

A FREE PUBLICATION

# TRENDY



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# TIMES

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## A Different 2021 Resolution

by Gary Scruton

There are some people who will have already stopped reading this article. They simply do not believe in New Year's Resolutions, or think they are not worth the effort. For those, please read on.

There will be some who read this article that have made some resolutions. Some of which have already been broken. But others which are still going strong. For those who fall in either category, please read on.

Still other readers may be looking for a resolution that will inspire them to do great things. My hope is that this column may do just that. So please read on.

Now I have, in the past, made resolutions on New Year's Eve. Some I kept,

some didn't get very far. But as I have aged I have also learned (I hope). One thing I've learned is that resolutions can be made at any time, for any reason, and with most every kind of result.

Let's just look back at 2020 for a moment and we can see that many, many people (but certainly not all) made a resolution to "socially distance" from others. Now to be honest there were many who already did that simply by their nature. But now it was a mandate from many government officials across this country and around the world. It seems to be a resolution that most have kept, even though almost all of us are looking forward to the day when we can put away the masks, shake hands, and even give a hug,

without a deep sense of worry and concern.

In that same vein (pun intended) late in 2020 a vaccine was approved to help combat COVID-19. It appears that the process of getting it into the veins of the masses has gotten a slow start, but there is certainly hope that it will lead us out of this current situation.

Now let's get back to a resolution for this year, and one that I truly hope will catch on. It is simple, yet still very complex. "Be a better person today, than yesterday". OK, so it's not earth shattering. It's not even new. It's just the re-statement of what I believe we all should be doing every day, every week, every month and every year.

We all make mistakes.

None of us are perfect, even though we expect some people to be more perfect than others when it comes to their jobs. (For example doctors, airline pilots, even snow plow drivers) But we all have good days and bad days. The trick is to not let the bad days grow into bad weeks. We must also learn from those bad days and try our best to improve.

So, whether it is New Year's Eve, or any other day of 2021 let's all try to make today a better day than yesterday. Whether that is in our personal life, or in our professional life, there is always room for improvement. So make that a resolution for this year. After all, for 2021 to be better than 2020 the bar has not been set very high.



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## Letter to the Editor

To the Editor,

I believe that as the editor of a newspaper you have an obligation to fact-check information and not print lies just because they occur within a reader's letter to the editor. As a case in point, I refer to the letter in the Dec. 22nd issue from Nick De Mayo of Sugar Hill titled "President TRUMP'S Accomplishments Realized, and Recognized!" As editor, you would also do well to correct the faulty use of upper-case letters in the title and last sentence and problems with grammar - the extraneous comma in the former and repetitive punctuation marks such as four ex-

clamation points in the latter.

The first sentence of De Mayo's letter begins with a complete falsehood and does a public disservice of spreading a dangerous, anti-democratic conspiracy theory: "While there is still some debate over the legality of the 2020 Election" [sic + "election" should not be capitalized]. The letter writer continues on with a long list of false claims per the abomination-known-as-President Donald Trump's supposed economic accomplishments during his first two years in office (quite amusingly neglecting to include actions during his last two years in

office which served to undo any such accomplishments that might bear some factual truth).

Donald Trump and his aiders and abettors (Reps. Jim Jordan and Matt Goetz, Chief of Staff Mark Meadows, Sens. Tom Cotton, Lindsey Graham, former Rep. Newt Gingrich, Fox News' Sean Hannity, and many others), have spent the past month since the end of the presidential election - which candidate Joe Biden won with a large majority of both popular and electoral votes and which has been proven to have been accomplished without any fraud - demanding that said election be overthrown. I believe they

should be charged with and tried for sedition: conduct or speech inciting people to rebel against the authority of the state.

The members of Congress who are aiding and abetting Trump have violated their oaths of office which requires them to swear that they will protect and defend the Constitution of the United States of America. Trump (and governors such as Florida's Ron DeSantis and South Dakota's Kristi Noem) should be charged with and tried for dereliction of duty and crimes against humanity for the deliberate undermining of the response to the COVID-19 pandemic, which

has cost the lives of nearly 300,000 Americans so far. That number will likely increase to over half a million Americans dead of COVID-19 by April 1, 2021 because of Trump's current obstruction of President-elect Biden's transition government.

If these elected officials are not held to account for what I believe to be their criminal behavior, the message sent to future leaders will be clear: such malfeasance is unpunishable for the powerful. They are all manifestly un-American and treasonous.

Alice Morrison  
Newbury

Alice,

Let me start by pointing to the first two words of your letter "I believe". That is a very powerful thing, and really the main factor in this, and every other "Letter to the Editor" in Trendy Times, or any other publication for that matter. You may believe that I

should correct everyone's grammar as well as doing a deep dive on any "fact" that someone may offer.

I believe that I do not agree with that statement. I do as little editing of a writer's grammar as possible.

Only the writer knows what they meant. As for facts, I believe that most Letters to the editor are loaded with

opinions, not facts. Let me point to your last paragraph which again says "I believe" and you are most welcomed to do so, as are we all.

Gary Scruton, Editor  
(not grammar police)



## Farm Food Safety Planning Made Simple

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In this series you will learn what elements to include in your plan, the science behind best management practices related to these component pieces of the plan, how to identify potential risks on your farm,

how to write standard operating procedures (SOPs), best practices for cleaning, sanitizing, training your staff, and keeping records. We will end the series with a panel discussion on recalls.

Funding for this workshop and press release was made possible, in part, by the Food and Drug Administration through grant PAR-16-137. The views expressed in written materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services; nor does any mention of trade names, commercial practices, or organization imply endorsement by the United States Government.

## Corned Beef Grab-n-Go Supper

The Orford Congregational Church UCC is once again offering one of their well known suppers. Of course they will be following the standard protocols for serving meals during these times. Masks must be worn by all who stop in to pick up a meal, as well as those serving the meal. Also six foot distancing is required.

But the meal itself will certainly be worth the effort. The main course is corned beef.

But there will also be cabbage, carrots, potatoes, a roll and homemade bronies.

Meals can be picked up between 4:30 and 6:00 pm (or until sold out) on Saturday, January 16th. There will be a price of \$12.00 per meal.

The church is located on Main Street, Route 10, in Orford, NH and all patrons are sincerely invited to show up and take home one of these wonderfully cooked meals.

## VNH Delivers Holiday Cheer To Hospice Patients

White River Jct., V.T. – This holiday season looks different than years past due to the pandemic. With restrictions on social gatherings, many families are unable to gather for the holidays. This can cause feelings of sadness and isolation, especially for those in the final stages of their lives. End of life care is difficult to go through under normal circumstance, but not being with loved ones during this time makes it more challenging.

Visiting Nurse and Hospice for Vermont and New Hampshire (VNH) hospice program focuses on the comfort and quality at the end of one's life. That is why staff will be delivering fleece blankets, rice heating pillows, and a bottle of body lotion to our hospice patients this holiday season to help

bring comfort during a difficult time.

During the weeks of December 21st and 28th, VNH will be dropping holiday care packages off to our hospice patients to bring some joy into these patients lives during a dark time. Cristine Maloney, MD, Hospice Medical Director at VNH stated, "We are thankful for the generosity of White Mountain Capital. The funding they gave to VNH is enabling us to bring some cheer to our hospice patients." While we wish we could bring families together for the holidays, our hope is that these care packages help to comfort those who cannot be with loved ones now.

ABOUT VNH –Visiting Nurse and Hospice for Vermont and New Hampshire (VNH) is a non-profit organization that has provided

home health and hospice care services in Vermont and New Hampshire since 1907. The agency is dedicated to delivering outstanding home and community-based health and hospice services that enrich the lives of the people they serve. VNH makes home visits to people of all ages and all stages of life – regardless of ability to pay – and also provides communities with education and wellness programs.

Currently, VNH serves more than 140 towns in Vermont and New Hampshire and covers 4,000 square miles. VNH caregivers provide services for more than 5,000 people each year and makes more than 150,000 home visits to people of all ages and at all stages of life. Visit [www.vnhcare.org](http://www.vnhcare.org) for more information.

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

January 5, 2021

Volume 12 Number 7

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# A Mystery Solved

by Eleanor Mawson

Many years ago I bought out the contents of an attic in a small town. My husband went fishing that day so my father and I wended our way to the farmhouse in a pickup truck pulling a large trailer. My father was involved because he had bought the contents and resold them to me.

After unlocking the door of the farmhouse and showing me the attic stairs, he went out into his truck and left me to do the work. The attic was loaded, and I went up and down the 2 flights of stairs until the truck and trailer were packed full. We went back to my house and I unloaded everything into my garage and that was that.

I have to say that the material I bought was owned by a well-known and loved teacher in the area. She was a reader, as evidenced by the books and magazines she had, and held in high esteem by the fabulous valentines that were there. I really don't remember the rest of it -- except a diary, kept by this lady during her last years of high school from which she graduated in 1900.

