

A FREE PUBLICATION

# TRENDY



Next Issue: Tuesday, June 14  
Deadline: Thursday, June 9

# TIMES

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MAY 31, 2022 VOLUME 13, NUMBER 17

## Memorial Day Ceremonies in Haverhill

by Gary Scruton,  
Commander at Ross-Wood  
Post #20 American Legion,  
Woodsville, NH  
Photos by Alain Brin  
Ross-Wood Post #20  
Historian

2022 Memorial Day ceremonies began with a dedication and thank you ceremony at the VFW Field in North Haverhill, located behind the Haverhill Municipal building. It was obvious that many



The Annual Memorial Day stepped off as planned at 11:00 am with the assistance of the Haverhill Police Department. The



hours of hard work, both raising the monies to complete the work, and doing the work itself that has turned this quiet spot into a place of remembrance for everyone on every day.

Next for the American Legion Color Guard was a brief ceremony at Pine Grove Cemetery in Woodsville where a volley was fired for our departed Comrades. The VFW held a similar ceremony at Horse Meadow Cemetery in North Haverhill.

honor guard was accompanied by a number of youngsters each carrying a flag of one of the five branches of the military. At the flagpole ceremony, guest speaker



Tom Thomson's speech included the poem "In Flanders Field".

The day's ceremonies were capped by two more brief ceremonies on the Ray Burton Bridge and at the Post Home on Ammonoosuc Street.



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# TRENDY Dining Guide

## Iron Rail Pub + Grill

by Janice Scruton

This past week was a busy one for us. I spent days pricing items for a big yard sale. Then seeing a forecast of rain for Saturday had us scrambling to rearrange things in our barn so we could have the sale inside. It was with great joy and hungry tummies that we headed out to our friendly local "Iron Rail" at six o'clock for a relaxing dinner and a chance to decompress from our busy day.



As usual shortly after entering the establishment we saw a blackboard with the day's specials listed. Around

the next corner was the podium and a helpful hostess who, after asking our preference, showed us to a booth.

I was looking for something that would not take a lot of effort to eat, I was that tired. A Cheeseburger (cheddar please) cooked medium rare with their delicious hand cut fries was just what I was looking for. I started out with a coke instead of my normal water, I needed the caffeine.

Gary decided on a cup of clam chowder (theirs is great) and a grilled cheese sandwich. Unfortunately, they had not been able to get clams recently and so he chose a bowl of chili instead to complement his sandwich. His first comment on the chili was "this has got some spice to it" as he took a sip of his Guinness beer.



The grilled cheese was a good fit, and a second Guinness got him through the rest of the delicious chili. It was the perfect meal to wind up a great day.

But wait! The evening got even better. I thought I spied Gary's daughter in another area. Our very attentive server, Nate, confirmed this and was more than happy to ask her and her friend to come join us. I'll just say that this was the icing on the cake for us, even though we had declined dessert. The total for our meal was \$39.06 and as usual, we left a cash tip for Nate.

Volume 13 Number 17  
May 31, 2022  
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For More Details  
Contact Gary @ 603-747-2887  
or Email: [Gary@TrendyTimes.com](mailto:Gary@TrendyTimes.com)

# North Country Twilight Meetings

This summer UNH Extension is teaming up with four farms to host a series of twilight meetings. Whether you farm, aspire to farm, or just want to learn a few tips for managing your garden, this series could be for you. We'll tour the farms and dive deep into each topic. Come to one or as many as you like. No pre-registration is required and all events are free!

June 15, 2022, 5-7pm – Roots and Fruits Farm, 238 Whitefield Rd, Dalton, NH

**Outsmart Your Weeds:** We'll talk about strategies for managing weeds based on knowing their biology and life cycle. What do they want and how do we prevent them from getting it? Hint: it's not all about pesticides. The Coos County Conservation District will be there to talk about their tool rental program, give a demo and discuss some of their hand tools.

July 12, 2022, 4-6pm – Cedar Circle Farm, 225 Pavillion Rd, Thetford, VT

**Reduced Tillage as a Climate Adaptation Strategy:** Cedar Circle is experimenting with a 4 year rotation of strawberries, vegetables, and cover crops in an organic production system using no-till, or minimum tillage. We'll talk about the successes, challenges, equipment and tips the farm has discovered along the way.

August 24, 2022, 5-7pm – North Woods Gardens, 54 Cloutier Rd, Northumberland, NH

**Monitoring Corn Pests with Trapping:** North Woods Gardens is collaborating with UNH Extension to use insect traps to monitor the presence/absence of common corn pests like corn earworm, European corn borer, and fall army worm. Monitoring allows a farm to make data-driven decisions about whether a pesticide is needed. We will discuss other vegetable pest and management tactics as well. Bring your questions!

September 14, 2022, 4-6pm – Meadowstone Farm, 809 Brook Rd, Bethlehem, NH

**Diagnosing Plant Diseases on the Farm:** We all recognize powdery mildew in cucurbits, and early blight in tomatoes, but what do we do when we suspect a plant disease and have no idea what it is we are looking at? What tools and techniques can we use to identify it? We'll learn about Meadowstone's strategies and talk with UNH Extension's plant pathologist, Dr. Emran Ali, about assistance available from UNH in this process.

Pesticide applicator recertification credits are pending. Please contact Heather Bryant, heather.bryant@unh.edu, 603-787-6944, for more information.

# My Name Is Zeus. My Parents Were German Shepherds

by Elinor Mawson

I was adopted when I was little by a young man who always wanted a puppy named Zeus. He took me home so I could meet his parents who liked me right away.

Everyone in my new home went to work every morning. I was very lonely, so they took me to Doggy Daycare so I could play and make friends. We got along pretty well until I got bigger and started scaring my smaller friends. Oh! I forgot to tell you that I am quite excitable and tend to not know my own strength. So I had to leave that daycare. And others didn't work out either.

My family grew to love me more every day. I spent my time waiting for them to drive into the yard and got excited when they came home. Sometimes we would go for a walk and I would bark at other animals that I saw along the way. And sometimes I would ride in the car with the lady of the house. She had a sunroof that would open up and I could put my head out and watch the world go by. People would smile at me and wave, and I loved the wind going by my big ears.

I have a set of twin cousins who live down the street and around the corner. When I first saw them, I didn't know what they were and was quite scared of them. But we got to know each other, and now if I "accidentally" get out of the house, I go right to see them. Then someone comes to find me and takes me home again. I would really like to see them longer; I like to sit on their porch and visit through the window.

My favorite snack is peanut butter. My family keeps some in a container for me in the freezer. And when I have been really good, they give me some. It takes me quite a while to finish it, but

they like watching me enjoy it.

I spend quite a lot of time watching and waiting for my family. Sometimes I get very lonely but they are always glad to see me when they get home. When I get upset with them I pick up my toy box and empty it out onto the floor. Then they realize I want them to pay attention to me and rub my belly. I just love that!

For the most part, I try very hard to be good. And sometimes it is quite difficult for me to convince myself I am not a human. And one member of my family always says "He doesn't have a mean bone in his body!"

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## Critical Care Facilities - Glenciff Home

Whenever there is any disagreement between the House and Senate regarding the content of a bill, a committee of conference comprising of 4 Representatives and 3 Senators is appointed to hopefully arrive at a compromise. Of the 48 bills discussed during the past week, conferees were able to reach agreement on 37 bills. Most of these bills were resolved in short meetings; however, in a few instances such as HB1661, 5 lengthy days of negotiations were needed to reach agreement by the May 19 deadline.

As modified by the Senate, HB1661 contained numerous amendments regarding: career technical education, a new legislative parking garage, health and human services, education funding for communities needing grant assistance, bail reform, planning and

zoning board procedures, and financial investments and incentives for affordable housing development. At the end of the day, technical/ career education, the parking garage, health and human services and workforce housing remained in the bill. The health and human services component of the bill included 62 different sections. Several elements that will impact this area include: 1. the commissioner of HHS shall have the discretion to implement an increased Medicaid reimbursement rate for hospital birthing services at critical access hospitals with the sum of \$2.4M appropriated for FY23; 2. any clinical staff at the Glenciff home who inadvertently did not receive the shift differential shall receive such payments retroactively; and 3, upon authorization by governor and council the Glenciff home

shall receive funds to make recruitment or retention bonuses for classified clinical positions. It is difficult for state-owned medical facilities such as Glenciff to compete with larger medical facilities such as Hitchcock when recruiting or retaining clinical positions.

