

A FREE PUBLICATION

TRENDY

Mother's Day



Next Issue: Tuesday, May 17
Deadline: Thursday, May 12

TIMES

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MAY 3, 2022 VOLUME 13, NUMBER 15

LANCO To Entertain at North Haverhill Fair

The calendar may have just turned from April, but planning for the 78th annual North Haverhill Fair has been going on for quite some time already. One of the sure signs that the fair is getting close is the announcement of the featured acts for this year's fair.

This year the first announcement is regarding Saturday, July 30. The Thayer Stage will be the one-night home for Multi-Platinum selling band LANCO as they continue to forge new territory after the roots-frontier explorers and live-performance junkies broke out with the 2x Platinum multi-week No. One hit "Greatest Love Story." Creating a heartland rocker for a new generation, the band followed up with the Billboard Country Albums chart topper HALLELUJAH NIGHTS, marking the first

Country group to earn a No. One debut in a decade. Additionally, LANCO garnered another PLATINUM certified hit with "Born To Love You", before the launch of their new anthemic HONKY-TONK HIPPIES EP, which was self-produced by the band, with each track penned by at least two members. The group traveled to the iconic Fame Studios in Muscle Shoals, AL to record the new music, absorbing its heart-pounding and soul-shaking influence. Now set to release five new tracks fit perfectly for the road. New music from the ACM "New Group of the Year" follows multiple nominations from the CMT, CMA, ACM, AMA and iHeartAwards, while Lancaster became the first member of a group to win NSAI's "Songwriter/Artist of the Year" award. As LANCO

continues to "bring the full-band sound back to Country" (Newsday) the five-man band will build off their deep-rooted connection with fans on their headlining HONKY-TONK HIPPIES TOUR. For more information on LANCO visit www.lancomusic.com. The LANCO concert will start at 8:00 pm, Saturday, July 30 on the Thayer stage. As has always been the case at the North Haverhill Fair, there is no extra fee to see this exciting show once you have paid your general admission to the fair.

The 78th annual North Haverhill Fair will also include plenty of other staples. Animal pulling events, pig races and plenty of exhibits happen all five days. Plus demo derbies on Wednesday & Friday. Tractor pulling Saturday, 4x4 pull on Sunday, an open



ox show on Saturday, ride specials Wednesday, Thursday & Sunday, plus a wide variety of food from local and far away vendors.

Thayer Stage will also see plenty of other action every day of the fair. Those announcements will be coming out in the next few weeks. The best news is that admission to see all of these events and more is just \$15 for

adults, Children 5-12 are \$3, Children under 5 are free, and there is also free parking.

So mark your calendars, if you haven't already, for the 78th annual North Haverhill Fair, July 27 thru 31 at the Fred C. Lee Memorial Field, 1299 Dartmouth College Highway, Route 10, in North Haverhill, New Hampshire.

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TRENDY Dining Guide

Tuttle's Family Diner

by Gary Scruton

I have been writing the Trendy Dining Guide articles for quite some time now. I continually get comments from people I meet about the articles, or just a question such as "where are you going this week?". That same familiarity rolls over to those who run the eateries I write about. That is especially true with the smaller eateries.

When we walked into Tuttle's Family Diner on a recent Friday evening we looked around a bit for a table. While looking, a waitress we did not recognize told us that we could sit wherever we like. At that point we noticed a booth that now sits in front of the northern window of the building where Tuttle's is located. It

just happened that sitting at the next table was a group which included friends we had seen the last time we visited here. (Small towns are so much fun!).

We took our seats and the waitress brought over a pair of menus and asked us what we would like for a beverage. We both asked for a simple glass of water. We were given a choice of with or without lemon, we opted for plain ole water.

Of course sitting right next to others, especially folks you know, you begin to hear some comments about a wide range of topics including the food, and especially the specials of the day. It also helps when the owner spots you and she comes over recommending a particular dish.

When our waitress came

back we asked about those specials, which she happily gave to us. Janice decided to order one of the foods we had heard mentioned, whole belly fried clams. She got a choice of potato (french fries) and a side (cole slaw). I went with the suggestion that Jennifer had given me, chicken and biscuits. I also got a choice of potato (mashed, please).

I should add here that while we were waiting for our meals to come out Jennifer also walked by with a huge carrot cake. We heard



her telling our friends that her husband had made the cake, but she made the frosting and applied it. Shortly after that we saw her bringing three big pieces of that carrot cake to that adjoining table. I filed the information away for later.

It was not long before our waitress came out from behind the counter with two big plates full of food. The pile of fried clams and french fries that Janice was served was



a very plentiful serving. Enough so that she even allowed me to taste a couple of those wonderful tasty treats.

My order of chicken and biscuits were served in a bowl while the potatoes were on the plate. Of course I had also asked for gravy with my potatoes.

Janice and I both agreed

that the clams were cooked just right and had plenty of the flavor we had expected. The fries were cooked the way we have come to expect from Tuttle's. Tasty, plentiful and filling and just the right amount of crispness.

Regarding the chicken and biscuits, there was a good thick white sauce that I would expect for this dish. The biscuits, therefore, were able to soak up a good amount of the sauce. The chicken itself was, as expected, plentiful and satisfied my taste buds just fine.

I mentioned earlier that carrot cake. When I had finished my regular meal and after asking about other possibilities from the dessert menu, I asked to have a piece brought my way. Though I tried to get Janice to help me finish the cake, she left it all to me and somehow I was able to get it all consumed. But I was certainly quite full when it was time to get up and go home.

The total cost for our two meals, water to drink, and my dessert was \$48.71 including taxes. As is our custom we left a cash tip on the table for our waitress.

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New Hampshire Launches Local Restaurant Infrastructure Investment Program

Concord, NH – The Governor's Office for Emergency Relief and Recovery (GOFERR) has launched a new Local Restaurant Infrastructure Investment Program. This new COVID-19 relief program, funded by American Rescue Plan Act (ARPA) funds, will provide awards of up to \$15,000 to local restaurants seeking reimbursement for eligible equipment, infrastructure, and technology purchases.

The Local Restaurant Infrastructure Investment Program will help address workforce issues and overall restaurant safety challenges due to COVID-19 that small, local restaurants across the state have experienced. The deadline to apply for the program is July 13, 2022, at 4:00 P.M., via the GOFERR Grant Portal. Review of applications will begin prior to the deadline. More information on the program can be found here.

Dayhike and Dine

Some of the best moderate day hikes in northern New England -- and some of its best restaurants -- are in the Lower Cohase region or within an hour's drive. Inspired by this, the Bradford Parks & Recreation department is introducing Dayhike and Dine, a series for landscape lovers and foodies.

On the third Sunday of each month, we'll meet at the Bradford Park & Ride and carpool/caravan to a select moderate trail or trail network, with hiking distances typically in the 2-6-mile range.

After the hike, the group will head to a quality restaurant near the trailhead.

For our first outing on May 15, we'll meet at 10 a.m. and set out for Spruce Mountain in Plainfield, Vt.

(4.4-mile round trip; 1,180 feet of elevation gain). After the hike, it's on to Positive Pie on Main Street in Plainfield to enjoy its classic Italian/American fare plus hand-tossed thin-crust pizza.

As an added bonus, participants will receive a coupon for 10 percent off at Out of the Whey Cheese Shop in Bradford!

This is a rain or shine event barring a heavy downpour. In the latter case, the hike will be rescheduled to Sun., May 22.

Questions? Contact Bradford Parks & Recreation Commission's Jared Pendak at jpendak@gmail.com or 802-449-7597. Email and text alerts available on request.

Lisbon Area Historical Society To Host Program by Greg Connors on Lisbon's Shoe Industry

LISBON – Greg Connors, former President of White Mountain Footwear, will be the guest speaker at a free public program hosted by the Lisbon Area Historical Society on Wednesday, May 18, 2022, at 7pm at The Shared Ministry's White Church on South Main Street in Lisbon. Connors, his family, and partners have a long history in the local area and international shoe business, and Connors spent four decades at the helm of the Lisbon shoe factory on Whitcher Street before retiring. At one time over 300 were employed at the Lisbon factory, where in 1995 the last women's leather footwear in New Hampshire was manufactured. The company, now named White Mountain Footwear by International Shoes, Bali, Lisbon Shoes, and Rosita Shoe, continues to operate its business interests in the United States and China from office space in the former Lisbon factory



The Lisbon Area Historical Society will be hosting a program on May 18 on the history of the shoe industry, presented by Greg Connors, former President of White Mountain Footwear in Lisbon. Pictured is the shoe factory in 1973 when it was operated by Lisbon Shoes. Courtesy photo

building.

