

A FREE PUBLICATION



Next Issue: Tuesday, April 27  
Deadline: Thursday, April 22

# TRENDY TIMES



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

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

APRIL 13, 2021 VOLUME 12, NUMBER 14

## All Veterans Invited To Day Long Deep Sea Fishing Trip

If you are a veteran or a currently activated service member, then you are eligible to take part in one of many upcoming events hosted by The Fallen Outdoors a non-profit organization dedicated to getting veterans and service members into the great outdoors.

This fishing trip has been generously donated to the organization who now wants to fill the 30 available seats. The trip will take place on Thursday, May 20th from 0600 until 1600 and sails from Hampton, New Hampshire. If interested please send an email to Jesse.Webber@TheFal-

lenOutdoors.com.

If this trip is not what you are interested in then perhaps you would like to take part in one of the group's other proposed 2021 events. Team New England has specific goals that they would like to accomplish over the next year. First, would be to facilitate 15-20 major fishing trips ranging from lake, river, and ocean fishing excursions. Secondly they anticipate hosting 12-18 hunting trips targeting rabbits, turkey, deer, bear and waterfowl. Lastly, the aim is to provide 3 snow-shoe hikes, 5 overnight hikes, 8 canoe trips and 3 family-

oriented barbeques. The focus is not necessarily what these veterans are doing but rather that they are doing it together and creating memories that they can lean on during tough times.

The goal is to provide these veterans with an outlet to step away from their life stressors. On these trips, veterans are able to build upon their existing support network to better equip themselves for what lies ahead of them. Our staff consists of active and former military service members who are all volunteer. Since our inception



in July of 2019, Team New England has facilitated over 200 veteran and service member participation in trips and events across the Northeast.

If you would like to donate to this organization you may send a Check: Payable to The Fallen Outdoors and sent to 320 Lake Drive, North Bennington, VT 05257

Items and equipment

can be picked up by any one of the Pro-Staffer members located in ME, NH, VT, Mass, RI and CT

For other information or to see current news on our activity go to --The Fallen Outdoors on Facebook at The Fallen Outdoors EAST COAST ALL VETERAN Community Page or on our website at <http://TheFallenOutdoors.com>

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# TRENDY Dining Guide

## Tuttle's Family Diner

by Gary Scruton

I have seen it written (somewhere) that breakfast is the most important meal of the day. Perhaps that is true and perhaps it is not. Honestly, I normally only have an english muffin and a cup of coffee for breakfast. But on the weekend things are meant to be different. It was with that attitude that Janice and I headed to Wells River and Tuttle's Family Diner on a Saturday morning.

When we arrived the one sign I noticed was that we were asked to please seat ourselves. So we found a table and took our spots. The sign Janice noticed was the one stating that all patrons needed to wear a mask. It further stated that those that did not wear a mask would need to have their temperature taken, and that Tuttle's only had rectal thermometers. (A nice chuckle to get the day started).

Next was looking over the menu and getting that first cup of coffee of the day. Neither took long to arrive.

After some time looking Janice made the call for what Tuttle's calls a "garbage omelette". She didn't even ask what was in it (she likes just about everything). She was asked what kind of cheese (cheddar), if she wanted onions in her home fries (yes), and what type of toast (homemade wheat).

I made the choice to stay with my normal breakfast, at least somewhat. I

went with the breakfast sandwich on an english muffin with sausage and cheddar cheese. It came with home fries (yes include the onions). I also added a side dish of corned beef hash.

We were a bit lucky with our timing on this particular morning. It appeared that a good crowd had just recently left even though a few people remained and more came in while we were there. But it did offer us a chance to have a quick chat with owner and waitstaff leader Jennifer.

One of the unique aspects of Tuttle's and many diners is that you can watch your food being prepared on the grill right behind the counter. And it wasn't too long before our meals were prepared and delivered to our table.

Janice cut into her omelette and reported that it had ham, sausage, bacon, onions, mushrooms, spinach, tomatoes and peppers, at least. She was not at all disappointed with her choice. The toast was two nice slices (she only finished one) and the home fries were extra tasty with the addition of the onions.

As for my sandwich it was just what I wanted. It was stacked well and cut in half for easier eating. The home fries with onions was something I don't recall getting before. I do very much enjoy my onions and the ones added here were still big enough, and tasty enough to be noticed and very much enjoyed. As for the corned beef hash, it was served on a separate plate and needed to be. Another great portion of my breakfast.

During our conversation with Jennifer, she had also topped off my coffee which was appreciated. Now that we both have had our vaccine shots, it feels great to get out and do these reviews once again.

The total for our two breakfast meals, including tax was \$28.83. After the bill was placed on our table I put my credit card on top of it and our waitress took it up front to ring it out. She brought back my copy along with a slip to sign which we left on the table along with our normal cash tip.

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## WHS Earns Jostens National Yearbook Design Recognition For the Second Time

WOODSVILLE – Woodsville High School's yearbook, *The Engineer*, has been recognized for excellence and featured in the 2020 Jostens Look Book, celebrating the best-of-the-best in yearbook design and coverage. The Jostens Look Book is a collection of spreads and photos from outstanding yearbooks and their creative themes, cool covers, beautiful designs, relevant coverage, meaningful storytelling and stunning photography. Along with design excellence, the annually published Look Book honors the important role well-crafted yearbooks play in helping schools chronicle the experiences, stories and achievements most relevant to students and that academic year.

*The Engineer* was created by Maisie Hilliard, Luke Britton, Dorothy Haynes, and Mikayla Smith under the direction of Ashley Youngheim, WHS yearbook adviser.

"After being recognized on the Honorable Mention list in 2019 we decided as a staff to shoot for the moon - we wanted to have a spread featured! That dream came true in the 2020 Look Book. The staff could not believe that their varsity soccer spread was selected as a superior example of sports coverage. I'm proud to lead this program and am excited to see what the future holds."

The WHS *Engineer* was one of only 460 yearbooks selected from over 2,000 yearbooks submitted. The 2021 panel of judges, composed of nationally recognized scholastic journalism professionals and award-winning yearbook advisers, selected the best examples of yearbook spreads and covers to make up the 304-page 2020 Look Book.

"The Jostens Look Book

showcases the hard work and dedication of students who tell the story of the school year through photos and words. It is their collaboration and communication, as well as creative thinking in challenging situations, that results in the fine designs shown in this book," said Sara Sausker, Senior Manager of Customer Experience. "We are very proud to celebrate the ability of this country's future leaders and communicators by showcasing their sophisticated designs and photography."

Ashley Youngheim and her yearbook staff received a copy of the 2020 Jostens Look Book and plaque from Jostens to recognize their outstanding achievement.

The Jostens Look Book is a must-have resource for yearbook advisers and staffs seeking creative design and coverage ideas, trends and inspiration. The Look Book complements [www.YearbookAvenue.com](http://www.YearbookAvenue.com) and [www.facebook.com/JostensAdviserandStaff](http://www.facebook.com/JostensAdviserandStaff), Jostens online destinations for yearbook creation ideas.

About Jostens Yearbooks Founded in 1897, Jostens has produced school yearbooks for over 60 years. Schools rely on Jostens and their local Jostens representatives to provide a combination of journalism education and technology tools to deliver a learning experience that helps students develop 21st-century skills in journalism, photography, writing and design, leadership, and business while creating the permanent record of the school year. Jostens invests in state-of-the-art technology, best-in-class service, educational curriculum and award-winning print manufacturing platforms to plan, design, build and produce yearbooks.

