

TRENDY TIMES

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

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

FEBRUARY 8, 2022 VOLUME 13, NUMBER 9

Demystifying Conservation:

Learn How A Land Trust Works with ACT

Have you ever wondered what land trusts do behind the scenes? How we build and maintain trails? How we preserve working farms and forests? How we keep our communities' water clean? Join us to learn all about it at 6 pm on Thursday, February 17th for a virtual presentation on the inner workings of your local land trust!

The Ammonoosuc Conservation Trust's (ACT) Executive Director, Rosalind Page, and Conservation Projects Manager, Rick Walling will share the ins and outs of how we protect land for wildlife, forestry, farming, hiking, skiing, and many other uses in our neck of the woods.

Nationally, land trusts play a vital role in protecting local

areas for clean air and water, wildlife, recreation, agriculture, and much more. ACT is your locally based land trust, with over 5,000 acres conserved over the last 20 years. Tune in on February 17th to find out more about how this all comes together!

This is the second installment in ACT's Winter Speaker Series, which is held on the 3rd Thursday of every month. This event is being held virtually is free and open to the public, with a suggested \$5 donation to support ACT's programming and conservation efforts in the region. Registration is required to attend. To sign up today go to act-nh.org/education-events.

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.

More February Events from ACT:

Ski Touring at Cooley Jericho - Saturday, February 26th, 9 am Cooley-Jericho Community Forest, Easton, NH. More information at act-nh.org/education-events or call (603) 823-7777. Free and open to the public. Suggested \$5 donation to support programming and conservation efforts in the region. Hosted by Ammonoosuc Conservation Trust. Registration is required to attend and participation is capped for your safety and the safety of our staff.



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TRENDY Dining Guide

Bliss Village Store

by Gary Scruton

We can all use a little bliss from time to time. And whether or not it is the reason for the name on the sign out front the Bliss Village Store did offer Janice and I a bit of bliss early on a recent Saturday afternoon.

We had finished cleaning up the yard from the recent big snow fall and were both ready for a hearty lunch. So we made the drive to Bradford, parked around the corner and walked over to see what we could find to satisfy our hunger pains.

As I often see, Mark, the owner, was behind the front counter checking folks out and taking phone orders for the deli. But we headed right to the deli counter to look

over the big board, stare into the deli case, and I even grabbed one of the take home menus to explore a bit further. I should mention here that there is a very extensive menu offered by this small deli. From their pizzas to breakfast meals or sandwiches. There is even a children's menu for breakfast and one for lunch.

The two folks behind the counter were obviously busy filling orders when we walked up, but one did acknowledge us and asked for our patience. We did so and a short time later she was ready to take our orders. Janice asked for a Pastrami Reuben. I asked for a large steak bomb sub, plus a large order of fries that we planned to split. As usual we

told her that we would be dining in and she let us know that when the meals were ready she would deliver them to us in the dining area out back. From here we went to the long line of coolers and Janice found a bottle of water and I picked out a bottle of lemonade. From there we continued out back, found a table and took a seat.

I can note here that Janice recently started a new diet with red, yellow and green foods. Not surprisingly not all red food is a red food. Same is true with green foods as well as yellow. It is all based on calorie intake. She can already proudly boast of a ten pound loss in just the first couple of weeks.

As normal it was not long before the counter person came out back with our two plastic baskets of food. She had split the french fries evenly between the two dishes and had a bottle of ketchup with her as well. It was time to satisfy those hunger pains.

Janice first noticed that her sandwich was served on white bread instead of the rye bread she had expected. I did point out that she had not specified when she ordered. Believe it or not that one minor difference turned her sandwich from a yellow food into a red food. But in the end she enjoyed it greatly and had no complaints. It also is true that this diet allows for her to "eat what she wants" on occasion.

As for me I am still on my "see food" diet. I eat whatever food I see in front of me (well, except green beans or lima beans, but that's another story all together). The steak bomb sub included shredded steak, onions, peppers and mushrooms with cheddar cheese on top. Along with my share of the french fries it was plenty for me.

When we were finished with our meals we bussed our table and took our bottles and deli slip up front to pay. On the way I noticed a whole shelving unit full of wrapped goodies. There were cookies, brownies, even individual pieces of fruit including bananas. What finally got me to pick it up was a wrapped package of two chocolate chip cookies. You can see by the photo they were not your normal sized cookies. One was eaten later that day for a snack and the second will be consumed shortly.



The total cost for our two meals, drinks and cookies was \$26.50. I paid the bill with a credit card with Mark at the front counter while Janice stopped once more at the deli counter to leave a tip for the cooks.

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Littleton Food Co-op Partner of the Month for February Mt. Eustis Ski Hill - 188 Mt. Eustis Rd., Littleton, NH



The Littleton Food Co-op February Partner of the Month is a local treasure that can be seen right from our Co-op's windows - Mt. Eustis Ski Hill. Mt. Eustis Ski Hill is a rope tow located in beautiful Littleton, NH. Operated by a dedicated group of volunteers, a suggested donation of \$5 is all they ask when you go to ski or ride. Night skiing, terrain park, & glade skiing. No tubing. Mt. Eustis Ski Hill is located at 188 Mt. Eustis Road, near Birchcroft Drive.

On February 19 from 4 - 7 they will be hosting a Apres Beach Party on the Ski Hill. Activities include beer and food by Rek'-lis Brewing Company, bonfire, raffle, costume contest, the "Rope

Burner" contest, music and more. For more information please go to their website mteustis.org or their Facebook page to keep up to date on all the happenings on the Hill.

Mt. Eustis Ski Hill donations this month will go for all kinds of things like tools, fuel electric, lights, grooming and a huge laundry list of other necessities.

Member-owned Littleton Food Co-op serves the community by providing high quality food, offered at a fair price, with outstanding service. Everyone is welcome to shop and anyone is welcome to join. Through our Partner of the Month Program, the co-op sponsors a different local non-profit

each month of the year. All of the Partners are locally focused, socially and environmentally responsible, non-political, and secular. Partners are chosen by our Member by popular vote. Located at the intersection of Cottage Street and Route 302 (exit 41 off I-93), the Littleton Food Co-op is open daily from 7 am - 8 p.m. For more information or to become a member, please visit www.littletoncoop.com, call 603-444-2800 or just stop by!

Are You Ready To Bring Your Produce Farm Food Safety To The Next Level? We Can Help You With That!

The Universities of Maine and New Hampshire Cooperative Extension programs have joined forces to help produce farmers start or improve their Farm Food Safety Planning with Jumpstart to Farm Food Safety. This yearlong technical support from UMaine and UNH Extension educators is at no charge to you. Once you sign up with the project, we will come to your farm and have a walk-around with you to help identify and prioritize needed food safety modifications. Then together, we will develop a plan to improve food safety and increase the keeping-quality of your fresh produce. We will also help you via phone calls and emails, whatever works for you. After providing this technical support for one year, all or at least important parts of your Farm Food Safety Plan could be in place.

We will host a webinar (see info below) to give more information about the project and how to participate in it. Farms of any size can participate in this introductory webinar. However,

we will give priority to small- and medium-sized farms to enter the project and receive technical support.

Webinar date: March 1, 4:00-5:00 PM

Register for the free webinar here: <https://bit.ly/webinarjumpstart>

Learn More about the Jumpstart Program and Farm Food Safety Resources: <https://bit.ly/jumpstartfarm>

For more information or to request a reasonable accommodation, please contact Robson Machado (ME) or Mary Choate (NH).

robson.machado@maine.edu 207-581-3144
mary.choate@unh.edu 603-787-6944

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NH Fair Legislation Moves Forward

Among the many contentious societal issues in front of the NH General Court, masking and required vaccination have come to the forefront. Although a number of proposed bills on these topics have been sent to the Education Committee for consideration, similar legislation is also in other legislative committees. Hearings are well attended, and do attract passionate perspectives representing both sides of the political spectrum. Within the education committee, public hearings have extended beyond the issues of masking and vaccination. Active parents, as in other states, have come forth stating that they have a fundamental right to make decisions about their children's health care and other educational matters such as CRT and ideas that attempt to rewrite our country's past or foundational principles. This includes masking and vaccination mandates as well as embedding culturally divisive issues into instruction that may be contrary to parental belief and approved curriculum.

