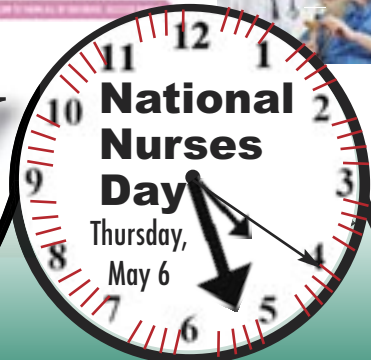


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National NURSES DAY

Next Issue: Tuesday, May 11
Deadline: Thursday, May 6

TRENDY TIMES



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

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

APRIL 27, 2021 VOLUME 12, NUMBER 15

4 Visions: Paper as a Medium

Northeast Kingdom Artisans Guild proudly presents "4 Visions: Paper as a Medium" featuring Carolyn Guest, Martha Elmes, Lian Brehm & James Frase-White from May 1 to June 12, 2021 (Preview Friday April 30) in the Back Room Gallery 11:00 to 5:00 Tuesday through Saturday. The studio is located at 430 Railroad Street St. Johnsbury, VT.

Carolyn Guest uses sheep shears as her challenge tool, continually working to push the limits of fine detail of her paper cut outs. The intricate line cuts are used to tell the stories she has heard, as well as personal experiences reflecting her rural Vermont heritage. Her work was inspired by the intricacy and color of Polish folk art, which she first encountered as a 4-H exchange student to Poland in her teens.

Martha Elmes began to explore the possibilities of paper after retiring from Elementary/Middle school where she'd taught art for half of her life. Her work is spontaneous, not drawing an image on the black paper for her "Crazy Paper Cuts". All the ideas truly evolve out of

the paper as the scissors start to move across it. "I visualize the entire image as I cut. If mistakes happen, I turn them into something else, surprising me as I do it."

Lian Brehm explores beaten, wet paper pulp, much like clay to sculpt paper into translucent, perforated organic forms. Her elegant works often resemble gathering baskets and bowls, taking paper into full 3-D form.

James M. Frase-White began papercutting as a tool for his reading students to help visualize hands on storytelling to connect it with words and letters in their books. At retirement he had the epiphany of using it as an artistic tool, mixing his explorations in all other fields of art, including sculpture,

painting and stained glass.

We know you will be delighted when you view what each artist has been inspired to create. From pulp to papercutting each one reveals intriguing and unique visions using this most elemental and essential material in the history of art.

*If evolving health conditions & safety statistics improve we hope to have talks



and demonstrations by the artists—and a party to meet and greet and celebrate with the artists in early June.

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TRENDY Dining Guide

Bliss Village Store

by Gary Scruton

There was a day and time when just about every village in this area had a place like the Bliss Village Store. It certainly is not a supermarket, but you can buy a wide range of food and drink products there (along with a few other items). It is also not a typical restaurant where you walk in, sit down, and order a meal. But the Bliss Village Store does offer a great deli counter with seating both indoors and outside depending on the weather and your personal preference.

I had a work detail on a recent Saturday morning and when that was done Janice picked me up and we headed across the river to Bradford Village. Main Street parking can sometimes be full so we pulled into the parking area near the post office that overlooks the Bradford Golf Course and the distant White Mountains of New Hampshire.

Once inside we found a good number of people either at the deli counter, or waiting to check out. We made our way over, gave the posted boards a look and then Janice went to sit down while I gave our order to one of the helpful folks behind the counter.

Janice ordered a Reuben Pastrami sandwich with a side order of french fries (large or small order, asked the counter person? small, please). I asked for a steak and cheese sub. When she

asked if I wanted onions, peppers and mushrooms with it she informed me that it was then called a Steak Bomb. I also had a choice of cheese (cheddar, please). I then told her that we would be sitting out in the back room and she informed me that we did need to sign in at the front counter for COVID tracing.

When I went out back to sit at one of three tables, Janice got up to go to the coolers to find us each a bottled beverage. She had ice tea while I asked for lemonade.

It really was not long before the girl that had taken our order came out back with two baskets holding our meals as well as the deli slip and a container of ketchup. It was time to stop talking and dig in.

Janice's first comment was that her Reuben had plenty of sauerkraut, something that she rightly acknowledged that I would not be taking away from her. She also commented that they were not shy about adding plenty of pastrami. The whole thing was on swirled Rye bread that was toasted.

She later also commented that she had been looking for something different and this had filled that bill just right.

My Steak Bomb was also toasted, just enough to give it a crunch. On the side I had a serving of potato chips which matched well with the sandwich. The sandwich itself was well filled with shaved steak and had enough vegetables and cheese to top off one of my favorite subs.

We did take time between bites to continue our conversation but certainly were never hurried along by anyone at Bliss.

When we did finish our meals and beverages we threw away the paper products, put the plastic baskets in the bucket next to the trash can and headed up front with the empty bottles in order to pay for the meal. Mark, the owner, was running the register and quickly ran my credit card through so that I could pay the \$22.22 (yes with tax that was the total). Meanwhile Janice took a detour and dropped a cash tip off with the deli counter staff.

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North Country Lunch and Learn

Growing vegetables for sale in the North Country is rewarding, but not exactly simple! Do you have questions about fine-tuning your fertilization program or working smarter not harder when it comes to managing insects, weeds and disease? Want to do a better job of growing onions or Brussels sprouts? Do you have experience and ideas on these topics that you would love to share with your fellow growers? UNH Cooperative Extension is launching a monthly webinar series for vegetable growers like you.

The series will be held the first Wednesday of the month starting May 5th. From noon to 1pm we will dive into these topics one at a time leaving plenty of time for discussion.

Schedule
 May 5th: Fertilization of Vegetable Field Crops
 June 2nd: Non-Chemical IPM
 July 7th: Onions: Over Wintering and Direct Seeded
 Aug 4th: Brussels Sprouts: Growing and Storage

This event is free, but preregistration is required. For more information and to register please go to <https://tinyurl.com/yy2xd8mp> For all other questions please contact us at (603)788-4961.

The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer. UNH, U.S. Dept. of Agriculture and New Hampshire counties cooperating.

Cookies for a Cause

Will you support Sugar Hill Willing Worker's Society's Cookies for a Cause? Once upon a time, in the newest town in New Hampshire, this group of women who do good deeds in their community were unable to meet due to a pandemic.

One day, one of the members, was feeling the need to do something for the local economy and to address food insecurity in the North Country. She learned that our local dairy was forced to dump milk due to Covid disruptions of their supply chain. Dolly Mc Phaul, through phone calls, emails, support of other members of the Willing Workers Society and good timing, launched the food pantry Milk Program in May 2020.

Funds were originally raised through a cookie sale

by donation in conjunction with Harman's Country Store grocery box program. \$1100.00 was raised, enough to support this past year's Milk Program.

It costs approximately \$60.00 per week to supply 2 food pantries with fresh milk. This year's Cookies for a Cause looks a bit different. For a \$10.00 donation, donors can receive a dozen homemade chocolate chip cookies, \$25.00 for two dozen; and \$50.00 for 3 dozen cookies. We hope to raise funds to support the Milk Program for another year.

Order deadline is May 4, 2021.

Preorder your homemade chocolate chip cookies by email: sugarhillwillingworkers@gmail.com, calling 603-616-9927, or by mailing your request to Willing

Workers, PO Box 535, Franconia, NH 03580.