The diary was well-written and absolutely fascinating. I read it from cover to cover several times and loved every word. I could have sold it along with all the other things, but instead I knew a guy from the lady's town who collected historical articles who would be interested in reading it.

I contacted the man who was quite excited to hear of

my find, and we met and I brought the diary. I told him I would like it back when he had read it, and eventually I would donate it to the town Library when I was finished with it. Of course he agreed.

Sad to say, I never saw it again. I asked for it a couple of times and got vague answers. Eventually I read of the man's death, and decided my diary was literally a thing of the past.

Not long ago, I read an article in the Boston Sunday Globe magazine about the lady who had written the diary, and contacted the author of the article. He was most interested when I told him about the lost diary. He replied that he had seen all of the lady's diaries and was mystified that there had been another. I described the one I had and he became more mystified. He read me several pages of the time the lady had been in high school, which sounded familiar.

Surprise! It appears that the diary wasn't lost after all. Somehow it had been given to the town Library -- where I would have given it had it still been mine. The man was delighted that it hadn't been lost, and told me that he was writing a book about the venerable teacher, based on her diaries.

I am glad that things worked out the way they have. I hope the man finishes his book because I want to read it and find out what happened to the lady after she finished high school!



## The NH Legislature: Sampling of New Legislation

Let's hope the New Year is a healthy New Beginning for our state, nation and world. Newly elected Representatives to the General Court have now completed the filing period for new legislation. The most important issue that will be addressed this next year will be the formulation of the state budget. That is a given! Beyond the budget, newly elected Representatives and Senators have been very busy in developing over 1,000 other policy requests. Proposed legislation covers a rainbow of topics, from the relevant and necessary to the exact opposite. For many of these bills, one really needs to ask, "Is this really worth our limited time?" A complete list of LSR's (Legislative Service Requests) beyond this summary can be found at: NH General Court website, gencourt.state.nh.us.

- raising the minimum age of marriage.
- relative to the legalization and regulation of cannabis and making appropriations therefor.
- providing that money raised by taxation may be applied toward the use of religious educational institutions.
- relative to limited liability for institutions of higher education and businesses
- relative to the formula for determining funding for an adequate education.
- relative to absentee ballot request forms.
- commemorating the first labor strike in the United States by women.
- relative to the content of an adequate education.
- establishing greenhouse gas emission reduction goals for the state and establishing a climate action plan.
- declaring May 21 as Ona "Oney" Judge Day and naming the new terminal at Portsmouth international airport at Pease in her honor.
- relative to freedom of speech and association on college campuses.
- removing the work requirement of the New Hampshire granite advantage health care program.
- relative to using Atlantic Standard Time in New Hampshire.
- relative to minutes and decisions in nonpublic sessions under the right-to-know law.
- requiring a civics competency assessment as a high school graduation requirement
- proclaiming the darling jumping spider the state spider of New Hampshire
- relative to the minimum hourly rate.
- requiring schools to update documents and software to include the option of identifying a student as non-binary.
- relative to operation of recreational vehicles on state highways.

• requiring that voters show identification when personally delivering absentee ballots to town and city clerks.

• relative to a private school (including church school) as an approved school tuition program by the school board.

• proclaiming April 11 as Wentworth Cheswill Day.

• relative to college or university student voting.

• relative to the ability of a parent to enroll a child in the public school of their choice.

• terminating the state of emergency declared by the governor due to the Novel Coronavirus (COVID-19).

• establishing a committee to study the implementation of the meat inspection program

• prohibiting the use of rubber bullets and tear gas by law enforcement.

• declaring February 5, 2021 as Apollo 14 Day

• establishing the Richard "Dick" Hinch education freedom account program (state funding follows the pupil).

• establishing a road usage registration fee and making an appropriation therefor.

• relative to prisoners' voting rights.

• establishing a minimum pay rate for adjunct faculty of the university system of New Hampshire and community college system of New Hampshire.

• supporting democracy and human rights in Hungary, Poland, and Hong Kong and supporting democracy in Taiwan.

Respectfully Submitted  
NH Rep Rick Ladd,  
Chair, House Education

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# Learning to Legislate During a Pandemic

By Sen. Erin Hennessey

The COVID-19 pandemic has forced us to change the way we do things that we've long taken for granted, including sending kids to school, going out to eat, even grocery shopping. The Legislature is no different. As we prepare to start the 2021 session, the New Hampshire Senate is changing the way it operates in order to conduct the people's business safely.

We return this week for Convening Day, set by the New Hampshire Constitution for the First Wednesday in January. While the House will be holding a Drive-In session, the Senate will be meeting remotely. And on Thursday, Gov. Chris Sununu will take the oath for his third term.

This new way of doing things will continue for the time being. The Senate and all of our committees will meet remotely. We could find a way for five-member committees to meet within social distancing guidelines, but public hearings are for the public. Hearings on high-profile bills sometimes draw hundreds of people. Rather than force people who wish to testify on legislation to cram into a crowded conference room, we will let them watch and testify at public hearings through video conference. We've all gained a lot of experience with this technology of the past nine months, and I'm confident remote hearings and sessions are the best way to

keep the public connected with the Senate's work.

Remote hearings bring a new set of logistical and scheduling challenges. All 24 Senators have worked to consolidate the number of bills we are filing this session. By combining several bills into a consolidated package, we will be able to hold one public hearing to address many related issues. It is important to note that this consolidation will in no way short-circuit the legislative process. Issues likely to be controversial have been maintained as stand-alone bills. And, every piece of the consolidated bills will be addressed in a public hearing. The Senate may also divide any question to provide a full and fair debate on each provision before passing them to the House. We will certainly have our disagreements over the next year, but I am glad that the Senate can start the session with bipartisan cooperation in setting up this process.

The Senate will quickly take up a package of bills to address the challenges posed by COVID-19. One such change would give towns greater flexibility in holding Town Meeting safely, much as local officials conducted the September and November elections.

Over the past year, the U.S. Department of Agriculture has given states broad waivers over its school nutrition programs, including the authority to provide free

meals to all New Hampshire families. This flexibility has been crucial in helping schools and community organizations provide millions of meals to New Hampshire students learning remotely. But, it has also meant that families that have had to sign up for Free and Reduced Lunch Programs may not have signed up this year. The Free and Reduced Lunch rolls help set state and federal education funding formulas.

If families do not sign up, local school districts could see reduced state and federal aid next year. The New Hampshire Department of Education is working with schools to get families signed up. We will keep an eye on these efforts throughout the first couple months of 2021. If the Legislature has to step in to make sure schools receive the proper level of education aid, we are ready to do so.

This promises to be a legislative session unlike any other. We may have to adapt how we operate, but rest assured that the New Hampshire Senate remains dedicated to doing the people's business. I urge my constituents to contact me if I may be of assistance at erin.hennessey@leg.state.nh.us or by calling (603) 271-4151.

Happy New Year! Here's to a safe and prosperous 2021.

Sen. Erin Hennessey, R-Littleton, represents Senate District 1.

# Acceptance

Topics  
Disability and Aging  
by Cyndy Wellman



## After the Holidays!

Example of saving \$\$ and your attitude!

Holiday time always brings family together. Meals are usually ready on the table. Even restaurants if you chose to eat out. From a young age I learned a lot from my Grandmother. She was a true family lady. One of my meals I made recently came and planned from my pantry. And I did not have a fat grocery bill, LOL.

Meal was Cabbage soup over egg noodles. I knew I had a head of cabbage, just

needed to purchase fresh carrots and mushrooms. Also had chicken broth, bunch of spices, onions, and diced tomatoes. This soup was scrumptious, and I thought of my Grandmother. I will never be a great cook, like her, but I have her wisdom.

We don't have to stop celebrating. Always something that is contagious happiness. Like we did during the Holidays. Spending time with a Military person, birthdays, promotion, health and more. Keep smiling year-round. Happy New Year!

**DAILY WALKING** 11am-12noon  
This program is for adults and seniors and will offer plenty of social distance space for walking! If needed feel free to bring your walker, rollator or walking sticks. As always, masks, hand sanitizer and sign in at the door is mandatory. Donations accepted. We hope to see you walking this winter.

**SOCIAL DISTANCE ACOUSTIC MUSIC JAMS** 12-3 PM. January 3, 17 & 31  
For as long as we can do it safely. \$3 donation at the door.  
*The good news is you no longer need to bring in your own chair!*  
*If there is a question of cancellation, please call 787-6096 ext 7.*

Did you know that **PICKLEBALL** is still being offered?  
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Sign in and sanitizer a must. Program is by donation.