By March 10, the educa-

tion committee must have concluded action on all 102 bills presently assigned. Among considerations, the committee is currently looking at bills dealing with the controversial issues noted in this article. To address an open and transparent outcome, amending language will most likely be introduced requiring local board policy to address parental right and expectation to:

a) attend and comment on curriculum and instruction to include materials used for the delivery of learning, or other school related matters during publicly designated school board meeting agenda comment periods or other meetings provided,

b) inquire and be informed if academic curriculum or instruction at the child's school is aligned with New Hampshire statute, State Board of Education administrative rules, or school board adopted curriculum and instruction,

c) access educational materials and curriculum used for learning in the child's classroom and school,

d) make decisions regarding vaccinations and immunizations for the child, and

e) make medical decisions on behalf of their children.

In regard to other legislative matters, the Environment and Agriculture Committee did pass HB1584 establishing a capital improvement grant program for the benefit of state fairs and agriculture fairs with a 18-1 ought to pass motion. The bill will go to the house floor for action on either February 16 or 17. It will then be sent to a second committee such as Ways and Means or Finance to determine and respond to the \$250,000 fiscal note. This bill was submitted by me in an effort to provide capital support for NH fairs that are members of the New Hampshire Association of Fairs and Expositions. New Hampshire's classic country fairs are a favorite summer attraction for residents and visitors alike. The few remaining fairs in our state represent an important opportunity to promote agriculture literacy, provide insight into our past, and certainly are an economic driver for communities and regions such as Haverhill and the Upper Valley.

Respectfully Submitted,
NH Rep Rick Ladd,
Chair House Education

NH Senator Bob Giuda to Speak at NGCRC Monthly Meeting

The Northern Grafton County Republican Committee will hold its monthly meeting on Monday, February 14, 2022 at the Littleton Elks Club, Lodge #1831 located at 42 Main Street, Route 302, Bethlehem, NH. Socializing and refreshments will be at 6:00 PM, and the meeting and guest speaker will be at 6:30 PM.

NH State Senator Bob Giuda, Grafton District 2, will be the guest speaker. Senator Giuda will talk about the 2022 Legislative Update and how people can become involved. Senator Giuda will

instruct people how to use the NH general court website to look up legislation regarding public hearings and other pertinent legislative information. Persons desiring to actively participate may bring their personal computer and log into the WiFi available, and follow along with the visual presentation.

Republicans and Like-Minded Conservatives are Welcome to attend. Interested persons may contact janicenovak@myfairpoint.net. or call 603-823-5011. Keep New Hampshire RED!

Volume 13 Number 9

February 8, 2022

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

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School Board Candidates
Saturday, March 5
2:00 - 4:00 PM
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ALSO AVAILABLE ONLINE

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

Positions to be voted on during balloting on:
Town Meeting Day, March 8, 2022 include:

BEFORE YOU VOTE BE INFORMED

Two Selectboard Seats (3 year term)

Current members are Howard Hatch and Matthew Buelobrk
Moderator (2 year term) Currently held by Alfred (Jay) Holden
Trustee of the Trust Funds (3 year term) Currently held by Scott Horne
Supervisor of the Checklist (6 year term) Currently held by Regis Roy
Treasurer (3 year term) Currently held by Evelyn Elms

Two School Board Seats (Three Year Terms)

Currently held by Richard Guy, John Rutherford
School Board Seat (Two Year Term) Unexpired term of Nate Swain
School Board Seat (One Year Term) Unexpired Term of Dylan Farr
School Moderator (1 year term) Currently held by Alfred (Jay) Holden

This Platform is Sponsored by Trendy Times as a Public Service.

For more information contact Gary @ 747-2887 or email Gary@TrendyTimes.com

Thanks to the Haverhill Town Administration Staff for Assistance with these presentations.

UNH, PSU, KSC & GSC Announce Fourth Consecutive Tuition Freeze for In-State Students

CONCORD, N.H. (January 27, 2022) —In keeping with the public mission of the University System of New Hampshire (USNH) to provide accessible, high quality, affordable higher education opportunities for Granite State families, the USNH Board of Trustees has voted to freeze in-state tuition for the 2022-2023 academic year. This is the fourth straight year that USNH has frozen tuition costs for New Hampshire residents.

“Our University System leadership, our Governor, and our legislature recognize that lessening the financial burden for our residents to pursue degrees is a key economic and workforce advantage for our state’s employers, our communities and for those who wish to establish careers, families and businesses here in New Hampshire,” said Cathy Provencher, USNH Chief Administrative Officer.

USNH institutions currently provide more aid to more students than at any other time in their history, with 95 percent of first-year students receiving some form of institutional aid. Provencher adds, “We are proud of the collective effort

which has resulted in our New Hampshire students paying less on average to attend our public institutions now than in-state students paid five years ago.”

Granite State College, USNH’s adult serving institution with courses primarily delivered online, offers one of the most affordable bachelor’s degrees in New Hampshire.

Additionally, the University of New Hampshire campuses in Durham and Manchester, Plymouth State University, and Keene State College continue to offer the groundbreaking financial aid program, Granite Guarantee, which makes college affordable for more than 1,800 Granite Staters by covering the full cost of in-state tuition for all who qualify. First year through senior year students, along with Community College System of New Hampshire (CCSNH) graduates who transfer to USNH institutions, benefit from the Granite Guarantee. For more information about the Granite Guarantee, please visit: www.usnh.edu/our-institutions/granite-guarantee

To learn more about the University System of New Hampshire please visit:

In First Debate Molly Gray Demonstrates the Readiness and Experience to Deliver for Vermont in Congress

Burlington, VT - Tonight, Lieutenant Governor Molly Gray participated in the first candidate debate in the 2022 race for Vermont’s At-Large seat in the U.S. House of Representatives hosted by Chittenden County Democrats. With three candidates running, Gray drew clear distinctions as the only candidate to have worked in Congress, to have been elected and served statewide, and to have lived and worked in communities across Vermont.

Gray’s nearly half-decade of work in and with Congress includes serving as a Congressional Aide to Congressman Peter Welch following his 2006 election and working for the International Committee of the Red Cross as a Congressional Affairs Associate to promote U.S. compliance with the Geneva Conventions and humanitarian principles.

“We have no time to waste. As the only candidate with experience working in and with Congress, I’ll be ready to get to work for Ver-

monsters on day one - making sure when Vermonters have an issue with social security benefits, passports or small business loans, they get a response. I’ll be laser focused on the tremendous needs of our small, rural state - with our ongoing demographic challenges and steep economic recovery ahead.”

Gray highlighted her unique experience and background living and working in communities across the state throughout her life and career, and while serving as Lieutenant Governor.

“As your Lieutenant Governor, I’ve visited every corner of Vermont. Showing up, listening, and giving our communities a voice in our recovery,” said Gray. “I’ve also worked to give Vermonters a ‘Seat at the Table’ in Montpelier. We need to elect a Congresswoman who understands the challenges Vermonters face and who has the experience to deliver real solutions.”

Campaign Manager Samantha Sheehan, who also led Gray’s 2020 bid for Lieu-

tenant Governor, added “We know national republicans are looking at this seat as part of their strategy to win back the majority in the House. Molly has faced the negative campaign of a self-funding millionaire backed by the deep pockets of national Republicans. She beat them once, and she can do it again.”

Vermont Public Radio and Vermont PBS released the results of a January 2022 poll, showing that if the 2022 Democratic Primary for a seat in the U.S. House of Representatives was held today, Gray would win 3 to 1. In the same poll, Republican Governor Phil Scott’s job approval rating exceeds that of President Biden.

More information about Gray’s campaign for congress can be found at www.mollyforvermont.com.

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Calendar of Events

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FRIDAY, JANUARY 14 - SATURDAY, FEBRUARY 26

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WEDNESDAY, FEBRUARY 9

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SATURDAY, FEBRUARY 12

PEACHAM LIBRARY COFFEE HOUR
7:00 PM
Via Zoom See Article on Page 7

SUNDAY, FEBRUARY 13

BENEFIT TEXAS HOLD 'EM POKER
10:00AM-5:00 PM Cash Games All Day
Moose Lodge 1779, St. Johnsbury

MONDAY, FEBRUARY 14

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

UNIT #20 AUXILIARY MONTHLY MEETING

6:00 PM
4 Ammonoosuc Street, Woodsville

THURSDAY, FEBRUARY 17

NEK CHAMBER LEGISLATIVE SESSION
8:00 - 9:00 AM

7:00 PM
VFW HALL, NORTH HAVERHILL

SATURDAY, FEBRUARY 19

GRAB AND GO CORNED BEEF DINNER
4:30 - 6:00 PM or when it sells out \$ 12.00
United Congregational Church of Orford UCC,

SUNDAY, FEBRUARY 20

SUNDAY MUSIC SERIES
5:00 PM featuring: Metropolis (Jazz/Fusion)
The Listening Center, 490 Lower Plain, Bradford

TUESDAY, MARCH 1

VERMONT TOWN MEETING DAY
A Ballot Box Near You

WOODSVILLE WELLS RIVER 4TH OF JULY

7:00 PM
Baldwin Memorial Library, Wells River

SATURDAY, MARCH 5

HAVERRHILL CANDIDATE PLATFORM
12:00 NOON Select Board Candidates
2:00 PM School Board Candidates
Clifford Memorial Building, Woodsville
See Ad on Page 4

FRIDAY, MARCH 11

RED CROSS BLOOD DRIVE
11:30 AM - 4:45 PM by appointment
National Guard Armory, Bradford

SATURDAY, MARCH 12

HAVERRHILL TOWN & SCHOOL MEETINGS
9:00 AM
Haverhill Cooperative Middle School

PEACHAM LIBRARY COFFEE HOUR

7:00 PM
Via Zoom
GRAFTON COUNTY REPUBLICAN LINCOLN-
REAGAN DAY DINNER
Indian Head Resort in Lincoln.