Connors will share the history of the local shoe industry, which eventually grew to become a major manufacturing business operated in the Whitcher Street factory prior to White Mountain Footwear by International Shoes, Bali, Lisbon Shoes, and Rosita Shoe, names that will bring back many memories for the former factory employees from Lisbon and a wide

radius.

The program is free, and refreshments will be available. The Lisbon Area Historical Society preserves and promotes the rich history of Lisbon, Lyman, and Landaff, New Hampshire. For more information on the Lisbon Area Historical Society and the program go to www.lisbonareahistory.org or call 603-838-2003.

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Academic Achievement Matters & Suicide Prevention Lifeline

As a member of the University System New Hampshire Board of Trustees, the conversation regarding racial diversity has often risen. This topic has further extended to student admissions and hiring practices. While reviewing several national studies, a Pew Research Center survey conducted this past March caught my attention. I have often questioned, "what are the primary factors that should be considered when determining college admission?" In regard to college admissions, the discussion of diversity and equity have consumed attention throughout the country. Progressives are preoccupied with imposing racial preference policy requirements when considering student admittance and personnel hiring practices. Survey results found from the the Pew Research Center identify Americans wanting college admission and hiring decisions based on merit. In asking 10,000 survey respondents regarding college admissions, about two-thirds of Americans indicated that admission based upon merit should be a

major factor. Nearly three of four respondents said race or ethnicity should not be a factor in student admissions. According to survey results, college admission, based upon merit as a major factor, is supported by "59% of Blacks, 68% of Hispanics, 63% of Asians and 62% of Democrats. In addition, 4 in 10 stated that standardized test scores should also be a major factor, with 85% of all respondents indicating that standardized test results should be at least a minor factor. Massachusetts Institute of Technology (MIT), that made standardized tests optional several years ago, recently rejected the idea that tests hurt or detract from diversity, and announced the institute will once again require applicants to take the SAT or ACT. In summary, there are a number of factors that most Americans believe colleges should take into account in their student admissions and hiring practices such as community service involvement, but to center these policies primarily around racial diversity or racial preferential treatment is contrary to equal opportunity.

nity.

Lastly, but very important, the education committee passed SB234 this past week. According to the National Alliance for Mental Illness, suicide is the second leading cause of death in young people aged 10-34. Governor Sununu recently stated, "these worrying trends have only been exacerbated by the COVID-19 pandemic." SB234 as amended, provides the resources to NH's students by requiring schools and post-secondary education who issue student identification cards to include the National Suicide Prevention Lifeline phone number and three digit emergency 988 number that will be available throughout the country effective July 16, 2022. The Lifeline provides 24/7 free and confidential support for people in distress who seek help, crisis resources and also offers available, best practices for professional assistance. States across the country have already taken this step, such as South Carolina, Arizona and Illinois. As recommended by the House Education Committee, this legislation shall be known as the Jason Dickey Suicide Prevention Act. Martha and Paul Dickey, Jason's parents, thanked the committee, "If Jason could hear it, he would absolutely feel the same as we, humbled and honored."

Woodsville Wells River 4th of July Celebration Theme

With this year's theme of "Sights and Sounds of the US" there are sure to be many interesting floats and walking entries in this year's Woodsville Wells River 4th of July Celebration.. As in past years there are cash prizes for the top three Commercial and Non-profit float entries. Those prizes are \$300 for first, \$200 for second and \$100 for third. There are also cash prizes for walking units of \$100, \$50 and \$25. We congratulate Jen Knutson who submitted the winning theme for this years' event. Thank you Jen.

Following the parade there will be plenty of happenings at the Woodsville Community Field. Live music, food vendors, craft and flea market vendors, Vertical Attractions with plenty of inflatable entertainment, plus bingo, a dunk tank and more.

One more event that promises to bring the street of Wells River, and Woodsville, alive is the 4th of July

Window Decorating Contest. All businesses in the two villages are encouraged to participate. We do ask that businesses register for the contest, especially if you are not on the main streets, but we hope to judge everyone. Cash prizes will be awarded with winners announced on the 4th of July at the Community Field

The capper for the July 4 Celebration is the Gigantic Fireworks Display at 10:00 PM. Please note that for this year the display moves back to the Paddy Acres area of Wells River (the fire department test grounds) for its launch site. This still means the best vantage point to watch the display is at the Community Field.

As always the committee would love to get your help with some of these happenings. If you can offer an hour or two sometime during the day there are numerous jobs to be done. Specifically we are looking for help to set up the parade, do traffic control during the parade, run the

Bingo game, sit in the dunk tank or sell chances for whoever is sitting there, or to sell raffle tickets. It is volunteers and the contributions of so many generous area businesses that make this day happen. For more information or to volunteer contact 4th of July President Gary Scruton at 603-348-4563 or email president@wvr4th.org

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Senator Erin Hennessey Will Not Seek Re-election

LITTLETON, NH – District 1 Senator Erin Hennessey (R-Littleton) issued the following statement:

"Today, I am announcing that I will not be seeking another term in the NH State Senate. I cannot begin to put into words how much of an honor and privilege it has been representing the North Country as the District 1 Senator and previously as a State Representative. Thank you to everyone who has helped me along the way during this once in a lifetime opportunity.

I am very proud of what we have been able to achieve during my 8 years in New Hampshire's volunteer legislature; from increased education funding for our public schools and White Mountains Community College, to bringing much

needed infrastructure improvements and investments in health care, to sending more money back to our towns and stopping an income tax.

While it is bittersweet to be leaving the legislature, I am very grateful that you gave me the opportunity to do my part to make the Granite State a better place to live and to visit. Our state, and our region, are a unique and special place, and I look forward to future opportunities to help our community and help New Hampshire."

Senator Hennessey serves on the Senate Education, Finance, and Ways and Means Committees. She also served three terms in the NH House prior to being elected to the State Senate.

NGCRC Monthly Meeting

The Northern Grafton County Republican Committee will hold its monthly meeting on Monday, May 9, 2022 at the Littleton Elks Club, Lodge #1831 located at 42 Main Street, Route 302, Bethlehem, New Hampshire. Join us for a Town Hall Gathering and meet the New Hampshire Republican Primary Candidates who are running for the U.S. Senate.

Refreshments and socializing will be at 6:00 PM, and a short meeting and Guest Candidate Introductions, Statements and a Question and Answer Session will begin at 6:30 PM. 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!



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Vermont Fish and Wildlife Department Picks Fight with a Vermont Federal Wildlife Refuge

STOWE-Vt., The US Fish & Wildlife (USFWS) manages an unparalleled network of public lands called the National Wildlife Refuge System. These refuges play a critical role in providing protected habitat for millions of species including many who are threatened or endangered. Vermont only has two refuges: Silvio O. Conte and Missisquoi. Both hunters and non-hunting wildlife enthusiasts enjoy these lands with very few restrictions. There is growing concern that the Vermont Fish & Wildlife Department (VFWD) fails to represent these stakeholder groups fairly, showing tremendous bias toward hunting interests.

Last summer, the Conte Refuge (Refuge) solicited public comment on its 2021 Hunting Plan (Plan). Wildlife advocates, hunters, VFWD, and other stakeholder groups participated. There was heightened concern among wildlife advocates over the long hound training season that impacts at-risk ground nesting birds, including the Canada Warbler and the American Woodcock.

In September, the Refuge amended their Hunting Plan and shortened the hound training—not hunting—season by two months (from June 1 to August 1) to address concerns over the impact on ground nesting birds—a move considered a small concession by wildlife

advocates who wanted a complete ban on hounding on the refuge, among other prohibitions.

VFWD Commissioner, Christopher Herrick, vehemently disagrees with the new restrictions. Mark Scott, Director of Wildlife at VFWD, not only disagrees with the Refuge's decision but chose to harshly criticize the Refuge manager personally and professionally in communications to hounders and colleagues.

