

A FREE PUBLICATION

TRENDY TIMES



Next Issue: Tuesday, March 16
Deadline: Thursday, March 11

20 Pine Street, Woodsville, NH 03785
Phone: 603-747-2887

Email: Gary@TrendyTimes.com
Website: www.TrendyTimes.com

MARCH 2, 2021 VOLUME 12, NUMBER 11

An Exhibit to Welcome The Arrival of Spring

Alice Kitchel knew from early childhood that she wanted to be an artist, filling her indoor time drawing, coloring, painting, to capture the spirit of what she saw outside. She grew up on a farm in Northeast Kingdom, loving the fields, woods, brooks and ponds, the sight, feel and colors, in all weather, at all hours, and in all seasons.

She set aside the childhood dream to be a 'real' artist, although she did major in art history in college. Alice began working in tapestry and handloom weaving, and working for a drapery and upholstery company in New York City. Working with textiles sensitized Alice to the power of color and the eloquence of proportion and

pattern. She then went on to become an art therapist and mental health counselor.

Memory of that childhood desire never left her, and now Alice has returned to her first love, taking up the brush to become that painter again, a hunter of beauty in the natural world right here in the Northeast Kingdom.

Alice writes in her webpage: "My work reflects my thoughts and feeling about the natural world around me. I want to convey, with color, light and pattern, the beauty it offers." Alice is drawn to a scene, which she finds not just beautiful, but which compel her to paint it, to capture the mystery "hidden" in the scene. "I want people to SEE the landscape, appreciate it,

and endeavor to care for it."

Alice's paintings have been shown across Vermont, from T. W. Wood Gallery in our state capital to Firehouse Gallery, and the Mayor's Office in Burlington, Arts in the Round Barn in Waitsfield, at Catamount Arts and Northeast Kingdom Artisan's Guild in Saint Johnsbury. A full list of her group and one-person shows is listed on her webpage.

Text written from Alice's biography and from conversations with the artist & submitted by James M. Frase-White, Curator, NEK Artisans Guild Back Room Gallery.

We follow all COVID-19 Protocols. Mask Wearing is required for Admittance.



Thank you.

Northeast Kingdom Artisans Guild is located at 430 Railroad Street, St. Johnsbury, VT 0819. The exhibit is titled: An Exhibit to welcome the Arrival of Spring: Poems

in Pattern, Light & Color, Paintings by Alice Kitchel. The display will be in our Back Room Gallery March 12 to April 24, 2021. Hours are Tuesday – Saturday 11:00 – 5:00.

ALWAYS FIT
ATHLETIC CLUB LLC

alwaysthatathletic.com
603-747-8006
Woodsville, NH

Time to get back to the gym!

Sign up for one of our packages:
3 months for 9% off
6 months for 18% off
12 months for 27% off

Percentages are off our adult, one month membership

HARDWOOD FLOORS • PAINTING, ETC.

Restoration: All Things Wood & Drywall
Remodeling: All Floors, Honey Do Lists
Jim Jellison (603) 991-7251

ANTIQUES & EMPORIUM
Always Buying Gold & Silver

182 S. WHELOCK ROAD
LYNDONVILLE, VT 802-626-3500
Open Daily 10 am - 5 pm

Now Open - Jackson Antiquarian Books
Next to Village Eclectics 2
Main St., Bradford, VT
Open W-Sat 10-5
802-449-3330

CORNER COLLECTABLES
Home Decor, Antiques & Furniture,
Tiffany Style Lamps, Quilts,
Luminara Candles, Country Primitives

Route 5, 6124 Memorial Drive, Lyndonville, VT
802-626-9070 OPEN THURS-SUN. 10-5

TODD HOLT PHYSICAL THERAPY

2 Maple Stret
Wells River, VT
802-757-8000
Fax 802-757-8001

Village Eclectics 2
Antiques, Vintage Collectibles,
Local Crafts, Books
OPEN MON.-SAT. 10:00-5:30
Corner Main & Bank St. Bradford

Specializing in kitchen and bath design for your starter home to your dream home.

LC Design Concepts
Cabinetry and Design

31 Main St., Wells River, VT 802-477-2428
www.lcdesignconcepts.com

TATTOOS & PIERCINGS
603-444-7800
101 Cottage St., Ste. 64
Littleton, NH
inked again

Melanie's Woven Memories
Handwoven Caring - Splint - Rush Seating
Shaker Tape - Baskets & Minor Repairs
Competitive Pricing - Quality Work
Melanie Miller • 802-467-1326
melaniemiller58@yahoo.com
www.melanieswovenmemories.com

NMA NEW YORK LIFE

- Life Insurance
- Disability Insurance
- Retirement Planning
- Long Term Care
- College Planning

Main St. N., Wells River, VT
802-588-5035
nate@nmafinancial.com
www.nmafinancial.com

HOUSEWRIGHT CONSTRUCTION, INC.

New Construction / Remodeling / Design-Build
Restoration / Reproduction / Custom Woodworking
EPA Land Safe Certified Firm / Renovator

EST. 1985
802-866-5520
www.housewright.net
5365 Main Street S • Newbury, VT 05051

Don't wait to get service. Call us today!

THOMSON FUELS "The Local Choice"

CUSTOMERS GET OIL CLEANING FOR \$169.99
BOILER AND FURNACE REPLACEMENTS
24 HOUR EMERGENCY SERVICE

Heating Oil - Propane - Kerosene 802.222.3330

WOODSVILLE POWER EQUIPMENT
SALES * SERVICE * PARTS * REPAIRS
Now Moved to:
4942 Dartmouth College Hlhway, Woodsville, NH

efco Husqvarna TORO Mantis OREGON RedMax LITTLE WONDER

603-747-2322 WoodsvillePowerEquipment@yahoo.com

Apple Tree Pruning
Nancy Murray
802-586-2345

Apple trees can be pruned any month that has an "R" in it.



TRENDY Dining Guide

TUTTLES FAMILY DINER

41 Main Street, Wells River

PIZZA

12 NOON - 7:00 PM
Wednesday - Saturday

MONDAY & TUESDAY:
6:00 AM - 2:00 PM
WED., THURS., & FRI.
6:00 AM - 7:00 PM
SAT. 6:00 AM - 2:00 PM
CLOSED SUNDAYS

Gift Certificates Available

802-757-3333



POLLY'S PANCAKE PARLOR

WINTER HOURS:
FRIDAY - MONDAY
7:00 AM - 2:00 PM
Closed Tuesday,
Wednesday & Thursday

Mail Order of our products
continue online
www.pollyspancakeparlor.com

Taking Bakery orders through every
Wednesday for pick up on Fridays.

I-93 Exit 38, Route 117
Sugar Hill, NH
(603) 823-5575
www.pollyspancakeparlor.com

*Please support your local eatery.
Get a dinner to go, or make reservations to dine in.
These local small businesses are working hard to survive.
Please help them out.*

HUNGRY BEAR PUB & GRILL

Jct. of Rts. 5 & 15 Exit 16 off I-91
776 Lower Plain, Bradford, VT 05033
(802)222-5288
www.hungrybearpubandgrill.com

Daily Lunch & Dinner Specials
Full Bar & Vermont Craft Beers
Best Pub Fare Around!
Follow us on Facebook to receive daily food & Drink specials

Sunday Funday

Come on Down Every Sunday to Watch Your Favorite Sports Team on One of Our 11 TV's

Nascar * Baseball * Hockey * Golf * Basketball

EVERY WEDNESDAY - ALL DAY
Build Your Own Burger
Starting at Only \$5.
Toppings & Sides Additional

Thursday's: \$15. NY Strip Steak Dinners
Friday's: \$22. Prime Rib Dinners
Starting at 5pm



IRON RAIL PUB + GRILL

LUNCH SPECIAL
\$12.99
Soup & Sandwich
with a Free Soft Drink

Burgers • Steaks • Pasta • 13 Beers on Tap

Open: Tues-Sat . . . 11:30 am - 9:00 pm

www.ironrailpub.com
603-747-3312
24 Railroad Street Woodsville, NH

Trendy Dining Guide Ads

This size is \$200 for 6 Issues

Plus A Restaurant Review

Or \$400 for 13 Issues

Plus Two Restaurant Reviews

Or choose the Smaller Size:

13 Issues for \$225.

Plus You Get a Restaurant Review

Or Try Us Out for 6 Issues / \$125.

For More Details

Contact Gary @ 603-747-2887

or Email: Gary@TrendyTimes.com

Put a Little Bliss in Your Day!

PIZZA SPECIAL

Large Pepperoni Pizza
Tossed Salad
2 Liter Soda
\$16.99 PLUS TAX

Special can not be combined with any other discounts.

Bliss Village Store

Main St, Bradford, VT
802-222-3355

Trendy Dining Guide Ads

This Size Ad: \$125 for 6 Issues,
Or 13 Issues for \$225.
Plus You Get a Restaurant Review
For More Details
Contact Gary @ 603-747-2887
or Email: Gary@TrendyTimes.com

EVERY BUSINESS HAS EXPENSES

- Rent Or Mortgage -
- A Place To House Your Business
- Wages For Employees -
- Or Money For A Sole Proprietor
- Products For Resale -
- Parts, Supplies, Tools, Etc.
- Advertising -
- To Keep That Business Going

These are all necessary expenses to run a business!
Don't scrimp on any of them!

Advertise In Trendy Times
For Just \$6.50 Per Column Inch
(this size ad just \$71.50 or less to tell 8,000 plus readers about you)
Contact Gary at 603-747-2887
or email gary@trendytimes.com

JOIN US FRIDAY MORNINGS!

6 AM to 9 AM

THREE HOURS OF

COMMUNITY CONVERSATIONS...

Stephen John & Guests:

Conversation with Businesses, Community Leaders & Non-Profit Organizations!



PUFFER BROADCASTING INC.

1047 US Route 302, Wells River, VT 05081-0875

802-757-2773 • 603-747-2770

FAX 802-757-2774

www.wykr.com



London

by Elinor P. Mawson

I had never traveled anywhere except a car trip to a wedding in Michigan, and I never dreamed of traveling anywhere else.

And then a colleague told me she was going to England and Ireland in August and suggested that I accompany her new husband and herself. Oh, and by the way, they were also taking her mother-in-law and daughter with them. It didn't take me long to say yes, even though I had no idea what I was in for.

I had about a month to get ready. We went to Boston to get my passport which was a trip in itself. While there, a lady in front of me said to her husband, "I want to take the night train to Lyon", which I thought was the ultimate in travel talk. I resolved to say something like that to MY husband sometime.

At one point I told a fellow antique dealer where I was going and received the following advice: "Take all your oldest underwear and throw it away after you've worn it -- and get used to the underground system so you can go anywhere." I thought that strange, but it worked!

We all met at the airport, and finally we were off. I had never flown, so it was all new. I didn't sleep a wink and we landed at Gatwick early in the morning on my 46th birthday. Then we rented a car.

