



TRENDY TIMES



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

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

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NH State Parks License Plate Program Reaches New Milestone

In 2010, HB 1620 was passed and signed into law establishing a special registration plate to benefit visitors and the New Hampshire State Park System. The "park plate", sporting the NH State Division of Parks and Recreation logo, reached total revenues of \$1 Million on April 30, 2021 with over 14,000 license plates in circulation. The proceeds from the park plates have provided additional revenue to operate and improve the 93 parks in the NH state parks system and is a popular item with many NH State Park supporters. "We have been overwhelmed by the success

of the Parks License Plate program", said Philip Bryce, director NH State Division of Parks and Recreation. "We are the only parks system in the nation that is operationally self-funded. Programs like the parks plate offer our visitors a great way to explore our parks and support the park system."

The State Park License Plate Program has seen continued growth since inception in 2010, topping 10,000 plates in May 2019 and has continued to grow in popularity during the COVID-19 pandemic.

The holder of a NH State Parks license plate receives

free admission for the registered vehicle and its passengers to 26 day-use parks. The list of NH State Park's day-use parks that accept the park plates can be found at, www.nhstateparks.org/planning/schedule-and-fees/license-plate

The annual fee for the NH State Parks license plate is \$85 in addition to normal registration fees. Of the \$85, \$5 is retained by the Department of Safety to produce the plate and \$80 goes to the NH Department of Natural and Cultural Resources to support NH State Parks. The NH State Parks license



plate is available at the Division of Motor Vehicles and its sub-stations. Town Clerk offices also have the plate available for purchase by state residents. The Park License Plates does not include parking meters along state park seacoast

beaches, camping, Historic Sites, Cannon Mountain Aerial Tramway and Flume Gorge. NH state parks also offers a variety of season passes at www.nhstateparks.org/planning/schedule-and-fees/passes-promotions.

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TRENDY Dining Guide

Salt Bistro

by Gary Scruton

Any time I get to visit a new business it is exciting. The fact that someone has put in the time, the effort, and yes, the money, to get a new business started should be celebrated. It is not easy. Add to it that this is a new restaurant, coming and opening at the end of a world wide pandemic that kept us all out of restaurants, and many other businesses and it is certainly cause for celebration.

Salt Bistro is located on Eastern Avenue in St. Johnsbury. This street may not be San Francisco, but it is a steep street. The bistro does not have on site parking, but parking is allowed on both sides of the street as well as a parking lot just across the street.

As per their website suggestion, we called ahead to

make reservations and upon our arrival were given the choice of inside or outside seating. As is our custom we went inside. Next was "close to the singer, or towards the back?" We sat further back but still very much enjoyed the excellent female voice and her guitar. They offer live entertainment several nights a week.

Again we had checked out the website ahead of time so knew pretty much what we wanted. A plate of calamari for an appetizer. Janice asked for an order of Brandied Filet mignon tips with sauteed onions and mushrooms and a glass of water. I tried to get outside my normal ordering habits and went with the veal parmesan and asked the waitress to suggest a wine that would go well with my order. She suggested a "bread & butter" chardonnay.

Shortly after we ordered and before our drinks or appetizer arrived a gentleman, who I later believed to be the owner, stopped quickly at our table to be sure we had been waited on. With assurance from us he moved on.

The drinks arrived first and a bit later the calamari. It was a very generous portion served on a good sized plate along with a small bowl of Thai chili sauce. The sauce had a nice tangy, but not too sharp, taste to it that certainly enhanced the calamari. We took our time and savored every piece.

Salt Bistro is not a large establishment and from where we sat we could hear the kitchen staff working and some of the interaction with the wait staff. Those conversations can be very enjoyable to hear, especially for someone who never had the opportunity to work in an eat-

ery.

When the meals came out one of the first things Janice noticed was that her steak tips did not come with a steak knife, nor did they need to. She commented that even though they were of various sizes and thicknesses they were all medium rare, like she ordered, tasty and tender. On the side was roasted asparagus and garlic mashed potatoes. A very enjoyable meal.

My veal parmesan was served over Penne pasta and there were two large slices of veal. It was served in a bowl/plate that made the meal feel even better. And the vessel was filled well enough that I had to take some home.

In total we were at Salt Bistro for about an hour and 15 minutes and had a very relaxing, enjoyable and delicious meal. The total for our

evening was \$80.75 including the food and liquor taxes which we paid for with a credit card. As usual we left a cash tip on the table before we left.

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Teens Want To Sell You a Pie!

The teens of The Hub have been busy baking, and Memorial Day weekend they'll be out in force with their wares. Bradford Teen Center will host a Pie Sale & More on Saturday May 29, 8am-1pm in Boch Park, next to the waterfall in Bradford.

Teens will be offering not only pies of many kinds, but lots of other baked treats too (including gluten free). The sale will also feature drinks, homemade jams, colorful cloth masks, photo greeting cards, farm-fresh eggs, and a 50/50 raffle.

The Hub, home of the Bradford Teen Center, opened last summer at 9 Barton Street in Bradford. The Hub offers a safe and fun place for youth in our community to spend time. There is quiet space to so-

cialize, do school work (with help available); there are board games, video games, air hockey, pool table, laptops to use, arts & crafts supplies, and more, as well as free healthy snacks. The Hub also offers weekly activities like Magic Club, Friday night cooking, and the new STEM program.

Come on out on Saturday the 29th, meet and greet your friends, admire the handiwork of The Hub's teen bakers, and treat yourself! The teens are looking forward to a great turnout to support the Bradford Teen Center.

For more information, email bradfordteencenter@gmail.com, or visit bradfordteencenter.org or www.facebook.com/BradfordTeenCenter.

Enrollment for the Emergency Broadband Benefit is Now Open!

The Emergency Broadband Benefit will provide a discount of up to \$50 per month toward broadband service for eligible families and households who are struggling to stay connected during the #COVID19 pandemic. Qualifying households on Tribal lands can receive a discount of up to \$75 per month for service. Eligible households can also receive a discount of up to \$100 for the purchase of a laptop, desktop computer, or tablet from participating providers. For more info, please

visit fcc.gov/broadband-benefit.

SAU23 is asking for help to spread the word about the Emergency Broadband Benefit. This temporary program helps families struggling to afford Internet service during the COVID-19 pandemic. Having a broadband connection is essential for households to gain access to jobs, healthcare services, virtual classrooms, and so much more.

Visit www.fcc.gov/broadbandbenefit to learn more.

Online Town Hall on NH Voting Procedures and³ Election Laws -- June 7, 7-9 pm

Come participate in a deep conversation on voting integrity, accessibility and New Hampshire's election laws! This online event is a unique chance to talk with your fellow citizens, Red and Blue, about what we need to do to rebuild trust in our elections -- and then to discuss your proposals with two state Senators and the NH Deputy Secretary of State! Hosted by Braver Angels, this dynamic event on voting rights and responsibilities will incorporate topics such as absentee voting, voting ID requirements, the redistricting process, residency requirements for voting in NH, and ranked choice voting.

Town Hall meetings are a staple of NH democracy, but this process adds a new twist to this time-honored tradition, offering a unique, grassroots opportunity to engage virtually with people from across the political spectrum to discuss challenging political issues and identify where there might be potential common ground. NH state senators, Republican Jim Gray and

Democrat Rebecca Perkins Kwoka, will participate, and there will also be remarks by NH Deputy Secretary of State David Scanlan.

