be in place until further notice and we thank you in advance for your cooperation. Working together, we hope to have a safe and healthy re-opening for public access to Town Hall.

Please note, some Departments may need to adapt procedures specific to their facilities and services. Do not hesitate to contact the Town Manager or Human Resource Officer if you have suggestions as to how we may help to keep our employees and residents healthy.

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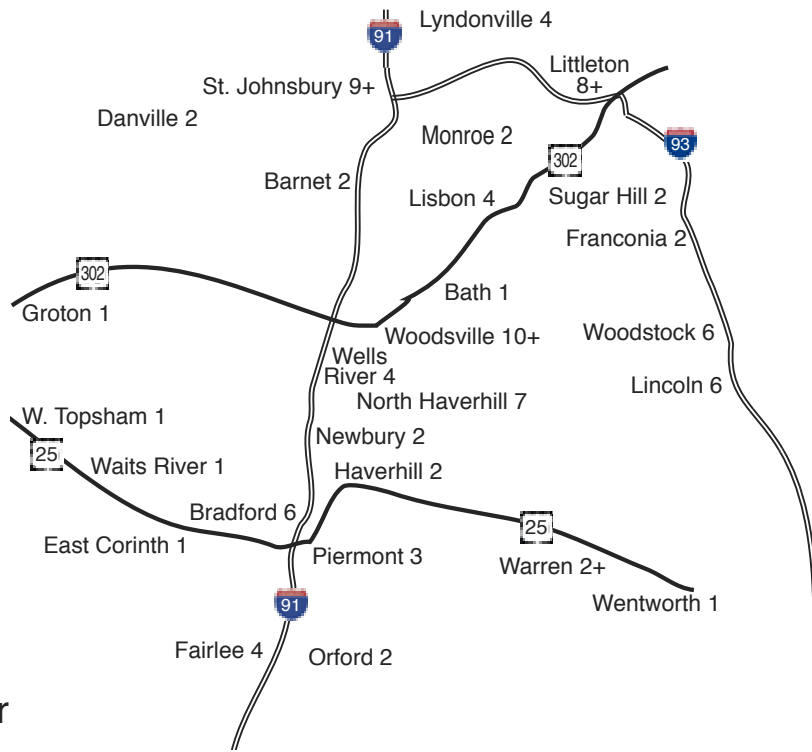
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# What About Ma?

by Kellie Quackenbush

## All About Safety

This weekend is the "Independence Day" celebration, the 4th of July. Truly, the last four months has not felt all that free. In fact, Ma still can not have visitors, she has not seen a hair stylist since February and everyone who cares is wearing masks. There are no more jokes about the COVID-19 and at this point we all know someone who had it or died of some mystery ailment.

If I get one more call from a thief trying to get my bank data or my credit card number, I may scream. To top that off, there are people calling to "inspect" your home for virus safety. There is nobody, who is a stranger

to you, that is going to do anything good for you by coming into your home. If you get calls about your Social Security, your Medicare, your car insurance (unless you have an accident-then only trust your agent) or your home security -- Hang up. Do not say yes to anything, even acknowledging your name is a mistake--just hang up. My husband told me someone called and will be charging us \$499 for our computer upgrade -- the answer is no, just hang up. That is too much time on the phone.

I am so very tired of the leaches trying to scam us. I have seen too many ads on

## Little Rhyme Less Reason

by Maggie Anderson

My train of thought is often more bumper car than train and it has a tendency to bounce around a lot and let itself be slammed into a wall now and then finding itself having to deal with subjects it hadn't counted on.

Hank and I were recently on a flight from the west coast and just locating our seats, stowing all of his paraphernalia, strapping in and kicking my shoes off brought to mind another journey, one in which I ran into a man who was struggling so much from the prohibition against smoking on the plane I thought he might make a dive for the door and try to jump just so he could light up.

He was calm when we sat down but that didn't last long before he found a target for his nicotine addiction-fueled displeasure. He was seated in the row ahead of us and there was a wide empty space next to the wall too small for another seat but the perfect size spot to kick my shoes off and rest them on top of my backpack.

