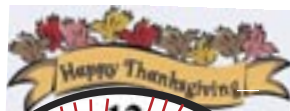


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Lists

By Jim Frohn, Grafton County Forester, UNH Cooperative Extension



Like many people spending lots of time at home, we have been taking note of the birds at our house. Keeping track of sightings ends up with a list. In my walks in the woods, I often make a list of the tree species I see, along with shrubs and other plants. My tree lists are usually longer, because I know them best and they tend to be the focus of my observations, but I'm learning more of the shrubs and other plants too. Birders are famous for their lists, with some recording all the species they've seen in their lifetimes.

I often ask my wife to review my writing and make suggestions. She teases me that my writing is sometimes "listy", and she is probably

right. I do like a good list, especially when I'm writing about species observed. A longer list signifies more diversity. A list of numerous tree and shrub species tells me I'm in a diverse forest with numerous habitats; a longer list of bird species on a parcel of land indicates a wider variety of habitats. To that end, our list of birds we've seen or heard near our three-and-a-half-acre parcel of land since spring includes thirty-two species, from the woodcock and ruffed grouse to the cedar waxwing and rose-breasted grosbeak. Our most exciting observation was that of a Redstart.

The length of this list is a result of the variety of habitats surrounding our homestead. On our land, we have a mix of abandoned pasture, young second-growth forest, a small lawn, and numerous landscape shrubs and trees. The pastureland, which hosts milkweed for the monarchs

and goldenrod which is one of the last flowering plants in the fall, is mowed every three years after August 15, to give any nesting birds a chance. Scattered through the old pasture and the woods are numerous wild apple trees. Tree species include white birch, gray birch, aspen, sugar maple, balsam fir, and white pine, with most trees in the sapling to pole-size class. I've been cutting firewood over the past six years of ownership, which has created gaps in the canopy that encourage understory growth.

Adjoining our property is a forest of mixed species and ages, with rolling hills and ridges along with low forested wetlands. Also adjoining us is a wetland with cattails and willows. A shallow fire pond ringed by cattails sits across the road, in what was once a poorly drained pasture. It is now being reclaimed by willow and northern white cedar. This wetland is at the upper

end of a larger complex of old beaver ponds fringed by abandoned pasture reverting to forest, second growth forest, and older forest up the slope. Further up the road are old fields with willow and aspen along the edges.

This great variety of habitat types, borne of a variety of soil types, drainages, and land-use patterns, makes for a satisfying list of birds. Our list shows the huge variety of organisms that can be found in a small area. One doesn't necessarily need to go to large wilderness areas or exotic places to find biodiversity.

Note: Our bird identification was aided by field guides and bird ID apps. The main app we



Photo taken by Jim Frohn

used was Merlin from the Cornell Lab of Ornithology. There are others available. Cornell also has an app called BirdNet that helps identify birds by sound.

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TRENDY Dining Guide

What Can I Do To Help?

by Gary Scruton

There is no denying the fact that COVID-19 has affected the dining industry. It has probably affected every other industry and aspect of our lives as well, but this article is meant to talk about dining, and specifically the good folks who advertise their eateries with Trendy Times.

As you may rightly assume Janice and I have severely curtailed our dining out excursions. We have done this, not because we don't like to "eat out". We have not done this because we don't enjoy the offerings at our local establishments. We have done this strictly as a health issue. Both of us are "in the "elderly, or over 65 stage of life and Janice has

some other health issues that also put her in a higher risk category. Therefore we are being as cautious and careful as we can be.

This does not mean that all others must follow our course of action. In fact some government heads have stated that eateries, who follow the current rules and regulations, have not been spreaders of this virus. Staying "socially distanced" and wearing a face covering whenever you arrive, depart, or walk around, in such an establishment increases your chances of staying healthy and not passing along anything that you may have contracted.

While on the subject of food and keeping in mind the upcoming holiday season

when virtually all of us want to gather with other members of our family as well as with friends, it will do us all good to keep the suggestions from health care workers in mind. Wash your hands often. Wear a mask when possible and where needed. Keep social gatherings to a minimum. I know this will not be easy for any of us. In fact for some it may seem the hardest thing they have done. But keep in mind what the consequences could be if you or a loved one were to fall ill.

With the recent news of vaccines becoming available to the general public in the next few months, it seems that there will be a light at the end of this pandemic induced tunnel. My hope is

that we get there soon and that we get there with all of our loved ones still with us.

In the meantime, remember that most eateries continue to offer inside dining with restrictions. Most also offer take-outs. In either case please remember that

these businesses are owned by members of our local communities and they are working hard to serve us while also staying in business. So treat them well.

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42nd Annual Putney Craft Tour Goes Virtual for the First Time

Putney, VT — Every Thanksgiving for the past 41 years, Vermont's most iconic open studio tour, The Putney Craft Tour, the oldest continuous craft tour in the country held during the long Thanksgiving Weekend (Nov. 27, 28, 29), draws thousands to the studios to meet the artisans to experience where art begins and purchase one of a kind works.

Due to the on-going concern of spreading COVID-19, artisans on the tour felt it important in these trying times, to share their work that brings so much joy and meaning especially during the holidays, rather than cancel the tour altogether.

This year the 42nd Putney Craft tour will come straight to art lovers offering "tour-goers" the opportunity to shop and browse the Putney Craft Tour Collection from the comfort of their own homes. This year's online tour will feature 19 artisans—including glass blowers, potters, jewelers, weavers, painters, woodworkers, — even artisan cheesemakers, and winemakers.

The virtual tour kicks off on Black Friday, November 27 at 10:00 a.m. sharp and continues throughout the weekend until Sunday at 5:00 p.m. The tour's website will be open for browsing in advance, but the artisan's online stores will not be open until 10:00 a.m. sharp, Friday morning.

The virtual tour at putney-crafts.com will not only offer browsing and purchasing of the works of some of Vermont's finest artists and craftspeople, but to help

create an up close and personal opportunity that the tour is known for, several of the artists are available by appointment to share their lives and how they work via a Zoom call. And, since you can't be there in person, the tour has produced short videos of each of the artists, which is a great way to engage with the artists and discover the secrets of how they work and to browse their collections to help you choose a piece.

Many of the Putney Craft Tour artisans are offering specials and other promotions during the tour. Each of the artisans will have different offers, so "tour-goers" will want to check them all out. The tour itself is offering a prize of \$100 to one lucky winner. "Tour-goers" can sign up at putneycrafts.com for a chance to win. The winning ticket will be pulled on Sunday afternoon after the tour ends.

Traditionally, the Putney Craft Tour brings important business not only to the artisans, but also to the local shop owners in Putney. Putney's businesses like many small businesses across the country are struggling and for years the Craft Tour has donated a percent of profits to the Putney Food Shelf and will continue that tradition this year. So not only will pur-

chases, help the artisans, it will also help the community.

Each year the tour also partners with Sandglass Theater and Next Stage Arts which will also be celebrating the rich tradition of Putney as one of Vermont's most creative communities. This year is no different. Sandglass Theater artists Shoshana Bass and Jana Zeller will conduct an hour of puppet making for the whole family. During this free, online workshop they will create a beautiful little shadow box and animate 2-dimensional puppets on a screen. To participate go to their website for materials you will find around the house. The workshop will be available at sandglass-theater.org from Friday 10:00 a.m. November 27 through Sunday 5:00 p.m. November 29 during the Putney Craft Tour.

Several of the Putney Craft Tour artists will also open their Vermont studios to visitors with set appointments. Please go to putney-crafts.com for more information.

See also our Instagram and Facebook pages: Instagram Facebook.com

Before planning a visit to Vermont, visitors are encouraged to go to: healthvermont.gov/response/coronavirus-covid-19/traveling-vermont

Red Cross Blood Drive At Woodsville American Legion

This is the time of the year that we look back on the year and feel grateful for our health, family, and friends. The Red Cross is excited to be teaming up with the Woodsville American Legion to host a blood drive during our urgent need for all blood types.

