

A FREE PUBLICATION

# TRENDY TIMES

HAPPY Father's DAY



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JUNE 14, 2022 VOLUME 13, NUMBER 18

## Lots of Variety Planned for the Food Truck Pop-up @ The Pavilion

ST. JOHNSBURY, VERMONT – The Food Truck Pop-up @ the Pavilion is an all new event produced by Discover St. Johnsbury to bring delicious foods and fun to a rapidly developing area of downtown St. Johnsbury during the summer. On the second Tuesday of the month—

June 14, July 12, & August 9, from 4pm - 7pm—come order dinner and dessert from a half dozen of the region's favorite food vendors at the Trailhead Pavilion (195 Bay Street, St. Johnsbury, Vermont 05819). Plus, listen to live music, and play a game of corn hole on the lawn. The Lamoille Valley

Rail Trail is just a short stroll or bike ride away, if you need to stretch your legs after all these goodies.

"The Trailhead Pavilion is a beautiful new feature of the downtown, and we wanted to create a reason for folks to see all of the exciting developments in progress on Bay Street," says Gillian Sewake, Director of the Discover St. Johnsbury. "The food vendor lineup alone is worth saving these dates on your calendar right now. There is a lot of tasty variety to look forward to!"

For the first event, taking place on Tuesday, June 14, vendors include:

- Avelie's Sweet Treats, serving ice cream and other desserts
- Chef Nadav, serving falafel, kafta kabobs, burekas

and other Israeli-Mediterranean cuisine

- Farm to Fire Pizza, serving wood-fired pizzas
- Lady Shaye's Catering, serving sliders, wings, homemade mac and cheese, and other fried goodies
- Smokin' Somethin' BBQ, serving pulled pork, brisket, ribs, tacos, and chili dogs
- T & T Tacos, serving 'walking tacos'

Local singer-songwriter Koa Phoenix will provide live music, and the NEK Young Professionals Network will host a networking mixer during the event. Plus, the weekly gravel bike meetup hosted by guide Land Animal Adventures meets at the pavilion each Tuesday at 5:30pm.

The July and August events include additional ven-

dors, including Genuine Jamaican, Shrubby's Smoke-shack, and a special pop-up from Vulgar Display of Poutine. The full vendor lineup for all three dates can be found at [www.discoverstjohnsbury.com/foodtruckpopup](http://www.discoverstjohnsbury.com/foodtruckpopup), or you can visit the Welcome Center or call 802-748-8575 for info.

These events are rain or shine—dress for the weather, and consider bringing a picnic blanket or seating in case picnic tables are full. Limited parking is available at the pavilion, including ADA accessible spots. If the parking area is full, you'll find more spots at Depot Square Park and the Pearl Street Lot, with the pavilion a short walk away through the 'honking tunnel'.



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# TRENDY Dining Guide

## Tuttle's Family Diner

by Gary Scruton

I have to admit that during the past two weeks Janice and I have taken advantage of a local eatery more than once. Of course we have our favorites, which vary depending on the time of day or even the day of the week. From breakfast to a beer and a Bratwurst we enjoyed a variety of foods and beverages.

But I will write this article about our Sunday morning visit to Tuttle's Family Diner. It was a great chance to get a hearty start to the day. They were busy when we walked through the two front doors and were told by the waitress that hustled by that we could pick our seats. As we are "older" we spotted one of two booths that sit in the front window and took up

residence in the empty one. The young waitress was not far behind us with menus and also asked about a beverage. We both requested a cup of coffee and some time to look over the menu and make a decision. It was already after 10 am so for me anyhow, the first choice was breakfast or lunch? I stayed with breakfast but instead of the more traditional pig for a meat I went with steak (medium) and eggs. This meal came with homefries (do you want onions with your home fries? Yes, please) two eggs (over easy) and toast (raisin).

Janice went with a breakfast burrito that was almost over stuffed with scrambled eggs, spinach, mushrooms, tomatoes, onions and peppers. When asked for a cheese choice, she replied



none. She also got home fries (no onions with those).

While we were sipping our coffee from nice heavy mugs, I noticed a bookshelf on the wall behind Janice. The sign on it called the area the "Little Baldwin Library" referring to Wells River's own Baldwin Library just a couple of doors away. The sign also said that books there could be read while you eat and put back, or taken home to finish reading and bring back or simply to pass along to other readers. We did not further explore

because our food arrived at our table and we had eating to concentrate on.



As expected the meals were hot and there was plenty to eat. My meal came with a steak knife and there was ketchup on the table for my home fries. The eggs were cooked just right and the two slices of raisin bread were well buttered by the staff and did not need any additional jam or jelly in order to suit me just fine.

With the list of ingredients in Janice's burrito it was all

she could do to get a good bite of that breakfast food. But she managed to work her way through. When our waitress came back to check on us shortly after serving us the meal she did ask if Janice wanted some also or sour cream for the burrito, but she turned that little extra down.

Like most everything else that we purchase today there has been an increase in costs. We noticed that our waitress had to cross out her initial entry on the check for the cost of the coffee and remarked it with a 30¢ per cup increase. Even with that our total cost for the two meals was \$31.24. As our waitress was the one ringing us out Janice handed her a cash tip for her service.

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For More Details  
Contact Gary @ 603-747-2887  
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# North Haverhill Fair Announces Additional Musical Performers

As the calendar has turned to June the final schedule for the 78th annual North Haverhill Fair has finally come into shape. As usual it is packed with entertainment every one of its five days of fun from Wednesday, July 27th thru Sunday the 31st.

The highlight of the music concerts will be the Saturday night concert by LANCO, performers of Multi-Platinum hit "Greatest Love Story" and Platinum certified "Born To Love You". That concert starts at 8:00 PM on the Thayer Stage. LANCO recently traveled to the iconic Fame Studios in Muscle Shoals, AL to record some 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 leader 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.

Also featured on the Thayer Stage Friday evening at 8:30 will be the Beer Knights Band. Local to East Ryegate, VT their ability to cover hit songs from all decades and genres are what make them a must see. From providing their musical services at local private parties and venues, to performing at the 2018 Battle of the Bands at Foxwoods Resort and Casino, the Beer Knights Band is coming to the 2022 North Haverhill Fair to share their love of covering a wide variety of hit



songs from classic rock to country and everything in between. So enjoy belting out some of your favorite tunes, move those feet and dance, or just sit back and relax as you take in the Beer Knight Bands' music at the 2022 North Haverhill Fair.

The five days of music are kicked off on Wednesday night with a rising artist in the New England Country-Pop music scene, Lexi Jordan. Her credits include the 2017 NECMO Female Vocalist of the Year award. Based on her upbringing, she became captivated by country music. To her, it was never about catchy melodies. The meanings behind the lyrics and stories intertwined connected with her unlike anything else. She hopes to inspire others in sharing their stories and continue reminding them they do not have to be alone. Lexi Jordan takes the Thayer Stage Wednesday night at 6:30.

Next on stage is Moxley Union on Thursday night at 6:30. The story of this band was born from a need to sweat Rock n' Roll music. No genre defining rules. Blues, Rockabilly, Country, Indie... it's all fair game. Four guys started playing music for the people in the year the world was supposed to end... 12/21/12, and they're still here. We are still here...

The final live performances from Thayer Stage will be

the annual North Haverhill's Got Talent competition which has been moved to Sunday at 1:00 PM. Our four judges will both critique and praise the contestants as they vie for the \$200 first prize. Contact Don Vogt by way of email donvogt@audiofarmpro.com to set up details. Both singers and non musical acts are encouraged to participate.

But there is even more for free shows at the North Haverhill Fair. Two demolition derby nights plus a car show, tractor pull, log loader competition and 4x4 pull will please the motor heads.

For those who like animals showing their abilities there are oxen, pony and horse pulls, plus the 4-H livestock shows and an open ox show on Saturday.

If you want to explore some items of interest you can see the 4-H displays, the commercial exhibits or visit the Blaisdell Maple Museum. Plus the just completed Antique Farm Museum (pardon the mess here, but construction is set to be completed in June and filling this new structure will take more than just one month.)