**New social distance in-person MOVEMENT & STRETCH CLASS**  
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Bring dry sneakers and plenty of water.  
**Don't hesitate to call with questions 787-6096 ext. 7**



# Calendar of Events

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

## 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

## WEDNESDAY, JANUARY 9

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

## FRIDAY, JANUARY 15 -

## SATURDAY, FEBRUARY 27

ROBERT J. CAPLA, ART PILGRIM  
11:00 AM - 5:30 PM Tuesday - Saturday  
430 Railroad Street. St. Johnsbury

## SATURDAY, JANUARY 16

GRAB-N-GO CORNED BEEF SUPPER  
4:30 - 6:00 PM (or sold out)  
United Congregational Church of Orford UCC  
See Article on Page 3

## TUESDAY, JANUARY 19

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

## THURSDAY, JANUARY 21

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

## SUNDAY, JANUARY 31

ACOUSTIC MUSIC JAM  
12:00 NOON - 3:00 PM See Ad on Page 5  
Clifford Memorial Building, Woodsville

## DAILY WALKING

11:00 am - 12:00 noon  
Clifford Memorial Building, Woodsville

## PICKLEBALL

Monday & Friday 9:00 - 10:30 AM  
Wednesday 6:00 - 7:30 PM  
Clifford Memorial Building, Woodsville

## MOVEMENT & STRETCH CLASS

Tuesday & Thursday 1:00 - 2:00 pm  
Clifford Memorial Building, Woodsville

## THE GOOD SHEPHERD ECUMENICAL FOOD PANTRY

65 S Court St. Woodsville, NH.

**Monday, Tuesday, Thursday 10am-1pm**  
**Wednesday 6pm-7pm**

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.

## SUNDAY, JANUARY 17

ACOUSTIC MUSIC JAM  
12:00 NOON - 3:00 PM  
Clifford Memorial Building, Woodsville  
See Ad on Page 5

## FRIDAY, JANUARY 29

RED CROSS BLOOD DRIVE  
10:00 AM - 3:00 PM See ad on Page 8  
Ross-Wood Post #20, Woodsville

## Here's to 2021

by Maggie Anderon

When I was a girl during one of those slow, idyllic summers at my maternal grandmother's farm in Virginia I climbed her giant oak tree one afternoon to hang by my knees and survey her yard from a new perspective.

An upside-down view of the world is a satisfying thing if you choose it for yourself. I enjoyed that view so much I paid less attention than I should have to knees not prepared to support such a burden for so long a time.

Suddenly I felt my knees unfurl like my grandmother's

them loose in order to toss them over the clothesline and beat the dust into submission. Like some cartoon character's my legs failed me and in slow motion I slithered down like a drunken snake. When I hit the ground I had the breath sucked out of my lungs and I laid there in pain, my neck throbbing from having landed head first, my head producing an impromptu light show, and the rest of me wondering who and where I was, gasping for any hint of air all the while attempting to get to my feet.

Yesterday, when I first saw what the fire left of our

tain my response was exactly the same except this time I struggled to remain on my feet.


The view is worse than upside-down, it is simply erased. Friends emailed photos as soon as there was some sort of passage through the burned-out shells of so many dreams now literally up in smoke, but standing there amidst the ash and sadness was something there is no preparation for. In an instant life took a hard turn. Now the only thing left to do is take that first tentative step forward.

When people use phrases like "up in smoke" and "shifting through the ashes" the words bear little meaning, they are simply oft-repeated phrases used to make some vague comparison. On Echo Mountain nearly everything went up in smoke and people who were powerless to stop it have spent many hours sifting through the rubble that once held so many treasures and so much hope.

Those of us who lost everything face a new year supported by a community circling the wagons and determined to help. Knowing that how can 2021 not be a better year, eventually even a happy one?

Here's to the year of our dreams.

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# MENTOR Vermont Announces Recipients of the 2020-2021 Vermont Mentoring Grants

Burlington, VT—MENTOR Vermont is excited to announce the recipients of the 2020-2021 Vermont Mentoring Grants, which provide funding for youth mentoring programs throughout the state. This year, MENTOR Vermont awarded 24 grants, totaling \$347,850, which will support more than 100 new and existing program sites, and nearly 1,500 adult-to-youth mentor pairs in communities across Vermont.

MENTOR Vermont made six grants to mentoring agencies or school districts that support youth mentoring programs in the Upper Valley: a \$60,000 grant to Everybody Wins! Vermont, a statewide mentoring organization that coordinates literacy-based mentoring programs at Chelsea Public School, Tunbridge Central School, Westshire Elementary School, and White River School; a \$25,100 grant to The DREAM Program, a statewide mentoring organization that coordinates a program at Dartmouth College that matches college students as mentors for youth living in affordable housing communities; a \$12,250 grant to Windsor County Mentors to support the Let's Do Lunch and Partners Always Lend Support (PALS) programs, which serve youth throughout Windsor County; a \$9,000 grant to the Mentoring Project of the Upper Valley, which coordinates a community-based mentoring program that serves youth in Bradford, Newbury, Corinth, and Fairlee; a grant of \$4,000 to the Windsor Central Supervisory Union, to support the Empower Up! Mentoring program; and a \$2,500 grant to The Collaborative, to support its school-

based mentoring program at the Flood Brook School.

"Mentors help boost the confidence of our mentees/buddies/students and now, even more importantly so," said Annie Luke, coordinator of Empower Up!. "We are grateful for MENTOR Vermont and the funding they provide to continue to support our mentoring program and our students within the Windsor Central school district. Mentors are a calming and consistent presence for our student participants. Funds help allow creativity and resources to help keep a mentoring pair continue, and in the activities they do together - whether it be in-person or virtually."

"For many years Windsor County Mentors has relied on the expertise and support of MENTOR Vermont," said Matthew Garcia, executive director of Windsor County Mentors. "This year's grant will help Windsor County Mentors continue to serve the youth of our county, whether through in-person mentoring or, like this year, with innovative virtual experiences to help them grow into healthy, happy adults."

"We were unable to conduct our usual fundraising activities this year because of COVID, so this funding will help to sustain us in the coming year," said Nancy Jones, coordinator of the Mentoring Project of the Upper Valley. "It will also enable us to provide training to mentors to transition into using virtual opportunities for staying engaged with their mentees. This funding may be used in the coming months to provide transportation for mentees to meet up with their mentors in an outdoor location, if and when that becomes possible and safe again."

The Vermont Mentoring Grants have traditionally been made possible through support from the A.D. Henderson Foundation and the Vermont Department for Children and Families. This year's grants also include funding from the Vermont Community Foundation's COVID-19 Response Fund. With social distancing orders affecting the lives of young people and limiting their connections with caring adults, now is a critical time to maintain relationships between mentors and mentees. This year's grants are prioritizing the work that mentoring organizations around the state are doing to continue to adapt to COVID-19 and safely provide services.

Through the 2020-2021 Vermont Mentoring Grants, MENTOR Vermont has awarded 24 grants to agencies, schools and districts/supervisory unions, and independent non-profits throughout the state, including:

Statewide: Big Brothers Big Sisters of Vermont; The DREAM Program; and Everybody Wins! Vermont.

Multiple Counties: The Collaborative (Bennington, Windham, and Windsor Counties); Franklin County Caring Communities (Franklin and Grand Isle Counties); New Circle Mentoring Program/Safer Society Foundation (Addison and Rutland Counties); Spectrum Mentoring/Spectrum Youth and Family Services (Chittenden and Grand Isle Counties); and Migrant Youth Mentoring/University of Vermont Extension (primarily northern and western Vermont).

Addison County: Mt. Abraham Unified School District.

Bennington County: Men-



Despite physical distancing guidelines, mentors and mentees across Vermont are finding creative ways to spend time together, whether virtually or enjoying a shared outdoor activity from a safe distance. Sue Lee and her mentee, a mentor match through Windsor County Mentors, shared this picture from a recent bike ride in Ascutney when they took advantage of the fall weather together.

toring at UCS/United Counseling Service.

Caledonia County: See Statewide section above.

Chittenden County: Connecting Youth Mentoring/Champlain Valley School District; Maker Mentor Program/Generator; King Street Center's Junior Senior Buddies; Milton Mentors/Milton Community Youth Coalition; SB Mentoring/South Burlington School District; and Crossroads: Where Cultures Meet/U.S. Committee for Refugees and Immigrants (Vermont).

Essex County: See Multiple Counties section above.

Franklin County: See Multiple Counties section above.

Grand Isle County: Grand Isle County Mentoring.

Lamoille County: No agencies applied.

Orange County: The Mentoring Project of the Upper Valley.

Orleans County: See Statewide and Multiple Counties sections above.

Rutland County: The Mentor Connector.

Washington County: Cabot Mentoring; Twinfield Together Mentoring Program; and Girls/Boyz First Mentoring.

Windham: See Multiple Counties sections above.

