

A FREE PUBLICATION

TRENDY

12th Anniversary

Next Issue: Tuesday, October 26
Deadline: Thursday, October 21



TIMES

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OCTOBER 12, 2021 VOLUME 13, NUMBER 1

Hobo Railroad Announces 2021 Santa Express Train Schedule

LINCOLN, NH – The Hobo Railroad in Lincoln, NH is excited to announce the schedule for their 2021 Santa Express Trains which begin the Friday after Thanksgiving, November 26, and depart weekends at 1:00pm through Sunday, December 19, 2021.

Everyone aboard the train will have an opportunity to meet Santa and Mrs. Claus, while all young children will be given crayons and letters they can complete for Santa. After departing Hobo Junction Station, Santa and Mrs. Claus will make their way through the train visiting with everyone while picking up the children's letters. On the return trip to Hobo Junction Station, Santa and Mrs. Claus will make their way through the train once again, this time to surprise each young child with a gift. Upon returning to Hobo Junction

Station, guests are encouraged to take pictures with Santa and Mrs. Claus on the South Platform at Hobo Junction Station.

"We look forward to announcing our Santa Express Train schedule every year" stated Paul Gibling, Director of Marketing & Business Development for the Hobo & Winnesaukee Scenic Railroad. "The Santa Express Trains have been part of the Railroad's annual schedule since the Hobo Railroad first opened more than 34 years ago in 1987. For many of our guests, the Santa Express Train has become a long-standing family tradition. In fact, in many cases we're seeing second and third generations of families returning each year to create their own holiday traditions."

Tickets for this year's Santa

Express Trains at the Hobo Railroad are \$25.00 for Coach Class seating and \$33.00 for First Class seating for all ages 3 and up, while ages 2 and under ride FREE but still require a Toddler ticket. It should be noted that the difference between Coach Class and First Class seating is that First Class seating is at tables, while Coach Class seating will be at bench-style seating without tables. Otherwise, the entire Santa Express Train experience is completely identical.

In accordance with TSA Emergency Order COVID-19 Guidelines, all passengers (ages 5 and up) on the Santa Express Trains will be required to wear face masks while they are in the station and on the train, regardless of vaccination status.

2021 Santa Express Trains



Schedule: November 26, 27 & 28 December 4 & 5, 11 & 12 and 18 & 19
Departure Times: All Santa Express Trains depart at 1:00pm

Tickets Available On-Line Starting: Monday, Nov. 1, 2021

Advance Reservations Are Required.

Reservations can be made On-Line starting Monday, November 1, 2021 by visiting www.HoboRR.com/santa-trains/.

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TRENDY Dining Guide

The Other Side of the Meal

by Gary Scruton

Just recently the American Legion Ross-Wood Post #20 in Woodsville hosted a public spaghetti supper. As the elected Commander of that post I had the privilege to be part of the crew that planned, promoted, prepared, served and cleaned up from that meal.

As I have said to many people in the past, it is almost always eye opening when you can see something from a new perspective. This column generally is written from the position of a guest at one of the eateries that advertise in the Trendy Dining Guide. But for this column I want to tell the story of what it's like from the other side of the meal.

It was a Legion group

decision to put on a supper that would be open to the general public. With that decision made, next was what is the menu. Like most non-profit run suppers there would be only one entree offered. We went with spaghetti for a number of reasons.

Another big decision was when to host the meal. Again some discussion and finally a decision to go with a Monday night with serving time from five until seven pm.

Another question needs to be what to charge for the meal. This decision we left to each individual who attended and only asked for a donation.

One more piece of the puzzle was the lining up of who was to do all the tasks

required. From shopping, to cooking up the meat to be added to the spaghetti sauce, to simmering that sauce, the preparation of salads, and even the cooking of the spaghetti and the bread that was to be served.

Plus we needed some personnel to act as food and drink servers, to talk to patrons, to clean off tables, and to do dishes. And don't forget about putting away the food and drinks not used.

I must offer a huge thank you to each and every one of the many people who stepped up and filled all of these positions. Some folks accomplished more than one task. I can also note that our volunteers ranged in age from pre-teen all the way to over 70.

As one would expect for the first go round of serving a meal in many years, not everything went perfectly. But here is the story of how things did happen.

Members of the public began to arrive about fifteen minutes before the appointed hour. They were welcomed and invited to take a seat at any of the several tables that were set with plates, silverware and napkins. Once the food was ready to be served (only a couple of minutes past five) those in attendance were invited to bring their plates up to the serving tables. There a person dished out a mound of spaghetti. Next was a choice of two types of spaghetti sauce (meat or meatless). At that point shake cheese and red pepper flakes were available. The next serving dish was filled with Italian bread that was also served to each person. Then was a choice of tossed salad with or without onions being served in a separate bowl. At that station was also a selection of salad dressings. Finally there was a counter with sodas and water available to go with the meal. Then each

person took their choices back to their seat to enjoy.

For a little more detail both the spaghetti and the bread were in chafing dishes that kept the product warm.

The two sauces were in crock pots, also keeping their contents warm. With the beverages there was also a pitcher of ice for those who wished it that way.

Of course much was learned by the staff during this process. Those lessons will hopefully show up when future dinners are held. (Decisions on any future dinners will be on the agenda for Legion members at a future meeting.)

This column normally ends with a statement on what the meal cost us. In this case the Legion merely asked for a donation and gratefully accepted them from those who were present. Proceeds from this meal will go toward the programs of the American Legion which includes support of our veterans and their families. That support comes in many forms and again is at the discretion of the membership.



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For More Details
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or Email: Gary@TrendyTimes.com

Vermonters Report Household Impacts of COVID-19

(Montpelier) - Pandemic-related disruptions in school and child care; inequitable divisions of household labor; increases in depression, anxiety, and substance use; and economic concerns greatly impacted Vermonters in the last year, according to a just-released survey about the impacts of COVID-19 on American households. Survey respondents had clear recommendations for policies and resources that would improve their overall well-being: economic relief via stimulus payments, extended unemployment benefits, increased access to child care; increased access to mental health supports; and greater access to technology.

Conducted between October 2020 and February 2021 by a team of researchers from University of Massachusetts Amherst, Amherst College, and Indiana University, survey questions covered employment, business operations, household finances, labor productivity, child care and education, mental and physical health, and substance use.

"The survey results reinforce what we know: the pandemic has exacerbated existing gender and economic inequality," said Jessica Nordhaus, Director of Change The Story VT, an initiative of the Vermont Commission on Women, Vermont Women's Fund and Vermont Works for Women, who helped distribute the survey in Vermont. "Responding to these needs improves the lives, livelihood, and well-being of women, their families and our economy. In our current joint campaign with Let's Grow Kids -- #MakeWorkWorkForUs -- we are sharing Vermonters' stories about the need for affordable, quality child care, paid family and medical leave, pay equity, and health care."

Policy Recommendations
 Researchers asked respondents what policies or resources would be most helpful to manage the impacts of COVID-19. One-time stimulus payments and greater access to mental

health services were the top recommendations cited overall by Vermonters. Vermont respondents were significantly more likely than national respondents to indicate the need for greater access to technological support. The policy recommendations differed significantly when factoring income:

Financial Health

The findings below are likely to underestimate the magnitude of socio-economic impacts of the COVID-19 pandemic on Vermont households, as survey respondents' average income is higher than the Vermont Census average income. Because of their higher income level, households in the survey have likely had access to more financial resources than most Vermonters.

20% of respondents stated they are financially dependent on their partner and 8% said they have relied on family or community members for financial support during the COVID-19 pandemic.

52% of respondents stated that their income has remained roughly the same during the pandemic, while 34% saw decreases in overall income. Roughly 13% of respondents saw an increase in overall income.

40% of respondents saw household savings remain the same, while 31% of respondents reported reduced savings.

32% of respondents reported an increase in household spending to meet essential needs, while 25% of respondents reported a decrease, the remainder of respondents (42%) indicated no change in their household spending.