Please state your name, your email address, your contact phone number and the amount of your donation. Pick up will be on Tuesday, May 11, 2021, from 4:30 to 5:45 p.m. A drive-up delivery station will be set up at the Sugar Hill Meeting House. Check or cash are acceptable forms of payment.

In addition to the Milk Fund, the Willing Workers supported other non profit services in 2020. See our website for details. <https://thewillingworkers.org>

The Willing Workers Society of Sugar Hill is a 501(c)(3) nonprofit and donations are tax deductible to the extent allowed by the law.



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Not all Times are Trendy, but there will always be Trendy Times April 27, 2021 Volume 12 Number 15



End the Job Search Waiver Requirement

The House Education committee recently heard SB44, a bill relative to establishing a workforce training program that would be administered by the community college system of New Hampshire to advance the skills and placement of unemployed and underemployed New Hampshire adults into high demand, job-entry positions. The proposed program is designed to allow individuals to gain a job-ready credential in not more than 6 months. Further, the proposal would use existing mechanisms to fill jobs in designated workforce sector priority areas, and use resources from the federal Workforce Opportunity Investment Act allocated to the state, employment security training funds, and community college system of New Hampshire's financial aid programs to make the program possible.

Although SB44 may help resolve NH's workforce shortage, the Business and Industry Association (BIA) has reasonably concluded that there are other causes for the current workforce shortage. The BIA represents the manufacturing, automotive, tourism, restaurants, and all other forms of industry and business. That group has concluded that there are other variables restricting our workforce numbers, and suggest that it is time to rescind the waiver of the job search requirement in order for an individual to collect unemployment benefits. This condition was put in place during the COVID-19 pandemic to protect employment security staff as well as those claiming unemployment benefits who would otherwise be required to search for new employment. However, as New Hampshire moves rapidly

forward reopening the economy, and with the mask mandate behind us, it's time to rescind the waiver of the job search requirement in order to collect unemployment. According to NH's Business and Industry Association, members are in full hiring mode, but frustrated over the lack of unemployed not responding to job posting for vacant work positions.

It is fair to conclude that there is need for legislation such as SB44 in order for those seeking employment to receive necessary job training or retooling, and on the other hand, it is also reasonable to conclude that the current emergency provision not requiring a job search in order to receive unemployment benefits is exacerbating the workforce problem. In a recent memo from the BIA, "one top executive called the inability to find employees their 'single biggest frustration and said the lack of workers has forced the company to miss scheduled product deliveries." Another said, "It doesn't matter what the wages are, no one is coming and it's killing us."

There may be a need for programs such as that proposed in SB44, but I agree with New Hampshire's Business and Industry Association, it's time to reopen state employment offices, to end the job requirement search waiver, and to encourage more unemployed back to work. Our economy is strong, but without the needed workforce, NH's manufacturing industry, along with other businesses, will struggle.

Respectfully submitted,
Rep Rick Ladd
Chairman, House Education

Right to Work is Right For New Hampshire

Op-Ed by Tom Thomson
Orford, NH

more jobs, lower unemployment for New Hampshire.

Once again, Right to Work legislation is before our New Hampshire Legislature and I believe with Republicans in control of the House, Senate and with Governor Sununu, this important piece of legislation will pass if Republicans stick together.

On February 11, 2021 the Senate, under the leadership of Senate President Chuck Morse, passed Senate Bill 61, Right to Work, on a 13 to 11 vote. It now has come to the House which recently held a public hearing and the Labor Committee gave it a positive recommendation and it will soon be voted on and, if passed, it will be signed into law by Governor Sununu.

Simply put, the Right to Work bill would allow our private sector, hard working men and women who work for a private business that has a union, the same rights that our public sector workers have, under the 2018 Supreme Court decision, Janus v. AFSCME.

This court ruling gave the freedom to our public sector men and women, the right to decide if they want to belong to a public union, such as our Police, Fire, Teachers and State Employees Unions. They now have the right to decide if they want to join the union and pay the dues or not and SB 61 will give our private sector workers the same rights, protections and freedom to decide.

I would encourage you to visit the web-site for Mackinac Center for Public Policy (www.mackinac.org) and look up the following documents by F. Vincent Vernuccio, Right to Work Frequently Asked Questions, and Right-to-work by the Numbers: Right to Work means higher incomes,

From these studies you will quickly see the advantages and many positive benefits for workers in states that have passed the Right-to-Work. Here are a few examples: 1. "States that have passed Right-to-Work have higher income growth for workers." 2. "Right-to-Work states have higher private sector job growth." 3. "Right-to-Work states have lower unemployment" to name a few.

I would encourage all New Hampshire workers who would like more employment opportunities with higher wages and who want the same freedoms that the public employees have to look up and contact your State Representatives (to find your Legislator go to, NHWorkerFreedom.com) and call, e-mail or send a letter and tell them you want them to support and pass SB 61 the Right to Work bill.

If passed, New Hampshire will be the only state in the Northeast that will have a Right to Work law; couple this with our state's accomplishments such as being fiscally responsible and a state that has no Sales or Income Tax, we all enjoy "The New Hampshire Advantage," and just recently New Hampshire was named one of the top five freest States in America to live and work in.

If Right to Work is signed into law, NH will be a magnet for businesses and workers to move to and we will be the envy of the entire Northeast States.

If my prediction is correct and Right to Work passes, we can engrave "The New Hampshire Advantage" into our rock-solid Granite forever and our hard working, men and women will be the beneficiaries.

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Littleton Coop Partners With ACHS

Littleton Food Co-op is proud to have as Partner of the Month for April - Ammonoosuc Community Health Services (ACHS). ACHS is a home for integrated health care, including primary dental and behavioral health. Federally Qualified Health Centers are often the first stop for ill patients, who call and visit their primary care providers (PCP) first when something just doesn't feel right. It is their job to be ready for whatever comes down the pike.

Despite ACHS's experience, they, like everyone else, were taken aback by the COVID19 pandemic. The real difference was the sheer volume of planning and strategy that preparing for this illness required. These health care workers became, more than ever, our heroes.

Founded in 1975, ACHS is a non-profit Federally Qualified Community Health Center with six Northern New Hampshire locations. With funding from national, state, and local sources, they deliver high-quality, affordable health care to nearly 10,000 patients in over 26 area towns. ACHS is committed to providing integrated health - Medical, Dental, Behavioral - for the entire family. They serve ALL - and no one is ever



Triaging COVID patients at Ammonoosuc Community Health Services

turned away for inability to pay.

The funds from this month's Partner of the Month program will help assist patients with no insurance or low insurance get access to the affordable health care they deserve.

Just round up at the register! Thank you!

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



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PUBLIC HEARING

ATV/UTV/OHRV

Road access in Mtn Lakes

DATE: Monday, May 3, 2021

TIME: 6:00 pm EST

ZOOM ACCESS: Meeting ID: 935 3271 8766 &
Passcode: 330678

LOCATION: Clifford Memorial Building
South Court Street, Woodsville

Final Surrender

by Maggie Anderson

The final okay to move into our new house came on April Fool's Day. We targeted April 7th as our official bug out day and I got to work packing boxes and moving a car load over at a time. A week may seem like a long stretch but since we have a rental car the size of a bread box things take a bit longer.

We had help from friends with some of the furniture we'd been stepping over and walking around at the old place, now happy to have a place to put it.