Windsor: Empower Up!/Windsor Central Supervisory Union; and Windsor County Mentors.

For more information about the Vermont Mentoring Grants and this year's award recipients, please visit: [www.mentorvt.org/vermont-mentoring-grants](http://www.mentorvt.org/vermont-mentoring-grants).

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

January 5, 2021

Volume 12 Number 7

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# ACT Heading to Hickory This April for Twin 125-Lap Events

Waterbury, VT – The American-Canadian Tour (ACT) is heading south to get an early start on the 2021 racing season. Officials announced today that a pair of ACT Late Model events have been scheduled at North Carolina's Hickory Motor Speedway for Friday, April 2 and Saturday, April 3.

The 125-lap events are part of a doubleheader organized by the Pro All Stars Series (PASS). The trip will be ACT's first-ever visit to the historic 0.363-mile speedway.

Friday, April 2 is the ACT Hickory 125 along with the 2020 PASS Super Late Model Easter Bunny 150, which was pushed back a year due to the COVID-19 pandemic. Saturday, April 3 features the ACT Easter Bunny 125 and the 2021 Easter Bunny 150. Post time is 5:00pm each day.

Both the Friday and Saturday events will have separate qualifying, features, and purses. The events will not count for points towards the ACT Late Model Tour championship.

"We're getting more excited about this event every day," ACT managing partner Cris Michaud said. "When Tom Mayberry of PASS invited us to be part of the event, we were immediately intrigued. However, we wanted to make sure there

was enough interest from teams before committing. The response we got was incredibly positive and convinced us to say yes."

"Hickory is one of those bucket-list tracks for a series," Michaud went on. "It's like the trip to Richmond Raceway two years ago or the first ACT Invitational at New Hampshire Motor Speedway back in 2009. Almost every short track racing fan has heard of Hickory. We're honored PASS would even consider having us at the event, and we think it's going to be a great show."

The entry forms for both Easter Bunny 125s are now available at [www.acttour.com/forms](http://www.acttour.com/forms). The early-entry deadline is March 1, 2021. Event schedules and other information will be announced soon. Details are subject to change pending the course of the ongoing pandemic.

Hickory Motor Speedway opened in 1951 and is known as both "The World's Most Famous Short Track" and "The Birthplace of the NASCAR Stars". The NASCAR Cup series held 35 events at the track between 1953 and 1971. The NASCAR Xfinity Series then held 42 events at Hickory from 1982 through 1998. Hickory was also a regular stop for the NASCAR Modified and Late Model Sportsman Na-



The ACT Late Models will make their inaugural visit to North Carolina's Hickory Motor Speedway this April for a pair of events. (Daniel Holben photo)>>

tional Championships, Grand National East Series, Dash Series, X-1R Pro Cup Series, and other tours throughout its history. PASS has sanctioned both PASS South and PASS National Championship Series events at the track since 2006.

Hickory began its life as a 1/2-mile dirt track and went through multiple configura-

tions before adopting the current 0.363-mile paved layout in 1970. Past winners at the track include legends such as Junior Johnson, Dale Earnhardt, Harry Gant, Richie Evans, Bobby Allison, Jack Ingram, Tommy Houston, and Bubba Pollard.

The full 2021 ACT schedule can be found at [www.act-tour.com/actusschedule](http://www.act-tour.com/actusschedule). The

ACT Late Model rules are also posted on the Tour website at [www.acttour.com/rules](http://www.acttour.com/rules).

For more information, contact the ACT offices at (802) 244-6963, [media@act-tour.com](mailto:media@act-tour.com), or visit [www.act-tour.com](http://www.act-tour.com). You can also get updates on Facebook and Twitter at @ACTTour.

Volume 12 Number 7

January 5, 2021

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PHOTO: GARY W. HODGSON - WWW.WOODSVILLEAMERICANLEGION.COM



# Cohase Chamber Announces Business and Citizens of the Year <sup>9</sup>

Wells River, VT -- The Cohase Chamber of Commerce is pleased to announce that Hatchland Farm has been named the 2020 Business of the Year, and Carolyn and Larry Coffin of Bradford, Vt., have been named 2020 Citizens of the Year. Awardees are honored annually for their leadership and impact on the region.

Hatchland Farm is a multi-generational dairy farm that is well-known for bottling their own milk and making delicious ice cream that attracts locals and visitors alike to their farm store in North Haverhill, N.H.

"At a time when dairy farms are under increased pressure, it has been thrilling to see the ice cream stand at Hatchland Farm grow into a thriving local attraction, and I am excited to see it expand even further in the coming year. Hatchland supports the community, and the community supports the farm, and everyone wins," said Ruth Ann Hacking, Executive Director of the Cohase Chamber of Commerce.

Kristen May, speaking on behalf of Hatchland Farm Management and The Hatch Family, expressed appreciation for winning the award during such a difficult year, "Amongst the craziness of this pandemic, we have done our best to continue business as usual. There certainly have been some bumps along the way, but with a great bunch of employees and the support of our community, we have managed to keep things going. Our goal, as a business, has always been to provide quality products, offer job opportunities, give back to our community and to operate as an efficient, environmentally conscious unit. It is certainly appreciated when someone takes notice of your efforts. So, we are deeply honored by the recognition."

Carolyn and Larry Coffin are being recognized for two lifetimes of giving back to the



community. The depth and breadth of their impact is felt in every corner of Bradford and beyond. Carolyn grew up on the family farm on the Bradford-Fairlee line, and Larry grew up in Orford. Married in 1968, they have lived on South Pleasant Street in Bradford since 1969. There they raised their two daughters Anne and Sarah and find delight in four grandchildren. A 1927 article in the local newspaper entitled "Hometown Progress" reflects their philosophy toward community service. In part, it says "the progress of a community depends principally upon the things the average run of people do. We all have to take hold and help. Everyone should consider himself on a committee to that purpose."

This couple's contributions are both individual and as a team and are characterized by decades of attention. Personal community service was reflected in their chosen occupations: Carolyn as a medical/dental assistant and Larry as a classroom teacher. Together they worked to establish both Operation Santa Claus and the Thanksgiving baskets annual donations and made sure they were carried out successfully for many years. For 25 years, they organized the local annual Prouty SAG stop and, upon their retirement from that leadership role in 2015, were awarded the Heart of the Prouty Award.

For about an equal amount of time, they organized the making of all the rolls and gingerbreads for Bradford's annual Game Supper. More recently, their

annual plant sale has benefited the Bradford Public Library. Carolyn has recently retired from the Bradford Beautification Committee. For years, many have admired her special attention to the gardens at the Bradford Academy. Larry has served on the Bradford Public Library's Board and served as President of the Bradford Historical Society for many years. He was also Town Moderator for 41 years. Scholarships for college students have always been of particular concern to him and he has worked with both Oxbow Scholarship and Bradford Academy Alumni Scholarship programs. His retirement project has included a monthly column in the Journal Opinion on local regional history.

Carolyn and Larry firmly believe that the progress and improvement of a community depends on ordinary citizens' roles. They also realized that there is a time in a project when passing the role off to others is prudent. They have always believed that a worthwhile project will be taken up by others and they rejoice when they see