The Red Cross recognizes that all our lives have been affected in some way by COVID and we want to reassure you that we have great safety precautions in place to make everyone feel comfortable throughout the donation process. All donors, staff and volunteers need to wear a face covering throughout the entire donation. All tables, chairs and equipment are cleaned between each donor and we

have 6 feet social distancing throughout the blood drive.

For an appointment or if you have any questions about donating please call me at 802-557-7474.

All presenting donors will be checked for COVID antibodies, so please make sure we have your email on file to receive your test results. In addition, all donors will receive a long sleeve winter t-shirt from the Red Cross as a thank you for coming in.

Thanks for your help and have a happy and healthy holiday season.

The drawing is Friday, November 27 from 10 am - 3 pm. Please use the side entrance at the post home at 4 Ammonoosuc Street in Woodsville.

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Thanksgiving Dilemma

by Elinor Mawson

Our last 11 Thanksgivings have been legendary. We have brought everything necessary to our son's camp, 90 miles South of here, and celebrated with our family.

The camp is also legendary. It is the size of a 1-car garage and has no electricity or running water. There's a sink with a drain into a bucket, 3 stoves (one of which doesn't work) and the porch is the refrigerator. Oh! There's a fourth stove that eats wood every hour.

As I said, we bring everything. Lots of water! All the food -- including a huge pan of pasta for the night before, and breakfast for the next 2 days. Fortunately, there are pots and pans and silverware at the camp, but we bring paper plates for the duration.

We have suffered through all kinds of weather in 11 years. Mostly COLD. Every time the door opens it cools down the whole place and the woodstove needs feeding once again. A couple of times it snowed-- heavily -- which makes it difficult to get to the outhouse -- more so than usual!. If it is too difficult to get "out" to go anywhere, our son just happens to have a skidder available which does a decent job of snow removal.

Somehow we prepare a wonderful meal with all the trimmings, and everyone en-

joys desserts for the rest of the day. Someone does the dishes and empties the bucket. Some of us play games, some of us sleep and we all visit with each other. It is a fun time. When it gets dark, the Coleman lantern goes on and we have leftovers for supper. Of course nobody watches football during the afternoon~!

This year it is a dilemma for all of us. One of our party will be coming from Connecticut, and if she does, another one of our party will have to quarantine for 2 weeks. Our family is worried about my husband and me catching the virus because the place is so small and we'll be unable to socially distance ourselves. And we are concerned because, being octogenarians, we are sitting ducks. Nobody wants to give up our traditional Thanksgiving and nobody wants to be the person who thinks of an alternative.

We are still up in the air about what we are going to do. Everyone has a different idea. All suggestions involve traveling in a different direction. We don't want to have to stay home and be by ourselves. Nobody else knows how to cook a turkey. Everyone wants Grammie's desserts.

I am sure that we will work something out. Whatever it is, there will be food, conversation, happy times and memories made. Time will tell.

Haverhill Library Association Celebrates LCHIP Grant Award

The Board of Directors of the Land and Community Heritage Investment Program (LCHIP) today announced \$4.1 million dollars in matching grants awarded to thirty-two projects across the state, including the rehabilitation of the 140 year old Haverhill Library in Haverhill Corner.

The Haverhill Library Association (HLA) has received a \$47,000 grant to support the first phase of a rehabilitation project, shoring up the first-floor framing and foundations of its 180-year-old building. The library building is a key historic structure in the Haverhill Corner Historic District—built as a county administrative building in 1840, but serving as home to the library since 1916.

"We are very appreciative of this investment in rehabilitating our historic building," said Joe Kirkpatrick, President of the Haverhill Library Trustees. "Without this grant, the continued existence of this important community resource was in doubt. We continue to seek grants and contributions in order to fully fund the rehabilitation.

This is the fourth historic building in the Haverhill Corner Historic District whose preservation has been aided by LCHIP over the years."

This past spring, the HLA undertook a building conditions assessment of the library, financed in part by a grant from the New Hampshire Preservation Alliance. The resulting report by kcs Architects and Preservation Company included recommendations for rehabilitating the library building in several phases, all consistent with historic preservation principles.

The Phase 1 rehabilitation

grant from LCHIP will address the highest priority structural issues for the library. This phase of the project will only address the first-floor framing and foundation issues required to stabilize the building. The HLA will address the building's external issues (roof, external walls) and a small addition in subsequent phases.

LCHIP funds will support projects in nine of the state's ten counties. This grant round was highly competitive, with nearly \$8 million in funding requests compared to \$4.1 million available for grants. LCHIP Board of Directors Chair Amanda Merrill of Durham observed that "With the large number and high quality of applications that were submitted this year, the board had the satisfaction of awarding grants to a variety of wonderful projects--and the regret of being unable to support many others. It is clear to me that the work of LCHIP is more important than ever."

Grant recipients are required to raise a minimum of one dollar for each dollar provided by LCHIP. This year's awards of \$4.1 million will be matched by nearly \$18 million that the project proponents will raise from other public and private sources, infusing a total of over \$22 million into the state's economy in direct project activity.

Speaking by video at the LCHIP grant award announcement event, newly reelected Governor Chris Sununu told the audience of grant recipients and legislators: "Big congratulations to all of LCHIP's award winners this year! We cannot thank you enough for your

hard work making projects happen and keeping them on track through some tough times. The projects that LCHIP helps all over the state -- both conserving lands and historical restoration projects -- really impact our community and its economic revitalization." Senator Bob Giuda of Warren, serving NH Senate District 2, said, "I'm honored to serve as one of the two senate appointees to the LCHIP board. We work hard to help New Hampshire communities benefit from the efforts of a very dedicated team that works diligently to restore and preserve historic buildings and land that reflect our heritage throughout the state. While LCHIP helps communities preserve both lands and buildings, I especially love the old buildings piece and the architecture and history they represent."

Through the completed LCHIP projects "the community enjoys the aesthetic benefits of a restored building or preserved lands as well as enduring presence as part of the town's history." The projects "provide another benefit as well, attracting growing numbers of tourists who contribute billions of dollars to our local and state economies, provide jobs for our people, and generate tax revenues that fund the operations of state government." Retiring Senator Martha Fuller Clark of Portsmouth, among the creators of LCHIP twenty years ago and a long-time member of the LCHIP Board of Directors said, "Today I would like to congratulate all the awardees. And to remind them and us that LCHIP is not just about preserving lands and buildings. It is about the people of New Hampshire. It is about protecting our quality of life now and for future generations. It is about communities coming together and forming partnerships along with the State to protect what each community and its people value and are willing to invest in so that all of us can continue to enjoy what makes New Hampshire special. I am very proud of the success of this program, now in its twentieth year. I'm proud of all of you for the contributions that you have made to further its success. Thank you all, and congratulations to everyone."

Newbury United Continues to Serve the Community

Newbury United the neighbor-helping-neighbor group of volunteers that was started in March to address emergencies cropping up as a result of the COVID-19 crisis has initiated several projects and programs.

In September the group teamed up with the Rowe Garden "Share the Harvest" table and began staffing the table in front of the Baldwin Memorial Library on Friday afternoons. In addition to offering fresh vegetables and fruits from the Rowe Garden and from Wells River area gardeners, other staples like bread, eggs and milk were available thanks to donations from Willing Hands, the Norwich group that works with upper valley farmers and stores providing surplus foods that otherwise would go to waste.

With cold weather upon us, Newbury United is collaborating with the Wells River Congregational Church at 76 Main St. North, Wells River and has moved the Share the Harvest table inside the church vestry. It will continue to offer food to anyone in need on Friday afternoons. Please wear a mask and maintain social distancing. The current hours are 2pm-5pm but may change based on need. Changes will be announced through its website, the New-

bury listserv, Front Porch Forum, posters and media outlets.