All this entertainment plus Wee Wee Wee Racing Pigs and Aim High Canines prove to entertain all ages at the 78th Annual North Haverhill Fair. The fairgrounds are located at 1299 Dartmouth College Highway (Rt 10) North Haverhill, NH. Admission is \$15.00 for adults, \$3.00 for children 5-12 and free for those under 5 as well as for parking. For more information check us out on Facebook or at [www.nohaverhillfair.com](http://www.nohaverhillfair.com)

# Poor Man's Gambit To Appear at Court St. Arts



PMG brings together three diverse musical backgrounds which complement the other's musical styles both on stage and in the studio. With two multi-instrumentalists in the line-up, PMG has been noted for their ability to change instrumentation many times over the space of a performance, and offer several levels of musical depth to listening ears. The addition of Corey's flashy footwork on the occasional reel adds an extra

punch of energy to their shows.

The concert will take place at Alumni Hall, court Street in Haverhill Corner on Saturday, June 25th at 7:30 PM. Tickets are \$25.00.

Meals will be available from the Bailiff's Cafe, along with beverages before the concert. To learn more and order tickets: [www.courtsreetarts.org/events](http://www.courtsreetarts.org/events)

Indoor masking is suggested but not required

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

June 14, 2022

Volume 13 Number 18

## 7th Annual WELLS RIVER COMMUNITY PICNIC AND ICE CREAM SOCIAL

**Saturday, June 25th 11:00 AM – 2:00 PM**  
Berry Memorial Field - 143 Main Street North

**Newbury Historical Society Story Corps**  
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## Financial Literacy Signed into Law

Several weeks ago, Governor Sununu signed HB 1293 into law. This new legislation provides for prescribed study in financial literacy for K-12 students in New Hampshire public schools. Financial education is a fundamental component of preparing students for adulthood that will benefit generations to come.

When HB 1293 was introduced in the education committee, it was written around strengthening studies in health and physical education. While in committee, the bill was amended to also include the study of financial literacy. In a letter written to Governor Sununu from business and money management groups, it was stated, "As Representative Rick Ladd of Haverhill, NH, pointed out during committee testimony, advocates have long sought the inclusion of financial literacy on

the education agenda; however, language to enforce that requirement is rarely, if at all, included in statute."

Three-fourths of Americans rank their finances as the top stress in their lives. That's understandable, with 56% of families unable to cover an emergency of \$1,000 and 45% of households carrying credit card debt. This data is now compounded by out-of-control inflation with skyrocketing costs of groceries, vehicle fuel, and all other life needs well beyond affordability. As I have previously stated, "Life is not determined by what you want. Life is determined by the choices you make." Disturbingly, inflation is a result of decision making at the national level. Now, more than ever, HB 1293 is needed. Studies show that when students receive financial literacy education in school, they are

more likely to save and pay off their credit cards each month. Students having participated in financial literacy education in schools are also less likely to max out their credit cards, make late credit payments or be compulsive buyers.

As we continue to grapple with the consequences of rising inflation, understanding how to prudently manage one's finances may be what makes the difference between success and financial ruin for young adults just entering the workforce.

Lastly, research shows that financial behaviors are formed as early as age 7, so we must instill strong financial health habits at a very early age to ensure today's youth are equipped to handle present and tomorrow's fiscal challenges. With the passage of HB 1263, school boards have both the mandate and the latitude to educate students with this need that is a vital and needed part of basic classroom instruction and curriculum.

Respectfully Submitted,  
NH Rep Rick Ladd  
Chair, House Education

## Five Fest Music & Markets in Bradford & Fairlee

Bradford & Fairlee, Vermont: The Space On Main and Chapman's General announced Five Fest Music & Markets, a new event series coming to Bradford and Fairlee, Vermont this summer. Five Fest is a series that will occur 5:00-9:00pm on the nights of June 25, July 16, and July 23, 2022, timed around the dates of camper drop-off and visiting days for the summer camps of Thetford, Fairlee, West Fairlee, and Newbury, Vermont as well as Piermont and Orford, New Hampshire. The events are backed by a grant from Vermont Agency of Commerce & Community Development's Department of Tourism & Marketing and supported by Catamount Arts and Crosscut Creatives.

The effort has included expanding the popular Discovery Map to include businesses in Bradford and Fairlee as well as marketing to people traveling to the region from outside of Vermont. The purpose of the project is to draw people to the region for evenings of

fun and entertainment in order to get people to spend more time visiting the amazing businesses that the region has to offer.

Musicians coordinated by Catamount Arts for the festival include: Kotoko Brass, If You Must Know, Chat Hollister Trio, Jesse Taylor, Ward Hayden & The Outliers, and Zach Nugent.

Music and small business popup markets will be featured 5:00-7:00pm in Bradford and 7:00-9:00pm in Fairlee, Vermont on the dates of June 25, July 16, and July 23, 2022. For more information on Five Fest, visit <https://routefivevt.com>.

About The Space On Main: The Space On Main is a nonprofit community-based coworking, maker, conference, event, and gallery space in the heart of the VT/NH Cohase Region fostering entrepreneurship, collaboration, creativity, and innovation. Find out more at [thespaceonmain.org](http://thespaceonmain.org).

About Chapman's General: Local craft beers, wines, produce, coffee, toys, jewelry, woodwork, friends, and community. Serving the Upper Valley for the last 100 years. Chapman's General is a modern take on a Vermont country store with a curated selection of local art, art supplies, New England food products, and ethically sourced jewelry. Find out more at [chapmansstore.com](http://chapmansstore.com).

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# (Not So) Elementary, My Dear Watson: The Popularity of Sherlock Holmes

Join us at Alumni Hall on June 28 at 7:00 p.m. when Professor Ann McClellan will explore the origins of Arthur Conan Doyle's famous detective and tracks his incarnations in literature, film, advertising, and modern media in order to crack the case of the most popular detective.

The recent popularity of Sherlock Holmes movies, television shows, and literary adaptations indicate the Great Detective is alive and well in the 21st century. Holmes is the most portrayed literary character of all time, with over 230 film versions alone in several different languages. Over the past century, Sherlockians created societies like the Baker Street Irregulars,



wrote articles sussing out the "sources" of Doyle's works, and, most recently, developed an entire online world of Holmesian fan fiction. Sherlock Holmes is now a multi-million dollar industry. Why is Sherlock Holmes so popular?

Ann McClellan is professor of English and Interim Provost and Vice President of Academic Affairs at Plymouth State University where she teaches 19th and 20th century British literature. She is the author of How

British Women Writers Transformed the Campus Novel (2012), Sherlock's World: Fanfiction and the Reimagining of BBC's Sherlock (2018), and several articles on cultural topics ranging from servants on screen to social media, fan fiction, and Sherlock Holmes. She is currently writing a new monograph on Black Sherlock Holmes adaptations.

The Haverhill Library Association will host (Not So) Elementary, My Dear Watson: The Popularity of Sherlock Holmes, a NH Humanities Program, on June 28 at Alumni Hall, Court Street in Haverhill Corner at 7:00 p.m.

## Governor Madeleine Kunin Endorses Democrat Molly Gray for Congress

Shelburne, VT—This morning, at a press conference at Pierson Library in Shelburne, former Vermont Governor Madeleine Kunin endorsed Lieutenant Governor Molly Gray for Congress.

"I am happy to endorse Lieutenant Governor Molly Gray to become the first Congresswoman from Vermont. I have followed Molly's career with interest since she was an outstanding student in my class on 'Women and Politics' at the University of Vermont," Kunin said. "Molly has strong and diverse credentials in all three levels of government: local, federal and international. I am confident that she will be an active and effective Congresswoman, speaking up on issues that matter most to Vermonters – including paid family and medical leave, affordable housing, and income inequality."