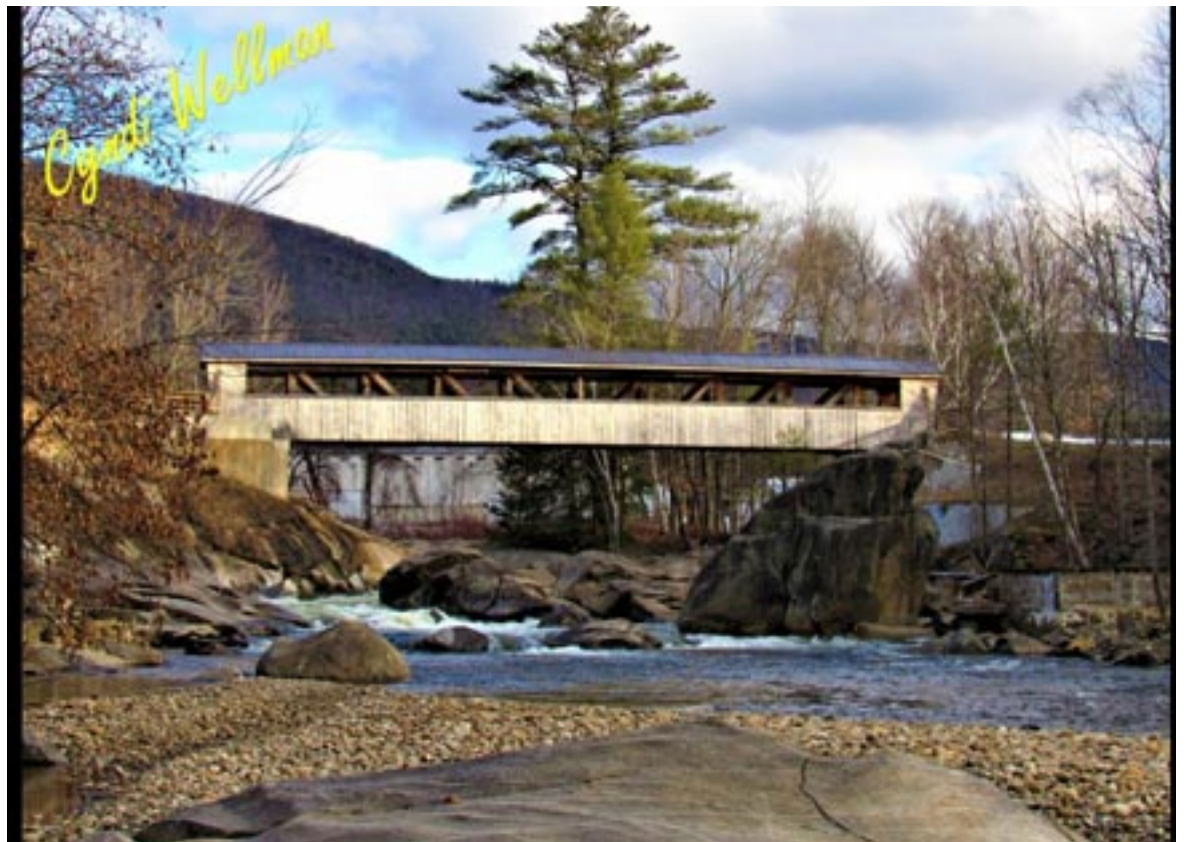


that is true.

Larry and Carolyn Coffin were nominated for the award by Monique Priestley, who remarked, "Larry and Carolyn have been silent orchestrators that have been driving much of what keeps Bradford running, connected, and looking good." She continued, "They have served as a role model to me and so many others and

have been a huge inspiration for me to get so involved."

Chamber members and the public are invited to attend the awards ceremony during the Cohase Chamber's virtual annual meeting on January 19, 2021, at 6:30 p.m. To attend, please register for the event online at [cohase.org](http://cohase.org).



Friendship Bridge and Baker River in Wentworth NH

Photo by Cyndi Wellman

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Volume 12 Number 7  
 January 5, 2021  
 Not all Times are Trendy, but there will always be Trendy Times



### Letter to the Editor:

## Trump Decends Into Has-been Rock Act

To The Editor:

Donald Trump's first name is "President" and his last name is "of the United States" and his name is about to change and so is Trump's life and ours, thank heavens.

Soon he will be a one term chief executive, impeached during that one term, and beaten soundly at the ballot box. His full legacy is yet to be determined, but you can bet that high on the listing will be "super-spreader covidiot" and "psychopathic liar". Not long from now, he'll still be stupid and greedy but will also be nothing more than a washed-up has been, a burned out low-grade entertainer whose highest level of performance never rose above destructive. Laughable but dangerous.

Certain parts of his legacy are predictable. Trump encouraged the normalcy of lawlessness. He aided and abetted the disintegration of Democracy, eroding our values and our system of checks and balances. He tried to sour our constitutional democratic republic into his version of a dictatorship. At this writing, he is still trying, by attempting to overturn a legitimate election and by forcing a shoddy and hazardous transition. For years he was the self-anointed King of America. He acted as the only thing he likes more than money - an autocrat, an authoritarian. And he had a lot of help from weak minded people around him, all part of a Republican conspiracy to maintain power in order to serve their own selfish needs. Some of those fools

are still around, in congress, still refusing to tell truth to power, because they are cowards.

What damage Trump did to America, how long it will last we don't yet know. People in this great land are resilient with attitudes and abilities tough enough to bounce back from massive problems. It is also true that never in this nation's history have we been poisoned and undermined with Trump's level of dishonesty and avarice.

Trump's way madness lies. What's left to salvage for new days to come? Tomorrow's another day, life regenerates. Bad experience teaches us what not to do next time. We just elected a good man and a good woman for next time. Robert Roudebush North Haverhill, NH

Robert,

*You are right that we will not know the full implications of the Trump administration for many years. History is the best teller of tales. Of course even at that point there will be disagreements about what the facts add up to. Just look back at other points in history and you can find those who fall on either side of good or bad.*

*The one thing that is for sure is that the United States will continue. We are a strong nation with strong values and a strong citizenry. We have seen much in the past, and will see much more in the future. We should not, and hopefully will not, allow any single individual or group change who we are as a country.*  
Gary Scruton, Editor

### Letter to the Editor:

## Undisguised apathy

To the Editor,

I was shopping in the Woodsville Walmart on Christmas Eve day and was passed in an aisle by an older woman going the wrong way and not wearing a mask. As she passed, I asked her why she wasn't wearing one. I told her they were handing them out as you come in the door. She told me to mind my own business. As I later stood in the checkout line, she passed by me and said, "Merry Christmas". As I turned to say the same, she was glaring at me and giving me the finger.

Since the governor has mandated mask wearing throughout the state, I asked an associate at the door why they let people in without one. She said they can't enforce that mandate in the store no matter what the governor says. She said people "don't want to have their rights infringed". I wonder what they would do if someone tried to walk in without shirt or shoes?

I am gladdened to see 99.9% of people shopping who wear masks. It shows they care about other

people as well as themselves. But I am appalled at the number of people who still seem to believe the pandemic and the virus is a hoax. I've lost friends to this "hoax".

I have never seen this level of utter stupidity and carelessness in our country before - believing a baseless political stance over scientifically acknowledged world-wide fact. I fear for all those around these people who might very well get the virus and die because these idiots don't care about their fellow human beings. I served in the Navy during Vietnam and then again for 30 years in the Naval weapons systems industry, my whole life dedicated in service to our country to ensure people continue to enjoy all the rights they are granted in the Constitution. Those rights, if I'm not mistaken, do not include the right to put others' lives in jeopardy because you're a clueless, selfish moron.

What have we become?

Rachael Booth  
Landaff, NH

Rachael,

*I must say that it does not appear that the person you encountered really knows the meaning of Christmas spirit. But I must also say that the spirit of giving needs to go well beyond Christmas. Giving is much more than simple, or complex, gifts wrapped up and under the tree. The gift of compassion and caring for others is a far greater gift.*

*I'm afraid the argument will go on. No matter what the subject there are always those who choose to believe something outside what is the generally accepted facts. The difference this time is that it may well be costing lives.*

Gary Scruton, Editor

# Alcohol and Winter Sports

by Robert Peraino, MD  
Franconia

Winter is a time for many outdoor activities. It is also the season for celebrations - Thanksgiving, Christmas, New Years, Valentine's Day, winter (school) vacation. Many social gatherings include alcohol containing beverages and foods. Remember Grandma's fruitcake with all that rum! While alcohol and sports generally don't mix, alcohol is especially dangerous in winter.

Alcohol ruins athletic performance. It is a poor source of energy and calories. Vigorous exercise, such as cross-country or alpine skiing while drinking alcohol can lead to muscle cramps and muscle damage. Thus the risk of a serious fall, while moving at 40 or more miles per hour down the mountain, is increased. Needless to say alcohol impairs judgement and may increase the risk of serious injury. Serious injury can also be the result of drinking alcohol while participating in one sedentary outdoor winter activity - driving a snow machine!

Alcohol consumption causes dehydration because it is a natural diuretic. Dehydration is the cause of

the hangover that one can experience with excessive consumption. Vigorous physical activity in the presence of dehydration can also lead to muscle injury, weakness, dizziness and passing out. Serious injury may be the result!

Alcohol impairs heat generation and retention during physical exertion in the cold, increasing the risk of hypothermia. The normal body response to excessive exposure to cold temperatures is vigorous muscle activity, also known as shivering, a warning sign that the

body is too cold. Shivering is impaired when alcohol is consumed in cold weather. The risk of hypothermia is increased. The first signs of hypothermia are impaired judgement and slow reaction time or reflexes. Confusion then sets in, followed by coma and death.

Winter is a fun time. Nature challenges our wits, strength and endurance. Be up for the challenge! Avoid excessive alcohol use before vigorous physical activity outdoors and don't drink alcohol during such activities.



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## James Joseph "JJ" O'Shaughnessy: OBITUARY

James Joseph "JJ" O'Shaughnessy, 86, of North Haverhill, NH, died unexpectedly at his home on January 1, 2021.

JJ was born December 14, 1934 in Albany, New York to James J. and Marjorie (Morris) O'Shaughnessy. JJ's father was a prominent architect designing Catholic Churches and schools throughout New York, Massachusetts, and New Hampshire. While attending Newton High School in Massachusetts, JJ joined the United States Air Force during the Korean War. After being Honorably discharged, Jim worked for a period in Omaha, Nebraska before returning to New Hampshire, the state he most loved.