Newbury United recently launched its website - newburyvtunited.org with easy to access information available 24 hours a day. Newbury and area residents short on food, or in need of a plumber, or perhaps looking for a justice of the peace for their marriage ceremony, have a new way to begin addressing those needs and more. The site is brimming with up-to-date contact information ranging from general medical assistance, food shelves, municipal officers, even the number for the Cemetery Committee. The largest section of the website features the on-line version of the Newbury Business Directory with the contact information of nearly all Newbury-based businesses that was mailed to all Newbury residents in July. Information about Community Groups and organizations will soon be added.

The NU volunteer coordinators, Amanda Beaulieu, Bobbie Jewett, Catherine Kidder, Cynthia Maltbie, Emmy & Rick Hausman, Jenna Parsons, Kathy Damon, Kelsey Root-Winchester, Nikki Tomlinson, Richard M Roderick, and Robert Taylor conceived the newburyvtunited.org website as a way to keep the New-

bury Business Directory current. Both the booklet and the website are part of a buy-local campaign spearheaded by Newbury United.

The group maintains a Helpline—(802) 274-1120—to assist with information, referral, and direct services for persons in need of grocery shopping, registering for food distributions, and similar services. Newbury United can also be reached by email at NewburyVTUnited@gmail.com for assistance.

Other Newbury United activities include sewing masks, keeping readers of the Newbury Digest listserv and Front Porch Forum abreast of key COVID-related information, and promoting mask-wearing and promoted completing the 2020 Census through poster campaigns. The new website has a page for interested persons to sign up as Newbury United volunteers. All ages are welcome to help deliver groceries, medications, call to check on neighbors, sew masks, etc.

For more information about Newbury United, for assistance, for business information or to volunteer check out the website, call the hotline or email the group.

Cohase Chamber Seeks Nominations For 2020 Business & Citizen Of The Year

WELLS RIVER, VT -- The Cohase Chamber of Commerce is now accepting nominations from the public for its 2020 Business of the Year and Citizen of the Year awards. The deadline for nominations is December 1, 2020.

The awards are presented annually to a business and an individual who have had a significant impact on the community in the past year. Winners will be celebrated at the Cohase Chamber Annual Meeting to be held virtually on January 19, 2021.

Last year, Housewright Construction received the Business of the Year award, and Rob Elder of Piermont, N.H., received the Citizen of the Year award. Nominees for both awards must meet certain requirements, including leadership, innovation, and charitable work in the community.

For a full list of criteria and to submit your nomination online, please visit cohase.org.

The Cohase Chamber of Commerce is a 501(c)(6) nonprofit serving the towns of Bradford, Fairlee, Newbury in Vermont, and Haver-

hill, Orford, Piermont in New Hampshire. It is committed to fostering a vibrant economic climate by encouraging cooperation and communication among the region's communities.

HAVERHILL COOPERATIVE SCHOOL DISTRICT *An Invitation to Members of the Community*

The Haverhill Cooperative School Board is seeking members of the community to be a part of the Budget Advisory Committee for the 2021-2022 budget process.

If you are interested in becoming a member of the committee please contact Carol Smith at 603-787-2113 x 116 or email csmith@sau23.org

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Calendar of Events

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

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

FRIDAY, NOVEMBER 27

RED CROSS BLOOD DRIVE
10:00 AM - 3:00 PM
American Legion Home, Woodsville, NH
See Article on Page 3

FRIDAY NOVEMBER 27 -

WEDNESDAY, JANUARY 6
NORTHEAST KINGDOM ARTISANS GUILD ANNUAL HOLIDAY SALE
11:00 AM - 5:30 PM Seven Days a Week
430 Railroad Street. St. Johnsbury
See Article on Page 13

FRIDAY-SUNDAY, NOVEMBER 27-29

42ND ANNUAL PUTNEY CRAFT TOUR
To be done Virtually
See Article on Page 3

SUNDAY, NOVEMBER 29

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

TUESDAY, DECEMBER 1

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

SUNDAY, DECEMBER 6

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

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

MONDAY-FRIDAY, DECEMBER 14-18 & SUNDAY, DECEMBER 20

WEATHERVANE THEATER: A NEW YORK HOLIDAY MINUTE
5:30 7:30 PM via Livestream
See Article on Page 9

THURSDAY, DECEMBER 17

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

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.

Colonial Receives \$10K Matching Grant

The Colonial Theatre in Bethlehem, NH received an anonymous pledge to match Giving Tuesday gifts dollar for dollar up to \$10,000. "In challenging times like these, we rely on the continued support of our community." Executive Director, Stephen Dignazio explained. "So please, mark your calendars for December 1st and consider supporting The Colonial Theatre. Your doubled gift will help The Colonial continue to enrich lives, inspire minds, celebrate diverse perspectives, and weather this storm."

A revitalized Colonial has, for nearly two decades, provided the North Country with outstanding music, films,

community and family events. According to American's for The Arts, in a typical year the theatre returns over \$500,000 to our community and supports over a dozen full time jobs. In recognition of this fact one generous donor sees the continued health of the Theatre as essential to a prosperous and growing community.

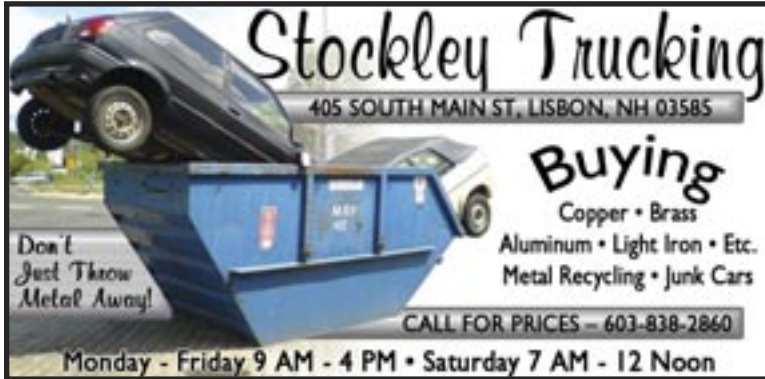
GivingTuesday was launched in 2012 as a simple idea: to create a day that encourages people to do good. Over the past nine years, this idea has grown into a global movement that inspires hundreds of millions of people to give, collaborate, and celebrate generosity.

People demonstrate gen-

erosity in many ways on GivingTuesday. Whether it's helping a neighbor or stranger out, showing up for an issue or people we care about, or giving to causes we care about, every act of generosity counts. GivingTuesday has raised billions of dollars for critical causes around the world and gets 21 billion impressions on social media from people and organizations speaking up for the causes that matter to them and encouraging others to get involved in their communities.

"GivingTuesday inspires people all around the world to embrace their power to drive progress around the causes they care about, not just on one day but throughout the year." said Asha Curran, GivingTuesday's CEO, and co-founder. "With country and community leaders, millions of organizations, and countless givers of all kinds, GivingTuesday is creating a shared space where we can see the radical implications of a more generous world."

Those who are interested in joining The Colonial's GivingTuesday initiative can visit the Theater's website at www.BethlehemColonial.org. While you are there sign up for The Colonial's regular e-blasts so you won't miss a beat!



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Cadet Evan Piette Commands Army JROTC Spartan Battalion

Cadet Evan Piette recently took command of the Army JROTC Spartan Battalion at the White Mountains Regional High School. Evan is a senior who attends school at Littleton High School but attends the JROTC class every day at the WMRHS. He is the second student from Littleton to ever command the unit in its 26 year history. Evan has also served as the captain of the JROTC academic team and is a member of the color guard and rifle teams. He is an honors student and valued member of the Littleton soccer and wrestling teams. Evan has also served as his class treasurer, a member of the Governor's Youth Advisory Council, and is a member of the National Honor Society. Following graduation, Cadet Piette plans on attending the United States Air Force Academy.