It wasn't a large car and the five of us packed our luggage here, there and everywhere, and squeezed into the space that was left. I calculated the cost of the car for the 5 days it would be used and the figure was about \$75, which I thought was a lot. We started off for Paddington where we would stay.

It turns out that nobody knew how to get there. I was happy to go by Big Ben,

even though we went by it several times in the search for our hotel. Getting there, we parked the car and found our room. I was staying with the mother in law (who called me Shirley the whole time) and the daughter, (13).

For dinner that night, we walked for 45 minutes to find a restaurant. (We didn't want to take the car out of its parking space.) The dinner was sub-par, but did the trick. I was anxious to see more of London but everyone else wanted to go back to the room. It turns out that our room was situated over a noisy bar which hindered sleeping.

The next morning we had breakfast, which was an eye-opener, with a different kind of bacon and a fried tomato along with eggs, toast (no butter) and weak coffee. We discussed what we would do that day and decided to go to Portobello Road, a big street market which we could get to by the underground. We ended up staying ALL DAY! It was fun, but tiring. I bought a few things, hauling them around for hours and looking for a place to sit down.

The next morning after breakfast we decided to go to the London Zoo. It was a Sunday and just about everyone in the world had decided to do the same. There were crowds everywhere. In nearly every building we went into there were signs saying, "Beware of Pickpockets" which made me quite uncomfortable. At one point, I heard the mother of a little girl say to her, "Be a good little girl and Mummy will take you to see the zebra (pronounced like Debra). Here again, we stayed ALL DAY.

On Day 3, we again took the underground and went to Harrods. We decided to split up and meet at a certain time. Harrod's is huge! It is on many floors and sells just about anything you might

want. I went in search of the fabric department and spent at least an hour looking at some wonderful pieces. I finally bought 2 (which I still have).

I don't recall what happened the following day, but I am sure it wasn't a museum, matinee or shopping trip. And the last day we rode back to Gatwick where they turned in the car and left me to go home while they headed to Ireland.

As I sat waiting to board the plane I reflected on the past several days. We hadn't done a lot of exploring the city or taking advantage of what London had to offer. We hadn't used the car to go places. We'd spent a lot of time waiting for each other. I was feeling frustrated about not truly enjoying where I was.

But when we took off from the airport and looked down at the fabulous landscape below I forgot my frustration! It was wonderful! And then and there, I knew I would be back as soon as I could get there.

Three months later, accompanied by my husband and son, that is exactly what we did. We returned again and again, and I finally found the London I had been looking for.

2021 Connecticut River Speaker Series

Explore the watershed with river lovers from NH and VT.

This year, the CRJC Subcommittees will be working together to celebrate and learn more about our Connecticut River – its history, science and culture. We invite residents of the Connecticut River Valley to join and participate.

The 2021 Riverwide speaker series will host 4 events to occur virtually on a Tuesday at 6pm. Register or Find out more at <http://www.crjc.org/lrs/>

MARCH 23 River Paths for Wildlife

MAY 25 Future of Invasive Species Management

SEPTEMBER 28 A History of the Connecticut

NOVEMBER Water Quality & Green Infrastructure

This year, members are also working to advance water quality monitoring of the Connecticut River and we welcome volunteers to help us in this effort.

By using the knowledge and wisdom of riverside communities, we might better prevent expensive and culturally ruinous troubles, safeguarding the



magic of the Connecticut River.

Connecticut River Joint Commissions or "CRJC" preserves and protects the visual, ecological and agricultural resources of the Connecticut River Valley of New Hampshire and Vermont, as well as guides its growth and development. The five CRJC Local River Subcommittees, which include all 53 riverfront communities, comment on river related permits and watershed planning. Enabled by both states, volunteer commissioners and members act as the "eyes and ears" on river related issues. In addition, members advance public awareness and involvement on issues of local priority.

If you would like more information visit our website www.crjc.org. Or contact us any time: E-mail contact@crjc.org Phone (603) 727-9484

Not all Times are Trendy, but there will always be Trendy Times March 2, 2021 Volume 12 Number 11

WE BUY & SELL GUNS

<div style="background-color: #f0f0f0; padding: 5px;"> <p style="font-weight: bold; margin: 0;">OUTDOOR EDGE FLIP N' ZIP GUTTING BLADE</p> <p style="text-align: right; color: red; font-weight: bold; margin: 0;">\$54⁹⁵</p> </div>	<div style="background-color: #f0f0f0; padding: 5px;"> <p style="font-weight: bold; margin: 0;">DOORBUSTER</p> <p style="text-align: right; color: red; font-weight: bold; margin: 0;">HIGH POWER HEADLAMP \$19⁹⁹</p> <p style="font-weight: bold; margin: 0;">Spend \$75 or more for a FREE Koozie while supplies last</p> </div>
<h3 style="margin: 0;">OVER 800 GUNS</h3>	
<div style="background-color: #f0f0f0; padding: 5px;"> <p style="font-weight: bold; margin: 0;">SAVAGE A17 AMERICAN FLAG</p> <p style="text-align: right; color: red; font-weight: bold; margin: 0;">\$549⁹⁹</p> </div>	<div style="background-color: #f0f0f0; padding: 5px;"> <p style="font-weight: bold; margin: 0;">FN 509 Compact 9mm</p> <p style="text-align: right; color: red; font-weight: bold; margin: 0;">\$1,048⁹⁹</p> </div>
<div style="background-color: #f0f0f0; padding: 5px;"> <p style="font-weight: bold; margin: 0;">THOMPSON CENTER LRR 243</p> <p style="text-align: right; color: red; font-weight: bold; margin: 0;">\$1,284⁹⁹</p> </div>	
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="font-weight: bold; font-size: 1.2em;">BOSSMAN OUTDOORS</div> <div style="text-align: right;"> <p>24 Railroad St. Woodsville, NH</p> </div> </div> <p style="text-align: center; font-weight: bold; margin-top: 5px;">603-243-0550 • www.bossmanoutdoors.com</p>	

Spring is Coming!

EARLY BIRD SPECIAL
5% Discount On All Membership Packages Purchased By April 1, 2021

Get ready for the golf season at

Blackmount Country Club

603-787-6564

CLARK POND ROAD • NORTH HAVERHILL



An Untenable Minimum Wage Bill

The NH Labor, Industrial and Rehabilitative Services Committee recently addressed HB 107, a bill relative to the minimum hourly rate. If passed, this proposal would establish a minimum wage in New Hampshire of \$22.50 per hour for non-tipped employees and \$10.12 per hour for tipped employees. The majority of the committee, including members that want to increase the minimum wage, felt that this was too significant of an increase without step increases in order to be viable for New Hampshire business. The committee rightfully recommended that the bill be rejected by a 19-1 outcome.

The bill was defeated; however, we also recognize a similar attempt to increase the minimum wage level is occurring at the national level. The United States Congress is considering a

minimum wage of \$15 per hour. Although some may feel that \$15 per hour is reasonable, I fear that doubling NH's current minimum wage will result in employee layoffs and eventual business closures. While shopping in Haverhill, I often encounter young high school students and others working for small business. This is a good thing; it offers those entering the workforce opportunity and training. First time and inexperienced workers assist small business during busy months by assisting in the delivery of quality and timely customer service. If we adopt a wage hike approaching \$22.50 or even \$15 per hour, there will be an unwelcomed domino effect in which businesses are forced to shrink current work force numbers. The responsible and knowledgeable employee currently earning \$17 or \$18 dollars per hour,

will most likely request and deserve an increase if the inexperienced individual starts at \$15 per hour. Soon, the employer will be forced to realign payroll to meet available payroll revenue. Eventually, the number of current staff will need to be reduced to the point that customer services will be impacted or no longer available. The end result might well be the demise of the business. NH's economy is strong and competitive. Wages throughout the business community are premised upon supply, demand, competition and service. To introduce a high minimum wage will most likely result in an economic slowdown with increased unemployment, especially among young, inexperienced workers not able to find work.

The NH Labor, Industrial and Rehabilitative Services Committee was right in voting down this legislation. If passed, the bill would ultimately lead to the demise of many small businesses in this community and the state.

Respectfully submitted,
Representative Rick Ladd

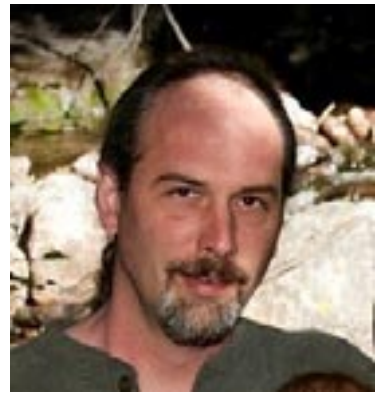
Jason Winchester Announces for Wells River Trustee

Jason Winchester has announced he is a candidate for the 3-year vacant Village Trustee seat in Wells River. Winchester has owned and operated the Winchester Enterprises carpentry business since 1997. He was a facility manager at a residential retreat center in the Northeast Kingdom and was responsible for the water and sewer system operations, road maintenance, and upkeep of 20 plus buildings and the grounds.

He is also the co-founder and co-owner of the Wells River Wellness Hall located in the old village hall.

He joined the Monroe NH fire department at the age of 18. He went on to be a member of Lyndonville and Barnet fire departments. Currently he is a captain on the Wells River fire department.

Winchester grew up in Monroe, NH and Barnet, and now lives in Wells River with his wife Kelsey and their two children since 2010



Winchester is committed to fiscal responsibility and transparency in the Village government. He will work to bring Wells River into the digital age and ensure the village follows the state's open meeting laws.

He will continue to help uplift Wells River by expanding on recent projects like the water system as well as other improvements to bring new life and fresh ideas to the village.

Winchester will work hard for the residents and businesses in Wells River.

Wells River Village vote is March 16th from 10AM - 7PM at the Wells River Village garage.

Volume 12 Number 11 March 2, 2021 Not all Times are Trendy, but there will always be Trendy Times

Scott Borthwick
Manager

Ph: 603.523-9284
Cell: 603.630.8032

Estate Wildlife Control, llc
Professional Removal & Exclusion of Wildlife
www.estatewildlifecontrol.com

**OVER 2000
BROKEN-IN TIRES**
MANY SETS OF 4

CANON TIRE
1-91 Exit 8, Ascutney, VT
802-674-5600
NEW TIRES TOO!!!

**MANLIFT
RENT**
Day • Week • Month

Trailer Hitch Installations

TOOL BARN, INC.
1233 Lower Plain • Route 5
Bradford, VT

802-222-9311

Mon-Fri 7:30am-4:30pm • Sat 8am-12 Noon

HAVERHILL CANDIDATES' PLATFORM

Saturday, March 6
1:00 - 3:00 PM

Clifford Memorial Building
Route 135, South Court St., Woodsville
ALSO AVAILABLE ON ZOOM & FACEBOOK

This Platform is being held to allow all Candidates for Haverhill Town Offices a chance to answer questions from voters about current issues, future plans or whatever issues may concern them.