Gray, 38, was born and raised in South Newbury, Vermont, on a vegetable and dairy farm still operated by her family today. She has served Vermont in Washington as an aide to Congressman Welch, statewide as an Assistant Attorney General and now as Vermont's 82nd Lieutenant Governor. Before entering public office, Gray spent her career advocating for human rights and humanitarian assistance in Vermont, Washington, and around the globe.

"Governor Kunin has been a friend and mentor throughout my career. To have her support in this historic race is one of the honors of my life," Gray said. "She knows what it takes to be the first. She knows what it takes to get the door open for women in new offices, and to keep it open. From her own experience serving as U.S. Ambassador to Switzerland, as Deputy Secretary of Education and as Vermont's Governor, she knows that the complex challenges we face today – here at home, nationally and abroad – demand a real diversity of experience. I have that diversity of experience and Governor Kunin recognizes that."

Governor Kunin was elected to the Vermont

House of Representatives in 1972 and served three terms in the State House, where she became both the Minority Whip (1974) and the first Chairwoman of the Appropriations Committee (1976). She was elected the 75th Lieutenant Governor of Vermont in 1978 and served two terms under Republican Governor Richard Snelling. Kunin was elected Vermont's first (and to date, only) female Governor in 1984, the same year Gray was born. She is the first woman in the United States to be elected Governor three times. After elected office, her career of public service continued in the Clinton administration, where she served as both Deputy Secretary of Education and as Ambassador to Switzerland.

Kunin is an accomplished author, worked as a college professor, and has remained committed to education and the mentorship of young Vermonters throughout her career. She is a member of the American Academy of Arts and Sciences, the founder and board member of the Global Institute for Sustainable Communities (ISC), and is the founder of Emerge Vermont.

Kunin becomes the second former Lieutenant Governor and Governor to formally back Gray's campaign, joining Governor Howard Dean.

Earlier this week, Gray announced the endorsement of the International Association of Sheet Metal, Air, Rail, and Transportation Workers (SMART), her second major union endorsement. Gray has also been endorsed by The North Atlantic States Regional Council of Carpenters (NASRCC), and leading national organizations The Next 50, Foreign Policy for America, and the American Association for Justice.

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.

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# Calendar of Events

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

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

MILLION DOLLAR QUARTET  
Weathervane Theater, Whitefield

## TUESDAY, JUNE 14

FOOD TRUCK POP-UP  
4:00 - 7:00 PM See Article on Page 1  
Trailhead Pavilion, 195 Bay Street, St. Johnsbury

FLAG DAY CEREMONY  
6:00 PM  
Ross-Wood Post #20, Woodsville

1816 THE YEAR WITHOUT A SUMMER  
7:00 PM  
Alumni Hall, Haverhill Corner

## WEDNESDAY, JUNE 15

LOCAL WORKING GROUP (LWG) MEETING  
10:00AM – 12 NOON  
Grafton County Complex, North Haverhill.

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

## ARCHAEOLOGY OF 1820'S CELLAR HOLE IN FAIRLEE FOREST

6:30 PM See Article on Page 6  
Fairlee Town Hall Auditorium

## THURSDAY, JUNE 16

HULU MINISERIES DOPESICK  
7:30 PM See Article on Page 7  
Colonial Theater, Bethlehem

## June 16, 20, 21, 22, & 24 at 7:00 PM

## June 17 and 18 at 5:00 PM.

NORTH COUNTRY SHAKES: A DREAM WITHIN  
A DREAM See Article on Page 9  
Weathervane Theater, Whitefield

## SATURDAY, JUNE 18

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

## FATHER'S DAY WEEKEND OX PULL

10:00 AM See Ad on Page 11  
North Haverhill Fairgrounds

## SUNDAY, JUNE 19

FATHER'S DAY HORSE & PONY PULL  
10:00 AM See Ad on Page 11  
North Haverhill Fairgrounds

## MONDAY, JUNE 20

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

## SATURDAY, JUNE 25

WELLS RIVER COMMUNITY PICNIC  
11:00 AM - 2:00 PM  
See Ad on Page 3 & Article on Page 15  
Berry Memorial Field, Wells River

## FIVE FEST MUSIC & MARKETS

5:00 - 7:00 PM in Bradford  
7:00 - 9:00 PM in Fairlee  
See Article on Page 4

## POOR MAN'S GAMBIT

7:30 PM See Article on Page 3  
Alumni Hall, Court St., Haverhill

## SUNDAY, JUNE 26

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

## TUESDAY, JUNE 28

(NOT SO) ELEMENTARY, MY DEAR WATSON:  
7:00 PM See Article on Page 5  
Alumni Hall, Court Street, Haverhill Corner

## SUNDAY, JULY 3

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

## MONDAY, JULY 4

INDEPENDENCE DAY CELEBRATION  
11:00 Parade - 10)00 PM Fireworks  
Woodsville Wells River

## SUNDAY, JULY 10

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

## MONDAY, JULY 11

ROSS-WOOD AUXILIARY UNIT #20 MEETING  
6:00 PM  
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## WEEKLY EVENTS AT

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Tuesday & Thursday evenings at 6:00 PM Sat-  
urday mornings at 9:00-10:30 AM  
LINE DANCING every Wednesday evening 6:00  
- 7:00 PM

## Archaeology Of 1820's Cellar Hole in Fairlee Forest

Smithsonian archaeologist and Fairlee resident Dr. William Fitzhugh will give a slide presentation on Wednesday, June 15 at 6:30 PM in the Fairlee Town Hall Auditorium. The talk is a program of the Historical Society's Frank Barrett, Jr. Lecture Series and will describe the results of Dr. Fitzhugh's excavation of an early 19th-century cellar-hole site in Fairlee Town Forest conducted with a team of local students and volunteers during Covid-19 office and school closings.

Artifacts from the excavation will be on display in the hall during and after the presentation. Finds include 1790 and 1820 pennies as well as crockery, tools, and utensils typical of the pre- and post- Colonial period.

This site, identified as "Cross Mountain South," is located in what is now the eastern sector of Fairlee Town Forest, far from present as well as former residential areas of the town or any documented "Old

Roads." This raised intriguing questions about who was living there and why, questions the team hoped their excavation could answer.

The site consisted of a small log cabin built on an earthen rather than stone foundation, which is unusual. It had a central chimney, sleeping loft, cellar hole below half of the plank floor, and a stone-walled fence front enclosure suitable for a few animals or kitchen garden. Excavation work has also begun on a larger, more complex site a quarter-mile away on the same track. This second site consists of several outbuildings and stone walls in addition to a dwelling and may be related to the first site. Some of the artifacts found so far are similar to those in the first site, with the addition of a scythe, which suggests summer habitation. Others suggest subsequent re-use of the site over ensuing decades.

These sites were first inhabited when the hill country west of the town was tran-

sitioning from forest to pasture land, mainly for sheep. Merino sheep brought prosperity to Fairlee during the 1820s, leading to a rapid increase in population followed by a precipitous decline as the bottom dropped out of the market for Merino wool and better farm land opened up in the West. It was probably during this brief boom-time in Fairlee that someone tried to homestead in the steep land above the town.

Nineteenth Century cellar holes are not uncommon in the Upper Valley, and several along Fairlee's Brushwood Road, where there was a school and small community at the intersection of Mill Pond Road, were occupied through the early 20th century. However, the sites excavated by Dr. Fitzhugh and his team are the only known cellar-hole sites on the eastern slopes of the highlands between Fairlee and West Fairlee. The southern site was abandoned after only a few years and farming

never returned to the Fairlee Forest.

Dr. Fitzhugh (Curator of North American Anthropology and Director of the Arctic Studies Center at the Smithsonian) has primarily worked in Northern Canada, Scandinavia, Alaska, and Siberia, specializing on pre-contact indigenous cultures adapted to Arctic and Sub-Arctic maritime environments. He has also done extensive work in Mongolia and on early contact Basque whaling sites along the Strait of Belle Isle in Quebec.

