



# TRENDY TIMES



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## VFW Memorial Park in North Haverhill Welcomes All

Veterans Day is always November 11th. The original reason is that World War I ended on November 11, 1918. The first celebration called it Armistice Day. This was because it was hoped that this war was indeed "the war to end all wars". It was not.

In 1947, shortly after the conclusion of World War II, the official name was changed to Veterans Day in honor of all veterans, whether from war time or not.

Congress tried to change the date to a Monday holiday in 1968. But in 1978 the date was changed back to November 11th to honor that historical date.

This year there will be fewer opportunities to show how much our veterans should be honored. Due to the worldwide pandemic and the call for so-

cial distancing there will be no parades. If there are speeches they will probably be delivered not in front of a crowd, but instead to a camera and then passed along to those who choose to watch. But the need to honor our veterans will not change.

Over the course of this nation's history somewhere over 50 million people have served in our military. These are the people we honor on Veterans Day. They are the ones who have kept our nation free. They are the ones who have gone into battle, or served stateside in support of those in battle, and even those who have served when there was no war. They all have one thing in common, they raised their hand and promised to serve their country.

One particular slice of all

these proud veterans is a group that have one more thing in common. They are members of the armed services who have served in a war area during a time of war. Many of these veterans also belong to the Veterans of Foreign Wars. There are thousands of chapters of this organization around the country. One such post is the Haverhill Memorial Post #5245 which was chartered in 1948 and currently has a post home in North Haverhill. Along with this post home the group of veterans also owns and maintains the Veterans Park located behind the Morrill Municipal Building in North Haverhill.

The park has gone thru many changes over the years. Until the early 1980's it was home to the annual North Haverhill Fair. In fact one building



still exists on the property from those days gone by. The field has also long been the home of the North Haverhill Little League team. The one field was doubled to two in more recent years along with the addition of dug outs and outfield fences.

Another recent addition to this field is a playground area that was developed with the help of the voters of Haverhill and the Haverhill Recreation Commission.

The most recent addition is a memorial area that features

three flag poles and seven granite stones. Each one of these stones has an engraving. They begin with World War I, then World War II, Korea, Vietnam, Persian Gulf War, and the Global War on Terrorism. (Pictures of These stones can be found on page 8).

The members of Haverhill Memorial VFW Post #5245 should be commended for their hard work and dedication along with those who have assisted them to create this area. The park is always open to the public.

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remember to be Thankful during the  
upcoming holidays. Let us also be mindful  
of the many aspects and meanings of  
Christmas. And finally, may we all enjoy a  
new and better year in 2021!*

# 45th Annual Senior Citizen Thanksgiving Dinner

There's no doubt that many aspects of life are different in 2020. But one aspect will continue as it has for four and a half decades. The 45th annual Senior Citizen Thanksgiving Dinner put on by the family of organizations at Ross-Wood Post #20 American Legion in Woodsville will still take place. Naturally there will be some modification this year.

Those who normally show up at the Legion Post to partake of a family style meal will simply not be able to enjoy that this year due to state rules and regulations. However, those seniors are more than welcomed to call in with a request to have that meal delivered to their home. In years past this number has been somewhere between 75 and 100 meals served.

Of course those who normally get a home delivered meal and are still on the list will get that same great food delivered to them by the volunteers who load up their vehicles and drive around the area making many seniors very happy. The number of these home delivered meals, in the past has numbered over 150 meals delivered.

Of course to do all this cooking, preparing, and delivering it takes not only plenty of volunteer hours, but also some very solid coordinating. Rita Ames has been the head of this project now

for many years and always passes along a huge thank you to the other volunteers who participate.

If you wish to be on the home delivery list for 2020 you can contact Rita Ames at 802-356-3514, Sarah Leete at 603-208-8205, or Lori Thompson at 603-747-2352. The deadline to be added to the list is Tuesday, November 17th. The meals will be delivered on Sunday, November 22nd.

The meal will, as usual consist of turkey (most of which is cooked by volunteers at their homes and then brought to the Post for preparation), along with stuffing, potatoes, gravy, vegetables and all the fixings including a slice of pie for dessert.

There is no charge to seniors for this annual meal, however donations are certainly accepted.

In other news at the Woodsville American Legion Post the annual Gift Card Raffle will come to a conclusion on Friday, November 13th when seven tickets will be drawn to find the winners. Top prize in this raffle is a \$500 gift card to either Shaw's, Wal-Mart or Aldrich General Store. Second and third prizes will be the other two gift cards. Prizes four thru six are \$100 gift cards at Shaw's, Wal-Mart or DMS Convenience in North Haverhill. A seventh prize of a \$50

gift card from Shiloh's in Woodsville will wrap up this annual raffle.

The actual drawing will take place at the recently reopened canteen at Ross-Wood Post #20. The canteen is now being staffed by volunteers and is open Thursday thru Friday from 3:00 - 8:00 PM and Saturday from Noon - 6:00 PM.

As a final note there will not be a public Veterans' day ceremony as in the past. However, the color guard and honor guard will be doing brief ceremonies in three locations on Veterans Day. Remembrancers will take place at the Pine Grove Cemetery in Woodsville, at the flag pole and marker on Central Street in Woodsville and at the Post Home at 4 Ammonoosuc Street also in Woodsville. There are also plans to honor our veterans at Grafton County Nursing Home with certificates of appreciation. Though these can not be handed out personally, they will be created and distributed thanks to the staff at the nursing home.

Many hours and many volunteers have gone into making these events possible at Ross-Wood Post #20 American Legion in Woodsville and thanks needs to be given out to each and every one of those individuals. It is your spirit and dedication that keeps the American Legion viable.

Gary Scruton, Commander  
Ross-Wood Post #20  
American Legion,  
Woodsville, NH

## Thanksgiving Homemade Pie Sale

The United Congregational Church will be hosting a Thanksgiving Home-made Pie Sale on Wednesday, November 25th, the day before Thanksgiving. The pies will be available at the church, on Main Street in Orford, from 9:00 am until 12 Noon at a cost of \$15.00 per pie.

There will be a variety of pies available. It is suggested that the earlier you arrive, the better selection you will have.

It is also asked that everyone who stops in to please wear a mask and observe social distancing regulations.





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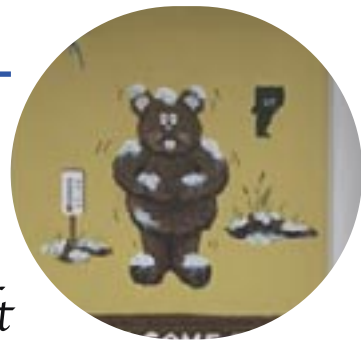
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### A Veterans Day Thank You!