On a separate topic, I would like to thank members of the North Haverhill Fair Association along with the 300+ volunteer workers who make our fair a success each July and who testified in support of HB1584 in Concord. This bill that appropriates \$250,000 to assist fairs with capital needs, has passed both the House and Senate and is on its way to the Governor's desk for signature. Success!

In regard to education funding, SB420 was concurred in the committee of conference and now needs a final up or down vote in each legislative body on May 26. The bill establishes an extraordinary need grant for municipalities having low equalized valuation per pupil and is further based upon the eligible number of students qualifying to receive the free or reduced meal program. Estimated projections for FY23, identify Haverhill as receiving approximately \$122,773 in grant funds, Warren \$21,088, Bath \$6,209, and Benton \$2,639.

Lastly, in a few days, we will come together to remember and honor those who gave the ultimate while serving their country in order that we can live in a democracy. Those who died serving this great country, came from all walks of life and regions: North, South, East and West. They fought and gave their lives so we can live free. Please take a moment to remember and give tribute to our fallen men and women on Memorial Day, May 30.

Respectfully Submitted,  
NH Rep Rick Ladd,  
Chair, House Education  
U.S. Army Artillery

## Rep. Edith Tucker Running for District 1 N.H. Senate

REGION — N.H. Rep. Edith Tucker, a Democrat of Randolph, has announced her candidacy for District 1 state Senate, that represents all of Coös County and 17 towns in upper Grafton County, including Haverhill. Sen. Erin Hennessey, a Republican of Littleton, recently decided not run for a second term, creating an open seat. A free-lance newspaper reporter, Tucker is in her third term representing Coös 5, which includes the towns of Whitefield, Jefferson, Carroll and Randolph. She serves on the House Ways and Means Committee.

Tucker has been the prime sponsor of two important bipartisan bills.

HB 1454, the landfill siting bill, has recently passed both legislative Houses but has not yet reached Gov. Chris Sununu's desk. Prime sponsor Tucker helped craft a more science-based approach to update the siting criteria that the N. H. Department of Environmental Services uses when an applicant seeks a permit to site a new landfill, making it is far less likely that the surface waters in the state's lakes, rivers and coastal areas will be contaminated by polluted groundwater. Tucker worked collaboratively with many others on both sides of the aisle to reach the success that's nearly at hand.

Earlier in 2019, Tucker shepherded The Balsams bill (HB 540) through the Legislature. Gov. Sununu signed the bill, potentially creating hundreds of much-needed jobs in the Unincorporated Place of Dixville at a world-famous — but still-shuttered — resort whose owners are still engaged in



securing a financing package.

Tucker retired as a full-time reporter in February 2016 after a 20-year career at "The Coos County Democrat" weekly newspaper in Lancaster. Since then, she's been a free-lance reporter regularly at "The Berlin Sun" and occasionally at "Country Folks," a weekly agricultural newspaper.

"Much of my reporting has covered natural resources and tourism," Tucker said. "This opportunity to get out into fields, forests and factories has given me an in-depth understanding of the economic core of northern New Hampshire — its challenges, struggles, and its resilient, independent-minded residents."

When Tucker ran for reelection in 2000, she "took the pledge" not to vote for either an income or sales tax. She is an effective North Country advocate with the ability to testify, clearly and persuasively, at Committee hearings and in party caucuses.

Two Republicans have also declared their intention to file to run for the District 1 Senate seat.

## When You Think About Easton, NH What Comes To Mind?

Calling all artists, future artists, and just folk who like to "dabble for fun".

This contest is open to creative people of all ages either living in Easton, visiting Easton, or enjoying the beauty of Easton.

Email to kvceaston@gmail.com

Prize will include the first t-shirt produced and an age-appropriate gift certificate.

The Kinsman Valley Club will use the winning design on t-shirts as a fundraiser.

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# Alex Hilliard of Poultney Appointed to the Vermont Commission on Women

(Montpelier) – The Senate Committee on Committees has appointed Alex Hilliard of Poultney to serve on the Vermont Commission on Women (VCW), the state's non-partisan commission working to advance rights and opportunities for women and girls.

Hilliard is a personal trainer, entrepreneur, and parent of three. As owner and operator of VT Athleta-Fit, a year-old personal training studio business located on the second floor of the Reclaimed-Poultney Community Skills Center, Hilliard offers in-person or virtual personal training sessions, coaching advice for well-rounded fitness, and training to prepare for sports or for an active lifestyle.

Commissioner Hilliard has big goals for their town, county, and state regarding

diversity, athletics and outdoor recreation, and economic opportunities. In addition to founding a local business, some steps they have taken to reach these goals include obtaining an MBA from Green Mountain College, engaging in several civic organizations and steering committees furthering the local community, and by creating "Lakes Region Women in Business Mixers" to help connect self-identified women and non-binary individuals for a light-hearted and social networking experience. Hilliard is committed to reducing social inequality within the state and they are excited to bring lived experience as an LGBTQ+ and BIPOC individual. Joining the Commission on Women is another step towards accomplishing those goals.

## Weeks State Park Spring Wildflower Walk June 5, 2022 1-4pm Led by Brett Engstrom

by Linda Scherf for Weeks State Park Association

Spring has sprung and it is time to get outdoors to enjoy the signs of spring. Please join us for this free wildflower walk led by field ecologist and naturalist, Brett Engstrom, who has over a dozen years of experience studying the flora, fauna, geology, and soils of Weeks State Park. Brett has

led nature walks at the park for many years. Meet at the parking lot at the start of the scenic auto road up Mount Prospect at 1 pm. Bring a hand lens and flower guide if you like and dress for the weather. The free program ends at 4 pm. Brett Engstrom is a self-employed field ecologist and naturalist. He compiles inventories of natural communities and rare plants in New

Hampshire and Vermont. Brett received his B.S. degree in biology from Earlham College in Indiana, and his M.S. degree in biology from the University of Vermont in the field naturalist program. Brett is working with other ecologists on the Northern Forest Atlas.

Weeks State Park is located on the east side of Route 3, approximately 2 miles south of Lancaster, NH.

Programs are sponsored by the Weeks State Park Association, NH Division of Parks, and UNH Cooperative Extension. "Thank You" to our local business supporters who help make the program series possible.

# Upcoming Events at Horse Meadow Senior Center

### SPECIAL EVENTS & VIRTUAL ACTIVITIES

- All About New Zealand Tuesday, June 21, 2022 4:00 - 5:00 PM
  - Book Club (The Hope Chest by Viola Shipman) Wednesday, June 15, 2022, 11:00 AM
  - GCSCC Walks Across Western Europe this Summer, weekly mileage submission beginning May 16, 2022 at your own pace
  - VIRTUAL - ARC (AGING RESOURCE CENTER) PROGRAMS**
  - Eating Healthy: Meal Prep with Low Vision Wednesday, June 15th, 2:00 - 3:00 PM
  - How Do I Find Reliable Health Info Online? Thursday, June 16th, 12:30 - 2:00 PM
  - AARP: Keeping Nest-Eggs from Flying Away Monday, June 30th, 2:00 - 3:30 PM
- Call (603) 653-3460 to register for the above ARC