Fitzhugh's team of local volunteers at the Fairlee cellar hole sites included students Beatrice Green, Cora Day, and Kai Harris, Kai's mother Samantha, and various Fitzhugh friends and neighbors. Work involved establishing gridlines, mapping and cataloging each carefully excavated artifact, screening removed soil to recover tiny fragments of crockery and other cultural remains, refilling the site upon completion of the dig,

cleaning and processing these materials in an improvised lab at the Rivendell Academy, and re-assembling and identifying type, age, and function of as many of the crockery pieces as possible.

The "Fairlee Cellar Hole Project" has been featured in the Journal of Vermont Archaeology and is now registered as a historic property by the State of Vermont. In an area where early 19th-century buildings still stand in the villages and old pennies and clay pipe stems can be found in backyard gardens, the importance of these upland sites lies primarily in their unusual location and the glimpse they provide of life during a brief and unique phase in the settlement of river towns like Fairlee.

For event information contact: Georgette Wolf-Ludwig, Fairlee Historical Society townclerk@fairleevt.gov

# For Weight Loss, Small Changes Are Best

By Shawn Thomas

*Editor's Note: This is the first in what we hope will be a long line of articles by Shawn Thomas designed to help with a healthy lifestyle. Please feel free to send questions or comments to Gary@TrendyTimes.com*

Many Americans have a very similar problem. They are tired of feeling sluggish or even having trouble finding comfortably fitting clothes. To solve the problem, they decide to start a diet. In most cases, they watch a couple videos on Youtube, listen to an ad, or read a suggested article on google. Usually, those searches recommend whatever fad diet is currently popular.

Odds are, at least on occasion, you are one of those people. Recent research shows that approximately 75 percent of people in the United States have a BMI that indicates they are either overweight or obese. An epidemic of this proportion has many effects both on the personal level, as in things we can't do, or reducing our overall long-term health. And socially, as in the overall cost of our healthcare, production and cost of things like clothing or food packaging.

So you start that diet on Monday morning, maybe you even made all your meals Sunday afternoon. And what happens? You wake up late and forget to exercise. So you work out at night. Tuesday you wake up, but you're so tired, you forget to bring the meals you prepared. By Wednesday, someone at work notices you are trying to make a change, throws an inappropriate joke at you, making you even more self-conscious about the changes you are trying to make. Thursday, you get talked into going out with a co-worker, and order a few too many drinks. The effects Friday morning keep you from exercising that morning too. Then the whole weekend you are running errands, stopping to get whatever to eat or going to get together where the food choices are never exactly healthy. By the end of the week you are more mentally exhausted than physically and often are in the same condition you started. Most people give up when the scale goes up after that horrendous week!

Before I continue, a little

about me. My name is Shawn Thomas and I was once just like you. In fact, I can still say that a majority of my adulthood was spent as an obese person. And I failed all those fad diets. I was once over 300 pounds. I had sleep apnea and a host of other issues due to the effects of my obesity. Then finally, I had enough. And following the guidance of a few wise mentors, I lost weight. And kept it off. Along the way, I decided I wanted to help others as well. Since then, I have become a Certified Personal Trainer through the National Association of Sports Medicine (NASM). I have also obtained a Weight Loss Specialization through NASM. It's become my goal to help as many people as possible improve their health and wellness. And over the last three years have been privileged to help over 100 people on their health and wellness journey.

What's the answer? What can be changed? It's the diet itself! You don't have to eliminate carbs. You don't have to eliminate fats! You don't even have to stop eating pizza and ice cream! At least not completely. Many people who fail on their fitness journeys do so because they try to change too many things too quickly. Think of it this way, if it took you 10 years or more to get into the type of shape you are currently in, can you imagine how entrenched the habits that got you there are? They aren't going to change overnight.

Many clients are shocked when they start my coaching program, and the first thing I tell them is to not change a single thing for about the first week. My reasoning is simple, I need a baseline of what you are doing that got you to where you are. Once a baseline is established, that's when the changes start. But it isn't too be placed on some incredibly restrictive diet. They're small changes. For example, this Friday, have two slices of pizza instead of three. Eventually, later on down the road, changes will become much more difficult. However, because you have implemented many small, easier changes, and your confidence has grown with early results, they aren't as hard as they would have once seemed. And eventually, months down the road, you look back at what you were doing as opposed

to what you have changed it to, and that's when those changes look massive! But now you are ready to handle that realization.

I urge you, if you are getting ready to start this journey again on Monday, don't "go keto". Don't starve yourself until a certain time thinking a "food window" will help you burn fat. Don't walk into a gym for the first time and think you can just start doing what Mr. Olympia does. Start from the basics. At least what the basics are for you.

In future articles, I'll get in more detail with creating plans, starting to exercise, and other general health and wellness tips. You see, nothing I tell you is a "trick", "hack" or "secret". It just takes time, honest work and consistency. You may be asking, "Shawn, surely there is something I can do right now to get started. What can I do now! I don't want to wait!" And lucky for you, there is! As soon as you're done reading this paper, get up, go outside, and go for a walk. It doesn't have to be long. Start today with ten minutes. See how you feel. Tomorrow, see if you can go for eleven minutes. Or maybe if you can go a little further in those same ten minutes. A one step improvement is still an improvement! Feel accomplished with it. And in turn feel accomplished with yourself.

*Shawn Thomas is a NASM certified personal trainer with a weight loss specialization. He also coaches personally as WSRT Fitness, which you can contact directly at wsrtfitness@gmail.com for questions, consultations and coaching*

## North Country Collaboration to Host Free Screening of Dopesick

On June 16th, AskPETRA a program of the North Country Health Consortium, in collaboration with Ammonoosuc Community Health Services, The Colonial Theatre, and North Country Pride, will host a free screening of Hulu's miniseries Dopesick at The Colonial Theatre in Bethlehem, NH.


Funded by a federal grant from the Health Resources and Services Administration (HRSA), AskPETRA helps adults, communities, and professionals in Northern NH to understand, prevent, and treat Substance Use Disorder (SUD) through assistance, connection, education, and recovery support.

The Hulu miniseries Dopesick, focuses on rural America's struggle with the opioid addiction across the US and how individuals and families are affected by it as well as highlighting the impact on the LGBTQ+ community. Dopesick is based

on the nonfiction book Dopesick: Dealers, Doctors, and the Drug Company that Addicted America by Beth Macy. It focuses on the legal case against Purdue Pharma and their development and marketing of the drug OxyContin.

Doors will open at 7pm with the event starting at 7:30pm. Attendees will have the opportunity to visit with vendors prior to a panel discussion starting at 7:30pm. The screening will follow at 8pm. The event is free to the public but registration is encouraged. To register, visit [bethlehemcolonial.org](http://bethlehemcolonial.org).

The North Country Health Consortium (NCHC) is a non-profit public health organization based in Littleton that collaborates with health and human services providers serving Northern New Hampshire. For more information visit or call (603)259-1729 x221. Learn more about NCHC by visiting [NCHCNH.org](http://NCHCNH.org).



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Not all Times are Trendy, but there will always be Trendy Times June 14, 2022 Volume 13 Number 18

# Cross Vermont Trail One Step (or Pedal) Closer To Completion

The Cross Vermont Trail Association (CVTA) formally opened and dedicated the new Winooski Bridge in East Montpelier and Berlin on Saturday June 4. The new bridge is keystone link in a growing regional trail network. On June 4 one and half miles of new trail on either side of the bridge were also officially opened, extending the Montpelier Bike Path from Gallison Hill Road east along the old Montpelier & Wells River railroad bed for one mile, then across the new bridge and further on an additional half mile of newly constructed trail upstream along the Winooski River to a new trailhead parking lot on Route 2.

The ribbon cutting was attended by over 70 people who gathered on the bridge (it held!) and cheered as the large red ribbon was cut with

lopping shears. Additional people, including many children and people of all ages, walked or biked by during the ceremony, as the new trail is already proving to be an attraction to local trail users.