The Army Junior Reserve Officers' Training Corps (JROTC) is a popular high school program that promotes leadership and character development. It is currently under the leadership of Lieutenant Colonel (Retired) Darrel Gearhart and Sergeant Major (Retired) Michael Bruno. The program at the WMRHS was established in September 1995 and is one of only two Army JROTC programs in New Hampshire. There are a total of ten JROTC programs in the state, but the program at the WMRHS is the only one located north of the notches.

The Junior Reserve Officer Training Corps or JROTC teaches high school students the value of citizenship, leadership, service to their community, personal responsibility and a sense of

accomplishment. The JROTC program also instills self-esteem, self-discipline, and the value of teamwork. JROTC prepares high school students for roles in responsible leadership positions while making them aware of their rights, responsibilities and privileges as citizens of the United States of America. In addition to WMRHS students, several sending students from Littleton, Lin-Wood, Profile, and Groveton High Schools as well as the Charter Academy participate in the program.

The mission of JROTC is to motivate young people to be better citizens. Although several students take JROTC because they have a goal of joining the military following high school, there is no military obligation or pressure for students to join the military. Cadets are required to wear a military uniform once per week. All uniforms, supplies, books and equipment are provided at no cost to the student. The program is designed to ensure students are successful while in high school, and more importantly, teach them valuable skills that will make them successful following graduation.

United States Army Cadet Command has oversight responsibility for the 1,730 Army JROTC programs in the country. Over 314,000 cadets and more than 4,000 instructors are assigned to the organization. The JROTC program is designed to promote good citizenship habits, emphasize character education, student achievement, community service,

and giving back to others. WMRHS Spartan Battalion cadets participate in a community flag education projects within our local elementary schools, assist the American Red Cross with blood drives, participate in community parades, present Colors for many sporting and community events, assist with Project Homebound, and have adopted a highway for cleanup each year.

In addition to learning practical life skills which include time management, study habits, organizational leadership, financial planning, geography, American history, first aid, marksmanship safety, conflict resolution, effective writing, communication and public speaking skills, the Spartan Battalion cadets also have the opportunity to participate in a number of educational field trips. Past trips include; Washington DC, New York City, Gettysburg, Philadelphia, Fort Ticonderoga, sleeping overnight aboard the Battleship USS Massachusetts, and orientation flights with the US Air Force and the Army National Guard. The cadets work hard all year planning and earning funds for these trips. Cadets are also required to participate in formal social events such as a military ball or a dining-in which teaches them proper etiquette, manners and social protocol. The cadets fund raise to pay for these events as well.

The key to success in JROTC is learning to work together as a team. Integral components of the JROTC program are the competitive

teams. While it is not mandatory to join a team, all cadets are encouraged to join one or more of the following teams:

COLOR GUARD: This team represents the Spartan Battalion, the WMRHS, and all of our communities by ceremonially presenting the Colors (national flag) at school and community events. This team also competes with other JROTC units for awards both regional and nationally.

DRILL TEAM: This team competes in precision drill and ceremony both marching with arms and without, as a team as well as individual drill. This team competes against other JROTC units regionally for awards.

RIFLE TEAM: This team trains and competes in rifle marksmanship. Members are eligible to progress through state and national levels. The team members are trained in marksmanship safety and precision marksmanship skills using Daisy air rifles.

RAIDER TEAM: This is the most physical of all JROTC teams and is considered a military skills team. The focus of the Raider team is to build expertise in physical fitness, outdoor adventure and survival skills. Map



reading, orienteering, fitness challenge, knot tying and general JROTC knowledge exam are some of the skills which are tested. This team competes in regional events as well.

ACADEMIC TEAM & LEADERSHIP TEAM: These teams focus on attaining superior levels of achievement in areas of leadership knowledge, current events and SAT/ACT-based subjects. Online competitions are held during the school year and cadets compete against all other Army JROTC units in the country. Benefits of participating on these teams include an increased interest in college attendance as well as improved leadership and college-related academic skills.

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

November 24, 2020

Volume 12 Number 4

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PSU Launches State's First Communication and Media Studies 3+1 MBA Program

Plymouth, N.H. (November 19, 2020) – Plymouth State University (PSU) recently launched New Hampshire's first "3+1" accelerated program for Communication and Media Studies, allowing students to earn both a bachelor's degree and a Master of Business Administration (MBA) degree in just four years. After several years of planning, the accelerated program was rolled out earlier in the fall semester, with several current PSU students joining the program.

"The new Communication and Media Studies 3+1 accelerated program enables students to gain a wide variety of skills and credentials to prepare them for success

in fast-paced and competitive industries," said Metasebia Woldemariam, Professor of Communication and Media Studies, who oversees the new 3+1 program at Plymouth State University. "The curriculum is structured to allow students who are motivated to drive their progress and focus to match their career goals while providing flexibility in completing the accelerated program."

After completing 90 credits and maintaining a 3.0 grade point average, students can apply to participate in the MBA portion of the program. Once accepted, students can enroll in two graduate-level, foundational business classes in

their third year, counting toward both their bachelor's degrees and master's degrees. In their fourth year, students will take part in the new full-time, on-campus cohort MBA program, which caters to those looking to engage with their professors and fellow students in a small class setting.

"Students who complete the experiential 3+1 curriculum will acquire a wide variety of sought-after skills, including quantitative reasoning, marketing, organization innovations, and operational management," said Chen Wu, Ph.D., Associate Professor of Economics, Director of Graduate Programs, Plymouth State University. "Graduates will be prepared for career opportunities in different industries and organizations, from large corporations to small businesses."

First-year student Francesca Floramo, of Lynnfield, MA, says the new accelerated program will give her the skills to be successful in social media marketing once she graduates. "The faculty from both parts of the pro-



Plymouth State University recently launched New Hampshire's first "3+1" accelerated program for Communication and Media Studies, allowing students to earn both a bachelor's degree and a Master of Business Administration degree in just four years. First-year student Francesca Floramo (pictured above), of Lynnfield, MA, says the new accelerated program will give her the skills to be successful in social media marketing once she graduates.

gram are helping me build a solid foundation. I'm excited to complete both degrees in four years and then make an impact in the workforce."

Communication and Media Studies is the first discipline at PSU to offer the 3+1 combination option, which joins a growing list of PSU bachelor's to master's

programs that offer students accelerated programs and greater affordability. This includes the One-year Intensive Special Education K-12 Certification and the 3+2 Athletic Training Professional Program.

For more information about PSU, visit www.plymouth.edu.

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The December 22, 2020 issue of Trendy Times will feature Holiday Greeting cards from many area businesses and organizations.



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Original Holiday Play A New York Holiday Minute

Out of the Box Theatrics and Weathervane Theatre Collaborate on Original Holiday Play A NEW YORK HOLIDAY MINUTE

This original holiday anthology will livestream December 14 - 18 and December 20 at 5:30 and 7:30 PM ET.

WHITEFIELD, NH - New Hampshire's award-winning Weathervane Theatre and acclaimed Off-Broadway theatre company Out of the Box Theatrics (OOTB) are proud to announce the virtual co-production of A NEW YORK HOLIDAY MINUTE. This 90-minute original holiday anthology will livestream December 14 - 18 and December 20 at 5:30 and 7:30 PM ET.

In a series of six short plays commissioned by Out of Box Theatrics, New Yorkers of all walks of life navigate their way through the highs and lows of living in the city during the holidays. From cynical Christmas elves to awkward family gatherings to heartwarming holiday magic, New York City

during the holidays offers a fresh start unlike anywhere else. Representing BIPOC and LGBTQIA+ communities, featured playwrights include Anthony Anello, Harron Atkins, Elise Forier Edie, Lauren Jennings, Kevin Renn, and Marcus Scott.

The idea behind the piece came to OOTB Producing Artistic Director Liz Fleming as a response to COVID-19.

"There's something magical about NYC during the holidays," said Fleming. "There's a stillness and the hope of a fresh start that I've never encountered anywhere else in the world. In what has been a crazy year I want audiences to feel rejuvenated after viewing our production."

For this project Fleming enlisted six playwrights from very different backgrounds, but all share the common ground of promoting equality in the theatrical community with their writing.