Work, Productivity and Disruptions in Child Care and Education

Overall, 79% of survey respondents with children attributed disruptions in school and child care to varying levels of productivity loss in their jobs, and 55% of

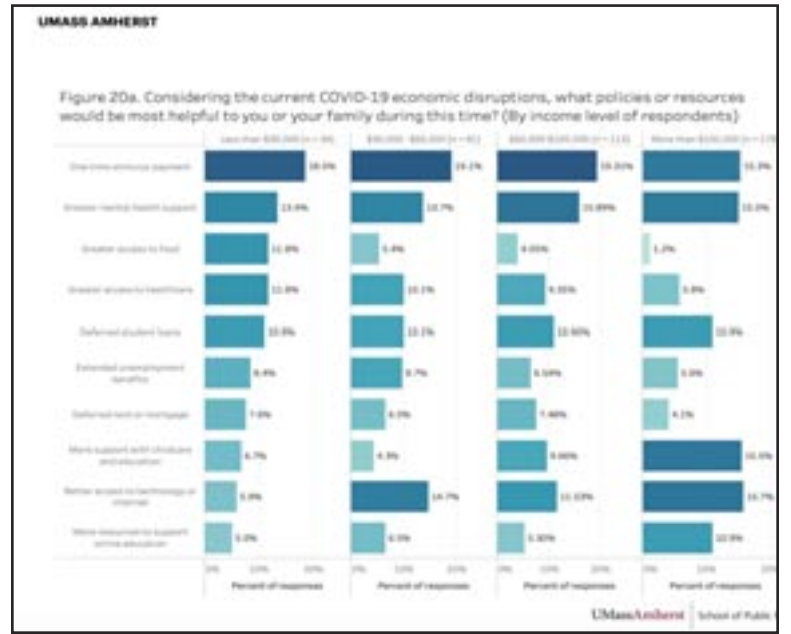
respondents with kindergarten-age children reported their productivity being extremely affected by disruptions in child care. Survey respondents with school age children were more likely to specify help with child care as a policy solution. "We saw this play out in both state and national employment statistics where women's workforce participation fell back to 1980's levels," said Executive Director of the Vermont Commission on Women, Cary Brown. "A generation's worth of progress has been undone. Nationally, women left the workforce at four times the rate of men, including 1.5 million moms of school-aged children nationwide."

"Even before COVID, 3 out of 5 of Vermont's youngest children didn't have access to the child care they needed. The pandemic made the child care crisis -- and its profound impacts on our children, families, workforce and economy -- impossible to ignore," said Let's Grow Kids CEO Aly Richards.

The impacts of pandemic disruptions on children's academic progress and emotional development were strong areas of concern for parents. More than 50% of parents with elementary-school aged children or older reported being quite-to-extremely concerned about their academic progress, and the majority of parents were concerned with children's social-emotional development.

Household Division of Labor

Women in relationships with men consistently reported they did more household labor than their partners. Men also indicated women did more, illustrating both existing gender inequity and the exacerbating effects of the pandemic on homelife. This included spending more time cleaning, doing laundry, managing children's



schedules, and supervising remote learning. Women in relationships with women reported sharing household labor more evenly.

Mental Health and Substance Use

Study findings also indicated high rates of mental health concerns caused by stress. One in four respondents reported experiencing an anxiety or panic attack in the last four weeks of completing the survey. One in three respondents reported moderate or severe anxiety and depression. The 18- to 24-year-old age group reported the highest levels of mental health challenges, with half reporting panic attacks and nearly 40% reporting moderate or severe anxiety and depression. Divorced respondents reported the highest levels of moderate or severe anxiety and depression, at 41%.

Survey data clearly show the incidence of mental health concerns were inversely proportional to income. Twenty-one percent of respondents from households making less than \$30,000/year reported severe anxiety and depression, with each successive income bracket reporting lower anxiety and depression scores.

Researchers reported that 41% of Vermont respon-

dents, compared to 38% of all survey respondents nationwide, had increased alcohol usage since the beginning of the pandemic, and 48% of Vermont respondents reported increased cannabis usage.

"We're very appreciative of the over 500 Vermonters who shared their experiences. We also thank lead researcher Marta Vicarelli from the University of Massachusetts Amherst School of Public Policy and her team for inviting us to help distribute their national survey in our state, and for preparing a Vermont-specific analysis for us," said Meg Smith, director of the Vermont Women's Fund, a Change The Story VT partner.

Read the full survey report *Impacts of COVID-19 on Vermont Households: a Survey Analysis*.

(Vicarelli, Marta, Meredith Canada, Yu Ya Htut Tin, Anna Gishin, Madeline Leue, Elizabeth Murphy, Aryen Shrestha, Yash Tyagi. 2021. "Impacts of COVID-19 on Vermont Households: a Survey Analysis." School of Public Policy, University of Massachusetts Amherst, MA, USA.)

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4 Three New PSU Scholarships Seek to Ease Tuition Cost for Students from New England and Tri-State Areas

PLYMOUTH, NH (October 4, 2021) – Recognizing the unique benefit that students from neighboring New England states and the tri-state area of Connecticut, New York and New Jersey bring to its campus, Plymouth State University (PSU) has created three scholarships for residents of these states. Beginning in fall 2022, any full-time, first-year student from Maine, Vermont, Massachusetts, Rhode Island, Connecticut, New York or New Jersey is eligible for a \$2,000 scholarship to help with the cost of tuition.

“Students from our neighboring New England states and the tri-state area make up a significant portion of our student body and we are thrilled to be able to extend this opportunity to them and their families,” said Matt Wallace, director of admissions at PSU. “Our proximity to year-round outdoor recreation, our strong sense of community and our integrated education model make Plymouth State University a wonderful choice.”

In 2019, PSU created the North Woods Connection to pave an easier road for students from Maine and Vermont to attend the University. This program will be updated to align with the new offerings, which include:

North Woods Connection: Full-time, first-year students who are residents of Maine or Vermont are eligible for a \$2,000 scholarship, renewable for three additional years for a total of \$8,000.

Bay and Ocean State Scholarship: Full-time, first-year students who are residents of Massachusetts or Rhode Island are eligible for a \$2,000 scholarship, renewable for three additional years for a total of \$8,000.

Tri-State Scholarship: Full-time, first-year students who are residents of Connecticut, New York or New Jersey are eligible for a \$2,000 scholarship, renew-

able for three additional years for a total of \$8,000.

The North Woods Connection, Bay and Ocean State Scholarship and Tri-State Scholarship are open to incoming first-year undergraduate students, beginning with the 2022-2023 academic year. To be eligible, students must be enrolled full-time in an undergraduate program for both the fall and the spring semesters.

For more information about Plymouth State University, visit www.plymouth.edu.

About Plymouth State University: Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates, and by providing graduate education that deepens and advances knowledge and enhances professional development. The “Plymouth State Learning Model” is organized around seven dynamic, theme-based hubs called “Integrated Clusters,” which emphasize open, integrative, and project-based experiences. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire. To learn more about Plymouth State University, visit www.plymouth.edu.



An Over-Reaction by NSBA

The National School Boards Associations’ (NSBA) recently delivered a letter to President Biden stating “America’s public schools and it education leaders are under an immediate threat... Coupled with attacks against school board members and educators for approving policies for masks to protect the health and safety of students and school employees, many public school officials are also facing threats because of propaganda purporting the false inclusion of critical race theory within instruction and curricula.” The NSBA communication requests the President to “solicit the expertise and resources of the U.S. Department of Justice, Federal Bureau of Investigation (FBI), U.S. Department of Homeland Security, U.S. Secret Service and other federal organizations to intervene ... as these acts of malice, violence, and threats against public school officials have increased, the classification of these heinous actions could be the equivalent to a form of domestic terrorism and hate crimes.”

The letter was written at the national level, without prior review or comment requested from state school board organizations. Contentious issues such as required vaccinations, mask wearing, and classroom instruction directly or indirectly integrating content of critical race theory have rapidly sparked parental concern and ire throughout America. This is certainly the case in

some NH school districts where parents have emotionally expressed their opposition. As Chairman of House Education, I have presided over numerous hearings that often attract individuals and groups with differing opinions. The vast majority of those testifying are courteous and thoughtful while others more intense while expressing their beliefs. This is democracy at work; it encourages freedom of speech. When an individual dives outside the boundaries of civil expression, I gavel the individual down, and remind the individual that civility and respect for process is required.

It’s unfortunate that NSBA has gone to the extreme position of asking the President to engage FBI assistance in dealing with those parents and likening them to terrorists. Issues addressed in the NSBA letter are contentious, and there will always be a few who step outside the boundaries of acceptable civility. Those contentious situations should be resolved locally through effective, responsible procedure that maintains decorum and respect for those with differing opinion. The National School Boards Association claiming that angry parents may be terrorists, and subsequently requiring Department of Justice and the FBI involvement is the equivalent of placing fuel on a fire.