Braver Angels (<https://braverangels.org/>) is a national citizens organization led by a small staff and many volunteers to bridge the partisan divide and strengthen our democratic republic. Embracing core values of respect, humility, honesty, and responsible citizenship, we support principles that bring us together rather than divide us, believing that everyone is worthy of dignity and respect. We believe that, when people of different political views take time to listen and discuss ideas, they often find there is more agreement than they might have first thought.

This Braver Angels Common Ground Town Hall event is free of charge. To register, please go to <https://www.eventbrite.com/e/braver-angels-virtual-town-hall-tickets-152910703029>. Please invite your friends, family, and neighbors to register as well. Like all Braver Angels events, the purpose is to provide a forum to respectfully discuss different opinions and perspectives from across the political spectrum.

For more information, please contact Doug Teschner, New England Regional Leader (and former state representative) at dteschner@braverangels.org.

We hope to see you on June 7!



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Private Religious School Tuition Program

The state Senate this past week voted to pass HB 282, which repeals the requirement that a private religious school may be approved as a school tuition program. Many smaller districts throughout New Hampshire only include the elementary grades, and then tuition their middle or high school students to other receiving school districts that offer those grade levels. As the prime sponsor of this bill, I amended current law to read: "If there is no public school for the child's grade in the resident district, the school board may assign the child to **contract with** another public school in another district or **to with** any nonsectarian private school that has been approved as a school tuition program by the school board." (Note: Strikeouts are those words deleted from law and bold-underlined words have been added to law.)

The House of Representatives had previously approved HB282, and with Senate approval, the bill moves to the Governor's desk. I am pleased that the Senate voted to include religious schools in town tuitioning law, making New Hampshire's current law constitutionally compliant. State law currently allows local governments to assign students to a non-public

school when the resident district lacks a public school of the same grade; however, NH law forbids religious schools from participating in the tuition program. This law is often justified by those calling attention to the Blaine Amendment, but the United States Supreme Court ruled in 2019 in the *Espinoza v. Montana Department of Revenue*, that such exclusions are unconstitutional because they deprive religious institutions of equal treatment solely as a result of their religious status. A state may NOT exclude religious schools from a public benefit simply because they are religious schools. The court stated, "A State need not subsidize private education. But once a State decides to do so, it cannot disqualify some private schools solely because they are religious." For the past years, local NH school boards have tuitioned students to nonsectarian private schools. In making the 2019 ruling, the Supreme Court also quoted a pre-

vious case, *Trinity Lutheran v. Comer*. In that case, it was pointed out that the "Free Exercise Clause, which applies to states under the 14th Amendment, protects religious observers against unequal treatment and against laws that impose special disabilities on the basis of religious status."

In alignment with HB282, I also introduced HB388, which will allow districts to assign or send a student to another school or district if the student is determined to have a manifest education hardship impacting the student's current academic achievement or growth. As with HB282, this bill will also allow students to be placed in approved private religious schools as well as nonsectarian private schools.

For years, critics of these bills have voiced opposition stating that it is illegal to use public funds toward private education, especially toward private religious education. Critics also echo that these bills, violate the First Amendment's required separation of church and state and amount to a giveaway to religious schools. This is hardly so, and in fact, current laws, not the bills, are in violation of the United States Constitution.

Respectfully Submitted,
Rep Rick Ladd
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Do The Math

by Maggie Anderson
From her home in Oregon

Another new home was hauled up the mountain this morning. Nearly every day now somebody gets the keys to a home in which to erase the nightmares and rebuild their dreams.

Over at the beach yesterday I was surprised to hear a couple of women talking about the fires and how we are so lucky to be over them. It's odd because they live only 6 miles from here but if they have not taken the turn at the Otis Post Office and driven into these hills, they might naturally assume we are over the fires.

Their response would be quite different if they made that turn and took a drive up here.

Their thinking is a position many people have taken lately, not because they don't care any longer, quite the opposite, when the surrounding communities heard what the fire survivors needed they jumped to the task. But now they think the problems are behind us so they simply get on with their lives.

The forest between here and the coastline is beautifully green and it is difficult to fathom the destruction a mile beyond the crossroad. Even trying to explain it to family in New Hampshire was a challenge so I dug up some stats.

Last year's forest fires were the second worst in Oregon's recorded history. The fires demolished over a million acres of land and over 4,000 homes, countless outbuildings, barns and other structures.

If you can't get your head around the number consider this, New Hampshire has a total of 5,984,000 acres of land within its borders. If there were to be a fire that consumed the same acreage as the number the fires burned here in Oregon - one sixth of the entire state would be nothing but ashes. Think about that, one sixth of the whole state of New Hampshire reduced to ash.

That's what people here on the mountain are still dealing with all these months after the last embers died out. Now the question is, how do we get the word out.

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NH Live Venues and Theaters Coalition Announces the Return of Live in-person Events

Nicki Clarke of Concord's Capitol Center for the Arts kicked off last week's press conference, held via Zoom, and served as one of the spokespeople for a coalition of 45 performing arts and independent cinema venues representing all regions of the state. Since March 2020, the coalition has been meeting regularly to help the performing arts community successfully navigate its way through the pandemic. After 14 months of reduced or shuttered operations and limited services, performing arts and independent film venues will all begin offering live in-person performances and events regularly.

"Every venue here today is on a journey to increase the number of performances and build back to full capacity attendance," said Clarke. "We want to invite all New Hampshire residents and visitors to come out and enjoy concerts, musicals, opera, plays, dance, comedy, and film again in our venues."

Clarke reiterated that reigniting this component of the state's creative economy is a big step toward New Hampshire's recovery from the pandemic. The work of these organizations help bring nightlife to downtowns, fill restaurants, and deliver customers to retail establishments. In addition, the organizations employed

3,500 skilled individuals prior to the pandemic and hope to restore those employment numbers.

Maria Laskaris from Lebanon-based Opera North provided historical context of the theater's community's journey over the last 14 months. "No matter what lens you look through, the pandemic has been a very challenging time for the performing arts, both for the performers and for the theaters that produce and present live in-person performances," she said. "Forced to close as non-essential businesses for four months -- followed by another 10 months operating with distancing guidelines that restricted capacity to 25-30% -- has created enormous financial strain."

Laskaris praised federal relief assistance and Governor Sununu for supporting venues through the Paycheck Protection Program (PPP), Nonprofit Emergency Relief Fund (NERF), NH Live Venue grants, and soon the Shuttered Venue Operators grant (SVOG) program. Thanks to the roll-out of the vaccine and the expiration of the Safer at Home rules, venues from Keene to Bethlehem will be ramping up their programming starting this summer and continuing into the fall.

Beth Falconer from 3S ArtSpace in Portsmouth

shared the expectations of general safety protocols. "The joy of live venues is gathering with a group of people to share an experience. Everyone's safety in a group setting is enhanced when people are vaccinated, so our first message is 'Go Get That Shot.'" said Falconer. "The faster New Hampshire gets to 75-80% people vaccinated, the quicker some safety mitigations can go away."

Until the numbers of vaccinated people reach that percentage, venues will be asking patrons to follow reasonable protocols when they come to a performance or film presentation. The specific protocols are going to vary by venue and among different events at the same venue. Falconer also mentioned that if patrons buy a ticket for an event that is several months off, the safety protocols could change by the actual performance date. Three different venues offered examples of what this could look like.

A presentation on graphic art to help patrons find safety information, led by Andrew Pinard of Concord's Hatbox Theatre and the Claremont Opera House, preceded a question and answer session.