- (Aging Resource Center) programs
- Bone Builders is for those that are registered in advance. Call 787-2539 to find out more about Zoom activities
  - 6/1 1:00 Bingo, 1:00 Drums Alive
  - 6/2 9:30 Bone Builders, 10:00 Writers Group
  - 6/3 Zoom Tai Chi@9:30, Zoom Chair Exercise@1:30
  - 6/6 10:00 Interfaith Chat, Haircuts by Marshall/by appointment, NO Drums Alive
  - 6/7 8:00 Nifty Needlers, 9:30 Bone Builders, Zoom Pocket Song Singers @ 10:00, Zoom Gentle Yoga @ 11:00
  - 6/8 10:00 Veterans Coffee Hour, 1:00 Bingo, 1:00 Drums Alive
  - 6/9 9:30 Bone Builders, 10:00 Writers Group, 10:00 Floral with Jane
  - 6/10 Zoom Tai Chi@9:30, Zoom Chair Exercise@1:30, 1:00 Shelf Stable Food Pick Up
  - 6/13 1:00 Drums Alive
  - 6/14 8:00 Nifty Needlers, 9:30 Bone Builders, Zoom Pocket Song Singers 10:00,

- Zoom Gentle Yoga 11:00
- 6/15 1:00 Bingo, 1:00 Drums Alive, 11:00 Book Discussion (in-person or Zoom)
- 6/16 9:30 Bone Builders, 10:00 Writers Group
- 6/17 Zoom Tai Chi@9:30, Zoom Chair Exercise@1:30
- 6/18 YARD SALE 9-2
- 6/20 10:00 Interfaith Chat, 1:00 Drums Alive
- 6/21 8:00 Nifty Needlers, 9:30 Bone Builders, Zoom Pocket Song Singers @ 10:00, Zoom Gentle Yoga @ 11:00
- 6/22 1:00 Bingo, 1:00 Drums Alive
- 6/23 9:30 Bone Builders, 10:00 Writers Group
- 6/24 Zoom Tai Chi@9:30, Zoom Chair Exercise@1:30, 1:00 Shelf Stable Food Pick Up
- 6/27 Drums Alive
- 6/28 8:00 Nifty Needlers, 9:30 Bone Builders, Zoom Pocket Song Singers @10:00, Zoom Gentle Yoga @ 11:00
- 6/29 1:00 Bingo, 1:00 Drums Alive
- 6/30 9:30 Bone Builders, 10:00 Writers Group

# NGCRC Monthly Meeting

The Northern Grafton County Republican Committee will hold its monthly meeting on Monday, June 13, 2022 at the Littleton Elks Club, Lodge # 1831, located at 42 Main Street, Route 302, Bethlehem, New Hampshire. This will be a Town Hall Gathering to meet the New Hampshire Republican Primary Candidates for the U.S. House of Representatives (Congressional District 2). Voters will have the

opportunity to present pertinent questions to the candidates. Refreshments and socializing will begin at 6:00 PM followed by the meeting and candidates 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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 May 31, 2022  
 Volume 13 Number 17

# Calendar of Events

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

## THURSDAY, JUNE 2

Science on Screen  
7:30 PM See Article and Ad on Page 7  
Colonial Theater, Bethlehem

## SUNDAY, JUNE 5

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

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

ACCOUSTIC MUSIC JAM  
12:00 - 3:00 PM  
Clifford Memorial Bldg, Woodsville

WEEKS STATE PARK WILDFLOWER WALK  
1:00 - 4:00 PM See Article on Page 5  
Weeks State Park, Lancaster

Science on Screen event of the season on  
Thursday, June 2nd at 7:30pm.

## MONDAY, JUNE 6

Haverhill Select Board Meeting  
6:00 PM  
Clifford Memorial Building, Woodsville

## TUESDAY, JUNE 7

Woodsville Wells River 4th of July  
7:00 PM  
Baldwin Memorial Library, Wells River

## WEDNESDAY, JUNE 8

Ross-Wood Post #20 American Legion  
Monthly Meeting  
6:00 PM  
4 Ammonoosuc Street, Woodsville

## WED., JUNE 8 - SUNDAY, JUNE 18

MILLION DOLLAR QUARTET  
See Article on Page 9  
Weathervane Theater, Whitefield

## SATURDAY, JUNE 11

COUNTRY MARKET BY SUGAR HILL WILLING  
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10:00 AM - 3:00 PM  
Sugar Hill Meetinghouse, Sugar Hill

## SUNDAY, JUNE 12

A SUNDAY RECITAL  
\ 3:00 PM - tickets \$20 www.courtstreetarts.org  
Alumni Hall, Haverhill

## MONDAY, JUNE 13

Bath Book Club Discussion  
4:30 PM See Article on Page 6  
Bath Public Library

ROSS-WOOD AUXILIARY UNIT #20 MEETING  
6:00 PM  
4 Ammonoosuc Street, Woodsville

NGCRC Monthly Meeting  
6:00 PM See Article on Page 5  
Littleton Elks Club, Lodge # 1831,

## TUESDAY, JUNE 14

Flag Day Ceremony  
6:00 PM See Ad on Page 15  
Ross-Wood Post #20, Woodsville

1816 THE YEAR WITHOUT A SUMMER  
7:00 PM See Article on Page 7  
Alumni Hall, Haverhill Corner

## WEDNESDAY, JUNE 15

LOCAL WORKING GROUP (LWG) MEETING  
10:00AM - 12 NOON See Article on Page 14  
Grafton County Complex, North Haverhill.

OUTSMART YOUR WEEDS:

5:00 - 7:00 pm See Article on Page 3  
Roots and Fruits Farm, Dalton, NH

## SATURDAY, JUNE 18

FREE CLOTHING & TOY GIVEAWAY  
10:00 AM - 1:00 PM  
Railroad Park, Woodsville

## SUNDAY, JUNE 26

ACCOUSTIC MUSIC JAM  
12:00 - 3:00 PM  
Clifford Memorial Bldg, Woodsville

## EVERY SUNDAY

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# The Colonial Presents Science on Screen: 'Contact' and Dr. Douglas Arion

The Colonial Theatre in Bethlehem, New Hampshire hosts its second Science on Screen event of the season on Thursday, June 2nd at 7:30pm. Join Dr. Douglas Arion, the Executive Director of Mountains of Stars and Professor Emeritus of Physics and Astronomy at Carthage College, as he discusses our place in the universe followed by a screening of the film Contact with Jodie Foster and Matthew McConaughey.

Dr. Arion will explore the remarkable 13.8-billion-year history of the universe and the life on Earth that has developed as a consequence of that history. He will explain the factors necessary in the Universe to make the millions of species on Earth possible, and what it all may mean about our own existence in the larger cosmos. Dr. Arion asserts that how we look at ourselves, the world around us, and the entirety of space hinges on our understanding of these processes. Furthermore, Arion feels that a better perception of our place in the Universe could perhaps result in more environmentally-friendly and magnanimous actions and attitudes. The film following his discussion, Contact, celebrates its 25th anniversary this year and continues to be widely respected as a keen interpretation of Carl Sagan's work and a sci-fi classic.



Science on Screen creatively pairs screenings of classic, cult, science fiction, and documentary films with lively presentations by notable experts from the world of science and technology. Each film is used as a jumping-off point for a speaker to introduce current research or technological advances in a manner that engages popular culture audiences. The Colonial developed its Science on Screen series in partnership with White Mountain Science, Inc. (WMSI).

The Colonial's final Science on Screen event of the season will take place on June 23rd featuring Dr. Elena Long, Asst. Professor in the University of New Hampshire Department of Physics and Astronomy. Dr Long will discuss quantum physics followed by a screening of the film Everything Everywhere All at Once.

General Admission tickets are \$12, Members

General Admission tickets are \$10. Tickets for all of these special events are available online at [bethlehemcolonial.org](http://bethlehemcolonial.org).

The Colonial's Science on Screen series is sponsored by an anonymous friend of The Colonial, and is an initiative of the Coolidge Corner Theatre with major support from The Alfred P. Sloan Foundation.

WMSI's mission is to excite kids and teachers about STEM knowledge and skills and help them grow as creative problem solvers.

The mission of the Friends of the Colonial is to inspire and invite participation in the cultural conversation by preserving and improving its 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 become a member or volunteer please visit [www.BethlehemColonial.org](http://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).

## Haverhill Historical Society's Summer Speaker Series

Haverhill, NH – The Haverhill Historical Society invites the public to attend a presentation by Lawrence Coffin of Bradford, VT on a favorite topic of his – “1816, The Year Without a Summer”. This event will take place on Tuesday, June 14 at 7:00 PM at Alumni Hall, 75 Court St. in Haverhill Corner. Admission is free and the venue is handicapped accessible. Coffin's talk will be preceded by the Society's Annual Meeting to which all are welcome as well.