## Haverhill Has New Chief of Police

The Town of Haverhill is pleased to announce the hiring of David Appleby to lead the Town of Haverhill's Police Department as the new Chief of Police. Appleby has been selected following an in-depth search and interview process. He was selected based on his extensive law enforcement experience and education that focused on leadership and criminal justice. David will begin his new assignment in Haverhill on April 12, 2021. As a priority Appleby plans to work on further developing and improving community relationships and gain a better understanding of the current issues Haverhill is facing. He also plans on building on the current strengths and successes of the Haverhill Police Department, while bringing fresh ideas to improve the performance of the organization and the Town, with emphasis on community policing.

David Appleby is a 22 year veteran of the New



Hampshire State Police. Appleby enlisted in the U.S. Marine Corps after graduating Dawson College. He attended the New Hampshire Police Standards and Training Academy in 1999 after an honorable discharge as a Sergeant from the Marine Corps. He was hired as State Trooper in 1999 assuming patrol duties in the Haverhill area for his first year of service. While serving as a Trooper his secondary duties included operating on the NH SWAT team and an operator and Sniper team leader as well as a member of the State Police

Peer Unit, who focus on active Peer Support Programs to address problems that may affect sworn and civilian members of the organization. He earned his Bachelor's Degree in Criminal Justice from Phoenix University and a Master's Degree in Leadership from Granite State College in Concord NH.

Appleby has significant experience in leading and training personnel in tactical and interpersonal scenarios and hopes to impart his knowledge and experience to his Department, building a strong, supportive team culture to serve the community with a high degree of professionalism treating all with dignity and respect while enforcing the rules, regulations, and laws of the Town of Haverhill and State of New Hampshire.

Please help us welcome Mr. Appleby to Haverhill; we encourage members of the public to stop by after April 12th for a visit the new Chief.

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## Historical Horse Racing Revenue for Education!

On April 7, the New Hampshire House of Representatives by a 223 to 152 Ought To Pass vote, supported HB626, otherwise known as "historical horse racing."

For a decade and a half, New Hampshire has supported charitable gaming which has grown to 16 locations across the state. These locations offer games such as blackjack, craps, roulette, poker, and more, and are sponsored by approximately 500 charities. This NH-style of gambling generates from \$8-10M each year for charities. Historic Horse Racing (HHR) is simply another game to be added to the offerings at these charitable gaming locations. In short, HHR is played on terminals connected to a system that has stored thousands of horse races run in the past. The player can see the record of the horse and jockey and other facts without revealing their names, location of the track, or date that the race was run. This is pari-mutuel betting that means those playing are betting against each other and not the house.

NH has a history of pari-mutuel racing dating to the

1930s. All of our race tracks are now closed, but the old Seabrook Dog Track, known as The Brook today, is the only location in NH that offers live simulcast racing. You can place actual bets on current races anywhere in the country. This activity is monitored by the Lottery Commission. The Lottery Commission is already well versed in the technology used in historic horse racing, and has an extensive staff capable of monitoring and auditing this new game. As with NH's lottery games, current charitable gaming offerings, and simulcast, the legal age to play has always been 18.

The Ways and Means Committee heard overwhelming support for this bill from citizens and charities across the state. The maximum of \$25 on a bet mirrors the largest scratch ticket

sold by the Lottery Commission, but testimony gathered during the committee hearing process suggests the typical bet will be \$2-3.

NH Communities currently regulate charitable gaming via zoning ordinances. It is clearly understood that a charitable gaming license is required to facilitate historical racing, and that by 2024 those establishments with historical horse racing will also require a pari-mutuel racing license. The 16-5 bipartisan majority of the Ways and Means Committee determined that with the passage of HB626 (historical horse racing) an additional \$5.75M will annually be distributed to charities, \$12.05M will go to the New Hampshire Education Trust Fund and \$820,000 will annually be distributed to the problem gaming fund. This new revenue source will help off-set other tax revenues needed for education purposes and support New Hampshire charities. I supported this bill.

NH Rep Rick Ladd,  
Chair House Education

## Safety Awareness in the Food Environment (S.A.F.E.) Offered Online

Join University of New Hampshire Extension's food safety team for a free online safe food handling workshop for food service workers in schools, restaurants, delis, hospitals, nursing homes, camps and other places that prepare and serve food.

S.A.F.E. reviews critical food safety and sanitation concepts such as personal hygiene, preventing cross-contamination, cleaning and sanitizing and controlling time and temperature.

Pre-registration is required. You will need access to Zoom (join by computer or phone).

Wednesday, April 14,

2021, 9:00 - 11:00 am  
<http://bit.ly/SAFE-41421>

Wednesday, May 5, 2021,  
1:30 - 3:30 pm  
<http://bit.ly/SAFE-5521>

Certificates of attendance will be available after the program. NOTE: Certificates will contain hours of participation and can be used by school nutrition programs to fulfill required food safety training.

For more information contact Ann Hamilton at [ann.hamilton@unh.edu](mailto:ann.hamilton@unh.edu) or 603-447-3834 or Mary Saucier Choate at [mary.choate@unh.edu](mailto:mary.choate@unh.edu) or 603-767-6944.

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## Weathervane Theatre Introduces Guest Directors

WHITEFIELD, NH - Producing Artistic Director Ethan Paulini and the Weathervane Theatre, a professional, award-winning, equity theatre in Whitefield, NH, is proud to announce its guest directors for Season 56.

"The national reputation of the Weathervane has been growing considerably in the past several seasons and nowhere is that more clearly demonstrated than by the slate of incredible directors we have lined up for season 56," said Producing Artistic Director Ethan Paulini.

Spanning June 26 - October 10, 2021, Weathervane's 56th season features 11 titles helmed by eight directors including Broadway's Chad Burris (Disaster!), Ellyn Marsh (She Loves Me), Christina Sajous (Green Day's American Idiot) and Kevin Smith Kirkwood (Kinky Boots), who is also a Weathervane alum.

"These singular artists are quite simply living Broadway history," said Paulini. "Christina's experience with Green Day's American Idiot found her performing on the Grammy and the Tony Awards and now she will bring that to our artists and audiences. The humor Chad has shared with audiences in Broadway productions of The Book of Mormon, Frozen, and Mean Girls will lend itself to the hilarity of the disco musical Disaster!. Kevin's unique history with the landmark Kinky Boots coupled with his long relationship with North Country audiences will make for an unforgettable production. As a member of several original Broadway companies, including Kinky Boots and Pretty Woman, Ellyn Marsh brings her ex-

pertise to the classic musical comedy She Loves Me. How lucky are we? I am humbled and excited."

Additional directors for Season 56 include Nathaniel P. Claridad (Buyer and Cellar) and Weathervane alums Shinnerrie Jackson (The Mountaintop), Taryn Herman (The Addams Family) and Weathervane Producing Artistic Director Ethan Paulini (Hello Dolly!, Amadeus, Pippin, Always...Patsy Cline). Weathervane also welcomes Tuan Malinowski in his Weathervane debut as choreographer for Pippin and Resident Choreographer Marisa Kirby will assume those duties for Hello Dolly! and Green Day's American Idiot. Colin Keating returns for his 13th season as Resident Music Director.