By the time everything was in the new house I drove back to the old winter quarters and spent a couple of days whipping it into shape for the owners who have now decided to return early knowing we will already be settled in here on the mountain.

When I dropped the key off at the office I drove back to our new place where the real work began. Already dead tired from the past week's job I still had to make a path from the door to at least the kitchen and bath, we could always sleep on

the floor in the living room if I couldn't find enough juice to bushwhack my way to the bedroom.

Our already-ordered, much-anticipated area rug finally arrived. Sadly it was not the one we ordered. After spending an hour on the phone, being tossed back and forth between associates like a bean bag, I ordered our rug again.

The new rug arrived last evening. They sent the exact same rug. Same wrong manufacturer. Same wrong item number. Same wrong everything.

In the midst of trying to

decide what to do about it we heard the wail of a fire-truck's siren, a sound that now stops the hearts of every soul on the mountain. To say it was unsettling is a massive understatement.

The truck stopped at the bottom of our driveway to make way for the ambulance to maneuver it's way up our new neighbors' drive and haul the lady of the house off to the hospital. In light of that we decided to keep the rug. We figure if delivery of the wrong flooring is the worst thing to happen it's going to be a spectacular year

NGCRC Monthly Meeting

The Northern Grafton County Republican Committee (NGCRC) will hold an in-person meeting on Monday, May 10, 2021 at the Littleton Elks Club, Lodge #1831, located at 42 Main Street (U.S. Route 302), Bethlehem, NH. (New location) There will be a Coffee and Cookie Social at 6:00 P.M., and the meeting will start promptly at 6:30 P.M.

The Honorable Omer Ahem, Jr., Grafton County Commissioner in District 3,

will be the guest speaker and will give an update on current and future county business and issues.

Fellow Republicans, Like-Minded Conservatives and New Members are welcome to attend. Masks and Social Distancing will be observed. Join us and help to Make New Hampshire Red Again!

Interested persons may contact janicenovak@my-fairpoint.net or call 603-823-5011.

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<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;"> <h1 style="margin: 0;">BOSSMAN</h1> <h2 style="margin: 0;">OUTDOORS</h2> </div> <div style="text-align: center;"> <p>24 Railroad St. Woodsville, NH</p> </div> <div style="text-align: center;">  </div> </div> <p style="color: white; font-weight: bold; margin-top: 10px;">603-747-2976 • www.bossmanoutdoors.com</p>	

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Calendar of Events

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

WEDNESDAY, APRIL 28

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

THURSDAY, APRIL 29

BIRDS ON THE BRAIN
7:00 - 7:00 PM ON LINE
See Article on Page 8

SATURDAY, MAY 1 - SATURDAY, JUNE 12

"4 VISIONS: PAPER AS A MEDIUM"
11:00 AM - 5:30 PM Tuesday - Saturday
430 Railroad Street. St. Johnsbury
See Article on Page 1

MONDAY, MAY 3

ATV/UTV/OHRV PUBLIC HEARING
6:00 PM
Clifford Memorial Building, Woodsville
See Ad on Page 5

WEDNESDAY, MAY 5

NORTH COUNTRY LUNCH AND LEARN
Registration is required
See Article on Page 3

SUNDAY, MAY 9

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

MONDAY, MAY 10

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

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

TUESDAY, MAY 11

COOKIES FOR A CAUSE
4:30 - 5:45 PM pickup
Sugar Hill Meeting HOUse
See Article on Page 3

WEDNESDAY, MAY 12

ROSS-WOOD POST #20 AMERICAN LEGION
INSTALLATION OF OFFICERS
6:00 PM
4 Ammonoosuc Street, Woodsville

FRIDAY, MAY 14

FAIR FOOD FESTIVAL
5:00 - 8:00 PM
North Haverhill Fairgrounds, Rt. 10

AMERICAN LEGION RIDERS MEETING

6:00 PM
Post Home, 4 Ammonoosuc Street, Woodsville

SATURDAY, MAY 15

FAIR FOOD FESTIVAL
11:00 AM - 8:00 PM
North Haverhill Fairgrounds, Rt. 10

THURSDAY, MAY 20

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

SUNDAY, MAY 23

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

PADDLE THE BORDER - SPRING
11:00 AM approximate launch time
Woodsville Community Field
See Ad on Page 8

WEDNESDAY, MAY 28

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

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

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North East Motor Sports Museum Announces 2021 Outdoor Events

LOUDON, NH: The 2021 outdoor events schedule at the North East Motor Sports Museum (922 NH Route 106, Loudon, NH 03307) begins on Saturday, June 5th. Each of the museums events are essential fundraisers to help meet financial obligations so we can continue our mission of north-east New England motor-sports historical preservation and education. The museum team is eager to welcome back friends and supporters with four fundraiser car shows, a motorcycle tour and a rally.

We are excited to start the season by welcoming back New Hampshire's leading car club NH Muscle Cars on June 5th for their traditional late spring car show. The car show will also feature a display of funny cars and a chance for a fan to sit inside a 1400HP methanol funny car during start up! June 13th sees the return of the AMA Gypsy Tour Charity Motorcycle Ride to benefit the museum and we round out the month by hosting the Pontiac Day at the

Museum Car Show with our friends from the Nor'Eastern Pontiac Club on June 26th.

The first running of the North East Motor Sports Museum: Rally-tour Around the Lake will take place on July 31st. Beginning at the museum, the rally will twist and turn over scenic New Hampshire roads and conclude at the Vintage Racing Stables car collection in Sanbornton, NH. The rally is part of the annual Vintage Racing Stables: Timeless Cars of New England weekend and is limited to 1972 or older vehicles with a maximum of 25 entries.

The return of the museums annual car show "Hot Rods, Muscle and More" is on August 28th. All cars and trucks are welcome to participate and multiple trophies will be awarded for different classes. The Historic Motor Sports Exposition moves to September 11th this year from its traditional spring date. The show welcomes all historic race cars from any discipline to display. Mobile museums from across New England will be onsite

with unique artifact displays. New for 2021 will be trophies for the best race cars in class and a vintage race car swap meet. All current state COVID-19 guidelines will be followed at each event. If indoor events become possible they will be announced at a later date. Visit www.nemsmuseum.com for all event details.

North East Motor Sports Museum 2021 Outdoor Schedule of Events

Saturday June 5th: NH Muscle Cars Car Show + Funny Car Display

Sunday June 13th: AMA Gypsy Tour Charity Motorcycle Ride to benefit the Museum

Saturday June 26th: Nor'Eastern Pontiac Club, Pontiac Day Car Show

Saturday July 31st: North East Motor Sports Museum: Rally-tour Around the Lake

Saturday August 28th: Hot Rods, Muscle and More Car Show

Saturday September 11th: Historic Motor Sports Exposition Race Car Show + Swap Meet

Acceptance

Topics
Disability and Aging
by Cyndy Wellman

Rocky Gorge Bartlett, NH Kancamagus Highway

My new favorite place and can be yours too. Don't let your Disability and age stop you from being adventurous. You will notice it's a paved walkway to the foot bridge. It was once a log.



The rest is well maintained dirt. Few benches to sit and listen to the sound of water/Swift River!

You will see a lot of granite in the river. Some history to



learn. If you feel a little more adventurous follow the path to Falls Pond.



Get out in the sunshine and put those walking shoes on. Get your scooter out for a spin or your walker/walking sticks ready. Guarantee I'm going back.