St. Johnsbury Pet Parade⁵ Goes Virtual

ST. JOHNSBURY - The St. Johnsbury Chamber of Commerce's Pet Parade is a beloved annual tradition. This year, the parade is moving online to become a virtual costume contest on the theme "Party Animals!" with prizes awarded in three categories: Best Party Pair (human/pet combo), Best Dressed Pet, and Best Dance Routine (video).

The virtual parade launches at news.DiscoverStJohnsbury.com on Monday, May 24 and runs through Friday, June 4 at noon. Contestants can submit entries at any point during that time period. Members of the public can vote for their favorites in each category once daily. To enter, view the gallery of submissions, or vote, visit the Pet Parade post on news.DiscoverStJohnsbury.com. The winners will receive a customized trophy, public recognition, and bragging rights.

"Whether dressed for the disco, a pool party, masquerade ball, or birthday celebration, we want to see your pets in their finest party outfits," says Gillian Sewake, Director of the St. Johnsbury Chamber of Commerce. "We hope to see some really creative cos-

tumes and routines from pets of all types this year."

St. Johnsbury's Pet Parade is an annual tradition dating back to the 1950's, and has been run by various community organizations over the years. On the format of the event for 2021, Sewake says "We were uncertain if the public would be comfortable with an in-person parade at this point in the spring, and wanted to make sure that we were moving forward in a way that keeps everyone safe and feeling secure. We're excited that this virtual format allows community members both near and far to showcase their creativity and love of their pets."

The inspiration for the event came from Dog Mountain, who conducted a similar virtual contest last year in lieu of their popular dog parties. Friends of Dog Mountain and Owen Davie of Catamount Film & Arts have supported the parade concept and look. The event is made possible through the support of business sponsors of the St. Johnsbury Chambers of Commerce, a list of which can be found at the Pet Parade post on news.DiscoverStJohnsbury.com.

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Memorial Day Parade and Ceremonies
Monday, May 31, 2021



Central Street (Route 302) Woodsville
Parade Steps Off at 11 AM
From Woodsville Village Pizza
Ceremony at Central Street Flagpole
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Calendar of Events

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

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

WEDNESDAY, MAY 26
RED CROSS BLOOD DRIVE
11:30 AM - 4:30 PM
American Legion Home, Woodsville
See Ad on Page 16

CASA (COURT APPOINTED SPECIAL ADVOCATES) OF NH
VIRTUAL VOLUNTEER INFO SESSION
5:30 PM www.casanh.org/virtual-info-sessions

FRIDAY - MONDAY, MAY 28-31
NEWBURY TOWN OFFICES
WILL BE CLOSED
IN OBSERVANCE OF THE HOLIDAY

SATURDAY, MAY 29
PIE SALE & MORE
8:00 AM - 1:00 PM See Article on Page 3
Boch Park, next to the waterfall in Bradford

YARD & BAKE SALE
9:00 AM - 2:00 PM Rain or Shine
Bath Historical Society Building, Off the Green

MONDAY, MAY 31
MEMORIAL DAY PARADE
11:00 AM See Ad on Page 5
Central Street, Woodsville

SUNDAY, JUNE 6
ACOUSTIC MUSIC JAM
12:00 NOON - 3:00 PM
Clifford Memorial Building, Woodsville

MONDAY, JUNE 7
HAVERHILL SELECT BOARD MEETING
6:00 PM
Clifford Memorial Building, Woodsville

ONLINE TOWN HALL ON NH VOTING PROCEDURES AND ELECTION LAWS
7:00 - 9:00 PM See Article on Page 3

WEDNESDAY, JUNE 9
ROSS-WOOD POST #20 AMERICAN LEGION MONTHLY MEETING
6:00 PM
4 Ammonoosuc Street, Woodsville

THURSDAY, JUNE 17
VFW POST #5245 MONTHLY MEETING
7:00 PM
VFW Hall, North Haverhill

SATURDAY, JUNE 18
FATJER'S DAY WEEKEND OXEN PULL
10:00 AM
North Haverhill Fairgrounds

SUNDAY, JUNE 19
FATJER'S DAY HORSE PULL
10:00 AM
North Haverhill Fairgrounds

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

PICKLEBALL
Wednesday 6:00 - 7:30 PM
Saturday 9:00 AM
Clifford Memorial Building, Woodsville

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

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ATTENTION

All Non-Profit Organizations, Churches, Schools, Towns & Other Municipalities,
Your event can be placed in our
FREE Calendar of events.

Simply send us the Date, Name, Time and Location of your event.

Deadline is always the Thursday before Tuesday's Publication date.

Send to: Gary@TrendyTimes.com
or mail to: Trendy Times, 20 Pine Street,
Woodsville, NH 03785

FRIDAY, JUNE 11
AMERICAN LEGION RIDERS MEETING
6:00 PM
Post Home, 4 Ammonoosuc St., Woodsville

MONDAY, JUNE 14
ROSS-WOOD UNIT #20 AMERICAN LEGION AUXILIARY MONTHLY MEETING
6:00 PM
Post Home, 4 Ammonoosuc St., Woodsville

Cultivating Farm & Food Safety

Cultivating Farm and Food Safety for Visitors on Your Farm -- Guided Video Tours of Two Farms

Webinar: June 1, 2021 at 7:00pm

Register in advance for this meeting: <http://bit.ly/farmvisitsafety>

Join Mary Saucier Choate, Food Safety Field Specialist from University of New Hampshire Extension; John Moulton of Moulton Farm in Meredith, NH; and Nancy Franklin of Riverview Farm in Plainfield, NH to discuss visitor safety practices on their popular farms.

This session is part of a UVM series that will cover several topics for farms open to visitors through the evolving COVID-19 pandemic.

BEEZWAX



Letter to the Editor

To the editor,
Liz is right. Democracy is in danger, as is our country USA.

Are you listening? What is insurrection, rebellion, look it up. It's Happening, right here in Congress.USA

Browse the Constitution Annotated

Fourteenth Amendment Section 3
No Person shall be a Senator or Representative in Congress, or elector of President and Vice-President, or hold any office, civil or military, under the United States, or under any State, who, having previously taken an oath, as a member of Congress, or as an officer of the United States, or as a member of

any State legislature, or as an executive or judicial officer of any State, to support the Constitution of the United States, shall have engaged in insurrection or rebellion against the same, or given aid or comfort to the enemies thereof.*

But Congress may by a vote of two-thirds of each House, remove such disability. (should be repealed, can get away with treason, by their vote)

Amdt14.S3.1 Disqualification from Holding Office
Amdt14.S3.1.1 Disqualification Clause

*McCarthy disqualified, not Cheney

Nancy Leclerc
North Woodstock, NH

Nancy,
There seems to be more than one area where Congress has overstepped their bounds and made rulings in favor of themselves. This has occurred by them allowing themselves to not be governed by the same laws as you and me. Let me add the trumpet sound to the call for term limits (just like for president). It would bring our elected officials back to being part of the population, not separate from it.

Gary Scruton, Editor

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HAVERHILL, PIERMONT, ORFORD, NEW HAMPSHIRE

Volume 12 Number 17
May 25, 2021
Not all Times are Trendy, but there will always be Trendy Times

Woodsville Wells River 4th of July Celebration Looking for Assistance From Everyone

The Woodsville Wells River Fourth of July Committee is looking for assistance from the community to make the 245th birthday party for the United States a success on the streets of Woodsville and Wells River.

As has happened almost every year since 1981 this non-profit organization will be producing a souvenir booklet featuring all the businesses, organizations and individuals who have made donations for this event. The booklet needs to go to press by early June in order to be produced and distributed. If you would like to make a contribution please visit our website www.wwr4th.org for details or call Paul Hunt at 802.222.4253.