SUNDAY, MARCH 13

BENEFIT TEXAS HOLD 'EM POKER
11:00AM-1:45 PM Cash 1"50 Tournament
Moose Lodge 1779, St. Johnsbury

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WEEKLY EVENTS AT CLIFFORD MEMORIAL BUILDING

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STROLLERS WALKING PROGRAM
Monday - Friday from 11:00-12:00
MOVEMENT AND STRETCH CLASSES
Tuesday and Thursday afternoons
1:00 - 2:00 PM
PICKLEBALL
Tuesday & Thursday evenings at 6:00 PM
Saturday mornings at 9:00-10:30 AM
LINE DANCING every Wednesday evening
6:00 - 7:00 PM
CORNHOLE LEAGUE. October 27 at 7:00
& 29 at 6:30. November 1 & 5 at 6:30,
10 at 7:00, 12, 15 & 20 at 6:30. 24 at 7:00,
26 & 29 at 6:30.

Community Gathering Places Named to the NH State Register of Historic Places

The New Hampshire Division of Historical Resources is pleased to announce that the State Historical Resources Council has added four properties to the New Hampshire State Register of Historic Places.

Vilas Pool Park, constructed primarily in 1925-26, was gifted to the Town of Alstead by native Charles Nathaniel Vilas and is significant both as a well-preserved example of an early twentieth century recreational area and for its architecture and landscape architecture. The park's manmade pool is formed by a dam that slows the flowing Cold River; other features include a pedestrian bridge, pavilion, boat house, carillon, stone tables and fireplaces, and other structures designed to enhance recreational visits.

The most intact historic store building in Brentwood, the Waldron Store and Keeneborough Grange Hall has served a variety of community functions from the time it was built in 1855. The second floor was home to the Grange beginning in 1892 and has been the site of suppers, theater performances, games and dances

for that organization and for others in town, while the first floor - which has been a general store, post office and library - is now home to the Historical Society.

The simple early Federal-style portion of the Calley Homestead/1820 House in Plymouth was built in 1800; its circa 1820s extension has more sophisticated Federal style details that developed later. One of several late eighteenth and early nineteenth century buildings that still exist on Highland Street in Plymouth, the property had a long succession of owners for its first century. In the early 1940s, it served the community as a boarding house and restaurant, then as an antique shop into the 1970s.

One of more than 100 new library buildings constructed in New Hampshire from 1890-1930, Wentworth's Webster Memorial Library, built in 1916, is one of only five that is classified as Arts and Crafts style. Even more unusual, its concrete basement houses a gymnasium where basketball games were played as late as the early 1970s. Funds to build the library were donated by Wentworth

natives George and Henry Webster to honor their parents, Edward Kendall Webster and Betsy Johnson Webster.

Anyone wishing to nominate a property to the New Hampshire State Register of Historic Places must research the history of the nominated property and document it on an individual inventory form from the New Hampshire Division of Historical Resources. Having a property listed in the Register does not impose restrictions on property owners. For more information, visit nh.gov/nhdhr.

New Hampshire's Division of Historical Resources, the State Historic Preservation Office, was established in 1974 and is part of the NH Department of Natural and Cultural Resources. NHDHR's mission is to preserve and celebrate New Hampshire's irreplaceable historic resources through programs and services that provide education, stewardship, and protection. For more information, visit us online at nh.gov/nhdhr or by calling 603-271-3483.



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A Month In Italy

- Part 2

by Elinor Mawson

La Torre is fabulous! You open the door and go down a few brick steps into a living room, separated by an arch with the kitchen. Then you go up a steep ladder-like flight of steps into a hallway containing a bed, a desk and several bookcases. The bathroom is also on this floor. A winding staircase takes you to another bedroom with half-bath and another winding stair takes you to the "master bedroom" and a final bathroom a few steps above. Finally there is an attic studio on the top floor. A funny little door leads out of the last bathroom down a terrifying ladder to another bedroom belonging to the owner's son.

I immediately took over the first floor "emergency guest bed" even though it was the hallway. The others were less thrilled with what was left and decided to trade places every week. Martine has the Master, Carole has the bed-and-bath, and Nancy is sleeping on the couch for the moment.

La Torre must be at least 400 years old! It seems ancient. Beams are exposed, and there are so many other architectural details. Plumbing is different from the US--the toilet tank is near the ceiling and you press a gizmo on it to flush. There

are bidets in each bathroom.

We have unpacked our suitcases and left them downstairs--it is too hard to move them up the steep ladders.

The next day we got up at 10 AM. We went to breakfast at a cafe in the piazza. "There is a street market going on, and we had a great time choosing vegetables and fruits and cheese and some great pork buns for lunch. The rest of the ladies went out exploring and buying postcards, groceries, and seeing where everything is. We are inside a walled enclave which encompasses houses, stores, bank, pharmacy, and it is all very old and quaint.

Carole and I took naps, but mine was interrupted when Nancy got locked out. We got keys made for everyone.

Nancy made a wonderful supper -- salad, Italian green beans, potatoes and sausage. We drank 2 bottles of wine. I did the dishes. It took 4 hours for supper because we talked so much. It was a wonderful first day in Umbertide.

The next time I will relate some of the experiences we had in the next several days--getting to know each other and relating some of the ways we contributed to living in a very different environment.



by Eli Heath
Paige Computer Services

In this article I am going to talk about some computer problems that I receive e-mail questions about, these are...

I start my computer and after about 5 minutes it shuts down, why? This can be caused by a couple of factors; however the most common one is overheating. Your computer processor has a cooling fan on top, if that fan is not working properly; than the computer will shut itself down to protect the processor from overheating. Open your computer case and make sure the fan is working and there is no dust or debris in the case that would cause it to overheat. If all is ok, than it would be an indication the power supply on your computer is going bad, take it to a shop for repair.

I work on my computer and I get this error "virtual memory low", what is that and how can I fix it? Your computer has 3 types of memory, first type is CPU Cache, this is the memory that is built into your computers processor, it is a storage area where your CPU keeps frequently used data it makes the computer perform faster because it does not have to go out to distant memory locations to get the data, a processor normally has 2 levels of cache, L1 and L2. L2 cache is the memory between the CPU and the memory or RAM chips in the computer. Memory chips or RAM are removable modules you can change in your computer.

Tek Talk with Eli

The RAM memory is a temporary work area inside the computer. When you load a file from your hard drive it goes into RAM memory, the more memory you have installed in your computer the better the performance. The other type of memory is virtual memory. When your computer does not have enough RAM or large enough memory chip installed it creates a paging file on your hard drive. Windows operating system uses a portion of your computer's hard drive for memory. Virtual memory slows down your computer's performance because your computer is swapping data from RAM Memory to your computer's hard drive and when needed back to RAM. You can change the size of your virtual memory by going to Start/My Computer/Control Panel, click on System/Advanced then performance Settings. From there you go to Advanced and then Virtual Memory. Click the Change button, I suggest you select System Managed Size, click Set, then restart your computer/ Windows will then automatically adjust the virtual memory paging file and you will not receive the virtual memory error.