Haverhill Police Department Issues Warning

On Saturday, April 17, 2021 Haverhill Police Department was made aware of an attempted abduction in the Upper Valley Stewardship Center area. The Officer on duty was provided a description of the suspect vehicle, surrounding area Departments were also notified to be on the lookout and a multi-jurisdictional search ensued immediately.

An investigation was also conducted in an attempt to gain further information from the victim. During the course of this investigation, it was determined that there was no attempted abduction despite what initial observation and reports of the incident may have given the impression of.

On a positive note there was no crime or an attempted crime of abduction in the Town of Haverhill NH, However this is a good opportunity to use the report of this incident as a welcomed learning moment.

Even in our small towns in New Hampshire the crimes of kidnapping and human trafficking are present, limited as it may be. It's

nothing to panic about, but it's always helpful to be informed and prepared.

Here are some helpful tips to avoid the situation altogether.

Situational awareness: Be aware of your surroundings, scan area, pick out avenues of escape - exits or safe zones.

Run / Fight, run from the danger or fight like hell.

If walking to your vehicle, especially alone and at night have your keys ready in your hand.

Pay attention versus head down looking at phone, in your purse or wallet.

In regard to abductions and children, teach your children danger signs to be aware of.

Do not approach or talk to strangers.

Do not be drawn in by gifts or candy.

Run away from danger / fight, be loud, scream and call for help.

These are old time suggestions that still remain true today. Be more committed to doing everything within your power to escape from the bad guy, make him give up the attempted abduction or buy yourself enough time until the police or good Samaritans can intervene.

I hope this information, if nothing else, causes us to think about being more proactive in avoiding a bad situation.

Thank you,
Chief David Appleby

Scott Borthwick
Manager

Ph: 603.523-9284
Cell: 603.630.8032



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Horse Meadow Senior Center Announces Some Program Restarts

Grafton County Senior Citizens Council is proud to announce that we have recently been given the go ahead to provide 1:1 bus transportation. Rides are available through Horse Meadow Senior Center by appointment and reservations are required. Call 603-787-2539 to schedule your ride and learn about our Covid 19 safety plan.

In addition to in-person transportation, we continue to provide clientless delivery as well though our bus. This is an opportunity to stay safe at home while we run er-

rands for you. We can pick up prescriptions, collect your pre-paid groceries, deliver your mail etc.

We are also soon expanding from 1 day of home delivered meals to 5 days of home delivered meals per week. We could use some volunteer drivers to make this a reality. Please call us if you would like to make a difference.

Of course, we continue our "Grab & Go's" on Tuesdays and Thursdays from 11:15 am to 12:00 pm. Come on out to get a hot and delicious meal.

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Not all Times are Trendy, but there will always be Trendy Times April 27, 2021 Volume 12 Number 15

Forever Four Ride Set For July

ACT Spring Events Start with Birds on the Brain



Woodsville, NH – Forever Four Ride, taking place on Saturday July 17, 2021.

This charity ride will raise money to Benefit The Tears Foundation NH chapter (<https://thetearsfoundation.org/newhampshire/>).

On January 5, 2021 our family lost 4 year old Nicholas James Fortier. We still have no answers as to why he passed. In his honor the Forever Four Ride was born.

Our family wants to help other families who have lost a child and we have found The Tears Foundation to donate all the money raised from this event. The Tears Foundation helps in the cost of funerals for families who have lost a child. They also help with family grief coun-

seling. There is not much help for families in NH who have lost a child. We want to help change that.

The ride is scheduled for Saturday July 17, 2021 starting in the Walmart parking lot in Woodsville, NH

Although this is a motorcycle ride we encourage all vehicles to join us. Registration starts at 11am and the ride begins at 12 noon. Our trip is a 111 mile loop ending at Jaimie Lynn's Kitchen in Bath, NH where there will be a silent auction and 50/50 raffle. The cost is \$5 per vehicle.

You can find our event on Facebook (<https://fb.me/e/1bJZG3Alt>)

There are shirts and decals on the event page avail-

Spring! It means lots of things depending on who you ask – but to bird lovers – it unquestionably means the return of a great many feathered friends. As both gardening, landscaping, and birding seasons creep closer, the Ammonoosuc Conservation Trust (ACT) is calling all bird lovers!

Join us online on Thursday, April 29th from 6 to 7 pm for a fun evening of learning about creating bird diversity through habitat building with one of our favorite presenters, UNH Cooperative Extension's Matt Tarr!

Are you a bird enthusiast looking to change your landscape? Or a bird lover hoping to find the right place to look? Log in from the comfort of your couch to ask questions and find out more about how different habitats impact what birds are attracted to that place. Matt will give an overview of the different birds found across



various habitats. Discover why specific bird species occur in each habitat and learn approaches for maintaining a variety of habitats to support common and uncommon bird species in your landscape.

Advanced registration is required to get log-in info – space is limited. Please register on the web at act-nh.org/education-events or call the office at (603) 823-7777.

The Ammonoosuc Conservation Trust inspires and leads private, voluntary action to conserve land the North Country loves. Learn more and become a member at act-nh.org or by calling the office.

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Paddle The Border - Spring is scheduled for Sunday, October 3, 2021

For Further Information Contact **Mike Thomas (802) 757-3960**

or email mikethom1@charter.net

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NH Bureau of Trails Welcomes New Chief Supervisor

The Commissioner of NH Department of Natural and Cultural Resources (DNCR), Sarah L. Stewart, is pleased to announce the appointment of Craig D. Rennie as the new Chief Supervisor of NH Bureau of Trails. The Trails Bureau Chief Supervisor is responsible for management of the bureau's 1000 miles of wheeled off-highway recreational vehicle (OHRV) trails, over 300 miles of state owned rail-trails, and 7,422 miles of snowmobile trails. The Chief also supports the multiuse trail system in the state for hiking, cycling, equestrian, and sled dogs. "New Hampshire's trail systems attract motorized and non-motorized enthusiasts each year, providing abundant opportunity to explore our great outdoors," said Stewart. "Managing our trail network and supporting local trail user clubs is an important contributor to our tourism industry and to the high quality of life Granite Staters enjoy." Rennie comes to NH Trails Bureau with 24 years' experience in natural resource management, holding positions with NH Department of Environmental Services (NH DES), NH Fish and Game Department and other outdoor conservation organizations. "First and foremost, I am an avid outdoor recreation enthusiast, both motorized and non-motorized," said Rennie. The Chief Supervisor assists organizations, municipalities, and trail clubs with the development of trails on both public and private lands. With the vast majority of both NH OHRV and snowmobile trails on privately owned property, developing landowner relationships is an important part of the Bureau's Chief Supervisor's duties. "During my tenure at DES, I've had the great privilege to work with many applicants and landowners from around the state, particularly in the North Country," said Rennie. "My work and effort at DES has always been fo-

cus on the successful outcome of landowner's application requests, as well as balancing the applicant's needs."