Keynote speeches were given by Haley Pero from the office of Senator Sanders; Commission of Forests, Parks and Recreation Michael Snyder; Director of the Vermont Housing and Conservation Board (and trail building volunteer) Gus Seelig; and Mayor of Montpelier Anne Watson. They emphasized that this was a true grass roots project with a small non profit organization, the CVTA, coordinating and pulling together a jigsaw puzzle of public funding from federal, state and municipal sources, with CVTA raising matching funds of \$350,000 in private money contributed by hundreds of local individuals.

Finally, a brief ceremony dedicated the bridge to Esther Salmi and Tom Smith. Their memorial plaque reads: "Both were involved in the greater Montpelier community, enjoying cycling,



running, hiking, cross country skiing and snow shoeing. Their commitment to fitness and respect for the environment live on in those who appreciate the outdoors." The bridge also memorializes John Warshow, an early and long time project supporter who, as one of the partners who created the Winooski Hydroelectric Company that reopened the power dam here and which owns the old railroad bridge abutments, was one of the first people CVTA talked with about the possibility of a trail on the old railbed.

A reproduction of an original railroad granite mile marker was unveiled. (Only 37 miles to go to Wells

River!) The memorial plaques, for the people whom the bridge is in memory of, are mounted on this stone.

"It's amazing to see people out on the trail and crossing the bridge, like it's always been there" said Greg Western, Cross Vermont Trail Association Executive Director. "The past few weeks, once the physical work was done and the construction contractor was no longer on site, I have seen a regular stream of families with kids, older people on e-bikes, people casting fishing lines from the bridge, all day long."

Further trail construction is ongoing. When complete, the CVTA project will include five miles of additional trail. The new trail will connect to the U-32 school and the East Montpelier trail to the north, plus there will be new walk-

ing trails along the banks of the Winooski River for fishing, boating and just enjoying the water; and a final extension of the main bike path across East Montpelier to Route 14 where the current trail begins on the railbed and continues in various forms east across the state. For project updates and timelines go to <https://cross-vermont.org> or call 802-498-0079. Trail users should be aware that sections of the trail still being built will be cordoned off from public access during active construction; any closed areas will be clearly marked.

The mission and vision of the Cross Vermont Trail Association is to create and maintain a multi-use trail across Vermont through the Winooski and Wells River Valleys between Lake Champlain and the Connecticut River. Our vision is public recreation that is inviting and accessible; safe off-road travel to desired destinations; convenient locations for healthy activity; and a permanent greenway for enjoyment of the natural world. We work by collaborating with landowners, community groups and local governments to foster regional trail networks with the Cross Vermont Trail as the connection among them.

Volume 13 Number 18 June 14, 2022 Not all Times are Trendy, but there will always be Trendy Times



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**Weathervane Theatre to Present North  
Country Shakes: A Dream Within a Dream**

WHITEFIELD, NH - Weathervane Theatre is pleased to present its brand new initiative North Country Shakes: A Dream Within a Dream this June. Presented on Weathervane's outdoor stage, this FREE programming will play June 16, 20, 21, 22, and 24 at 7PM as well as June 17 and 18 at 5PM. Rain dates for this outdoor event are June 25 at 7pm and 26 at 5PM. North Country Shakes is made possible by a Challenge America Award from the National Endowment for the Arts.

North Country Shakes is an educational and artistic opportunity for students all throughout Coös County, and surrounding areas, to experience Shakespeare how it's meant to be experienced — seen and not read. Helmed by Donoso, this new and original adaptation of Shakespeare's works will bring audiences to the newly constructed Weathervane outdoor stage.

A Dream Within A Dream is a collection of Shakespeare's most famous works including scenes from The



Tempest, Romeo and Juliet, A Midsummer Night's Dream and more. Inspired by the magic and surrealism that illuminate the world of these plays, North Country Shakes introduces audiences to the weird sisters, a mischievous sprite, quarreling lovers, and even Queen Mab — the fairie's midwife. Movement and original soundscape drive the show creating a Shakespearean adventure like you've never seen before.

Representing a wide variety, the cast of North Country Shakes ranges from Broadway veterans to local school children and features Juliana Chimenti, Morgan Forest, Robert H. Fowler, Brooke Lavoie, Alexandria Reese, Ryan Rosenthal, Deb Stinehour, Kelly Strandemo, Violet Strevig, Freya Wheeler, and Pyper Williams.

"For the last couple of seasons, we've not been able to have much community involvement in our programming due to the pandemic, but we couldn't think of a better way to invite the community back than with North Country Shakes: A Dream Within A Dream," said Jorge Donoso, North Country Shakes creator and director. "The ensemble, comprised of mostly local talent, is ready to take on Shakespeare's classics in a way you've never seen before and the talent is going to blow your mind!"

After a 20 year absence, Shakespeare found its way back onto the Weathervane mainstage in the midst of the pandemic to much acclaim and has found its way into

Weathervane programming ever since.

"After the success of both Brush Up Your Shakespeare in 2020 and Shakespeare workshops offered to enrolled campers in 2021, we could not be more excited to bring North Country Shakes to life. Performances will feature the elements of lights, sound, and music to fully experience Shakespeare's works how they were meant to be experienced — seen and not heard, said Donoso.

A fully realized production, North Country Shakes includes an original soundscape composed by Ira Kramer. It also features designs by Rien Schlecht (costumes and set), Robert Salerno (sound), Scout Hough (lighting), and (LB) Amber Slater (props). Assistant direction by Kelly Strandemo, stage management by Sophie Klokis, production management by Rien Schlecht, and technical direction by Scout Hough.

North Country Shakes is FREE and no reservations are required. Seating will start thirty minutes prior to the performance and it is recommended patrons bring their own blankets/chairs. Chairs are available upon request and on a first come, first serve basis. Should a show be canceled due to rain it will be announced on Weathervane's social media platforms.

Weathervane's 57th season opens June 8, 2022 and runs through October 9, 2022. Season productions include Million Dollar Quartet, Eurydice, The Marvelous Wonderettes, A Gentleman's Guide to Love and Murder, Jesus Christ Superstar, A Class Act, Intimate Apparel, and A Chorus Line. Single tickets are currently on sale at [weathervanenh.org](http://weathervanenh.org), by phone at 603-837-9322, or by visiting the Weathervane box office at 389 Lancaster Rd. in Whitefield, NH. Call the box office for hours of operation.



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# NIK Council on Aging Welcomes New Staff Serving Volunteers

St. Johnsbury, VT - The NEK Council on Aging is pleased to welcome new staff to support two key volunteer programs. Felicity Norko will serve as the new Senior Companion Program Coordinator following the retirement of Patty Beckwith who served as the program's leader for the past eight years. Brooke Brown is their new home-based Volunteer Wellness Coordinator.

The Senior Companion Program (an AmeriCorps® Senior national program) are volunteers aged 55 and above who provide assistance and friendship to seniors that have difficulty with daily living tasks such as shopping, organizing paperwork, or getting to medical appointments. The program aims to help seniors remain independent longer and aid family caregivers. The Senior Companion network extends throughout the Northeast Kingdom and, under the supervision of other Agencies on Aging, across the state of Vermont.

"The Senior Companion program offers vital peer-to-peer support to clients," said Meg Burmeister, Executive Director. "We are pleased to welcome Felicity's passion for helping our elder friends and neighbors. This position provides the opportunity to use her education and gain valuable experience by supporting families in our communities."

Norko recently graduated from Northern Vermont University with a B.S. degree in Applied Psychology and Human Services. She lives in St. Johnsbury and while in college, made the President's List for academic achievement and served as an intern and volunteer at Umbrella, St. Johnsbury Health and Rehab, a Colle-



gesSteps Mentor, and a forest technician for the U.S. Forest Service. She was awarded the Good Character Award from St. Johnsbury Academy in 2018. She lives in St. Johnsbury and loves art and any chance to enjoy hiking and biking.

The home-based Volunteer Wellness Coordinator position supports the wellness programs at the NEKCOA by providing additional wellness support and classes directly into the homes of clients to further enhance their ability to age well independently, their way. This new position is funded through a grant from the Vermont Department of Aging and Independent Living for the expansion of volunteer services.