As a Nation, Americans come together on Veterans Day to honor and remember the sacrifices made by those serving or for those who have actively served this great nation in the military. Veterans Day is more than just another holiday; it's a day in which we can come together and thank all the men and women who have taken up arms in support of a free Nation. It is also a day to thank our wives and children who were left behind in empty homes...worrying.

New Hampshire military families have a long history

of sacrifice. The two National Guard artillery battalions that served in Vietnam in 1969 that experienced the deadliest single-action losses of the war for citizen soldier units belongs to Bardstown, Kentucky and Manchester, New Hampshire. Manchester was home to the 3rd Bn., 197 Artillery, New Hampshire National Guard. The battalion sent 506 soldiers to Vietnam, 80% of whom were married. On August 26, five men of A Battery were on their way to regroup in Long Binh before heading home

on what we called the "freedom bird." About 32 miles north of Saigon, their vehicle hit a 40-pound land mine on Highway 13, known to us who traveled this road as "Thunder Road." This was Manchester's saddest moment; these young men did not die in vain.

The NH House of Representatives has a committee to address legislative matters involving veterans. This past year, HB1313 was introduced to the committee and passed to the house floor with a unanimous supporting vote. Due to COVID, however, the bill never became law. This bill required the Governor to proclaim every June 6, D-Day Remembrance Day in honor of the individuals who died as a result of their service in the invasion of Normandy in World War II.

World War II, a war that embraced the globe, was a time when good and evil contended for world dominance. In 48 bitter months of the war, there were 1,078,162 casualties, with 407,316 deaths, or 6,639 Americans dying in combat each month of the war. We may have let our guard down at Pearl Harbor, but once provoked and wronged, our young military, citizen warriors from across America responded by pulling lanyards, and island hopping across the Pacific.

For all our current military personnel and veterans, we thank you for your sense of duty, honor and pride in the United States of America.

Respectfully Submitted,  
Representative Rick Ladd

## Partners of the Month At Littleton CoOp



Partner of the Month donation 2019 Left to right - Darlene Clark from Littleton Food Pantry, Jen Ingersen for Bethlehem Food Pantry, Ed King, General Manager Littleton Food Co-op, Rebecca Hill-Larsen from All Saints Food Cupboard, and Betsy Hansberger from Good Neighbors Food Pantry in Franconia.

Littleton Food Co-op staff are so inspired by our November Partners of the Month, the local food pantries, because of all the work they do to make sure our friends and neighbors in need are well served. We will be collecting donations through our Round-Up program at the register for Littleton Food Pantry, All Saints Food Cupboard, Good Neighbor Food Pantry, Bethlehem Food Pantry and the Free Little Pantry.

Littleton Food Pantry, located 70 Redington Street in Littleton, is open Monday, Wednesday, and Friday from 10 am - 12 pm.

All Saints' Community Food Cupboard, located at

35 School Street in Littleton, is open Tuesday and Thursday 9 - 10 am and Sunday 9 - 9:45am.

Franconia Community Church of Christ, Good Neighbor Food Pantry, located at 44 Church Street in Franconia. Clients are permitted to attend the pantry once a week. Good Neighbor food pantry serves the towns of Littleton, Bethlehem, Franconia, Easton, Sugar Hill, Lisbon and Landaff. The pantry is open every week between the hours of 11 am and 12 pm on Tuesdays.

Bethlehem Food Pantry is located at 2155 Main Street in Bethlehem, right in the Town Hall. Monday and Wednesday 10 am - 11 am.

The Little Free Pantry is located right in front of the First Congregational Church of Littleton, NH, right on Main Street. Everyone is encouraged to share what they can and take what they need.

A big thank you to all the food pantry volunteers in our area for making good food available to all!

Member-owned Littleton Food Co-op serves the community by providing high quality food, offered at a fair price, with outstanding service. Everyone is welcome to shop and anyone is welcome to join. Located at the intersection of Cottage Street and Route 302 (exit 41 off I-93), the Littleton Food Co-op is open daily from 7 am - 8 p.m. For more information or to become a member, please visit [www.littleton-coop.com](http://www.littleton-coop.com), call 603-444-2800 or just stop by! See ya at the Co-op!

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# Haverhill Town Manager Response

Op-Ed by  
Brigitte M. Codling

What does it mean to manage? The common definition is, "to be in charge of (a company, establishment, or undertaking); administer; run". In New Hampshire, RSA 37 Section 35 and 36 [https://www.gencourt.state.nh.us/rsa/html/III/37/37-mrg.htm] outline in detail the legal roles, responsibilities, and duties of a Town Manager. The general authority vested in the Town Manager includes, serving as the head of all departments of the town and the efficient administration thereof...shall have general supervision of the property and business affairs of the town and of the expenditure of moneys appropriated by it for town purposes.

I take my roles, responsibilities, and duties as your Town Manager very seriously. I take them seriously because you, the residents of Haverhill, have entrusted me to ensure your tax dollars are being spent efficiently and effectively. I am constantly evaluating our practices, policies, and procedures, and I work closely with department heads to adjust, as needed, to help us serve you better. I also work closely with the Select Board to ensure that they are aware of nearly every activity and action taken within municipal government; I do this because they are your elected representatives; you have entrusted them to set policy and supervise me.

As a manager, I believe in and encourage cross training, mentorship, employee development, teamwork, cooperation, and collaboration. I value honesty, good work ethics, ambition, reliability, and dedication. I expect that

department heads will foster positive work environments that are highly productive, collaborative, and inclusive. We are a team and team members work together, not against one another. The employees who work for the Town of Haverhill today are true team players, they are here for all the right reasons, and work to support one another every single day. They are here for you, the residents, they are true public servants, and I could not be prouder of them.

I believe it is vital that supervisors and managers thoroughly understand the roles and responsibilities of their employees; I ask a lot of questions. I believe employees need to be cross trained to perform the duties of others; I personally like to cross train with everyone who works for me. Every employee needs a backup, someone who can step in and do their job. This is important, so that employees are comfortable taking vacation; if they are injured; or if they decide to move onto other opportunities. Cross training is good for our employees and good for you, our customers. It offers supervisors and managers real metrics on which to base an employee's evaluation. It also gives each of us the opportunity to gain insight from one another, we are truly better together, and we can always find ways to be better at our jobs.

I believe in employee development and I encourage all employees to pursue opportunities to better themselves, their skills, knowledge, and experience. I do this knowing that someday they may choose to move onto other positions. We are creatively developing organizational structures that allow upward movement and

specialization in an employee's field, we do this to keep people motivated and interested in municipal government here in Haverhill. We want employees to want to be here and to excel, personally and professionally; not just show up every day because it's a job.

I am a decisive leader who is not afraid of making hard decisions, especially when I believe it is in the best interest of the Town as a whole. I am not afraid of confrontation, contentious situations, or tough conversations; as I believe it is in these moments, that some of our best ideas surface, voices are heard, and people have their feelings validated. You can not avoid confrontation if you want to improve who you are, what you do, and how you do it.