Primarily JJ continued to do maintenance work such as plumbing, heating, electrical, and custodial responsibilities. He enjoyed retirement doing all kinds of this and that; in, out, and around the house. Yard sales were a great past-time readily attested to for ALL the items (junk!) he collected over the years. He is going to miss ONE, BIG, YARD SALE!!! He also loved volunteering for the Haverhill Recreation Department at their Penny Sales and at the Horse Meadow Senior Center's yard sale.



JJ is predeceased by his parents James and Marjorie Morris O'Shaughnessy. He is survived by his wife of 38 years Gail Newton of Florida, Massachusetts, a step-daughter Tina Montonye and husband Charlie of Elbing, KS., a stepson Kenneth Hunkler and wife Carol of Cinnaminson, NJ, 5 grandchildren and 3 great grandchildren.

As requested by JJ, there will be no calling hours or memorial service or flowers. Memorial contributions can be made to the Haverhill Parks & Recreation Department 2975 Dartmouth College Highway, North Haverhill, NH 03774 c/o Sherri Sargent.

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

## Avoid Tapping Into 401(k) Early

If you've been contributing for many years to your 401(k) or similar retirement plan, it may be your largest pool of money. So, if you are facing a financial need, you may think about tapping into your account. After all, it's your money – why not use it?

But touching your 401(k) before you retire may not be a good idea, as it can lead to some unwanted consequences.

First, taking funds out of your 401(k) now could increase the risk of running out of money during retirement, which could last for decades.

Also, withdrawals taken from your 401(k) before age 59½ may be taxed as ordinary income and are generally subject to a 10% penalty for early withdrawal, although there are some exceptions. And a sizable taxable withdrawal from your 401(k) could bump you into a higher tax bracket.

Therefore, if you are facing a financial crunch, you may want to explore some options before tapping into

your 401(k). For starters, see if you can cut your expenses where possible and explore financial assistance programs that service providers, such as utility companies, might offer.

Also, if you have an emergency fund, now may be the time to use it. For most folks, it's a good idea to keep three to six months' worth of living expenses in such a fund, with the money kept in a liquid, low-risk account. But even smaller amounts can help in a financial crunch.

You might also find another source of cash in your taxable investment accounts. Any uninvested cash in these accounts is an easy place to start. You might also look at selling investments to free up some cash. However, before making this decision, you may want to consult with a financial professional to discuss the pros and cons.

Another cash-generating option is a 401(k) loan, assuming your plan permits such loans. Unlike a direct withdrawal, a 401(k) loan is not taxable if it's repaid on time. (If it isn't, you could also incur penalties.) And, although the loan may have some fees, the interest on it will be paid to your account, rather than to a bank. However, you won't

earn investment returns on the loan balance, because you can't use this money to invest. And if you leave your job before you've fully repaid the loan, you'll likely have to come up with the remaining balance quickly.

You could also consider using your credit cards to generate cash, but these types of loans or advances can be quite costly. Instead, you may want to look at other possibilities, such as a home equity loan, the cash value of a life insurance policy, the "margin" on your investment accounts or a personal loan. Again, you should talk to a financial professional to discuss the tradeoffs of taking out these loans and to develop a payoff strategy, if you decide to use any of them.

Your 401(k) is a long-term investment designed to meet a long-term goal: your retirement. So, if you think you might require these funds before retirement, explore all alternatives first to find the right decision for your needs.

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

*Edward Jones, Member SIPC*

## Donald Alva Dickinson: OBITUARY

Monroe, NH - Donald Alva Dickinson, 88, of Plains Road, died on Wednesday, December 30, 2020 at the Grafton County Nursing Home, North Haverhill, NH.

Donald was born in Monroe on February 4, 1932 to Una Dickinson. He attended the Monroe Grade School was a graduate of McIndoe Falls Academy, Class of 1951. In his senior year, he was the high scorer on the basketball team. On July 31, 1951, he enlisted in the US Navy, and visited places he never would have been able to see, otherwise. He was honorably discharged with ZP-3 in Lakehurst, NJ on July 29, 1955.

On August 6, 1955, he married Marilyn E. Schiel in Pine Beach, NJ.

Donald was hired by Jersey Central Power and Light Company, attained the ranking of Chief, and retired after 35 years of service on February 29, 1990.

Following retirement, he and Marilyn moved from Beachwood, NJ to their vacation home in Ryegate Corner, VT. They relocated to his hometown of Monroe in



1997.

When he was younger, Donald enjoyed fishing and hunting. He had always enjoyed flowers and planting and tending his garden. He liked hiking, camping, bowling, playing cards, pitching horseshoes, maple sugaring, snow-mobling, driving the quad, and cutting firewood.

He was a member of the Ross-Wood American Legion Post #20 in Woodsville, NH, was a life-long member of the Monroe Community Church, and was a former member of the Monroe Men's Club and the Grange. Along with Marilyn, he enjoyed attending and delivering the meals at the West Barnet (VT) meal site for over fifteen years.

He is survived by his wife of 65 years, Marilyn Dickinson of Monroe; four children, David A. Dickinson and wife Paula of Beachwood, NJ, Steven L. Dickinson and wife Patricia of Bayville, NJ, Susan G. Wood of Middletown NJ, and Daryl L. Dickinson and wife Lisa of Toms River, NJ; along with may

grandchildren and great grandchildren and a great great grandchild.

He was predeceased by his mother, Una, on January 1, 1970; his step-father, Percy Gaylor in October 1983; two children, Linda D. Allegretti on July 28, 2001 and Bryan W. Dickinson on January 24, 2007; three grandsons, Donald Wood on March 9, 1999, Erik Wood on January 26, 2012, and Larry Dickinson on May 17, 2017; two great grandsons, Andrew Michael Barber, Jr. on October 26, 1999 and Reuben June Rainey on January 8, 2005; three sisters, Joan Moody on January 19, 2002, Barbara Scott on August 1, 1998, and Elizabeth Tetreault on September 10, 1986; and a brother, Roger Hazelton on May 18, 2005.

There will be no calling hours.

A graveside service in the Monroe Village Cemetery will be held in the spring of 2021 with dates and times to be announced.

Memorial contributions may be made to the Monroe FAST Squad, c/o Mr. Maynard Farr, 71 Hammond Drive, Monroe, NH 03771.

For more information or to offer an online condolence, please visit [www.rickerfh.com](http://www.rickerfh.com)

Ricker Funeral Home & Cremation Care of Woodsville is in charge of arrangements.

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## Bruce Robert Brinkman: OBITUARY

Bradford, VT - Bruce Robert Brinkman after a long battle with cancer passed away on December 19th, 2020 at the Margaret Pratt Community in Bradford Vermont.

Bruce Brinkman was born on September 27th, 1939 in Brooklyn, New York the last child of six of Charles Frederick Brinkman and Grace Elizabeth (Wright) Brinkman. Of his siblings, Charles Brinkman, Elsie Whitefield, and Judith Jensen passed before him while George Brinkman and Grace (Gay) Keeley survive him. He was engaged to Lorraine Liv Ramsdale on Christmas Eve 1961, they married August 18, 1962 and had three children, Stanley Bruce Brinkman married to Dacia Brinkman of North Haverhill, New Hampshire, Jeffery Charles Brinkman married to Rosa Tanner Brinkman of Norcross, Georgia, and Carol Lorraine Barquis married to Jesse Barquis of Patterson, California. Bruce had eight grandchildren, a step grandson, and 14 nieces and nephews with whom he was very close. Bruce's grandchildren are Taylor Brinkman engaged to AJ Galfetti, of Washington, Vermont; Jesse Brinkman engaged to Wyatt Kay, McKenna Brinkman, and Logan Brinkman of Chelsea, Vermont; Deven Creamer of Milton, Vermont; Sydney Brinkman of North Haverhill, New Hampshire; Grant Brinkman, Nate Brinkman, and Isabella Brinkman of Norcross, Georgia.

Bruce served in the U.S.

Army manning Ajax missile batteries in Texas and New York. He then worked 36 years for New York Telephone/NYNEX/Verizon, serving for 18 of those years as the Union Treasurer and Benefits Expert for C.W.A. Local 1120. For most of his career he lived in Rhinebeck, New York where he and Lorraine raised their family. Bruce had a very outgoing personality, engaging almost everyone he met in conversation, and always sought to help others with his knowledge, time, and generosity. He loved his entire family, being very close to all his siblings, nieces, and nephews whom he visited several times a year.