Another way to help is to offer suggestions for Parade and Grand Marshalls or a deserving individual for a book dedication. We are also asking for help in de-

signing the front cover to the booklet utilizing the theme of "America's Super Heroes". Deadline for all of these items is May 31.

Of course the easiest way to help with this year's full event is to volunteer your time. Help will be needed on Sunday, July 4 to help with parade organization, traffic control and field activities. Virtually all of these tasks allow volunteers to enjoy the full parade with friends and family while also helping to make this another great event. Again check out our website or contact Gary Scruton at 603-348-4563 for further details.

One more way to participate would be to rent some space on the Woodsville Community Field for your flea market items. Spaces are just \$25 for "Yard Sale" participants or \$50 a space for those selling new flea market items. It is requested that reservations for these

spaces be made and that participants are set up by 9 am. Again please contact Gary Scruton with any inquires, via phone or email: president@wwr4th.org

The parade itself will step off at 11:00 am on Sunday, July 4, 2021 from the area of Woodsville Elementary School and travel Central Street (Route 302) across the Veterans Memorial bridge into and through Wells River Village where it will disband. After the parade, field activities will get started with music, rides, games and food. Plus bingo and other activities.

As usual the day will be capped off with a Gigantic Fireworks display being touched off at 10:00 pm. The best place to watch this display will be from the Woodsville Community Field or the parking area next to it.

Please help make this a great birthday celebration by attending and by volunteering. Happy Fourth of July!

Joseph Patch Library Open For Weekend Visitors

The Joseph Patch Library staff and Trustees are happy to announce that the library is opening for weekend business - without an appointment - beginning June 6th. You're welcome to stop in from 10 a.m. to 1 p.m. on Saturdays, and from 1 p.m. to 5 p.m. on Sundays. Stop by to browse, use the computer or just to say "Hello!" This is a hopeful sign that will lead to more hours and activities as restrictions relax and life returns to normal.

Weekend occupancy is

limited to five (5) people at a time for 30 minutes at a time; this includes children and computer users. Anyone over the age of 6 will still need to wear a face mask. The library will provide surgical masks to those who need one, and hand sanitizer is available to all. Curbside pickup is still available for those who want it.

We're looking forward to seeing all of you!

If you have questions, contact Veronica at jpatchlibrary@yahoo.com, or by phone at 764-9072.

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Northeast Kingdom Artisans Guild Presents Two Exciting Exhibits

The Northeast Kingdom Artisans Guild Presents two Exciting Exhibits in our Back Room Gallery during June 2021.

4 Visions: Paper as a Medium, now until Saturday the 12th of June. Paper Artistry by Lian Brehm, Martha Elmes, J. M. Frase-White, and Carolyn Guest, all explore adaptations of traditional paper use in their creative work. These four artists are teachers who utilize paper with their students in normal ways, to read, enjoy illustrations, photographs, and to cut, fold, to write and paint upon. Each has found a unique use for paper, diverting from the usual to the unusual.

Carolyn Guest is inspired by traditional folk cuttings, especially from Polish cut works she'd first seen as a 4-H exchange student in her teens. She takes on the challenge of using sheep shears for very intricate and delicate cuttings to illustrate her personal experiences and tales of life in rural Vermont. One work is The Old Cow Barn, as shown above.

Martha Elmes frequently uses black paper, as in traditional silhouette cutting, beginning with an idea, often just a hint, of what is to come. These inspirations become varying stories in themselves, creating a tale, to engage the mind, and soul, in a mystery of line and shape, often with splashes of vibrant color. Her zany Watching for Max is shown above.

J. M. Frase-White has a background in painting, sculpture and stained glass. He found his love of paper-cutting working with children, in their books, and stories. His cutting began

as play, and worked into a serious calling, using cuts not possible in glass, with 3-D simulation rising above the surface, then painting his cut works, for his "mad" creations, often filled with birds and other winged creatures. Work shown: Meadowlark.

Lian Brehm makes paper herself, from pulp derived from a variety of natural sources. Her work was inspired by a trip to Mexico, and the folk art found in fabric, in creation of color with natural dyes, especially those from the carapace of insects. She uses nature to mold her works—as well as an inspiration for her finished creations. Her work above: Canasta tenue (Black w/wispy holes)

4 Visions it is followed by an exciting exhibit to honor a friend who departed a year ago.

Celebrating Jenny: A Retrospective of her Work, Friday June 18th to Saturday July 24th. Opening Party Friday June 25 from 4 to 6.

Northeast Kingdom Artisans Guild is excited to announce "Celebrating Jenny", a joyous retrospective of the art and life of our friend Jenny Green (1935-2020)

Jenny was a skilled and perceptive visual artist. Deeply curious and playful,



Jenny maintained a life-long and active engagement with color, texture, materials and ideas. Her oeuvre included fiber arts, painting, drawing, printmaking, sculpture and book arts. Influenced by mid-century visual culture, Jenny's bold exploration of color is evident in her early textiles. Later her fiber skills broadened in palette and process as she became involved in creating her own yarns for weaving. This included raising sheep, and processing the wool, creating her own colors with natural dyes.

Jenny was deeply connected to the land, flora and fauna. This love is reflected in her paintings, mainly working in watercolor, she painted plein-air, from visual reference, memory and her sketches. She drew inspiration from just outside her home, to the US Western deserts and travels to Oman and Jordan. Her last collection of paintings focused on arid landscapes and geology, as in Arid Lands, her exhibition in 2017 at NEK Artisans Guild. She was fascinated by the land itself, of contours created by time and weather, of what lies beneath and within. We travel into her exhibit as if following her to the infinity of The Road II.

With time, Jenny's work became more conceptual and poetic. She began creating art books, a form where she was able to express her concerns about global, local and personal issues. In these intimate works, the personal is political and her voice remains loud and clear.

Jenny lived in an old farmhouse in the Northeast Kingdom, where she raised



4 children, a few sheep and a bunch of chickens.

In her personal statement for Arid Lands Jenny wrote "It has been a wonderfully rewarding journey of discovery--about the medium and about myself. This work is about the power of images to speak of and to the deeper spaces within us all."

We plan to have a true opening party on June 25th, but please follow the Guild on Facebook and Instagram

for updates, or call us during business hours at (802) 748-0158, Tuesday through Saturday 11-530. The Guild is located at 430 Railroad St., Saint Johnsbury, VT 05819

Follow us on Facebook, Instagram & on the web at www.nekartisansguild.com This introduction by her daughters, Kate Donnelly and Samantha Green, with editorial touches by James Frase-White, Curator, Back Room Gallery.

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Out of the Box Theatrics and Weathervane Theatre Announce Playwrights for Inaugural Residency

WHITEFIELD, NH - New Hampshire's award-winning Weathervane Theatre and acclaimed Off-Broadway theatre company Out of the Box Theatrics (OOTB) are proud to announce Kevin Renn and Mehrnaz Tiv have been selected as Playwrights in Residence for the inaugural OOTB Residency at Weathervane Theatre.

Sponsored by Aunt Sadie's Candles and The Lancaster Motel, the OOTB Residency at Weathervane Theatre is a week-long residency program where the two organizations will collaborate on supporting works in development. These emerging plays will receive rehearsals and a fully-staged reading at the Weathervane. Renn's Mulatto Boy and Tiv's Threads were selected from a nationwide search.