I will reiterate from past Op Eds, I am truly honored to be serving here in Haverhill as your Town Manager and I could not be more proud of the Town of Haverhill employees who have endured great hardships over this past year, yet continued to shine. Please take a moment to thank them, they are incredible public servants, and their work deserves to be commended.

Brigitte M. Codling  
Haverhill Town Manager  
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# Calendar of Events

EVENTS FROM LOCAL NON-PROFITS, SCHOOLS AND TOWNS. *PRESENTED FREE BY TRENDY TIMES.*

## TUESDAY NOVEMBER 10

NORTH GRAFTON COUNTY REPUBLICAN COM.  
6:30 PM See Article on Page 6  
Littleton VFW

## WEDNESDAY, NOVEMBER 11

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

## FRIDAY, NOVEMBER 13

STORYTIME  
10:00 AM  
St. Johnsbury Athenaeum

## SUNDAY, NOVEMBER 15

ST. LUKE'S EPISCOPAL CHURCH SERVICE  
10:00 am with communion  
3 Church Street, Woodsville

## THURSDAY, NOVEMBER 19

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

## FRIDAY, NOVEMBER 20

STORYTIME  
10:00 AM  
St. Johnsbury Athenaeum

## SUNDAY NOVEMBER 22

SENIOR CITIZEN THANKSGIVING DINNER  
Take-Out/Home Delivery only  
See Article on Page 3

## SUNDAY, NOVEMBER 22

ST. LUKE'S EPISCOPAL CHURCH SERVICE  
10:00 am with communion  
3 Church Street, Woodsville

## MONDAY NOVEMBER 23

HAVERHILL SELECT BOARD MEETING  
6:00 PM Virtual Meeting  
Clifford Memorial Building, Woodsville

## WEDNESDAY, NOVEMBER 25

HOMEMADE PIE SALE  
9:00 AM - 12:00 NOON See Article on Page 3  
Orford Congregational Church

## THURSDAY, NOVEMBER 26

THANKSGIVING DAY  
At a family table near you

## TUESDAY, DECEMBER 1

WOODSVILLE WELLS RIVER 4TH OF JULY  
MONTHLY COMMITTEE MEETING  
7:00 PM Virtual Meeting

## MONDAY DECEMBER 7

HAVERHILL SELECT BOARD MEETING  
6:00 PM Virtual Meeting  
Clifford Memorial Building, Woodsville

## WEDNESDAY, DECEMBER 9

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

## MONDAY DECEMBER 14

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

The Trendy Times Calendar of Events Is Free for all Non-Profits, Schools and Towns to list your upcoming event for FREE. NO CHARGE to tell our readers about your upcoming event, whether it is free or not. Deadline is the Thursday before Publication. Call or Email your information today.

## Changes At Toys For Tots

With Winter approaching we start looking ahead to the 2020 Toys for Tots campaign and we have come to the conclusion that the time and commitment needed to successfully run the program versus the many changes happening in both of our personal lives (mostly good ones) has made us realize that we regretfully will not have the time necessary to put into the program moving forward.

We have struggled long and hard over this decision because the program has

been a huge part of our lives for the past 13 plus years, but it is for the best. Therefore 2019 will have been our last year running the local campaign in the Woodsville area.

We are both so grateful for all the support from our families, friends, volunteers, and community over the last 13 years. Your kindness will never be forgotten. We certainly have an amazing, generous community!

We have had the privilege of meeting some pretty great families over the years

and are glad to have been able to help them in some small way when needed. There are other programs still available for those in need (including other Toys for Tots programs) and we will do our best to post these resources as Christmas draws closer.

We would like to sign off by saying God Bless all our Military Service members! Sincerely,

Laurie and Mary Ann



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A new Veterans sign and posts have been installed at the intersection of Rte. 10 & 25A just in time for Veterans Day Nov. 11th.

I had many calls from Veterans as well as many other citizens expressing their concerns about the damage which destroyed the old sign and I thank everyone who called, wrote and e-mailed and encouraged me to replace the sign. I hope everyone will Thank a Veteran on Nov. 11th and also thank our Police and First Responders. Tom Thomson

**Wells River Action Program Welcomes Sacred Spirit Wellness Center and Shop to our downtown business community!**



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# Hobo Railroad Announces 2020 Santa Express Train Schedule

LINCOLN, NH – The Hobo Railroad in Lincoln, NH is excited to announce the schedule for their 2020 Santa Express Trains which begin the Friday after Thanksgiving, November 27, and depart weekends at 1:00pm through Sunday, December 20, 2020.

All passengers aboard this year's Santa Express Trains will enjoy chocolate milk and cookies while children complete letters to Santa during the one hour and twenty minute holiday excursion. Once the train departs Hobo Junction Station, Santa and Mrs. Claus will make their way through the train to visit with everyone and pick up the children's letters. On the return trip to Hobo Junction Station, Santa and Mrs. Claus will make their way through the train once again, this time surprising each young child with a gift. Upon returning to

Hobo Junction Station, guests are encouraged to take pictures with Santa and Mrs. Claus on the Stations south platform.

"We look forward to announcing our Santa Express Train schedule every year" stated Paul Gibling, Director of Marketing & Business Development for the Hobo & Winnepesaukee Scenic Railroad. "The Santa Express Trains have been part of the Railroad's annual schedule since the the Hobo Railroad first opened more than 33 years ago. For many of our guests, enjoying chocolate milk and cookies on the train with Santa has become a long-standing family tradition. In many cases we're seeing second and third generations of families returning each year to create their own holiday traditions."

Tickets for this year's Hobo Railroad's Santa Express Trains are \$25.00 for

Coach Class seating and \$33.00 for First Class seating for all ages 3 and up, while ages 2 and under ride free. It should be noted that the difference between First Class and Coach Class seating is that First Class seating is at tables, while Coach Class seating will be at bench-style seating. Otherwise, the entire Santa Express experience is completely identical.

In compliance with State of New Hampshire COVID-19 Guidelines, advance reservations are required for all Santa Express Trains. In addition, all coaches will be limited to 50% capacity and each coach will be thoroughly cleaned and sanitized prior to every departure. Guests will also be required to wear face coverings when they arrive as well as on the train unless they are consuming something to eat to drink.

# "Signs" Of The Season



"The Northern Grafton County Republican Committee members came out on October 22nd in Littleton to show their support for Republican candidates running for office on November 3rd. Candidates include President Trump, Corky Messner (U.S. Senate), Steve Negron (U.S. House of Representatives), Governor Sununu, Joe Kenney (Executive Council), Doug Dutie (Grafton County Commissioner), Erin Hennessey (State Senator), and Joe DePalma IV, Calvin Beaulier, Dr. Robert Peraino, and Matt Simon (all running for State Representative).