Fleming continues, "There is no one size fits all answer for any situation. For



this project I wanted a variety of perspectives on the universal experience of the holidays. I am so thrilled to collaborate with Anthony, Harron, Elise, Lauren, Kevin, and Marcus on this project as well as Ethan and everyone at Weathervane."

A NEW YORK HOLIDAY MINUTE was filmed at Weathervane Theatre in mid-October at the conclusion of Weathervane's 55th season. All involved parties quarantined and followed local, state, federal, and AEA COVID-19 protocol for the duration of this project. The

piece is edited by DimlyWit Productions.

Additional creative team: Rien Schlecht (Production Management/Costume Design), Michaela Pietrinferno (Sound Design), Kay Cates (Properties Design), Scout Hough (Lighting Design), Meghan Pearson (Video Direction), Lew Whitener (Photography) and Egypt Dixon (Production Stage Manager). Production Staff: Briana Abbot and Kelly Bernard (Carpentry), Rojo Pandero (Scenic Charge), Hillary Jeffers (Costume First Hand) and Marisa Kirby (Assistant Stage Manager).

A NEW YORK HOLIDAY

MINUTE is directed by Jorge Donoso, Liz Fleming, Ira Kramer, and Ethan Paulini. The cast features Jorge Donoso, Liz Fleming, Robert H. Fowler, Carrie Greenberg, Marisa Kirby, Grace Livingston Kramer, and Jewell Noel.

Livestream and On Demand tickets for A New York Holiday Minute are currently on sale at www.ootbtheatrics.com/a-new-york-holiday-minute and at <https://www.weathervanenh.org/a-new-york-holiday-minute>. Tickets range \$24-\$34. Tickets can also be ordered via phone at 603-837-9322.

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Ogontz Lyman taken on November 10th. It was 65 out and the water was so calm.

Photo taken by Cyndi Wellman

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Letter to the Editor: Welcome Back America

To The Editor

The number of times we saw honor, integrity, honesty or pragmatism from Trump during his White House days can be counted on zero fingers of one hand. Never happened. So we have no right to expect anything different as his occupation time there ends soon. In his speech or actions, he was never uplifted by the unaffected grace of precision nor guided upward on pathways to progress.

Even so, it's a sad and sorry sight we have of him today, a spoiled brat in the body of an aged man, throwing his final public tantrum, filing numerous meritless lawsuits, seeming to be flat on his back in the oval office, screaming and pounding his feet on the floor, going around in circles in frustration that he didn't get his way again. Continuing chaos and chronic disregard for all those unfortunately around him.

It is even sadder and sorer still when we know that this is the person yet in charge for a couple months more, in charge of our national security, and supposed to be leading us

against the onslaught of a world-wide medical emergency. And supposed to be inviting and enabling a seamless transition between Presidents. The world, our allies and our enemies, they all watch this dangerous circus closely and make plans accordingly, count on it.

This idiocy too shall soon pass but not soon enough.

Trump for his entire life has advanced his causes by telling lies, and making them believable, or at least acceptable, by repeating them often and loudly. The same tactic works, by the way, even when you tell the truth. President-Elect Biden knows this and is doing it now with the truth - cool, calm, clear consistent truth. Let's count the votes. Let's move forward with transition. Let's develop a lucid understanding and action plan on mitigating Covid 19. Let's put qualified folks into demanding jobs. Let's reacquaint ourselves with allies, and rejoin international agreements that cement our future and theirs.

Welcome back America.

Robert Roudebush
North Haverhill, NH

Robert,

I do hope that the upcoming transition of power takes a turn to smoother sailing. It appears now that Joe Biden has won enough states to win the electoral college and therefore be installed as the newest President of the United States on January 20. I truly hope that happens on time and as smoothly as it has over the past 200 plus years.

At the same time I do not deny that Mr. Trump has the right to challenge specific election results in specific cases where there is evidence that rules were not followed.

Gary Scruton, Editor

Send your Letter to the Editor:

Via email: Gary@TrendyTimes.com or to
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Please keep your letters to a reasonable length. All letters will be considered for publication with an answer from the Editor.



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Fairlee Vt. Receives Vermont Arts Council Grant for Stage Lighting

FAIRLEE, VT – The Town of Fairlee and Fairlee Community Arts (FCA) were among 17 recipients of a Cultural Facilities Grant from the Vermont Arts Council/State of Vermont. The \$17,000 award will go toward the cost of a \$34,000 stage lighting system for the Fairlee Town Hall Auditorium and Theater, to be installed when the final \$5,000 in matching funds has been secured.

The Fairlee Town Hall Auditorium re-opened to the public in July 2018 after extensive building renovations. Since then, additional grants and donations have enabled the Town to install state-of-the-arts sound and projection systems. Stage lighting is the final component of the production equipment needed to present a complete range of performances and other cultural activities in the hall.

The all-volunteer Fairlee Community Arts was formed in 2017 to present cultural events in the Auditorium. Its first indoor programs began in September 2018 following the final concert of its annual Summer Music Series on Fairlee Common. By March 2020, when the Town Hall

closed due to the Covid-19 pandemic, FCA had been offering at least two programs each month throughout the year. FCA's live programming will resume when indoor public gatherings are again safe. Thanks to this Cultural Facilities grant and its matching donors, it will do so "under lights" for the first time.

For more information about Fairlee Community Arts, visit <https://www.fairleearts.org>.

The VERMONT ARTS COUNCIL received 33 applications for this year's Cultural Facilities Grants and awarded nearly \$200,000 to Vermont arts and community organizations for improvements to safety, equipment upgrades, and public access. Other recipients include the historic Barre Opera House, the Big Barn at Clemmons Family Farm, Fairfield Community Center, and the Montshire Museum of Science, among others.

Since the program began, approximately \$3.2 million in grants has been awarded to over 200 theaters, museums, town halls and community art centers across Vermont to make essential improvements to their

buildings, such as upgrades to lighting, sound, heating systems, and accessibility.

The grant program is part of the Building Communities Grant Programs established by the Vermont Legislature to "help communities preserve important historic buildings and enhance community facilities." The Council partners with the Historical Society and the Division for Historic Preservation to administer the program. A panel of experts in historic preservation, architecture, and other building and accessibility expertise determines award recipients.

"It's critical for us to invest in the downtown theaters, grange halls, arts centers and other community buildings that make up Vermont's cultural infrastructure, especially now. We're proud to support these important projects that foster cultural vitality and to ensure that the arts are accessible to all," said VAC Executive Director Karen Mittelman.

For more information about the Cultural Facilities program, visit <https://www.vermontartscouncil.org/grants/organizations/cultural-facilities>

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

November 24, 2020

Volume 12 Number 4

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Member SIPC

It's almost Thanksgiving. And although 2020 may have been a difficult year for you, as it has been for many people, you can probably still find things for which you can be thankful – such as your family. How can you show your appreciation for your loved ones?

Here are a few suggestions:

- Invest in your children's future. If you have young children – or even grandchildren – one of the greatest gifts you can give them is the gift of education. You may want to consider contributing to a higher education funding vehicle.
- Be generous. Do you have older children, just starting out in life? If so, they could well use a financial gift to help pay off student loans, buy a car or even make a down payment on a home. You can give up to \$15,000 per year, per recipient, without incurring gift taxes. Of course, you don't have to give cash – you might want to consider presenting your children with shares of stock in companies they like.
- Review your insurance coverage. If you weren't around, it would leave some gaping holes – financial

and otherwise – in the lives of your family members. That's why it's essential you maintain adequate life insurance. Your employer might offer a group plan, but it may not be sufficient to meet your needs. There's no magic formula for determining the right amount of coverage, so you'll have to consider a variety of factors: your age, spouse's income, number of children and so on. Also, you may want to consider disability insurance – if you were unable to work for a while, it could cause a real problem for your family's finances.