Bruce retired in 2001 making his summer home in Chelsea Vermont, where he loved working his hobby apple orchard, swimming in "Bruce's Pond" while teaching his grandchildren to swim, and playing pinochle as a family card game tradition. He spent winters in Georgia near his son Jeff's family, watching his grandchildren grow up and attending their sports events, dance recitals, and graduations. He had great pride in all his grandchildren and often would say "life had been good to his family and his family had been good to him". His door was always open and he loved to talk. He is survived by his devoted wife Lorraine and will be missed by all of us. May you rest in peace. Arrangements are by Hale Funeral Home in Bradford, VT.

## Dolores (Dee) M. Lambert : OBITUARY

West Topsham VT - Dolores (Dee) M. Lambert age 80, passed away from complications to COVID-19 as well as Alzheimer's and Dementia at Hanover Terrace in Hanover, New Hampshire where she has resided for several years.

Dolores was born on June 8th, 1940 in Dalton MA to Eva and Edward Lyman. She worked various small jobs throughout her life, but her primary was the care of her children and home. She also cared for foster children for several years in Maine and Virginia. She lived in Oxford, ME for over 25 years before moving to Chesapeake, VA. Shortly after her husband Edward (Ed) of 39 years, passed away in 2006, she moved to West Top-

sham VT with her son Eddie and his wife Theresa. Theresa provided care for her for 4 years before she moved to Hanover Terrace for more advanced care.

She is survived by a son Eddie and his wife Theresa of West Topsham, VT, a daughter Phyllis Petroski and her husband Richie, and a son Paul of Norfolk VA. She has 4 grandchildren Scott, Joshua, Crystal, and Ashley, and 8 great-grandchildren Carley, Makayla, Hailey, Madisyn, Isaac, Isabelle, Declan, and Ripley.

Arrangements are under the direction of Hale Funeral Home in Bradford. Due to COVID-19 there will be no services at this time. Burial will take place at a later date in the Albert G. Horton Vet-

## Peter Harry Leland: OBITUARY

Peter Harry Leland, 75, died December 23, 2020.

Peter was born in Framingham, MA, on July 28, 1945 to Harry R. and Martha (Rylander) Leland. He grew up in Southborough, MA., and graduated from Algonquin Regional HS in 1963. He enlisted in the U. S. Air Force soon after and was deployed to Vietnam as a member of a RED HORSE Unit. Pete attained the rank of Staff Sergeant and earned the Air Force Commendation Medal for his service.

After discharge from the USAF early in 1969, Pete made his home in Newbury, VT, with his wife, Phyllis, her four children, and their baby girl, Joy. During this time Peter and his friend, David Bradshaw of Chelsea, VT, started Northwood Construction Co. This was the first of several companies Pete owned or co-owned during his career, culminating in a partnership with his son, Cooper, called Leland Construction Co., LLC, from which he retired. Pete was known as a reliable contractor who could build a quality home from the foundation to the roof.

Pete was active in the Newbury community as a member of the fire department and as an early member of the Cottage Hospital Volunteer Ambulance Service. He was ready to help his friends and neighbors in any way he could. He moved to Chelsea in 1980 and married Luise Graf, with whom he had his son, Cooper, in 1985. There, Pete was a member of the Chelsea Fish and Game



Club, the fire department, and the VFW, and helped create the First Branch Volunteer Ambulance Service.

Pete loved his family deeply and took great pride in their accomplishments. He helped them build and improve their homes and transformed the home he shared with Sandra Titus over their many years together. In his workshop there, he built cradles for his grandchildren (Peter and Harper), restored an antique sleigh for his son Craig, and crafted many items of furniture to share. When he was not working, Pete spent time in his recliner watching the TV, following the news and his favorite shows. He liked living in the woods in Newbury Center, watching birds and wildlife and taking care of the yard—mowing grass, trimming trees, and keeping everything "looking good." Most of all, he enjoyed home-cooked meals, a hot cup of coffee, and just about anything made with chocolate.

Pete was also interested in Civil War history, and particularly Vermont's participation in notable battles. He visited Gettysburg and toured several battlefields, then continued to visit other Civil War sites and built a library to further his knowledge. Montana became

another favorite travel destination, where he saw family members and one of his favorite places, Yellowstone National Park. One of Pete's final journeys with Sandy—and with Joy as their guide—was to Washington, D. C. He had an emotional visit to "the Wall" and to Arlington National Cemetery and enjoyed museum tours and seeing the sights from the top of an open bus. Joy memorialized the trip in a book of photos called "A Vermonter in Washington" that he kept beside his bed.

Pete is survived by his partner of more than thirty years, Sandra Titus of Newbury, VT.; daughter Joy (Leland) Clancy, her husband Richard, and grandson Peter Michelson, of Canaan, NH; son Cooper Leland, his wife Hannah, and granddaughter Harper, of Bradford, VT. He also leaves stepchildren Robert "Calvin" Cookman and wife Violet of Wells River, VT; Craig Cookman of Newbury, VT.; Elizabeth (Cookman) Link, her husband John, and Pete's grandchildren Frances, Ava, and Jay Graham, of Red Lodge, MT; Theresa (Titus) Rothe, her husband Frank, and son Adam of Newbury, VT; and Theron (Ted) Titus of N. Haverhill, NH. He is also survived by his brother, Carl Leland and his wife Mary of Zephyrhills, FL.; nephew Shane Leland, his wife Sarah, and family of Park City, MT.; and nephew Nicholas Leland and his wife Aliki of Houston, TX.

Peter Leland was a good son, a loving father, and a loyal friend. He liked to help people without looking for anything in return. Those of us who have had Pete in our lives will hold him in a special place in our hearts and will never forget him. Arrangements are by Hale Funeral Home in Bradford, VT.

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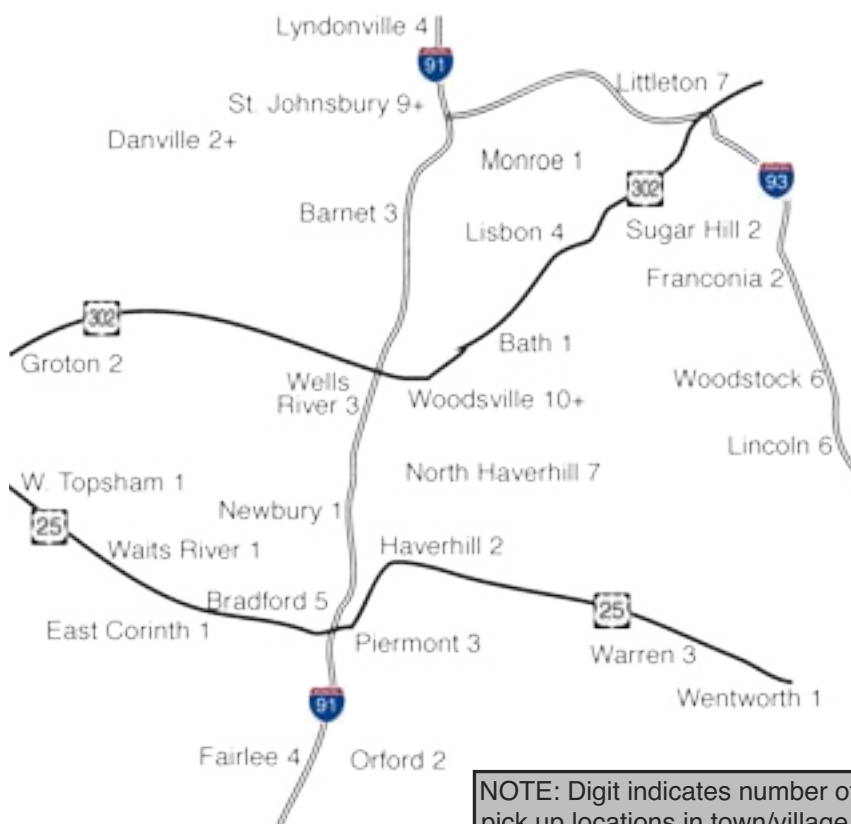
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**Not All Times Are Trendy, But There Will Always Be Trendy Times**



# Connecticut River Conservancy Responds to Five Final Hydropower License Applications 15

## That Will Shape the Future of the Connecticut River For Generations

Greenfield, MA – Since 2013, five hydroelectric facilities on the Connecticut River have been going through a relicensing process to secure new, updated operating licenses. These licenses will endure for the next 30-50 years and impact hundreds of miles of the Connecticut River. The relicensing process has reached a new milestone – final license applications have been released. Connecticut River Conservancy (CRC) and partners have worked tirelessly to ensure these new licenses reflect current river science and uphold current environmental laws to ensure the best deal for rivers and river communities.

“This is not a done deal yet,” notes Andrew Fisk, CRC executive director. “The release of these final license applications is just the beginning of the final phase of this process. We urge people to join us in speaking up for their rivers and river communities over the coming months. It’s important that we all continue pushing these companies to do what’s right for the rivers they rely on to produce energy and profits, the rivers that belong to the public.”