New Hampshire currently has procedures and stat-

utory options for those who question education matters. Numerous steps are available to parents who question policy: talk with your teacher or other building staff, communicate with the principal or superintendent, respectfully attend and offer public comment, contact the department of education, work with parent support groups or talk with an elected official. The issue of wearing or not wearing masks in NH is a local control, policy issue, that reflects careful planning and public input. As in some NH districts, parents have questioned board policy, but opted to take a statutory route toward resolution. With 50 petition signatures or more, a special meeting to address the concern shall take place. This is a peaceful statutory process. In closing, I believe the National School Boards Association’s letter to the President is an over-reaction to matters best resolved at the state and local levels.

Respectfully,
Rick Ladd

The Haverhill Select Board and Town Administration invite you to join them for an OPEN PUBLIC DISCUSSION

WHEN: Saturday, Oct 23, 2021 at 2:00pm *Postponed Until November 13, 2021*

WHERE: Robert E Clifford Memorial Building 65 S Court St, Woodsville, NH 03785

Over 100 Haverhill residents attended the last Open Public Discussion and it proved to be a wonderful forum for residents to ask questions, offer comments, and discuss items of public interest with the Select Board, Town Administration, and their neighbors.

This event will again be moderated by Doug Dutile and will follow the same format as the Open Public Discussion the Town hosted prior to the 2020 Town Meeting; once a subject arises it will be exhausted before we will move onto another subject.

Please join us and bring your neighbor!

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

Volume 13 Number 1

October 12, 2021

Littleton Christmas Parade Coming Back

Littleton Christmas Parade Director and founder Dennis Hartwell announced this week that the town of Littleton will indeed indorse the annual Christmas parade this coming November by backing Hartwell and supplying liability insurance. Hartwell founded the parade in 1986, but shortly after the parade began, Hartwell was pursuing his musical career and the Littleton Chamber of Commerce assumed sponsorship of the event. Over the years, the parade continued on and 10 years ago, Hartwell came back as the Director. At that time, the Chamber of Commerce was still the sponsor.

In 2019, the Chamber gifted the parade back to Hartwell. His response, "It was mine in my heart anyway. No organization could really take it away from me, however the Chamber of Commerce did a great job in my absence." But 2020 became a tragic year due to the COVID pandemic and the parade was canceled.

Hartwell, a kid at heart and a parade fanatic, has

been the backbone of many north country parades. Organization is the key with him and nothing can be left to chance. "You can't put a parade together and just wing it", stated Hartwell. Everything has to be planned well in advance. He is even writing a book about parade planning.

Dennis began his parade career by organizing a Littleton July 4th parade shortly after graduating from Littleton High School in 1975. Surprisingly, it was put together in less than a month. It had no marching bands, but it was full of energy and excitement. This made his blood flow indeed!

Over the years, he has organized Junior Winter Carnival parades, his signature Summer Fest Parades, the Whitefield Bicentennial Parade, founded the Littleton Christmas Parade, and was asked by the Franconia Chamber of Commerce to orchestrate their Old Home Day Parade. Until this day, Hartwell is considered the north country GURU of parades.

Dennis remains modest

and humble. As he says, "Parades are fun and I love doing them. They take 3-4 months to plan, but if you want all the pomp and circumstance that a parade should bring, you need the time to put it together". He remains constant about parade organization. He has developed his own system in putting parades together. He continued, "In a perfect world, a parade takes more than 6 months to plan. Look at the Rose Parade. They start the day after their parade to prepare for the next year". Dennis is right. Planning is of the utmost importance.

His dream is to bring a city parade to Littleton. Be it the likes of Macys, or the Tournament of Roses. His dream may not become reality . . . but as he states, "Dreams cannot happen unless you dream and make it happen. I could NOT move forward unless there was a dream in my mind." Anything is possible in the future and if Dennis can make it happen, it will happen.

This years Christmas Parade will be on Friday, November 26th at 12pm.

Wells River Charter Under Review

Do you know that the Wells River Charter states that in order to vote in Wells River, Vermont you have to have lived in the village for a year? Well, that is not true but that is what the charter says. The charter was approved by the state legislature in 1888, accepted by the Village voters in 1889 and amended in 1937. The state has same day voter registration and there is no length of residency requirement in order to vote in Wells River even though that is what the charter says. It is sections like this, that are in conflict with state laws, that has led the Village of Wells River trustees to appoint a committee to review the charter and suggest changes to be made.

The committee consists of Richard M Roderick - chairperson, Chip Conquest - recorder, and Brian Emerson - trustee. The committee had its first meeting on September 30, and future meetings are scheduled to be the second and fourth Thursdays of the month at the Village Office on Cream-

ery Street at 4PM. The meetings are open to the public. If you are interested in being on the Charter Committee contact Brian Emerson at 802 757 3499.

Once each of the 32 sections of the charter has been reviewed and proposed changes identified, a public hearing will be held and public comments taken. Additional sections could also be proposed. After the hearing the committee will review the comments to see what, if any changes should be made and also reviewed by an attorney.

The next step is for the voters of Wells River to vote on the changes. If voters approve the changes, they will be sent to the state legislature for approval. If the legislature approves, Wells River will have a new or amended charter.

A copy of the charter may be obtained on-line at <https://legislature.vermont.gov/statutes/chapter/24appendix/285> and paper copies will on the Baldwin Library bulletin board.

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Calendar of Events

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

OCTOBER 1 - NOVEMBER 13

isolating together in wood & wood
See Article on Page 1
NEK Artisans Guild, St. Johnsbury

WEDNESDAY, OCTOBER 13

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

SATURDAY, OCTOBER 16

THE COOLEY-JERICO ANNIVERSARY HIKE!
10:00 AM See Article on Page 8
Sugar Hill, NH

SUNDAY, OCTOBER 17

BURROUGHS-HEBBS-MCCLINTOCK HOME TOUR
10:00 AM, 1:00 PM, 400 PM
FULLY BOOKED

THURSDAY, OCTOBER 21

VFW POST #5245 MONTHLY MEETING
7:00 PM
VFW HALL, NORTH HAVERHILL

FRIDAY, OCTOBER 22

CHAINSAW SAFETY TRAINING
FOR LANDOWNERS
9:00 AM - 3:30 PM See Article on Page 13
Grafton County Complex, North Haverhill

ROUGH AND TUMBLE

7:30 PM for tickets: www.courtstreetarts.org
Alumni Hall, Haverhill

SATURDAY, OCTOBER 23

OLD CHURCH THEATER - PRESTO
7:00 PM See Ad on Page 9 and Article on Page 7
Bradford Academy Auditorium

LYDIA GRAY AND FRIENDS

7:30 PM for tickets: www.courtstreetarts.org
Alumni Hall, Haverhill

SUNDAY, OCTOBER 24

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

MONDAY, OCTOBER 25

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

TUESDAY, OCTOBER 26

WOODSVILLE AREA 4TH OF JULY MEETING
7:00 PM
Woodsville Emergency Services Building

SUNDAY, NOVEMBER 7

BENEFIT TEXAS HOLD 'EM POKER
11:00AM-1:15 PM Cash 1:45 Tournament
Moose Lodge 1779, St. Johnsbury

ACOUSTIC MUSIC JAM

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

MONDAY, NOVEMBER 8

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

NGCRC MONTHLY MEETING

6:30 PM
Littleton Elks Club, Lodge #1831, Bethlehem

THURSDAY, NOVEMBER 11

VETERANS DAY PARADE & CEREMONY
11:00 AM
Central Street, Woodsville

SATURDAY, NOVEMBER 13

OPEN PUBLIC DISCUSSION
2:00 PM See Ad on Page 4
Clifford Memorial Building, Woodsville

FRIDAY, NOVEMBER 26

LITTLETON CHRISTMAS PARADE
12:00 Noon See Article on Page 5
Main Street, Littleton

MONDAY, TUESDAY, THURSDAY

10:00 AM - 1:00 PM

WEDNESDAY

6:00 PM - 7:00 PM
GOOD SHEPHERD ECUMENICAL FOOD PANTRY
65 S Court St. Clifford Building, Woodsville, NH.