When I first bought my computer it was fast now after time it is slow, what will cause this? As we use our computers some programs install and run in the background when we turn the computer on. A good example is your antivirus or instant messaging program. You do need your antivirus program to run when you start your computer, but you don't need Yahoo or Aim to startup with your computer. To turn off programs you do not need to start with your computer go to Start/Run then type MSCONFIG, or System Config in Windows 10 and 11, press ok, select the Startup tab, uncheck the programs you do not need to

start with the computer. Another memory hog is Kodak EasyShare, I suggest turning it off along with Yahoo and AIM. If you wish to run the programs after your computer has started then click the icons on the desktop to execute the programs. Another free program from Microsoft is called Autoruns, you can get that at <http://technet.microsoft.com/en-us/sysinternals/bb963902.aspx>. It is basically like MSCONFIG but on steroids. If you run Norton Antivirus, McAfee or any other Antivirus Suites see if there is an upgrade. Microsoft has a free antivirus in Windows 10 and 11 called Windows Defender, I recommend that more than any other free antivirus.

You can also check your hard drive for errors. Click on search, type Command Prompt on the right click on run as administrator. When the command prompt windows load type, `chkdsk c: /r /f` press enter, click Y on the next prompt then restart your computer Check Disk will check your hard drive for errors and repair then if needed. After the computer restarts click on your file folder on the left, click on the arrows next to This PC, go down to Local Disk C: Right click, a menu will come up, Left click on properties, select Tools Tab and on Error Checking left click on Check. It will check and repair your Windows File System.

Well I hope some of these suggestions help, and remember if you have a computer problem it is not your fault. Any questions you can e-mail me at paigecs@gmail.com, or visit my website and post a message on our forum at www.paige-computerservice.com or call 603-747-2201. Until next time Happy Computing!

The Listening Room Concert Series

The new concert series at The Listening Room, a new music venue inside East Coast Van Builds on Lower Plain in Bradford continues on Sunday, February 20 with jazz/fusion by Metropolis.

The series is free admission, while QR codes will be posted throughout the venue to make it easy for attendees to donate to the Bradford dog park effort. For more info contact East Coast Van Builds owner Matthew Strong at matt@rooteden-entertainment.com.

The concert will continue on Sunday, March 6 with Space Junk Is Forever (Performing as a funk/prog duo) with Special Guest COPPER VEIN CLONES and on Sunday, March 20

with Maiz Vargas Sandoval Trio (Costa Rican multi-instrumentalist).

White Mountain is the New Hampshire Touring Series Hub Once Again in 2022

N. Woodstock, NH — White Mountain Motorsports Park (WMMP) has a storied history, in it's comparatively young lifetime, as a touring series mecca in northern New Hampshire. Our first event in September 1993 was headlined by the NASCAR Busch North Series and in celebrating our 30th season in 2022, WMMP isn't showing any signs of limiting our exposure to touring series or travelling fans. All in all, twelve different touring divisions will take to the North Woodstock high-banks throughout the summer.

Under the ownership and sanction of the American-Canadian Tour, WMMP will continue to host three races on the ACT Late Model Tour circuit once again. Book-ended by the 47th Caron Fabrication Spring Green and the 44th Fall Foliage 200, the Milton CAT Mid-summer 250 is back once again to shake up the mid-season championship battle. Last year's thrilling duel between championship contender DJ Shaw and part-time invader Jason Corliss ended with the latter crossing the finish line just 0.065 seconds ahead of the former, with the Burnett Scrap Metals hood covering over the Five Star Race Car Bodies windshield through the final five circuits. This year being the fifth 250 lap ACT Late Model event at WMMP is sure to be just as exciting once again, with another \$10,000 top prize on the line.

The Pro All Stars Series will continue their longtime relationship with the North Woodstock facility with three events each for both the Super Late Model and Modified divisions. While the PASS Mods always produce an exciting show on the

White Mountain high-banks, the Super Late Models will have even more reason to fight hard for each and every spot. The first outing on May 15, as part of our 30th Anniversary Opening Weekend, will serve as a New England North race, while the following two will award points to both New England North AND South drivers, meaning a mix of Southern New England competitors will make the drive north on 93 and battle hard for valuable points. The Pro All Stars Series 150 on September 17, as part of the ACT Fall Foliage Weekend, will also serve as a PASS National points event.

Under the same Pro All Stars Series umbrella, the newly founded NE Big-Block Super Modified Series will make two appearances this summer. These big motor, winged, bullet-shaped behemoths are something never seen at White Mountain, but are known to tear up anything from the bullrings of Seekonk or Monadnock to the 5/8-mile of Thompson Speedway. The first time these Super Modifieds hit the track they'll produce lighting-fast excitement like we've never seen at White Mountain, and are surely not to be missed.

Speaking of modifieds, both the Tour-type Modifieds and their scaled down brethren will return to White Mountain after both short and long hiatuses. The Modified Racing Series and New England Pro-4 Modifieds will bring a touch of Southern New England, North, showcasing up-and-coming talent and longtime supporters for the most exciting, open-wheeled racing in the northeast.

That's just scratching the surface. With multiple visits from the GoMotorsportsS-



White Mountain is set to host twelve Northeast touring series in 2022. (Shirley Nickles photo)

hop.com NELCAR Legends Tour and the New England Dwarf Car Series, White Mountain will also host the Northeast Mini Stock Tour (NEMST), the Wicked Good Vintage Racing Association, R&R Race Parts NH Street Stock Open Series and the Senior Tour Auto Racers (STAR). We've also added a series of five races throughout the summer for the new Ammonoosuc Asphalt Mini Late Model class, which follows NEMST rules to offer racers an outlet on off-weekends from the Tour with drivers from across New England showing interest in joining.

From vintage racers to nationally renowned Late Model tours, Modifieds, Mini Stocks, Legends and Street Stocks - White Mountain Motorsports Park has a little bit of everything to serve your need for speed during 22 events throughout 2022.

White Mountain Motorsports Park opens the 2022 campaign with a 30th Season Doubleheader Weekend on May 14 and 15. Saturday, May 14 at 6:00pm is a four-division card with added-distance features for the Foley Oil & Propane Late Models, Wells River

Dwarf Cars. Sunday, May 15 at 1:00pm is the WMMP debut of the NE Big-Block Super Modified Series plus the PASS Super Late Model 150, PASS Modifieds, Ammonoosuc Asphalt Mini Late Models, and Dads 4 By Tool & Supply Kids Division. The annual White Mountain Car Show is also on Saturday from 10:00am to 1:00pm. Pricing and other information are to be announced.

For more information, contact the White Mountain Motorsports Park offices at (802) 244-6963, media@acttour.com, or visit www.whitemountainmotorsports.com. You can also follow us on Facebook at @WhiteMtnMotorsports.

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Patty worked in Woodsville for the past 34 years, first in private practice for 25 years, and then as a member of ACHS - Woodsville since 2013. She was also on the staff of Cottage Hospital as an attending physician at Cottage Hospital for 30 years, until 2017.

Patty has three grown children, and three grandchildren. Eight years ago, Patty and her husband bought the old MacDonald Farm in Topsham, and, with their daughter, are in the process of building a small house using primarily reclaimed materials.

When not practicing medicine, Patty loves to garden, cook and spend time with her grandchildren.



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Winners of Cohase Winter Decorating Contest Announced

WELLS RIVER, VT -- The winners of the first annual Cohase Winter Decorating Contest have been announced. In the residential division, Lorie Walters of Bradford, Vt., won for Walters Winter Wonderland light display. Dylan McMichael of Woodsville, N.H., took second place for Wynters Wonderland. Coming in third place were Cynthia Goslant and Richard Munis of Woodsville for their Festival of Lights.



Lorie Walters of Bradford, Vt., won for Walters Winter Wonderland light display in the residential division,

The winner of the commercial division was Housewright Construction, Inc., in Newbury, Vt. Second place went to Curt 'n Rod Centre in Woodsville. Young's Farm House Christmas in Newbury won third place.

All winners will receive a trophy celebrating their achievement, and residen-



The winner of the commercial division was Housewright Construction, Inc., in Newbury, Vt.

tial winners will receive an additional cash prize.

The contest was a bright spot in the region this winter and inspired over 150 people to enjoy the self-directed tour and vote for their favorites.

"We were excited to offer a socially distanced celebration and encourage people to go out and visit local businesses during the holiday season. The response has been overwhelming, and we look forward to continuing this new tradition next year," commented Ruth Ann Hacking, Executive Director of the Cohase Chamber of Commerce.

The contest was run by the Cohase Chamber of Commerce with the support of founding sponsor Woodsville Guaranty Savings Bank, with additional sponsorship from Stifel Investment Services and Wells River Savings Bank. To learn more about these sponsors and other local businesses, visit the Local Business Directory at cohase.org.