Positions to be voted on during balloting on: Saturday, March 13, 2021 include:

- One Selectboard Seat (3 year term)
Two Candidates: Incumbant Darwin Clogston & Mike Graham
- Town Clerk (3 year term) Incumbant Christine Hebert)
- Trustee of Trust Funds (3 year term) Incumbant Kristi Garafalo
- Three School Board Seats (Three Year Terms)
Incumbant Dylan Farr, Incumbant Sabrina Brown, & Alexandra Keeler
- School Moderator (2 year term) Incumbant Jay Holden

This Platform is Sponsored by Trendy Times as a Public Service.
For more information contact Gary @ 747-2887 or email Gary@TrendyTimes.com
Thanks to the Haverhill Town Administration Staff for Assistance with Zoom presentation.

BEFORE YOU VOTE BE INFORMED

**BLACKMOUNT
EQUIPMENT, INC.**

FARM & GARDEN

603-787-6311 • 603-787-6954 FAX
NO. HAVERHILL, NH 03774

**29TH ANNUAL
Spring Chick Orders**

MEAT BIRDS

- Jumbo White Cornish Cross \$1.95 each (5 lbs. in 8 weeks)
- "Freedom Rangers" \$1.95 each (5-6 Lbs in 10 weeks)

Layers: Golden Reds, Rhode Island Reds, Barred Rocks
Black Sex Links \$3.75 each

Chicken shipment est. delivery is the first part of May.

ORDER NOW THROUGH MARCH 30TH

Turkeys: Large Broad White \$6.25 each
Est. delivery of Turkeys after August 4th



Ross-Wood Post #20 American Legion in Woodsville recently held two fund raisers. The money raised was split between two local organizations helping to feed those who need help. Pictured above is Ross-Wood Post #20 Commander Gary Scruton handing a check for \$630 to Good Shepherd Ecumenical Food Pantry Director Audrey DiMatties. The food pantry is located in the Clifford Memorial Building in Woodsville and is open Monday, Tuesday & Thursday 10 am - 1 pm and Wednesday from 6 - 7 pm.

Wendy Knight of Panton Appointed to Vermont Commission on Women

(Montpelier) – Governor Scott has appointed Wendy Knight of Panton to serve a four-year term on the Vermont Commission on Women (VCW), the state’s non-partisan commission working to advance rights and opportunities for women and girls.

Commissioner Knight is a communications and marketing executive with over 20 years of government, corporate and entrepreneurial experience in advertising and marketing, food and beverage, healthcare, media, non-profit, and the publishing industries.

She’s held several leadership positions in Governor Scott’s Administration, as Vermont Tourism and Marketing Commissioner, as a strategic lead for the state’s economic development initiative Think Vermont, and as Vice Chair of the Vermont Outdoor Recreation Economic Collaborative, a private-public initiative to grow the economy and preserve our natural resources. With this background in economic development, a focus that draws her to the work of the

VCW is ensuring that women have economic opportunities and fiscal independence.

A former freelance journalist for the New York Times, she has written four non-fiction books and appeared on NPR, CNN, and ABC News. Her current work includes writing about domestic violence, a topic featured in her powerful and personal op-ed in USA Today about children living in abusive homes during the COVID-19 quarantine.

Commissioner Knight is the Chief Marketing Officer of Knight Automotive and a consultant to On the Fly, a women-led collective supporting Vermont’s hospitality and tourism businesses negatively impacted by COVID-19. She currently serves on the boards of the Vermont Futures Project, which provides data and research to achieve long-term economic growth in our state, and the Vermont Outdoor Business Alliance.

She is a former Select Board Member for the town of Panton and a graduate of Cornell University.

This article is a follow-up to a mailing that Haverhill residents should have received last week.

DID YOU KNOW that due to the COVID-19 pandemic, the 2021 Town of Haverhill Annual Town Meeting will be virtual?

The Town will be following meeting procedures per House Bill 1129. This bill, sponsored by House Representative Rick Ladd, outlines very specific Optional Town Meeting Procedures, which municipalities must follow if the governing body determines they cannot hold the annual Town Meeting in accordance with the State of New Hampshire and the COVID-19 safety protocols.

What does that mean if you do not have a computer or are not computer savvy? Are you still going to be able to listen to the Town Meeting?

DID YOU KNOW that helping you understand this process is important to us? Continue reading along and we will break it down for you.

There will be two (2) informational meetings; the first virtual informational meeting will be held on Tuesday March 9, 2021 from 6:00pm – 8:00pm. At this meeting the Select Board will present the optional meeting procedures and walk everyone through the warrant articles.

Here is the Zoom link to that meeting:
<https://zoom.us/j/96090874360?pwd=Q2VUdmJ1em5JaGJTRzhiQm1hb2hVdz09>
 Meeting ID: 960 9087 4360 with Passcode: 854137

~~~~~

**DID YOU KNOW** if you don’t have a computer you can call in and listen to the meeting right at home? You can call either (929) 436-2866 OR (301) 715-8592.

You will need to enter the Meeting ID: 960 9087 4360 and the Passcode: 854137

~~~~~

After listening or watching the first meeting please note that if you have comments or questions specific to the warrant articles, you will have time to send comments on them from March 9, 2021 8:00pm – March 11, 2021 12:00pm.

There are three (3) ways to get your comments heard: email 2021TownMeeting@haverhill-nh.com, leave a voicemail at 603-787-6800, or send a text message to 603-728-5192.

The second virtual informational meeting will be held on Thursday March 11, 2021 6:00pm until finished. At this meeting the Select Board will review comments & questions received from the public. The Select Board may solicit public input to clarify comments & questions that were submitted during the public comment. The Select Board will discuss, debate, and are permitted to amend articles on the warrant.

Here is the Zoom link to the meeting:
<https://zoom.us/j/91782141084?pwd=anBHOTRGRVZRWEZMamhrOHgza0JoZz09>
 Meeting ID: 917 8214 1084 with Passcode: 613927

~~~~~

Remember you can phone into the second meeting by calling (301) 715-8592 OR (312) 626-6799 using the Meeting ID: 917 8214 1084 & Passcode: 613927

~~~~~

After the conclusion of meeting #2 there will be Sample Ballots for you to look at posted electronically on the Town of Haverhill website under ‘Elections’ at www.haverhill-nh.com and can also be observed in person at the James R. Morrill Building. Check them out so you will better understand what the ballots will look like on voting day. Basically:

Ballot #1: The Official Ballot will include the election of officers and other items that are required to be placed on the official ballot (this ballot shall be available as an absentee ballot).

Ballot #2: The Alternative Ballot will include an article to approve the optional meeting procedures per HB1129, followed by all budget related and petitioned warrant articles. (ballot available for in-person voting only)

Walk-through and drive-up voting will be held at Haverhill Cooperative Middle School (HCMS) on Saturday March 13, 2021 8:00am – 7:00pm. Only registered voters can vote. Voting shall be accordance with typical election procedures and masks and social distancing required.

DID YOU KNOW you will receive four (4) ballots when you arrive at HCMS? Two (2) ballots for the Town of Haverhill and two (2) for the SAU23 school vote.

Remember the Town of Haverhill Official Ballot is voting on the election of officers and the Alternative Ballot is for voting on all the other warrant articles. You will be asked to check off “Yes” or “No” for each article.

DID YOU KNOW we are all Town of Haverhill residents no matter which village or precinct you live in? Pike, North Haverhill, Woodsville, Mountain Lakes and Haverhill Corner = the Town of Haverhill.

Sometimes it can be difficult, but let’s continue working to bring our villages together and help one another understand this challenging voting process. We will come through the other side of this pandemic and eventually our lives will go back to a new normal.

Stay safe & healthy ~

Not all Times are Trendy, but there will always be Trendy Times
March 2, 2021
Volume 12 Number 11

RICH CLIFFORD
CONCRETE FOUNDATIONS
 SLABS, RETAINING WALLS, CURBINGS,
 SIDEWALKS INCLUDING RAILINGS
NO JOB TOO SMALL
 54 Clifford Drive
 N. Haverhill, NH
Rich Clifford
 603-787-2573

BEEZWAX
 By John Martin

TM & © 2021 John Martin Features

Calendar of Events

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

TUESDAY, MARCH 2

VERMONT TOWN MEETING DAY
Locations & Times May Vary this year

WEDNESDAY, MARCH 3

HAVERHILL COOPERATIVE SCHOOL DISTRICT
VIRTUAL INFORMATION MEETING #1
6:00 PM until done

SATURDAY, MARCH 6

HAVERHILL CANDIDATE PLATFORM
1:00 PM - See Ad on Page 4
Clifford Memorial Building, Woodsville

MONDAY, MARCH 8

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

TUESDAY, MARCH 9

FIRST HAVERHILL TOWN VIRTUAL MEETING
6:00 PM
See Ads on Page 5 & 14

WEDNESDAY, MARCH 10

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

HAVERHILL COOPERATIVE SCHOOL DISTRICT
VIRTUAL INFORMATION MEETING #2
6:00 PM until done

THURSDAY, MARCH 11

2ND HAVERHILL TOWN VIRTUAL MEETING
6:00 PM
See Ads on Page 5 & 14

FRIDAY, MARCH 12 - SATURDAY, APRIL 24

ALICE KITCHEL. EXHIBIT
11:00 AM - 5:30 PM Tuesday - Saturday
430 Railroad Street. St. Johnsbury
See Article on Page 1

SATURDAY, MARCH 13

HAVERHILL TOWN & SCHOOL MEETING
8:00 AM - 7:00 PM VOTING
Haverhill Cooperative Middle School

GRAB-N-GO CHICKEN AND BISCUIT

4:30 - 6:00 pm (or sold out) \$12.00
United Congregational Church of Orford, UCC

SUNDAY, MARCH 14

ACCOUSTIC MUSIC JAM
12:00 NOON - 3:00 PM
Clifford Memorial Building, Woodsville

TUESDAY, MARCH 16

WELLS RIVER VILLAGE MEETING

THURSDAY, MARCH 18

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

WEDNESDAY, MARCH 24

WOODSVILLE PRECINCT MEETING
7:00 PM
Woodsville Community Building

SUNDAY, MARCH 28

ACCOUSTIC MUSIC JAM
12:00 NOON - 3:00 PM
Clifford Memorial Building, Woodsville

WEDNESDAY, MARCH 31

RED CROSS BLOOD DRIVE
11:30 AM - 4:30 PM See Ad on Page 16
American Legion Home, 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 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.

WE HAVE

Wood
Pellets

BY THE BAG OR
BY THE TON!

DADS 4 BY
TOOL & SUPPLY

22 Memorial Drive, St. Johnsbury • 802-748-4208
10 Railroad Street, Wells River, VT • 802-757-2000



RICH SAFFO
Concrete
Form Co., Inc.



Since 1978
Continuous Service

Phone: 603-787-6747

Fax: 603-787-6560

All Major Credit Cards



Tax-Free NH

BUDGET LUMBER

Soon
to be



Budget KB

SPECIALIZING IN KITCHENS AND BATHS,
DOORS, WINDOWS AND SPECIAL ORDERS.