MONDAY - FRIDAY

WALKING GROUP

11:00 AM

James R. Morrill (JRM) Gymnasium, No. Haverhill

Senior Stretch class

9:30 AM

Clifford Memorial Building (CMB), Woodsville

ANTIQUE STROLLER WALKING PROGRAM

9:30 AM

Clifford Memorial Building (CMB), Woodsville

All listings in our Calendar of Events are FREE OF CHARGE. Check out www.trendytimes.com for an easy way to submit your upcoming event, fundraiser, or performance.

Cottage Hospital Auxiliary's Five Little Ticket Raffle Winners

WOODSVILLE, NH - The Cottage Hospital Auxiliary held its 2021 Little Ticket Raffle drawing on Saturday, September 25th. The raffle was again a big success with all 400 tickets sold. The raffle drawing was held at Cottage Hospital's entrance garden where several supporters, friends and Auxiliary members gathered for the raffle drawing as five lucky winners won the Little Ticket Raffle's cash prizes of \$1000, \$750, \$500, \$250 and \$100. The Little Ticket Raffle is the Auxiliary's primary annual fundraiser.

"The really big winner of the Auxiliary's Little Ticket Raffle is Cottage Hospital as \$5,000 of the raffle proceeds will be donated to the hospital to fund the cost of upgrades and new equipment to better serve the growing needs of the hospital and its patients," stated Dorothy Long, Auxiliary Vice President and Raffle Co-Chair.

"The Auxiliary extends its greatest appreciation to all

of this year's Little Ticket Raffle ticket purchasers and the hospital's administration and staff. The outpouring of community support was terrific," stated Marcia Selent, Auxiliary Co-President and Raffle Co-Chair.

The Little Ticket Raffle's cash prize winners were: \$1,000 - Jim Newcomb of N. Haverhill, ticket sold by Luana Wilson-Reynolds; \$750 - Kathryn Woodward of Woodsville, ticket sold by Dr. Linda DeFrahn; \$500 - Deana Toomey, of Wentworth, ticket sold by Carolyn Hofmann; \$250 - Dick Guy of Woodsville, ticket sold by Jean Adams (NOTE: Mr. Guy donated his winnings back to the Auxiliary); \$100 - Bill Driscoll of Bath, sold by Suzanne Driscoll. Congratulations to all of the 2021 Little Ticket Raffle winners.

The Cottage Hospital Auxiliary is a tax-exempt nonprofit organization. Membership in the Cottage Hospital Auxiliary is open to everyone including hospital

employees. To obtain more information about the Cottage Hospital Auxiliary or to become a member, please visit www.cottagehospital.org/support/cottagehospitalauxiliary or call 603-747-9707.

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The Colonial Presents Spotlight Series: Mandibles for One Night Only

The Colonial Theatre in Bethlehem, NH is pleased to present a screening of Spotlight Series: Mandibles on Thursday, October 14th at 7:30pm. The Colonial's Spotlight Series highlights extraordinary under the radar movies that should be seen on the big screen.

Directed by Quentin Dupieux and starring Grégoire Ludig, David Marsais, and Adèle Exarchopoulo, Mandibles follows hapless friends Jean-Gab and Manu as they attempt to turn an unlikely discovery, of giant fly trapped in the trunk of a stolen car, into a get rich quick scheme. "Everything in the film, from the washed-out color palette to the bleary, riffing dialogue to the throwaway comedy, is understated – everything apart from the sheep-sized CGI fly. And it's from this juxtaposition, between the mundane and the bizarre, that Mandibles draws much of its comic appeal. But while the film is very funny, what's more unexpected is how cu-



riously touching it is. As a portrait of friendship, viewed through the compound eye of a mutant insect, it is multi-dimensional and rather moving." - Wendy Ide, The Guardian

Mandibles won best actor at the Catalonian International Film Festival 2020 Secció Oficial Fantàstic, and now it is showing for one night only in New Hampshire's North Country.

The Colonial's capacity for this event is limited to 60 seats and everyone is encouraged to purchase their tickets online in advance at BethlehemColonial.org, however tickets will also be

available at the door on a first come first served basis.

The mission of the Friends of the Colonial is to preserve and improve this historic landmark theatre, provide high quality film and performing arts programming and quality family entertainment, and offer vision of small town revitalization based on the arts. To learn more about upcoming movies and events, purchase tickets, become a member or volunteer, or for full details on The Colonial's reopening strategy, please visit www.BethlehemColonial.org. While you are there sign up for regular email up-

PRESTO: The View From The Stage

by Gary Scruton

As noted in the last issue of Trendy Times I had the opportunity to once again "be on stage". The Old Church Theater has done one, and plans to do another, production called PRESTO. And I was lucky enough to be accepted when I volunteered to participate in the first production.

Let me tell you a bit about how the day, and the production happened. The day began when the four participants arrived at Bradford Academy to meet with the director Alan Haehnel, at 10:00 am. For me it was the first time I had met any of the other three members of the cast or the director. I should note that the other actors are all involved with Old Church Theater and therefore knew each other.

I must also say here that I can not tell you exactly how the whole day progressed. It was such a whirlwind. I can say that we took up various parts of the production at different times during the day. Each being, somewhat at least, a stand alone segment of the bigger picture. We did go thru the entire production once during the day. I say this to let those interested know that we were never bored. This type of rehearsal also allowed us to continue to embrace the "controlled improv" aspect of the production. In fact several things changed from the initial introduction of the

scene, to the final production, and to be honest, if we did it again, things would once more be different.

Now I have heard from some who attended the performance that it was somewhat difficult to follow the story. That is totally expected, and may even be a part of the production theory. After all it is not your normal production. It is not a "story to be told". It is instead a chance to express yourself as an actor, have fun, and above all entertain the audience.

From my spot on the stage I am pretty sure we entertained. I heard some chuckles, some applause, and even a few quiet ah-ha's.

Regarding the upcoming production of PRESTO on Saturday, October 23, I plan to be in the audience. The actors will, from my understanding, be mostly if not all, different. But the concept and the written words will be the same. Which means the difference will come from the new minds, emotions and experience on stage. That production will take place at 7:00 PM on Saturday, October 23 at the Bradford Academy auditorium.

Let me finish by thanking Old Church Theater for allowing me to participate. Also thanks to Jody, Robin, Emi and Alan for taking the stage with me and making a memory that will last a very long time.

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

October 12, 2021

Volume 13 Number 1

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8 Celebrate Your Community Forest with a Hike at Peak Foliage!



EASTON – Have you been to your community forest lately? The beautiful 840-acre Cooley-Jericho Community Forest (CJCF) is turning nine and everyone is invited to celebrate! Join your friends and neighbors on Saturday, October 16th for the annual anniversary hike at the CJCF (10 a.m. to 12:30 p.m.) hosted by the Ammonoosuc Conservation Trust (ACT). There will be two hikes to choose from so that people of all ages and abilities can explore the Forest.

Both hikes (2.5 and 3.5 miles respectively) will be somewhat challenging, containing steeper sections and moderate elevation gain, hikers should be prepared for the terrain. The groups will move at an easy pace stopping to observe and enjoy nature. Kids are encouraged to come along, and dogs are always welcome!

The CJCF officially came to being in 2013 to protect the upland forest on the ridgelines of Cole Hill and Cooley Hill. Four communities — Easton, Franco-

nia, Landaff, and Sugar Hill — came together to create the Community Forest, which is now owned by ACT and managed in partnership with the four towns. The CJCF is permanently protected and open to all who want to enjoy it. There are all sorts of different ways to have fun in your forest including hiking, mountain biking, snowshoeing, skiing, hunting, and wildlife observation.

Registration for the hike is required and will be capped for your safety and enjoyment, so please be sure to register ASAP. Registration closes at noon on Friday, October 15. To sign up today go to act-nh.org/education-events. ACT's hikes are free and open to the public with a suggested \$5 donation to support conservation in our region.

The Ammonoosuc Conservation Trust inspires and leads private, voluntary action to conserve the land the North Country loves. Learn more and become a member at act-nh.org or by calling (603) 823-7777.



Perfect Tree In New Hampshire

Photo by Cyndi Wellman

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Celebrating 25 Years of Cleaner Rivers - Thanks To You!

Brattleboro, VT – Over the weekend, thousands of volunteers across NH, VT, MA and CT came together to get dirty for cleaner rivers as part of Connecticut River Conservancy's (CRC) 25th annual Source to Sea Cleanup. Volunteers removed trash along rivers, streams, parks, boat launches, trails and more.