Newly released VFWD emails obtained through a public records request from Protect Our Wildlife reveal disparaging remarks made by VFWD's Director of Wildlife about the Conte Refuge manager in reaction to the minor changes made to the hunting plan. VFWD Director of Wildlife wrote, "My guess is he wants a promotion and is willing to sell his professional integrity. SAD." The Director also said that the Refuge manager was dishonest and unprofessional, and that he lost all respect for the manager. Protect Our Wildlife is awaiting additional public records that have yet to be released by Governor Scott's office.

"In Vermont Fish & Wildlife Department's time-honored tradition, senior staff disparage Vermonters who disagree with the department's often unscientific positions and sadly, Vermonters and our wildlife always lose," said Lisa

Jablow, Board Member of Protect Our Wildlife.

Additionally, the Director of Wildlife also shared emails with Senator Leahy's office from a hounder calling for diversion of federal funds that were earmarked for the Conte Refuge and reallocating it to VFWD. Wildlife advocates view this as a retaliatory attack in response to the Refuge's minor restrictions on hounding.

"This unwarranted attack by the Vermont Fish & Wildlife Department on the Refugebiologist over minimal restrictions to hounding is a real threat to conservation and collaboration and also illustrates how deeply political wildlife management is," added Jablow.

Protect Our Wildlife has had previous concerns over hounding activities on the Refuge as documented in their 2015 petition here. VFWD has historically prioritized politics over the protection of at-risk species on the Refuge as evidenced here.

In response to the VFWD Commissioner, Christopher Herrick's, recent public pleas for respecting others' opinions and turning down the vitriol, POW President, Brenna Galdenzi, said, "Commissioner Herrick, you ask that we all respect differences of opinion, but the evidence indicates that your senior team doesn't follow that plea."

Monique Priestley Announces Her Run for State Representative of Orange-2

Following the April 28 VTDigger announcement of Sarah Copeland Hanzas's run for Secretary of State, Monique Priestley announces her candidacy for the 2022 election for State Representative of the Orange-2 District.

Monique is a seasoned leader who thrives on connecting people to each other and to resources. Over the past decade, she has served over two dozen local, regional, and statewide organizations. She is ready to leverage her experience to serve the communities of Bradford, Fairlee, and West Fairlee.

"I have watched Monique embrace collaboration in her work among the towns in our region. I know she will represent the towns of Bradford, Fairlee, and West Fairlee well. Monique will be a strong voice in Montpelier." —Sarah Copeland Hanzas

Monique is Executive Director for The Space On Main in Bradford, VT and Director of Digital for CampusCE Corporation in Seattle, WA. In Bradford, she serves as a Justice of the Peace and is on the commissions of Planning, Public Safety, and Resilience. Monique chairs the boards of Green Mountain Economic Development Corporation and Vital Communities and is a director of numerous boards including Vermont Council on Rural Development, Community Capital of Vermont, and Cohase Chamber of Commerce.

Monique will run as a Democrat and will be sharing more information in a kickoff planned for next week.

Learn more about Monique Priestley and her campaign by visiting <https://moniqueforvermont.com>.

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

May 3, 2022

Volume 13 Number 15

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All residents, businesses, and friends of Wells River are invited to join a special meeting. We have received federal funds to do some special projects for the village and we want YOU to help decide how best to promote community and vitality in Wells River.

**Thursday, May 19
beginning at 5:00 PM**

**Wells River Congregational Church
78 Main St-across from the Trucking Terminal**



USED BIKE SWAP!

**SATURDAY MAY 7TH 10-5,
SUNDAY MAY 8TH 10-2PM**

If you have a bike you want to sell, bring it to us before May 7th, pay a small listing fee of \$7.50 per bike and we will sell it for you. If it sells, you get your choice of 90% store credit or 60% cash.

Bikes must be of bike shop quality and safe.

If you are looking for a good used bike, come to the swap on May 7th at 10am! Our parking lot will be set up with all the used bikes.

On Sunday all bikes leftover go down down to their reserve price.

Email us with questions info@littletonbike.com

Calendar of Events

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

TUESDAY, MAY 3

WOODSVILLE WELLS RIVER 4TH OF JULY
7:00 PM
Baldwin Memorial Library, Wells River

THURSDAY, MAY 5

SCHOLARSHIP AUCTION FIESTA
5:30 PM
Mountain View Grand Hotel, Whitefield

FRIDAY, MAY 6

REIMAGINING THE AMERICAN SONGBOOK
7:30 PM
Alumni Hall, Haverhill

SATURDAY, MAY 7 - SATURDAY, MAY 14

FREE CLOTHING GIVE AWAY
9:00 AM - 6:00 PM each day.
Town Hall, Warren, N H

SATURDAY, MAY 7

LETTERS FROM IRAQ
8:00 PM See Article on Page 8
Colonial Theater, Bethlehem

SUNDAY, MAY 8

BENEFIT TEXAS HOLD 'EM POKER
10:00AM Cash Game 1:00 PM Tournament
Moose Lodge 1779, St. Johnsbury

AN AFTERNOON OF BACH

3:00 PM
Alumni Hall, Haverhill

MONDAY, MAY 9

BATH BOOK CLUB DISCUSSION
4:30 PM
Bath Public Library

NGCRC MONTHLY MEETING
6:00 PM See Article on Page 4
Littleton Elks Club, Bethlehem

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

WEDNESDAY, MAY 11

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

SUNDAY, MAY 15

DAYHIKE & DINE
10:00 AM See Article on Page 3
Bradford Park & Ride

ACOUSTIC MUSIC JAM

12:00 noon - 3:00 pM
Clifford Memorial Building, Woodsville

WEDNESDAY, MAY 11

LISBON'S SHOE INDUSTRY
7:00 PM See Article on Page 3
The Shared Ministry's White Church, Lisbon

THURSDAY, MAY 19

YOUTH MENTAL HEALTH FIRST AID
8:00 AM - 4:30 PM See Ad on Page 9
Wells River Congregational Church

SPECIAL COMMUNITY MEETING

5:00 PM See Ad on Page 5
Wells River Congregational Church

VFW POST #5245 MONTHLY MEETING

7:00 PM
VFW Hall, North Haverhill

SUNDAY, MAY 23

PADDLE THE BORDER - SPRING
10:30-11:30 AM suggested launch time
Woodsville Community Field - Bedell Bridge
See Ad on Page 8

SUNDAY, JUNE 5

TEE IT UP FOR KIDS
8:00 AM Shotgun Start See Ad on Page 16
Maplewood Country Club, Bethlehem

MONDAY, JUNE 13

BATH BOOK CLUB DISCUSSION
4:30 PM See Article on Page 6
Bath Public Library

EVERY SUNDAY

BETHANY CHURCH WORSHIP SERVICES
9:00 AM "the church set apart on the hill"
Mt. Moosilauke Highway, Pike, NH
phone: jo anne at 603-787-6658

WEEKLY EVENTS AT CLIFFORD MEMORIAL BUILDING

South Court Street, Woodsville
ANTIQUÉ 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

Volume 13 Number 15

May 3, 2022

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

May Activities for HMSC

Bone Builders is for those that are registered in advance

- 5/2 1:00 Drums Alive
- 5/3 8:00 Nifty Needlers, 9:30 Bone Builders, 10:00 Basics of quilting, 11:30 music by Marshall Meade
- 5/4 1:00 Bingo, 1:00 Drums Alive
- 5/5 9:30 Bone Builders, 10:00 Writers Group
- 5/9 10:00 Interfaith Chat, 1:00 Drums Alive, Haircuts by Marshall/by appointment
- 5/11 11:00 Veterans Coffee Hour, 1:00 Bingo, 1:00 Drums Alive
- 5/12 9:30 Bone Builders, 10:00 Floral with Jane, 10:00 Writers Group
- 5/13 Foot Clinic by Appointment, 1:00 Shelf Stable Food Pick up by appointment
- 5/16 1:00 Drums Alive

- 5/17 8:00 Nifty Needlers, 9:30 Bone Builders, 10:00 Basics of Quilting
- 5/18 11:00 Book Club Discussion, 1:00 Bingo, 1:00 Drums Alive
- 5/19 9:30 Bone Builders, 10:00 Writers Group, 1:00 Mother's Day Tea Party
- 5/20 11:15 Commodities in the parking lot
- 5/23 10:00 Interfaith Chat, 1:00 Drums Alive, Haircuts by Marshall/by appointment
- 5/24 8:00 Nifty Needlers, 9:30 Bone Builders, 10:00 Basics of Quilting
- 5/25 1:00 Bingo, 1:00 Drums Alive
- 5/26 9:30 Bone Builders, 10:00 Writers Group
- 5/30 CLOSED
- 5/31 8:00 Nifty Needlers, 9:30 Bone Builders, 10:00 Basics of Quilting

Want to Connect to Other Readers? Join the Bath Book Club!