Rennie's interactions with the Trails Bureau and his experience working for NH DES has prepared him to promote the trails Bureau's programs and mission and at the same time protect New Hampshire's natural areas. "I have worked closely with the Trails Bureau staff for many years to develop trails around the state," said Rennie. "My work at DES brings essential knowledge that will be an asset in promoting the growth, maintenance and improvement of our trail network." The motorized trail systems of New Hampshire attracts thousands of snowmobile and OHRV enthusiast each year. According to the NH Department of Natural and Cultural Resources (DNCR) 2017 annual report, snowmobiling alone had an economic impact of \$586 million in NH, with OHRV use generating \$572 million to the state. "The Trails Bureau Chief position is an exciting and unique opportunity to share mutual passions with others from around the state," said Rennie. Rennie added, "I look forward to getting to know and supporting the clubs who put countless hours into the management of these trails and I look forward to building my relationships with the many generous landowners who make our trail system possible." Rennie starts his new position as the NH Bureau of Trails Chief Supervisor on May 21, 2021. Bureau of Trails is set up to work with all trail users and the different types of trails that are designated for public use. The bureau provides guidance and financial support through grants programs to private groups, trail clubs, municipalities, and state and federal agencies for a variety of trail projects and issues. For more information on NH Bureau of



Trails visit us at www.nhstateparks.org/about-us/trails-bureau. Updates on NH trail conditions can be found on our Facebook page at www.facebook.com/NHBOTrailClubInfo/.

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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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Volume 12 Number 15

April 27, 2021

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Letter to the Editor

To the Editor,

The sore loser Donald Trump continues to spread lies about the 200 presidential election: insisting that he didn't lose but won and that his "victory" was "stolen" from him by Democrats through massive voter fraud, and that the Jan. 6th violent attempted insurrection of the U.S. government by his supporters, who were infiltrated by anti-Trump activists who violently beat the Capital police and murdered one of them.

Trump is aided in his dangerous lies by most of the spineless and pathetic Republicans in Congress, some of whom are cynical and corrupt, including Lind-

say Graham, Mitch McConnell, Mo Brooks, Jim Jordan, Marjorie Taylor Greene, Lauren Boebert, and the now infamously vile Matt Gaetz. He is also aided by millions of American citizens, seemingly brainless as well as tasteless, who continue to support and believe the obvious, odious con-man, Donald Trump, and the mighty liars on Fox "News" television: Sean Hannity, Tucker Carlson, and Laura Ingraham (am I the only person who wonders how a mental dimwit like Hannity ever got into such a dangerous position of power?).

Donald Trump reminds me of guys we all knew in

high school and dismissed as blowhards and jerks and ignored. To quote Ralph Waldo Emerson, "The louder he talked of his honor, the faster we counted our spoons." What does it say about American civilization that a repugnant, criminal character like Trump could garner so much adoration from millions of its citizens? Emerson, again, said it well: "The true test of civilization is not the census, nor the size of cities, nor the crops — no, but the kind of man the country turns out."

Alice Morrison,
Newbury, VT

Alice

Considering the current political climate in this country there will always be people with viewpoints that are drastically different. And that may not be the worse thing. After all if it were not for those differences, then there would be no need for discussion on any topic and everything would be cut and dried. Without discussion and debate there is no exploration or digging into the short term and long term reactions to any particular action.

Let's face it, there will always be differences.

And there should be. That is not to say the other side is not right, they simply look at things from a different viewpoint. We all need to do that from time to time. Step back, try to put yourself in someone else's shoes, and under the same situation from some place different.

I realize as well that we will not all "get along" at all times. That is too much to ask. But let's try to have reasonable discussions with reasoned results in order to make life better for all of us.

Gary Scruton, Editor

Letter to the Editor: Bears

To the Editor,

Bears are exiting their winter dens, so it's the perfect time for Protect Our Wildlife's new bear report titled, "Vermont Black Bears and How to Effectively Manage Conflict" that can be found on their website. The report is the product of a five-month-long project launched by an Environmental Sciences student at the University of Vermont and was overseen by Protect Our Wildlife. Contributors to the report also include a Stowe, VT resident with a Ph.D. in microbiology and molecular genetics with post-doctoral research experience from Harvard Medical School, as well as an ecologist, and other experts with varied backgrounds.

The report touches on a

number of matters from possible reasons why there was such a dramatic increase in bear complaints reported to VT Fish & Wildlife in 2020 to simple things we can each do to prevent bear conflicts from happening in the first place. One easy thing we can do right now is bring in our bird feeders for the season. Taking bird feeders in at night isn't sufficient, since spilled seed on the ground will attract hungry bears who possess a superior sense of smell.

The 2020 bear hunt produced a record 921 bears killed, with half being female. Vermont's bear hunt is one of the longest in the country, including the contentious practice of using radio-collared hounds. The bear report includes re-

search that reveals that the hunting season is not an effective tool to reduce bear conflicts. The report impresses the following on Vermonters, "Before we choose lethal methods of bear management, we also need to consider the ethics and impact to bear families. Bears form tight family units with the cubs staying with their mother for about a year and a half. When we implement lethal control, this disrupts the bear's natural lifecycle, potentially leaving a cub to grow up without a mother."

We cannot hunt our way out of bear conflicts. It is on us to be good bear neighbors.

Brenna Galdenzi,
President & Co-founder,
Protect Our Wildlife

Brenna,

The management of wildlife, whether it be bear, deer, fish or whatever creature, has for many years been a very hot topic. It is even more so here in northern New England. Many generations of people in this area have grown up with hunting and/or fishing being a large part of their heritage. Many can even take that heritage back to the Abenaki and other Native tribes that here called this area home for hundreds of years.

The question now is how best to manage these species. Is it by controlled hunting or fishing seasons? If not, then what other means? We can not afford to ignore the creatures that share this land with us. Since we are the more developed species then we need to make plans to protect not only our wildlife, but also ourselves and our surroundings. When we work together we can make more progress than when we work apart.

Gary Scruton, Editor

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Look at your financial situation holistically

What's the biggest financial mistake you can make? Choosing the wrong investments? Waiting too long to save for retirement? Underestimating the costs of retirement? All these are reasonable answers, but the biggest mistake you might make is not looking at your financial picture holistically – that is, not bringing into the picture all the elements of yourself.

Let's consider some of them:

- Your views on helping your family – Your decisions about helping your family are clearly going to be a major part of your financial strategy – and this is true at virtually all stages of your life. When your children are young, you'll need to decide if you're going to put away money for their college education, and, if so, how much, and in what investment vehicles. When they're young adults, you may also need to decide how much financial support you're willing to provide for things such as the down payment on a new home. And when you're drawing up your estate plans, you'll need to consider how to distribute assets to your children, grandchildren or other family members.
- Your personal beliefs – As

someone with civic, ethical and moral concerns, you want to positively affect the world around you. And that's why you may feel compelled to make charitable gifts throughout your life and then make philanthropy part of your legacy. To accomplish these objectives, you'll want to include gifting techniques in your financial strategy today and your estate plans for tomorrow. Of course, for the estate planning component, you'll need to work with your tax and legal advisors.

- Your purpose in life when you retire – When you retire, you may be stepping off a career path, but you're also entering a world of possibilities. How will you define, and live out, your new sense of purpose at this stage of your life? Do you seek to broaden your horizons by traveling around the world? Do you want to give back more to the community by volunteering? Can you spend more time pursuing the hobbies you enjoy? Each of these choices will carry different financial implications for how much you'll need to accumulate for retirement and how much you will need to take out each year from your retirement accounts, such as your IRA and

401(k).