"Source to Sea Cleanup volunteers' hard work and dedication is inspiring and makes a real difference for local rivers. We were heartened to see volunteers rallying to protect rivers from trash pollution," said Stacey Lennard, CRC's Cleanup Coordinator. "Everyone was happy to get outside to connect with nature while also making a big difference for their communities. And they shared their photos and stories online to connect with each other using #RiverWitness." Groups included local river and conservation groups; elementary, high school, and college students; Girl and Boy Scouts; and many employee volunteer groups from local businesses.

GZA GeoEnvironmental hosted an employee volunteer group in Connecticut, in addition to sponsoring the event. They noted, "We had a lot of fun on a sunny day, a great team building experi-

ence. It was good to be outdoors and do something that is a benefit to the river and the local neighborhood."

Final trash totals are still being tallied. More than 110 registered groups collected trash from locations as far north as North Stratford, NH near the Canadian border all the way down to Essex, CT near the Long Island Sound. More statistics from the Source to Sea Cleanup will be shared once trash data are compiled and processed through the Clean Swell app developed by CRC partners at the Ocean Conservancy.

Eversource, USA Waste & Recycling, and All American Waste are the lead Source to Sea Cleanup sponsors and organize their own employee volunteer groups, too. "Our employees are dedicated to giving back to our communities throughout the year, and the Source to Sea Cleanup is always one of our favorite events because of the difference we're able to make when we work together to protect the environment," said Eversource Vice President for Sustainability and Environmental Affairs Catherine Finneran. "We're proud of the dozens of Eversource employees who worked with their neighbors to clean up the Connecticut River this weekend, and we thank the

Connecticut River Conservancy and all of our volunteer partners for their leadership and commitment to the environment."

"We look forward to sponsoring and participating in the Source to Sea cleanup event every year," says Frank M. Antonacci, COO of USA Waste & Recycling, "and we know first-hand that proper waste disposal is important to keep our rivers and communities clean."

Trash Talks

After cleaning up more than 1,200 tons of trash from the river over the last 25 years, it is clear that repeated cleaning is not the solution to our trash problem. CRC is working with partners across New England on laws and policies that will improve recycling, redesign our single-use economy to prevent waste, and extend producer responsibility to include the entire life cycle of products.

Join CRC for a series of virtual Trash Talks that connect the trash found on the ground with the work being done to keep it from getting there. Learn more about what was collected during this year's Source to Sea Cleanup and talk about ad-



ministrative and legislative action that continues year-round. Trash Talk details and registration can be found at www.ctriver.org/events.

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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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Fair Day

by Elinor P. Mawson

When it gets to be Fall, I always remember going to the Deerfield Fair. This was an annual school trip for grades K-6 and I loved every minute. The kids did too. They would get permission from their parents and we would look forward to the day.

Some parents volunteered to drive to the fair. These would stay after the buses left for home and their kids could go on the rides (the bus kids couldn't). There would be a trail of 8 or so buses followed by several dozen cars and off we would go.

I had already decided how to divide up my kids. There would be one parent and 3 or four kids in a group, I always took the four naughtiest boys with me.

I would take them aside and tell them they could do whatever they wanted (except for rides), as long as they would give me 10 minutes to go look at the quilt exhibit. They always agreed with that. I remember the

year that the four naughty boys bought plastic swords. I told them they could use them when we found a proper place; we always found some space behind a building and they went at it for about 10 minutes. Then we would go on to an exhibit of farm machinery where they would climb onto a tractor or hay baler and enjoy themselves. After another sword fight, we would go to a 4-H exhibit of food and projects. They would be amazed at the things they saw when I told them that kids their age had done them. Several sword fights later we found an exhibit of Craft-matic adjustable beds. Much to the exhibitor's amazement, we all went in, got on a bed and rode up and down for a few minutes.

Then it was time for the quilts. I held my breath for the whole 10 minutes but the boys were wonderful. They were fascinated by a lady who was braiding a rug, and asked all sorts of questions. She was very patient with her answers. My time went by very fast, but I was proud

of my boys' behavior.

After another sword fight we went to see the animals. They especially loved the pigs, who all had baby piglets. They weren't too impressed with the poultry, but liked the sheep; when they saw kids their own age taking care of them they were amazed.

After a few more animals, I noticed that our time was up, and we headed toward the buses. I admonished them about their swords: they were not to use them in the bus!

Surprisingly the trip back to school was sort of subdued. I don't know about the kids, but I was exhausted! When we got to the classroom it was nearly time to go home, and I told them that their homework would be to write what they liked best about the fair.

Despite it all, Fair day was one of my favorite days of the school year. They don't go to the fair anymore. Someone in their infinite wisdom decided it wasn't an educational trip anymore. I have to disagree.

VNH Announces Promotion

White River Jct., V.T. - Stephanie Mozzer, MSN, RN, CLC has been promoted to Director of Maternal Child Health for Visiting Nurse and Hospice for Vermont and New Hampshire (VNH). Mozzer holds a Master of Science in Nursing Leadership from Western Governor's University, a Bachelor of Science in Nursing from Chamberlain College of Nursing and Providence College, and her Associate in Nursing from Castleton University. Prior to joining VNH, she was the Director of Nursing for multiple facilities in Vermont and a maternal child health nurse. Her expertise in the care of mothers and children will lead VNH to understand the needs of this population in our community and to design timely and creative solutions to meet them.



grams. She will lead a team of clinical and administrative members to manage all aspects of the program including fiscal, quality, regulatory compliance, team growth and development, and community needs.

"Promoting Stephanie to the role of director will provide her the ability to be more creative in how to solve the issues the community is having in maternal-child health. She's an expert in this area and her work with the Strong Families, a grant-funded program that helps infants and at-risk mothers, has grown under her management and leads the state in quality outcomes," said VNH Vice President of Patient Services, Danielle Pietrotti, RN, PhD, CENP. "She has been able to expand the grant to add a third nurse, which will lead to a 40% increase in the number of women and children we are able to serve. We look forward to her continued collaboration with our referring partners to meet community needs."

"I am excited to continue to expand and build the Maternal Child Health programming throughout the VNH territory," said Mozzer. "I am proud to be part of the work the MCH nurses and staff do to support families in our communities. Their work sets the foundation for a lifetime, and often, affects many generations. This is essential for improving health outcomes in Vermont and New Hampshire."

Mozzer will be responsible for the oversight, growth, and development of maternal-child health services and related clinical pro-

New North Country Farming Podcast To Be Released This Fall

Extension's Annual North Country Fruit and Vegetable Conference and Trade Show, held at the Mountain View Grand Hotel for many years, has been retooled and reimaged for 2021. Recognizing that a large in-person gathering was unlikely to happen, organizers have reimaged the meeting to a digital delivery and with topics focused on what it takes to succeed as a North Country Farmer. This fall, we launch our first ever 5-episode podcast, featuring farmers and topics of interest to a North Country Audience. The podcast will be available wherever you listen (Apple, Stitcher, UNH CE homepage, etc.). To enhance the educational value of these episodes, in the fall the hosts and guest join a live lunch time panel to answer listener questions

about what they grow, their business model and their approach to farming.

Look for our podcast and join us on the following dates:

- Oct 20, noon – 1pm: Beekeeping
- Oct 21, noon – 1pm: On-Farm Alternative Energy
- Oct 26, noon – 1pm: A Journey to Build a Farm
- Oct 27, noon – 1pm: Alternative Berry Crops
- Oct 28, noon – 1pm: Mushrooms!

Please Pre-Register at the UNH Extension Homepage or at <https://bit.ly/2021-NCFP>

With Questions, please contact Nicholas.Rowley@unh.edu (603) 788-4961, Heather.Bryant@unh.edu or Olivia.Saunders@unh.edu

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What Does Retirement Security Mean to You?

October is National Retirement Security Month. But what does retirement security mean to you? And how can you work toward achieving it?

Here are some suggestions:

- Build your resources. While you're working, save in tax-advantaged accounts such as your IRA and 401(k) or similar employer-sponsored retirement plan. In your 401(k), contribute at least enough to earn your employer's match, if one is offered, and increase your contributions whenever your salary goes up. Remember, especially early in your career, time is often your biggest asset. Be sure to save early, since the longer you wait, the more you'll need to save to help reach your goals.

- Look for ways to boost retirement income. When transitioning to retirement, you can take steps to align your income with your needs.