The year 1816 was known as “The Year Without a Summer” or “1800 and Froze to Death” in New England. Snow fell in June and every month had a hard

frost. Local Historian Lawrence Coffin will present a program on the impact of that frosty year on the residents of the local area.

Coffin is a retired history teacher and past president of the Bradford Historical Society. Since 2007 he has authored the monthly column “In Times Past” in the Journal Opinion and maintains an online blog of those articles. He will include a short selection of Haverhill “bits and pieces” from the column to supplement the 1816 presentation.

For more information contact Roger Warren at 603 787-2446 or [wroger825@gmail.com](mailto:wroger825@gmail.com)

## Weeks State Park Spring Wildflower Walk June 5, 2022 1-4pm Led by Brett Engstrom

by Linda Scherf for Weeks State Park Association

Spring has sprung and it is time to get outdoors to enjoy the signs of spring. Please join us for this free wildflower walk led by field ecologist and naturalist, Brett Engstrom, who has over a dozen years of experience studying the flora, fauna, geology, and soils of Weeks State Park. Brett has led nature walks at the park for many years.

Meet at the parking lot at the start of the scenic auto road up Mount Prospect at 1 pm. Bring a hand lens and flower guide if you like and dress for the weather. The free program ends at 4 pm. Brett Engstrom is a self-employed field ecologist and naturalist. He complies in-

ventories of natural communities and rare plants in New Hampshire and Vermont. Brett received his B.S. degree in biology from Earlham College in Indiana, and his M.S. degree in biology from the University of Vermont in the field naturalist program. Brett is working with other ecologists on the Northern Forest Atlas.

Weeks State Park is located on the east side of Route 3, approximately 2 miles south of Lancaster, NH.

Programs are sponsored by the Weeks State Park Association, NH Division of Parks, and UNH Cooperative Extension. "Thank You" to our local business supporters who help make the program series possible.

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THROUGH JUNE 1

### The Duke

Director: Roger Michell, Cast: Jim Broadbent, Helen Mirren, R

THURS, JUNE 2 at 7:30

### Science on Screen: Are We Alone, and Does it Matter?

Join Douglas Arion, Ph.D., Executive Director of Mountains of Stars & Professor Emeritus of Physics and Astronomy at Carthage College in a discussion of our place in the universe, followed by a screening of the film CONTACT (1997), starring Jodie Foster.

FRIDAY, JUNE 3 at 7:30

### Curtain Call: Take Me to The River New Orleans

Director: Martin Shore, Cast: The Neville Brothers, Dr. John, Irma Thomas, Ledisi, Snoop Dogg, G-Eazy, and many more, NR. The rich musical history, the heritage, legacy, and influence of New Orleans and Louisiana.

JUNE 4 – 8

### Happening

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# History Made: The Mt. Washington Auto Road Paved Top To Bottom

For the first time in its 161 year history, the Mt. Washington Auto Road is a solid ribbon of pavement from the base to the 6,288' summit.

Opened on August 8, 1861, the Mt. Washington Auto Road is the oldest man-made and continuously operating tourist attraction in North America. Built by hand using shovels and black powder to clear rocks, the Auto Road ascends over 4,000' of elevation in 7.6 miles from scenic Pinkham Notch to the summit of Mt. Washington.

For the majority of its history, the road was a rough surface of dirt and then gravel, first traveled by horse and mountain wagon, and then by car at the turn of the century. It has always been a rite of passage for automobiles and drivers, giving credence to the famous bumper sticker: "This Car Climbed Mt. Washington."

The Auto Road saw its first sections of pavement in the early 1970s and sections have been added in subsequent years.

Until today, only the section of gravel known as the "5-mile" remained as it was the most challenging to pave. Over the past several years, the Road Crew made many improvements to this section, including widening the surface, and increasing the number and size of culverts for water drainage.

Full pavement top-to-bottom intrinsically makes the drive on the Auto Road much more smooth and diminishes the likelihood of a road closure, and has been a goal for the family-owned



and operated business.

The gravel section was prone to "peeling" in rainy conditions, whereby the dirt would come off the road surface and onto the tires of the vehicle, eliminating traction. The Auto Road would close to all traffic when this occurred.

Maintenance of the gravel section was labor and fuel intensive. Every day Road Crew staff would water the road surface using several dump-trucks full of water. Tons of gravel would be used each year to repair erosion. The pavement will prevent that material from draining onto the sub-alpine terrain.

Nat Putnam, who is celebrating his 40th season working on the Mt. Washington Auto Road this summer remarked about the paving, "it's the end of an era."

Car-race enthusiasts already have nostalgia for the iconic spray of dirt at the transition from gravel to pavement in the Subaru Mt. Washington Hillclimb. That event, which will likely return to the Auto Road in 2024, may see even faster times from base to summit. Travis Pastrana broke his own

record in 2021 with a blazing time of 5 minutes and 28 seconds.

But for guests of the mountain maintaining safe traveling speed at no more than 25 mph, the ride to the summit will remain an exhilarating experience and drivers and their automobiles still earn the bumper sticker with each ride given out at the Toll House.

The Mt. Washington Auto Road opens for 7-day a week operations, weather permitting, on Saturday, May 28th. Visit [mt-washington.com](http://mt-washington.com) for the road status and hours of operation.



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## Democrat Molly Gray's Campaign for Congress Surpasses Key Volunteer & Voter Contact Milestones

Burlington, VT — Lieutenant Governor Molly Gray, in her race for Vermont's lone Congressional seat, announced today that her campaign recently passed a series of significant milestones in its effort to reach Vermont voters ahead of the start of early voting on June 24.

"Our talented staff of young Vermonters, along with our hearty team of enthusiastic volunteers from all across the state, has been working the phones and shaking hands — hour after hour, day after day," Gray said. "They understand the stakes of this election. I am so proud to have their support, and I know that with so many Vermonters powering our campaign we will make it all the way through the general election in November."

With one month to the start of early voting for the August 9th Primary, the campaign announced:

Over 250 volunteer hours  
Over 20,000 phone calls  
Over 3,000 voter conversations

The Molly for Vermont campaign launched its voter contact effort on March 4th, months ahead of others in the race for Vermont's lone

Congressional seat.

"We got started early and often reaching out to voters," Molly for Vermont Field Director Spencer Dole said. "The commitment from our volunteers has been incredible. They're bringing so much energy and enthusiasm to the campaign."

"Elections are all about conversations — and we're having lots of them," Campaign Manager Samantha Sheehan said. "With one month to go before voting starts, we're going to double our pace. We'll be launching more phone banks, hosting more events, and undertaking door-to-door canvassing. This is a campaign for Vermonters, by Vermonters."

Sheehan managed Gray's successful 2020 campaign for Lieutenant Governor, as well as Burlington Mayor Miro Weinberger's successful 2021 re-election bid.

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 here.

## Million Dollar Quartet to Kick Off Weathervane's 57th Season

WHITEFIELD, NH - The Weathervane Theatre is proud to announce the cast and creative team for Million Dollar Quartet. Sponsored by Mountain View Grand Resort & Spa and Presby Research & Development, this thrilling rock and roll musical plays a limited engagement at the Weathervane June 8 - June 18, 2022.

December 4, 1956 - an extraordinary twist of fate brought Johnny Cash, Jerry Lee Lewis, Carl Perkins, and Elvis Presley together at Sun Records in Memphis for one unforgettable jam session in this high octane, Tony-winning musical inspired by a true story. The smash-hit musical chock full of rock hits including "Hound Dog," "Great Balls of Fire," "Blue Suede Shoes," "Walk the Line," and more is suitable for all audiences.

One of the most requested titles by patrons for the Weathervane stage, Million Dollar Quartet was not an easy title to incorporate into Weathervane's season.