Season 56 opens June 26 and runs in alternating rep through October 10, 2021. Season 56 Mainstage sponsors include Harvard Pilgrim Healthcare, Anthony & Elisabeth Colacino, and Mountainview Grand Resort and Spa. Casting and additional creative team information will be announced soon. Season 56 titles include Hello, Dolly!, Amadeus, Green Day's American Idiot, The Addams Family, Disaster!, Buyer & Cellar, Pippin, The Mountaintop, Always...Patsy Cline, and She Loves Me. During the summer, performances run

Monday-Saturday at 7:30 PM with additional 2 PM matinees on Thursdays and Saturdays. During the fall, performances run Tuesday-Saturday at 7 PM with 2 PM matinees on Saturday and Sunday. All performances will be produced following local, state, CDC, and artist union COVID-19 guidelines.

Subscription packages and group sales are currently available. For more information call 603.837.9322 or email [boxoffice@weathervanenh.org](mailto:boxoffice@weathervanenh.org). Single tickets to be on sale later this spring. Additional information will be available on our website - [www.weathervanenh.org](http://www.weathervanenh.org).

The Weathervane Theatre was founded in 1965 by Gibbs Murray and the late Tom Haas and is under the leadership of Producing Artistic Director Ethan Paulini. For over half a century, it has presented high quality professional productions of plays and musicals. One of the few remaining alternating rep companies in the United States, the Weathervane is recognized as a historical institution nationwide, boasting among its alumni Elizabeth Stanley, Tally Sessions, four-time Tony nominee Judy Kuhn and recent Tony Award Winner Ari'el Stachel.

Weathervane can be found on Facebook at [/weathervanetheatre](https://www.facebook.com/weathervanetheatre) and all other social media platforms

## Recreational Trails Program Grant Applications for 2022 Available

The New Hampshire Division of Parks and Recreation, Bureau of Trails Recreational Trails Program (RTP) grant applications for 2022 are now available.

RTP is a competitive grant program that offers funding for quality public trail projects throughout New Hampshire.

Grants are available for motorized, non-motorized, and diversified trails. Eligible projects include maintenance and restoration of existing trails, purchase and lease of trail construction and maintenance equipment, construction of new trails, development and rehabilitation of trailside and trailhead facilities, and educational materials for trail related activities and safety. Applicants may be non-profit organizations, private groups or government entities.

Applications are due June 18, 2021. For an application and more information, visit the Recreational Trails Program page at [www.nhstateparks.org/about-us/trails-bureau/grants/recreational-trail-s-program](http://www.nhstateparks.org/about-us/trails-bureau/grants/recreational-trail-s-program)

Usually there is a mandatory workshop requirement for applying to the RTP grant and will be offered virtually to comply with current guidelines. The RTP Information Presentation (shown

at the workshops) is available on the webpage along with current RTP guidelines. Please read them carefully and email [Alexis.M.Rudko@dncr.nh.gov](mailto:Alexis.M.Rudko@dncr.nh.gov) for any questions you may have.

Funding for the Recreational Trail Program is generated from federal gas tax dollars paid on fuel purchases for off-highway recreational vehicles and snowmobiles. These funds are appropriated to the states by the Federal Highway Administration as authorized through the Fixing America's Surface Transportation Act (FAST) of 2015. The program in New Hampshire is administered by the Division of Parks & Recreation's Bureau of Trails.

The Division of Parks and Recreation is comprised of the Bureau of Park Operations, Bureau of Historic Sites, Bureau of Trails, and Cannon Mountain. The Division manages 93 properties, including state parks, beaches, campgrounds, historic sites, trails, waysides, and natural areas. The Division of Parks and Recreation is one of five divisions of the Department of Natural and Cultural Resources. To learn more, visit [www.nhstateparks.org](http://www.nhstateparks.org), follow NH State Parks on Facebook and Twitter, or call 603-271-3556.

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# Calendar of Events

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

**FRIDAY, MARCH 12 - SATURDAY, APRIL 24**  
ALICE KITCHEL. EXHIBIT  
11:00 AM - 5:30 PM Tuesday - Saturday  
430 Railroad Street. St. Johnsbury

**SUNDAY, APRIL 11**  
ACOUSTIC MUSIC JAM  
12:00 NOON - 3:00 PM  
Clifford Memorial Building, Woodsville

**WEDNESDAY, APRIL 14**  
SAFETY AWARENESS IN THE FOOD ENVIRONMENT COURSE  
9:00 - 11:00 AM  
See Article on Page 4

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

**THURSDAY, APRIL 15**  
VFW POST #5245 MONTHLY MEETING  
7:00 PM  
VFW Hall, North Haverhill

BOB MARLEY  
Two back-to-back shows  
ArtPort, Green Mt. Mall, St. Johnsbury, VT  
See Article on Page 9

**SUNDAY, APRIL 25**  
ACOUSTIC MUSIC JAM  
12:00 NOON - 3:00 PM  
Clifford Memorial Building, Woodsville

**MONDAY, APRIL 26**  
HAVERHILL SELECT BOARD MEETING  
6:00 PM  
Clifford Memorial Building, Woodsville

**WEDNESDAY, APRIL 28**  
ROSS-WOOD POST #20 AMERICAN LEGION ANNUAL ELECTION OF OFFICERS  
6:00 PM  
4 Ammonoosuc Street, Woodsville

**WEDNESDAY, MAY 5**  
SAFETY AWARENESS IN THE FOOD ENVIRONMENT COURSE  
9:00 - 11:00 AM  
See Article on Page 4

**SUNDAY, MAY 9**  
ACOUSTIC MUSIC JAM  
12:00 NOON - 3:00 PM  
Clifford Memorial Building, Woodsville

**FRIDAY, MAY 14**  
FAIR FOOD FESTIVAL  
5:00 - 8:00 PM  
North Haverhill Fairgrounds, Rt. 10  
See Article on Page 13

**SATURDAY, MAY 15**  
FAIR FOOD FESTIVAL  
11:00 AM - 8:00 PM  
North Haverhill Fairgrounds, Rt. 10  
See Article on Page 13

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

**Monday, Tuesday, Thursday 10am-1pm**  
**Wednesday 6pm-7pm**  
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**SUNDAY, MAY 23**  
PADDLE THE BORDER - SPRING  
11:00 AM approximate lauNch time  
Woodsville Community Field

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

## ATTENTION

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Volume 12 Number 14  
April 13, 2021

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Applicants must income qualify.

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# The Riverside School Plans New Pavilion Dedicated To Teachers

Lyndonville, VT – As part of its year-long celebration to honor the 40th anniversary of the school, plans are underway to construct a new timber frame pavilion to honor current and former Riverside teachers. The structure, with an estimated size of 24 x 36 feet, will be used as a key instructional resource and gathering space for the Growing Riverside Outside (G.R.O.) program.

“Riverside’s teachers want to enhance curriculum through the lenses of outdoor and place-based education, developing students who are more active, engaged, patient, and supportive, and preparing them for the serious environmental and social challenges of their future. While creating connectivity and investigating the natural areas on our campus, we need spaces for students to question, discuss, record, and present what they are learning,” said Head of School, Roy Starling.

Established during the summer of 2020, the Growing Riverside Outside (G.R.O) program brings together faculty, staff, trustees, alumni, and community partners to focus on enhancing curriculum through the lenses of outdoor and place-based education. The goals for the G.R.O. program include the re-wilding of campus, a review of professional development and curriculum with faculty, and to establish teaching resources with the new pavilion serving as a key resource for the school and community.

A generous donation to the G.R.O. program has funded classes with Bobby Farlice-Rubio, Science Educator from the Fairbanks museum and the project has

received a \$4,994 grant from the Northeast Kingdom Fund from the Vermont Community Foundation.