"Wellness is much more than one's physical health. It is a practical, holistic philosophy that encourages a lifestyle that enhances the

body, mind, and spirit," said Burmeister. "Brook brings a positive energy and love of wellness. Her plans to focus her education on human services provides the opportunity for our clients to benefit from her education to achieve wellness support at home. We are grateful to welcome two NVU students to our team."

Brown is pursuing a B.S. degree in Human Services at Northern Vermont University with the plan to graduate in December. She lives in Concord and loves exploring the outdoors with her two dogs.

Both positions will be based out of the NEKCOA St. Johnsbury Office. For more information about the Senior Companion and Wellness programs at the Council, visit [www.nekcouncil.org](http://www.nekcouncil.org).



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## Jean White: COMMITTAL

Jean S. White, 92, of Ryegate died on Wednesday October 6, 2021, at the Frances Atkinson Home in Newbury, peacefully and without suffering, after a short, final decline in health, passing into the arms of her Lord and Savior. Her children were able to be with her during her final days and are very appreciative of the tender care provided by the Atkinson and Bayada Hospice staff.

A committal is to be held on Friday June 24, at 10AM at the Blue Mountain Cemetery, with a church service to follow at 11AM at the Ryegate Corner Presbyterian Church.

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

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## New Limits Expand 401(k), IRA Opportunities

You could spend two, or even three, decades in retirement. So, to pay for all those years, you'll probably need to take full advantage of your retirement accounts. And in 2022, you may have expanded opportunities to deduct retirement plan contributions on your tax return.

Before looking at what's changed this year, let's review the key benefits of these accounts:

\* Traditional IRA – You typically contribute pretax (deductible) dollars to a traditional IRA, and your earnings can grow tax-deferred.

Roth IRA – You invest after-tax dollars in a Roth IRA, so your contributions won't lower your taxable income, but your earnings can grow tax free, provided you've had your account at least five years and you're 59½ or older when you begin taking withdrawals.

\* 401(k) – A 401(k) or similar plan (such as a 457(b) for state and

local government employees or a 403(b) for employees of public schools or nonprofit groups) is generally funded with pretax dollars and provides tax-deferred earnings. Some employers offer a Roth 401(k), in which employees contribute after tax-dollars and can take tax-free withdrawals if they meet the same age and length-of-ownership requirements as the Roth IRA.

So, what's different about these plans in 2022? First, consider the traditional IRA. If you – and your spouse, if you're married – don't have a 401(k) or similar plan, you can always deduct the full amount of your contribution on your tax return, no matter what you earn. But if one or both of you are covered by an employer-sponsored plan, then your deductions could be reduced or eliminated based on your income.

Single taxpayers can claim the full deduction if your modified adjusted gross income (MAGI) is \$68,000 or less (\$109,000 for married filing jointly), with deductibility decreasing at higher income levels and phasing out entirely at \$78,000 (\$129,000 for married filing jointly). But here's the key point: Compared to 2021, these ranges are \$2,000 higher for single filers and \$4,000 higher for those who are married and filing jointly –

which means that this year, you might have more opportunities to make deductible contributions.

A similar type of increase applies to Roth IRA eligibility. In 2022, if you're a single filer, you can put in up to \$6,000 (\$7,000 if you are 50 or older) in a Roth IRA if your modified adjusted gross income (MAGI) is less than \$129,000 – up from \$125,000 in 2021. Allowable contributions are reduced at higher income levels and phased out if your MAGI is \$144,000 or more, up from \$140,000 in 2021. If you're married and file jointly, the respective ranges are \$204,000–\$214,000, up from \$198,000–\$208,000 in 2021. Again, higher ranges may mean more opportunities for you. (Consult your tax advisor to determine your eligibility to contribute to a Roth IRA or make deductible contributions to a traditional IRA.)

And finally, the annual contribution limit for 401(k), 457(b) and 403(b) plans is \$20,500 – up \$1,000 from 2021. If you're 50 or older, you can put in an extra \$6,500 this year, for a total of \$27,000.

These changes may not seem monumental, but when you're saving for retirement, any opportunities to invest and potentially reduce taxes, of whatever size, can be valuable. So, review your options to determine how you can help yourself move closer to your retirement goals.

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

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Thank you for your understanding.

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# Failed Mission

by Maggie Anderson

The President of the United States of America has one job, his mission statement if you will, is to protect and defend our Constitution.

Biden vowed to do just that on January 20, 2021.

The Constitution of the United States of America makes it a Federal crime to pressure or threaten judges or jurors. So, can somebody tell me, why so many protests were allowed to proceed not only in front of the homes of the SCOTUS justices in the first place, but also permitted the same night a whacko had not only planned to murder Judge Kavanaugh, but made it clear why he planned to in the first place?

And why were protesters allowed to march in front of his home totally unmolested that very same evening? These are people who expect, and would loudly announce if they did not think they were getting one, a fair hearing and impartial treatment from a jury of their peers if they were accused of a crime. I don't know how they think that would be pos-

sible if anyone who wanted them strung up was allowed to bully their jurors and bribe the judge.

Why did the slogan "If you see something, say something" not apply to those who announced on every possible venue they planned to intimidate a sitting Justice of the Supreme Court hours after his life had already been threatened, not vaguely threatened, but specifically threatened?

The recent stricter voting laws everybody was so enraged over built in a prohibition against people being allowed to coerce or harass voters waiting in line to cast their ballots. The prohibition made sure voters were protected from others trying to dissuade them from, or convince them of, somebody else's point of view.

The judges of the highest court in the land should be so well protected from whackos and misguided politicians who scream threats from the steps of the Supreme Court building.

The President of the United States of America is supposed to see that they are.

That is after all, his job.

## Sen. Balint Joins Lt. Gov. Gray in Commitment to Reject Super PAC Spending in Democratic Primary

Winooski, VT – At tonight's VPR-PBS Democratic Congressional debate, Lt. Governor Molly Gray, a Democratic Candidate for Congress, called for Sen. Becca Balint to join her in formally rejecting outside support from Independent Expenditure PACs, commonly referred to as "Super PACs."

On the debate stage, Gray said: "Bernie Sanders has said, quote, 'Super PAC money is not welcome in Democratic primaries.' I'm with Bernie on this. Will you join me tonight in making two commitments: First, to

publicly reject any outside groups spending in this primary? And second, should any groups put up ads, joining me in a joint press conference the next day denouncing them and demanding the ads be taken down?". Sen. Balint responded with an unequivocal "yes."

Following the debate, Gray said: "I'm so pleased that Sen. Balint joined me in my commitment this evening. With Super PAC money pouring into races across the country, here in Vermont we're going to do things differently."

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

June 14, 2022

Volume 13 Number 18

## Letter to the Editor

The the Editor,

As I observe the continuing disgraceful behavior of leaders of the Republican Party in promoting lies about nonexistent election fraud per the 2020 presidential election and support for their corrupt and criminal leader, the twice-impeached insurrectionist ex-president, Donal Trump, and the obedient, unintelligent acceptance of such lies and denial of factual evidence by millions of American citizens (Republican voters, the same ones who stupidly reject scientific evidence about vaccination to prevent a dangerous infectious disease while embracing ridiculous conspiracy theories promoted by right-wing radicals in order to demonize their political rivals), I seek an explanation for such absurdity from notable intellects.

I found some illumination while reading Charles Dickens' *American Notes* (1842).

"One great blemish in the popular mind of America, and the prolific parent of an innumerable brood of evils, is Universal Distrust. Yet, the American citizen plumes himself upon this spirit, even when he is sufficiently dispassionate to perceive the ruin it works... 'You carry,' says the stranger. 'this jeal-

ousy and distrust into every transaction of public life. By repelling worthy men from your legislative assemblies, it has bred up a class of candidates ... who, in their every act, disgrace your institutions and your people's choice.' ...Another prominent feature is the love of 'smart' dealing, which gilds over many a swindle and gross breach of trust ... and enables many a knave to hold up his head with the best, who well deserve a halter - through it has not been without its retributive operation, for this than dull honesty, however rash, could have effected in a country."