Enthusiasm was high as those passing by in cars honked their horns, and gave the group the Thumb's Up Sign as well as the Victory Sign. It's only a matter of time before we Make New Hampshire RED Again!"

Photo & Caption courtesy of the Northern Grafton County Republican Committee

# A New Vision For An Old Farm

by Elinor Mawson

They are a twenty-something couple, recently engaged, who have a vision for their lives: it's a long term goal of a "hobby farm" on 43 acres in Bath, NH.

Derek Rust and fiancée Alexis Maillet have been looking for land all over New England. They graduated from the University of New Hampshire last year; Derek's major was business and Alexis' was pre-med. Derek is now getting his MBA and he and Alexis are working in the health-care field. They have long been talking about a farm where they can have a self-sustaining lifestyle. When the Bath property came on the market, it didn't take long for them to fall in love with it and start planning their future together.

Alexis is mostly interested in animals. Derek likes animals too, but is talking about raising vegetables, fruit trees and making the land productive. They want to start small. There is a huge barn on the property which will be the centerpiece of their efforts. It has room for their animals as they come along. Right now it contains all kinds of farm equipment in various stages of repair.

The land hasn't been farmed for many years. It was the original "Benny Poor" farm and owned by a few others in the meantime. It's 43+-acres go from the road to the Ammonoosuc river and contains what used to be a railroad track. There is plenty of room for not only grazing and haying but gardens and orchards. Derek

and Alexis plan to build a house on the property.

They don't know when their plans will come to fruition, but meanwhile they have a notebook where they jot down all their ideas, hopes and dreams. It will take time and money to realize their goals, but they have plenty of enthusiasm to meet their challenge.

And somewhere along the line, they plan to get married, maybe in the Bath covered bridge where Derek proposed not long after they closed on their dream farm.

They plan to continue working along with farming and also plan to enjoy what they are doing. With their happy attitude and work ethic they can't help but be successful.

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"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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Do you have past-due housing related expenses that may impact your ability to remain housed?

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.

**Applications are available. Visit [www.CAPNH.org](http://www.CAPNH.org) or call (603) 444-0184 to speak with a housing specialist.**



Workforce



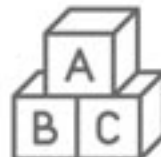
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## Now Accepting New Patients Alex Perreault, Wells River



"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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## Letter to the Editor: Trump Family's Doctor Is In

To The Editor -

By the time this letter sees publication, the general election will be over but maybe not done. For reasons political as well as legal, while the voting is over, we may not have all the final results. All in good time, soon enough, patience and observance.

What is sure is that since well before Trump became president, and even now, arm-chair psychologists have been telling folks why they think Trump is such a mess.

What would a doctorate-level trained psychologist make of Trump, especially if this expert had the experience of being a family member growing up in the Trump household?

I'll get back to that.

Amateur though the attempted analysis of the arm-chair doctors is, they have been spot on about certain predictable patterns that are clear in Trump's words and actions. For one thing, he cannot tell the truth, about large issues or small. And nothing is ever his fault, all the problems must therefore

be someone else's fault. He demands loyalty but can't give it. Humiliating and degrading others is his default position, "they're weak". A man who always calls others weak is surely telling you just how weak he is.

He is adept at using all the con-man's tricks. If what he says is false, so what? He knows that if he says it often enough and loud enough, some percentage of folks will believe it anyway, or get so tired of hearing it, that they just give in. For proof of that, look again at the millions of wrong-headed voters who cast for him. He is skillful at inventing a crisis, and seeming to solve it, because "nobody but me could do it". He's always the hero. And he makes it clear that anyone not working solely to benefit themselves, say to make money, are "suckers and losers", especially military folks who die for their country.

That PhD psychologist, whose name is Mary Trump, is the president's only niece and she says about her uncle - "Donald today is

much as he was at three years of age - incapable of growing, of learning, or evolving, unable to regulate his emotions, moderate his responses, or take in and synthesize information." In other words, a baby hiding inside the body of a man in his seventies.

In her best-selling book, "Too Much And Not Enough" she continues, "Donald takes any rebuke as a challenge and doubles down on the behavior that drew fire in the first place - it's as if the criticism is permission to do worse. People are literally dying because of his catastrophic decisions and disastrous inaction. His acquittal in the sham senate impeachment hearing is a reward for bad behavior".

The sub-title of Dr. Trump's book are words to the effect of how her family created the most dangerous man in the world.

The doctor is in, the doctor has spoken, and the doctor is right.

Robert Roudebush  
North Haverhill, NH

*important to note because it means that President Trump will become a past president early in 2021. That fact will create different issues not only for Mr. Trump, but also for the remainder of the country. It will all be worth watching.*

Gary Scruton, Editor

Robert,

*I have the advantage of writing this response a few days after election day on November 3. It appears at this moment that former vice-president Joe Biden will take office as the new President of the United States. This is im-*

# LETTERS

(and even some real words)

## From The Editor

The voters of New Hampshire, and many other states around the country, have once again voted for many, if not all, elected officials in our state and US legislative and executive offices.

I have always considered it an honor as well as a duty to cast a ballot. I did so again this year and applaud all the millions of others nationwide who did the same.

Now that we have a newly elected NH House of Representatives who will be seated soon, it is time for these legislators to decide what actions will, or will not, be taken.

One of the issues that will, without doubt, be taken up over the next two years will be the question of redistricting. With the 2020 census being completed and the numbers expected to arrive in the hands of the state sometime early in 2021, it will be time to look at how the population has shifted and therefore how the lines of districts need to be drawn. This will be true for the two US House of Representative seats as well as the NH Executive Council, the NH State Senate, and the NH House of Representatives.

It is this last group that I believe needs to be looked at closely. By the rules of the NH Constitution this state has one of the largest legislative bodies in the world. It has a total of 400 members. Each member is supposed to represent approximately 1/400th of the entire pop-

ulation of the state of New Hampshire (approximately 3,325 residents). Of course this can not be done exactly. For example, the town of Haverhill has about 4500 residents. That means we get one and one third representatives. The last redistricting plan gave Haverhill one rep elected by just Haverhill residents. To get the extra third we were added to a district that also includes Bath, Benton, Easton, Landaff, Orford, Piermont and Warren. I have not done the math, but feel that the total number of residents in all eight of those towns is a whole lot more than 4500. This means that one rep must gain a majority of votes from more than twice as many voters as the other must gain. This second district (Grafton 15) is known as a flatorial district.