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February 8, 2022
Volume 13 Number 9

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Volume 13 Number 9
 February 8, 2022
 Not all Times are Trendy, but there will always be Trendy Times

Biden is the Neville Chamberlain of the 21st Century

Op-ed by Nick De Mayo
Sugar Hill, NH

For those of you old enough to remember the cause leading up to World War II, you will remember it was the “blitzkrieg war” invasion of Poland by Hitler on September 1, 1939.

For those of you not old enough to know, or those who slept through history classes, let me give you a brief account of the underlying documented situations which led up to the sudden and unprovoked invasion of Poland on that September morning in 1939.

It was “appeasement” on the part of British Prime Minister Neville Chamberlain and the leaders of France and Italy. Some grade school kids may recognize this as situations like “Give me your lunch money, kid, and I promise I (bully kid!) won’t bother you anymore,” ... only to have the same or similar situations go on and on with greater catastrophes!

With countries, “appeasement” is a diplomatic policy of granting political, material, or territorial concessions to an aggressive power (bully!) in order to avoid conflict (repercussions on a “weaker nation!”). Such is the current situation between Russia (bully!) and Ukraine (“little kid being picked on!”). The Munich Agreement of Sept. 30, 1938 was supposed to prevent Hitler and the Nazi War Machine from any incursion into Czechoslovakia if Czechoslovakia

“gave up” the Sudetenland region to Germany. The Sudetenland is an area where more than 3 million people, mainly ethnic Germans, lived. The Sudetenland had been recognized as a natural border between the Czech and the German states since the early Middle Ages. It provided a natural obstacle from any possible German attack. The Sudetenland was of absolute strategic importance to Czechoslovakia!

Germany had started a “low intensity” (“minor incursion” where have we heard that phrase, recently?!) of Czechoslovakia on Sept. 17, 1938. Great Britain and France, which had “alliances,” or “security pacts” with Czechoslovakia, did an “about-face” on those agreements, and formally asked Czechoslovakia to “give up” its territory to Hitler which was followed by Poland (Sept. 21, 1938) and Hungary (Sept. 22, 1938) subsequently giving up some of their territory, also.

The Munich Agreement of Sept. 29-30, 1938 was quickly and peacefully reached on Hitler’s terms, and signed by the Fascist and Nazi leaders of Italy and Germany and the leaders of Great Britain and France. British Prime Minister, Neville Chamberlain, claimed that this agreement promoted “peace for our time” on Sept. 30, 1938. Hitler invaded Poland less than a year later on Sept. 1, 1939 in a “blitzkrieg-type-war” or “lightning war” which culminated 35 days later (Sept. 1, 1939 – Oct. 6, 1939) with the surrender of Poland. Great Britain and France immediately declared war on Germany starting World War II.

The Munich Agreement of Sept., 1938 is widely regarded as a failed act of appeasement, and has become a byword for the futility

of appeasing expansionist totalitarian states.

To those living in some countries of Eastern Europe, the Munich Agreement of 1938 has become known as The Munich Betrayal because it allowed Germany and the Third Reich to quickly and peacefully take over Czechoslovakia’s borderlands. It was supposed to be Hitler’s last territorial claim in Europe in order to promote peace. As you can see, this didn’t stop Hitler’s appetite for more territory and greater power. It just delayed the inevitable!

Today, nearly a century later, we have a “bully” in Russia under the reign of Putin. He has slowly and steadily regained control of former Soviet states which claimed their independence after the fall of the Berlin Wall and the breakup of the former Soviet Union. Left unchecked, he will gobble up Eastern Europe, and create another Russian Empire! Former President Ronald Reagan and former Pope John Paul, II must be turning in their graves! Former members of the Polish Solidarity Union must be trembling! These three were the key players in crumbling the walls of the former Soviet Empire!

While Putin may become the Hitler of the 21st century, Biden is certainly the Neville Chamberlain of the 21st Century by his appeasement to Putin of the Nord Stream Pipeline (a natural gas pipeline under the Baltic Sea providing Germany and all of Europe with Russian natural gas, thus enriching Putin with enough money to wage war upon his neighbors as Hitler did less than a century ago!) and not reinforcing our NATO Allies with American military might sooner.

Let’s hope and pray history doesn’t repeat itself!

Women and the Workforce

Op+ed by Kellie Campbell,
Ed.D., Co-Chair of the
Vermont Commission on
Women

If you have been to a restaurant lately, you have probably seen signs on the door about being short-staffed and asking for your patience. Perhaps you are a parent who received a message from your childcare provider about having to close early or shorten hours due to staffing challenges. If you have read the local newspaper, you might have seen an article about nursing shortages around the state. There is no way around it: times are tough and there are many systemic reasons we are faced with these challenges.

For many in certain fields of work, the challenges that surfaced during COVID were no surprise. These challenges existed BEFORE COVID, with years of social structures that have perpetuated inequity. The fact is that many of the shortages we are witnessing in the workforce today are an outcome of women leaving the workforce. In Vermont, 91% of nurses are women, 82% of healthcare workers are women, 82% of personal care workers (including childcare professionals) are women, and 81% of tipped workers are women. These professionals were named as “essential workers” during the pandemic and were justly honored and recognized for their work and the critical role they play in our communities. But why are we challenged as we face another surge to keep the doors open to many of these services?

Nationwide, COVID is impacting women disproportionately. In Vermont, before COVID, women were at least four times more likely than men to reduce their hours or leave the workforce for a period of time to care for children and aging family members. Unemployment claims from the U.S. Department of Labor suggest Vermont women faced unemployment rates higher than men during COVID. Data from April and May of 2020, just after COVID hit, revealed over 80% of U.S. adults who weren’t working because they had to care for their children who were not in school or daycare were women.

As we approach a hopeful pivot from pandemic to

endemic, we must find a way to re-engage women in the workforce by understanding the barriers that might prevent them from doing so. While we seek to rush back to normalcy, we must understand that for those who choose to re-engage, support is needed.

Many of these positions before the pandemic were lower paying. Tipped work is most often low-wage work, with a higher poverty rate for workers, and barriers such as a lack of regular schedules, no access to health benefits and paid time off, and little room for advancement. National research indicates the practice of tipping is often discriminatory as well, with white service workers receiving larger tips than Black service workers for the same quality of service.

In addition, the median salary for a lead preschool teacher is less than what Vermont estimates as the basic wage needed for a single adult to live on their own. If you want engagement, you must recognize the lived realities. A Franklin County educator shares: “I can remember crying in the parking lots during my lunch break – I would then go back and hold the children as they woke up. I spent my days holding them, wiping their noses, wiping their tears... we get sick every time they do. We don’t all have healthcare, we don’t all have paid sick days – and even if we do, we don’t always have the support or ability to take them. I left the classroom. It is not sustainable.”

Let’s not rush to get back to the way things were. As we seek hope and look for normalcy, let’s understand we can and should do things better. To quote the recently released Public Assets Institute report: “The data are not all in, but one thing is clear: Universal healthcare, livable wages, affordable childcare, and paid family leave would improve the lives of all workers and their families.” With increased awareness and attention to these inequities, we’re seeing public policy conversations about labor in our state evolve and focus on changing the status quo, responding to, and supporting women and BIPOC workers. This is progress, but we have more to do.

For sources and resources referenced: <https://women.vermont.gov/help/publications>

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Stay Work Play Announces 2022 Policy Priorities

Housing affordability continues to be organization's biggest legislative focus area

CONCORD, NH — Housing affordability is Stay Work Play's biggest legislative focus area for the 2022 legislative session, with half of the 18 bills on which the organization has taken a position this year being aimed at making the Granite State a more affordable place to live.

Other 2022 focus areas discussed at a virtual press conference this morning featuring State Sen. Rebecca Perkins Kwoka, D-Portsmouth, include childcare, outdoor recreation, and diversity, equity, and inclusion (DEI). A full list of legislation on which the organization has taken a position this legislative session can be found in Stay Work Play's 2022 policy portfolio.

This is the fourth year of Stay Work Play's nonpartisan, issues-based advocacy program focused on those public policy issues that affect whether young people might stay in, or leave, the Granite State.

"Given how much state level public policy can affect the attraction and retention of young people, we realized that if we really want to increase the number of young people in New Hampshire, that we need to be active in advancing public policies that will make the state an even more attractive place for young people," Stay Work Play Executive Director Will Stewart said.

"Stay Work Play has

helped involve many young Granite Staters in New Hampshire's legislative process," said under-40 State Rep. Brodie Deshaies, R-Wolfeboro. "Policymakers must consider the concerns of younger voters and chart a course for the future. Sometimes, legislators get caught in the now and forget we also need to work towards tomorrow. Stay Work Play has helped us plan for the future and continue improving the Granite State."