- Your health – Your physical and mental health can play big roles in your financial plans and outlook. On the most basic level, the healthier you are, and the better you take care of yourself, the lower your health care bills will likely be during retirement, which will affect the amount you need to put away for health care. And you also may need to prepare for the costs of long-term care, which can be enormous – in fact, a private room in a nursing home can easily cost \$100,000 per year, according to the insurance company Genworth.

It can be challenging to weave all these elements into a single, unified vision, so you may want to get some help from a financial professional. But, in any case, be prepared to look at your situation holistically – because, when putting together a lifetime's financial strategy, every part of your life matters.

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

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Boats

by Elinor P. Mawson

I hate boats! I would have to be paid hundreds of dollars to ride in one.

My father loved boats. He bought many boats in his time, and to justify the expense, we would have to go to the boat club and, attired in horrid looking life preservers, ride all Sunday afternoon up and down the river. Pictures of us show 4 very unhappy children sitting together, all scowling. We hated Sundays!

After several hours, we were allowed to stand on the riverbank and watch Dad race the boat up and down; sometimes with another guy and sometimes by himself. We would breathe sighs of relief when we watched the boat come out of the water and be loaded on the trailer. 6 more days until we have to do this again!

One Sunday we had the day off. My parents decided to go clamming and took the boat to an estuary to launch it. They spent the entire afternoon going from place to place and only got one clam. When they got back to the car, they discovered that "someone" had lost the car keys. I don't remember how they resolved their dilemma, but I know my mother wasn't interested in a repeat performance and we were consigned to another unhappy Sunday afternoon.

The day I graduated from college my parents made the trip up-country to attend. Unbeknownst to me, they

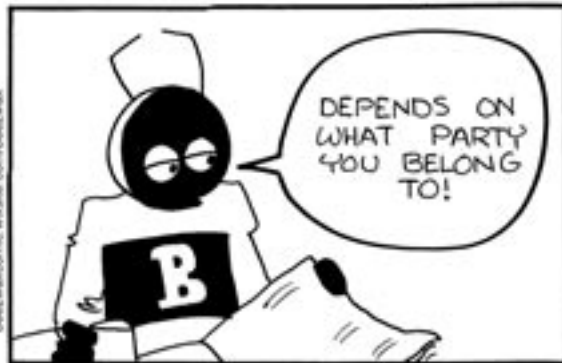
brought my father's new boat! And after the ceremony, we had lunch and guess what? We had to find a lake to launch the boat and ride around and around for the rest of the afternoon. We have a picture of my husband and me -- looking decidedly unhappy. I don't recall much about graduating.

For some reason I learned how to paddle a canoe, and that was a different story. We spent many happy days canoeing on the Alligash in Northern Maine. Twice we went with 5 teenagers which was lots of fun. At one time we bought our own canoe but we only took it out once or twice; when we had our fire, it melted into a fiberglass ball.

We never replaced our canoe and I have never been on the water since, except riding down the river in a giant inner tube which our son named the "SS Oliverian". It was fun, but I managed to beach myself in front of a bunch of strangers; I was embarrassed beyond words as I crawled out of the inner tube and proceeded on my way.

Every time we go past a boat on the water I wonder how the people in it decided it was a fun thing to have. I think of the preparations to get it in the water, the equipment and other folderol that had to be accounted for, and how long an outing it was going to be. And I am so glad that I'm not the person in it!

BEEZWAX



By John Martin

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Charles "Chuck" Engle: OBITUARY

Wells River, VT- Charles "Chuck" Engle, 83, of Engle Drive, died after a time of failing health, surrounded by his family, at The Arbors at Shelburne, Shelburne, VT on Wednesday, April 21, 2021.

Chuck was born in Busy, KY on January 6, 1938 to Curt and Beatrice (Williston) Engle. He graduated from MC Napier High School, Class of 1956. He entered the US Air Force and was stationed in Okinawa, Japan for two years. When he was transferred back to the States, he manned the radar station in Victory, VT. It was there where he met Patricia Jean Roben, who was working as a telephone operator, and they were married on November 2, 1958.

Chuck owned and operated Walter E. Jock Oil Company for many years.

He was a member of the Ross-Wood American Legion Post # 20 in Woodsville and of the Cohase Lions Club. He was proud to carry his pilot's license and had two planes based out of Dean Memorial Airport, North Haverhill, NH.



Chuck was known for his quick wit and dry, candid sense of humor. He could often be found riding around in his 1973 Jeep CJ. Along with Patty, they rarely missed a Blue Mountain Union School basketball game. He loved spending time at his camp overlooking Wells River village.

He was predeceased by his wife of nearly 57 years, Patricia J. Engle on October 5, 2015; and five siblings, Doris Bowling, Curt Engle, Boone Engle, Albert Engle, and Jamie Engle.

He is survived by two daughters, Susan Acheson and husband Rich of Fairlee, VT and Jennifer Fowler and husband Daniel of North

Haverhill; a son, Robert "Pudge" Engle and wife Jody of Wells River; four grandchildren, Heather Engle, Lesley Cannon, Taylor Acheson, and Ethan Fowler; four great grandchildren, Mia, Gavin, Finley, and Elle; three siblings, Laura Smith and husband Vernon of Ohio, Wayne Engle and wife Anna Mae of Kentucky, and Beverly Baker and wife Prentiss also of Kentucky; nieces, nephews, and cousins; and his faithful pal, Gizmo.

A calling hour will be on Tuesday, April 27 from 6-7 PM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH.

A graveside service will be on Wednesday, April 28 at 12 noon in the Wells River Cemetery.

For more information or to offer an online condolence, please visit www.rickerfh.com

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

Lawrence H. Butler: OBITUARY 13

West Topsham, VT - Lawrence H. Butler, 93, died Tuesday, April 13, 2021.

He was born August 11, 1927 in Underhill, VT the son of Leo Butler and Ethel (Metcalf) Butler. He attended schools in Underhill and Eden, VT, and later Thetford Academy.

Mr. Butler worked as a logger for Henry Fairbrother in Fairlee, VT, and at various farms and machine shops.

In 1949, he met his future wife, Lois at a dance in Waits River, VT and they were married August 24, 1951. Lawrence was a member of the New Hope

Methodist Church and the American Legion.

Survivors include his wife, Lois of West Topsham, VT, 10 children, 26 grandchildren, 25 great-grandchildren, 3 great-great-grandchildren, 2 sisters and many nieces, nephews and cousins. He was predeceased by his parents, 2 children, 7 brothers, 2 sisters, and one grandson.

Funeral services will be held later at the convenience of the family with burial in Waits River Cemetery. Hale Funeral Home of Bradford, VT is in charge of arrangements.

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Letter to the Editor

To the Editor,

I have been meaning to write this letter ever since I saw the letters from: RR in North Haverhill, NH, AM in Newbury, VT and BN in Benton, NH in the March issue. Now I read the letter from GD in Littleton, NH.

It's such a shame they all have such hatred for other people and their ways. Not everyone is the same or has the same beliefs, be it politics or religion.

I did not like the way President Trump talked but, he did a lot for the American people. He was for the people, bringing jobs back here to the states, decreasing taxes so people had a little more money in their pockets, criminal justice reform, opportunities in urban minority communities, peace accord between Arabs and Israel, defeated Isis, USMCA Trade agreement, built embassy in Jerusalem and developed the

Debbie,

I agree whole heartedly with your last paragraph {We need to get rid of the hatred and go back to "love thy neighbor".} That statement should be heard and followed not only in the realm of politics, but in every day life with every day issues.