- Preserve your financial independence. When your children are young, you take care of them. But you certainly don't want them to have to do the same for you – so it's essential you maintain your financial independence throughout your life. You can do this in at least a couple of ways. First, consider investing regularly in your 401(k), IRA and other retirement accounts. The greater your resources during your retirement years, the less you may ever need to count on your family. And second, you may want to protect yourself from the devastating

costs of long-term care, such as an extended nursing home stay. A financial professional can suggest a strategy to help you cope with these expenses.

• Create an estate plan. To leave a legacy to your family, you don't have to be wealthy – but you do need a comprehensive estate plan. You'll have to think through a lot of questions, such as: Have I named beneficiaries for all my assets? How much do I want to leave to each person? Do I need to go beyond a simple will to establish an arrangement such as a living trust? For help in answering all these issues, you'll want to work with an attorney.

By making these moves, you can show your loved ones, in a tangible way, how much you value them – and that can help you keep the spirit of Thanksgiving alive all year long.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC

Gratitude

by Maggie Anderson

Yesterday a woman asked me about our Thanksgiving plans. I told her I planned to toss everything I could get my hands on into my crock pot Wednesday night and let the ingredients spend a few hours getting

more closely acquainted. I told her Hank and I are always thankful that there is food of any kind waiting to be nudged into something ambrosial, something that turns our dreams into fairy tales while we sleep as it simmers.

She looked at me as though she thought I maybe needed a run to the nearest food bank. I couldn't understand her reaction because I've always been thankful for a meal no matter what was on hand, could never understand the need to buy half a truckload of things you can eat whenever you feel like it any time of year only to wait for a specific date on the calendar so you can load the dining table to near collapse, stuff yourself to bursting, and toss more of the leftovers than people in many places in the world have to eat in a week.

Doesn't make sense to me, never did.

Our conversation prompted thoughts of how many things I have to be thankful for. The fact that in all the recent fires, tornadoes, and hurricanes we have not lost a single neighbor, friend, or family member rests at the top of my list. And though our little home on the Oregon coast burned right down to the ground, leaving nothing but ash and sadness behind, we are grateful not to have lost anybody. Amazing when you see pictures of the aftermath of so much destruction.

Amid so much sadness and uncertainty we have much to be thankful for. For

one thing, if we wanted a gigantic bird on our holiday table this year and all our favorite dishes, tons of yummy desserts, and pies in every flavor ever devised there would be enough cash to bring it all home, that was not always the case.

In the early days of our married life we were surrounded by friends in the same boat, none of us had two nickles to make a dime. We found a way to celebrate anyway, our celebrations just required a bit more creativity. Many years when we were all broke at the same time we'd have a pot luck Thanksgiving. Everybody would bring enough of whatever they felt like making to feed their own family, we'd plop it all onto whichever dining table we'd gathered around and spread the loot around. Some years we were all so close to destitution the only thing we could rustle up was twenty pounds of spuds baked till their skins were crunchy, their innards soft and warm, then everybody brought their favorite toppings and the feasting began. Those Thanksgivings are some of our most memorable.

No matter what we ate the comfort was in the knowledge that no matter how slim the pickins we had good friends to share them with.

This year perhaps even more than other years my gratitude is for family, friends, neighbors.

Thanksgiving is more than how much food the groaning table holds.

Scott Borthwick
Manager

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BEEZWAX

HELLO, BEEANA? WHAT TIME SHOULD I PICK YOU UP?

FOR WHAT?

OUR DATE! YOU SAID YOU'D GO OUT WITH ME!

WHEN DID I SAY THAT?

By John Martin

THANKSGIVING PARADE

DID YOU NOT SAY YOU'D GO OUT WITH ME WHEN PIGS FLY?!

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Thank you for your understanding.

TRENDY TIMES
A FREE PUBLICATION

Thunder Road Reveals Schedule for 2021 Racing Season

Barre, VT – The schedule for the 2021 season at Barre's Thunder Road is now set. Track officials have unveiled a 19-event campaign from mid-May to early-October with all the events that competitors and fans have come to love.

The 62nd season atop Quarry Hill begins Saturday, May 15 and Sunday, May 16. The annual Thunder Road Car Show is tentatively scheduled for 9:00am on May 15, although it is dependent on the Vermont state health and safety guidelines in place come this time. Open practice for all local divisions will be held that afternoon.

Racing season at the "Nation's Site of Excitement" then gets underway Sunday, May 16 at 1:30pm with the 23rd Community Bank N.A. 150 for the American-Canadian Tour (ACT) Late Models. The Lenny's Shoe & Apparel Flying Tigers and rk Miles Street Stocks open their championship seasons that day with the Burnett Scrap Metals Road Warriors rounding out the card.

The Maplewood/Irving Oil Late Models begin the "King of the Road" chase on Sunday, May 30 at the 58th Mekelsen RV Memorial Day Classic. After a one-year hiatus due to the worldwide COVID-19 pandemic, the Memorial Day Classic returns this year with the format originally planned for 2020. The Late Models open their point-counting season in a special 125-lap event while the Flying Tigers kick off the Myers Container Service Triple Crown Series with a 100-lap showdown.

Weekly night racing then goes green on Friday, June 11 with a full card of championship action plus the annual visit from the New England Antique Racers. Thursday night action gets underway the following week on June 17 once local schools are out for the summer. The weekly racing schedule runs through August 26.

During that time, a variety of special events are planned. The annual Independence Day Spectacular will take place on Thursday, July 1, making Thunder Road one of the first places in the region to celebrate the holiday. The second round of the Triple Crown Series is set for Thursday, July 8 with the championship round on Thursday, August 5.

The month of July also includes the 42nd Vermont

Governor's Cup on July 15, the double-point Midseason Championships on July 22, and the annual Port-a-Potty Grand Prix on July 29. The 37th annual Bolduc Metal Recycling Enduro 200 opens the month of August on Sunday, August 1. The Street Stocks run their annual 50-lap special that same night and have the annual Marvin Johnson Memorial First-Time Winner's Race on June 24.

The Road Warriors go 50 laps as well in the third annual Road Warrior Challenge on August 12. Overall, the Warriors are scheduled to run most of the 2021 events, with nights off on June 11, July 15, and August 5. The finale of the weekly racing season on August 26 includes the annual Run-What-U-Brung Spectator Races.

Once weekly racing concludes, three huge events remain. The 43rd Optical Expressions Berlin Labor Day Classic 200 on Sunday, September 5 brings back the ACT Late Model Tour for their second visit of the year. All division champions, including the "King of the Road" will be crowned at Barre Granite Association Championship Night on Friday, September 17.

The season wraps up with Vermont Milk Bowl Weekend from Friday, October 1 through Sunday, October 3. Milk Bowl Friday is headlined by the Prelude to the Milk Bowl 150 for the Pro All Stars Series Super Late Models plus the North East Mini Stock Tour. The Milk Bowl field will be set at Booth Bros./H.P. Hood Qualifying

Day on Saturday, October 2 with the 59th Vermont Milk Bowl presented by Northfield Savings Bank on Sunday, October 3. Following the conclusion of local and regional racing, Thunder Road will host its 2nd Annual Automotive Flea Market & Swap Meet on Saturday, October 30.

Thunder Road's 2021 schedule remains subject to change based on the trajectory of the COVID-19 pandemic at a local, regional, and national level. Certain special events and activities, such as the Kid's Rides slated for June 17, the Driver Autograph session on July 22, and the Kid's Poster Contest on August 19, could also be rescheduled or modified based on whatever health requirements are in place.

The complete 2021 schedule of events can be found at www.thunderroadvt.com/schedule. Season pass information for the 2021 season will be announced in the near future. Attendance limitations and spectator guidelines for the 2021 season are currently unknown.

Rules and registration forms for all local divisions were released on November 11. These are available at www.thunderroadvt.com/rules and www.thunderroadvt.com/forms.