Said Rep. Joe Alexander, R-Goffstown, "Given the effect of public policy on the attraction and retention of young Granite Staters, having Stay Work Play's voice in Concord is important. I am especially looking forward to continuing to work with the organization and its advocates to advance the cause of workforce housing development here in New Hampshire."

In addition to direct lobbying at the State House by Stewart, the Stay Work Play Advocacy Network will help the organization to advance its advocacy goals. This group of nearly 70 young people from across the state will be activated to reach out to the legislators who represent them to speak on behalf of Stay Work Play's policy positions.

About Stay Work Play Stay Work Play New Hampshire is a 501(c)3 nonprofit organization whose mission is "to attract and retain more young people in New Hampshire." Learn more at stayworkplay.org.

How Can Gig Workers Fill the Benefits Gap?

Are you a "gig" worker? If so, you've got a lot of company – by some estimates, more than a third of U.S. workers participate in the gig economy as freelancers, independent contractors or moonlighters. And while gig work offers some attractive features, such as flexibility in setting your hours and no real limits on your income potential, it also comes with challenges. Specifically, you may miss out on the array of benefits available to full-time employees of many organizations. How can you fill this benefits gap?

Let's look at some of the standard employer-offered benefits and ways you can acquire them on your own:

- Retirement plan – When you work as an employee, you may have access to an employer-sponsored retirement plan. These types of plans allow you to save for retirement in a tax-advantaged way. As

a gig worker, you may be able to get these same benefits through your own retirement plan. You can always contribute to a traditional or Roth IRA, but you can invest much

more in other types of plans, such as a SEP IRA, a SIMPLE IRA and possibly even a "solo" 401(k). A financial professional can recommend the plan that's suitable for your situation.

- Life and disability insurance – Many employers offer life insurance as an employee benefit, and while this coverage may not be sufficient, depending on one's family situation, it's at least something. But as a gig worker, you'll need to get your own life insurance, which is essential if you have anyone depending on you for financial support. You may also want to look for disability insurance to replace part of your income should you ever become temporarily unable to work due to illness or injury. It's worth noting that some organizations for freelancers and self-employed individuals offer access to life and disability insurance, so you might want to do some research online to check out these groups.

- Health insurance – As you know, health insurance is always a pretty big issue for just about everyone, regardless of their work status. Of course, many mid- to large-size employers offer health insurance to their employees, but as a gig worker, you'll need to find your own, unless you're covered by your spouse's plan. In looking for health insurance, you may want to

contact a "navigator," –the position created by the Affordable Care Act (ACA) to help individuals find coverage. You can find someone in your area by going to healthcare.gov and following the prompts. Depending on your income, you may be able to receive subsidies through the ACA.

Paid time off and unemployment insurance – Many full-time employees are given paid time off for sick leave and vacation. They may also receive unemployment insurance if they lose their job. Since most gig workers won't have access to these benefits, it's important to have an emergency fund available for unexpected (or even expected) income dips. Ideally, you'd want three to six months' worth of living expenses in your emergency fund, but even a few hundred dollars can help create a lot more security to cover life's unexpected events.

Full-time employees receive something of great value in their benefits packages. As a gig worker, you'll have to take the initiative to close this benefits gap – but the opportunities are there, so do what you can to find them. It will be worth the effort.

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

Edward Jones, Member SIPC

Department of Natural and Cultural Resources, Division of Parks and Recreation Public Information and Comment Session on Future Improvements to the Cannon Mountain Aerial Tramway

The Division of Parks and Recreation is hosting a public information and comment session on what the future holds for the Cannon Mountain Aerial Tramway in Franconia Notch State Park at 6 p.m. on February 18, 2022, at the Peabody Lodge, Cannon Mountain Ski Area, Franconia Notch State Park.

The session will start with a presentation by agency staff to provide background information, current status of the Tramway, and possible options for the state to consider moving forward. After the presentation there will be time for questions and comments from the public. Those who are not able to attend in person are invited to review the presentation on our State Parks website <https://www.nhstateparks.org/news-events/improving-state-parks>. Comments and questions can be submitted to, TramComments@dncr.nh.gov or nhparks@dncr.nh.gov by March 1, 2022.

NH State Parks has agreed to follow the Franconia, NH Town Ordinance requiring face coverings, so masks will be required. The

numbers of attendees will be limited by the State's life safety code.

In June of 1938, the Cannon Mountain Aerial Tramway was dedicated as the first in North America. Tram II was licensed in February 1980. The aerial tramway is one of the most important and leading daily spring-summer-fall attraction in the White Mountains region of New Hampshire. The Aerial Tram services ski area clientele 3-4 days per week during the winter season, providing supplemental access to Cannon's 4,080' summit. After 40 years the primary systems such as the cars themselves, the hanger arms, the carriage trolleys, the electromechanical componentry, the motor and braking systems need to be replaced. Each of these sys-

tems has an estimated remaining lifespan of 3-5 years.

The Division of Parks and Recreation is one of five divisions of the Department of Natural and Cultural Resources. NH State Parks and Recreation is comprised of the

Bureau of Park Operations, Bureau of Historic Sites, Bureau of Trails, Community Recreation, and Cannon Mountain. The Division manages 93 properties, including

state parks, beaches, campgrounds, historic sites, trails, waysides, and natural areas. To learn more about NH Parks and Recreation, visit www.nhstateparks.org, follow NH State Parks on Facebook and Twitter, or call 603/271-3556.



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Democracy is at stake in 2022

Commentary by
Congressman Peter Welch

One year ago, on January 6, the U.S. Capitol – the symbol of the democracy we all cherish – was attacked by a mob intent on overturning the decision of American voters to elect Joseph Biden as our 46th President.

The mob came within seconds of capturing Vice President Mike Pence to stop him from doing his constitutional duty of certifying election results. It invaded the U.S. Senate and desecrated symbols of American democracy. The mob then attacked the House Chamber, shattered windows, and attempted to batter down the barricaded doors.

All of this was in service of then-President Trump's false assertion that the election he had lost was stolen from him.

In fact, what Donald Trump was doing was attempting to steal from us the democratic tradition we all share – Republicans, Democrats, and Independents – that the people choose their leaders, not the politicians, and that in our democracy we always transfer power peacefully to the newly elected President.

It was a violent day. The mob engaged Capitol police in hand-to-hand combat that lasted for hours. Five Capitol police died – one, a 42-year-old officer with two young children – and hundreds were injured in the attack. One woman was shot.

I was there when that shot was fired, and when the mob shattered windows and nearly entered the House Chamber.

The violence and destruction failed to achieve the mob's goal. Congress reconvened, and at 3:00 a.m. we certified the election of Joseph Biden as our duly elected President. But though the attack failed, make no mistake – the peril to our democracy continues.

First, much to my dismay, 147 of my Republican colleagues – who, like me, experienced the violence – did not repudiate it but voted against certifying President Biden's election.

Second, what the mob failed to achieve with its January 6 attack, many Trump-aligned state legislatures are attempting to accomplish through legal means – by passing laws that would empower partisan legislators to overturn

the results of a state's election if it didn't produce the outcome that they preferred. Republican legislators have introduced over 400 bills that would enable them to subvert the next election. They are making it harder to vote, redistricting congressional lines to further marginalize voters of color, and giving the power to partisan legislatures by stripping the independent authority of secretaries of state to certify election results. In 2021, 19 states passed these laws.

The right to vote and the peaceful transfer of power are core tenets of our nation's democracy. The future depends on our fight to protect them. To pass voting rights and protect our democracy, the Senate filibuster needs to go. But there is so much more that depends on us working together to make government work for all Vermonters. We need to provide childcare and paid leave to our families. We need to protect reproductive rights and advance racial justice. And we need to finally address climate change.

In the year ahead, I am asking Vermonters to step up where they can - talk to your friends and family about the issues you care about, make sure you are registered to vote, get involved in your local elections, volunteer for people and causes that move you. Take care of each other, speak up when you see injustice, and challenge your elected officials, including me, to fight for what is right. These small steps help build the fabric of our communities and in turn strengthen our democracy.

Six weeks ago, I announced my candidacy for the U.S. Senate. A major reason I did so was to do all I can to preserve and protect the democracy so essential to all of us. It is an all-hands-on-deck moment. All of us must play a role and do what we can, wherever we are, to restore faith in democracy and in one another. We will succeed if we stand together.

by Maggie Anderson

Last week, since our cable bill had not yet arrived, I called to pay it over the phone. When asked for my account number and telling them I did not have it in my hands, I suggested they ask my security questions and was told they are not secure and cannot be used to pay my bill.