In regards to the political end of things, as I have written before, it is difficult if not impossible for Republicans and democrats to find a lot of common ground right now. It seems that each party, as a whole, has moved further to the left or right and made the gap so much wider. I have

Operation Warp Speed (Biden's taking a lying credit for it) for COVID vaccines and how to distribute.

What has Joe Biden done since becoming President? Shut down Keystone Pipeline (thousands of people lost jobs), shut down the border wall (hundreds of thousands of illegal immigrants crossing). Caused the Presidents of Mexico and Guatemala to become irrate with him. Stopped renewals of Federal leases for drilling which are causing gasoline at pumps to go up. And then increasing taxes on purchase of gas and want to tax on mileage.

The Democrats processed hatred because they didn't like Trump because he was doing good. They applauded all the crimes and protests that were happening in Portland, Seattle, Chicago by having a Go Fund Me, which Kamela Harris funded, to be

able to release the Antifa's and criminals by paying their bails. It's funny, they want to defund the police but, who are the first persons they call when trouble comes their way, The Police.

It was proven also that the Democrats knew about the probable problem at the White House on Jan. 6th but the Democrats did nothing about it, except blame Trump for it.

I am a Democrat and I am so sorry to see how much hatred and talk of diversity are changing our good United States from the way it used to be. We all got along, sure there were some who didn't, but we made it work and brought all the citizens to love our country and be proud of it.

We need to get rid of the hatred and go back to "love thy neighbor".
Debbie Elize
Bath, NH

also said that because they have moved so far apart, there is a great deal of space in between for compromise if just someone will make the first move.

Finally, in regards to ex-President Trump, history has shown us many times that it takes some time to find out the real value of a presidency, and the person who held that title.

Time will tell. In the meantime, let's all keep talking to each other and finding some common ground.

Gary Scruton, Editor



What About Ma?

by Kellie Quackenbush

All About The Get-Away

My brother has been telling me every winter for the past several years that he is going to jump on a plane and go to Florida for a few months. A friend of his has a place on the water and every day will be fishing and drinking beer. He talks about it with a sense of longing in his voice and listening to Jimmy Buffet makes the fantasy feel real.

He hasn't gone, yet, because his grand-kids are just up the road and he likes the spontaneous visits from them. Lately, however, with the COVID-19 social distancing and quarantine/isolation that we have been living for over a year, they might as well be on Mars. Social distancing has made many older Americans isolated. Follow the news, you will see, many countries are seeing the growing isolation is a bad thing.

With vaccines available to most of the adult population for the dreaded COVID-19, family time is returning to the United States. There is no vaccine for children under the age of 16. "Children, particularly younger kids, probably aren't super-spreaders of SARS-CoV-2, as they are for viruses including influenza. But the emergence of faster-spreading variants, along with rising adult vaccination rates in some countries, means that children and adolescents might soon be contributing more to spread. "COVID transmission is now hottest in younger people. The virus

will find ways to survive and spread unless we close off the pathways," says Talaat." per <https://www.nature.com> The fear of children being potential spreaders of the variants of the COVID does make many families pause at the thought of reunions, even when the adults have received the vaccine. "If your family does decide to fly, take precautions to lower the risk of getting infected. While traveling, make sure that everyone in your group 2 and older wears a mask, stay six feet from people outside your household, avoid crowds and wash your hands frequently or use hand sanitizer." per www.nytimes.com

There have been several news sources citing the effective work of the vaccine and the reduced need for face masks. The bottom line to the reported lower infection rates is that with the vaccine, people washing their hands and wearing masks, staying out of large groups in enclosed places, and other safety measures- we have reduced the rise of infections. It is not the time to get complacent. Until our country has over 75% of the population vaccinated, there will continue to be a spread of the COVID-19.

"Travel increases your chance of spreading and getting COVID-19 due to potential exposures on public transit, at airports, or in hotels. CDC continues to recommend postponing travel and staying home, as this is

the best way to protect yourself and others this year." per <https://www.cdc.gov/coronavirus>. "Check the COVID-19 infection rates in areas where guests live to consider whether it is safe to hold or attend a gathering. If you choose to have guests at your home, make sure that everyone follows the rules to make gatherings safer."

The COVID-19 is one virus that does not care what the weather is, it spreads wherever large groups of people gather. Indoor events are the worst as there is not good fresh air flow. Outdoors is always safer as long as people remember to wash their hands frequently and not cluster -- social distancing of six feet between. One of my favorites is to change your clothes after being out in public or at a function. Putting clothes that you have worn while shopping directly into the laundry when you get home will lesson the amount of germs carried into your home. Wipe down the hard surfaces, including door handles and light switches, as often as you can. Leaving shoes at the front door and spraying them with a disinfectant will also help reduce bacteria in your home and hotel room.

It would be nice, if everyone who can get the vaccine, does it. It will be wonderful to see smiling faces again. It will be great to be outside breathing the fresh air and truly enjoying family and friends. It would be wonderful to jump on a plane for a stress free get-away. It will be wonderful if we came out of this with a new respect for freedom and our friends. Until then, wear your face coverings and wash your hands.



by Renee L. Schulze, MSW, LICSW

POST-CORONA

What will post-pandemic life look like for you?

Will you reconnect to your pre-pandemic life, and go right back to a hectic pace?

Or with the end of the pandemic finally in sight, will you remember how it felt to slow down, unplug, be more mindful?

As we continue to get vaccinated or not.....wear our masks or not.....we know that no matter what, there IS a different understanding about life now post corona.

So, will you continue with this different way of viewing life, and what's important to you, or not?

We no longer have to search for gratification outside of ourselves to feel fulfilled. We've all realized that WE hold the key to our happiness, even during a global pandemic.

If we think of ourselves as a power strip, we can imagine all the things plugged into us. What do you have plugged in to your power strip?

Mental Health Matters

For a good visual, write these things down and evaluate them. Can you see now why you're overloaded? Is it past hurt, specific people draining you, or are you worrying about finances?

Look at your power strip drawing with all of what is plugged in to it.

What can you unplug? What can be unplugged soon? What can't ever be unplugged?

So, instead of allowing your power strip to be overloaded daily and drained by worries and your "to-do" list..... Just focus on and finish your duties today, then RELAX/Unplug from what you can.

Do this EVERY DAY and try to be fully present in life, and reduce the number of things plugged in to your power strip.

Don't go back to what no longer serves you.

Don't allow yourself to get overloaded and drained again.

Look within for the answers; they've been there all this time.

Post Corona life can be a fresh start because your Mental Health Matters.

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SALESRICHARD M. RODERICK & GARY SCRUTON

CONTRIBUTING WRITERSMAGGIE 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 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

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Thank you for your understanding.

TRENDY TIMES
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ACT Makes Next Stop at Thunder Road on May 2

Waterbury, VT — The American-Canadian Tour (ACT) keeps its early 2021 season rolling with a trip to Barre, VT's Thunder Road Speedbowl on Sunday, May 2. The 23rd Community Bank N.A. 150 pits the stars of the ACT Late Model Tour against the track's Maplewood/Irving Oil Late Model weekly standouts in a showdown that will be broadcast live on FloRacing.