How prescient Dickens was in predicting the current crop of Republican leaders with their venal characters and charlatan leader and millions of foolish followers, willing to believe any lie and absurd conspiracy theory promoted by any knave, as Dickens called them. Now these unworthy "candidates" have managed to penetrate the last bastion of security for our constitutional democratic government, with its supposed separation of church and state: the Supreme Court.

The great flaw in the American character described almost 200 years ago by Charles Dickens, which allows so many of its

citizens to foolishly embrace lies as truth and corrupt charlatans as leaders, has led this country toward its demise towards a theocracy (helped along by the decades-long violation of the Constitutional separation of church and state by religious fundamentalists, such as the saying of prayers during legislative sessions): rule by a rigid, anti-intellectual radical Christian minority, reminiscent of the Muslim theocracy, the Taliban, which is currently destroying Afghanistan.

Religious radicals, with their sanctimonious, holier-than-thou attitude, are always rife with hypocrisy, as the recent Southern Baptist Sex Abuse Report reveals. Yet should one of their own family members need an advanced medical procedure or transplant, suddenly these anti-science cult followers change their tune about medical research using human cells from aborted embryos (note: an embryo is not a baby; it is the early stage of development of a multicellular organism. Religious zealots are notable for their simplistic thinking). Republican gun rights extremists and religious zealots are destroying America.

Alice Morrison,  
Newbury, VT

Alice,

*As I have always done, and hopefully will never forget to do, I applaud your willingness to speak your mind. Finding a quote from Dickens that you feel matches up with today's political scene shows that you are well versed in what some might call "political satire".*

*But before I go too far in any one direction let me point out that not every person on the other side of the aisle is an angel either.*

*And therein, in my opinion, is the real crux of the matter. Both sides are more than willing*

*to throw stones or sling arrows at their opponents, but have a hard time looking in a mirror and realizing that the person looking back at them is also not perfect. We all have flaws.*

*The best any of us can do is to try our best for what we believe is right, while at the same time acknowledging that others may have differing opinions and may look at things from a different angle. That does make them wrong. It just means that the time has come to sit down and have a fruitful discussion.*

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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# What About Ma?

by Kellie Quackenbush

## All About Getting Help

A year ago, our beloved Auntie and Ma were laid to rest in a double funeral. They had died within weeks of each other and had spent their entire lives being a dynamic-duo. For many years they kept each other's secrets and together they were a solid front of joy and happiness in the world. But one of the secrets was that they both were suffering from memory loss.

Dementia, alzheimer's disease, memory issues, old age problems -- call it what you will but the bottom line is that additional help is needed. When a friend or loved one is having memory loss and confusion, it is time to either step up your involvement or get help or both. Before the condition gets very bad and when the person understands that they do need "some" help is the best time to begin the process. But the phrase, better late than never, does apply. Vermont and New Hampshire treat these needs differently.

<https://dail.vermont.gov/services/programs/AreaAgenciesonAging>

"Area Agencies on Aging provide support to people 60 and older to help them stay active, healthy, financially secure, and in control of their own lives.

Senior HelpLine - (800-642-5119) - The Senior HelpLine is an information and assistance resource for people age 60 and older. Staffed by knowledgeable professionals at Vermont's Area Agencies on Aging, the

Senior HelpLine can answer questions and help identify resources to assist people to age successfully."

If you go to the website you will find a great deal of information and help for all aging issues.

In New Hampshire, <https://www.dhhs.nh.gov/programs-services/adult-aging-care>, "A variety of social and long-term services and supports can be accessed through the ServiceLink Resource Centers and the NH DHHS District Offices. Services and supports are intended to assist people to live as independently as possible in safety and with dignity. Examples include:

Home and Community Based Care

Home Delivered Meals, often referred to as Meals on Wheels

Community Dining, often referred to as Congregate Meals

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Nursing Home Care

Information and assistance regarding Medicare

Information about volunteer opportunities

Investigation of reports of abuse, neglect or exploitation of vulnerable adults"

Bureau of Elderly and Adult Services

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Email Address: BEAS@dhhs.nh.gov

Phone: 603-271-9203

Alternate Phone: 800-351-1888

There are private agencies that will assist for a fee and it is not hard to find them on the internet or even on television commercials. What I have found is that these services are not very helpful in rural towns and farming areas. Everyone has to address the aging issues of their family and friends but we all need to try to do it with love.

My memories of Ma and Auntie are of the fun loving sisters that giggled and laughed at family gatherings. How very kind and caring they were to everyone they met-that was their trademak, kindness. I hear stories of the struggles people suffer when they try to help their family member suffering from memory issues. I hope the illness never makes your love fade. It has been a year since Ma and Auntie were laid to rest. I can still see their smiles, hear them scolding their dogs while smiling so very lovingly. I know that they held on strong to the last and now they are at peace.

I hope that if your family is living this struggle, you find the help you need and know you have done your best. There are services available to help, please make the call. "The best is yet to come." William Shakespeare

## Dublin Schoolchildren Driving Force Behind Newest NH Historical Highway Marker

The N.H. Division of Historical Resources is pleased to announce that a New Hampshire Historical Highway Marker recounting the story of a little girl who inspired multiple children's books has been installed at the intersection of N.H. Route 25 and Swain Hill Road in Warren.

The marker is the result of a request by Holly Christensen's class of first and second grade students at Dublin Christian Academy, who read the book "Sarah Witcher's Story" by New Hampshire author Elizabeth Yates and then gathered the signatures needed to propose the highway marker.

The marker reads:

"SARAH WHITCHER AND THE BEAR

"Three-year-old Sarah Witcher became lost in

these woods in June 1783 while gathering flowers. During a four-day search, Sarah's footprints were found near Berry Brook alongside bear prints. A local man joined the search after dreaming three times that 'Sarah would be found under a pine bough near Berry Brook guarded by a bear.' His dream proved to be true: Sarah was found as he stated and she told her rescuers that 'A great black dog had kept her each night.' The lore of this little girl saved by a bear has entertained generations of people and inspired several children's books."

An official unveiling of the marker took place on June 3, with the students involved in proposing the marker in attendance. A reception was held afterward at Warren Town Hall.

"Sarah Witcher and the Bear" is the 275th marker in New Hampshire's Historical Highway Marker program.

Any municipality, agency, organization or individual wishing to propose a historical highway marker to commemorate significant New Hampshire places, persons or events must submit a pe-

lic. His mother told him that he could choose his religion when he got old enough and that is what he did. But he had a couple of very Catholic aunts who had other ideas and got on the phone and tried to convince him otherwise.

He somehow told them that it wasn't going to happen -- with the result that all the members of that side of the family refused to come to the wedding.

But we got married just the same and it was a beautiful and happy day. I guess it was the right thing to do because we are still together all these years later.

Now, we have a grandson who is getting married. He and his fiancée have decided to have a destination wedding at an island in the Caribbean. We are of two minds about it -- it will be costly, we don't like to fly, and we will have oil bills to pay.

But we will go. We love them, and don't want to miss their wedding. We will keep our mouths closed, and hope that it will be a beautiful and happy day.

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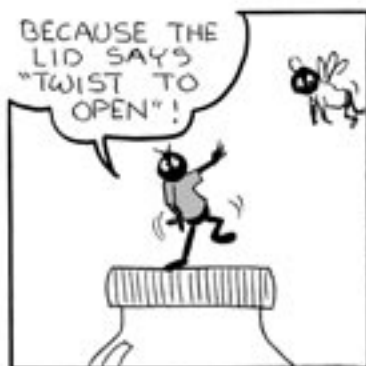
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### BEEZWAX By John Martin





by Eli Heath  
Paige Computer Services

There are people in the world who will try anything to get money from you. They can try by putting a Trojan or virus onto your computer or by calling you on the telephone to tell you your computer has a problem and they need to access it to fix it.