Before you hear the flip side, I want you to know I stand corrected - again. Last week I said people need a photo ID even to board a plane. Read on.

The opposite side of that security coin is TSA is now accepting arrest warrants that DHS has issued to folks who have crossed America's borders illegally, as positive ID for boarding a plane. Don't worry, we are told the arrest warrants are validated via an "alien ID number" which is checked against Customs and Border Protection data bases for personally identifiable info - AKA personal security questions. Go figure.

TSA also assures us that holders of those arrest warrants-cum-boarding passes are subjected to additional screenings. Well now, first of all my question is not why the heck can they use an arrest warrant as a valid ID to board a plane in the USA, but why in the world they are allowed to get on a plane at all. Doesn't the phrase arrest warrant set off any alarms?

And additional screenings my foot, I'd bet you five bucks if I had it to spare, none of those waving arrest warrants are subjected to the screenings my husband and I go through when we travel. Believe me I could write a book on that.

Finally let me applaud Mr. Roderick for not questioning my parentage, attacking my intent, or my intelligence in his answer to my last piece. He actually cited references in some of the bills he feels may lead to injustices and hardships for folks attempting to cast their ballots.

I appreciate that, I don't have to agree with him to consider his opinion, and

And Another Thing

though I have read reams of arguments and proposals on the various voting laws and recent bills, I have differing opinions about some of his arguments.

In these current contentious give-but-don't-take conversations, and lack of civilized discourse, his recent rebuttal was refreshing. Seems we agree to disagree in many areas but we also have enough respect for the other's right to a different opinion not to cast aspersions on one another.

I have a couple of things to say about our respective writings. I have spent most of my life without enough nickels to make a dime, because of that I quickly grow weary of "low-income" so often being used as the reason for misery or hardships on those of us clinging to the underbelly of affluence.

Also I've never heard of a town that doesn't have a program in place to help voters get to their polling place. Even in the smallest communities, local libraries, and town web sites have people who will jump at the chance to help others get to the polls, fill out their tax forms, and any one a hundred other things.

And for those who keep repeating there are laws that won't let anybody pass out food or snacks to voters waiting in the polling lines. That simply is not true. They do not say nobody can offer bottles of water to those in

the polling lines. They say no one but election employees or volunteers are allowed to breach the polling stations' no-solicitation zones.

The law is common in every voting place in which I've ever cast a ballot. The no-solicitation zone is meant to keep campaign staff, folks grabbing the last moments to plead their case, and over zealous political party members in either camp from, bullying, harassing, bribing, insulting, or intimidating the citizens waiting in line.

I do not want somebody in my face when I arrive at the polling place. If a candidate has not convinced me they are the best person for the job they seek by then, they waste their time and draw my ire. I choose to be unmolested when I cast my ballot and if I am thirsty, the bottled water is all gone, and there is no faucet nearby, I believe I am smart enough to do what I do when I know I'll be waiting in line for a concert or a Red Sox game, namely carry a bottle with me.

And if it is just too much stress or bother to get myself to the polls, I can do what I do when I am planning to be away on election day - I request an absentee ballot, fill it out and put it in the mailbox along with the birthday card for my BFF.

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What About Ma?

by Kellie Quackenbush

All About The Big Snow

It had been a long time since the snowfall matched the weather predictions. Today was one of those days, we opened the door to find 14 inches of snow pressing on it. At 3:45AM, the snow plows had yet to address the winter wonderland and everything was covered with a winter wonderland of whiteness. My husband set himself to shoveling the entrance to our home, the porch light added to the glisten, and shine of the snow, it was like a blanket of diamonds. The shining white blanket of sparkles was in stark contrast to the black of the night sky and our surroundings, I had to catch my breath at the wonder.

Now, at 4:53AM, the State road crew has yet to pass the house on NH route 10, and my husband called from 3 miles up the road, his car made it that far but the blanket of snow is too much. The corner store was being plowed out and he has parked there for safety. The thick snow covered roads glisten from the neon lights of the corner store. It took 39 minutes for my husband to drive 3 miles, without the main roads plowed, it would be all day to drive the 44 miles to work. So he waited in his car, with no place to go until a main road was cleared.

This is the "stuck in your car" event that I warn people about. In your car, within reach of the driver, you need water, a flashlight, packets of hand warmers, a blanket, snack food, a book or magazine and matches--these are good things to have in the event you get stuck for a while. Having extra gloves, a bag of kitty litter in the

trunk of your car with a shovel is also good so if you end up in a snowbank, you can dig yourself out. Having a cell phone to call for help or advise people that you are running late because....is a good thing. Of course, around here, there are "pockets" of dead zones where your phone will not work--thus the "emergency pack" that you carry.

The State snow plow went thru but only one side of the road was plowed, my husband has returned home, it is 5:21AM, there was only one lane plowed and it was on the wrong side of the road for him to return home but he chanced it. Our "plow-guy" answered his phone when I called at 4AM, he came, quickly, and cleared a path into our driveway, so when my husband made his way back he could drive into the driveway and park. I have great respect for the people who plow driveways. Often they are working in the dark, they have had to drive through the snow themselves and thick blankets of snow hide the hazards of steep driveways. Thank you to our State, Town and local plow truck drivers.

It is 6:14AM and I just heard a State plow truck go by, until now there has only been one lane plowed of the State highway that I live on. My husband has been glued to the morning news that is completely focused on the Snow. My husband has only called work, to say the weather was too much, once in the past ten years and he is anxious to get to work, his team needs him. I tell him that he needs to be safe and it does nobody any good if he gets trapped in the snow

and still does not make it to work.

The news channel keep showing the hazards on the road and numerous accidents that have been caused by the bad driving conditions. Snow, sleet, bad roads, and dark conditions add to dangerous driving. They say do not go out, stay home, be safe. Safety is important.

Knowing that there was a prediction of bad weather, I stock up on essentials. One should always have 3-4 days worth of groceries on hand in the winter. Bread, peanut butter and jam, juice boxes and bottled water--in the event you lose power. Emergency heat source, again, if you lose power. Flash lights, kerosine lanterns and candles are important for light sources. I like kerosine lanterns because they generate some heat while illuminating an area. However, with candles and kerosine lanterns, you will want to place them on a firm solid surface, do not put them near curtains or table clothes that could catch fire and not on the floor where they may get tripped over.

It is 6:30AM and my husband is making prudent decisions about going to work. In a snow storm that is taking the State and Town trucks an extra amount of time to clear the roads, everyone needs to think carefully about driving anywhere.

Ma always said that there were some days that you really needed to just stay put. Read a good book and be patient. Ma was always practical in these matters, what good is it for anyone if you try to drive in very bad weather and get stuck or have an accident?

Happy winter wonderland and may there be safe roads before you.

Letter to the Editor: Loss of Lincoln, NH

To the Editor,

Town planning requires the same dedication and care to mood, color, light and balance as is found in a fine art painting. Without balance and contemplation of forethought it will never be right. The light the colors will not hold the natural beauty once there. No words can be spoken to erase the obvious mistake. But unlike fine art + the structure of a massive hotel next to Rite Aid on Main St. will NEVER be right. The people will see the blocked mountain and sunshine for generations to come.

I was born and raised in this town, as my family several generations before me. I am not alone in my sadness at the site of an ill fitting structure. I spoke with two visitors from Plymouth, Mass. And they actually brought up their dismay of

what was becoming of a once welcoming small town. They spoke the following, "Why leave tall, scene obstructive buildings to travel to New Hampshire, to see the same atmosphere we have left?" I encouraged them to write to the Lincoln town manager and the planning board. I told them that no one cared about the local people in town. Perhaps it is greed, and those that profit will move on to other projects. GENTRIFICATION is a word that we should become familiar with.

My heart is sad indeed. And I do not need to be reminded of anything by anyone on this subject. I have seen much of life, My Opinion Stands.

Sincerely,
Janice Osgood
Lincoln, NH

Janice,

On your final point I 100% agree with you. Your opinion should stand. As should that of each and every other person. We all form opinions on a world of subjects each and every day. And how our opinion is formed can be very different from one person to the next, or even from one subject to the next. It matters not how your opinion is formed, it only matters that your opinion matters.

The second point is that I must disagree with your statement that nobody cares. Obviously you, and the two folks from Plymouth, Mass. care. And where there is some, there are many.

I can only suggest that the members of the planning board, or more importantly those who wrote the current planning rules need to be addressed in order to consider modifying the rules for future use.