*My question is this: Does this seem fair and representative?*

*In other areas of New Hampshire multiple representatives are elected from one district. Means add towns together to get about 6,650 residents and then elect two people.*

*I realize there are many more twists and turns to this whole redistricting program, but the bottom line should be equity for the voters as well as for the elected officials. Let's use some common sense and equality when drawing the new lines in 2021.*

Gary Scruton, Editor

## Letter to the Editor: Veterans' Day

In these difficult times with COVID on our minds, we must not forget to remember and honor our Veterans on Veterans Day.

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

On this day, and every day, acknowledge and give special thanks to our aging WWII, Korean War, and Vietnam Era Veterans. As with all Veterans and members of the Armed Forces, they have earned

John,

*First let me thank you for your service to this country. I, myself, also served as a member of the US military and am still proud of that fact, even though my military career was short-lived due to a pre-existing eye condition.*

*I am personally also proud to be a part of our local American Legion Post #20 in Woodsville which makes a*

and deserve our respect.

I applaud my friend Thomas Casey, former manager of the Doolittle Tokyo Raiders, for his view that, "No soldier who fought in any war or conflict to defend our country should be treated without total respect and honor. They deserve the same treatment and respect that the Doolittle Raiders, the Band of Brothers and the Tuskegee Airmen have been given over the decades."

Quoting Douglas MacArthur, "The soldier above all other people prays for peace, for he must suffer and bear the deepest wounds and scars of war."

John O'Brien  
A Proud Vietnam Veteran  
Orford, NH

*point of honoring our veterans year round, but especially on special dates such as Veterans Day.*

*So again, thank you John for your service, and thank you to all the others in this great country who have served, are currently serving and who will serve in the future. You are remembered and need to be honored.*

Gary Scruton, Editor

## Letter to the Editor:

### Thank You to Republicans

Dear Editor,

On behalf of our superb slate of Republican candidates for national, state, county, and local offices, I wish to THANK YOU for

Nick,

*I understand that as chair of the Northern Grafton County Republican Committee your priority is that party. And I honor that devotion.*

*May I also add that a thank you should also be sent to those other candidates on the ballot. Whether they were Democrats or Libertarian, and independent, it takes a certain type of person to be willing to put themselves in*

your support in the recent elections on Nov. 3rd.

Nick De Mayo,  
NGCRC, Chairman  
Sugar Hill, NH

*front of the voting public and ask for their support at the ballot box.*

*Also a thank you needs to be sent to all those voters who took the time to make their voice heard by voting.*

*So thank you to all who were involved, no matter what your political views, or your job. It is great to know that this country can still do an election.*

Gary Scruton, Editor



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## Protect Your Family from Long-term Care Costs

Like everyone, you want to remain physically and financially independent throughout your life. But if you lose some of this freedom, the last thing you'd want is to become a burden on your family. How can you keep this from happening?

First of all, you need to be aware of the risk. Someone turning 65 today has almost a 70 percent chance of eventually needing some type of long-term care, according to the U.S. Department of Health and Human Services. Of course, this doesn't necessarily mean that you face that 70 percent likelihood. In reality, you have either a zero percent chance of requiring long-term care (you'll never need it) or a 100 percent chance (you'll definitely need it).

Nonetheless, if you think you've got that zero percent chance, you're taking a gamble – and it could be a big one, because long-term care is expensive. The median annual cost

for a private room in a nursing home is over \$102,000, according to Genworth, an insurance company. Other long-term care services, such as those provided by a home

health care aide, also don't come cheaply.

Furthermore, you can't count on Medicare paying all these costs – in fact, it would probably only cover a small portion of a nursing home stay and provide limited assistance for home health care. So, if you were financially unprepared for the expense of long-term care, the burden might fall on your loved ones. This could be a big financial challenge, in two ways.

First, if a family member had to become your caregiver, this individual might have to abandon a career, or at least substantially reduce their working hours. Not only would this result in a loss of income, but it could also lower the amounts that could be contributed to a 401(k) or similar employer-sponsored retirement plan.

Second, if your family members couldn't leave their jobs or cut back on their hours, or they were simply unable to provide the type of long-term care you need, they might be forced to pay for a nursing home stay or home health care worker out of pocket.

To avoid these outcomes, you have a couple of options:

- Self-insure – You could conceivably “self-insure” against the costs of long-term care by devoting a portion of your investment portfolio specifically to this purpose. Ho-

wever, if at some point you require admission to a nursing home, it may require a significant commitment of your resources.

- Purchase protection – Over the past decade or so, there's been an increase in the types of long-term care protection vehicles available. These instruments vary widely in cost and in what they cover, but by choosing a protection option, you may greatly lower the financial risk you might face. By consulting with a financial professional, you should be able to find an arrangement that's appropriate for your situation.

Preserving your financial independence and helping protect that of your family should be a key financial goal. And you can make progress toward accomplishing this by recognizing the potential cost of long-term care and taking steps to deal with it.

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

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## MENTOR Vermont Convenes Fifth Annual and First Virtual Vermont Mentoring Symposium

Burlington, VT—MENTOR Vermont recently convened the 2020 Vermont Mentoring Symposium, its annual conference that serves as the only professional development and networking opportunity of its kind focused on youth mentoring in Vermont. Typically a one-day in-person event, due to the pandemic, the 2020 Symposium was held virtually throughout the week of September 28-October 2. This year's online format brought together more than 60 youth mentoring program staff, board members, and supporters from across the state for a series of networking and professional development sessions.

This year, the Symposium featured a keynote address from Dave Anderson, PhD, a clinical psychologist and the senior director of national programs and outreach at the Child Mind Institute. Dr. Anderson specializes in evaluating and treating children and adolescents with ADHD, behavior, anxiety, and mood disorders, and his address was titled “Supporting Youth in the Time of COVID: Strategies to Build Relationships and Better Manage Stress and Uncertainty.”

“What kids are looking for right now is adults who can regulate their emotions in the situation,” said Dr. Anderson.

“Emotion regulation doesn't mean not showing kids vulnerability, it doesn't mean not showing kids that you're having trouble coping. It just means you show them there are possibilities in the midst of all the emotions you're having to regulate and manage that kind of stress.”

The full recording of Dr. Anderson's address can be found at [www.mentorvt.org/vermont-mentoring-symposium#4](http://www.mentorvt.org/vermont-mentoring-symposium#4).

Other formal workshops at the Symposium included: “Introduction to Motivational Interviewing” (led by Jessica Guardado LICSW, LADC, the social work manager at Rutland Regional Medical Center), “Growth Mindset and Assets-Based Approaches” (led by Katy Farber, Ed.D, a Vermont educator, teacher coach, researcher, and writer), and “Growing Your Fundraising Program” (led by Jennifer Hayslett, a Vermont-based leadership and professional development coach and non-profit consultant). Support for these workshops was made possible by Workshop Sponsors Community Bank, N.A., NBT Bank, and the Vermont Student Assistance Corporation (VSAC).