**SPECIAL BUYS AND INVENTORY
LIQUIDATION OF MATERIALS**

BEING A LOCAL DEALER FOR SILVER LINE® WINDOWS,
(with some in stock), we are able to fit all your needs for replacements, ordered to fit
your existing openings. Also, new Double-Hung, casements, picture windows, Silver
Line® windows (an Anderson Window creation).

PREFERRED

Silver Line
by Andersen



DOUBLE-HUNG WINDOW

The attractive Silver Line® 8600 Series double-hung
window has the popular features you like in our windows
but with added elements to make this an ideal solution to replace
old, drafty windows in your home. It is crafted with the elegant
design, energy savings and durability you expect from the
Anderson family of brands.

Features & Benefits

- Colonial brickmold design adds a touch of classic style to your home
- Curved designs and rounded lift rail corners add to the beauty of this window
- Tilt-in top and bottom sash offer easy cleaning from inside your home
- Specially designed balance system makes this window effortless to open
- Unique covers on the sides create a clean look
- Optional indicator lock lets you see at a glance if your window is unlocked
- ENERGY STAR® certified with the appropriate energy efficient options*

**OPEN MONDAY - FRIDAY 8:00 AM - 4:00 PM
CLOSED SATURDAY & SUNDAY**

1139 Clark Pond Road, N. Haverhill, NH 03779

E-Mail: woakes@yourbudgetlumber.com

www.budgetkb.com

1-800-488-8815 • 603-787-2517

Six Questions For Haverhill Select Board Candidates

Candidate Darwin Clogston



Question 1. What is your top priority as a member of the Select Board?

1. My top priority as a member of the Select Board would be to protect the residents and taxpayers of Haverhill from inefficient and wasteful use of our tax dollars. I will work hard to bring greater accountability and transparency to the budgeting and contracting process. This will include having all past contracts, agreements & MOUs examined for legality and equitability.

2. What should the Select Board do to help with cell coverage/broadband in Haverhill?

2. The COVID-19 pandemic has put a bright spotlight on the absolute need for better cell coverage and higher broadband capacity in Haverhill. As more people are working from home and more children learning remotely, we are putting more and more pressure on our already stretched capacity. It is simply not acceptable or workable anymore to have slow or no internet connection and spotty cell service.

We need to work more directly with our state officials, elected and appointed representatives, to find new ways to advance the rural ability for broadband access. New legislation coming forward will offer private municipal partnerships. Haverhill needs to work as one community with private partners and the state of NH to quickly fill the needs which will encourage not only business expansion but educational opportunities for everyone. We are reaching out and we need to continue to do so.

3. How do you believe the Town should work with the Precincts?

3 Haverhill is one town with some precincts representing individual priorities, Haverhill Corner wishes to preserve the Haverhill heritage that still exists, Woodsville operates enterprises to benefit its residents,... all in all we are one community. It's time we recognize the need to work as one. It is time we took into consideration the cost of the duplicative operations on the taxpayers.

There are efficiencies in working as one town, one community, for the benefit of all residents regardless of their address. Precincts should continue to operate their water systems, their sewer systems, and their pools but the function of a town is to serve all its residents fairly and equally and the Town of Haverhill should fulfill that obligation in a legal and morally acceptable manner. "All for one and one for all" isn't a bad start to a successful future for the Town of Haverhill.

4. What do you see as the future of the Airport/Industrial Park area?

4. We've seen massive growth in our state over the last decade, which has only accelerated with this pandemic. This has mainly been found in southern New Hampshire, but it has certainly crept north to our town. In coming years, it is likely that open land will be at a premium even in our area of the state. With that in mind, I believe that it would be in our best interest to save the lots from this project for future town use.

5. What, if any, new program would you like to see started in Haverhill?

5. I would like to see a renewed focus on how we as a town can provide more opportunities to our children and young adults that are looking for opportunities to succeed economically and start their families here in Haverhill. I have mentioned the importance of broadband expansion which will help every business owner and family in town. I would also like to see us provide opportunities for our youth that are interested in being first responders where they could learn by observing and assisting our Police and Fire departments when appropriate. We have farmers and an important forest products industry here in our community, let's make sure we are connecting and encouraging our students interested in those fields to learn more about sustainable methods of farming and harvesting and about the economic opportunities that our great outdoors can offer.

6. Why should the voters of Haverhill elect you as a member of the Select Board?

6. It is imperative that we have Select Board members that represent the wide scope of needs of our residents. Select Board members should be elected from every corner of our town to ensure that all our needs and concerns are properly represented. We need to make sure that we encourage town wide progress by looking at all angles, and listening to all our constituents.

I am running as a reform candidate. because we need to ensure that our tax dollars are working for all of us as efficiently as possible, and I have long been a serious participant in that process.

I see a bright future for our town. If I am elected, I will keep doing what I believe is right, and what is right for the people of Haverhill. I will work to better Haverhill for the people of Haverhill. I will take my chances that when it's my turn to be judged, I will be judged on what I did for others, and I will pray for those who will be judged on what they did to others. If elected I will serve the people, all the people, to the very best of my abilities.

Candidate Michael Graham

Question 1. What is your top priority as a member of the Select Board?

1. I do not have a top priority nor any specific agenda as I enter the race for a selectboard seat. I

No picture available at this time.

believe it is important to take public office and represent the people without a personal priority and no agenda of one's own.

2. What should the Select Board do to help with cell coverage/broadband in Haverhill?

2. I believe the town manager has a plan to attempt to improve internet service in a smaller area in parts of the town. As far as cell service, I need to research what, if anything, can or has been done.

3. How do you believe the Town should work with the Precincts?

3. The town should recognize that the precincts are separate governmental entities in several areas of the town. They provide more local control over certain services provided to their constituents. They serve a purpose and need to be recognized and respected as such.

4. What do you see as the future of the Airport/Industrial Park area?

4. I understand that if the current applicant is approved only one lot in the business park would remain for sale/vacant. The airport is an important asset to the town and should be preserved and maintained.

5. What, if any, new program would you like to see started in Haverhill?

5. I have no new programs in mind at this time for the town. As I said earlier in this article, I have no specific agenda, nor do I have any "axe to grind"

6. Why should the voters of Haverhill elect you as a member of the Select Board?

6. I believe that I have earned the trust and respect of the voters of Haverhill and will serve the town well.

CANDIDATE PLATFORM
 Saturday, March 6
 1:00 PM
 Clifford Memorial Building
 or via Zoom or Facebook

Not all Times are Trendy, but there will always be Trendy Times March 2, 2021 Volume 12 Number 11

Brands you trust, People who know

Your Yard, Garden and Pet Place

3147 Dartmouth College Hwy. M-F 8am - 5:30 pm
 North Haverhill, NH 03774 Sat. 8am - 4 pm
 603-787-6981 Sun. 9 am - 3 pm
www.northhaverhillagway.com

LAVOIE'S AUTOCARE CENTER

MICHAEL LAVOIE
 ASE Certified
 Master Technician
 PO Box 26
 Haverhill, NH 03765

Automotive Repair
 24 Hour Towing
 Day 603-989-5871
 Pager 603-549-2333

Walker Motor Sales, Inc.
 4875 Dartmouth College Hwy.
 Woodsville, NH 03785

Jamie Walker
 Sales, Leasing Manager

P: (603) 747-3389
 F: (603) 747-3900
 Email: jwalk@walker.net

WOODSVILLE Guaranty SAVINGS Bank

Just like you.™

63 Central Street, Woodsville | 603-747-0477
thegarantybank.com Member FDIC

603-787-6408

GENERAL AUTOMOTIVE UNDERCOATING U-HAUL
 JANDJAUTO03774@GMAIL.COM



Not a Groundhog! This squirrel is predicting Spring. 3 more weeks.
Photo by Cyndi Wellman cnb.pics07@gmail.com

Littleton Food Co-Op Adds Up 2020 Total Contributions



Littleton Food Co-op employees Melody, Front End Manager and Anastasia, cashier, hold the Big Check representing total our our popular Partner of the Month program for 2020.

Littleton Food Co-op is thrilled to announce the total for 2020 from our Partner of the Month Round-up program! \$67,038.63 was given at the register and every penny was given to our Partners who were selected by Littleton Food Co-op member/owners during our Partner of the Month fair which happens in August. The recipient organizations for 2020 were the Healthy Food Access Fund, Believe in Books Literacy Foundation, North Country Beekeepers Association, Granite United Way COVID Relief Fund, White Mountain Mental Health, Adaptive Sports Partners of the North Country, Littleton Dog Park, Copper Cannon Camp, Disabled American Veterans North Country Chapter 21, Littleton Food Co-op Community Fund, our local food pantries, Bethlehem Trails and PRKR Mountain Trails. We at the Littleton Food Co-op would like to thank all member/owners and customers for the generosity given to our community during such a challenging year. We would also like to thank Habitat for Humanity - Ammonoosuc Region for giving their month to Granite United Way so that money could be collected for COVID relief fund which brought in food gift cards to our community during the first months of the pandemic. For more information about our Partner of the Month program please visit our website at littletoncoop.com

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

CustomSUPPORT

We're here to help you!

- Windows and Mac Installation & Repair
- Virus & Malware Removal (PC Tuneup)
- Network Installation & Configuration
- Website Design & Maintenance

227 Cross Road
Bradford, Vermont 05033
802.222.4460

www.customsupport.com

paul.hunt@customsupport.com

john.hunt@customsupport.com

We are growing and we want you to grow with us

Open Positions

- ◆ Primary Care Staff Nurse (RN) / Medical Assistant (MA) -Wells River
- ◆ Per Diem Nurse (RN) / Medical Assistant (MA) -COVID-19 Response
- ◆ Clinical Care Coordinator -Wells River
- ◆ Patient Accounts Representative - Administrative Office -Bradford

Visit <https://www.littlerivers.org/careers> to apply

To learn more, contact Denise Lepine-Whitehead
802.222.3023 | dlepine@littlerivers.org

FECTEAU Homes!

Your TOTAL Housing Solution!

Barre-Montpelier Road Next to Tractor Supply
Family Owned and Operated • Building Since the 1970's

Modular Homes www.fecteauhomes.com
Manufactured Double & Single Wides 800-391-7488
Trades Welcome • Financing Available 802-229-2721

FAIRLEE, BRADFORD, FAIRLEE, VERMONT

Cohase Chamber of Commerce

Cultivating Economic & Cultural Prosperity

HAVERHILL, PIERMONT, ORFORD, NEW HAMPSHIRE

Buy Local. Shop Local. Dine Local
Support Chamber Businesses

www.cohase.org

RE-ELECT

DARWIN CLOGSTON

Haverhill Selectman

Darwin Clogston is a married, local small businessman, and has been a resident of Haverhill for over 35 years.