Kevin Renn is a NYC playwright whose works (BLACKS + PHATS, The Best Worst Holiday Window at Burgdof Goofmans, and Quarantine Kills) have received various workshops, readings, and productions with Classical Theatre of Harlem, and The Artist Co-op in NYC. This is Renn's second collaboration with OOTB and Weathervane after being one of the playwrights featured in last December's original virtual production A New York Holiday Minute.



"I'm over the moon to be collaborating with OOTB & Weathervane again," said Renn. "With this residency, not only am I getting the privilege to share Mulatto Boy with audiences, but I'm getting the chance to go back to the heart of the story as well as reshape and re-work changes I have wanted to implement for some time. Presenting Mulatto Boy means I get to share a story and a perspective that a majority of the audience probably has not been challenged to experience."

Mulatto Boy is about Noah Goodmore, a student running for student body president, and rumor in the teachers lounge is he might win. High school has its challenges, but for Noah, the school's only student of color; paying for a private education is the least of his problems. Mulatto Boy plays in person and virtually June 10th and June 12th at 7pm.

Pittsburgh native Mehrnaz Tiv recently graduated from New York University's Tisch School of the Arts Dramatic Writing program with a minor in Middle Eastern and Islamic Studies. An award-winning playwright, her work has been seen and developed by City Theatre (Signed, Sealed, Never Delivered; Threads), the Women's Theater Festival (Threads), Permafrost Theater Collective (Dried Fruit), and the Kennedy Center American College Theater Festival (Italian Stallion).

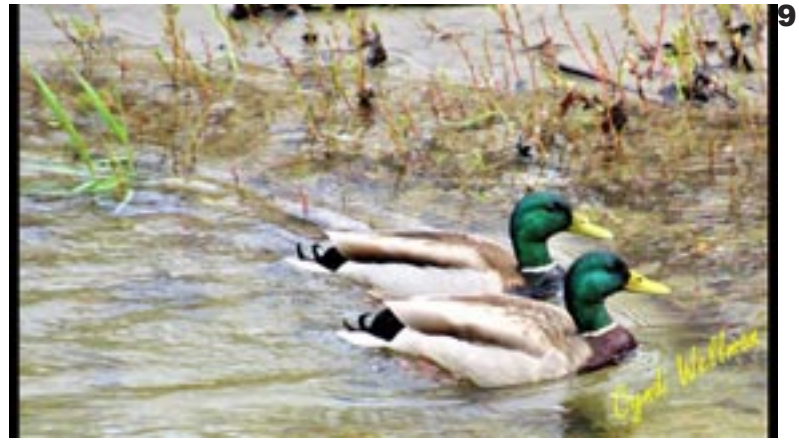
Tiv's Threads plays in person and virtually June 11th at 7PM June 12th at 4pm. Three Iranian women of different generations remember their distant relationship with Iran in their

eyebrow threading shop in Southern California. Maryam wants to return to the only place she belongs, Gelareh loves indulging in her 90's punky femininity in the US, and young Delara, Maryam's American-born teenage daughter, just wants to go to her school's homecoming dance.



"These women's lives are so entwined with their love for each other and the safe, nurturing space and time they share in their shop, said Tiv. "I want their joy and feelings to be as honest as they can be, so this opportunity to introduce real life to my words and work with a director to interrogate every page with actors is quite necessary for my work to create the impact that I want."

In person and livestream tickets are currently on sale at <https://www.weathervanenh.org/ootbresidency>. Casting to be announced soon. Tickets and residency passes range \$12-\$25. Tickets can also be ordered via phone at 603-837-9322. Please check the website for current in person COVID-19 seating policies. For pay what you can options please contact ethan@weathervanenh.org



Double Mallard ducks are familiar this time of the year. In ponds and lakes. "The name Mallard comes from the Latin masculus, meaning male, Referring to the habit of males not taking part in raising ducklings."

Photo by Cyndi Wellman 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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Vermont Fish & Wildlife Commissioner Falls Short on Promise to Ban Wanton Waste

Op-ed by
Protect Our Wildlife

STOWE, Vermont— There have been efforts spearheaded by wildlife advocacy groups to ban the wanton waste of wildlife in Vermont that began in January 2019 with a bill sponsored by Representative Curt McCormack. Wanton waste can be defined as hunting or trapping a wild animal and not using any of the meat, fur or other body parts and simply discarding the carcass. Unlike other states, Vermont has no wanton waste prohibitions on game or furbearer species.

Protect Our Wildlife's President, Brenna Galdenzi, said, "The catalyst for this effort to ban wanton waste was a letter sent to the Fish & Wildlife Board by a retired Vermont game warden in April 2018 where he documented his concerns as to the amount of wasteful killing he witnessed over the years from muskrats, to deer, to coyotes." That letter can be viewed here. The Fish & Wildlife Board never took up his petition.

Representative Amy Sheldon, Chair of the House Natural Resources Fish & Wildlife Committee, convened a working group in 2019 with the purpose of stakeholder groups working together to find agreeable bill language to ban wanton waste. The group consisted of Fish & Wildlife Commissioner Louis Porter, a sportsmen's lobbyist, and Barry Londeree from the Humane Society of the United States, Vermont. Londeree shared, "There seemed to be agreement that if someone hunts or traps a game or furbearer species in-season, that the animal should be utilized for its meat, fur, or

for taxidermy to the extent possible, with an exception granted for the killing wildlife in defense of property." There are a number of other exemptions that can be found in the most recent version of the bill here.

Holly Tippet, POW co-founder and Board member said, "Not surprisingly, when it came down to the wire and the Commissioner was asked if he supported the bill language in preparation for a Committee vote, the obfuscation began and he offered bill language that would strip the legislation of any meaningful protections for wildlife." Galdenzi said, "Commissioner Porter's bill language would only require retrieval and disposal of wildlife, with no requirement to utilize the animal in any way, which defeats the entire spirit of this legislative effort." Londeree added, "Permitting an animal to simply be discarded would negate the entire purpose of a use requirement." Protect Our Wildlife sent an email to the House Natural Resources Fish & Wildlife

Committee on May 13, 2021 sharing the following, "Sadly, this Commissioner has also refused to support the ban on coyote killing contests, a regulated coyote hunting season, signage & trap setbacks on public lands where leghold and kill traps are set etc." Galdenzi said, "This should have been an opportunity for wildlife advocates and the VT Fish & Wildlife Department to work together."

To learn more about wanton waste and how to get involved with efforts to work on this legislation in the 2022 session, people can visit this link.

Protect Our Wildlife Vermont is an all-volunteer, nonprofit 501(c)3 wildlife advocacy organization. Our team of volunteers is composed of biologists, wildlife rehabilitators, educators, and other professionals who seek better protections for wildlife. We collaborate with nonprofits, both local and national, to ensure we are all working together to offer the best outcomes for wildlife.



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Financial Tips for the Self-Employed

Being self-employed has some benefits: You get to choose your own hours, you don't have to count "vacation days" and you'll never worry about getting downsized. On the other hand, you're truly on your own – there's no employer-sponsored retirement plan and no benefits package. So, if you've recently started a business or become a "gig worker," possibly due to the COVID-19 pandemic, what can you do to get on the road to financial security?

There are several steps you can take, including the following:

- Establish a budget. When you're self-employed – and especially when you're first starting out – you need to keep tight control over where your money is going. So, establish a budget and stick to it.
- Open a retirement plan. As a self-employed individual, you can

choose a retirement plan, such as a SEP-IRA, a SIMPLE-IRA or an "owner-only" 401(k). When your earnings are limited, you can contribute modest amounts to any of these plans, but when your income rises, you can boost your contributions. While these retirement plans have some things in common, including tax-deferred growth of earnings, they differ in other areas, such as contribution limits, and one plan may be more suitable for you than another, depending on whether you have employees. You may want to consult with a financial advisor to determine which plan is best for your needs.