No track has hosted the ACT Late Model Tour more times than Thunder Road. The Community Bank N.A. 150 will be the 76th point-counting visit for the series. Many current ACT drivers — including reigning champion and recent Northeast Classic winner Jimmy Hebert, former Rookie of the Year Dylan Payea, and multi-time top-10 points finisher Stephen Donahue — cut their stock car racing teeth at the "Nation's Site of Excitement".

Still, the May 2 event will be a challenge for teams in more ways than one. The ACT Tour is going from New Hampshire Motor Speedway, the biggest track on the schedule, to one of the smallest tracks on the schedule. Drivers will have to make a complete shift in their setups, driving style, and mental approach to successfully tackle the famed quarter-mile bullring.

When the ACT regulars arrive, there will be a host of Thunder Road's best Maplewood/Irving Oil Late Model racers waiting for them. It's no surprise that, given the skill required to tame Thunder Road, drivers who race there weekly or grew up at the track often have the edge. Eight of the last nine ACT winners at Thunder Road were either current or former weekly Thunder Road racers. This means out-of-staters such as Ben Rowe, Tom Carey III, Derek Gluchacki, and D.J. Shaw have a tall order ahead.

The Community Bank N.A. 150 will also mark the official switch to Hoosier Racing Tire for the ACT Late Model Tour. This unknown could have a leveling effect on the competition. The first teams to figure out how to make the tires fast for 150 laps will have a clear advantage.

All these factors come together on top of the buzz for Thunder Road's 62nd season. The Community Bank N.A. 150 is nearly always an entertaining, exciting race full of drivers eager to finally get on track. ACT regulars Hebert, Carey, Rowe, Donahue, and Payea are going up against Bobby Therrien,

Trampas Demers, Brooks Clark, Cooper Bouchard, and many other weekly racers starting their season a few weeks early. The action will unfold live on FloRacing as will every lap of motorsports at Thunder Road in 2021.

The rest of the local divisions also have their season-openers on May 2. The Lenny's Shoe & Apparel Flying Tigers, RK Miles Street Stocks, and Burnett Scrap Metals Road Warriors are often just as entertaining as the main event. Full fields are expected in all three divisions for a pit area teeming with race cars.

The annual Thunder Road Car Show opens the weekend on Saturday, May 1 from 9:00am-12:00pm at the track. Add in an afternoon practice session and the 2020 ACT/Thunder Road Banquet of Champions on Saturday night, and it will be a weekend-long celebration of motorsports at one of the country's most-recognized short tracks.

The ACT Late Model Tour cranks it up at Barre, VT's Thunder Road Speedbowl on Sunday, May 2 at 1:30pm with the 23rd Community Bank N.A. 150. The touring stars join Thunder Road's Maplewood/Irving Oil Late Models for 150 laps at the "Nation's Site of Excitement". The Lenny's Shoe & Apparel Flying Tigers, RK Miles Street Stocks, and Burnett Scrap Metals Road Warriors complete the card.

Admission is \$25 for adults, \$10 for kids ages 6-12, and free for kids ages 5 and under. A limited number of tickets are available for fans who have not been vaccinated against COVID-19. Advance tickets can be purchased at <https://happnow.com/event/Thunder-Road-Speedbowl>. Face masks and social distancing are required per Vermont state guidelines.

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New Hampshire Rank Improves for Dog-Related Claims

by State Farm Agent
Brad Bailey

With an estimated 90 million dogs living in U.S. households, accidents are bound to happen. Most dogs will never bite, but it is important to remember that any dog CAN bite regardless of breed or type. In 2020, State Farm paid \$157 million as a result of 3,186 dog bite and injury claims. Over the past decade, State Farm paid more than \$1.1 billion for dog-related injury claims.

New Hampshire was ranked #36 in 2020 in number of State Farm dog bite claims, with an average pay out of \$57,000 per claim. This is an improvement from the state's #35 ranking for 2019. The top three states for 2020 dog bite claims are California, Illinois and Ohio, respectively.

The highest month for number of claims and amount paid for those claims was at the start of the COVID-19 lockdown. In March 2020, State Farm paid over \$19 million dollars for 320 injury claims. Dogs were picking up on their owners' stress and increased activity in the home, such as children being home from school and adults working from home, resulting in negative behavior because of anxiety.

"Children make up more

than 50% of all dog bite victims and the highest risk group in children are ages 5-9 years old," says Littleton State Farm Agent Brad Bailey. "The elderly and home service people, like mail carriers, are also high on the list of frequent dog bite victims. Being bitten or attacked by a dog can leave physical and emotional scars. For the dog, it can be a death sentence."

State Farm claim numbers include dog bites, as well as dog-related injuries. This can involve injuries resulting from a dog jumping on a person, and knocking a person down or off a bicycle. A person can also be injured because they were afraid of the possibility of a dog attacking, such as falling down stairs while backing away from a dog.

State Farm is one of the few insurance companies in the country that does not refuse insurance based on the breed of dog someone owns. "We recognize that, under the right circumstances, any dog might bite," says Brad. "That is why we encourage people to be responsible pet owners and educate the public, especially children, on how to safely approach a dog."

Brad offers these tips to help prevent dog bites:

- NEVER leave a baby or small child alone with a dog, even if it is a family pet. Chil-

dren are often bitten by dogs in their own household.

- Make sure your pet is socialized so he feels at ease around people and other animals.

- Walk and exercise your dog on a leash to keep him healthy and provide mental stimulation.

- Regular veterinary visits are essential to regulating the health of your dog. A sick or injured dog is more likely to bite.

- Be alert. If someone approaches you and your dog, caution them to wait before petting the dog. Give your pet time to be comfortable with the stranger.

- Understand and respond to changes in your dogs' body language. Look at the eyes, ears, tail, and posture to know when your dog may be happy, fearful, or angry.

- Spay or neuter. This procedure can help reduce your dog's aggressive behaviors.

Homeowners and renters should talk to their insurance agents about proper coverages.

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

Stuffed Mushroom Caps

EDITOR'S NOTE: Once again I must let our readers know that the following is a repeat from our files. This actually appeared back on October 17, 2017. The picture, however, is from the internet. Please wish Cin Pin well and let's hope she has a speedy recovery.



Hello hello my fellow chefs. Today's recipe is definitely in the top five of foods I love. When I was pregnant I craved mushrooms in any form. Stuffed, marinated, sauteed any way. My son now 36 years old loves mushrooms too.

- Ingredients**
- 1 package of whole fresh mushrooms
 - 1 cup seasoned Italian bread crumbs
 - 1 medium onion chopped small
 - 1/3 cup of shredded 3 cheese Italian (found in specialty cheese section, it comes in a plastic container)
 - 1/2 stick butter

Heat oven to 350 degrees

Don't wash the mushrooms, wipe them gently to remove any soil with dish towel. Snap off the stems and chop. if you break a mushroom and can't be "repaired" chop it and add to the stems.

In frying pan melt butter and add chopped onion, cook about 5 minutes over medium heat then add chopped stems and cook about 5 minutes more. Add the seasoned bread crumbs to pan and 3 cheese Italian

cheese and mix well. If too dry add another Tbsp. butter. Cool to the touch and with a spoon try to form a ballish shape. The mixture will stick together. Stuff each cap and put on lightly greased baking sheet. Bake 20 minutes. That's it! serve warm. They are Delicioso!

Happy cooking my friends.

Signing off - Cin Pin



April 7, 2021 perfect day for flying at Dean Memorial Airport in North Haverhill. Note the number of hangers that are used for housing aircraft.

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