“We have a team of teachers who are passionate about environmental and place-based education, thinking about and seeking the tools they need to do that in the most impactful ways they can,” said Nelia Rath, Assistant Head of School and Chair of the G.R.O. Committee. “In addition to tools and training, we need an outdoor classroom space, and we want that to be our Teachers’ Pavilion. This initiative not only supports the outdoor education initiative, but it helps to improve how we address all aspects of our mission.”

Through the generous support of members of the Riverside community, 50% of the resources required for the project have been raised with the focus on fundraising now targeting the general public. The school has also introduced a new website to serve as a central communications resource and to highlight the plans for the 40th anniversary and pavilion. The new website was funded by a \$3,000 Restart Vermont Technical Assistance Program grant (ReVTA) through the Northeastern Vermont Development Association. The design for the website was provided by Northeast Kingdom Online located in Lyndonville, VT.

In-kind donations have been offered by area architects, contractors, and site-work specialists. Timbers are being donated and milled and solar panels have been donated for electricity. The school is working with the town of Lyndonville and area engineers for final plans and permits.



“The energy and commitment for this project from our Riverside community is exciting and I am very pleased with the support we have obtained to date,” said Starling. “The pandemic has exposed the importance of teaching outdoors and I know all of us at Riverside feel fortunate to teach in this beautiful part of the country. We remain grateful for the confidence in our school that is being expressed by our Riverside family and the surrounding community.”

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# Peacham Congregational Church Celebrates Legacy With Year-Long Celebration

Peacham, VT – The majestic spire of The Olde Meeting House of the Peacham Congregational Church is a visual icon in the heart of Peacham and one of the most photographed buildings in New England. In 2021, the church building, built in 1806, celebrates its 215th anniversary. This significant milestone is joined by the 150th anniversary of the church's organ, and the 227th anniversary of the founding of the church's congregation on April 14th, 1794. The church is planning four key events during 2021 to create a year-long celebration to honor its legacy.

A committee for the year-long celebration was created in September 2020, led by Rev. Sonia Dunbar, who was recently called as settled pastor for the Peacham Congregational Church.

On April 10th at 4 p.m., an online lecture (via Zoom) was planned to host "Olden Day," recollecting the history of the church when it was founded in 1794. The last "Olden Day" was held at the church in 1994 when the church celebrated its congregations' bicentennial.

Documents from church founders have been discovered in the archives of the Peacham Historical Association, some of which pre-date the formal founding of the church. These also include letters from the first settled pastor, Rev. Leonard Worchester.

"We are bringing the past



*The Peacham Congregational Church is planning a year-long celebration to honor three key milestones in 2021. The church congregation celebrates its 227th anniversary, The Olde Meeting House (pictured) celebrates its 215th anniversary, and the church's organ was installed 150 years ago. Photo by Timm Judas.*

to life and highlighting what times were like in Peacham in the late 18th century. In 1794, Peacham was in the "wilderness" so to speak and our journey as a church began with 12 pioneer men and women. We are excited to discover the original church charter survives, handwritten and signed in 1794," said Dunbar.

The historic building, The Olde Meeting House, has a vast history, not only as a church, but a community

gathering place and historic structure. Plans are underway for a panel of preservation, spiritual, and historic professionals offering a discussion on the history of the building on July 3rd in Peacham. The panel will consist of Jan Lewandoski, owner of Restoration and Traditional Building, a company specializing in the restoration

and reconstruction of historic timber frame structures; Adam King, founder and director of Arcadia Restorations specializing in the faithful restoration, re-creation, and preservation of historic structures and timber frames; Susan Chandler, Collections and Research Manager for the Peacham Historical Association; and Rev. Sonia Dunbar.

"Adam King recently completed an extensive conditions assessment that includes an architectural and preservation analysis of The Olde Meeting House. We are pleased to host him with Jan Lewandoski to discuss the unique construction methods and materials used when this structure was erected in 1806. The original site of the church was up on the hill near where the firehouse is today and they actually moved the building across the fields to its current location."

On Friday, September 17th at 5 p.m. organist Hal Parker, the music director for the Greensboro United Church of Christ, will perform selections for the organ that date to the time when the organ was "exhibited" 150 years ago in September 1871. During the original exhibition, organist Edward Howe and soloist Sabrina H. Dow presented a selection of sacred music. The organ was a gift from Peacham resident Oliver Johnson who

offered the church an Odell organ costing \$1,300, an extravagant gift at the time. The church spent \$7,300 renovating the building to accommodate the gift. In 1957, a generous donation of \$13,000 by Charles F. Brown provided the resources for a "rebuilding and enlarging" of the organ by The Estey Organ Company of Brattleboro, VT.

Reflections from the entire year of events will be celebrated with a special service on December 4th with expressions of gratitude for the church, their service, their ministry, and commitment to community. All are welcome to join in the celebration and information on the four events will be posted to the church website [www.peachamchurch.org](http://www.peachamchurch.org).

"After a year under the dark shadow of this pandemic, we are eager to celebrate life and three significant milestones for our church," said Rev. Sonia Dunbar. "We are encouraged with the support we have received from members of our own church and community and key partners across the state. These events will help us honor those who supported us in difficult times. The stories and history of our church and building are incredible and we are looking forward to sharing them with friends near and far."

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# Catamount Presents

## Bob Marley at ArtPort, April 15

Catamount Arts has announced the latest booking for its fledgling season of live public performance at ArtPort, the new 24,000 square foot arts and entertainment space located in the Green Mountain Mall. Comedian Bob Marley, known for his down-home New England caricatures of life in Maine and for his daily "Crona Watch" social media videos during quarantine, will play two back-to-back shows on Thursday, April 15th.



Even the most minute, formerly routine details need to be micromanaged, adds Amos, such as the audience queue; people can't mill around in the lobby or Will-Call line before a show. Amos describes designating an audience corridor through the Green Mountain Mall for ArtPort attendees, "weaving in and out of gumball machine kiosks, Bert and Ernie kiddie rides, mini carousels, even Garfield driving a taxi." Tasks like this, simply anticipating and managing foot traffic through an indoor space, require hours of planning, and guidelines for best practices, to the extent that they exist at all, change weekly.

"We're ecstatic to finally return live indoor programming to our schedule," says Catamount's Jody Fried, "and kicking off spring with live stand-up feels like just what the doctor ordered."

ArtPort scheduled two pilot shows in March, but those performances, featuring live music by Audrey Drake, were invitation-only to give Catamount staffers a chance to do some trial runs before opening the new venue to the public. Any new venue has a number of potential kinks to iron out, but pandemic safety complicates the grand opening beyond the usual technical glitches, adding a host of additional chores and considerations.

Catamount Arts Director of Operations Sarah Amos not only calculates those now-familiar audience pods, which are required to meet very specific sizes, distances, and angles; she tapes them off herself. "Dirt and chalk-covered knees," she says, remarking on the process. The pods get used once, and then she rips them up and starts over, tweaking the layout with every show. "There's always a more efficient way to make sure audience members get the best possible viewing experience while still maintaining safe distance."

Thankfully, Catamount's scrappy, innovative team spent much of last summer, during the height of the pandemic, developing and implementing safe live performance strategies, including the Drive-In to Stay Safe movie and concert series; #GetDownTown, a "walkable" street festival scattered blocks apart to encourage audience movement instead of clustering; and the country's first vertical concert, with Kat Wright and Brett Hughes playing on the mobile stage at the base of Burke Mountain for viewers socially distanced on the outdoor patio or on private balconies running up the hotel's façade.