- Build an emergency fund. When you work for a business or other organization, your income is predictable – but that's usually not the case when you're self-employed. And when your earnings are uneven, you can be vulnerable

to financial stress when you face an unexpected expense. To help protect yourself from these threats, try to gradually build an emergency fund containing a few months' worth of living expenses, with the money kept in a liquid, low-risk account.

productive. But other debts, especially those that can't be deducted from your taxes and carry a high interest rate, are far less useful, so you may want to set up a repayment plan. With your other expenses, you might not be able to whittle these debts down as fast you'd like, but, over time, your efforts can pay off.

- Put money aside for taxes. Because no employer is withholding taxes from your paychecks, you will likely have to make quarterly estimated payments. Plus, you're responsible for all your Social Security taxes, which, if you worked for someone else, would be split between you and your employer. To make sure you've got enough money available to pay your taxes, you might want to set up a special account – one that's not used for any other purpose.

- Get proper insurance. Depending on the nature of your work, you may or may not need some type of business insurance, but if you have a family, you should certainly consider the need for life insurance, and you may also want to consider disability insurance.

Self-employment can be quite fulfilling – and you'll find it even more rewarding when you make the right financial moves.

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

Edward Jones, Member SIPC

Letter to the Editor:

Introduce yourself and your children to Reason

To the Editor,

Discussion about religion is always difficult because people hold to their life-long religious beliefs very closely. There is nothing wrong with that. Life is hard, and if belief in a religion helps you get through it, more power to you.

But more and more people are giving religious belief a more critical look than ever before. They're starting to realize that religions teach them to love everyone and, at the same time, condemn groups like gay, lesbian and transgender people? They're learning that religion condoned and fully supported things like slavery (the very root of the systemic racism in our society today). It has stated misogyny was just fine and still commands the deaths of non-believers if they don't convert. They're realizing that the holy books were written during a time of no scientific knowledge, great fear and suffering, and a fervent need to believe in something beyond the hell of people's daily lives. They're asking themselves why those tenets still hold in today's world.

Religions began at the dawn of mankind from fear of the natural world (earthquakes, droughts, plagues, etc.) and ignorance of why that destruction happened (there must be god they angered by their actions so they're being punished). They've evolved from multiple gods of the Romans, Greeks and Norse, long

since relegated to mythology, to the single God of today's mainstream religions, each with its individual idea of what their God wants and dislikes, and how to worship him or her. This has caused fractures in the religions, creating "supermarket" choices for believers - if you don't agree with how one particular sect (Baptist, Methodist, Lutheran, Mormon, Catholic, Sunni, Shiite) worships, you can go to one of the others until you find one you like.

And then there are non-believers - people who don't feel that religion is necessary to be good, moral people. The number of those people is rising dramatically - over a quarter of the population in America today declares no religious affiliation at all. This rise is being driven by both critical thought and what people see from the religious leaders that counter the very teachings they espouse. We also don't like to see our elected representatives trying to insert their Christian religious beliefs into our nation's laws. How would they like it if Islamic tenets were written into our laws here? That's how people who aren't Christian think about what's happening today.

America is not a Christian nation. President John Adams put that in writing in the 1796 Treaty of Tripoli with 100% approval of the US Congress, to assuage the fears of the Muslim world at the time that Amer-

ica had no plans to attack the Muslim world and force them to convert to Christianity. Our country's founders were mostly Deists, believing in some kind of "creator" but not affiliated with organized religion, and founded our country on the grounds of religious freedom - freedom to believe in whatever religion you wish or not to believe at all. For some reason, all of this has been forgotten.

Today, the best thing parents can do for their children is not to indoctrinate them into any religion at all but introduce them to the concept, teach them about the religions of the world, and let them choose what they think makes the best sense to them when they are able to make that decision for themselves.

There are no Christian, Jewish, Islamic or Buddhist children. There are only children who have been told by their parents that they must believe as their parents believe. Instead, teach your children to use reason to become moral and good people - to do what's right for themselves and the good of society not out of fear of Hell or the promise of Heaven, but because it's the right thing to do. To paraphrase the late John Lennon, imagine no religion - people living in peace and harmony instead of fighting over unprovable religious dogma.

Rachael Booth
Landaff, NH

ligion, including the absence of one, is one of the great pillars of this country. Let us not forget it, or any of the others.

Gary Scruton, Editor

Letter to the Editor: Trump Haters

To the Editor,

I can't help but notice that Trump-haters who write to you sound like they are foaming at the mouth and ready to fall to the floor in a paroxysm of overwrought emotion. They can't seem to get their grammar or their spelling quite right either, as though their rage has disabled them. I'm not sure your comments help. Your remark to Mr. Peraino was

Lisy,

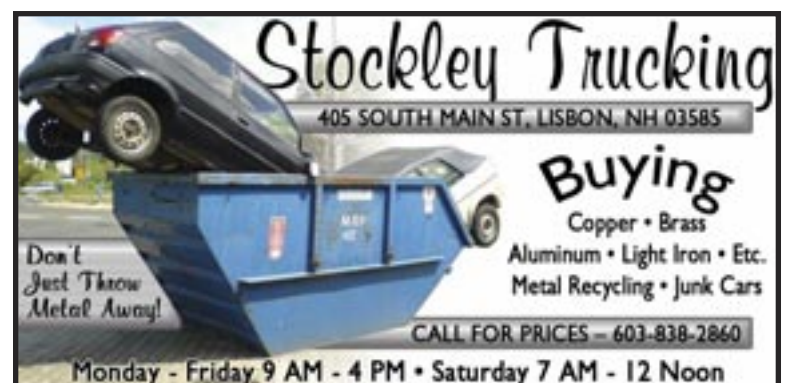
If I came off being "snotty" I must apologize. That was not my intent. My intention is replying to every letter is to help move the conversation along. Sometime I agree with writers and sometimes I do not. That is not important. What is important is that civility reigns, we keep the conversation readable, and that we do not dwell too long on any one subject.

Those may sound like lofty goals but if we don't reach for a goal we are bound to slip backwards.

So please, keep writing letters and offering opinions. I will continue to respond and do my best to stay on top of that proverbial fence.

Gary Scruton, Editor

inaccurate and kind of snotty. The medical examiner, Dr. Francisco Diaz, stated on April 19 that the Capitol police officer who died on January 7th, died from two strokes. There was no sign of trauma nor was there any sign of reaction to chemical irritants. Rioters did not kill him and he did not die from "injuries sustained on January 6th." Lisy Meyers
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Letter to the Editor:

To the Editor:

It is a sad example of the deluded thinking of the Trump Republican letter writers who denounced me by name for my criticism of Donald Trump's corrupt character that they allowed themselves to be convinced by his toadies in Congress and on right-wing media that the stroke which killed the policeman who was beaten by the violent mob of Trump insurrectionists who overran the Capitol on January 6th was unrelated to those events. The downplaying of this death is just part of an attempt by Trump and his Republicans to pretend that the violent attempted overthrow of the legitimate election process and the elected government of the United States by his followers was merely peaceful protesters trying to save the election and the country by forcing reinstatement of a defeated presidential candidate. Another police officer suffered a heart attack while being attacked by these domestic terrorists; another officer lost an eye, and scores of others were injured and traumatized by the Trump cult mob during the attempted insurrection.