The current expired licenses allowed these facilities to operate in a “peaking” manner, which holds water in a reservoir to be released to create energy at strategic times of high demand and/or high energy prices. This process has created many problems including riverbank erosion, inconsistent water levels and flows,

putting endangered wildlife at risk, and more. Additionally, these facilities should be doing more to improve recreational resources, protect cultural and historical resources, and improve fish passage. FirstLight, owner of the Turners Falls Dam and Northfield Mountain Pump Storage in Massachusetts, released their final applications Friday and Great River Hydro, owner of the Wilder, Belows Falls, and Vernon Dams in Vermont and New Hampshire, released their applications Monday.

### FIRSTLIGHT

CRC participated as a stakeholder for two years in settlement negotiations with FirstLight. After making some progress, the negotiations stalled and any meaningful engagement with FirstLight ended years ago. CRC encourages FirstLight to meaningfully engage with all river stakeholders, be transparent in what they are proposing for their operations, and not engage in legal maneuvers to avoid their responsibility to the river and river communities.

CRC is pleased that FirstLight is addressing what science has told us for years by proposing to build a Holyoke-style fish lift at the Turners Falls dam to improve decades of inadequate fish passage, and they will be putting more water (amount varies by season) into the river channel below the dam. Additionally, slower fluctuations in turbine op-

erations will allow more “natural” river flows to protect endangered and threatened species.

CRC is disappointed that FirstLight offers nothing to minimize or fix erosion that has been a huge issue since Northfield Mountain Pump Storage began operating in 1972.

While the company will maintain existing recreational offerings, they propose only meager additions of three paddling put-ins and a renovation of an access spot that has needed work for the past 20 years. CRC expects the company to invest significantly in resources for recreation patterns through 2070.

FirstLight continues to downplay the amount of revenue they make and highlight expected losses in generation or costs to build enhancements, many of which are the cost of doing business, like dredging the upper reservoir and moving the River-view boat dock to accommodate the proposed Northfield barrier net.

### GREAT RIVER HYDRO

CRC was invited to participate in a productive discussion with Great River Hydro and other stakeholders about potential alternative operations. This collaboration yielded positive results for the river including operational changes that reduce

peaking operations and will allow the river flow into the facilities to equal the outflow, thereby returning the river to a much more natural flow at the three facilities much of the time. This change is expected to improve aquatic habitat for all aquatic life, particularly rare and endangered species; maintain minimum flow requirements to support resources and uses downstream during low flow conditions; and provide a more stable water level above the dams, which should reduce erosion on upstream properties and shorelands.

While CRC is pleased with Great River Hydro’s willingness to collaborate transparently and effectively on this significant change to operations, CRC expects and the public deserves more comprehensive enhancements for recreational and cultural considerations in the license, safe and effective fish passage, as well as monitoring to ensure that operational changes will indeed reduce erosion issues in the upper end of the impoundments.

### NEXT STEPS

The Federal Energy Regulatory Commission (FERC) has not yet posted a notice for comments and interventions, which CRC expects to come out later this winter or spring.

CRC encourages the

public to get involved in this once-in-a-lifetime opportunity to influence these operating licenses. More details to come about when and how you can join CRC to speak up over the coming months. Sign up for CRC emails at [www.ctriver.org](http://www.ctriver.org) or follow them on social media to get updates.

Meanwhile, CRC will be submitting extensive formal comments on these applications to address issues such as minimum flows, upstream and downstream fish passage, recreational access and resources for river communities and the public, historic and native cultural sites, and advocating for ongoing streambank monitoring and mitigation funds to address erosion.

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by Cindy Pinheiro  
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## Comforting Meatloaf

Hello hello my fellow chefs. I hope you all enjoyed your Christmas. I was in bed sick as a dog with my severe nausea problem. Plus I was mourning the loss of my Pomeranian GiGi. It happened so fast just acting pretty normal then started coughing and she was on heart medication for an enlarged heart so I gave her a pill. The next morning she was looking up at the ceiling and she looked at me and I stayed with her. Only 10 minutes went by and she took her last

breath. I held her, my baby my buddy who came with me almost every where. I cried my eyes out. I am so lonely without her. Jane came over right away. We cried together. 10 days later Jane's dog died. How could this happen?

On the bright side my new grandson to be and Tobi is due January 10, 2021. I can't wait to hold my new little grandson.

Well let's get started with today's recipe. Today's recipe is The Best Meatloaf and I have had a recipe card from a little



meat market in St. Johnsbury called R&J Meat Center. So here is what you need and how to make it.

- Ingredients**  
 1 lb. ground beef  
 1/2 lb. ground pork  
 2 cloves garlic chopped  
 1 1/2 Cups seasoned bread crumbs  
 2 large eggs Room temperature  
 1 Cup of light cream  
 1 onion chopped  
 1 Tbsp. Dry parsley  
 (you can certainly use fresh parsley if you have any)

- 1/2 tsp thyme  
 1/2 tsp chili powder  
 1/4 tsp basil  
 1/2 tsp salt  
 1/2 tsp pepper  
 10 bay leaves

First you chop the onion and mince garlic and fry in a tablespoon of oil. About 5-10 minutes until translucent. Put aside.

Preheat oven to 350 degrees.

Mix the ground beef together with ground pork in large bowl.

In medium bowl beat the eggs, the light cream and add the onion and all dry spices and salt and pepper. Mix well. Add the breadcrumbs and put everything in a loaf pan or whatever you use for your meatloaf and place the bay leaves over the top. Put in baking pan with an inch or so of water. Bake for 1 1/2 hours. That's it!

I made mashed potatoes with sour cream (added just a heaping spoonful ) and glazed car-

rots with butter and maple syrup. "Delicioso" and easy peasy.

I hope you enjoy this recipe. Try it one night for something different. Red or white wine goes well with this. Remember to drink responsibly. Serves 6 to 8.

If you have any questions please contact Gary and I will help you out. So until next time I am signing off and wishing you a very Happy New Year.

Sincerely,  
Cin Pin



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## What About Ma?

by Kellie Quackenbush

### All About The New Year

Every year about this time, people are making "New Year Resolutions" and every year about a month later, those resolutions are forgotten or abandoned. We all have something about this past year that we did not like, 2020 was a very strange time. Was the year, itself, bad or did we allow

ourselves to be lead into choices that were not our own?

Looking back, January of 2020 was not overly interesting, there were world events and Political issues and personal losses that had people upset but for the most part it was a fairly ordinary start of the year. Per

SAGISAG, <https://www.sagisag.com>, "January 7, 2020, when Chinese authorities confirmed that they had identified a new virus. On January 12, the Taal Volcano erupted after 43 years. The Philippine Institute of Volcanology and Seismology escalated the alert level from Alert Level 2 to Alert Level 4. January 26, Los Angeles Lakers' Kobe Bryant died in a helicopter crash in Calabasas, California. With him are 9 others including his 13-year old daughter Gianna."

February 2020 was the end of what most of us consider "normal" life. Most of the month people went about their business, President Trump was acquitted and the economy was looking good. However, by the end of the month, the "China Flu" had become a world pandemic. From <http://todlock.com>, "February ended with Covid-19 infecting more than 80,000 people and kill-

ing nearly 2,800. The virus has spread to 47 countries, with the most cases in China. While there are only a handful of cases in the US, the CDC warned Americans to brace for its spread."

We have been "Social Distancing" and wearing masks ever since. Thanksgiving and Christmas are the two events in the United States that had people split on social behaviors in a pandemic. The numbers of infected people have increased and while most people do not die from COVID-19, they do get very sick. People forget that even though we have flu vaccines, thousands of people die every year from the flu. We do not have exact numbers on flu deaths because the CDC (Centers for Disease Control) stopped keeping an actual count. Per CDC.GOV, "CDC uses mathematical modeling in combination with data from traditional flu surveillance

systems to estimate the numbers of flu illnesses in the United States. CDC estimates that flu has resulted in between 9.3 million and 45 million illnesses each year in the United States since 2010."

Once the vaccine for the COVID-19 is fully available, we will stop hearing so much about that virus as well. The safety precautions we have put in place to avoid COVID-19 also help keep people safe from the flu. Wearing masks, covering your mouth when you cough and washing your hands frequently with soap and water do keep you healthy.

This year, let us choose to be kind. Call Mom and Dad more often. Say "hello" to your neighbor and really listen when they talk. Remember that your kids need you to show them how to be a good person. When a teacher calls about your child, listen to what they are telling you, do not get hostile. If you need help, ask for it, we are a community of loving people and we really do want to help our friends and neighbors. Eat more vegetables, they really do help your overall health.

Ma says, "Forgive yourself and someone else." Nobody is perfect and we all have bad days, let us not make a bad day or a wrong moment the brand that a person wears forever. Happy New Year.

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