Additionally, MENTOR Vermont offered “first look” sessions on two new resources for mentoring programs: the “Future

Exploration Guide for Mentors,” a resource to help support youth in exploring career and education opportunities after high school, which is being developed in partnership with Careers CliC (through funding from the McClure Foundation and VSAC), and the Vermont Mentoring Hub, a new virtual platform designed to facilitate gathering, networking, and sharing of ideas and resources internally within the Vermont mentoring program community.

Technical assistance provider sessions were also led by two of MENTOR Vermont's National Mentoring Resource Center providers: “New Mentoring Program Support” (led by Pam Quinn, Mentoring Director at the Twinfield Together Mentoring Program), and “The Most Important Sentence in the World” (led by Chris Hultquist, executive director of The Mentor Connector).

The Symposium also featured peer-led discussions on a variety of topics requested by mentoring program staff: family engagement (Gabiella Tufo Strouse, director of community outreach at the King Street Center), race and anti-racism (Kheya Ganguly, Assistant Director of Youth and Family Services at United Counseling Service), mentor recruitment (Patricia

Daddona, regional coordinator, Windsor County Mentors), school-based mentoring (Pam Quinn, mentoring director at the Twinfield Together Mentoring Program), online trainings (Rebecca Majoya, mentoring program associate, Spectrum Mentoring), remote mentoring (Stephanie Ball, mentoring director, Spectrum Mentoring), in-person mentoring during COVID (Bobbi Jo Stellato, mentoring director, The Mentor Connector, and Gabriella Tufo Strouse, community outreach director at the King Street Center), and match support (Kimberley Diamond, executive director, Big Brothers Big Sisters of Vermont).

More information about each virtual session, and downloadable resources from the presenters and facilitators can be found by visiting [www.mentorvt.org/vermont-mentoring-symposium](http://www.mentorvt.org/vermont-mentoring-symposium). The Symposium was also made possible by support from Symposium Supporter Sponsor National Life Group.

The Vermont Mentoring Symposium is planned and organized each year by MENTOR Vermont and members of its Program Leadership Council, an advisory group comprised of elected representatives from mentoring programs across the state that advises and

assists the organization with its various youth mentoring initiatives.

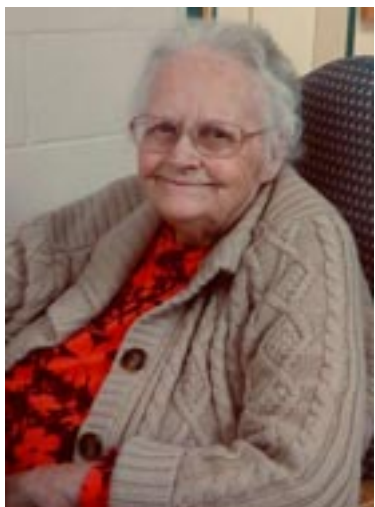
About Mentoring during COVID-19: According to the “Mentoring Effect,” a study released in 2014 by MENTOR National, one in three youth in Vermont will enter adulthood without having a formal or informal mentoring relationship with a caring adult. Given the social isolation and trauma caused by the COVID-19 pandemic, mentoring is more important now than ever. Mentoring programs in Vermont have implemented creative ways for matches to continue meeting remotely from writing “pen pal” letters to each other to video chatting and virtual activities. Some mentoring programs are also offering the option for matches to meet in person again while meeting physical distancing guidelines. The majority of mentoring programs have also taken on new responsibilities to support mentees' families during the crisis, including assisting with food and internet access, providing COVID-19 information in languages other than English, distributing masks, and helping to support mentees' virtual education. For more information about MENTOR Vermont's response to COVID-19, visit [www.mentorvt.org/COVID-19](http://www.mentorvt.org/COVID-19).

### Greta Richards Lamont: OBITUARY

Greta Richards Lamont, formerly of Lisbon, NH, passed away peacefully on Thursday, October 29, 2020 at Grafton County Nursing Home. She was born on June 27, 1932 to William and Muriel Pierson, in Woodsville, NH. Having graduated from Woodsville High School, she relocated temporarily to Florida to attend secretarial school. She ultimately returned to the Lisbon area, married "Tink" Richards and raised five daughters. She held many jobs, including operating a rip saw at Plymwood Furniture, before moving back to Florida in the late 70's after marrying Elmo Lamont. She was a long-time member of the Florida Lions Club, Eastern Star and American Legion.

Greta was predeceased by her siblings William Pierson, Jr, Janice Pierson Lemar, Betty Pierson Hall, Virginia Pierson Somers, Norman Pierson and Roger Pierson, and her husbands, "Tink" Richards and Elmo Lamont.

Greta is survived by her five daughters: Bette (Robert) Liveston, Lisbon, NH, Janice (Robert) Fogg, Leesburg, FLA, Beverly (Neal) Boyd, North Swanzey, NH, Mona (formerly Sirico) Richards, McKenney, VA and Jeanette (Tim) Crosby, Sea-



beck, WA. Just prior to her unexpected passing we had made arrangements to celebrate birthdays in the month of October because plans had been changed for a June celebration due to Covid-19. Greta was also fondly known as "Nanny" to her 15 grandchildren, 38 great grandchildren and her 8 great-great grandchildren. She loved her girls and she loved our babies. She is also survived by many nieces and nephews and sister-in-law Elizabeth Pierson.

For those of you who knew her well, she could never understand a joke but could sure tell some stories. She loved playing bingo, quilting, until arthritis settled in her fingers, making and decorating cakes and jig saw puzzles. One of her favorite possessions was a book compiled by her youngest,

Jeanette; it was "new" to her every time she found it under a stack of papers or in a drawer. This year had been exceptionally difficult with visits outside her window, by telephone or by video chat but she managed to keep her spirits up, most of the time.

She will be greatly missed but the excerpt below, author unknown, exemplifies how she must feel:

"I just wanted to let you know that I made it home. Everything is so pretty here, so white, so fresh, so new. I wish that you could close your eyes so you could see it too. Please try not to be sad for me. Try to understand. God is taking care of me...I'm in the shelter of his hands. Here there is no sadness, and no sorrow, and no pain. Here there is no crying, and I'll never hurt again. Here it is peaceful when all the angels sing. I really have to go for now... I've just got to try my wings. PS... I'll be the first face you see when you get here!"

There will be private services at a later date. As a pet lover her entire life, those wishing to make a donation may do so in her memory at Second Chance Animal Rescue, Littleton, NH or Riverside Rescue, Lunenburg, VT.

### James Woodward Dudley: OBITUARY

GROTON, VT -- James Woodward Dudley, 78, passed away on November 3, 2020 after a period of declining health, surrounded by his family. Jim was born in Woodsville, NH, on August 19, 1942, the son of David and Florence Dudley. He graduated from Woodsville High School in 1960 and served in the Army National Guard in Woodsville.