"I had always known Million Dollar Quartet is a perfect title for Weathervane audiences, though the challenge of the alternating rep always seemed to be an insurmountable one," said Weathervane Producing Ar-



tistic Director and Million Dollar Quartet director Ethan Paulini. "I am a firm believer that things don't just have to be the way they've always been. Therefore before we dive into this year's 57th season of alternating rep, I decided to kick it off with a special treat. Johnny Cash, Jerry Lee Lewis, Carl Perkins and Elvis Presley will come alive on our stage for 12 performances only which will surely be a highlight of an unforgettable 2022!"

Playing that famous quartet are Weathervane alum Ira Kramer (Elvis Presley), Carbonell Award winner Dominique Scott (Jerry Lee Lewis), Chris Damiano (Johnny Cash), and Christopher Kent (Carl Perkins). Rounding out the cast are Juliana Chimenti (Dyanne), Kyle Huey (Sam Phillips), Andy Davis (Fluke), and Daniel Bailey (Brother Jay). Robert H. Fowler is the dance captain.

In addition to direction by Paulini and music direction

by Dominique Scott, Million Dollar Quartet features design by Scout Hough (lighting design and technical direction), Robert Salerno (sound design), LB Slater (properties design), and Rien Schlecht (costume design and production management). Additional creative team: Anna Gautreaux (scenic charge), Ian Evans (projection design), Ira Kramer (associate producer), Kara Procell (production stage manager), Whitley Body and Sophie Klokis (assistant stage management).

Performed to in person audiences only, audiences are currently at full capacity. The theatre has a new HVAC/Air Purification System that filters the air and provides heat and air conditioning. Masks are strongly encouraged at all times and required when Coös County COVID risk levels are at a yellow or a red. Complimentary masks are available on the premises.

Million Dollar Quartet opens Wednesday, June 8th and runs through Sunday, June 18th. There are no performances on June 15th. Weathervane's 57th rep season runs July 1 - October 9. Additional season 57 productions include Eurydice, The Marvelous Wonderettes, A Gentleman's Guide to Love & Murder, Jesus Christ Superstar, A Class Act, Blood Brothers, Intimate Apparel, and A Chorus Line. Single tickets, dinner and a show packages, and ticket subscriptions now available at [www.weathervanenh.org](http://www.weathervanenh.org). Season 57 tickets start at \$19.

## Now Accepting New Patients Rachel Morse, Bradford



Rachel obtained her Master's degree from the Yale School of Nursing in 2014, and completed a one-year postgraduate nurse practitioner residency program at Community Health Center, Inc. in New Britain, CT in 2015.

Before joining Little Rivers, Rachel began her career as a family nurse practitioner at Salud Family Health Centers in Longmont, CO, where she worked for 6.5 years. She enjoys caring for patients of all ages, and partnering with her patients to improve their health.

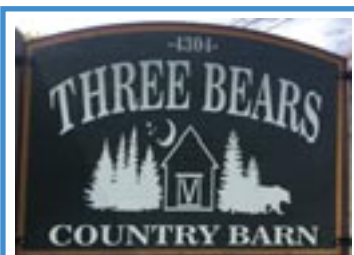
She recently relocated to the Upper Valley with her husband, toddler, dog, and cat, and is looking forward to reconnecting with this area after many years away.



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## School Security and Safety – Our Responsibility

Five years ago, Governor Sununu charged the School Safety Preparedness Task Force to find agreed upon recommendations on making New Hampshire's schools safe. The task force spent more than 1,000 hours researching and discussing the most pressing issues involving school safety and security, including conducting a comprehensive review of state, local, federal, and private research while seeking and evaluating public comment and suggestions. Visits were made to schools to meet with school administrators, staff, students, local emergency responders and parents. Local fire, police, and first responders from around the state worked with the task force members in developing action recommendations contained in the final report. The 2018 task force report contains 59 recommendations: legislative action, mental health, planning, training, school emergency operation plan exercises, communication, and facility upgrades.

Upon receiving the re-

port, the Public School Infrastructure Fund and Public School Infrastructure Commission was established (RSA198:15-y and z). The commission includes members from the Senate and House, the Director of Homeland Security, the Chairman of the State Board of Education, the Chairman of the School Building Authority, and the Commissioner of the Department of Education. Since 2018, the commission has allocated needed resources to upgrade school safety and security measures and protocols. This year, HB1125, a bill that requires that School Emergency Operation Plans be submitted to the NHDOE, was amended to read, "Every public, charter public, and nonpublic school shall develop a site-specific school emergency operations plan which is based on and conforms with Incident Command System and National Incident Management System procedure and shall be submitted to the NH Director of Homeland Security and Emergency Management by October 15 of each

year." Emergency operation planning must go beyond upgrading school facilities but also address response and mental health needs. Schools, community and home must work together to be more proactive to reduce the stigma of mental illness and what to do when someone is in crisis.

Recommendation #8 in the 2018 Task Force Report states, "Increase and promote evidence-based best practice suicide prevention training in schools to provide school staff with the knowledge and skills to recognize individuals at risk and connect that individual and [parents] with help." Within the past several weeks, the House and Senate approved SB234, requiring student identification cards to include the National Suicide Prevention Lifeline telephone numbers: 1-800-273-8255 or 988 (effective July 16, 2022). This bill shall be known as the "Jason Dickey Suicide Prevention Act."

Lastly, the State of New Hampshire has not remained silent regarding our responsibility to appropriate the necessary fiscal resources to upgrade securing measures in school facilities. Well over \$30M has been used to install security entry areas, security cameras, and to accommodate other necessary changes to better ensure student, staff and parent safety. As chair of the Infrastructure Commission, the next commission meeting has been scheduled for June 2 at which time school safety preparedness and fiscal assistance is on the agenda. I will close this article with a quote from Governor Sununu, "If we can't put our kids on a school bus and truly believe that they're going to be safe, then nothing else matters."

Respectfully Submitted,  
Rep Rick Ladd  
Chairman, Commission for Public School Infrastructure

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## What Investors Can – and Can't – Control

As an investor, you can easily feel frustrated to see short-term drops in your investment statements. But while you cannot control the market, you may find it helpful to review the factors you can control.

Many forces affect the financial markets, including geopolitical events, corporate profits and interest rate movements – forces beyond the control of most individual investors.

In any case, it's important to focus on the things you can control, such as these:

- Your ability to define your goals – One area in which you have total control is your ability to define your goals. Like most people, you probably have short-term goals – such as saving for a new car or a dream vacation – and long-term ones, such as a comfortable retirement.

Once you identify your goals and estimate how much they will cost, you can create an investment strategy to help achieve them. Over time, some of your personal circum-

stances will likely change, so you'll want to review your time horizon and risk tolerance on a regular basis, adjusting your strategy when appropriate. And the same is true for your goals – they may evolve over time, requiring new responses from you in how you invest.

- Your response to market downturns – When the market drops and the value of your investments declines, you might be tempted to take immediate action in an effort to stop the losses. This is understandable – after all, your investment results can have a big impact on your future. However, acting hastily could work against you – for example, you could sell investments that still have solid fundamentals and are still appropriate for your needs. If you can avoid decisions based on short-term events, you may help yourself in the long run.

- Your commitment to investing – The financial markets are almost always in flux, and their movements are hard to predict. If you can continue investing in all markets – good, bad or sideways – you will likely make much better progress toward your goals than if you periodically were to take a "time out." Many people head to the investment sidelines when the market tum-

bles, only to miss out on the beginnings of the next rally. And by steadily investing, you will increase the number of shares you own in your investments – and the larger your ownership stake, the greater your opportunities for building wealth.

- Your portfolio's level of diversification – While diversification itself can't guarantee profits or protect against all losses, it can help greatly reduce the impact of market volatility on your portfolio. Just how you diversify your investments depends on several factors, but the general principle of maintaining a diversified portfolio should govern your approach to investing. It's a good idea to periodically review your portfolio to ensure it's still properly diversified.

The world will always be filled with unpredictable, uncontrollable events, and many of them will affect the financial markets to one degree or another. But within your own investment world, you always have a great deal of control – and with it, you have the power to keep moving toward all your important financial objectives.

a clear picture of your money

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

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## What's Your Opinion?