Catamount's diverse, pio-

neering approach to safe programming required tireless, all-hands-on-deck effort from staffers working from home, and the team's work caught the attention of presenters and industry professionals well beyond the Kingdom. Eager to share Catamount's hard-won expertise with other programmers and event organizers, The Vermont Recreation and Parks Association invited Catamount Executive Director Jody Fried to present to an audience of 200 at their Safe Outdoor Venues conference earlier this year.

Pandemic-related precautions include smaller audience sizes, which is why Catamount has scheduled two Bob Marley performances, illustrating one of the many ways performers are adapting to new protocols. Smaller audiences require more shows, which in turn require more work for everyone concerned, and promoters and artists alike have had to dispense with some of the niceties.

Catamount Director of Live Performance Molly Stone says, "I've added a very large addendum to our contract which lists all the safety requirements (artists need) to follow once on site. The protocol discourages all those wonderful things we love to do for our guests like carry their equipment in, offer them dinner, set up a merch table, come out into the crowd and greet fans."

Still, after a year of dark theaters and empty marquees, it's a trade-off everyone in the performing arts industry seems happy to make.

"That's the beauty and the challenge," Amos adds. For more information about scheduled events at ArtPort in the Green Mountain Mall,



*A CARING COMMUNITY: The Lancaster New Hampshire Rotary wanted to thank the staff at Summit by Morrison in Whitefield for their dedication over the past year. Rotary member Julie Aldrich (center) delivered an enormous tray of cookies from the Granite Grind in Lancaster and she just happened to catch Summit's Easter duo before they went off to make their annual visits to residents.*



*Littleton Food Co-op welcomed Katelyn last week to give her the donation check earned for Mt. Eustis Ski Hill from our Round-up Partner of the Month program for February! These funds will support Mt. Eustis community recreation programs and provide a way for everyone to ski. Thanks so much to member/owners and customers who rounded up and make it possible for fun outdoor programs to exist for everyone in our community. Keep a lookout for spring work days and summer plans at <https://www.mteustis.org>. Get involved, it is one of the things that makes Littleton a special place to live!*

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Letter to the Editor:

Mr. Gleason should return to the classroom.

After reading about the recent controversy in the local newspaper re: the conditional hiring of James Gleason of Winter Garden, FL by the Littleton Select Board to the position of Town Manager, I did some research.

In spite of his seeming forthrightness with Littleton Select Board Chair, Carrie Goudreau, Vice Chair Chad Stearns, and Selectman Roger Emerson, Mr. Gleason comes to Littleton and the North Country with much "baggage."

Additionally, in an area where hunting is pervasive as a way of life, and guns are proliferous, it seems Mr. Gleason doesn't quite adhere to this northern NH culture. People up here hunt for sport, and to put food on the table! Many hunters provide "wild game" proceeds such as bear, venison, turkey, and the like to the local food banks to provide sustenance for the needy. On many occasions volunteering at the Littleton "Dinner Bell," I handed out such nutritious proceeds to those in attendance. NRA (National Rifle Association) members, I'm sure, do not take kindly to being likened to members of the "Nazi Rifle Association"! Apparently, the members of the Littleton Select Board are out-of-touch with their constituents (and other area citizens) who maintain such an historic culture. This basic need provides benefits to their

local families and the indigent. One would contend that if the members of the current Littleton Select Board pursue in appointing this individual to a position which affects all town departments and "Greater Littleton area residents" who frequent Littleton for religious, economic, business, dining, and personal reasons, then they are out-of-touch with the area for it's likened "to putting a square peg in a roundhole."

According to public records, Mr. Gleason was apparently successful in his initial years as a City Manager while in the City of Ocoee Orange County, FL and the City of Woodstock Cherokee, GA, and the City of Chamblee in DeKalb County, GA. Again, according to public records, Mr. Gleason seems to have been successful as the ICMA Local Government Advisor-Trainer while serving with the US military in Iraq.

Mr. Gleason seems to have exhibited "unprofessional" behavior while serving as City Manager of Mascotte in Lake County, FL from 2011 - 2020.

Mr. Gleason was arrested August 20, 2020 on charges of "...felony battery on a city official & disorderly conduct" after an argument & shouting match with Council member, Brenda Brasher.

Mr. Gleason reportedly called a fellow Mascotte

Council member, a "white trash (expletive)."

Police reports allege "...Gleason threatened Brenda Brasher verbally, 'poked' her shoulder in an aggressive manner, and bumped her with his chest while screaming profanities. He and Brasher's husband also bumped one another while chest-to-chest." Emotions do run high at many northern NH Select and School Board Meetings... with Littleton being no exception!

In the opinion of this writer, it seems Mr. Gleason exhibits "vindictiveness" as, again, according to public records, "he (Mr. Gleason) targeted city employees and citizens of this town (Mascotte) who challenged him in any way." The public record goes on to say, "Jim will also lie to the City Council to further his own agenda. (documentation will be presented to Council)."

This writer wonders if Mr. Gleason would have exhibited similar "unprofessional behavior" if he were back in Iraq?

I suggest Mr. Gleason return to teaching Public Administration since he was "...consistently rated one of the best and most informative instructors (who) brings real world experience to the classroom."

Nick De Mayo, M. Ed. Sugar Hill, NH

Nick  
I have the advantage of answering this letter much later than you sent it to me. It appears that the Littleton Select Board has offered Mr. Gleason the position of Town Manager and at least one source suggested that he would take that office as of April 12, 2021.  
According to NH law a town manager has quite a bit of power and responsibility in the town where they are hired. Those responsibilities include the hiring and overseeing of all town employees. The town manager also is responsible for the day to day operation of the town's budget and other operations. The Select Board is responsible to give the town manager policy, but not exact direction.  
I wish Littleton the best with their choice. I also wish Mr. Gleason the best in coming to the North Country.  
Gary Scruton, Editor

Letter to the Editor

To the Editor,

Tyranny is cruel and unjust use of power. Mr. Trump was frank, candid, sincere, and genuine.

All presidents should be afforded respect while in office. Describing one as "unhappy little boy - old man" seems playground like in nature. Ramp this comment up with "tiny minded, derangement syndrome, addle brained, liar in chief, lie, lie, lie" is this a playground bully?

I believe 90% of the current media are constitutional crushing, socialist smoking mirror entities on the verge of communism. Throw in the big tech giants, the left toppling newspapers, smart phone staring, and you got a liberal sewage lagoon. This does equate to a centrifuge of spin offs that are fake news. Mr. Trump conducted more press interviews than I have

ever witnessed. It was blatantly evident the preceding paragraph was imminently reflected here.

Tweets by-pass a twisted press. AG Barr impressed me immensely. Look at the dark state. The source of "losers and suckers," was never verified. Over 455 miles of border wall was built. More high level judges were installed than any other president. Mail in voting should hit the garbage can.

Yes, Mr. Trump has made errors, but it is evident we all make errors, and hopefully learn from them.

Editor Scruton - - you wonderfully afford our people a voice, and your paper is joyful to me.

Not quite so "Roude" Mike Dovholuk US Army, Retired Lincoln, NH

Mike,

First I will thank you for your kind parting words. I feel it is in the best interest of our readers to allow both sides the opportunity to be heard. After all a vibrant conversation is the best way for both sides to learn what the others are thinking and how they may, at some point, come to agree on a path forward. Of course a conversation needs to have some controls. Yelling, name calling and vast exaggerations do not help to move the conversation along.