Jim was a big guy with a soft heart and a strict rule about telling the truth. He has been a meat cutter, a truck driver for St. J Trucking and Perry's Oil, a snow machine and car salesman, and an oil delivery driver for Jock Oil. He was also a Past Master and Secretary of the Pulaski Lodge, President of the Junior Chamber of Commerce, was a member of the Ammonoosuc Fish and Game Club (Trap Boy) and the Legion.

He was husband to Phyllis (Moulton) Dudley for nearly 50 years; a father, grandfather, great-grandfather, uncle, great-Uncle, brother, and son — and one heck of a good friend to me and others. So much a friend to me and my family that my daughter said, "Dad, if you're not around when I get married, I would like Jim to walk me down the aisle."

Jim liked to hike in the woods, fish, hunt and, while he didn't 'drink', he liked to 'sample' the hard cider he made. He liked to hike the Appalachian Trail, especially at night with a full moon. He would hike 5+ miles up to a cabin on top of a mountain in a canyon next to a lake with a canoe. Jim loved the outdoors so much that he at one time considered becoming a Game Warden. He also was a fan of country western



music. If you were silly enough to ask Jim what he thought of something, you'd better hold onto your britches; that was just what he was about to tell you! Straight out, no lie, just what you asked for. Yep, it was pretty cut and dried for Jim!

Jim is survived by his wife, Phyllis Moulton Dudley; daughter, Virginia Clark; granddaughter, Patricia Hilton; great grandson, Brannan Pike; granddaughter, Stephanie Richards; great grandsons, Brandon Hilton, Asher Hilton, Kyle Field; Sisters, Nancy Saltmarsh, Florence Alger, Joan Ward and husband Harlow; multiple nieces and nephews, and special lifelong friends David, Henry, and Tom Ilsley and their families.

He was predeceased by his siblings Margaret Wheeler, David Dudley and Donald Dudley.

On a personal note if you ask me 'who was Jim Dudley?' He was the kid who lived up the street who I got to be real good friends with. We went to school together, church together. We were church ushers together and snuck out after the offering together. We hunted and fished together, joined clubs together and had some pretty strange adventures together. He was best man at both of my weddings, and said he wasn't going to do that again! The long and short of it is, he was my best



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Thank you for your understanding.

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**Adam W. Smith**

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

November 10, 2020

Volume 12 Number 3

## What's That Again?

by Maggie Anderson

Early this morning I was awakened by the hovering and buzzing of a mosquito who took a wrong turn somewhere and missed the sign pointing south to warmer climes. Between Halloween and the recent political chaos I figured I'd had enough blood-suckers after me so I quickly dispatched my misguided mosquito. I felt bad knowing he was just looking for something to eat but eased my conscience the way some hunters do by telling myself I had saved him from the brutalities of the coming winter.

The incident reminded me of other missed connections, skewered signals, and twisted translations, they of course brought to mind phone conversations run off the road by people on opposite ends of a call never completely meeting in the middle.

I called a local funeral home many years ago because Hank and I had been talking about our finish lines and who wanted what done after one of us stepped off that final platform. Hank was fragile and his prospects for a long life none too certain at the time and with a house to pay for and four children to feed we had to crunch some numbers.

As soon as the receptionist picked up the receiver she asked what they could do for me. I told her I wanted to know the price of a cremation. She asked me if it would be immediate and I said "Well he's not dead yet, so no I don't think it will be immediate."

Dead silence on her end, then the laughter began and she couldn't stop herself. Apparently folks weren't in the habit of price-checking and

she'd never been asked the cost ahead of the main event. She explained to me her question meant did we want a funeral before the cremation or did we want an immediate cremation.

The conversation got cloudier when she asked me if I wanted a coffin. I asked her why somebody would pay for a coffin only to light the torch as soon as it was occupied. Doesn't anybody suss these details out before the need arises?

Another call was between me and the woman in charge of advertising for the local newspaper. After I provided my name and answers to all of the billing questions she was ready to take down my copy.

At the time Hank worked in a mill that produced decorative moldings, spindles, and trim. He often brought a trunk-load home and we would tie them into bunches. I told her I wanted the ad to read - "Molding shorts, \$3.00 per bundle" and our phone number.

A long silence followed, one in which I assumed she was jotting down the wording in order to read it back to me to be certain she'd gotten it right. The silence was suddenly broken when she said "Why in the world would someone pay for moldy shorts?" See, lost in translation.

One year we took our daughters to the Children's Festival at the city park, as our middle daughter was busy seeing to every detail of her drawing, one of the Festival volunteers walked up to the table and asked Natasha what her name was and how old she was.

Apparently Natasha was concentrating so completely she answered the only ques-

tion she had heard. She said "I'm four." The woman dutifully wrote FAWN, then she asked Natasha her age. Again Natasha answered "I'm four." When the poor woman said "Yes I know honey but I need to know how old you are so I can write it on your picture" Natasha decided she'd been on that verbal merry-go-round long enough and simply refused to waste any more time answering the same question over and over. When she glowered and stopped talking the woman walked over to me and asked "Do you know how old that little girl is?"

It wasn't until we got home and readied the three masterworks for their places of honor on the refrigerator door that we discovered Natasha's had, beautifully-rendered in the lower right hand corner, her name and her age.

It read "FAWN, AGE FOUR."

As soon as I got to work yesterday my employer told me Hank had called to tell me my girlfriend wasn't going to make it. I had just spoken with her the night before and, though she was scheduled for two surgeries, her doctor was sure of a favorable outcome. I couldn't believe what he'd said.

I said "What do you mean she's not going to make it?" His reply was that she wasn't feeling very well and would not be able to meet me for coffee at 4:30 as we'd planned the night before.

By the time I realized he was talking about a different friend and not the one going under the knife my heart was beating so fast I had to pull up a chair.

Seems the fun never stops.



## What About Ma?

by Kellie Quackenbush

### All About Those Pictures

While Ma is safe at a skilled nursing facility, we thought it was time to help her clean and organize her closet, what a project! Ma has kept many delightful keepsakes and too many beat up shoes. However, the most intriguing items in her closet are the boxes and boxes of pictures.

There are some people that actually throw out old pictures, but we would never do that to relatives that worked so very hard to bring us into this world. Fortunately, we are not the first or the only people to have so many wonderful old pictures. I have found that there are many thoughts on the subject of old pictures.

MarketWatch, "What to do with those old family photos," Published: Feb. 27, 2018-By Claire Zulkey provides hints on preserving the photos and bringing family history into the minds of the next generations.

1. "The most urgent memories to preserve are old home movies. "These are deteriorating every day — you lose the colors on them," said Scott Fisher,

2. If you have an old photo album, don't give into temptation to remove photos for framing or distributing. "If you take that album apart you've lost the context of the photos," said Taylor.