## Good For The Goose

by Maggie Anderson

The English language is as close to a living thing as I can think of without it actually being one.

English grows alongside the technologies it must describe, it expands with influences of differing cultures, and is enriched by tidbits borrowed from other languages.

It can be used to entice, to convince, to educate, to explain ones attitudes and opinions. Sadly it can also be used to bully, humiliate, to stigmatize, to ostracize, and saddest of all it can be weaponized.

Our language is one of the richest in nuance and complexity, its imagery is limited only by the writer or the speaker's ability to make comparisons, or to find the perfect word for that perfect placement.

I love the English language, I love the playground it built wherein anybody who wants to is invited to play.

Still there are words and phrases, real and created, that set my teeth on edge. A few like conversating and irregardless make me want to scream. The phrase "I could care less" causes me to wonder if the writer or speaker was out to lunch during the whole of their 5th

grade grammar semester.

Newer irritations currently being invented include "mispronouncing and mispronounced" - soon to be added to the administration's growing list of criminal charges I imagine.

Another linguistic variation took place under Biden's administration recently. An illegal alien, aka a person who criminally breaches America's sovereign border - an act that will get you shot in some countries - magically morphed into an irregular migrant, practically overnight.

With the parameters definitionally remarked does that mean American law is now going to charge a person who breaks into your home with irregular entry?

I concur, it will soften the sound of their crime when it's read aloud in a courtroom, but it will not alter the fact they broke the law when they broke into someone's home. As a result would we have to change the wording for the homeowner's response as well?

A homeowner could no longer be accused of shooting a criminally trespassing intruder.

They'd have to be accused of dispatching an uninvited guest, wouldn't they?

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# TRENDY TIMES

A FREE PUBLICATION

## Charlene Kennedy: OBITUARY

Charlene Kennedy, 64, of Studio Road, passed away peacefully, Saturday, May 14th, 2022 in her home surrounded by her family after a courageous two and a half year battle with pancreatic cancer. Charlene was born at Cottage Hospital on October 29, 1957 to Nelson Leo Kennedy Sr. and Loralee (Whitcher) Kennedy. She is the elder sister to Nelson Leo Kennedy Jr. and Lorie Ann Kennedy. She was a graduate of Woodsville High School, Class of 1975. Following her high school graduation she took on various careers. She was the infamous Avon Lady for 47 years, she worked at the Glencliff Home for the elderly, Moosilauke View Restaurant, Woodsville Guaranty Savings Bank, Plymouth State College, Mt. Moosilauke Health Center, and ultimately retiring from C.M. Whitcher Rubbish. Charlene was still performing her duties as the Warren Town Tax Collector leading up to her passing, as she had for the last 19 years. Charlene was a dedicated and proud citizen of the town of Warren. She was active with Warren United Methodist Church and their luncheons, Sister of the Pythons, Old Home Days committee member, VFW Auxiliary member and Tops Leader.

One of Charlene's greatest accomplishments was being a mom. She was the mother of Eric Bauer and Matthew Pike. She dedicated her life to raising her son Matthew whom she loved unconditionally and proudly raised as a single mother. By the grace of God her first born son, Eric, was raised with love and kindness in Vermont by his adoptive parents, Peter Bauer and Dinny Hawksworth. There wasn't a day that went by that she didn't think of him and loved him always. Advances in science allowed her and her son Eric to be reunited in the winter of 2019.

She made many wonderful childhood memories with her Gram and Pappy Whitcher. She was up for any kind of adventure. If there was a seat for her she

would get in and go! She loved going on scenic rides and never missed an opportunity to take the back roads. She enjoyed riding around with her roomie turned best friend and partner of 20 years, Robert Huckins in their 1930s Model A cars, going on vacations to Florida and just spending time and laughing together. She enjoyed long weekends and weeks in the summer up to camp in Pittsburg and during the last few years, camping with her family at campgrounds closer to home. She loved watching Hallmark Christmas movie marathons with her daughter-in-law Hollie, watching her son Matthew race at local race tracks was one of her favorite past times, she loved the races! Spending time with family was most important to her. Family was everything to her. She traveled near and far in order to visit with the family she had all over the country.

She loved to laugh. She had the best laugh in the world, it was contagious. As easily as she laughed, she was quick to cry. Over anything happy or sad and you could almost always find her tearing up with every goodbye. She hated goodbyes. Her "boobing" allowed everyone to tease her about being a "Big Boob", a nickname that stuck and a trait she carried with her, her whole life.

Charlene's favorite title was Grammie. Her greatest blessing was her grandchildren and great granddaughter. She was everyone's Grammie.

Charlene is preceded in death by her Pappy, Edward Whitcher, Gram, Esther Whitcher, Grandpa, Kenneth Kennedy, Grammie, Pearl Bennett, Father, Nelson Kennedy Sr. Mother, Loralee Kennedy, Brother, Nelson Kennedy JR., Uncle, Leroy Whitcher She is survived by her Sons, Matthew Pike and wife Hollie, Eric Bauer and wife Stephanie, Significant Other, Robert Huckins and his son Rob Huckins and wife Trish, Sister, Lorie Ann Kennedy, Grandchildren, Shannon Tubbs (Trent), Devin Pike, Maya Bailey,



Jeter Bailey, Pierce Bauer, Mason Bauer, Bryanna Pike, Chase Huckins and Hailey Huckins and Great Granddaughter Avery Tubbs, her faithful Dog Daisy as well as many Nieces, Nephew and cousins.

A service will be held at 1:30pm at the Warren United Methodist Church with a Celebration of Life reception to follow at the town hall. Her favorite color was purple, she shined in every hue, we would love to have all service and Celebration of Life attendees to wear something purple in her honor. In lieu of flowers, a memorial donation box will be available at the service as well as the Celebration of Life reception. All donations will be sent to The National Pancreas Foundation in honor of Charlene.

"Whether you met Charlene once or spent a lifetime, her love, caring, and kindness had a profound impact". - from her son Eric

For more information or to offer an online condolence, please visit [www.rickerfh.com](http://www.rickerfh.com)

Ricker Funeral Home & Cremation Care of Woodsville is assisting with the arrangements

## Letter to the Editor

Editor,

I would like to apologize to Mr. Briggaman for misspelling his name, not once but twice in my letter to the editor in the May 3 edition of Trendy Times. I should spell his name correctly even if I disagree with him and his description of what I said, is inaccurate. Mr. Briggaman your odds were wrong that "you have been coming to this area (mid 1960s) longer than I have been on this earth." As Gary Scruton, Editor cleared up in his answer to you, I have been on this earth since before the 1960s. My connection to this area began before I was born as my parents were coming to this area before I was a twinkle in their eyes. My direct connection to Vermont appears to be longer than your connection to Vermont, since I have been coming to Newbury, Vermont since the mid 1950s. Also, prior to moving to Wells River, I lived in

Richard,

*Spelling of most words in the American (some call it English) language can be difficult. There are way too many to's (two's, too's) to weigh the possibilities.*

*But let's all try to stay on the task of discussing the differing opinions of people who both look at the same batch of facts (of course what is, or what is not, a fact can also be discussed) and come to very opposing views. I have said many times that given a set of facts and figures, three people with different agendas can come up with three very different scenarios of what exactly those facts and figures show.*

*With primary season fast approaching and the general election now less than six months away it is even more important than ever for voters to start looking at candidates, listening to their points of view, reading about their past actions, and making a decision as to how you plan to vote. Remember, voting is a privilege not every person around this word possesses. Don't let your opportunity pass you by.*

*And as a sticker on my front counter states clearly "Vote or shut up!"*

Gary Scruton, Editor

North Haverhill for 3 years and have lived in Wells River since 1992, except for 4 years when I lived in Micronesia working for the Federal Government.

As far as the good doctor, Robert A Peraino is concerned, I see by his letter personally attacking me in the May 17th issue, that he has not accepted his own challenge to be civil. I only wish he would stop lying about my letters and what I have said in my letters. I never called Mr. Briggaman a troll, just as I never said the police were the "bad guys", I'll repeat what I said before, I said supporting the police and holding police accountable is not incompatible. I'm not sure how anyone would say I thought the police were "bad guys" - his words, not mine.