The Bath Library Book Club will be discussing 22 Britania Road by Amanda Hodgkinson on Monday, June 13th at 4:30 pm at the Bath Public Library.

In this tale of a Polish family desperately trying to put itself back together after WWII, Silvana and Janusz travel to England where they attempt to put the past behind them. But, the secrets they carry pull at the threads of their fragile peace.

Books may be picked up at the Bath Library on or after May 9; hours are Tuesdays, Wednesdays and Thursdays 9:00am to 5:00 pm and Saturdays 9:00 am to noon. Anyone with an interest in reading and conversing about books is welcome to attend. For information, please contact the library at 603-747-3372 or email bathlibraryal@gmail.com.

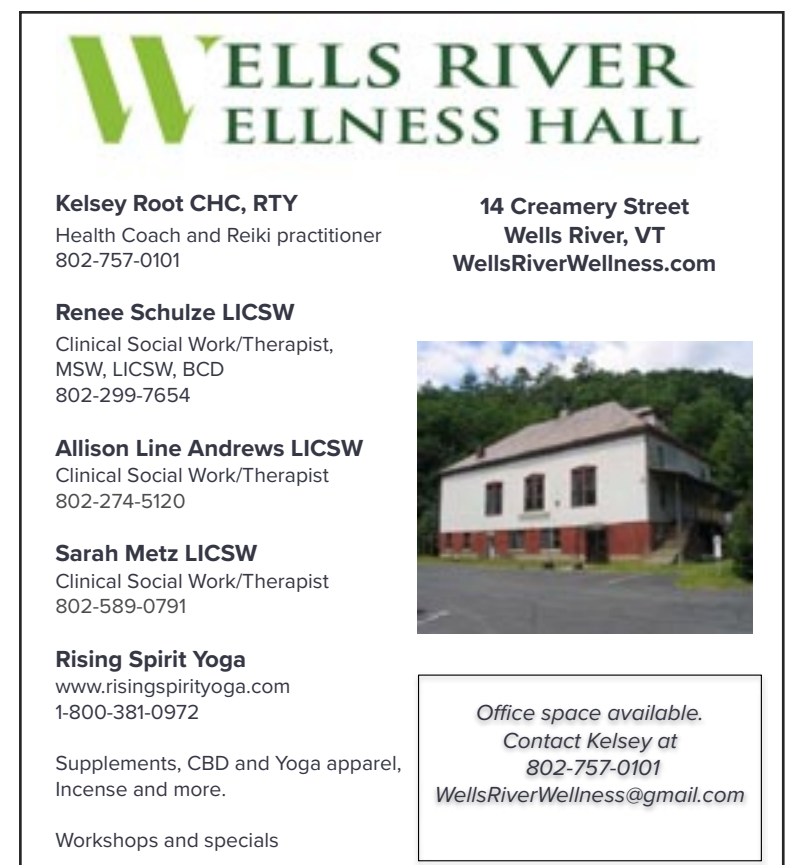
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The First Day of High School

by Elinor Mauson

Like most kids, I looked forward to high school with some excitement and a lot of trepidation. The trepidation came from 1) my shoes (my father insisted I wear brown, tie-up shoes called Oxfords when girls my age wore loafers or black flats), and 2) My father also insisted I take Latin and Algebra 1 which didn't interest me in any way.

But I put on my new outfit, ate my breakfast and went outside to wait for the bus. And I waited. And waited.

And waited. But it never came. My mother called the chairman of the school board and asked for help. (She didn't own a car),

Eventually John showed up. He claimed not to know anything about the bus and told me to get in his car. And that's what I did.

He dropped me off at the high school door. When I opened it up and went in, I couldn't believe my ears! You could have heard a pin drop!

I looked around the hall and into some of the classrooms. Nobody! I wondered if I had the wrong day -- or

worse. I began to think that the bus driver knew something I didn't.

As I worked my way along the hall, I heard a voice. I followed the sound until I noticed I was headed toward the gym. And the gym was filled with people! They were listening to the source of the voice of whom I figured was the principal. I stood in the doorway, wondering what to do next.

And then I decided.

I walked into the gym and headed across the front of the room to the only vacant chair in the place. All I could think of was that everyone in the gym was looking at my (hated) shoes. As I sat down, I noticed that the principal had stopped talking for a moment and I wished I was invisible. All thoughts of Latin and Algebra 1 disappeared from my mind. Up until then it was the worst day of my life.

Later on, one of the older students that I knew asked me what had happened. I told him about the bus and my dilemma.

His comment? "What on earth made you sit on the wrong side?"

Musician, Dancer, Drummer, Educator Theo Martey named NH Artist Laureate

New Hampshire's Executive Council has confirmed Gov. Chris Sununu's nomination of Theophilus Nii Martey of Manchester as the next New Hampshire Artist Laureate.

An accomplished teacher of West African drumming and dance as well as a songwriter, recording artist, producer and performer, Martey received the Governor's Arts Award for Arts Education in 2019.

Born in Accra, Ghana, he has more than 33 years' experience as a performer and arts educator across three continents. He has lived and worked in New Hampshire for 20 years.

Martey has received grants from the National Endowment for the Arts, the New England Foundation for the Arts and the New Hampshire State Council on the Arts – among others – to teach school residencies, workshops and performances across New England. He has taught more than 5,000 workshops to school chil-

dren from first grade through high school, college and university students, and in communities.

"Theo is a very talented musician and will be an excellent ambassador for New Hampshire's vibrant arts community," said Governor Chris Sununu. "I look forward to seeing how much he will accomplish in our communities as New Hampshire's artist laureate!"

"For over two decades, I have been invited into dozens of schools across New Hampshire as an artist in residence, working with students so that they may experience West African drumming and dance hands-on," said Martey. "To be named artist laureate is an honor, and I look forward to continuing to use music to empower others to discover their best selves and promote the importance of arts across the state and the region."

In New Hampshire, the artist laureate is a two-year honorary position that re-

ceives no compensation. Artists are appointed by the Governor and Executive Council through a recommendation provided by the New Hampshire State Council on the Arts.

Martey is the ninth artist laureate in the program, which was established in 1997.

More information, including biographies of Martey and previous New Hampshire artists laureate, is available at nh.gov/nharts.

The New Hampshire State Council on the Arts, a division of the New Hampshire Department of Natural and Cultural Resources, enhances the quality of life in New Hampshire by stimulating economic growth through the arts, investing in the creativity of students, making the arts accessible to underserved populations and preserving heritage arts. Learn more about the New Hampshire State Council on the Arts at nh.gov/nharts.

In Castleton Debate, Democrat Molly Gray Talks Student Debt, Issues Facing Vermont's Next Generation

Burlington, VT — Tonight, Lieutenant Governor Molly Gray participated in the first in-person forum of the 2022 race for Vermont's lone Congressional seat, hosted by Castleton University. During the forum, Gray discussed the role of Vermont's colleges in equipping the state's workforce, as well as her plans to rethink the nation's system of higher education.

"Just today, in Rutland, I talked with a fellow Vermont Law School graduate who said that his student debt felt like a 'mortgage on his life,'" Gray said. "We have to reform our system. So it's not just about canceling the debt, it's building a system that works and sets us up for a better future."

During the forum, Gray expressed her support for free, two-year associates degrees for diplomas in high-demand sectors, as well as increased federal support for apprenticeships, technical schools, and on-the-job training.

To help finance her education, Gray tended bar at the Worthy Burger in South

Royalton while attending Vermont Law School. Like many Vermonters with student loan debt, Gray has had to work a second job. While serving as an Assistant Attorney General, Gray taught night classes in international human rights law as an adjunct professor at Vermont Law School.

"Molly shares the experience of so many Vermonters," Campaign Manager Samantha Sheehan said. "Like many, she knows what it's like to put off starting a family or buying a home due to student loan debt. Now is the time to elect the next generation of bold Vermont leadership to Washington; Molly has the skills to get the job done."

At other points in the de-

bate, Gray discussed her support for local, national, and international action to tackle climate change – citing her recent endorsement from Todd Stern, the U.S.'s chief negotiator of the Paris Agreement.