Darwin will work to:

- ★ Lower property taxes
- ★ Expand high speed broadband
- ★ Support small business
- ★ Improve education
- ★ Get us working together as one community



SATURDAY

March 13th

8am – 7pm

Paid for by Darwin Clogston for Selectman

We Accept Cash, Check or Credit/Debit Cards



CLASSIFIEDS

Personal: For Sale, Wanted, Lost, Found: Up to 30 words FREE for 2 issues. (\$10,000 value limit)
 Business: Help Wanted, For Rent, etc. \$10/2 issues, \$20/5 issues, \$50/15 issues. Limit of 30 words.
 Classifieds that exceed word count may be subject to an additional charge.
 Mail or Drop Off at Trendy Times, 20 Pine Street, Woodsville, NH 03785 Email: Gary@trendytimes.com

WANTED

\$200 REWARD: We need a 1 or 2 bedroom first floor apartment or house or mobile home. Sold our home in Lisbon. Looking to relocate in Lisbon, Lyman, Landaff, Bath or Woodsville. Call Dick Comstock 603-838-6132 03.16

OLD MILK CANS, Old License Plates, Old Metal Toys. Philip Allan, 50 Route 10, Piermont, NH 03779 or call 603-960-4027 02.16

USED OIL. We pay 50¢/gallon. We are a certified buyer, so we will satisfy your legal disposal needs. Fairlee Marine 802-274-2381 02.16

RECORDS WANTED: Buying your old vinyl records-LPs and 45s. Looking for Rock, Blues, Jazz, Folk, Soul, Funk, Heavy Metal. Top \$\$ paid. Will travel to you. Call or text Mark @ 413-626-6396 02.16

COLORED GLASS (not painted) punch bowls, glassware, etc.. preferably textured and thick as I tumble it. No beer or wine bottles. Call 781-910-7949 03.02

USED ELECTRIC DRYER. Not worried about how it looks, as long as it works. Call 603-747-4140 03.16

FOR SALE

2 YEAR OLD KINDLING. All natural softwood, no chemicals added. 16" average, \$7 bundle. 603-616-6859. Bethlehem 02.16

AIR TIGHT WOOD STOVE BY AVALON. 18" wood top or front load. Has blower on it. Front doors have windows \$450. or BO. Call 603-823-5692 02.16

50 GALLON FISH OR LIZARD TANK \$50. Call 802-745-9205 02.16

BARRELS, TOTES & PAILS: 5 gallon - 275 gallon. Plastic or steel. Open and closed top. Call Bicknell Barrels 802-439-5519 05.30.21

HAND PAINTED PICTURE OF OLD BATH COVERED BRIDGE on hand saw, signed by William Wallace. \$250. 802-745-9205 02.16

X-LARGE DOG CRATE \$30 call (603)991-2463 02.02

FILTERS (OEM) For 2016-2021 Chevy Colorado/GMC Canyon 2.8 Diesel Trucks: Fuel 52100212, Oil (3x) 12679114, Air 23248945, Cabin 23135671. \$80 cash. Call 802-26-9244 02.16

FOR SALE

1961-62 US RED BOOK COINS. \$5.00 each. 802-439-3254 03.02

TWO BOXES OF MAGAZINES: Workbench, Weekend Wood Crafts, Handyman, Wood, House & Garden, Country Living. \$25. Call 802-695-3350 03.02

JOHNNY WINTER FRAMED CONCERT POSTER, from show at Tupeka Music Hall, Londonderry, NH, Jan. 21, 2011. Signed by Johnny and the whole band: Vito Liuzzi, Paul Nelson, and Scott Spray. \$2,500. Call 603-496-8639 03.16

2016 KIA OPTIMA. Moving, need to sell ASAP, excellent condition, no rust, low mileage. \$1,000 OBO. Call Miguel 603-259-6506 or Chris 603-991-2455 03.16

WALKER W/SEAT & BASKET, H/D new, never used \$50.00; 1961-2 US Red Book Coins \$5.00 each. Wood bathroom towel organizer/rack \$20.00 Call 802-439-3254 03.16

27" 10 SPEED BIKE \$125. 28' Extension Ladder \$100. Table Saw \$80. 603-359-9485 03.16

ICE AUGER, Jiffy Pro-4 X-Treme four stroke propane with 8" d-icer blade, like new. Retail \$499.95, \$325.00 802-263-5293 03.16

IRONSTONE CHINA "JOHN EDWARDS" pitcher \$60.00. 802-439-3254 03.16

PRO-TECH 4002 10" TABLE SAW, 2 hp, 4800 rpm, in good working condition. \$35. OBO 603-787-2082 03.16

FOR RENT

VERY NICE ONE BEDROOM COTTAGE for rent includes water, septic, trash and driveway plowing. Located on quiet street with small yard. \$775 / per month. Only persons with adequate income, references and good credit need apply. No pets or smoking. Call Davis Realty 139 Central St., Woodsville, NH 03785. 603-747-3211 03.02

1 BEDROOM BRADFORD APARTMENT (upstairs bedroom) Quiet area--walk to downtown. Water, sewer, and garbage included. Off street parking. Storage space available in cellar. Must have references and proof of steady income. \$550/ month. Robert 802-274-2381 02.16

INSTRUCTION

INSTRUMENT LESSONS: Private piano, guitar, banjo & clarinet lessons for beginner & intermediate students of all ages. 40+ years instructing. Call 603-398-7272. 5.12

HELP WANTED

PART TIME SALESPERSON FOR TRENDY TIMES: Make your own hours. Pay is by commission. Would like a person familiar with the Lincoln/Woodstock area. Person needs good transportation and computer access. For an interview call Gary at 603-747-2887 or email: Gary@trendytimes.com

SERVICES

TDL WASTE SERVICE & trash drop. Jct. Route 302 and Wallace Hill Road, Wells River. Wed. 5-7 pm. Sat. 8 am - 1 pm, Sun. 9 am - 1 pm. Phone 802-584-3287 and 802-272-7019. 08.31

Do you have some winter sports equipment you no longer use?
SELL IT HERE FOR FREE!
(If priced under \$10,000)

Sell that Snowmobile, skis, snowshoes, Ice Skates or whatever you haven't used in years, or even this year.
 Emai:
Gary@TrendyTimes.com
 or Send via USPS to:
20 Pine Street, Woodsville, NH 03785



CLASSIFIED FORM

We accept checks, credit/debit cards and even cash!

MAIL OR DROP OFF AT:
 20 Pine Street, Woodsville, NH 03785

EMAIL: gary@trendytimes.com

- For Sale
- Help Wanted
- Personals
- Other _____
- For Rent
- Free
- Wanted
- Lost
- Found

Description: _____

Price: _____

Phone Number: _____

NON-BUSINESS: For Sale, Wanted, Lost, Found: Up to 30 words FREE for 2 issues. (\$10,000 value limit)

BUSINESS: Help Wanted, For Rent, etc. \$10/2 issues, \$20/5 issues, \$50/15 issues. Limit of 30 words.

Classifieds that exceed word count may be subject to an additional charge.

Mail or Drop Off at Trendy Times,

Wanna' Buy A Watch?

by Maggie Anderson

As some of you know I was raised with a pack of wolves, I had six brothers I think that meets the definition.

Between the brothers, my dad, uncles who outnumbered aunts by about four to one, all Dad's buddies, and the guys my brothers dragged home from school, I was a bit like a shard of broken shell in an otherwise perfect omelette.

The women in my life were of several schools. My step mother took great pains to tell me what a waste of space I was, and apparently according to her, destined to remain so. Several did all they could to avoid me, still others were molders who tried to make me into somebody else, anybody else.

My mother thought my hair too straight so one day she decided to wrap me in the wands and perfume of a permanent wave. While she was next door my big brother told me he could make me beautiful before Mom got back with the extra towels.

John was learning to wield scissors at the time, let's just say he needed more practice. He bit his bottom lip, turned his head thoughtfully from side to side and, one by one, chopped every single rod from my head right down to my scalp. Close your eyes and picture that. I know. I was four years old at the time.

Mom made John give up his practice a few days later after he cut little circles around each of the tiny decorative safety pins on the front of her brand new blouse. You'd think she'd have seen that coming.

My mother spent the first ten years of my life telling me, by words and by actions, I wasn't quite up to

specs. She told me not to be too sure of myself or the boys wouldn't like me. She told me not to raise my hand too often in class even if I knew the answers because it would make the boys feel stupid. I didn't tell Mom but I thought a little more study and a little less goofing off might have helped.

As I got older well-meaning aunts, and various church ladies, and neighbors said I shouldn't wear things the boys wouldn't like to see me in. My thought was, they don't have to wear the thing, what's it to them?

"Don't be so bossy" ran on a continuous loop. In short I learned everything I did or said every day must be shaped to fit the tender sensibilities of every male I encountered.

Honestly I'm surprised I didn't just have the whole list tattooed onto my arm. Of course that would have eliminated my wearing short sleeved blouses, or dresses, not to mention swim suits, from then on because you know some guys just won't have anything to do with girls in tattoos.

Which brings me to the current political current. I've never been very good at accepting a perspective, a point of view, or an edict I thought unfair, unreasonable, or simply idiotic.

Dad taught me to know myself, to know what I believed and why. He told me to examine an issue from all sides, then make my choices and be ready to explain them if or when I was confronted by an opposition force.

I have spent my entire life so far striving to be my true self in the face of great obstacles and have little interest in becoming somebody I don't even recognize now.

Besides my kids tell me I have legs that glow in the dark. I cannot change the color of my skin. But I can tell you one thing, I've never treated anyone as less because of it. No matter how many vote-hungry politicians, spotlight-seeking celebrities, or enlightened academics repeat something their repetition does not make a statement fact.

I refuse to be condemned by association or my skin color. I am no more guilty of atrocities foisted on others than I am guilty of murder because one of my step brothers killed a woman. The attempt to connect those dots is asinine at best, insulting at worst.

I may not have been born with outdoor plumbing but my brain still operates with the accuracy and precision of a Rolex.

Cohase Rotary Organizes Valentine's Card Collection 11

The Cohase Rotary eClub recently organized a Valentine's Day Card collection to bring smiles to residents of area nursing homes, assisted living facilities and others who have had limited visits from loved ones due to the Covid-19 pandemic. Over 200 cards were created by area schools, individuals, and Rotary Club members. Participating schools included Bradford Elementary School, Newbury Elementary School and Monroe Consolidated School. Recipients of the Valentine's Day cards included Grafton County Nursing Home (North Haverhill, NH), Margaret Pratt Community (Bradford, VT), Blue Spruce Home for the Retired (Bradford, VT), Valley View Home for the Retired (Fairlee, VT), Frances Atkinson Res-

idence (Newbury, VT), The Village at White River Junction (White River Junction, VT) and Veterans Inc. (Bradford, VT).

The Cohase Rotary eClub works to provide service to others, promote integrity, and advance world understanding and goodwill. The club seeks to sponsor one project each month to benefit the regional community with a focus on the Vermont and New Hampshire communities that make up the Cohase region.