3. Back up your images to at least two cloud services like Dropbox or Google Drive.

4. Recruit younger relatives to interview the older ones so you can gain greater family context on video or audio.

5. Leave a record behind telling your family heirloom's stories."

The task can be daunting to work through the memories of years gone by, look-

ing at sometimes faded black and white pictures of people from another time, but the satisfaction of noting what family before you had endured...it makes the work a true adventure. Noting how someone from a hundred years ago looks so very much like you, what a fine carriage they had compared to uncle...what was his name's... hitch and wagon. Why that tea pot from Great-Aunt Fern means so much today.

The Washington Post, "How to tackle those boxes full of old photos" By Nicole Anzia, November 20, 2018, "Sorting and organizing old photos is a daunting job that requires time, so it's understandable that many of us have delayed it. But now is as good a time as any. And wouldn't it be great to check this task off your list? I promise that whatever you've anticipated about this job — that it will take forever, be boring and not really make much of a difference — will turn out to be untrue."

For some of us, we are in our homes, quarantined from the world, trying to stay healthy and not lose our minds from boredom. Sorting photos and creating new albums or scanning pictures to the cloud, or making a dvd from them could be a great release of pent up energy. Going through the pictures of relatives that are no longer with us, it is a celebration of family and life.

To my friends, I say -- let us celebrate family, make notes that will inspire future generations that will one day look upon these albums. Let the great deeds of those who have passed be shared. It is good to remember family and friends.

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# The Power of the Mushrooms

by Melanie Osborne

Numerous medicinal mushrooms have been used for centuries for a variety of liver related conditions. Of special note is the Reishi (*Ganoderma Lucidum* "Ling Zhi" mushroom is termed the "Tonic for the 21st Century", Reishi is a tonic that increases vitality, enhances immunity and prolongs a healthy life. A powerful immune stimulating, antihistamine and antioxidant agent with adaptogenic effectiveness against wasting and degenerative auto-immune diseases such as cancer, chronic fatigue, and AIDS. Reishi is a specific to stimulate T-cell activity and inhibits replication of the HIV virus, a strong anti-tumor agent, should be taken as part of a recovery program from chemotherapy and radiation. Extremely useful as part of an immune system strengthening formula, effective in formulas addressing viral hepatitis and liver dysfunction, treats chronic bronchitis, peptic ulcer, hypertension, insomnia, sticky blood and high cholesterol levels, useful in the treatment of allergies.... Shall I say more? Reishi is a liver and whole body tonic, it has demonstrated dramatic effectiveness for chronic hepatitis of 70 – 98% in 2-15 weeks. This magical mushroom is useful for prevention, liver regeneration and Hepato-protection. Other synergistic actions are the reduction of free radicals and inflammation, both of which are causal and contributing variables in liver imbalances. Reishi is an adaptogen mushroom for blood sugar regulation, deep immune support, anti-cancer and anti-oxidant properties, and radiation protection. Helps strengthen those recovering from long-term illness. Excellent for children.

Shiitaki (*Lentinus Edodes* "Hsiang-ku) mushrooms (called oyster mushrooms when fresh) produce a virus which stimulates interferon in the body for stronger immune function; promotes vitality and longevity and is used in Oriental medicine to prevent high blood pressure and heart disease, and to reduce cholesterol by speeding up the processing of

cholesterol in the liver. Shiitaki is a powerful, revitalizing immune and T-cell stimulating agent, stimulates macrophage (anti-body) activity. Highly nutritious, rich in amino acids and B vitamins, Shiitaki mushroom acts as an interferon stimulant for major degenerative diseases such as AIDS, chronic fatigue syndrome and cancer. Shiitaki is effective in the treatment of systemic conditions related to aging, immunity and sexual dysfunction, it lowers cholesterol, reduces blood pressure and helps shrink tumors. It is indicated for viral and bacterial infections, liver dysfunction including hepatitis B and cirrhosis, helps prevent osteoporosis and vitamin D deficiency.

Maitake (*Grifola Frondosa*) mushroom is a potent anti-bacterial, anti-tumor, immuno-stimulant and anti-fungal. A specific to overcome candida albican yeast overgrowth, used to control nail fungus, athlete's foot and thrush conditions. Maitake's anti-tumor properties make it useful against many cancers including Kaposi's sarcoma, it kills staphylococcus virus and is useful in the treatment of diabetes, hypertension and obesity. Maitake has recently shown benefits for protecting and regenerating the liver as well as usefulness in hepatitis, showing even stronger effects than some of the traditional liver mushrooms.

Poria Cocos (*Fu Ling*) is a diuretic with organ-tonifying properties, calms the mind and emotions. Poria Cocos is a specific used to reduce and regulate excess fluid from the body and prevents the build-up of toxins, where extra kidney support is needed; useful for hepatitis and cancer. It is used for spleen, pancreas and liver support in a tonifying formula, and useful in energy formulas.

*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.*



Riverside School's 8th grader, Ethan Lussier and his partner, designed a tool that would record the event of a weighted ball dropping on the floor of the school's 160-year old main building. Each pair of students designed a unique tool. The 7th and 8th grade students were challenged to engineer a seismogram that can detect faint movement and leave a recording for analysis as to the "earthquake's" strength. Ethan attached a pencil to some Jello® to create a sensitive device. His seismogram detected the "earthquake" well, but the pencil writing deadened the wiggling making the recording weak.

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by **Cindy Pinheiro**  
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# Ricotta Pie

Hello hello my fellow chefs. I hope you are all doing well. So we had our first snowfall and now we have temperatures going up to the 60's. I'm not going to complain about it. I want to urge everyone to continue wearing your face mask and keep your distance from everyone and stay home as much as possible. I lost my cousin last week to the corona virus, he was only 59 years old. Very sad.

Today's recipe is so easy and so Deliciouso you will want to make it again and again. You only dirty one bowl so it's an easy peasy cleanup. Let's get started with today's recipe

and how to make it.

Preheat oven to 350 degrees

Ingredients

- 5 eggs at room temperature
- 3/4 cup of sugar
- 1 lb. ricotta cheese
- 8 oz. heavy cream
- 1 teaspoon vanilla extract
- Nutmeg to sprinkle on top (optional)
- Whipped cream (optional)

In large bowl beat the eggs until foamy. Add sugar and mix well then add the ricotta cheese and the heavy cream and vanilla. Mix well until all smooth. Pour into your pie plate and bake for 30 mi-



minutes then turn oven down to 250 degrees and bake for an additional 30 minutes. Remove from oven and sprinkle with nutmeg and cool, then refrigerate. That's it! Enjoy a piece of pie with whipped cream and a nice cup of coffee.

So folks that's all for now. I hope you enjoy this recipe. Until next time I am signing off, sincerely, Cin Pin.

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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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