She also called for robust federal investment to address workforce shortages in mental healthcare as well as increased access to telehealth.

Gray announced her run for the U.S. House of Representatives on December 6, 2021. If elected in 2022, she will be the first woman in Vermont's history to hold federal office. More information about Gray's campaign for Congress can be found h



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Not all Times are Trendy, but there will always be Trendy Times May 3, 2022 Volume 13 Number 15

Letters from Iraq Opens The Colonial Theatre's 2022 Season

On Saturday, May 7th The Colonial Theatre in Bethlehem, NH will present the inspiring live performance of Letters from Iraq created by virtuoso oud player and composer, Rahim AlHaj.

Letters from Iraq expresses the love and pain of the people of war-torn Iraq through their letters. Each composition was created from actual mailed letters transposed into eight gripping songs by the NEA National Heritage Fellow Honoree and Two-time Grammy-nominated Iraqi-American. The May 7th performance at The Colonial features AlHaj with string quintet Katherine Liccardo, violin, Tracey Jasas-Hardel, violin, Matt Consul, viola, Ben Noyes, cello, and John Clark, bass. When discussing this powerful work AlHaj says, "Music can make us laugh, make us cry, make us march into war. I want to make music to make us realize peace." Letters from Iraq is a deeply beautiful composition elegantly melding Iraqi and Western classical genres alike to form something entirely new.

General Admission tickets for the 8 PM performance are \$37, Members General Admission tickets are \$29; tickets in the Front & Center section are \$45. Tickets are available online



at bethlehemcolonial.org. The doors open at 7 PM for the 8 PM performance with refreshments on the patio.

This intimate evening of music is made possible through the generosity of Elise Drake with additional support from New Hampshire Public Radio, Cold Mountain Café, Hampton Inn Littleton, The New Hampshire State Council on the Arts, The New Hampshire Charitable Foundation, The Neil & Louise Tillotson Fund, The Jane B. Cook 1992 Charitable Trust. The mission of the Friends of the Colonial is to inspire and invite participation in the cultural conversation by preserving and improving this historic landmark theatre, providing high-quality film and performing arts programming and quality family entertainment, and offering a vision of small-town revitalization based on the arts.

To learn more about upcoming movies and events, purchase tickets, or to be-

come a member or volunteer please visit www.BethlehemColonial.org. While you are there, sign up for regular email updates or follow The Colonial on Instagram (@bethlehemcolonial), Facebook (Facebook.com/BethlehemColonial) or Twitter (@ColonialNH).



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19th Year • Sunday, May 22, 2022

From Woodsville Community Field (Off Rt. 135)
To Bedell Bridge Boat Launch (Off Rt.10, Haverhill Corner)

FREE Shuttle Service (for persons and personal equipment only)
from Bedell to Woodsville available
from 10:00 -11:00 AM.



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BBQ Lunch with music by Strawberry Farm Band.

All participants must abide by safe boating rules and regulation.

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- Newbury Conservation Commission
- Cohase Chamber of Commerce • Butler's Bus Service
- Bradford Conservation Commission
- Upper Valley Land Trust • Upper Valley Trails Alliance

Paddle The Border - Fall is scheduled for Sunday, October 2, 2022

For Further Information Contact **Mike Thomas (802) 757-3960**
or email mikethom1@charter.net

www.cohase.org • www.newburyconservation.org

Latest "Big Check" From Littleton Food Co-op

Pam Sullivan, Executive Director of WREN and Stacey Purslow, Program Coordinator for the NH Farm to School Program hold the Big Check representing the donations from member/owners and customers of the Littleton Food Co-op. Wren and NH Farm to School each got a check for \$2,771.35 to go toward each organization's work within the North Country community.

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 - 9 p.m. For



more information or to become a member, please visit www.littletoncoop.com, call 603-444-2800 or just stop by!

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YOUTH MENTAL HEALTH FIRST AID

LEARN HOW TO SUPPORT THE YOUNG PEOPLE IN YOUR LIFE
Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adolescents ages 12-18. You'll build skills and confidence you need to reach out and provide initial support to young people who are struggling. You'll also learn how to help connect them to appropriate support.

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- Recognize common signs and symptoms of substance use challenges.
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Michael Brandli
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Volume 13 Number 15
 May 3, 2022
 Not all Times are Trendy, but there will always be Trendy Times

Letter to the Editor: A plea from a US veterans in the Littleton area

To the Editor,

A veteran is someone who, at one point in his/her life, wrote a "blank check" made payable to: "The United States of America," for an amount up to, and including that person's life. World War I was described as "the war to end all wars." Unfortunately, it didn't work out that way!

At a time when inflation is soaring with higher and higher gas prices including home heating fuel and propane, and sky-rocketing food prices, many people must make some hard choices as to where to spend their money.

Now, I learn that the US government is planning to consolidate numerous Veterans' Administration Clinics across the Northeast (including northern New Hampshire) which is going to limit our accessibility to much-needed health care. Here, in the Littleton area, we Vets, will have to travel to St. Johnsbury, VT or White River Junction, VT at an individual heavy cost in time, money, and timely

James,

I wrote one of those checks many years ago. I joined the Navy before I graduated high school, but did not head for boot camp until that November. Though my personal military career was cut short due to a medical issue I still stand proudly when it comes to veterans affairs. I also take great pride in the care I have received over the years at the VA hospital in White River Jct. They have been nothing short of everything I could ask for and then more from my medical professionals.

In regards to the closing of VA facilities, I would echo your sentiment that this is not the best place for the government to cut costs. I would like to mention, however, that the DAV does offer free transportation to and from medical appointments. A van goes to White River most every weekday with veterans from the North Country. I do not have their contact info right now, but I am sure the VA would be happy to provide it if you ask.

Gary Scruton, Editor

services needed. The North Hampton VA, which helps thousands of vets in the Greater Boston Area, is also slated to close.

The services provided by our VA's is incredible. I had a stroke in 2019, and thought I was recovering, but upon my annual physical visit to my Littleton VA, it was discovered that I wasn't walking and moving my arm correctly. The doctor immediately made appointments for additional therapeutic treatments to correct the problems. Thanks to the immediate corrective action taken by the professional staff at the Littleton VA Clinic, I am on the road to recovery.

We Veterans need your help. Please contact members of the NH federal delegation to Washington, DC (Sens. Shaheen and Hassan and Reps. Kuster and Pappas) and ask them to stop this foolishness being brought to bear on US vets.

Thank you.

James Gunderson
Littleton NH

The Bradford Teen Center is seeking an Executive Director!

This position is a great opportunity to make a positive impact on teens in our community.

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For details on qualifications, compensation, full job description, and how to apply, visit www.bradfordteencenter.org/the-hub/director-search



Bradford Teen Center

Letter to the Editor: TIT-FOR-TAT

To the Editor,

With Reference to the letter from Richard M. Roderick (Trendy Times April 19, 2020) there is clear anger and hostility in his tone. It is usually the hallmark of members of the Democrat Party to try to ignore our First Amendment right of free speech, and instead demean the speaker. If Mr. Roderick wishes to refute statements of other letter writers, he is free to do so, of course. But be civil. Our demented president in his inaugural address stated he would unite our divided political landscape, but the divisiveness has only mushroomed because he lacks the leadership skills necessary to garner widespread support. Mr. Roderick is correct in that THE Keystone pipeline is moving shale oil from Canada to Texas. The Keystone XL pipeline was to be added to the Keystone pipeline to move oil to refineries in more states. Mr. Biden's opposition caters to the ideologues who think and propagandize that solar and wind can completely replace gas and oil and allow our economy to thrive and dominate throughout the world as has been the case. Mr. Biden's silence implies his acquiescence to that pipedream. Mr. Roderick is also correct that there are many leases available for oil and gas drillers. There are also many, many hurdles to be navigated to actually drill on those leased lands. Why does Mr. Roderick give only part of the story. (I invite Mr. Roderick to research this statement and to be honest with what he finds).. Is Mr. Roderick aware that the progressives have and con-