To become involved in the Cohase Rotary eClub or for more information, you can contact the club by email at cohaserotary@gmail.com; visit them on Facebook and Instagram; visit their WEB site at cohaserotary.org or contact Monique Priestley, Club President at (802) 222-1909

HELP WANTED:

Various Mill Positions Available in the following Departments:

Planer, Gable Shop, Cutline, Bagging and Yard.

Must be reliable and flexible to contribute to the team effort.

Competitive pay, paid holidays, vacation, retirement plan and health insurance.

Please apply at the office or email Matt at: shop@coventryloghomes.com
Coventry Log Homes, Inc.
108 South Court Street
Woodsville, NH 03785



We're looking for production minded and reliable upholsterers, furniture builders, finishers, and machine/CNC operators to join our great team in Bradford, VT. Experience is a plus, but not required – we will train you! If interested please email resume to jobs2021@copelandfurniture.com, visit the "Careers" section on our website, or feel free to stop by our Factory at 156 Industrial Dr. Bradford, VT.
www.copelandfurniture.com

TUNE IN FRIDAY MORNINGS for



A Conversation with the Meteorologist!

SHORTLY AFTER 7:30 AM

SPONSORED BY
HATCHLAND FARM
& WICKED GOOD DAIRY DELIGHTS
& MILK STORE



Puffer Broadcasting, Inc.



BRAND NEW HOME FOR SALE

\$54,900

**24 Harmony Acres
Woodsville, NH**

SITUATED ON A CORNER LOT
Quiet Park Near All Services

READY TO MOVE IN
14x56 • 2 Bedrooms • 1 Bath

BlackMount Rentals
108 South Court Street • Woodsville, NH
603-747-3706

Finding Solutions for Your Financial Needs

Kim R Shillieto
Financial Advisor

One Main Street
Littleton, NH 03561
603-444-0344
www.edwardjones.com

Edward Jones
MAKING SENSE OF INVESTING

Member SIPC

How Can Women Overcome Obstacles To Financial Security?

On March 8, we observe International Women's Day, a celebration of the social, economic, cultural and political achievements of women. Of course, women still tend to encounter more obstacles than men in the pursuit of financial security. Let's consider a few of them.

To begin with, women are still more likely to leave the workforce, at least temporarily, to raise children, resulting in lower contributions to employer-sponsored retirement plans such as 401(k)s. And women are often the ones who become full-time caregivers of aging parents or other relatives. Caregiving duties can exact a big financial toll: The lost wages, pensions (including 401(k)s and similar plans) and Social Security benefits that a woman loses to become a full-time caregiver amount to more than \$300,000 over her lifetime, according to the National Academy of Sciences.

Women also may be more susceptible to financial downturns. Consider the COVID-19 pandemic: Just a few months ago, in December, women lost

156,000 jobs, while men gained 16,000, according to the Bureau of Labor Statistics, which also reported that women accounted for 54% of the jobs lost from the pandemic in 2020.

And women are not unaware of their circumstances and outlook. Just 41% of women are confident about retirement, compared with 56% of men, according to a survey by Edward Jones and Age Wave.

But if you're a woman, you can take steps to help improve your financial outlook. Here are a few suggestions:

Take full advantage of retirement plans

- If you are still working and your employer offers a 401(k) or similar retirement plan, take full advantage of it. Put in as much as you can afford each year and increase your contributions when your salary goes up. Also, within your plan, you'll want to choose the mix of investments that can help provide the most growth potential, given your individual risk tolerance. Also, even if you contribute to a 401(k) or similar plan, you may also be eligible to fund an IRA, which gives you even more investment choices.

Evaluate your Social Security options

- You can typically start taking Social Security benefits when you're 62, but your monthly checks

will be much larger if you wait until your "full" retirement age, which will likely be between 66 and 67. You might also consider whether you'd be better off by taking spousal benefits, if you're married and your spouse earned more money than you. You're generally even eligible for spousal benefits if you are divorced, as long as you were married at least 10 years and you haven't remarried.

Look for unexpected income opportunities

- Even after you've formally retired, you may still find ways to receive some earned income. Perhaps you can work part time or do some consulting. And if you're a caregiver, you might be able to receive some compensation for your work. Many local governments pay non-spouse caregivers who act as personal attendants, although the rules vary greatly by state and county.

These certainly aren't the only ways you can improve your financial status, but they may prove useful to you. In any case, be aware of the challenges facing you and do whatever you can to brighten your future and beyond.

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

Edward Jones, Member SIPC

Ricker Funeral Home & Cremation Care of Woodsville



1 Birch Street • P.O. Box 271
Woodsville NH 03785
(603) 747-2717
www.rickerfh.com
email - info@rickerfh.com

Adam W. Smith

GRS Tire & Auto
Full Service Auto Repair
Foreign & Domestic



Alignments • Brakes • Lube, Oil & Filter Changes
Oil Undercoating • State Inspections • Tires
Towing & Recovery • Tune-Ups • Used Car Sales

GARY SIMONS, PROPRIETOR
603-747-4192
95 Central Street, Woodsville, NH
Hours: M-F 8-5

Senior Feet Foot Care For Age 55 & Older



Beverly Sinclair
Registered Nurse
802-449-7385
bev@sinclair-chiro.com
www.bevseniorfeet.com
183 North Main St
Bradford, VT



JAMES K. LANG LLC
ACCOUNTING, TAX, AND CONSULTING SERVICES

James Dayna Walter Pete Erin

603.747.3613
7 BOOMHOWER ROAD WOODSVILLE, NH 03785

Letter to the Editor: In Support of GCSCC

To the Editor:

As a member of the board of directors of the Grafton County Senior Citizens' Council (GCSCC) – the parent organization of the Horse Meadow Senior Center – I am writing to urge my fellow citizens to go to the polls on March 13th and vote "YES" on Warrant Article 23. A "YES" vote will make available an appropriation of \$24,000 to support the operation of the Horse Meadow Senior Center (HMSC). I am grateful to live in a community that has shown a steadfast support of the senior center over many years.

When the pandemic hit last year, the needs of our elder population did not go away. In fact, they became more serious. In response, GCSCC staff and volunteers quickly shifted gears and got creative in order to carry out our number one priority: safe food preparation and distribution. While all of our senior centers had

to be temporarily closed to the public, our staff actively brainstormed and collaborated on ways to increase meal deliveries while limiting contact between clients and volunteers. Forced to suspend a host of congregate programs, we created a level of safe social interaction by offering a "grab-n-go" distribution of fresh, tasty hot meals in addition to home-delivered meals. To keep up with growing nutritional needs, food drives were held and thousands of pounds of shelf-stable food from the NH Food Bank was delivered to and shared throughout Grafton County. Generous donations from Pete and Gerry's Eggs and bread from King Arthur Baking Co. were distributed as well.

Along with everyone else, our clients look forward to getting together again and sharing a common daily meal. GCSCC is immensely proud to be helping our elder citizens

age with dignity in a safe and secure home setting, with freedom from hunger. We continue to do well in the nutrition arena, but we join our fellow citizens in looking forward to more settled times when we can resume giving our clients greater mobility and enhanced opportunities for fellowship and social interaction. In the meantime, we continue to evaluate when, and under what circumstances and safety restrictions, it might be possible to consider resuming more conventional operations.

Please know that GCSCC is a non-profit social benefit corporation and only 58% of our services are funded through state and federal programs. We therefore greatly appreciate community, foundation, and individual contributions.

We sincerely appreciate the support.

Patricia A. Brady
Mt. Lakes, NH

GCSCC Board Member

Patricia,

GCSCC is only one of several articles that appear on the Town Warrant for Haverhill this year. There are actually over 30 articles to be voted upon. As a reminder the actual voting will take place on Saturday, March 13 from 8 am until 7 pm at the Haverhill Cooperative Middle School. Virtual meetings, held to answer questions and to finalize the warrant, will be held on Tuesday, March 9 and Thursday, March 11.

Both meetings begin at 6:00 pm and will be held at the Clifford Memorial Building in Woodsville. Voters can also participate via Zoom or Facebook. (for further details check the Haverhill town website at www.Haverhill-nh.gov)

Let me encourage all voters to participate in as many of these sessions as possible. Be informed, and most importantly, be sure to vote. They are your tax dollars being spent.

Gary Scruton, Editor

Letter to the Editor

There he goes again! I'm referring to Mr. Robert Roudebush of North Haverhill, NH. In his latest squib to Trendy Times (Trump's Teachings on Tyranny, Feb. 16, 2021), he accuses President Donald Trump of

tyranny. However, he provided no examples. What exactly is he talking about? Perhaps Mr. Roudebush will be kind enough to be specific in his next letter?
Barbara West
Fairlee, VT

Barbara,

Commenting on political issues is always a tough task. Opinions on leaders, issues and every other move made by our elected officials can be formed from several different angles. That is the system that we are governed by. I want to applaud both you and Robert for being willing to speak up and put your opinion out there for others to read and therefore to think about.

It appears that it is now Robert's turn.

Gary Scruton, Editor

Letter to the Editor:

To the Editor,

As I watched the honor being paid to a murdered Capital Police officer Brian Sicknick, who was beaten to death by a mob, who was sent to the US Capital by Trump.

Brian Sicknick was 42 years old. He is now dead because of Trump's rally!

Does Trump care? Hell no, all he cares about is spreading lies that he won. Trump LOST, he LOST in more ways than he knows. He wanted to overthrow our government so he could hold power and he doesn't care who got hurt!

His crazy rally resulted in over 140 Capital Police being hurt, and some have life changing injuries. He caused the worst terror attack in America all because he will not accept the proven fact that he lost the election. There seems to be a real problem for Trump to deal with the truth. Trump has lived in his world of lies so long it has affected his ability to tell the difference between the truth and a lie! He doesn't care about any

other American, only himself. His supporters are following a very sick Dictator! How very, very sad that such a good police officer had to lose his life in a very brutal way! He was a soldier! He had his whole life cut short because of Trump. Trump has blood on his hands, that will never wash off! May Brian Sicknick rest in peace and never be forgotten! Anyone who follows Trump must be just like him. He is the most evil man on this earth. He only cares about himself, and uses crazy followers to do his dirty work. Trump doesn't deserve to live in America, he should go to Russia with his "buddy" Putin, two of a kind! You stand up against this ex-president who lost the election. Trump tried to destroy America for himself. He tried to take away our freedom, so he could rule us. He is a no good Dictator! What kind of American are you, if you still support him?

Betty Nicles
Benton, NH

Betty,

Former President Trump is, by definition, just that - a former President. He was elected in 2016 and lost the election of 2020.

Saying that he is, or was, a Dictator is not officially correct. Whether or not you like his actions he never got to the point of fitting into that definition. Of course some will argue that he tried to make that happen, but in the end our way of governing this country held up and we must now move on.