So let's keep the conversation moving along. Send in comments, opinions, and even rationalizations. But try to keep them on point, decent and respectful. Then sit back and see what more I may try to add to that conversation.

Gary Scruton, Editor



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## Set Milestones on Your Road to Financial Security

The road to financial security, like many long journeys toward important goals, can be filled with ups and downs. The financial markets can be volatile, shaking up your short-term investment results, and illness or downsizing may temporarily disrupt your career – and your earnings. In fact, just 46% of adults feel financially stable, according to a survey by Morning Consult and Edward Jones. Still, there's much you can do to gain stability – and you can chart your progress by marking three important milestones:

- Building a foundation – You need to base your financial stability on a strong foundation, which means you must start accumulating the necessary resources. Start by creating an emergency fund, which can help you deal with unexpected costs, such as an expensive car repair, without taking on additional debt. Try to put away anywhere

from an account you use for your everyday spending. Later on, you'll want to expand this emergency fund, but, for now, even this amount can help. You can also take other steps to build your financial foundation. Try to put in enough to your health savings account (HSA) and your 401(k) to earn your employer's matching contribution, if one is offered. And if you can, pay down high-interest, nondeductible debts.

- Gaining stability – Continue to build on the momentum from the "foundation" milestone by ramping up your savings and investments. For starters, build your emergency fund so it contains one and a half to two months' worth of living expenses. Also, set a goal to save perhaps 10% to 15% of your gross income, including employer matches, in your 401(k) or similar retirement account. If you can't reach this level yet, do the best you can now and increase your contributions over time, as your salary goes up. If the monthly debt payments are straining your budget, consider paying them down even if they have lower interest rates.

- Reaching independence – The final milestone toward achieving financial stability is marked by a feel-

ing of independence – knowing you are taking the steps necessary, and putting a strategy in place, to allow you to reach your financial goals. Work to build a full three to six months' worth of expenses in your emergency fund, which will offer even greater protection against being forced to tap into long-term investments, such as your IRA and 401(k), to pay for unanticipated expenses. Plus, having a sizable emergency fund gives you room to consider making moves such as taking a sabbatical, switching careers or taking time off to care for a loved one.

And, while you're still working, save enough for the type of retirement lifestyle you desire. Even though your debt may be manageable at this point, it may still be source of stress. If so, continue paying it down. The less you owe, the more you can put away for retirement.

Achieving these milestones can help you gain the financial stability and flexibility to live life on your terms.

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

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## Grant Funding Allocated for Improvements to the Memphremagog Watershed

EAST CHARLESTON, VT — The NorthWoods Stewardship Center (NWSC) and the Memphremagog Watershed Association (MWA) have each been awarded grant funding through the Vermont Fish & Wildlife Department to improve stream habitat restoration and public water access in the Memphremagog watershed. These grants were made possible thanks to federal funding secured by Senator Patrick Leahy (D-VT) and allocated from the Great Lakes Fisheries Commission, which has helped fund research and water quality enhancement programs in both the Lake Champlain and the Lake Memphremagog watersheds.

The NorthWoods Stewardship Center received \$290,991 in grant funding to be apportioned to restoration, accessibility, enhancement, and seed sourcing projects in the Memphre-

magog Watershed over a two-year period.

"This continued grant funding allows us to build on the outreach and restoration work that we started last year in the Willoughby, Barton, and Black River watersheds," said NorthWoods Conservation Science Director Meghann Carter. "In addition, we are now funded to do 15 weeks of project implementation work each year, with a focus on increasing accessibility, water quality, and wildlife habitat of state-owned properties through a variety of projects including riparian buffer planting, streambank restoration, and invasive species removal."

NorthWoods crews will also be working with the Vermont Fish & Wildlife Department, The Nature Conservancy, and the US Fish & Wildlife Service to find, collect and store seeds from floodplain forest species for the future reestablishment of

similar habitats via hydro-seeding.

Expanding the reach of this work in the region, the Memphremagog Watershed Association this year received a \$50,000 grant to help launch a similar initiative in the Johns River watershed. Funding will support increased capacity for the Association and the completion of the first stage of landowner outreach, streambank habitat assessment, and project development. This grant allows the MWA to bring the same model that has been used by NorthWoods in the Willoughby, Barton, and Black River watersheds to the Johns River and its tributaries.

"We're thrilled to have the support of the Vermont Department of Fish & Wildlife and the Great Lakes Fisheries Commission to expand this important work to the Johns River," said MWA Project Manager, Patrick Hurley. "Public outreach and participation in watershed conservation are at the core of MWA's objectives, and we look forward to working with the State, NorthWoods, and landowners to craft conservation solutions that improve fisheries and water quality in both the rivers and the Lake."

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# Senior's Dilemma

by Elinor Mawson

Today I learned about a dear friend who is going to sell her house and go to live with her son. She is in her eighties and is having problems with her memory and he worries about her, since she lives alone.

This news has once again given me the opportunity to put myself in her shoes. I am still happily married and in reasonably good health, but since I am 82+ I can picture being in the same boat as my friend. And I also think about two other friends who have had to face the same music.

Ann's four children convinced their mother to sell out and move in with her son. It was only a couple hours away, and he owned a summer cottage on a lake that she could use when the weather was warmer. She wasn't 100% convinced that it was the right thing to do, but she bit the bullet, cleaned out her house, sold it, and moved.

It was hard to leave her friends. She had a dilemma deciding what to keep and what to get rid of. Her kids helped with her yard sale, although she had a lot left over. She didn't particularly care for the people who bought her house. She drove her car the couple hours to her son's house with much too much stuff, and moved in.

She had to find a new doctor and a new dentist. She had to familiarize herself with a new library and shopping place. She was alone every day, and if her son and his wife wanted to discuss something personal, she had to stay in her room. She had to store her "stuff" here and there. We visited her one day in the lakeside cottage, and although we had a good time, we didn't

think she was terribly happy. She went to Connecticut for the holidays and her daughters convinced her to move nearer to them. They found a cute apartment for her, and that's where she is now. She is familiarizing herself with her new surroundings. She'll need a new doctor and a new dentist. But she loves living alone once again, is using public transportation, and looks forward to seeing her friends, old and new.

Then there's Jean. She was told by her doctor that she would be having trouble with her memory. She was scared! Her daughter advised her to think about moving in with her family, sell her house, and leave her worries behind. They bought a bigger house about two hours away, made it comfortable for Jean and moved in. Jean's house didn't sell right off the bat and was a constant worry. She missed her friends. She had to find a new doctor and a new dentist. She discovered that she had brought too much "stuff" with her. She worried about her memory.

One day she injured her foot. It didn't heal, and she couldn't walk. She needed Home Health to manage it, and nearly a year went by until she went to a rehab facility. It was during the pandemic and she couldn't have visitors. Eventually her daughter made arrangements for Jean to go to Assisted Living. Meanwhile she is still in Rehab, she still misses her friends, and there isn't much she can do. The telephone helps but it isn't the same.

I think about these ladies all the time. I feel so lucky to be where I am. I also realize that something similar could happen to me, but I guess I will face whatever comes at the time.

# Letter to the Editor: Wake Up!

To the Editor,  
What difference does it make?

If you have a "landfill" near you? If something obstructs your "view" or not? If a school is built here or there?

It's all temporary for you, reader! How many years of life do you think you have left?

Let me tell you what DOES make a difference. What happens to you when you die. Where you will go next - after that last breath.