Robert,

You probably already know this about me, but I very strongly believe in the US Constitution and the Freedom of Speech and Press. That is one reason I continue to answer all the Letters to the Editor I receive. (Even if some people think leaving these statements to their own demise would suffice). Whether or not I agree or disagree with folks on either side of the political aisle, I believe they have a right to be heard, and I consider it my right, and perhaps

continue to try to impede oil and gas drilling by: getting banks not to lend money to oil and gas drillers; forcing public and private pension funds to divest from investment in oil and gas - by the way very profitable investments. Mr. Roderick is wrong concerning the role of our demented president in influencing gas prices. He does so by not voicing a positive image of the U.S. economy that relies heavily on oil and natural gas. The hurdles thrown in front of oil and gas are sufficient to impede our leading economy and relegate the U.S. to dependence upon rogue nations such as Iran and Venezuela. Mr. Roderick is also wrong concerning the impression among politicians and multiple news sources that indeed Mr. Biden has or intends to put oil into negotiations with Iran to revive the "deal". Mr. Obama has and Mr. Biden fully intends to ignore our Constitution which says the Senate must ratify any and all treaties, including the anti-American Paris Climate Accord to which we pay money and make promises in return for the rest of the world doing what each country wants to do. Mr. Roderick, I challenge you to really investigate crime statistics. It is commonplace to publicize an undesirable event and, by implication, the example becomes the norm. If black live matter is such a social worth then why are blacks being killed by blacks in record numbers, not by police. Mr. Roderick you use one bad example, and by implication make police THE bad guys all the time. Mr. Roderick wants Mr. Foryan to explain "filthy and divisive" but

even duty, but definitely my privilege, to answer these letters. And yes, I plan to continue down that path.

The only point I will offer on your letter is that showing respect to our elected officials is a long standing American tradition. I realize that at this time most Americans really like, or really dislike either the current or the most recent president. Whichever way you feel it is important that we still show respect.

Gary Scruton, Editor

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How to be a good money manager in retirement

If you reach retirement with a significant amount of assets, you've done a great job of saving and investing. But now comes another challenge – making that money last.

You might think that this task, as important as it is, won't be as hard as accumulating the money in the first place. Yet, a sizable number of people have reached a different conclusion. In fact, 36% of retirees say managing money in retirement is more confusing than saving for retirement, and 56% say they wish they had budgeted for more unexpected expenses in retirement, according to the Edward Jones/Age Wave Four Pillars of the New Retirement study.

What steps can you take to help you become an effective money manager during your retirement years? Here are a few to consider:

- Set your goals. Your money management needs will certainly depend, to some extent, on what your goals are for the coming years. Will you travel extensively? Stay close to home and pursue your hobbies? Or maybe even open a small business? Once you identify your

vision for retirement, you can estimate how much it will cost, which will then dictate much of your spending and saving needs.

- Stick to a budget. If you've followed a budget throughout your working years, there's no reason to stop now – in fact, budgeting may be even more essential when you retire. Of course, you don't necessarily want to force yourself to be as frugal as possible – after all, you worked hard, saved and invested so you can enjoy a comfortable retirement lifestyle. Look for reasonable cost-cutting opportunities, such as eating out less often or eliminating streaming services you don't use.

- Don't underestimate health care costs. Even when you're on Medicare and pay for supplemental insurance, health care costs could still be one of your biggest expenses during retirement. Initially, budgeting for \$4,500 to \$6,500 per person annually may be a good starting point for traditional health care expenses in retirement. However, depending on your health, prescription drug usage and other factors, your costs could be higher or lower. And you may also want to estimate long-term care expenses as part of your plan.

- Look for senior discounts. Once you're a senior, you may be able to find discounts on a wide range of items and activities, such

as movies, transportation, groceries, gym memberships and more. By taking advantage of these discounts, you can save a surprising amount of money and ease pressure on your cash flow.

- Establish a sustainable withdrawal strategy. For decades, you've been putting money into your IRA and 401(k). But once you're retired, you will likely need to start taking withdrawals from these accounts. It's essential that you don't withdraw so much early in your retirement that you eventually run the risk of outliving your money. You may want to work with a financial professional, who can analyze your entire situation – assets, expenses, lifestyle, expected longevity, etc. – and recommend a sustainable withdrawal rate. Keep in mind that once you turn 72, you may be required to take out a certain amount each year from your 401(k) and your traditional IRA, so you'll want to incorporate these withdrawals into your overall income strategy.

Do whatever it takes to become a good money manager during retirement. You'll find that it's well worth the effort.

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

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BEEZWAX By John Martin



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Bruce Wood Millette: OBITUARY

Bruce Wood Millette, a beloved father, brother, son, uncle, cousin, and friend, passed away on Sunday, April 10, 2022. Bruce was born on December 9, 1977, in Littleton, NH. He was raised in Lisbon and Haverhill, NH. Growing up, he enjoyed camping with his mom, skiing, and being outside in nature as often as possible; he was also a gifted soccer player. Bruce was friends with any animal he met but loved his dogs Blue and Reiley most of all.

Bruce loved his great country and was a proud Marine Veteran. After his time in the service, he graduated from SNHU. Bruce had a brilliant and inquisitive mind. The proudest moment of Bruce's life was the day his beautiful son, Kyle Douglas, was born. He considered every moment with Kyle a gift and the profound love in Bruce's heart for his dear son was immeasurable.

Bruce will be missed dearly by his mother, Diane Allsop (Littleton), as well as his father, Bruce Millette and partner Becky Hayward (Fairlee, VT). Bruce is survived by his son, Kyle Douglas, and Kyle's mother, Regina Millette. He will also be greatly missed by his sister, Jessica Allsop and her hus-



band, Joe Hupperich, and their children Tyler and Iris (Freedom, ME), his brother, David Allsop and David's daughters, Sarah and Juniper, as well as their mother Caitlin O'Connor. Bruce is survived by many aunts and uncles and cousins who will miss him greatly. Bruce is predeceased by his grandparents Joyce and Douglas Wood, Charles and Laurette Millette, his uncles David Wood and Brent Wood, as well as his cousin Elizabeth Wood.

Bruce had a big heart, a kind soul, and a laugh that will be remembered by anyone lucky enough to know him. His memory will be cherished and the beauty he brought to the world will live on. May he rest in peace.

Services will be held at Ladd Street Cemetery in Haverhill, NH on June 6, 2022, at 10:00am.

Ricker Funeral Home & Cremation Care of Woodsville are overseeing arrangements.

Letter to the Editor:

To the Editor:

Court Street Arts in Haverhill is partnering with the Cameo Arts Foundation to present an all Bach concert on Sunday, May 8th at 3 pm to benefit the Good Shepherd Ecumenical Food Pantry in Woodsville, NH. Admission is by free will offering with 100% of the proceeds going to the pantry.

The Cameo Arts Foundation, Inc. organizes and underwrites Benefit Concerts in the Vermont/New Hampshire region, so that communities have access to high quality, affordable

live music, and organizations that work to meet basic human needs receive much-needed support.

Now, more than ever with increasing prices, we need to support our food pantries. In 2021, The Good Shepherd Food Pantry served 16,000 meals to 1,300 Haverhill individuals from over 450 households.

So, bring your mom out on Mother's Day for a concert and let's all do our part to help the local food pantry!

Pat Buchanan, President Haverhill Heritage Inc.

Pat,

Thank you for the information about this upcoming concert. Alumni Hall in Haverhill is a great resource for our community and the fact that it is working with others to help support the Good Shepherd Food Pantry is even better. I am also fairly sure that many, many mothers as well as fathers and children will enjoy this afternoon of Bach.

Gary Scruton, Editor

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Letter to the Editor:

To the Editor.

I have a few questions for Robert Briggaman about his letter to the editor in the April 19th edition of Trendy Times. He said he is from Newington, CT. Why is he writing to a New Hampshire paper? Does he have connection to this area? Did he grow up in NH? Does he vacation here regularly? Or is he a troll just repeating misinformation to as many newspapers as possible? It was ironic his letter contained the wrong information that the US is no longer energy independence in the same edition that my letter answering Alex Foryan's letter making the same identical claim. He talks about 11,000 jobs (mostly temporary) that the Keystone XL would create while neglecting the environment damage the pipeline would create, the threat of spills to drinking water supplies and breaking treaties that the US Government has with Native American nations. And by the way there is nothing stopping the American oil companies from lowering the price of gas at the pump and still make a profit instead of price gouging the driving public. They have the right here and don't have to im-

port any.

In regards to NAFTA treaty, calling it a renegotiation is laughable. What Trump negotiated was basically a new name, USMCA. Congress made the meaningful changes to the agreement and Trump signed onto them. I would suggest reading what Trump negotiated and what congress added.