My hope is that as we move on we can somehow combine the power and the ability of all Americans to make our nation, and by being a leader, make the entire world a better place to live. After all it is the only world we have.

Gary Scruton, Editor

Letter to the Editor: Haverhill Town Meeting

To the Editor,

I wish to inform the Town of Haverhill residents about upcoming votes at the annual town meeting. The residents need to be advised that the four petition warrant articles initiated by Ed Ballam will cause town taxpayers to be taxed for twice the amount that three fire departments would need to operate. (North Haverhill Fire Department did not ask for the warrant article and did not want it.) I cannot speak to the thought process behind these petitions. However, I need to point out that there will be unintended consequences if these warrant articles pass. The town will then be required to raise those additional three fire department budget funds through taxation, but the money would only sit in the town's bank account. The reason is that we have received a legal opinion from our law firm that the town's funding of the three precinct fire departments has been done unlawfully since 2012. One municipality (town) cannot fully fund a department of another municipality (precinct). This year, the select board already voted to allocate sufficient funding for the three fire departments under the new town fire department's budget line if the two other precincts (hopefully) choose to become part of the Town of Haverhill Fire Department. If a precinct decides not to join, which is their right as a precinct, their respective fire department's funding would need to be raised from the individual precinct taxpayers through the precinct.

This year, under the virtual town meeting rules, if Article 2, Alternate Town

Matthew,

I want to start by saying I appreciate all the time and effort that you and the other members of the Haverhill Select Board have put into this year's town budget and the warrant overall. With the current circumstances it can not have been easy.

I would like to make a couple of additions to your statements. First is that if Article 2 is defeated there are two options: "(a) Convene a meeting before September 1 to adopt an operating budget; or (b) Elect to deem that the meeting has adopted the previous year's operating budget article, not including separate warrant articles" at the discretion of the Select Board.

The second point is that it is the voters of the town of Haverhill who will decide if there will be one fire department in Haverhill. Yes, at the 2020 town meeting two affirmative votes were taken to "accept the control" of the North Ha-

Meeting Process gets voted down and does not pass, all the warrant articles would also be automatically defeated and ineligible to be brought back in this upcoming fiscal year. That means all the non-profits would lose their town funding permanently this year, and the budget for town operations would revert to last year's budget numbers.

I also heard comments at the recent fire department briefing given by the town manager that it is not fair that precincts would be double-taxed for fire service if their precinct did not join. I wish to point out that all of us town residents currently are being double-taxed for police service. We all contribute to the NH State Police, as do all NH resident taxpayers, but since our town chose to have a town police force (of whom we are very proud), we pay for our town police and pay taxes for the state police. The state police do not respond to our town since we have a town police department. It would be the same situation here regarding taxation with fire departments.

It makes no practical financial sense to have three separate fire departments in a town our size. It comes down to money; if one fire chief is paid a \$10,000 annual stipend and makes it to 22 calls out of 72 (31%), that costs the taxpayer a whopping \$455 per call plus the chief's hourly rate. That is simply unaffordable. The people doing the most complaining are the same ones who want to retain their stipends and do not want the medical standards that a town department would require. For example, someone who is legally blind

would be medically ineligible to be a firefighter in the town department; because they would be a liability to their fellow firefighters and the town. These are all reasonable expectations we make on behalf of the town taxpayer.

What would espouse community spirit and camaraderie more than a town fire department with all 87 firefighters in our town under one unified department? I am disheartened by the name-calling I have seen in some of these letters to the editor. To call the select board chair an "extortionist" is unbecoming of someone in a position of authority. When someone loses the intellectual part of an argument, they usually resort to name-calling. I will not engage in that behavior here. You should expect your elected leaders to act with dignity and respect toward others; I will say it is difficult because I see the hard work so many have put into making this happen. To see others, who supposedly have all this fire experience, just show up to meetings, write letters spreading incorrect information, criticize and yet offer no assistance is frustrating, to say the very least. Select Board Chair Darwin Clogston and your entire select board are committed to doing what is best for our town. This town very wisely voted for one town fire department; we on the select board and the fire committee are making that a reality for our town.

I look forward to "seeing" you all at our virtual annual town meeting.

Matthew D. Bjelobrk
Town of Haverhill
Select Board Vice Chair

verhill and the Haverhill Corner Fire Departments. (In both cases almost 3000 votes were cast with about 57% voting in favor). This year it will actually fall to the voters of Haverhill Corner and Woodsville as to whether or not they will join the town wide fire department.

One other comment I feel obligated to make. You mention that "someone who is legally blind would be medically ineligible to be a firefighter in the town department". I understand that and do not disagree. However, being legally blind myself, I can attest to the fact that poor eyesight does not mean a person can not contribute in a positive way to any organization. Sure this person probably should not be running into a burning house, but he/she could certainly help to maintain vehicles, equipment or paperwork. Please don't sell us short.

Gary Scruton, Editor

Robert's Thrift Store OPEN 7 DAYS A WEEK

9 AM - 5 PM



Blue Tagged Items 25¢ Orange Tagged Items 1/ Price
Located Under the Post Office in Bradford • 802-222-5001

Please Note: Due to Robert's recent health issues the store may not be open all posted hours



**SUNDAY, MARCH 14
Turn Your Clocks
AHEAD One Hour**



What About Ma?

by Kellie Quackenbush

All About That Ice

Yesterday, the sun was shining, fields of snow glistened in the sunshine, it was warm enough to get away without the heavy winter coat and icicles hanging from the eaves were melting with a slow drip. Just before bed, a gentle rain was falling and the light patter of the rain drops hitting the tin roof lulled me to sleep. It was a lovely day that hinted at the promise of springtime.

This morning, a sheet of ice had frosted the driveway and the stairs and deck were glazed with a shiny coat of danger. The temperature had changed in the night and the melting snow had created a river of ice in the driveway. Winter has not given up it's grip on the region, yet. What was water is now ice. The porch light dancing from the iced driveway was a hint at the new danger of slippery ice. Slippery ice creates the danger of falling and falling can cause injuries.

For people over the age of 65, falling can be a game changer, it means there could be greater health risks for seniors that fall. In the article, 6 Age-Related Changes that Increase Senior Fall Risk and What To Do About Them, from <https://dailyaring.com/why-do-seniors-fall->

down, we find "falls are a leading cause of lost independence and ability. Seniors often aren't able to recover fully from the trauma, their overall health declines, and their care needs increase significantly." Every year there are millions of senior citizens treated for injuries related to falling. "In older adults, falls typically cause hip fractures and head injuries. They're also the leading cause of death from injury, often from traumatic brain injury (TBI)."

Living in New England, along with the everyday hazards in the house, that contribute to falling, we have snow, ice and mud that can make us slip, throw off our balance and put us on the ground. Now is not the time to be lax in our cares about the elements. It is time to call someone to sand your driveway, put salt and kitty-litter on the walkways, put salt or some other melting product on the worst spots. Using a mixture of kitty-litter and some types of ice melting agent will make the ice less smooth and allow the kitty-litter to create a rough surface that is not as slippery. My personal choice is to use the cheapest kitty-litter I can find, one without fragrance, dyes or clumping

agents; basic clay and hay. The Dangers of Falling on Ice, by <https://www.trantololaw.com>, the danger of injury is something we should not take lightly. "For slips and falls on ice, two of the most common injuries are extremely concerning: broken bones and head trauma. Even when the fall doesn't seem that serious, your body can experience significant trauma. Specifically, the force knocks your pelvis out of position, often to the point that it's rotated and twisted at an angle. In response, your spine has to adjust. As a result of these factors, an injury might not be immediately apparent, but your body could be experiencing soft tissue and joint damage that, without medical attention, becomes worse over time." For the concern of hidden injury, after you fall, please call your doctor and let your doctor check for any problem that may not be immediately seen.

I carry my cell phone when I am out in the yard, if I fall or get stuck in deep snow, I can call for help. In my car, I have the typical winter survival items and a shaker jug of ice melt. I keep the ice melt in reach so if I stop at a friend's house or go to a store that has a slick parking space, I can just open the door and shake some out to give me a safe place to stand.

Let us all enjoy the beauty of the spring days to come and be mindful of our surroundings. Be safe and please do not fall.

**NOW OFFERING
CUT & SPLIT FIREWOOD**

**\$225/CORD
DRY HARDWOOD
Local Delivery
Included**

We Also Do Wood Chipping Up To 4"

**J & A
LAWNCARE**

603-747-4030
BEST TO CALL AFTER 5 PM
Woodsville, NH

Indulge In You

**Swedish Massage
Deep Tissue Massage
& Reflexology**

30 minute & 1 hour sessions

For an Appointment contact
Donna Paye
at 603-208-8044 or
book your appointment on Facebook

Open: Mon - Fri. 9-5 • Saturday by appointment only
Located at the Wells River Wellness Hall

Understanding Article 02 - Optional Meeting Procedures and why you should vote YES...

That for the first time in history, Haverhill will not be able to hold an in-person town meeting because of the current COVID-19 pandemic? Many residents of Haverhill have asked what the plan is for Town Meeting this year, and specifically how we can safely meet in person during a pandemic? Simply put, we can't. The health of our community comes first, and it has been decided that like many other NH Towns, ZOOM and by phone are the answer.

Article 02 addresses this topic and is a requirement of House Bill 1129. This bill, sponsored by House Representative Rick Ladd, outlines very specific Optional Town Meeting Procedures, which municipalities must follow if the governing body determines they cannot hold the annual Town Meeting in accordance with the State of New Hampshire and COVID-19 safety protocols. Which we can't, last year over 500 people attended Town Meeting; there is no facility in Haverhill large enough for over 500 people to gather while ensuring required social distancing.

Article 02, related to the optional meeting procedures, is not just about how we meet this year?

There are very serious implications tied to this article. If Article 2 is voted down, then ALL other articles on the warrant will also be deemed defeated and may not be reconsidered in 2021.

So, if you vote NO on Article 02, you are voting NO on all articles on the warrant. Essentially, taking away your own right to vote on each article individually.

A NO vote on Article 02, means there will be no funding for lease payments on vehicles and equipment, no funding for non-profits, no funding of the Town's operating budget. No across the board, period!

Make sure your voice is heard.... vote YES on Article 02 and then vote how you see fit on each warrant article individually.

You can find the full version of HB1129 here?
http://gencourt.state.nh.us/bill_status/billText.aspx?sy=2020&id=1239&txtFormat=html

If you would like more information about Article 02 you can call the Town Administration Office at 603-787-6800 or 603-728-5192 or you can email the Town Manager at town-manager@haverhill-nh.com

Please look for this week's **DID YOU KNOW** article that will provide an overview of the virtual meeting process and more that you need to know about accessing Town Meeting this year.