The fiction is the second big lie perpetrated by the morally defective ex-president, the first being that he was robbed of an election victory last year through massive election fraud on the part of Democrats (demonstrated to be completely false by U.S. security services, recounts of votes, and numerous decisions in lawsuits by federal judges, many of them appointed by Trump). It is noteworthy that the Republican letter writers completely avoid addressing the point I am making about Trump's corrupt character and instead respond with a long list of supposed accomplishments of the

Trump administration, most of which are simply more lies perpetrated by Republican politicians and the right-wing propaganda television network, Fox so-called News.

Some of the "accomplishments" listed, such as Trump's withdrawal of the U.S. from the Paris Climate accord, which one letter-writer, described as "job-killing," illustrate well the ignorance and short-sighted viewpoint of Trump-supporting Republicans: their emphasis on supposed economic gains and complete lack of consideration of long-term consequences such as the ecological death of the planet. Likewise the touting of Trump's rolling back of environmental regulations on industries as being good for job creation and the economy while ignoring the cost of such moves in terms of accelerating the current disaster of climate change. Then the writer has the nerve to praise Trump for the fact that the U.S. had been doing well at reducing carbon emissions, which was because of the regulations that had been enacted by previous Democrat administrations! Which he immediately rescinded!

No mention is made by these letter writers of Trump's corruption of institutions such as the Justice Department and the Center for Disease Control by firing incorruptible professionals and replacing them with his toadies, leading to the interference with ongoing criminal cases of Trump associates and the science denials and mismanagement of the pandemic, which led to hundreds of thousands of unnecessary deaths of Americans. No mention of the damage to the United States worldwide in terms of reputation, especially with our allies, and the

support he gave to corrupt autocratic leaders of enemy countries like Vladimir Putin of Russia and Kim Jong-un of North Korea. Russia, whole computer hackers just this past week broke through the security system of the largest oil pipeline in the U.S., shutting it down, and last year hacked into our hospital systems during the COVID-19 pandemic, shutting hospitals down; hacking into the Democratic Campaign's computers and interfering with the 2016 presidential election by spreading lies favoring Donald Trump through the internet, and attempting to hack into the 2020 election as well.

The essence of my point about Trump's corrupt character and how damaging he was to our country is that no amount of supposed short-term economic gains can possibly make up for such moral deficiency in a leader. His fomenting of an insurrection against the government he had sworn under oath to protect is not only traitorous but undermines the structures of our constitutional democracy, our government, and our nation. The Republican Party and its elected leaders and every Trump supporter who believes these lies and support Trump in them, and the thousands of Republican legislators within state governments - such as Georgia, Texas, Arizona, Florida, Ohio, and many others - who are passing voter suppression bills and altering election laws in an attempt to prevent Democrats from voting and winning free and fair elections ever again, also guilty of behaving in a traitorous manner and threatening the very basis of our democratic government.

Alice Morrison
Newbury, VT

Alice,

It appears to me that there are two distinct and opposing views on the election of 2020. There are also very opposing views of the events of January 6, 2021. I believe that it will be very difficult, if not impossible, to change the mind of anyone in either camp as to how to interpret these two events. The only real way to tell will be decided sometime in the future by historians.

In the meantime we must all begin to move forward. An old saying goes "If you keep looking backward, while moving forward, you may walk off a cliff." Let's not do that. Let's get our attention in front of us and even if we disagree about what lies ahead or which road to take to get there, we can at least see what lies ahead.

Gary Scruton, Editor

Letter to the Editor

To the Editor,

Two letters to the Editor in the May 11, 2021, edition of Trendy Times were a breath of fresh air and a welcome departure from the hysterical rantings that appear almost regularly on these pages. In letters loaded with facts and informed by intelligence, simple decency, and common sense, Robert Briggaman and Robert Paraino convincingly argued that Donald Trump, despite a brash style that some find irritating, did more good for this country in four years than any president in recent memory.

The presidency is not, or should not be, a personality contest. Think what you will of Trump the man, Trump the president was what this country needed (and needs now more than ever). He is a showman, an entertainer — a larger-than-life character who is aware that he is an actor on the stage and plays it up to great effect. Like him or not, you cannot honestly ignore the accomplishments that were so meticulously laid out in Mr. Briggaman's letter.

I have seen many arguments critical of Donald Trump, but few backed by established facts. Most critics focus on his personality, not his accomplishments. Democrats often denounce him for his "lies." To them, however, a lie is something they don't agree with, and no one in my experience has ever given a good example of one of his "lies." As Dr. Paraino rightly points out, "When no factual argument can be made, Democrats resort to name calling."

Frankly, I find it astonishing that anyone could find a cranky, inept, and thoroughly corrupt individual

JP,
Obviously I need to apologize for not going far enough in my research on the death of Officer Sicknick. In my defense I am not an investigative reporter nor do I pretend to be. I did a quick look, remembering some of what I had read. Upon your, and others, prompting I looked a little further. From what I found, you are correct that the officer had two strokes and died about eight hours after he was on duty at the Capitol building on January 6. It is also stated in the coroners report that no physical injuries, internal or external, were found.

So again I will apologize if I put out incorrect, or incomplete information. I will attempt to do a better job of explaining and investigating in the future, the same as I would expect all letter writers to also do.

Gary Scruton, Editor

like Joe Biden preferable to the previous White House occupant, who did not always live a virtuous life but genuinely loved his country and wanted to restore it to greatness. It should be clear to everyone that Biden has lost his mind to senile dementia and is being manipulated like a puppet by hidden handlers who tell him when to salute the Marines, for example, and most likely also when to stand up, when to sit down, when to talk, and when to keep his mouth shut. This is our president? This is our Commander in Chief?

Biden is pathetic, but more than that, he is dangerous in his efforts to lead us down the road to ruin and turn America into another socialist hell hole like Venezuela, Cuba, and the Soviet Union. I am ashamed and embarrassed that this man sits in the Oval Office and represents our country. The next election cannot come quickly enough. And let's just hope it's more legitimate than the last one.

Note: The two letter writers and Trendy Times Editor Gary Scruton made reference to the Capitol Police Officer who died shortly after the incursion at the U.S. Capitol on January 6. An autopsy found no evidence that Officer Brian Sicknick experienced an allergic reaction to chemical irritants, and there was no evidence of either external or internal injuries. He suffered two strokes. His death, according to Washington, D.C., Chief Medical Examiner Francisco Diaz, was the result of "natural causes," not from injuries sustained on January 6.

JP Watson
Fairlee, VT

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by Renee L. Schulze, MSW, LICSW

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COMPASSION

Be kind to yourself. Stop judging yourself. Practice positive self-talk.

SUPPORT

Go to therapy. Reach out for help. Mental illness is an illness. Don't hide in shame and silence. Ask for what you need, create a strong support system. Break the stigma.

SELF-CARE

Rest. Pay attention to your self-care battery. Give yourself what you need. Deprivation is not healthy. Make time for yourself.

ACTION

Set boundaries with your triggers. Work on coping skills. Do the work. Follow your treatment plan. Don't give up on yourself.

#MENTAL HEALTH AWARENESS

TRUTH

Notice how your choices (conscious or subconscious) contribute in a negative way. Look at what isn't working in your life.



What About Ma?

by Kellie Quackenbush

All About Making Time to Relax

Have you ever wondered about "those lazy days of summer"? I have, it has been a long time since I was able to spend a few hours in a lounge chair, sipping a cold drink, and reading a trashy novel. My adult life has too many "important" things to be done and the luxury of "doing nothing" is no longer a part of summer. Thinking about it, I realize, it is rather sad not to have one relaxing thought.