I stand by my letters.

Richard M Roderick  
Wells River, Vermont

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Adam W. Smith



# What About Ma?

by Kellie Quackenbush

## All About Mental Health

We have recently been informed of a mass shooting at an elementary school in Texas. The school was in a “small” community and the person wielding the weapon was only 18 years old. This was a horrible act and many innocent children were killed or hurt. Teachers and first responders were also injured or killed.

We all want to know why. A weapon, a rifle and/or gun was used to commit this terrible crime on society. Congress wants to say that access to a gun was the cause. In truth, the cause is a growing health issue that is largely ignored and under reported-mental health.

“Nearly 1 in 5 Americans has some type of mental health condition.” per <https://www.cnbc.com>, by Megan Leonhardt, What you need to know about the cost and accessibility of Mental health care in America. “Mental health and substance use treatment centers and clinics, for instance, tend to be concentrated in urban areas. Rural parts of the country tend to lack access to more specialized treatment options — similar to the barriers that exist in traditional physical medicine.

In fact, more than 112 million Americans live in areas where mental health providers are scarce. States like Missouri, Arizona, South Dakota, Montana and Washington are among those with low rates when it comes to meeting the mental health needs of residents.”

Here in NH and Vermont we also feel the shortage of mental health accessibility. Being in the rural part of New England, there is a shortage of mental health workers, facilities for treatment and coverage for needed treatment. Per <https://www.mhanational.org>, “A growing percentage of

youth in the U.S. live with major depression. 15.08% of youth experienced a major depressive episode in the past year, a 1.24% increase from last year’s dataset. In the bottom-ranked states, up to 19% of youth ages 12-17 experienced major depression.

Over 2.5 million youth in the U.S. have severe depression, and multiracial youth are at greatest risk. 10.6% of youth in the U.S. have severe major depression (depression that severely affects functioning). The rate of severe depression was highest among youth who identified as more than one race, at 14.5% (more than one in every seven multiracial youth).

Over half of adults with a mental illness do not receive treatment, totaling over 27 million adults in the U.S. who are going untreated. In Hawaii, the bottom-ranked state, 67% of adults with a mental illness did not receive treatment. Even in Vermont, the top-ranked state in the U.S., 43% of adults experiencing a mental illness were not receiving treatment.

The percentage of adults with a mental illness who report unmet need for treatment has increased every year since 2011. In 2019, 24.7% of adults with a mental illness report an unmet need for treatment.

Over 60% of youth with major depression do not receive any mental health treatment. Even in states with the greatest access, nearly one in three are going without treatment. In Texas, the bottom-ranked state for this indicator, nearly three-quarters of youth with depression did not receive mental health treatment.” That was the key findings of the Mental Health America’s national report for 2022.

Without help, people suffering from mental health issues are left to their own devices to handle the psychological and emotional turmoil they suffer. As noted above, there are too many people without the resources to address their medical needs. Children in unstable households or limited resources are at risk. Public schools with very limited funding must find a way to address this growing need.

Funding for mental health and education has been minimal from the Federal Government. “The Biden administration requested \$22.5 billion in supplemental Covid-19 relief funding last month in a massive government funding package, but it was stripped from the bill.... a scaled-back \$10 billion package, but Congress left Washington earlier this month without passing that bipartisan bill....” By Betsy Klein, CNN.

I find it very sad that Congress is more willing to send money to another country’s war efforts than spending money on our own people’s growing health and infrastructure needs. “Congress has approved \$40 billion in aid for Ukraine and other countries affected by the conflict—the sixth aid package since the war began.” per [www.CSIS.ORG](http://www.CSIS.ORG).

We can not change what has happened but we can work together to attack the root cause of the problem. As long as we do not care enough to provide good health care to those in need, as long as we have homeless people, as long as we do not address children’s needs for safety at home and in school, as long as children are left hungry ..... We will continue seeing horrible events in our country.

We need more mental health care workers, we need facilities that can address long term illness and we need to reach out to children at risk. Can you call a Congressman and tell them that now is the time to focus on us, the people of the USA?

## Grafton County Conservation District and Natural Resources Conservation Service Announce Local Working Group Meeting

NH Conservation Districts work with farm and forest landowners to let them know that federal technical and cost-share assistance is available for approved conservation practices through Farm Bill Programs. Conservation practices are designed and implemented to address resource concerns that improve water and air quality, reduce soil loss and improve energy efficiency. Examples of conservation practices include, a fencing system, spring development and animal trails for rotational grazing, forest stand improvement, cover cropping, seasonal high tunnels, improving pollinator and wildlife habitat. Installed conservation practices benefit the environment, the landowner, and local contractors hired to complete the practices. The process of deciding which resource concerns are most critical requires guidance and knowledge of local needs, identified by a Local Working Group. Local Working Groups provide input to the State Technical Committee and the State Conservationist to help identify conservation needs, resource concerns, program priorities, and recommendations for program implementation at a state and local level.

Grafton County Conservation District and the Natu-

ral Resources Conservation Service will host an in-person Local Working Group (LWG) meeting from 10:00am – NOON on Wednesday, June 15, 2022 at the Extension Conference Room, Grafton County Complex, 3855 Dartmouth College Highway, North Haverhill. This is your opportunity to identify locally important natural resource concerns and prioritize funding allocations for those concerns, and appropriate conservation practices to address those concerns. The agenda items to be discussed include: Welcome and Introductions, Review Purpose of Local Working Group and Meeting Objectives, Conservation Program Overview, Resource Concern Review, Discuss and Complete Local Working Group Questionnaire including, Resource Concerns Funding Allocations, and Identify Resource Concerns for Forestland, Pastureland, Cropland, and Farmstead, and Closing Remarks.

The Grafton County Conservation District Local Working Group meeting is open to the public. If you need an accommodation to participate in this activity or event, please contact Pam Gilbert at (603) 787-3673, or by e-mail at [pamela.gilbert@nh.nacdnet.net](mailto:pamela.gilbert@nh.nacdnet.net) by June 1, 2022.

Scott Borthwick  
Manager

Ph: 603.523-9284  
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# Tek Talk with Eli

set of vulnerabilities. Let's kill those programs:

1. Go to Start, then to Settings, then to Apps.
2. You should be looking at a list of all of your installed apps under your Apps & Features section. A right-click on any of them should present you with the option to uninstall them.

Freshman orientation for your software

Now that you've done some bloatware pest control, you'll want to secure your other software and drivers by making sure they're up to date. Doing this can eliminate the risk of infection by entire classes and families of viruses and malware. The easiest way to do this is by downloading the Windows Update Assistant and following its prompts.

If you have any trouble with the automated process, there's a manual option:

1. Go to Start, then to Settings.
2. Select Update & Security, then select Windows Update.

### Locals only

By default, logging in to Windows 10 means using your Microsoft account -- the same one you use for your Microsoft email. A feature of this type of login is that any changes you make to your settings while on your new Windows 10 machine will be automatically synced across all of your other Windows 10 devices.

That might seem like a convenient perk. It's not. It's essentially removing a bulkhead against multidevice compromise in the event something (or someone) affects your Microsoft account. So let's make sure you've got a unique local account login to use only on your new Windows 10 machine:

1. Save any work currently open, then close the program you're using.
2. Go to Start, then Settings.
3. Click Accounts, then click Your email and accounts on the left-side column.
4. Click the link that says Sign in with a local account instead.
5. When the prompt appears, type the password you currently use to log into your Microsoft account (the same password you currently use to unlock your laptop), and click Next.
6. A new prompt will ask you to create a username, password and password hint. Once you've entered the text, click Next.

7. Click Sign out and finish.

This will bring you back to the machine's login screen, where you can enter your new password to log back in. At which point, you'll likely also notice a much faster login.