For example, consider Social Security. You can start collecting it as early as 62, but your monthly payments will be much larger if you can wait until your "full" retirement age, typically between 66 and 67. (Payments will "max out" at age 70.) So, if you have sufficient income

from a pension or your 401(k) and other retirement accounts, and you and your spouse are in good health with a family history of longevity, you may consider delaying taking Social Security. You also might want to explore other income-producing vehicles, such as certain annuities that are designed to provide a lifetime income stream.

- Prepare for unexpected costs. During your retirement, you can anticipate some costs, such as housing and transportation, but other expenses are more irregular and can't always be predicted, such as those connected with health care. Even with Medicare, you could easily spend a few thousand dollars a year on medical expenses, so you may want to budget for these costs as part of your emergency savings, and possibly purchase supplemental insurance. You may also want to consider the possibility of needing some type of long-term care, which is not typically covered by Medicare and can be quite expensive. The average annual cost of a private room in a nursing home is more than \$100,000, and it's about \$55,000 per year for a home health aide, according to Genworth, an insurance company. To address these costs, you may want to consider some form of protection, such as long-term care insurance or life insurance with a long-term care component.

- Do your estate planning. It's hard to feel totally secure in retire-

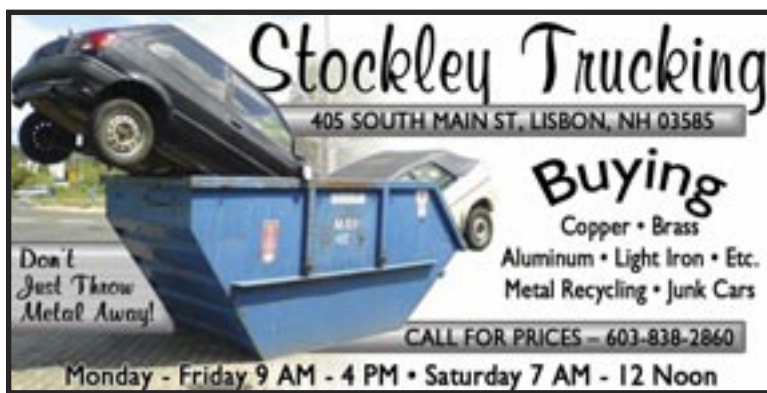
ment if you're unsure of what might happen if you have an unexpected health event, become incapacitated or die earlier than expected. That's why you'll want to create a comprehensive estate plan – one that might include documents such as a durable power of attorney, a will and a living trust. A review of your insurance coverages and beneficiaries can also help protect your assets and ensure they are distributed the way you want. In creating your plan, you will need to work with your financial advisor and a legal professional, and possibly your tax advisor as well.

Thinking holistically about your retirement security and developing and executing a strategy aligned with your goals may help free you to enjoy one of the most rewarding times of your life.

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

Edward Jones, Member SIPC

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A Trail Of Crumbs

by Maggie Anderson

I have a friend who paints, among other things, she's also an avid miniaturist which is how we met over twenty years ago. In a past issue of Trendy Times I wrote about the little watercolor she painted from her hotel window of the view of the boats on the water on Oban Bay in Scotland, it was part of a piece I called Windows.

When I visited her last week she showed me stacks of her paintings from all corners of the world. From fancy locations and humble hostels Barbara has left a trail of breadcrumbs in the form of watercolors in her wake. I was lucky enough to get to choose one to bring home with me.

I picked a larger version of a doll house-sized painting my artistic friend sent me for my birthday several years ago, this version is much larger. Before I packed it she signed it for me and made a quick note on the back saying that it was painted on a trip to Amish country. I've always

loved the view, it reminds me of my Grandmother Fletcher's house in Virginia. A brightly colored quilt hangs on the clothesline and draws my attention to the big farmhouse beyond. The idyllic summers spent at Grandmother's are recreated with each of Barbara's brushstrokes.

Barb's daughter and husband have built her a beautiful little house behind theirs in the undulating hills north of Lodi, California. At the start she drove over now and then to visit and to putter around coaxing a garden to grow from the dusty land, but now she has decided to move there permanently from her home in the Bay Area. Since she has begun the ascent to the century mark it will not be an easy move, I'm certain it was not an easy decision.

While I was with her we spent some time organizing her little pantry and had actually gone shopping for a curtain to hang across the open doorway. We came up empty-handed and had to leave it undone.

I got an email from her a

couple of days ago telling me she was glad we had not found anything because the curtains in her living room in the other house are beautiful lace purchased in the open air market near the Spanish steps in Italy. She said the ones in the bedroom are lace curtains she bought in Ireland. And the gorgeous lace pair in her computer room were found overseas somewhere, she can't remember exactly where or when.

I was happy to hear that, happy for her knowing the things she surrounds herself with are not just things, but each is a touchstone, a memory of people and places that have made her life richer. She is warmed by those memories and if she wanted to hit the road again I have no doubt she could follow that trail of hand-painted crumbs back to any of the places she took the time to paint, all of the shops she found treasures in, and into the arms of anyone who welcomed her the last time they met. We should all be so lucky.

Letter to the Editor: I Know You

To the Editor,
 You drink spring bottled water,
 You didn't want to finish that last bottle of coke,
 Your friend likes Mountain Dew in a can,
 You smoke Winston cigarettes
 And one of your kids collects cards that come in silver wrappers —

eat out or perhaps just ride through for the view.

I know you must want to get away from the traffic and trash from the city,
 Who could ever blame you.

I also KNOW you don't care about my home my town -
 Why? - Because I just spent the afternoon picking up trash from my road -
 A town I grew up in - And when I was young it was then - I did not know you.

Janice Osgood
 North Woodstock, NH

Janice,
 It is indeed foliage season, or as some would say "leaf peeping" season. That means plenty of visitors to our area. And certainly not all treat our roads, our views, and our towns as well as we would wish. But let me also remind you that some of our locals fall short of hitting that mark as well.

So let's welcome the visitors, as if they were coming to your front door. Say hello, invite them in, help them enjoy their stay, and then send them back home so all our lives go back to a point we would call "normal".

Gary Scruton, Editor

Letter to the Editor:

To the Editor,
 My opinion. "Live Free Or Die" was very productive in its time. But to me, today, we need more Inclusion.
 A Choice of a New, NH Number Plate Motto. With

what our country is enduring, it is more appropriate in the 21st Century.
 "United We Stand, Divided We Fall".

Nancy Leclerc
 No. Woodstock

Nancy,
 I certainly can not disagree with your thought on the fact that times have changed. But is the time right for a change to the motto for the State of New Hampshire? Or is it right to change it to another saying that comes from our Colonial Times?

May I suggest we work to be united so that we can together. Because it is true that if we are divided we have a much better chance to fall.

Gary Scruton, Editor

Chainsaw Safety Training for Landowners¹³

October 22, 2021 from 9:00am - 3:30pm

Grafton County Complex - 3855 Dartmouth College Hwy - North Haverhill, NH

Join instructors Ernst Kling of Kling Land Management and Jay Wheeler of Diprizio Pine Sales/Middleton Lumber for this workshop designed for landowners and other non-professional chainsaw users. Participants will learn basic chainsaw maintenance and care, inspection of personal protective equipment, hazard and situational awareness, and chainsaw safety best practices. Participants will receive instruction and will practice cross-cutting, notching, back-cutting, and bore cutting. Instructors will demonstrate tree felling and limbing and those participants who are ready, and approved by instructors, will have an opportunity to practice. Beginner and intermediate levels welcome.

Co-sponsored by: NH Timberland Owners Association (NHTOA)

Space is limited, register soon! <https://bit.ly/ChainsawSafety21>

Fee: \$100 for NHTOA members; \$125 for non-members

What to bring:
 Personal Protective Equipment (PPE):

Hardhat conforming to ANSI #Z89 in good working condition

Eye protection/face screen that meets ANSI #Z87.1 or higher

Hearing protection - ear muffs, plugs, etc.

Non-skid steel-toe or composite-toe boots that provide ankle coverage and have lug soles or caulks

Chainsaw chaps that fit from waist to over the top of

the boot

Chainsaw:

Chainsaw with working chain brake, rear hand guard, throttle interlock system, chain catch peg, pin or stud, anti-vibration/insulation mounts. (If your saw was made by a reputable manufacturer in the last 10 years, then it likely has all these features)

Tools to perform basic maintenance: srench, files and guides for chain sharpening

Fuel up before you come.