The latest scam that is going around is someone calling you saying they are from Microsoft telling you they have been tracking your computer and have found some problems with it. Most of the times these people have an Indian accent and they will want you to allow them into your com-

# Tek Talk with Eli

puter so they can repair errors in your computer. If you should allow this they will steal personal information from your computer and also install a virus so they can get into your computer when they want.

Let me point out that unless you have called Microsoft and have an open work ticket with them, they will never cold call you. How do they know your phone number and who you are, and how do they know you own a computer. Here is a link to a YouTube video recording of the scam. Keep in mind the victim knows what is going on and is playing along with the scammer <http://www.youtube.com/watch?v=MucFIR-YNdc>.

Another recent scam, you will get a popup on your computer that says it is from Microsoft and that your computer is infected with a virus, you need to call this toll free

number for them to clean your computer. This is a scam. They will want you to let them into your computer to snoop around not doing anything, then they will charge you \$150.00-\$300.00 for doing what they did. They may also call it technical assistance service for 1 year. Should you get this popup just shut down your computer do not call any telephone number they recommend. When you restart your computer that popup should be gone, if not call your computer tech and have your computer cleaned.

I will talk more on this subject in future articles until then stay safe and if you have any questions you can call me at (603)747-2201 or email me at [paigecs@gmail.com](mailto:paigecs@gmail.com) until then Happy Computing.

# Wells River's Community Picnic

After a 2-year hiatus due to the COVID-19 pandemic the Wells River Community Picnic and Ice Cream Social will return on Saturday, June 25th at the Berry Memorial Field just south of the village at 143 Main Street North.

This will be the 7th year for the Community Picnic and will feature story telling, magic and free ice cream. The Newbury Historical Society will host a Newbury version of Story Corps beginning at 11:00am. As of this date a theme for stories about Newbury has not been chosen. Stories about Newbury are welcomed whether they happened 30 years ago or last week. Today's current story is tomorrow's history. Historical Society members will be on hand until 1:00pm recording stories.

Plans are that The Hatchbox, Wells River's newest take-out eatery will be offering pulled pork sandwiches and Tuttle's Family Diner will be there too, and will have hotdogs with all the fixings for sale. As always you may bring your own picnic lunch.

This year's entertainment sponsored by the Baldwin

Memorial Library and WRAP will begin at 1:00pm and will be the well-known Marko the Magician. Marko's shows are designed for fun; no one is ever embarrassed or compromised. What makes Marko's performances so special is his ability to mystify, entertain and make everyone laugh on different levels at the same time. His program is designed to entertain younger as well as older family members.

The day ends as usual with WRAP serving free ice cream donated by Big Cones at the conclusion of Marko's performance at about 1:45pm.

The Wells River Action Program invites you to come enjoy the wonderful park, visit with some of your neighbors, enjoy a picnic, or tell a story, experience some magic plus have some ice cream. Attendees should bring their own chairs, blankets, pop-up canopies, non-alcoholic beverages and insect repellent and sun block.

For more information contact Richard M Roderick by email - [wrapwr@gmail.com](mailto:wrapwr@gmail.com)



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

## Spaghetti Pizza

Hello hello my fellow chefs. How is everyone doing today? I'm okay but while taking my spaghetti pizza out of the oven the pan wasn't so heavy that I thought I could handle it with my one hand, but my wrist gave out and my instinct was to grab the handle with my other hand, and it fell to the floor. Thankfully everything was intact, just a few mushrooms and olives popped out. Unfortunately I have terrible burn blisters on my left hand. Oh boy did it hurt the entire night. I had frozen vegetables and I had to keep it iced all night. Today it feels better but the blisters are pulling and gross. So use two hands with oven mitts on both when you take it out of the oven.

For this recipe you will need a 10"-12" non stick pan that can go in the oven. Also if you want you can use left-over spaghetti tossed with olive oil. So if you want you can have spaghetti for dinner and make extra, about 1/2 box extra. Just toss it with 2 Tbsp of olive oil, refrigerate and make the spaghetti pizza the following night. I cooked mine fresh. Well folks let's get started with today's recipe and how to make it.

### Ingredients

4 Large eggs  
1/2 cup grated Parmesan cheese (in the cheese section of Shaws the good stuff)  
1 tsp garlic powder  
1 tsp dried oregano  
1 tsp crushed red pepper flakes (optional)



2 Cups pizza sauce reserving 1/3 cup to toss with the mixture

1/2 tsp seasoned salt

1/2 tsp black pepper

1 1/2 cups shredded mozzarella divided

8 oz. Spaghetti cooked,, drained and tossed with 2 Tbsp olive oil plus 2 Tbsp extra

3 Italian sausage links. Remove the inside from casing so you have sausage bits then fry and break them up and set aside

1/3 cup diced green pepper plus 3 whole thin pepper rings

1/3 cup sliced mushrooms

1/4 cup vidalia onion or red onion diced

1/3 cup sliced black olives

Fresh arugula or fresh basil for garnish on top. I used arugula and it was delicious.

Preheat oven to 400 degrees.

In large bowl whisk eggs, Parmesan cheese, garlic powder, oregano, red pepper flakes, 1/4 cup pizza sauce,

salt and pepper. Add 1/2 cup mozzarella cheese, whisk, then add cooked spaghetti and toss to coat everything.

In frying pan add 1 Tbsp olive oil and fry the diced green pepper, onion, and mushrooms just a few minutes. In large skillet that's non stick and oven proof heat remaining oil. Put spaghetti mixture in pan and spread out and over medium heat fry for 10 minutes or when edges get light brown. Add pizza sauce, spread evenly, sprinkle mozzarella, add cooked vegetables and cooked sausage and black olives. Put the 3 pepper rings on top. Carefully place in oven and bake for 12-15 minutes. Using 2 hands remove heavy skillet and let set for 10 minutes. Loosen edges with spatula and carefully slide underneath and remove from pan. Garnish with arugula leaves and they wilt a bit. You wouldn't know it's a spaghetti crust! It's "Delizioso" and it sounds like a lot but it's pretty easy peasy.

Make this and your family will love it and you will be a star. Slice into strips and serve. I thought this was really different and you can use any toppings that your family likes. Please give this a try. If you have any questions please contact Gary and I will help you out.

Well my friends that's it for today's recipe so enjoy and until next time I am signing off.

Sincerely,  
Cin Pin

## The Artwork of Nick Piliero

Until the end of June, the Littleton Food Co-op (LFC) would like to invite you to enjoy the artwork of Nick Piliero in our Cafe Art Gallery. All artwork is for sale. The artist gets 95% of the profits. LFC loves local art and local food. This is one way we support a thriving community.

Nick Cerullo Piliero grew up in the Bronx and Westchester NY, and has lived in Vermont for 29 years. Nick is 76 years young and has two sons, whom he considers creative inspiration. "They help me stay in the moment", he says. Nick is a self-taught artist, inspired to paint after a death experience in 1969. About his creative process Nick says, "I can't explain it, I don't try, I just know I am doing what I was born to do. I see, I feel, I paint. I don't know how but I manage to paint every day, I do 4 to 8 paintings a week! If you have not noticed, COLOR is my thing. I believe there is power and magic in color!!!"

Piliero has sold numerous paintings all over the world, has shown in NYC galleries, won awards and received accolades, but he says it is always the painting that comes first- not the money or "that other stuff". "I never, never, have the sale



in mind when I paint." Piliero donates paintings to area schools and organizations. Nick has worked in human services with teens but now devotes himself to painting full time. Though Nick has faced many challenges in his life, he considers himself lucky. He says, "Life inspires me. It is my inner spirit within that I draw on for creative energy. My brain is for navigating life; my mind is the window of my soul. If I don't go within I go without... It is in the journey, not the destination!"

In July of 2021, Nick also had a solo show at the Guntree Museum of Art in Tupelo, Mississippi (home of Elvis!). A book about Piliero's art and life is also in the works.

*"I have had a full life. I am comfortable with myself. I try to bring LIGHT and happiness into the world! LIGHT and a quiet mind."* - Nicky Piliero

## 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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