TRENDY TIMES STAFF

SALESRICHARD M. RODERICK & GARY SCRUTON	DISTRIBUTION AGENTS.SHARON CASSADY, DAWN DEAN, RICHARD RODERICK, GARY SCRUTON
CONTRIBUTING WRITERSMAGGIE ANDERSON, MARIANNE L. KELLY, ELINOR P. MAWSON, CINDY PINHEIRO, KELLIE QUACKENBUSH, CYNDY WELLMAN	EDITOR / PUBLISHER.....GARY SCRUTON WEB MASTERPAUL HUNT

Phone 603-747-2887 • Fax 603-747-2889
gary@trendytimes.com

20 Pine Street • Woodsville, NH 03785
Tuesday – Friday 9:00 am - 5:00 pm

Trendy Times reserves the right to accept or reject publication of any letter to the editor or submission of any nature for any reason. *Of course you will need to be really out there for us to turn you down.* We also reserve the right to make slight changes to submissions for readability purposes.

Thank you for your understanding.

TRENDY TIMES
A FREE PUBLICATION

Chronic Inflammation

by Melanie Osborne

Inflammation is a natural reaction to injury or infection. The infected tissues swell, redden, become warm and tender, and are often painful. Too much inflammation can do the body harm, however, leading to immobility, weight loss and sometimes gain, and a weakening of muscle tissue and the power to fight disease. Disorders that involve specific types and/or locations of inflammation include bursitis, carpal tunnel syndrome, fibromyalgia, osteoarthritis and tendinitis, just to name a few. Cardiovascular disease also may be at least partially a result of inflammation in the linings of the arteries. Things that can trigger inflammation include drug overdose (over the counter and prescriptions), exposure to environmental toxins, free radical damage, infections, injury and bacterial, fungal or viral infection.

Any organ or tissue of the body, internal or external, can become inflamed. Internal inflammation is often caused by bacterial infection, but can also be caused by disorders such as allergies, anemia, arthritis, asthma, autoimmune diseases, Chron's disease, osteoarthritis, peptic ulcers disease or ulcerative colitis. Bacterial arthritis, which causes painful inflammation of the joints, is usually associated with an infection elsewhere in the body, such as the lungs, kidney or gallbladder.

Always an excellent plan to eat at least 75% raw foods, especially fruits and vegetables, and drink plenty of herbal teas and juices. Drink at least half of your body weight in water daily. Eat foods high in flavonoids, which are anti-oxidants and useful for inflammation reduction, such as spinach and blueberries. Quercetin, found in onions, is good for insulin. Consume half of a fresh pineapple or fresh papaya daily. Pineapple contains bromelain and papaya contains papain, both enzymes that reduce swelling and inflammation. It should reduce the pain and

swelling in two to six days. Only fresh pineapple or papaya (not canned) is effective. Bromelain is also excellent capsule form. Eat coldwater fish such as herring, salmon, sardines as they are rich sources of essential fatty acids. Of course, eliminate all soda, sugar white flour and other junk foods.

Herbal choices for inflammation and healing include: **BOSWELLIA TREE:** (Boswellia Serrata), A natural gum resin that detoxifies the joint tissue and supports comfortable movement; supports the body's natural response to inflammation; promotes healthy circulation while soothing and cooling the joints. Also known as Indian Frankincense, has a long history of use in religious ceremonies. As a medicinal herb, the gum resin is used to detoxify the joint tissue. It is said to be healing due to its support of healthy circulation, and cooling because of its soothing action on the tissues.

BROMELAIN: (Ananas Comosus) is a protein-digesting enzyme found in the stem and fruit of the pineapple plant. Bromelain is best known for as a digestive aid and for its anti-inflammatory effects after traumatic injuries and surgery. It "releases" inflammation by breaking down proteins in swollen tissues. It also helps the digestion of proteins, stops blood clot formation, and has anti-viral properties. Bromelain is used to treat heart disease, arthritis, and upper respiratory tract infection. Bromelain contains lipase, amylase and protease, as well as cellulose and lactase; has been shown to significantly improve absorption of nutrients, especially essential fatty acids & zinc.

OLIVE LEAF (Olea Europaea) fights all types of bacteria, viruses, fungi, and parasites. Helps stave off colds and flu. May have anti-oxidant properties. Has shown potential for lowering high blood pressure. Good for virtually any infectious disease, as well as chronic fatigue syndrome, fibromyalgia, Candida Albicans, heart disease and high

blood pressure, herpes virus infections, yeast infections, diarrheal diseases, inflammatory arthritis and psoriasis.

WHITE WILLOW BARK: (Salix Alba), A bitters tonic herb most generally used to treat headache pain and nervous system disorders without the stomach irritation properties of aspirin. (Aspirin is a synthetic extraction of white willow). Primary Uses: as an anti-inflammatory specific in headache combinations; as an analgesic for the pain of arthritis, bursitis and gout; for sore muscles and tendons; to lower fever through increased blood flow and sweating. Nutrients: calcium, iron, magnesium, manganese, phosphorus, potassium selenium, zinc. Vitamins B1, B2, B3 & C.

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

Hood's Plumbing and Heating Inc
 Complete Plumbing & Heating Systems
 Bathrooms & Water Conditioning
 24-Hour Emergency Service For Our Customers
Free Estimates **Give Us A Call!**
CHRIS DELLINGER
 NH 2712 • VT PM3036
 603-787-6600 • 603-787-6838 Fax
 PO Box 368 • North Haverhill, NH

Serving: Woodsville, Bath, North Haverhill, Haverhill, Lisbon, Littleton, Lyman, Landaff, Benton, Pike & Wells River.
TIMBERWOLF RUBBISH REMOVAL
 Residential & Commercial Services Available
 10 Holly Street, Woodsville, NH • 603-747-3974

Stockley Trucking
 405 SOUTH MAIN ST., LISBON, NH 03585
Buying
 Copper • Brass
 Aluminum • Light Iron • Etc.
 Metal Recycling • Junk Cars
 CALL FOR PRICES - 603-838-2860
 Monday - Friday 9 AM - 4 PM • Saturday 7 AM - 12 Noon

We Want To Care for Your Family!



LITTLE RIVERS HEALTH CARE

LRHC supports our patients with family planning services, prenatal, labor and delivery, and postnatal care. Families who choose Little Rivers Health Care for their obstetrics and prenatal care experience the highest level of personal attention throughout the women's pregnancy.

- ◆ Women's Health & Wellness
- ◆ Family Planning
- ◆ STI Screening
- ◆ Counseling
- ◆ Pregnancy Care

Schedule a Conversation Today!

Bradford, VT
 (802) 222-9317

East Corinth, VT
 (802) 439-5321

Wells River, VT
 (802) 757-2325

Second Chance animal rescue
 "we care when there's no one there"
 1517 Meadow Street
 Littleton, NH 03561
 603-259-3244
 www.secondchancecar.org



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

Lemon Crinkle Cookies

Hello hello my fellow chefs. How are you all doing today? I'm enjoying the mild weather and I hope you are too. I got to see my new grandson Arlo and my two other grandchildren Angelo and Abigail and my son and daughter-in-law a couple of weeks ago and we had the best visit ever. I got to hold the baby and feed him and we all had a lasagna dinner. Their visit was just what the doctor ordered. I can't wait to visit them next and see my son's new house.

Well enough about that let's get started with today's recipe and how to make it.

The recipe says it makes 24 cookies but I only got 22. Preheat oven to 350 degrees

- Ingredients**
- 1/2 cup softened butter
 - 1 cup white granulated sugar
 - 1/2 tsp vanilla extract
 - 1 egg
 - 1 tsp lemon zest (1 lemon)
 - 1 Tbsp lemon juice (1 lemon)
 - 1/4 tsp salt



- 1/4 tsp baking powder
- 1/8 tsp baking soda
- 1 1/2 cups all purpose flour
- 1/2 cup powdered sugar
- Parchment paper

Cream together the butter and granulated sugar

till fluffy. Add the vanilla extract, lemon zest, lemon juice, salt, baking powder, baking soda, mix then stir in the all purpose flour until incorporated.

Line your cookie sheet with parchment paper. Refrigerate for 5 minutes, it helps with the sticky dough. Roll 1" size balls and roll in powdered sugar then roll again and place on cookie sheet. Do this until you use all your dough. Bake for 9-11 minutes. They should be just a little brown around the edges and crinkled tops, don't over bake. Sprinkle with a sifter a tad bit more powdered sugar on top of the cookies. Remove to a wire rack and cool completely. They are soft, chewy, crunchy and lemony. The zest really brings out the lemon flavor.

When you zest a lemon just get the yellow part of the lemon, the white part is a little bitter. That's it. Enjoy these wonderful cookies with a nice cup of coffee or tea or even milk. I hope you try this recipe because you will be a star for making them.

Well folks that's it for today's edition of the Trendy Kitchen. Until next time I am signing off.
Sincerely,
Cin Pin

Residential, Commercial and Agricultural

ROSS PAGE FOUNDATIONS LLC

EST. 1970

Eric Page, Owner

Concrete Foundations/Floors/Slabs • Stamped & Colored Concrete
Thermomass Insulated Concrete Walls
ACI Certified Flatwork Finishers

802-592-3166 • 348 Thad Stevens Rd • Peacham, VT 05862

Now Accepting New Patients

Carey Brodzinski, Wells River



Carey is both a Family practice and Psychiatric NP, presently concentrating on taking care of patients with mental health concerns. Carey was born in England . She emigrated to Canada with her family in 1966. She has been working in the USA since 1976 ,after graduating from Nightingale school of nursing, in Toronto. She received her BSN from The State of New York University, Regents College in 1997. She obtained her MSN and Family practice certificate from UVM in 2000.

She returned to UVM to get her post graduate certificate in psychiatry, graduating in 2007. She is looking forward to working with the dedicated employees at LRHC. Outside of work she enjoys spending time with her family and friends, travelling, cooking and gardening.



Bradford, VT (802) 222-9317 East Corinth, VT (802) 439-5321 Wells River, VT (802) 757-2325

North Country APPLIANCE SERVICE

603-787-6677

DON BOWMAN - OWNER/SERVICE TECHNICIAN
Factory Authorized Service Provider • Serving NH & VT

Your Ad could be here in color for


\$3875

Or less per issue

Call Gary at 603-747-2887

POLITICAL ADVERTISEMENT POLITICAL ADVERTISEMENT

A fresh Voice and a Vision for the Future



JASON WINCHESTER

For Wells River Village Trustee


- Owner of Winchester Enterprises carpentry
- Co-owner of the Wells River Wellness Hall
- Captain on the Wells River fire department
- A fresh voice for Wells River

Vote March 16th

Give blood.

Every 2 seconds someone in the U.S. needs blood.

American Red Cross



Blood Drive


Community Woodsville American Legion

4 Ammonoosuc St
Woodsville, NH 03785

Wednesday, March 31, 2021
11:30 a.m. to 4:30 p.m.

Sponsored by: The proud members of the Woodsville American Legion

Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org and enter: woodsville to schedule an appointment.



1-800-RED CROSS | 1-800-733-2767 | redcrossblood.org | Download the Blood Donor App.

Not all Times are Trendy, but there will always be Trendy Times Volume 12 Number 11 March 2, 2021