For more information, contact the Thunder Road offices at (802) 244-6963, media@thunderroadvt.com, or visit www.thunderroadvt.com. You can also follow us on Facebook and Twitter at @ThunderRoadVT.



The Lenny's Shoe & Apparel Flying Tigers take center stage with the Myers Container Service Triple Crown Series on May 30, July 8, and August 5. (Buzz Fisher photo)



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Northeast Kingdom Artisans Guild Joyfully Presents Our Annual Holiday Show



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table. Come and see a world of unique, one-of-a-kind handmade gifts that are perfect for that special person, made right here, in the Northeast Kingdom of Vermont.

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What About Ma?

by Kellie Quackenbush

All About Thanksgiving



Our tradition of Thanksgiving is filled with good food and the gathering of friends and family. We take joy in celebrating family and share a feast. Life is good and when auntie makes her dinner rolls it is even better. This is our annual tradition.

This year of 2020 will be different. The Pandemic, that hit the United States last February, is still here making people sick. People with fragile health are most likely to suffer the most from the COVID-19 virus. In many acts of defiance, people have gathered to protest, to loot, and riot to support political points and to recklessly party. This gave new life to a Virus that was "under control". The term "red zone" has become another way of stating how very bad the spread of the virus is. "The red zone" for COVID-19 cases, meaning they had more than 100 new cases per 100,000 population last week. ... states that are in the "red zone" for test positivity, meaning more than 10 percent of diagnostic test results came back positive." from publicintegrity.org by Liz Essley Whyte.

Back to Thanksgiving, a celebration of the survival of the Pilgrims, was made a National day of celebration by Abraham Lincoln in 1863 at the height of the Civil War. Why would we make a National Holiday in the midst of a war? For one thing, many states had been doing a

"thanksgiving" celebration for years, but in a time of war-it was a chance to take a collective breath and be grateful.(History.com)

To be grateful, for one day, we as a Nation can take a moment and be grateful. We have a Country that has freedoms for its people. We have survived another year. We have lost people and they are missed but we are grateful to have had them in our lives. Gratitude for our homes, having jobs, having food to eat, having friends and family -- we need to take a moment to remember all that we have. To be able to get up each day with a new promise of what can be -- that is the American dream.

Now is not the time to dwell on the wrongs of the past but instead, we must look to the hopes of the future. There is not one thing that me or anyone else can do to change what has happened but we can work to make today better and hope for a better tomorrow. People get caught up in the wrongs of the past, for me I look to the future.

Ma says, "You can cry. I have cried many tears over the wrongs in the world. I've been sad for my own losses but it did not undo a single thing. So, today, I wake up and think about the hope I have for today."

Gratitude for being able to have a day we call Thanksgiving, that is what I have. Happy Thanksgiving.



by Renee Schulze,
MSW, LICSW

Over the past nine months, I've had more referrals than I could take on. Couples, parents, teens, and other providers desperately needing to have counseling to help cope with this coronavirus pandemic. People are really struggling. Where there is some stress there is now increased anxiety, and at times panic. Where there was a crack, there is now a rupture.

This holiday season may trigger even more sadness about relatives and friends who are deceased. Elderly family members that are in nursing homes are struggling with isolation, loneliness and no visitation allowed from family.

Seasonal Affective Disorder is a form of depression that occurs in the winter months due to less daylight and it is rampant. Many people are experiencing intense depression and anxiety and they are feeling

exhausted and stressed about money.

Overall, families cannot regulate and often have no time apart without any outlet. The entire world has had to negotiate working from home, providing their own child care, and home schooling their own children.

On the other side of the spectrum, there are people that are doing very well during quarantine. They have learned to communicate better and actually enjoy spending more time at home. They have been able to take advantage of the down time.

For those of us not so fortunate, here are a few tips to have a mentally and physically healthy holiday:

- We need to practice self-care and set realistic expectations to prioritize our time.
- We need to be more mindful this holiday season. Limiting mind numbing things like sweets and alcoholic beverages.
- We need to try to stay connected through Face-

Time and other ways rather than in person.

• We need to try unplugging from technology daily. Maybe try reading a good book, knitting, or playing board games. Perhaps baking cookies, looking at Christmas lights, or making healthy meals together as a family.

• Go for a walk 30 minutes daily and just try moving your body more. This will help manage stress and boost energy and mood. It will also help reduce tension and fatigue.

Whatever works, do more of.

Whatever doesn't, do less of.

Our mental health matters!

Stay safe and happy holidays.

Renee L. Schulze is a Licensed Independent Clinical Social Worker who is Board Certified. Her practice is in Wells River at the Wells River Wellness Hall.

Mental Health Matters

Hobo Railroad In Lincoln, NH Adds Santa Express Trains To 2020 Schedule

LINCOLN, NH – The Hobo Railroad in Lincoln, NH is excited to announce that they have added 11am Santa Express Trains to their schedule on Friday, November 28 and all Saturday dates which include November 28th, December 5th, 12th & 19th, 2020. The 11am train is in addition to the existing 1pm Santa Express Trains already scheduled for weekends beginning Friday, November 27th and operating through Sunday, December 20th, 2020.

Passengers on this year's Santa Express Trains will have an opportunity to meet with Santa and Mrs. Claus on the train, while young children complete letters to Santa. Once the trains depart Hobo Junction Station, Santa and Mrs. Claus will then make their way through the train to visit with everyone as well as pick up the children's letters. On the return trip to Hobo Junction, Santa and Mrs. Claus will make their way through the train once again, although this time they will surprise each young child with a gift. Upon returning to the Sta-

tion, guests are encouraged to take pictures with Santa and Mrs. Claus on the stations' south platform.

"Given the increased interest in this year's Santa Trains, we've added a one-hour Santa Express Train at 11am on select days", stated Paul Giblin, Director of Marketing & Business Development at the Hobo & Winnepesaukee Scenic Railroad. "The 11am Santa Express Trains are ideal for families with young children, especially given that the entire experience is the same as the 80-minute Santa Express Trains."

Please note strict compliance with State of New Hampshire COVID-19 Guidelines will be followed. Santa Express Trains will be limited to 50% capacity and advanced reservations will be required. All passengers will be required to wear face masks while they are on the property and while they are on the train. As a reminder, food and beverage will not be allowed or available on the train this year.

Tickets for this year's Hobo Railroad's Santa Ex-

press 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 experience is identical.

Reservations for this year's Santa Express Trains can be made by visiting www.HoboRR.com/santa-trains/, or by calling (603) 745-2135 between 9:00am and 3:00pm Monday through Friday. The Hobo Railroad is conveniently located at 64 Railroad Street in Lincoln, NH, just off I-93 at Exit 32, directly across from McDonalds.

2020 Santa Express Train Schedule

- November 27, 28 (11am & 1pm)
- November 29 (1pm only)
- December 5, 12 and 19 (11am & 1pm)
- December 6, 13 & 20 (1pm only)

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Acceptance

Topics

Disability and Aging

by Cyndy Wellman



Happy Thanksgiving

Let us continue to be grateful for what we have.

We all know laughter is the best medicine. We sure can use some these days. I hope you can find some enjoyment in life. I know I make people laugh with my silly blonde moments. Like at nighttime never give me the remote control. Esp. around 9 p.m. I will fall asleep changing the channels, LOL

Or, if I am watching a good show/movie. Then

snooze and miss the ending. You can guarantee I will be snoring!

Like to sleep like my dog. He is a pro at sleeping on his back with all 4 legs up.

One time a friend of ours got a box of donuts. And it was on the kitchen table. So, his Dachshund dog had a party! Our friend came home, and the dog ate half of them and licked the frosting off the others. Hilarious to hear!

Tell those funny stories often and make someone's day!

Ross-Wood Post #20

American Legion in Woodsville held its annual Gift Card Raffle on Friday, November 13th



There were seven winners totaling \$1,850 in winnings.

Congratulations go out to the winners and thanks go out to all those who purchased tickets. Thanks also to those members of the American Legion Family who took the time and effort to sell tickets. Proceeds from the raffle will be used to fund the many Legion programs both locally and nationally.