I will also agree with you that balance is the key to growth. Growing in the wrong direction can be as dangerous, or ill advised, as not growing at all.

Gary Scruton, Editor

See the February 22 issue of Trendy Times for answers from Haverhill Select Board and School Board candidates.

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 Lavoie's Auto Care
 Joan's Hair Design

LINCOLN
 Goodie's Mobil
 McDonald's
 Tedeski Convenience
 Price Chopper
 Village Mall

LISBON
 Du-Ez Lisbon
 Northrop's
 Sunoco
 Woodsville Guaranty

LITTLETON
 Littleton Mobil
 Littleton Coop
 Littleton Diner
 Shaw's
 Topic Of The Town
 Woodsville Guaranty
 (Cottage St & Meadow St.)

MONROE
 That Dam Pit Stop

NORTH HAVERHILL
 Aldrich General Store
 DMS
 Fadden Automotive
 Hatchland Store
 Haverhill Town Office
 Horse Meadow Senior
 PT Farm

ORFORD
 Patterson's
 Peyton Place

PIERMONT
 Piermont 4 Corners
 Robie Farm
 Woodsville Guaranty

SUGAR HILL
 Harman Cheese
 Polly's Pancake Parlor

WARREN
 Burning Bush
 Calamity Jane's

WENTWORTH
 Shawnee's Gen.Store

WOODSTOCK
 Cascade Coffee House
 Fadden's Gen.Store
 Inn at Lincoln
 Peg's Breakfast/Lunch
 Truants Restaurant
 Wayne's Deli & Meat
 Woodstock Inn

WOODSVILLE
 Bank of NH
 Cumberland Farms
 D&P's
 Dunkin' Donuts
 McDonald's
 Shiloh's
 Shaw's
 Trendy Threads
 Village Pizza
 Woodsville Guaranty

VERMONT

BARNET
 Barnet Village Store
 Paul's Whistle Stop
 (McIndoes)
 West Barnet Quick Stop

BRADFORD
 Bliss Market
 Bradford 4 Corners
 Hannaford's
 Kinney Drugs
 Safe Ship

DANVILLE
 Hastings Store
 Marty's Quick Stop

EAST CORINTH
 General Store

FAIRLEE
 Chapman's
 Cumberland Farms
 Lake Morey Inn
 Wing's Market

GROTON
 Upper Valley Grill
 My Farmers Market

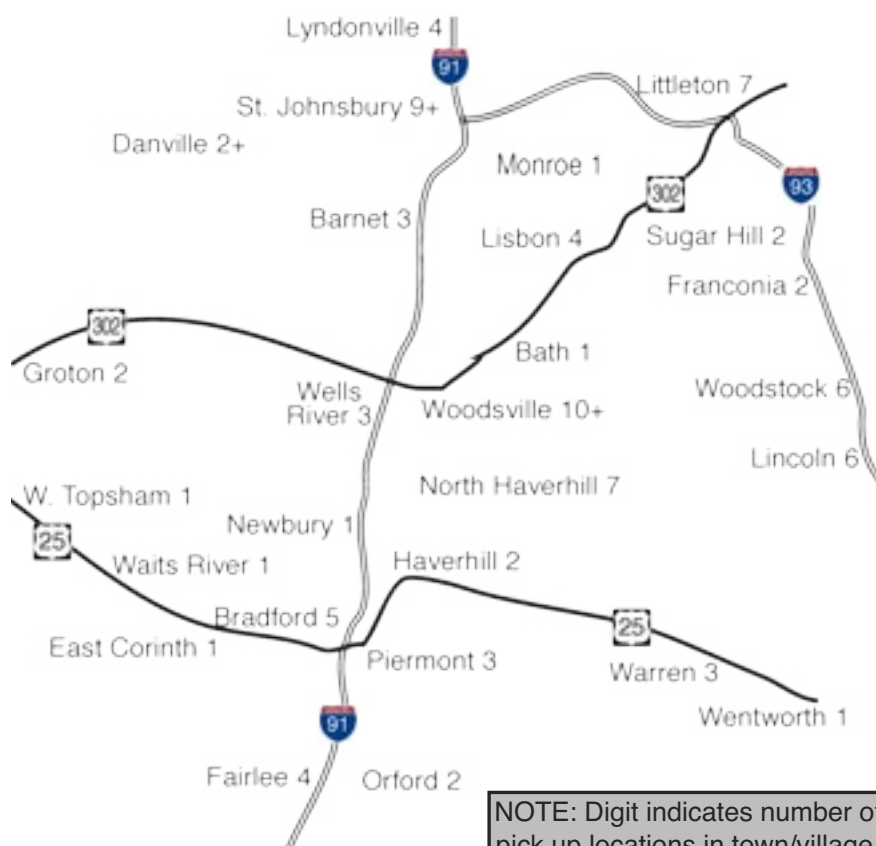
LYNDONVILLE
 Cumberland Farms
 Lyndon Buffet
 White's Market Main St.
 White's Shopping Plaza

NEWBURY
 Newbury Village Store

ST. JOHNSBURY
 Anthony's Diner
 Dunkin' Donuts
 Green Mt. Mall
 Kingdom Crust
 Kinney Drugs
 PettyCo Junction
 Price Chopper
 Saint J Brewery
 White's Market

W. TOPSHAM
 Gramps Country
 Store

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

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by Cindy Pinheiro
to contact Cindy (aka Cin Pin) write to the editor at
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Snickers Cheesecake

Hello hello my fellow chefs. How is everyone doing? I am feeling good, just a little head cold that doesn't want to go away. But it's better than my stomach issues. I'm staying home hibernating this winter and when I do go out I use my mask and follow all the guidelines. I am, as I'm sure you are, tired of this whole pandemic.

My house guest Mike gave me the idea for today's recipe. He owned a diner years ago and made Snickers cheesecake so I searched and came up with this which is like the one Mike used to make. He sampled it and said it was "Delicioso". Let's get started with today's treat and how to make it.

- Ingredients**
- Crust**
- 2 cups Oreo cookie crumbs (22 cookies)
 - 4 Tbsp melted butter
- Filling**
- 3 packages of 8oz cream cheese softened
 - 1 Cup sugar
 - 2 Tbsp flour
 - 4 eggs at room temperature
 - 1 cup sour cream
 - 2 tsp real vanilla extract
 - 24 mini snickers chopped into small pieces
 - 3 Tbsp chocolate sauce (I used Hershey's)



3 Tbsp caramel sauce (I used Smucker's)

Preheat oven to 325 degrees. Place cookies in a large zip lock and lightly hit with rolling pin or side of hammer to crush. Put cookie crumbs in bowl add melted butter. Mix well then put in spring form pan and lightly pat down bottom and up the side a little. Don't press hard because it will come out hard. Bake for 10 minutes then remove from oven and lower oven to 300 degrees.

In mixing bowl mix on low setting the softened cream cheese then add sugar, flour

just until incorporated. Add eggs one at a time and mix. Add sour cream and vanilla extract and mix until incorporated. We don't want to over beat the filling because it causes cracks. Pour half of the filling over the crust, drizzle chocolate sauce and caramel sauce and 3/4 of the chopped snickers, swirl gently with knife then add remaining filling and top with more chocolate sauce and caramel sauce and the rest of the chopped snickers and swirl lightly. Lightly bang down on counter to release any air. Bake on top shelf in oven for 1 hour and 35 minutes then shut off oven and bake for 20 minutes more then crack oven door with wooden spoon and leave in for the last 20 minutes. This lets it cool slowly and helps it to not crack. Refrigerate at least 4-5 hours or overnight.

Oh so good. It's worth the wait and you will be a star for making this! I used an electric mixing bowl which is a good investment or you can use a hand beater on low speed and always scrape sides and bottom often. Please try this decadent dessert with a nice cup of coffee, tea or milk.

Well folks that's it for today's recipe. Enjoy!

Stay healthy my friends. Until next time I will wish you all a Happy Valentines Day, this cheesecake would be a nice surprise for your family or someone special. I am signing off for now. Sincerely, Cin Pin



If interested in a photo card copy.
Contact: cnb.pics07@gmail.com
Cyndi Wellman

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Kate, a life-long Vermonter, obtained her BSN from Binghamton University and her MSN from the University of Virginia. She started her nurse practitioner practice at White River Family Practice in WRJ.

She left family practice for Urgent Care, and is now returning to her passion of holistic care for the whole family. When not at work, Kate enjoys spending time with her husband and daughter on their farm in Corinth, playing in the woods, tending to the animals, and making maple syrup.

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