Just as I was breathing a comfortable sigh over having made it to the airport on time and knowing I had the next 6 hours to catch up on all the sleep I'd lost getting ready for the trip this guy who was

sitting in the aisle seat, two seats away from my feet, yelled at the top of his lungs that he couldn't believe I would take my shoes off. He said he was so offended by that and yelled about how nasty naked feet were, he continued to moan while I was quickly getting back into my shoes just to shut him up.

It's important that you know I had just bathed and I was wearing brand new shoes. It wasn't dirty feet or smelly feet he was complaining about he just kept repeating how nasty naked feet were and I kept thinking what a barrel of laughs this guy must be in the sack.

My mind has a mind of its own.

I was reading a letter to an editor recently and I couldn't keep myself from thinking if the writer planned to complain about the ignorance of others he should consider hitting his spell check before hitting send, otherwise he sets himself up. It's a bit like laughing at somebody for having spinach in their teeth while ignoring his own halitosis.

I'm guessing neither of these were the reactions these two men were hoping for but when you rant with little rhyme and less reason the fault is your own.

Facebook and Twitter trying to get private information. If you are not buying then they send out cute little data games that people "share", what was your first pet, what is your middle name, how many towns have you lived in, can you name them, what is your favorite street, how many states have you lived in. Do not play these games, they are started by cyber thieves. I think between the riots, protests and ruination of public land-marks, it has been a tough spring and a hot summer.

This week, I am sending out love to everyone I can think of. I am sending messages to my elected officials about what is important to me, my family and friends. I am wearing a mask in public and staying away from those who don't. I am washing my hands a lot. I hope we all are doing the smart thing to protect our health and finances, Happy 4th of July.

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Disability and Aging  
by Cyndy Wellman

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Public places dogs should be wearing a vest or bandana stating, "Service Animal." People who have physical, anxiety, Autism, and appropriate health issue. When you see these beautiful well-trained dogs you are not supposed to pat them or feed them! They are on the job.

Ask, do not assume, the owner may be caused harm if the animal is distracted. They will appreciate your understanding and once it is safe for them to do so, they



may allow you to pet them or offer a treat.

The owner should have on them proof of rabies and doctor's note where they go. They should be considerate to other people around them. Someone could have severe allergies. Your dog could get aggressive unexpectedly. All of us need to get along.

If you see a dog that looks like a Service Dog being mistreated, immediately report this to Animal Control or Police Dept



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

# Creamsicle Jello Squares

Once again I must let our readers know that Cindy is not feeling well. Due to that we have dug back to find a recipe that was first published two years ago. Enjoy.

Hello hello my fellow chefs. Today's recipe is easy peasy! Great for dessert or snack, they are good and satisfying. My friend Pauline gave me her summer treat recipe so I thought, let me share this wonderful recipe with you. The Jello stays on the bottom and the cream floats to the top. I used a 9 by 13 glass pan and gave it a quick 2 second spray with regular Pam. You can use a smaller size glass pan, the squares will be thicker and may take a bit longer to gel, but that's OK, no problem.

Here are the ingredients.

3 small packages of Orange Jello or Royal Jello

4 packages of unflavored gelatin

3 1/2 cups very hot water (I heated mine on the stove)

1/2 pint (8 oz.) 1 Cup of light cream or whipping cream. I used light cream.



Mix your dry ingredients with a whisk, add the Hot water and whisk until all dissolved (about 5 minutes). Add the cream and whisk until all dissolved. Pour into your glass pan and refrigerate for about 4-5 hours, when gelled you will see the layers. Cut into squares, they come out easy.

This is a great versatile

tin or light cream or whipping cream. You can even try adding strawberries. The possibilities are endless. I hope you enjoy this easy recipe because it's Delicioso! And remember, there's always room for Jello!!! Plus the gelatin is good for strong hair and nails.

I placed some of the squares upside down so you can see in the picture the top and bottom. Let me know how you like this recipe.

Well folks, till next time I'm signing off - Cin Pin.

recipe. You can use any flavor Jello or Royal gela-

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Volume 11 Number 20 July 7, 2020 Not all Times are Trendy, but there will always be Trendy Times

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Are you on the verge of losing your housing from COVID-19?  
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The Governor's Office for Emergency Relief & Recovery has announced the New Hampshire Housing Relief Program, an initiative designed to keep people from losing their housing and to secure or maintain permanent housing.

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