Please no electric/battery powered saws. If you need a gas-powered saw, or any of the above named equipment please let us know ahead of time.

Other:

Warm clothes for outdoors

Lunch

Water

IMPORTANT CHAP INFORMATION!

These protective garments contain pads of cut-retardant material designed to reduce the risk or severity of injury to the body parts covered by the pads in the event of contact with a rotating chain. The fibers in the pads provide extra layers of material and are designed to rip apart if they come into contact with the moving chain and to clog the sprocket and stop the chain in certain circumstances. In some contacts, the pads may stop the chain. In other contacts, the pads will resist the cutting process only for a

fraction of a second. The actual degree of protection afforded will vary with the speed of the chain at the time of contact, the power and torque of the saw, the design of the chainsaw sprocket and similar factors. Follow the washing instructions. Improper care may destroy cut-retardant properties of the material.

WARNING FOR ELECTRIC CHAINSAW USERS!

The fibers will not stop the sprocket on most electric chainsaws because of their constant high torque.

Important Information All STIHL chainsaw protective apparel meets or exceeds OSHA Regulation 1910.266 for Personal Protection.

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Tuesday – Friday 9:00 am - 5:00 pm

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Thank you for your understanding.



TRENDY TIMES
 A FREE PUBLICATION



What About Ma?

by Kellie Quackenbush
All About
Columbus Day

As we approach Columbus Day, October 11 (this year), I wonder about the celebrated days on our calendar. Every year we celebrate, on the second Monday of October, Columbus Day. A United States recognized federal holiday since 1937, we get the day off from school and the post office and banks are closed.

Last year as we watched the "Black Lives Matter" protests through out our Country and other places in the world, I was shocked at the number of historic figures that were having their statues removed or destroyed. Among those figures were the statues of Christopher Columbus, the man that discovered the "new world". "Columbus Day is a U.S. holiday that commemorates the landing of Christopher Columbus in the Americas in 1492, and Columbus Day 2021 occurs on Monday, October 11." Per www.history.com/topics/exploration/columbus-day, "For many, the holiday is a way of both honoring Columbus' achievements and celebrating Italian-American heritage. But throughout its history, Columbus Day and the man who inspired it have generated controversy, and many alternatives to the holiday have been proposed since the 1970s including Indigenous Peoples' Day, now

celebrated in many U.S. states and cities."

We have all learned in history class the story of Christopher Columbus, "Christopher Columbus was an Italian-born explorer who set sail in August 1492, bound for Asia with backing from the Spanish monarchs King Ferdinand and Queen Isabella aboard the ships the Nina, the Pinta and the Santa Maria." per www.history.com/topics/exploration/columbus-day, This is an essentially true fact. My question is why would people protest his statues and what about the many cities that are named for him? (Example: Columbus, Ohio), "In March 1493, Columbus returned to Spain in triumph, bearing gold, spices and "Indian" captives. The explorer crossed the Atlantic several more times before his death in 1506. (Otherwise known to be Cuban slaves. Columbus was capturing people from Cuba and the Bahamas and bringing them back to Europe as slaves.)

It wasn't until his third journey that Columbus finally realized he hadn't reached Asia but instead had stumbled upon a continent previously unknown to Europeans."

The fact that our history books did not tell the "whole story" about Christopher Co-

lumbus is not a surprise. In education, they focus on essential facts, and we all remember -- In 1492, Christopher Columbus sailed the Ocean Blue.... The discovery of America was important. Slavery had ended with the Civil War, why dwell on a topic that had (in the scheme of World History) been resolved? Along with slavery, Columbus day also is associated with immigration, the Catholic Church, and cruelty in government. "Controversy over Columbus Day dates back to the 19th century, when anti-immigrant groups in the United States rejected the holiday because of its association with Catholicism. Later, (Columbus) while serving as the governor of Hispaniola, he allegedly imposed barbaric forms of punishment, including torture." per www.history.com/topics/exploration/columbus-day.

Modern thinking is that we should not celebrate people who did bad things. Those people are dead and gone, we are not punishing them. We are educating a new society to the wrongs of the past and bringing awareness to a time in history when people did things that in today's world would be unacceptable. We cannot change the past but instead, look at the growth that has happened in the World and civilization since then.

We should not erase the past, instead, we should see it as it was. An earlier time when people did not have the true understanding of the world around them. From their discoveries and mistakes, we now live today. Happy Columbus day.



by Renee L. Schulze,
MSW, LICSW

Grief

.....

Grief is the response to loss when a person or some living thing has died, to which a bond or affection was formed. It is often quite intense and occurs on many levels from emotional and physical, to social and spiritual. In the early stages, people who are grieving often describe feeling very sad and distraught. Or grief may feel like being "numb" or feeling "disconnected."

Some coping skills for dealing with grief:

Resist comparing your

The Riverside School Starts New School Year

Lyndonville, VT – The Riverside School began its 41st year of operation on August 31st by welcoming 117 students in PreK – 8th grade from 11 towns including: Burke, Danville, East Haven, Glover, Guildhall, Kirby, Lyndon, Newark, Peacham, Ryegate, and St. Johnsbury.

"After a very busy summer reflecting on and preparing for another challenging year, I'm so thrilled to be back with students, in our classrooms, working on our mission," said Head of School, Roy Starling. "The challenges of last year really brought out the best in the faculty team, and we are excited about all of the new ways we're growing as a school. We are incredibly lucky to have such amazing new teachers joining us this year."

Riverside is excited to welcome five new faculty for the 2021-22 school year.

McKenna Earl has been hired as the new Preschool Director. She graduated with a BA in Environmental Studies from St. Michael's College and is currently working towards an MEd in Early Childhood Education from Antioch University New England. She has recently moved back to the area and likes to hike, backcountry ski, and hang with her dogs.

Heather Linehan will serve as a Preschool Assistant. She graduated with an AA in Child Development from the Community College of Vermont. She lives in St. Johnsbury and in her spare time, she loves adventuring with her children, reading a

Mental Health Matters

grief to other people's.

Spend time grieving intentionally. ...

Seek out the right kind of social support. ...

Allow yourself to feel more than just sadness. ...

Take self-care seriously.

The five stages of grief are ;

Denial

Anger

Bargaining

Depression

Acceptance

Don't put time-limits on your grief.

The grieving process can take months or years to go through. Don't expect to be better overnight.

good book, snuggling her dogs, swimming, and digging in the garden.

Emily Spring is the new 3rd grade teacher. She received a BA in Environmental Studies and Studio Art from The University of Vermont and a MEd in Elementary Education from Antioch University New England. She recently moved from San Francisco to be closer to family. In her free time, she can be found enjoying time with her husband and daughter, hiking with her dogs, and other outdoor activities.

The Riverside School shares a belief that working one-on-one and in small groups with children, will lead to success. John Trocchi will support the Riverside community as Interventionist. He received his AA in Business Administration from Cape Cod Community College, a BA in Education from the University of Miami and his MA in Special Populations from Augusta University. His role is to provide students with any assistance they might need as they work to meet and exceed the expectations of their classroom teachers.

Marie Vaine will support instruction in Music and Outdoor Education and serve as Preschool Assistant. She holds a BS in Mountain Recreation Management: Adventure Leadership from Northern Vermont University. She loves to bake, play music, mountain bike and spend lots of time outdoors.

Alice Lee will be moving from teaching 3rd grade to co-teaching grades 1-2.