1st Prize: \$500 Gift Card @ Wal-Mart

Lloyd Donnellan, Landaff

2nd Prize: \$500 Gift Card @ Shaw's

Gary & Jody Youngman

3rd Prize: \$500 Gift Card

@ Aldrich General Store

Dana Williams, Thorton, NH

4th Prize \$100 Gift Card @ Shaw's

Wayne Richardson, Newbury

5th Prize \$100 Gift Card @ Wal-Mart

Steve Wheeler, Woodsville

6th Prize: \$100 at DMS in North Haverhill

Dean Clark, North Haverhill

7th Prize: \$50 Gift Card @ Shiloh's

Gary Griswold, Wells River

Adaptive Snowshoe Program Expands Thanks to the Tillotson Fund

Franconia, NH, November 19, 2020 – Adaptive Sports Partners of the North Country (ASPNC) is gearing up for an expanded adaptive snowshoe and winter hiking program this season thanks to an impactful grant from the Neil and Louise Tillotson Fund at the New Hampshire Charitable Foundation.

As part of ASPNC's strategy to offer as many safe, adaptive sports and outdoor recreation opportunities as possible to people with disabilities during these difficult times, they are doubling down on their winter hiking and snowshoeing program. "This activity will allow our participants and volunteers to get outside in the woods and stay active during the winter season in a safe, socially-distanced way," said ASPNC Program Manager, Nate Hanson.

"We really appreciate the support from the Tillotson Fund and the New Hampshire Charitable Foundation." said ASPNC Executive Director Thomas Shovlin. "This investment has allowed ASPNC to add 20 pairs of snowshoes and microspikes to our program, and most importantly, allowed us to expand the number of days we can offer this program." The grant also covered the purchase of a new TrailRider, a specialized piece of equipment that ASPNC uses to offer year-round hiking experiences to people who use a power wheelchair or have significant mobility challenges. Other partners who helped make this program happen for ASPNC include



TSL Snowshoes and REI North Conway.

ASPNC will be offering winter hiking and snowshoeing programs three to four times per week and registration for participants who have disabilities can be completed online at www.adaptivesportspartners.org or by calling the office at 823-5232.

This winter season, ASPNC is also offering a limited alpine skiing and snowboarding program seven days a week at Cannon Mountain and Nordic skiing opportunities at Franconia Inn and Ski Hearth. If you would like to participate or volunteer to help others enjoy the outdoor experience, please contact Adaptive Sports Partners of the North Country at 823-5232 or email info@adaptivesportspartners.org.

About Adaptive Sports Partners of the North Country

Adaptive Sports Partners of the North Country (ASPNC) is a community-based, not-for-profit organization with a mission to

enrich the quality of life for people with disabilities. ASPNC accomplishes this by providing year-round sport, recreation, and wellness programs through the Franconia area, North Country of New Hampshire, and Northeast Kingdom of Vermont.

ASPNC's office is located in the Franconia Marketplace, 297 Main Street, Franconia, NH. For more information please visit www.AdaptiveSportsPartners.org or email info@adaptivesportspartners.org.

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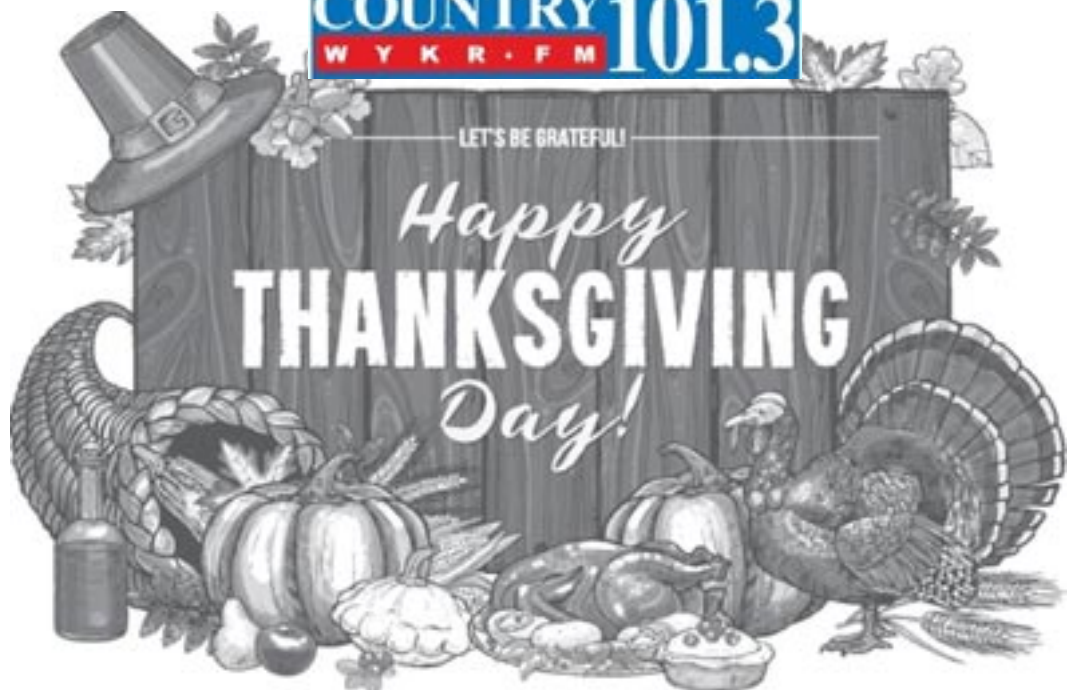
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by Cindy Pinheiro
to contact Cindy (aka Cin Pin) write to the editor at gary@trendytimes.com

French Onion Soup

Hello hello my fellow chefs. How is everyone doing these days? I'm all recouped from my kidney operation and thank God I haven't been feeling nauseous. I'm having Thanksgiving with my friend Jane. It will be just the two of us and we will socially distance.

Today's recipe will be good to make after all the turkey you will have on thanksgiving day you will be craving something other than turkey. It's easy peasy and looks like res-

quarter.
In a deep pan (I used my square copper pan that has a cover). Melt butter over medium high heat, add the sugar and toss in the onions and toss to coat all onions cook for about 15 minutes to caramelize. When they start browning add the onion powder and salt, mix well. Add all beef broth and the red wine, bring to a simmer and simmer for about 15 minutes. Cut slices of the baguette for 4 soup crocks and toast.



restaurant style. I didn't have the correct soup crocks so I improvised and used small Corning wear that can be used in the oven and under the broiler. Let's get started with today's recipe.

- Ingredients**
- 3 medium onions
 - 1/2 Stick of butter (1/4 cup)
 - 1 tsp sugar
 - 3 14oz cans beef broth
 - 1/2 cup of Red wine
 - 1 tsp onion powder
 - 1 tsp sea salt
 - Sliced Swiss cheese
 - Baguette French bread

Fresh grated Parmesan cheese (find it in plastic containers in the cheese department, Belgioioso brand).

Peel the onions and cut in half lengthwise then cut the half's in half so you have 8 wedges for each onion and pull apart each

Make them 1"thick (not so thick to not fit in your toaster) Preheat oven to 425 degrees. Ladle soup into crocks leaving 1" from top so they don't boil over. Put the crocks on a cookie sheet. Sprinkle 1 tsp Parmesan cheese on soup then put the toasted baguette slice on top of the soup and sprinkle 1 tsp Parmesan on top of bread and finally place 2 slices of the sliced Swiss cheese over the top. Bake for 10 minutes then broil to brown cheese and bread. This soup is Delicioso but be very careful it is scorching hot and needs to cool

off 10 -15 minutes. Serve with a nice salad and some of that red wine you used for the soup. Remember to drink responsibly.

So folks that's it for today's recipe and I hope you enjoy it. Email Gary if you have any questions. Until next time I am signing off sincerely Cin Pin Happy Thanksgiving!

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