Today, Iran is closer to having nuclear weapons today because Trump pulled out of the deal made with Iran and multiple counties effectively giving Iran the green light. I would hardly call that an accomplishment.

In regards to Hunter Biden's computer, while the NY Times authenticated the ownership of the computer as Hunter's by what I was able to find, not all the information on the computer could be authenticated as Biden's. In a Washington Post story in April 2022 noted "The experts found the data had been repeatedly accessed and copied by people other than Hunter Biden over nearly three years," our report explained, with those we spoke with being unable to "reach definitive conclusions about the contents as

a whole, including whether all of it originated from a single computer or could have been assembled from files from multiple computers and put on the portable drive." My point is I don't know what is fact and what isn't and I doubt Mr. Briggaman knows.

As to jobs, first Presidents don't create jobs and "their numbers" are not in their complete control, but according to CNN business "Employers added a record 6.6 million jobs during Joe Biden's first 12 months in office, by far the strongest record of any president's first year in office. The previous record holder was Jimmy Carter, who saw a gain of 3.9 million jobs in his first 12 months in office. By comparison, Donald Trump's first 12 months in office notched a gain of 2 million jobs.

And finally, Mr. Briggaman says "I am sure Putin's incursion into Ukraine would not have happened." (under Trump) I would like to know how he knows that. Based on past actions from Trump, a Putin invasion, He would have said "they are good people on Both sides"

Richard M Roderick
Wells River Vermont.

Richard,

Political debates - where would we be without them? It seems that the two political sides are able, and willing, to debate almost any subject. This is not to say, by any means, that political debate is a bad thing. I strongly believe in debate. Virtually every issue has more than one side. Debate is one way of making multiple sides visible and therefore able to be discussed.

It is how that discussion is held that can cause concerns. Are both sides willing to discuss facts only and not assumptions? When an assumption or an opinion comes up are both

sides willing to agree that it is just that? And most importantly, when there is a chance to compromise, or find middle ground, are both sides willing to step into that area, make an agreement, and move on?

Debate can be a very powerful tool to find the best path forward. It can also be a tool to brings things to a complete standstill. It is up to those holding the debate, and those managing those in the debate, as to how things will move - forward, backward, or just standing still.

Gary Scruton, Editor



What's Your Opinion?

Please keep it to 600 words or less and wait for the Editor's reply.

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Adam W. Smith



What About Ma?

by Kellie Quackenbush

All About Questionnaires

It has become very common for companies, medical offices and politicians to use "easy" questionnaires to get an idea what people or patients think about certain topics. Every time I have an appointment with my doctor, I receive at least two question filled calls before the visit and a clipboard with forms full of questions when I arrive. At a restaurant the other day, my husband and I were given a two page questionnaire about the appetizer that we ordered. Additionally, with each new "World" development, we get calls from political parties to "survey" our feelings.

It is not new. After Pa died, Ma would come running over to have us help her with the never ending phone surveys. There were also the special information surveys that came in the mail, 101 questions on why one party is preferred to another. Thankfully, it was easy to throw those away.

In one of the medical journals that I read, they pondered this very question; are there too many questionnaires for patients to deal with? "One of the challenges we face is that because we in primary care are, for the most part, people's entry point into the healthcare sys-

tem, we are expected to screen for a great many things, and to address those that are within our purview, and find the right person who can help when we cannot. I worry that by putting in all of the screening questionnaires that are out there, for every kind of health issue, for every medical condition, for every item on the review of systems, then we are going to be overloaded with data, answers to questions that we just don't have the time or resources to address. And our patients are going to be overwhelmed at what we're asking them to fill out in advance." per Screening Out the Screenings by Fred N. Pelzman, MD April 25, 2022, www.medpagetoday.com.

My mom hates filling out forms with a lot of questions and so do I. Ma didn't even like answering verbal questions and my husband is not fond of them. However, if you don't ask the question, you will never know the answer. There is, for many questionnaires, a valid reason for asking the questions. The restaurant we had eaten at the other day, wanted to make their menu better, thus the questions about appetizer choice. I thought they went overboard with the number of questions and

was not impressed with the wording of the questions but they were trying. The next time we go, I will decline to participate in the survey. Saying "No thank you" is always an option for any questionnaire. (even the health ones.)

Politicians love to know what their constituency is thinking of them. There are companies and organizations that make their living asking questions (yep, the annoying phone calls) have you heard of the Gallup U.S. Poll? "Articles, interviews and data trends that provide an unbiased understanding of public opinion and human behavior to leaders and those who advise them." per news.gallup.com. "Since the U.S. Poll began in 2008, Gallup conducted the survey every day, excluding major holidays and other events, for 350 days per year, through the end of 2017. Before 2017, there were daily quotas of completes."

Important information can be gained from Questionnaires and polls but not all questionnaires and polls are essential (remember the Pepsi challenge?) So, as you go to your next doctor's appointment and are handed a questionnaire or the next time a pollster calls-smile as you remember that someone got paid to make the questionnaire. Somebody is trying very hard to find what they consider important information. You can do like Ma and sweetly smile and tell them, "Not today, dear." Be well.

Elites to Contend For The Delta Dental Mount Washington Road Race Title

The 61st running of the Delta Dental Mount Washington Auto Road Race is two short months away, and the returning champions, Kim Dobson and Joe Gray, are returning to defend their titles. Kim Dobson, 38 of Eagle, Colo., has won all six times she has entered and is the overwhelming favorite to take home a seventh title this year. Joe Gray, also 38 of Colorado Springs, Colo., has won the race the last five times he has run it and is looking for a sixth win this year. He has also won a couple of World Mountain Running Championships in the past six years as well. He was also named the Greatest of all Time (GOAT) of mountain running. All eyes will be on the champ as the field tries to take him down.

Gray will have a veritable laundry list of contenders this year. Starting with last year's runner up, Eric Blake. Blake, the ageless 43-year-old from West Hartford, Conn., has finished in the top three fourteen times and has won four times. We are eager to see if he can make it five this year. Lee Berube, 31 of Syracuse, NY, has finished third the last two years and keeps getting better. Also returning from last year is the fourth-place finisher, Samuel Fazioli, 30 of Derry, N.H. If Fazioli doesn't win outright, he is the favorite to take home the Crossan Cup awarded to the top NH male and female runners.

In addition to the returning contenders, we have four elite runners making debuts at Mount Washington. For whatever reason, maybe a lack of knowledge of what is in front of them, debut runners often have success. New to Mount Washington this year are 27-year-old Thomas Echelberger from Colchester, VT, Mason Coppi, 24 of Syracuse, N.Y., Everett Hackett, 32 of Hartford, Conn., and Adrian Macdonald, 33 of Fort Collins, Colo. Echelberger is a member of the National Guard Elite Biathlon team. We have often seen Nordic skiing athletes do quite well at Mount Washington. Coppi was a four year All Southern Conference cross country runner and has speed. Since college he has taken up trail racing and done well with first place finishes at the Swain Mountain Trail Race and the Black Diamond Express Trail Half Marathon in which he set a

course record. Hackett is a two-time Olympic Marathon Trials qualifier, has a best time of 2:18:56, and just finished 50th overall at the 2022 Boston Marathon. Macdonald has an impressive resume with two wins at the Mount Evans Ascent in Colorado, and he is also the reigning champion of the famous Leadville 100 trail race. All these guys can obviously run, but how does it translate to 7.6 miles of 12%-22% grade?

On the women's side, Dobson has been so dominant over the past decade, it is hard to imagine her losing. With last year's second, third, and fourth place finishers not returning, her chances are looking really good. However, the fifth-place finisher from 2021, Ashley Busa, 37 of Portsmouth, N.H., is back and looking to improve. Kim Nedeau, 42 of Leverett, Mass., is healthy. When healthy, Nedeau has always been in contention. She missed a win in 2019 by only thirty one seconds. Battling injury in 2021, Nedeau still took 6th place in a very strong field. During her injury recovery, she took up ElliptiGo training to maintain her endurance base. While she was at it she won the ElliptiGo World Championship in 2021 with the 3rd fastest time ever, a time seven minutes faster than Molly Seidel, the 2020 Olympic Marathon Bronze Medalist and winner of the 2020 ElliptiGo World Championship.

New to Mount Washington in 2022 are two newcomers; Alex Lawson, 23 of Burke, Vt., and Anna Mae Flynn, 32 of Lake Tahoe, Calif.