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Shiloh's
Shaw's
Trendy Threads
Village Pizza
Woodsville Guaranty

VERMONT

BARNET
West Barnet Quick Stop

NEWBURY
Newbury Village Store

BRADFORD
Bliss Market
Bradford 4 Corners
Hannaford's
Kinney Drugs
Robert's Thrift Shop

ST. JOHNSBURY
Anthony's Diner
Dunkin'
Green Mt. Mall
Kinney Drugs
PettyCo Junction
Price Chopper
Subway
White's Market

DANVILLE
Hastings Store
Marty's Quick Stop

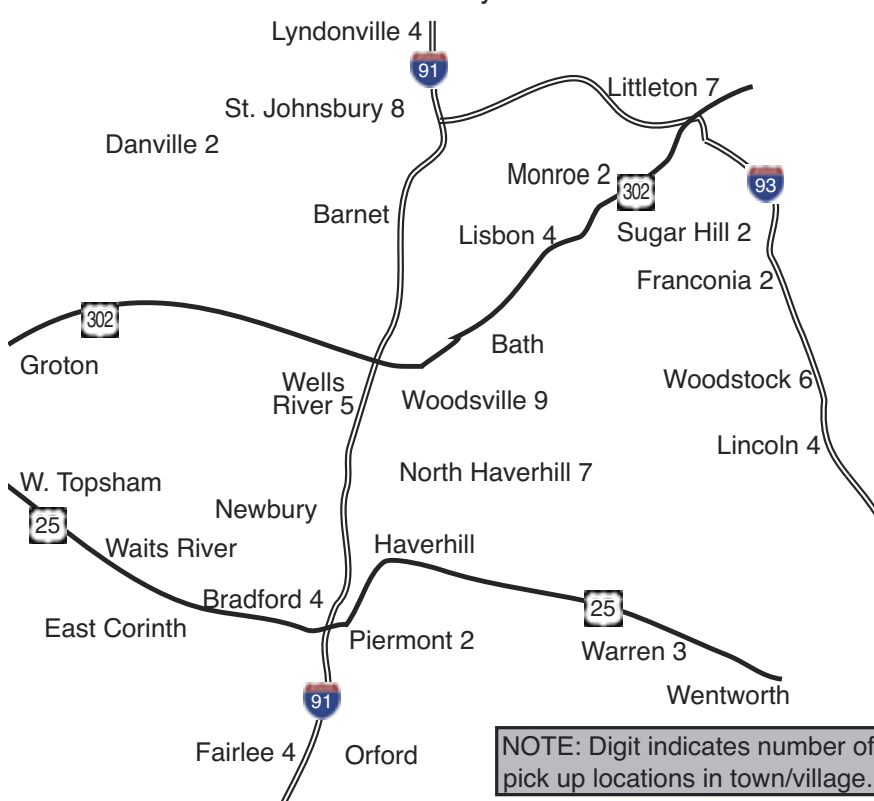
W. TOPSHAM
Gramps Country
Store

FAIRLEE
7/11
Lake Morey Inn
Wing's Market

WELLS RIVER
Big Bubbles
Copies & More
Happy Hour
P&H Truckstop
Tuttle's Family
Diner

GROTON
Upper Valley Grill

LYNDONVILLE
Cumberland Farms
Lyndon Buffet
White's Market Main St.
White's Shopping Plaza



NOTE: Digit indicates number of
pick up locations in town/village.

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



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

Hermit Cookie Bars

Hello hello my fellow chefs. How are you all doing today. I hope you are doing well. I went to Island Pond for a dental visit and the foliage was spectacular. I hope you are enjoying the beautiful colors we are experiencing. My new dog Penny is doing well. She now pays attention to the 3 cats. They are so funny and they keep me amused watching them.

I looked up many recipes for these cookies. I came up with today's recipe. I haven't had Hermit cookies in a long time. These are "Delicioso" and I used my electric mixing bowl which made it easy peasy. To be honest it had dust on it because I totally forgot I had one. It came together really easy. I'll be using it for just about anything I have to mix or beat. It's a handy tool for your kitchen. If you don't have one use your electric beater, which can be tricky, but do your best. Let's get started with today's recipe and how to make it.

Ingredients
4 Cups white flour
2 tsp ground cinnamon



1 tsp baking powder
1 tsp baking soda
1 tsp ground ginger
1 tsp salt
1/2 tsp nutmeg
1/4 tsp ground cloves
2 Cups packed brown sugar
1 Cup or 2 sticks softened butter
2/3 Cup molasses
2 large eggs
2 Cups raisins or 10 oz. package
Preheat oven to 350 degrees
In large bowl combine the dry ingredients the flour, cinnamon, baking powder, baking soda, ground ginger, nutmeg, salt and cloves, use a whisk to mix. In your elec-

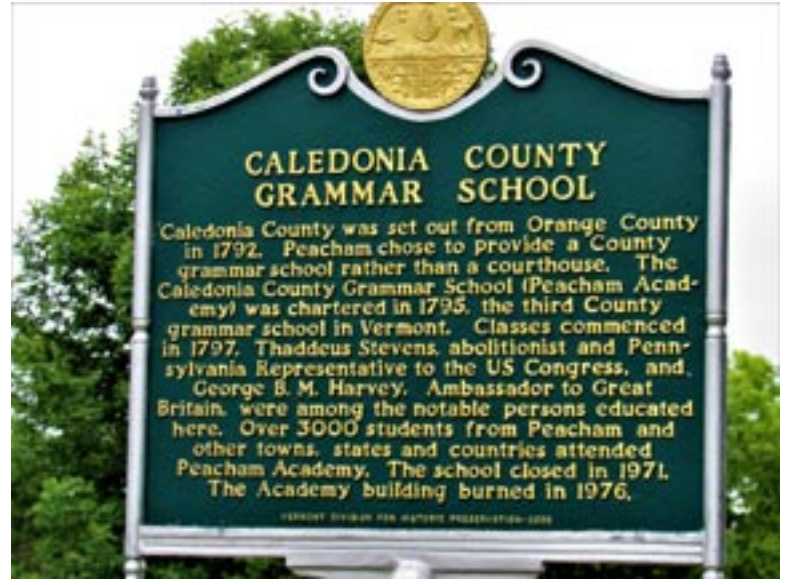
tric mixing bowl cream together the softened butter and brown sugar. As the bowl is turning add molasses, 2 eggs and mix. Slowly add the dry ingredients until combined. Lastly combine the raisins.

Grease and flour a sided cookie sheet and place dough on center. Put a baggie on your hand and press dough even. It's okay if it doesn't reach the edge. It will spread out a little bit and puff a little bit too. Bake for 17-19 minutes. Insert a toothpick in center and test to see if toothpick comes out clean. Mine took 18 minutes. Let cool on cookie sheet. I used my pizza cutter to cut into bars. Use a small knife to cut to edge. I made quite a few, about 40 bars. Remove carefully and stack in pretty dish. Cover when cooled.

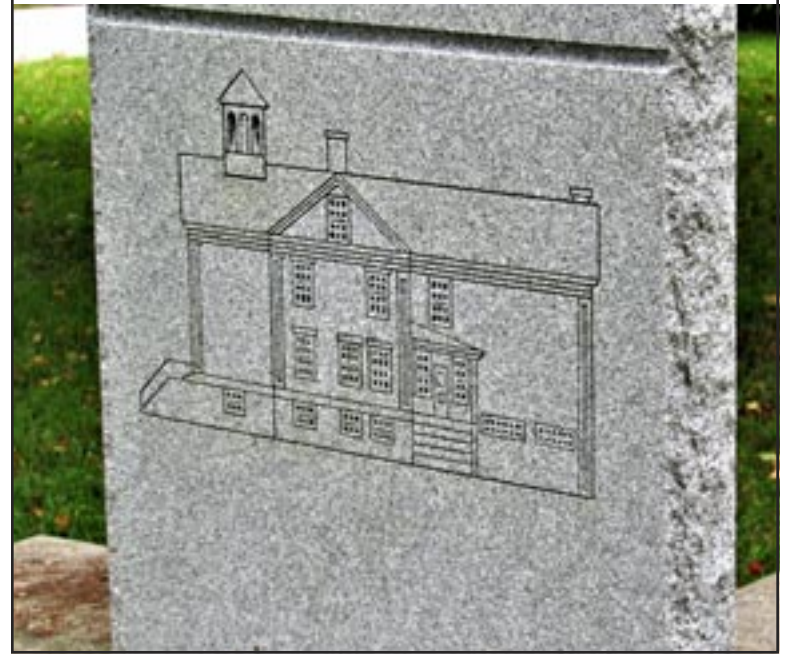
I thought they tasted better the following day. Share them with an elderly neighbor or a friend. Enjoy!!! A cold glass of milk, a coffee or tea goes well.

If you have any questions please contact Gary and I will help you out. I hope you enjoy this wonderful Hermit cookie bar recipe. Give them a try I think you will like them.

Okay folks I will talk to you soon. Until next time I am signing off,
Sincerely,
Cin Pin



Every town has that uniqueness to it. If you are out and about. You should visit Peacham VT. It is one town that looks good every Season. The history and beauty will be a lasting memory.



Volume 13 Number 1
October 12, 2021
Not all Times are Trendy, but there will always be Trendy Times

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COVID-19 vaccines are FREE.
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