The truth is that you will live on beyond the grave -

Greg

*I often speak in these replies about the freedom of speech as well as the freedom of the press. Both are very important freedoms for all Americans. I would certainly need to add the freedom of religion to that list.*

*Our country was founded by those who believe, much like you believe, in heaven and hell. I was brought up the same way having been a member of my local Congregational Church for many, many years. I must admit that I have not gone to church in a good number of year now, but that does not define my beliefs or what is in my heart and mind.*

forever. You will be in either heaven or hell - no other choices; no second chances (you don't "come back" as something else).

WAKE UP!!

The only path to heaven has been made clear to you. It's Jesus Christ! We just celebrated Resurrection Day (not Easter). Your sins have been forgiven, Jesus has ransomed you and has returned to life and LIVES as God.

So, what's the problem? Your free will.

You MUST choose to give your personal sins to

Him in humble repentance; turn your life over to Him and give Him freedom to redirect your life; and believe He will respond to you and begin a personal relationship.

He will accept you at whatever state you're in in the beginning and start to make changes that are good for you.

If you don't choose, you lose. Hell waits for you. There will be no mercy after your last breath.

WAKE UP!

Greg Darling  
Littleton NH

*However, as I sometimes do in these responses, let me shine a bit of light "on the other side" of the coin. There are many Americans who do not believe in heaven and hell. Either they have no religious beliefs, or their beliefs are different from ours. Does that make them any less American? Does that take away their rights to believe as they wish?*

*Whether we are talking about religion or politics we must all show some respect to those who do not agree with us. We do not always have to agree, but let us be willing to agree to disagree, as the saying goes.*

Gary Scruton, Editor

# Fair Food Festival

## At North Haverhill Fairgrounds

There's a brand new event to add to your spring calendar. The first ever Fair Food Festival is coming to the North Haverhill Fairgrounds on Friday & Saturday, May 14 & 15. This event is just what it sounds like it is. A chance to enjoy your favorite fair food treats from hamburgs & hot dogs to fried dough to lemonade to Chappy's fries, there will be a wide variety of choices.

The North Haverhill Fair Association is hosting this event on the fairgrounds at 1299 Dartmouth College Highway (Route 10) in North Haverhill. The open hours will be from 5 until 8 pm on Friday, May 14th and from 11 am until 8 pm on Saturday May 15. A \$5.00 per car load of people will be



charged at the front gate in order to cover some of the costs of producing this event.

Volunteers will be on hand to help patrons "socially park" their vehicles in order to leave room for tailgating. You can bring your own chairs or even a portable table for your family's use. There will be no chairs or tables available on the grounds for use by visitors. Once parked patrons can purchase food from as many food vendors as they wish to. Then they can take their food back to their vehicle to eat, or simply take it home. Of course a return trip to another vendor after the first course is consumed is certainly allowed. Please note that while on the grounds, and not eating, visitors, vendor staff and volunteers will all be required to wear a face mask as per New Hampshire state regula-

tions.

Foods that will be available at this Fair Food Festival include: Burgers, Chappy's Fries, Corn Dogs, Cotton Candy, Fried Dough, Fudge, Funnel Cake, Hot Dogs, Ice Cream, Kettle Corn, Lemonade, Mozzarella Sticks, Onion Rings, Pulled Pork & Brisket, Sausages, Tenders, Wings, & More. Vendors will be accepting cash only, no credit or debit cards can be processed on the grounds during this event.

The North Haverhill Fair Association is also pleased to announce that the 77th annual North Haverhill Fair is now being planned for July 28 - August 1, 2021. Save the dates and be ready for this great annual fun family event. For more details follow us on Facebook or check out our website at [www.nohaverhillfair.com](http://www.nohaverhillfair.com)

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# What About Ma?

by Kellie Quackenbush

## All About Worm Filled Meat

A video on Social Media recently got my attention. The video showed a woman unwrapping a piece of raw pork and pouring cola on it to reveal the worms within the pork. It was quite disturbing, big string like worms emerged from the pork and wiggled around in the pool of cola on top of the meat. The video was a fake.

Sources that have accurate data about the infection of meat are -

Healthline.com, Dec. 7, 2020, Trichinosis

Centers for Disease Control and Prevention, Accessed March 12, Parasites-Trichinellosis (also known as Trichinosis)

Snopes, Nov. 20, 2000,

Do the Acids in Coca-Cola Make It Harmful to Drink?

Centers for Disease Control and Prevention, Accessed March 12, Parasites-Trichinellosis (also known as Trichinosis)

Wafflesatnoon.com, Jan. 5, 2016, Classic Hoax: Pouring Coke on Pork Makes Worms Appear

Snopes, March 6, 2007, Does Coca-Cola Coax Worms Out of Pork?

There is a worm disease that humans can get from undercooked meat, it is called Trichinellosis. "Trichinellosis, also known as trichinosis, is a disease caused by a species of roundworms called Trichinella, and it is contracted from consuming raw or undercooked meat from an animal infected with the parasite, according to a 2020 article from Healthline. The roundworms are commonly found in animals like pigs, bears, foxes, walruses and wild boars that eat meat or garbage containing infected meat scraps." The CDC has

made a mandate to pig farmers that they only feed cooked scraps to the swine to prevent this type of infection.

As a home consumer, we can also make our food safe by cooking it to a proper temperature. Investing in a meat thermometer can save you from consuming undercooked meats. "To prevent trichinellosis, the CDC recommends cooking meat at a safe temperature, freezing pork less than 6 inches thick for 20 days at 5 degrees Fahrenheit to kill any worms."

Contrary to the claims of the video, you can not see the worms in raw meat with the naked eye. A microscope is required to actually see any of the parasites that might be in meat. However, the video does make you wonder.

Three tips for safe eating:

1) Use a meat thermometer to make sure your meat reaches the proper temperature.

2) Wash your hands frequently while preparing food and use separate cutting boards for meat and veggies.

3) Keep your meat in the refrigerator until you are ready to cook it.

With grilling season upon us, these are good tips to remember. Happy spring to all.

## Visiting Nurse and Hospice for VT and NH Collaborates on New Nurse

To address the ongoing home health care nursing shortage, Visiting Nurse and Hospice for Vermont and New Hampshire (VNH) has partnered with VNA Health System of Northern New England (VNAHSNNE) to offer registered nurse graduates a one-year Nurse Residency program. The purpose of the residency is to promote the development of competency and role transition from student to professional nurse, supporting the resident professionally, emotionally, and socially during the first year of clinical practice.

In rural areas, competing for an already depleted pool of available nurses' leaves health systems constrained and many home health agencies, such as VNH struggling to find nurses. Nursing schools typically do not have a home health experience integrated into their curriculum, so many nurses coming out of school do not realize that home health nursing is a viable and rewarding career path. Home health is a unique specialty that promotes "top of license" practice given the independent nature of caring for people at home. It also has a direct and meaningful impact on the health and recovery of people where they want to be most,

at home.

"I am excited to expand our nurse residency program this year and bring more nurses into the incredible practice of home-based care. Home care allows you to truly focus on the one person in front of you, understand their health goals, and directly impact their progress where it matters most, at home," said Johanna Bellevue, President and CEO of VNH.

By working with local nursing schools to offer home health experiences, VNH hopes new graduate nurses will look to home health as a career option and is planning on increasing the number of new graduates hired this year. In the clinical experience, the student works under the direct supervision of a nurse mentor and is given the opportunity to apply the nursing process to patient care in the home environment. Amanda Fay, MSN, RN, Manager Clinical Education and Evidence-Based Practice at VNH explains the importance of debriefing with students after the experience to help them connect what they saw in the home with what they learned in school. "I always explain that what they learned in their medical surgical class applies to care that you do in the home as much as the hospital setting," said Fay.