There are many people that find, with the daily grind of work and home, making time for rest and relaxation seems impossible. However, to have a good work/home life balance we must find time. Our own needs as individuals must

become a priority and relaxation is a part of the whole picture. Per <https://www.healthdirect.gov.au/relaxation>, "Relaxation reduces stress and the symptoms of mental health conditions like depression, anxiety and schizophrenia. Relaxation also has other related health benefits, including:

- lowering your heart rate, blood pressure and breathing rate
- reducing muscle tension and chronic pain
- improving concentration and mood
- reducing fatigue
- reducing anger and frustration
- boosting confidence to handle problems"

The nice thing about relaxing is that, along with all the health benefits noted above, it adds a peaceful moment to your day. Finding 5 to 15 minutes a day will give you all of the benefits of the overall calm and add a

bit of peace to your day. What to do to relax, it is not as hard as you may think.

Things to do that may relax you and bring a moment of bliss--

- Take a bubble bath
- go outside and take a walk
- go outside and blow bubbles
- fly a kite
- do a meditation
- read the Bible or read a new book
- get your crayons or colored pencils out and color
- do a puzzle
- paint your nails

There are any number of activities you can do in a very short time that will free your mind of the daily burdens and create relaxation. To break the daily grind and find some relaxation, peace of mind, or bliss - take some time for you. It could be as easy as sipping a cold glass of lemonade and truly enjoying the flavor, the cool and the quiet.

Ma says, she feels most relaxed when she is petting her dog and watching "Andy Griffith". Since Ma is happy and I am hard pressed to think of a time when she was not smiling, I think she knows how to relax. Happy Summer to you.

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Acceptance

Topics

Disability and Aging
by Cyndy Wellman

Your Choice

(To all: You may have a different opinion and beliefs below.)

Have no Fear! All of us need to stop living in Fear. Be OK with some things being out of your control. Such as: Covid - 19, pandemic, vaccine causing blood clots, Swine Flu to more!



There's always going to be something. Look at what Military people experience. Food shortage in the US. How about the abuse going on in both humans and animals? Instead of Covid acting like Cancer. WE need a Cure that isn't just a vaccine. List goes on...)

Start living your life with kindness.

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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
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Thank you for your understanding.



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Marjorie Ann Griffith Johnson: OBITUARY

West Topsham, VT - Marjorie Ann Griffith Johnson, wife of William Johnson went to heaven on May 11, 2021 surrounded by her loving family. Born January 18, 1938 in New Britain CT, daughter of Burton and Anna Griffith.

Marjorie graduated CCSU with an MS in education and taught 4th and 5th grades in both New Britain, CT and in Topsham, VT. Marjorie and her husband both retired and spent many years at their beloved homestead where she cherished the hills, fields, and birds. She loved music, reading and most of all her family. She was a member of the East Berlin Methodist Church and attended New Hope Methodist Church.

Marjorie is survived by her loving family, husband, William Johnson and their son, William Johnson, daughters, Bette Johnson, Terry Mahoney and hus-



band, Sean, Kathy Garrett and her husband, Clay, grandchildren, Keith, Erik, Meghan, and Connor and her great grandchildren, Elaina, Ben, Max, and Lucy.

A private family memorial service will be held at a later date. Memorial donations may be made to the Visiting Nurse + Hospice for Vermont and New Hampshire, PO Box 881, Brattleboro, VT 05302, www.VNHCare.org/Donate. Arrangements are by Hale Funeral Home of Bradford, VT.

Tish (Patricia) Paye: OBITUARY

Bradford, VT - Tish (Patricia) Paye passed away peacefully May 4, 2021 at Dartmouth Hitchcock Medical Center in Lebanon, NH surrounded by family.

She chose to be cremated and there will be a Memorial Service later in May.

Tish was born in 1949 in Rockville Centre, NY to Mary Agnes Dailey and Alfred A. Ricky Sr. She is survived by two sons, Michael and Hunter Paye, and a large loving family including the great "Uncle Charlie," and sisters and brothers, Cathy Dailey-Munkelwitz, Mary Ann Garruppo, Al Ricky and Frank Bartell.

Tish fell in love with the area, and particularly Lime Kiln Camp in Haverhill, NH, and moved there in 1982, living there and a neighboring town for years before moving across the river to



West Newbury, VT., and then to Bradford years later. She worked helping battered women in Newport, RI before moving north working various jobs before becoming a substitute teacher at Oxbow High School for 18 years. She enjoyed working with kids and was known for supporting those who were having a rough time at home or school. She was known to champion the underdog, and was there for so many of them, like those at the Pike School.

West Newbury, VT., and then to Bradford years later.

She loved nature and animals and music of every kind; she loved Joni Mitchell and the great songwriters of the 1970s and 80s; she loved the ocean and Long Island; she loved her friends and family and loved books, reading endless ones throughout her life, and in doing so traveled the world.

The local communities were incredibly charitable during her six-week battle, and the family thanks them with all their heart. Any letters or donations may be sent to Hunter Paye, PO Box 668, Bradford, VT 05033, to be distributed to her sons. She was deeply loved and will be deeply missed. Arrangements are by Hale Funeral Home in Bradford, VT.

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

Marinated Fried Haddock

Hello hello my fellow chefs. How are you all doing today? I've been doing good and enjoying this wonderful weather. I just adopted a new dog. She was flown in from Texas and I picked her up last week. She is very sweet and adjusting well. I named her Penny, she is very good company and it is nice to have a dog again. She's enjoying her new life and getting along with my three cats, she even has been sleeping with me.

Are you ready for today's recipe? My best friend Jane came over for dinner and we both loved it. It's "Delicioso" and pretty easy peasy. Marinating is the key. I bought the haddock at Shaws and had them cut the thick part so they were all the same thickness. I cut the two pieces in half so that I would have 4 fillets. It's easier to fry and they cook evenly. So let's get started with the recipe ingredients and how to make it.

Ingredients

- 2 Haddock fillets cut into 4 pieces
- 3 Tbsp lemon juice
- 3 Cloves fresh garlic minced



- 2 tsp cumin
- 1 tsp paprika
- 3/4 cup of flour
- 1 tsp sea salt
- 1/2 tsp cayenne pepper
- 2 tsp dried dill weed
- 1 egg scrambled with 1 Tbsp water
- 1 cup vegetable oil for frying

In small bowl mix lemon juice, minced garlic, cumin, and paprika. Put fish in glass pan and pour the seasoned lemon juice over it. Cover and refrigerate 2 hours. After marinated put the flour, sea salt, cayenne pepper and dill weed in shallow bowl and mix. In another shallow bowl beat the egg and water. Take the haddock and dredge in flour mixture, shake off ex-

cess then put in egg both sides then dredge again in flour. Do this to all fish. Heat oil in pan over medium heat. When hot carefully place each piece of fish in and fry for about 5 minutes per side. With a spatula turn over fish. When nice and brown transfer to paper towels. Serve with lemon and tarter sauce.

I made mashed potatoes with sour cream, butter, milk and salt and pepper to taste.

I also made peas and onions. Chop a small onion and fry in a little vegetable oil then when translucent add can of drained peas and heat through. Oh so good!!!

That's it you have made a great dinner. This meal would be expensive in a restaurant. We enjoyed a frosted mug of beer with dinner. Remember to drink responsibly.

Well folks that's it for today's recipe. Please try it you will love it. Until next time I am signing off. Sincerely, Cin Pin

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