Sponsored by Delta Dental, the race ascends the Mt. Washington Auto Road from Pinkham Notch, N.H., to the 6288-foot summit of Mt. Washington. In addition to the unrelenting grade, runners face the added challenge of Mt. Washington's famously high winds, precipitation, and unpredictable temperatures. These variables can lead to unexpected results. Prizes include \$1000 apiece for the first male and female finishers, smaller cash prizes for the next five men and women and the top three male and female masters (over 40), prizes for the first male and female finishers from New Hampshire, and a \$5000 bonus for setting a new course record.

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20 Pine Street • Woodsville, NH 03785
Tuesday – Friday 9:00 am - 5:00 pm

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TRENDY TIMES

A FREE PUBLICATION



by Eli Heath
Paige Computer Services

Tek Talk with Eli

Quicken to manage your finances; when it asks you to back up, save the files on removable media such as a thumb drive. Music; you may want to back that up to CD or DVD, also save your pictures.

Personal projects; if you work on genealogy and use a program such as Family Tree Maker, save those files also.

Internet Explorer Favorites; to save favorites open Internet Explorer then go to file/import/export and you want to select export, select the drive you want to export it too, give it a name and press on save.

E-mail address books; to save in Windows open Start/All Programs/Accessories/Address Book, and then File/Export/Address Book, Browse to the drive you would like to save to, give the file a name and then select save.

Once you have decided what you want to backup you must also decide what type of external storage you want to backup to. There are several types of media you can select from the least to the most expensive, here are some;

CDR/DVD, the CDR disk can hold up to 700 MB of data, the DVD 4 GB single layer or 8 GB Dual layer. Depending on your CD/DVD Burning software program i.e.; Nero or Roxio EZ CD Creator. Most have backup programs.

USB Flash Drive, one of the least expensive backup medias today. The drives are sold in different sizes from 1GB to 128 GB, they are small and easy to store. These drives plug into the USB port on your computer. When plugged in your computer recognizes them as external hard drives; you can write/erase files to them like any standard drives, if you have Microsoft Windows 10 operating system and above you do not need any special drivers for your computer to see this USB Drive. They do not have any backup software. The cost may range from \$8.00 to \$20.00 depending on the size drive you purchase.

On-Line Backup, there are several on-line services that offer backup storage, AOL has recently offered backup called IDrive. They offer storage for \$7.95 the first year at www.idrive.com. There are other sites that offer storage for a fee from \$6.00 to \$25.00 per month

depending on how much storage space you require. www.carbonite.com costs just \$71.00 a year unlimited storage, plus automatic backup, there is a 15 day free trial.

Second Hard Drive, I mentioned earlier to clone another hard drive, make an exact copy. If you have a old hard drive lying around and it is large enough you can make a copy of you original drive. If you do not have a spare drive you can purchase a 500 GB Drive about \$60.00 or a 2 TB drive for under \$100.00. You must also purchase a backup program like Acronis True Image which may cost about \$40.00 to \$80.00 or find a free backup program online just google free backup programs..

External Hard Drive Backup, there are external backup hard drives you may purchase, Western Digital makes a 2 TB external USB 3.0 Drive that has one button backup including backup software for about \$100.00.

There are several backup programs available some are free on the internet, just research and find the one that fits your needs.

Windows users can use the backup program built into the operating system it is located in the control panel Backup/Restore, the program will also allow you to image your hard drive on DVD's or external hard drive in case the hard drive should fail.

I hope this information is helpful, just remember when you least expect it disaster can strike at any time, be prepared. Any questions or comments please call at 603-747-2201, e-mail paige@paige.com or visit my website at www.paige.com

Letter to the Editor: NH DRA doing its job

To the Editor,

To those upset by the amount of time the NH DRA is taking to approve/deny the (2) Woodsville District warrant\$, and upset by the State of NH Department of Revenue Administration asking questions of some Woodsville residents; has it entered your minds that the Woodsville District AUDIT\$ may have something to do with this? Oh, there are so many of you that have said, now that the AUDIT\$ have been completed, we have to move on and leave it in the past. As I have stated many times, just because the AUDITOR\$ could not send anyone to jail, does not mean there was no wrongdoing. There were dozens of findings of questionable recordkeeping which the AUDITOR\$

stated were opportunities for illegal activities. And the AUDITOR\$ did say there were some particularly concerning findings that they passed onto the DRA. Apparently, the DRA has seen enough to warrant an investigation. Love seeing our tax \$\$\$'s at work! Well, sorry to say you can't blame the rest of the Town of Haverhill, or our Town Manager, for picking on the Woodsville District anymore. Take your concerns to the DRA now. I'm sure they'd love to hear what you all could truthfully say about it. And the rest of us wouldn't mind it if the investigation yielded some results sooner rather than later as well.

Marilyn Blaisdell
Haverhill Resident

Marilyn,

I also like to see our tax dollars at work. That means that those employed by us, the taxpayers, are doing their jobs. What I do not like to see is when things are put off and not completed in a timely manner. The Department of Revenue Administration has plenty of power as well as resources when it comes to keeping track of municipal spending. It is quite true that when audits were done on the Woodsville books, a number of errors were found. Some were bookkeeping practices, some were money movements, etc. There were indeed more irregularities than there should have been. But the report did not appear to show that any money found its way into anyone's pocket where it did not belong. There was the opportunity for illegal activities but none were cited. But those audits were completed last year and should have nothing to do with articles passed at the 2022 Haverhill Annual Town Meeting.

The current delay has the potential to cost Woodsville taxpayers, and perhaps even all of Haverhill's taxpayers, even more money down the road. This is not to mention the money already spent on lawyers, on both sides, regarding the lawsuit for highway funds. Again the longer this continues the more it is bound to cost all of us taxpayers.

Let's find a way to settle these differences, put the audits, the lawsuit, the delayed payment of passed articles, all behind us and find a way to bring all parts of the town of Haverhill back together. It is together that we can achieve the most. It is working together that we can save the most. It is working together that we can offer the most.

Gary Scruton, Editor

Not

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

Shrimp Cocktail

Hello hello my fellow chefs. How are you all doing today? I'm fine, just have a stupid head and chest cold that I came down with when I returned home from Rhode Island. I had a wonderful time with my family. My grandchildren were such a joy and are getting so big. I got to have my Rhode Island favorite foods and we went to my favorite restaurant Twin Oaks. I even brought some bakery pizza and spinach pies home with me. All and all I had a very nice time, but it feels good to be back home. I missed all my pets and everyone was happy to see me.

Today's recipe is easy peasy. The shrimp cocktail you buy from the market are soggy but the one you make at home with fresh raw shrimp are "Delicioso". Better than the ones you order from a restaurant because they are fresh and get flavor from the ingredients you boil them in. So let's get started with today's recipe and how to make it.

- Ingredients
- 1 lb. Jumbo raw shrimp cleaned and deveined. I bought 24 shrimp
 - 8 cups of cold water
 - 1 small onion cut in half
 - 1 lemon cut in half
 - 2 cloves of garlic smashed with the palm of your hand
 - 1 Tbsp Old Bay seasoning
 - 1 Tbsp whole black peppercorns



1 stalk celery cut in half
2 Bay leaves
Cocktail sauce

In large pot add the water, onion, lemon, garlic, Old Bay seasoning, black peppercorns, celery, and Bay Leaves. Clean the shrimp by removing the shells. They should be deveined already. You can leave the tail on or remove the entire shell.

Bring the seasonings to a boil and simmer for 15 minutes to make a flavorful broth. Add the shrimp and cook for 5 minutes until the shrimp turn pink and white. Don't overcook they will get tough. Remove shrimp with a slotted spoon and plunge them into a bowl of ice water. When cooled remove and dry with paper towels. Chill in fridge for 20 minutes. Hang the shrimp over your serving glass and put cocktail sauce in center. That's it you are done.

Enjoy and treat yourself with shrimp cocktail because you deserve it. Once you make them you will make them over and over again. Restaurants charge an arm and a leg for something you can make easily at home.

The worst part is taking the peppercorns out of the shrimp. Please give this recipe a try because your family will be impressed. We had 12 shrimps each and a nice big salad with some garlic bread. We enjoyed everything and had a glass of white wine with it. Remember to drink responsibly.

Well folks that's it for today's recipe. Enjoy and stay well. Until next time I am signing off.
Sincerely,
Cin Pin

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