Providing care to patients in their home means less stress on our hospitals. Giving new nurses the opportunity to learn about the growing field of home health care will help to meet the rising demand for healthcare throughout our region.

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SALES .....RICHARD M. RODERICK & GARY SCRUTON  
 CONTRIBUTING WRITERS .....MAGGIE ANDERSON, MARIANNE L. KELLY, ELINOR P. MAWSON, CINDY PINHEIRO, KELLIE QUACKENBUSH, CYNDY WELLMAN  
 DISTRIBUTION AGENTS. ....SHARON CASSADY, DAWN DEAN, RICHARD RODERICK, GARY SCRUTON  
 EDITOR / PUBLISHER.....GARY SCRUTON  
 WEB MASTER .....PAUL 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

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*Thank you for your understanding.*

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 A FREE PUBLICATION

## Erik Jorgenson Sentenced to 4 years to 10 Years For Possession of Child Sexual Abuse Images

Haverhill, N.H. Grafton County Attorney Martha Ann Hornick announced today that Erik Jorgenson, 31, of Campton, New Hampshire was sentenced to 4 – 10 years in the New Hampshire State Prison on 3 counts of possessing child sexual abuse images. He was also sentenced to a consecutive 7 ½ – 15 years in the New Hampshire State Prison, suspended for 10 years on 4 counts of possession of child sexual abuse images. He received a 12 months stand committed sentence for possession of fentanyl and two suspended sentences of 2 – 4 years at the State Prison for possession of methamphetamine and fentanyl together with fines.

Information set forth in pleadings filed with the court showed that the investigation was commenced by the New Hampshire Internet Crimes Against Children's Task Force, (ICAC) upon receipt of a Cybertip from NCMEC on 10/2/2019. Additional investigation by the Campton Police Department and the Grafton County

Sheriff's Department Computer Forensics Unit identified the Defendant as a person of interest. The Campton Police Department and the New Hampshire State Police executed a search warrant at the Defendant's residence, and numerous devices were seized.

The possession of child sexual abuse case was investigated by the Campton Police Department, Grafton County Sheriff's Department, New Hampshire Internet Crimes Against Children Task Force, the Manchester Police Department and Nashua Police Department. The drug cases were investigated by the Campton and Thornton Police Departments. These cases were prosecuted by Deputy County Attorney Paul V. Fitzgerald and Assistant County Attorney Amanda K. Jacobson.

"We are grateful for the expertise, hard work, dedication and cooperation among these agencies. For law enforcement to build a strong case for prosecution, it is imperative that they have ac-

cess to advanced investigative tools- including digital forensics- as the agencies were able to do in this case," said County Attorney Hornick. "Unfortunately, these crimes are all too common. I encourage the public to remain vigilant against the exploitation of children on the internet or otherwise," noted Hornick. "Please talk to your children about internet safety and make a point to know what your children are doing online."

For more information on internet safety tips to help protect children online, you can go to the National Center for Missing and Exploited Children's website [www.missingkids.com](http://www.missingkids.com). New Hampshire is fortunate to have an Internet Crimes Against Children Task Force that partners with law enforcement in these complicated, high tech investigations. You can learn more about New Hampshire's Internet Crimes Against Children's at [www.nhicac.org](http://www.nhicac.org). Please contact your local police departments to report any concerns.



by Renee L. Schulze, MSW, LICSW

### CHOOSE THE LIGHT .....

Seriously, how many of us are feeling this horrible Ground Hog Day-like scenario that keeps happening day after day after day during this pandemic?

If you've never seen the Bill Murray movie, watch it. We are living it .....

However, we get to decide whether we hide, and stay angry and anxious or we choose to do what we

## Mental Health Matters

can in the moment to feel better and to cope.

And the most pleasant thing happens in that moment of choice, you feel better physically and mentally.

Do you choose to stay in the dark, negative, helpless mind frame?

Or do you chose to Embrace the Discomfort, take a breath of fresh air, or walk in nature?

Can you try to think of this as flicking a switch?

It's your choice in that moment, darkness or light?

Choose the light because your mental health matters.

## Luxury & Adventure Combine at New Hampshire's Sugar Hill Inn

SUGAR HILL, NH: The Sugar Hill Inn a historic bed and breakfast located in the White Mountains, is pleased to announce the addition of four new adventure program packages. Guests booking an overnight stay at the Inn can now choose from guided hikes, guided rock climbing, a 45 -minute helicopter tour or a photography experience with a local National Geographic photographer. The package also includes additional amenities to compliment the adventure.

Sara Allen, General Manager of the Inn remarked that "we always want the best for our guests, and we also want them to be able to experience the best of the

White Mountains. What better way than to provide them with some amazing adventure experiences lead by some of New England's most talented outdoor adventurers?"

The Inn partnered with Cardinal Consulting to develop the packages and focused on utilizing local talent to create unforgettable experiences. Partners include the Appalachian Mountain Club, North Country Climbing Center, Vertical Ventures Aviation and Shaun Terhune Photography.

To book a package and for more detail visit: [www.sugarhillinn.com/adventure-programs](http://www.sugarhillinn.com/adventure-programs) or call 603-823-4100.

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By John Martin

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

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

# Italian Pepper Biscuits

Hello hello my fellow chefs. How are you all doing today? I'm feeling good and I'm excited for you to try this wonderful recipe. They are very popular in Rhode Island and Massachusetts bakeries and I love them. They are a great snack when you don't know what you want to munch on. You can break them up and float in your coffee or tea. We used to say we were having ah-zoop. I don't know how to spell it but that's how it sounds. Let's get started with today's recipe and how to make it.

boiling water 5-6 at a time and when they float to the top remove with a slotted spoon and put on a clean dish towel.



**Ingredients**  
4 cups of all purpose flour  
2 tsp baking powder  
1 1/4 tsp salt  
1/4 cup of fennel seeds  
2 Tbsp coarse black pepper  
4 eggs  
1/2 cup oil  
3/4 cup warm water

In large bowl mix all of the dry ingredients, the flour, baking powder, salt, fennel seeds, and the coarse black pepper. Mix with whisk and make a well in the center.

Beat the eggs then add the oil and mix, then add the warm water and mix. Add egg mixture to well and knead to form a dough. Keep some extra flour aside and flour your hands often. Take a good pinch of dough and roll into a cigar shaped rope, if too sticky add a little more flour on your hands. Roll ends of biscuits together with hands to make a circle.

Get a large pan of water and bring to a boil. After all biscuits are made place in

Preheat oven to 425 degrees. Take the boiled biscuits and place on an ungreased cookie sheet and bake for 18-21 minutes until light golden brown. Remove from oven and cool. That's it! I made 20 biscuits but depending on how big yours are you may get more. They are easy peasy and the more times you make them the better you get at it. "Delizioso"!! They are very tasty and I think you will enjoy them. The black pepper gives a slight spicy taste.

Yum! Please try these I think you will like them and your family will like them too. If you have any questions please contact Gary and I will help you out. They are very different.

Well folks that's it for today's recipe. Give them a try.

I'm signing off for now.  
Sincerely,  
Cin Pin



Geese family in a pond in Wentworth, NH Even these Geese are happy Spring is here!  
Photo by Cyndi Wellman contact info.: [cnb.pics07@gmail.com](mailto:cnb.pics07@gmail.com)

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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.

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