Shut down stalkerware  
Windows 10 automatically tracks your location and monitors your behavior in order to sell advertising. Here's how to turn both of those features off to better protect your privacy:

1. Go to Start, then Settings.
2. Click Privacy, the icon that looks like a padlock.
3. Click Location, then click the On switch to turn location tracking off.
4. To disable ad tracking:
5. Go back to the Privacy screen you were just at.
6. Turn off the setting for Let apps use advertising ID to make ads more interesting to you based on your app activity.

Enable your firewall and antivirus

If you've used Windows for a while now, you're familiar with the Windows Defender Security Center. It's a good first step toward monitoring the overall health of your computer, but it's not going to be enough. One other layer of security is already built into Windows 10, and you should take advantage of it by enabling firewall and antivirus protection. Here's how:

1. Go back to your Control Panel, then to System and Security.
2. Click Windows Defender Firewall, then click Turn Windows Defender Firewall on or off in the sidebar.
3. Click the button that says Turn on Windows Defender Firewall under both the public network and private network settings.
4. Tick the box that says Notify me when Windows Defender Firewall blocks a new app.

I hope these suggestions help if you should have any questions e-mail me at [pai-gecs@gmail.com](mailto:pai-gecs@gmail.com) or visit my website [www.paigecomputerservice.com](http://www.paigecomputerservice.com) or call

# Stefanie Schaffer Continues to <sup>15</sup> "Find New Roads" with the North Country Chevy Dealers

WELLS RIVER, VERMONT -The North Country Chevy Dealers including Wells River Chevrolet came together with Stefanie Schaffer in Burlington, Vermont to celebrate the extension of their inspiring 'Stef Finds New Roads' partnership.

On June 30, 2018, Stefanie's life changed. She was on vacation in the Bahamas when she was injured in a horrific boat accident. Stefanie's injuries included broken bones, internal bleeding, spinal cord damage, and a brain injury. Most devastatingly, she lost both of her legs and became a bilateral amputee.

In February 2019, Stefanie began her journey to "Find New Roads" when she partnered with The North Country Chevy Dealers, a group of 15 Chevrolet Dealerships throughout Vermont, New Hampshire, and New York. The North Country Chevy Dealers offered Stefanie an opportunity to explore life on the road, something she thought she could never do again. They surprised her with a brand new 2019 Chevy Equinox, fully adaptive with hand controls.

"When I first started driving with hand controls, I thrived on the feeling of independence I had when I was alone in my Equinox, music loud," said Stefanie. "Now, three years later, each moment in my car brings me happiness. These moments, now frequent, remind me of how far I've come."

On May 19, in Burlington, Vermont they extended the partnership three more

years. In recognition of the extension, The North Country Chevy Dealers provided Stefanie with a 2022 Chevy Equinox – this time in pearl white.

"The North Country Chevy Dealers have been an incredible support system for me these past three years," explained Stefanie. "After seeing what we were able to accomplish together already, I believe our potential is limitless. I'm so excited for Chapter Two." Speaking of Chapter 2, Stefanie has published her first book, a memoir encapsulating her journey thus far, "Without any Warning, Casualties of a Caribbean Vacation."

The North Country Chevy Dealers' President Duane Coute notes, "Working with Stefanie these past three years has been nothing short of amazing. She inspires each of us to live life with a positive attitude. She continues to inspire, not only locally, but all over the country. The North Country Chevy Dealers are thrilled to extend our partnership with Stefanie and continue to share her story."

The "StefFindsNewRoads" partnership includes a sleek new website, photos, video, and a continued social media presence on Facebook and Instagram. Keep up to date with Stefanie Schaffers' journey with The North Country Chevy Dealers, by following her on Instagram and Facebook @steffindsnewroads. Visit [steffindsnewroads.com/media](http://steffindsnewroads.com/media) to view an online media kit.

Not all Times are Trendy, but there will always be Trendy Times  
May 31, 2022  
Volume 13 Number 17

by Eli Heath  
Paige Computer Services  
Here are some Windows 10 security tips that every user should apply to their computer from CNET by Rae Hodge;

Securing your new Windows 10 machine doesn't have to be complicated. With a quick run-through, you can enable some of the basic security features of the operating system and disable some of the more annoying ones, without compromising your device.

Here's how to do it.  
Create your save point

The first thing you should do with a new Windows 10 machine is enable a system restore. Think of it like a save point for your machine. If things go south while you're trying to set up a safer machine, you get to come back to this nice fresh install and start with a clean slate. Since it's disabled by default in Windows 10 (\$100 at Amazon), you'll need to manually enable it by following these steps:

1. Go to the Windows Cortana search box and type system restore.
2. Select the Control Panel and click Create a restore point.
3. When the System Properties dialog box appears, click the System Protection tab.
4. Select the drive you've got Windows installed on. For most people this is going to be the C drive.
5. Click Configure.
6. Click Turn on system protection, then click OK.

From here on out, you can always come back to the System Properties box and click System Restore to bring your machine back to this moment in time.

Read more: Microsoft Windows 10 review: Microsoft gets it right

Kill the bloatware

One of the most obnoxious things about getting a new Windows machine is that it's never really new. Even if your hands are the first to pull it out of its shiny box, both Microsoft and the manufacturer have already invariably stuffed your machine with barely-functional, unwanted, or trial-version software that will sit unused in your computer, taking up valuable memory space until it eventually becomes outdated and presents a quiet



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



On May 21, 2022, eleven students from Woodsville High School's National Honor Society gathered to clean up at Bedell Bridge State Park as well as build two benches. These students spent around two hours working together to clear pathways of brush and overgrown weeds, remove dead vines from small trees, and build benches for visitors to utilize. Cleaning and caring for Bedell Bridge State Park, once a year, has been one of the National Honor Society's duties for some time now. These students take pride in their work to leave the park better than it was found and make the area more enjoyable for others. The following students helped at this year's Bedell Bridge State Park Cleanup.  
Back row from left to right: Riley Restelli, Aliza Boutin, Brianna Youngman, Paige Smith, Zoe Smith, Chloe Williams-Wyman, Abby Locke  
Front Row from left to right: Monica Cataldo, Erin Gwilt, Jess Riley, Hannah Keeler

# Coconut Shrimp

Hello hello my fellow chefs. How are you all doing today? I'm okay and enjoying the nice weather. My grass is growing like a weed and that might be because most of what I have is weeds but looks good when it's mowed. I realized that when I bought weed killer and applied it to my lawn and saw the results. It was almost all dead. It took 2 years to look decent again even with new grass seeds planted. It was really terrible so don't try it.

Today's recipe is so "Delicioso". I love fried shrimp and I tried for the first time coconut oil. The consistency is like Crisco and it melts as it's heating. It didn't smell like coconut and I'm not sure if it gave more flavor. You can use vegetable oil or try the coconut oil and decide for yourself. The amount you use will vary depending on how big your frying pan is you want the bottom covered. So let's get started with what to buy and how to make it. Also I used jumbo shrimp but if you can only find large it's fine just have to coat more. Try to find jumbo.

I also took off the entire shell even the tail.

- Ingredients
- 1lb. Jumbo shrimp cleaned and shell removed
  - 1/3 cup all purpose flour
  - 1/2 tsp. Seasoned salt
  - 1/2 tsp. Black pepper
  - 3 large eggs
  - 3/4 cup Panko Italian style bread crumbs
  - 1 cup sweetened flaked coconut
  - 1/3 cup or more coconut oil or vegetable oil

First get 3 bowls. In first bowl mix flour with salt and pepper. In second one beat the eggs. In third one mix Panko bread crumbs with shredded coconut. Dip shrimp in flour then in egg then in Panko coconut mixture. Press lightly so you get good coverage. Heat oil over

medium heat. Place shrimp in hot oil and fry for about 2 minutes on each side. They brown beautifully and cook pretty quick. Remove from pan and place on paper towels in dish. They look so professional!

You will be a star with your family. I served mine with steamed broccoli and a baked potato. Yummy!!! Please try this recipe it's a little messy coating the shrimp but well worth it. I started off using a fork but ended up with using my fingers with a disposable glove. Enjoy.

Well folks that's it for today's recipe. I hope you like this easy peasy recipe. Until next time I am signing off.

Sincerely,  
Cin Pin



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