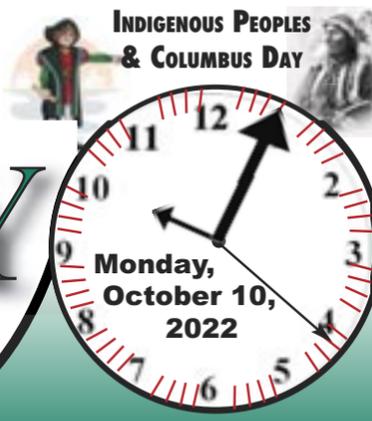


A FREE PUBLICATION

# TRENDY TIMES

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

Next Issue: Tuesday, October 18  
Deadline: Thursday, October 13



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

OCTOBER 4, 2022 VOLUME 13, NUMBER 26

## National 4-H Week - October 2 - 8, 2022

4-H brings opportunity and experience to kids from all backgrounds. We believe in the power of young people. We see that every child has valuable strengths and real influence to improve the world around us. We are America's largest youth development organization - empowering nearly six million young people across the U.S. with the skills to lead for a lifetime. Join us in celebrating National 4-H Week, October 2 through 8.

Learn more about Grafton County 4-H at [extension.unh.edu](http://extension.unh.edu), by calling 603-787-6944, or e-mailing [ce.grafton@unh.edu](mailto:ce.grafton@unh.edu).



### Bunny Basics 4-H SPIN - March 2022

Rosemary, from Coös County, and Reeve, from Grafton County, were all smiles at the 4-H Bunny Basics workshop on March 26, 2022. Youth from several counties gathered at the UNH Extension office in North Haverhill to learn more about the care of rabbits and how to properly exhibit them at a show.



### North Haverhill Fair Beef Thank You - July 2022

Hugh and Pat Underhill were recognized during the beef cattle show at the North Haverhill Fair for their years of dedication to the 4-H program.



### North Haverhill Fair Potato Disguise Contest - July 2022

Jaxon Lackie proudly posed with his entry for the Potato Disguise Contest. There were 42 entries from youth aging from 5 to 18 years of age for this 4-H-sponsored 2022 North Haverhill Fair event.



### Teen Conference - June 2022

During the banquet at the conclusion of 4-H Teen Conference, held in June, Monica Cataldo was honored with a special award for the leadership abilities she demonstrated during the four-day event at the University of New Hampshire campus. Since then, Monica, along with fellow Grafton County 4-H member Elizabeth Lopes, has been selected to be on the Teen Conference Commission that will plan next year's event.

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# TRENDY Dining Guide

## Hungry Bear Pub & Grill

by Gary Scruton

Readers of this column know that I tend to see the glass as half full. I have been an optimist most of my life. I try to look on the sunny side and try not to complain about much of anything. Well this visit on a recent Saturday night to the Hungry Bear Pub & Grill in Bradford gives me a chance to do just that.

As just mentioned we headed to Bradford on a Saturday evening. We arrived a little after six which in retrospect was possibly the worst time to visit if all we wanted to do was eat and run. But we were there to enjoy the meal and take in all the other things going on.

The Hungry Bear has a sign as you walk in that in-

vites guests to seat themselves. So we headed out to the back room where there is a mix of tall and low tables and found one low table, with just two chairs, tucked in a corner. It worked just fine for us. From our seats, we could see four TV's high up on two walls. One was tuned to Nascar racing, one to baseball and 2 had different football games playing. We also had a trio of folks behind me, and a family of four to one side. I mention the family to say that the two sons, one about a year old and one about six or seven, were so very well behaved. They were a joy to be next to. The parents appreciated Janice's compliments as we passed them on our way out.

But this column is about food and drink. Janice ordered a simple glass of water and the Mushroom Swiss Burger. It came with onion straws (she got her choice of a side). I ordered a 16 oz. glass of Switchback Ale and from the specials menu a plate of Chicken and Bacon beer cheese Nachos.

We knew the place was busy and it was a bit when our waitress came back with Janice's water and told me that when the bartender got caught up I would get my Switchback, which I did get a few minutes later. It was then time for us to sit back and relax. At one point our waitress did quickly stop at our table to let us know that our food would be out shortly and that this had



been a record day for the Hungry Bear. It had been busy all day long. That is great to hear from a local business.

Though it was indeed some time between ordering and getting served, our meals were hot and as always, plentiful. Janice had commented that she wasn't sure the Nachos were going to be enough to fill me up. They did more than that. I took a good portion home for a second meal. The description of the Nachos did indicate some hotness to them. I can certainly attest to that. A good hot taste came out, not with every bite, but often enough to make me sit up and take notice. It also made the beer go down a bit more quickly at times.

In regards to Janice's giant burger, it

was cooked to a perfect medium rare as requested. It was, as the name would indicate, topped with mushrooms and swiss cheese. The onion straws at "The Bear" are similar to onion rings, but sliced so thin and crispy that the onion seems to dissolve inside the batter, and just the onion flavor remains in this delicious hollow crispy "straws"

These filling meals left no room for dessert, although the special that day of apple fritters was certainly tempting.

The total slip for the meals and beverages was \$38.60 when we paid with a credit card. It was noted that there was a discount for those paying with cash. And of course we left a cash tip on the table when we were finally packed up and ready to leave.





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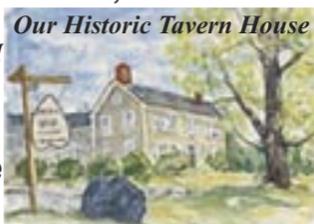
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## Life is a Cabaret at The Colonial Theatre in Bethlehem

The Colonial Theatre in Bethlehem, New Hampshire will celebrate the 50th Anniversary of Cabaret with Liza Minnelli on Friday, October 14th, 2022.

Life is a Cabaret with Bob Fosse's iconic 1972 star-studded musical featuring Liza Minnelli, Michael York, Joel Grey, Helmut Griem, and Marisa Berenson. Cabaret was a smash from the day it hit the silver screen winning eight Academy Awards, seven BAFTA Awards, and three Golden Globes. Perhaps its most lasting legacy is the sea change that it launched in the world of Musical Theatre. Cabaret is dark, gritty, sexy, and defiant, a far cry from the sweet and sunny musicals that came before.

Set in 1931 Berlin as American cabaret singer Sally Bowles meets British academic, Brian Roberts. Despite Brian's confusion over his sexuality, the pair become lovers, but the arrival of the wealthy and

decadent playboy Maximilian von Heune complicates matters for them both. A steamy love triangle plays out against the rise of the Nazi party and the collapse of the Weimar Republic. This provocative musical is a powerhouse of incredible performances, inspired direction, and innovative cinematography rendering a film that is as poignant and relevant as ever.

In celebration of the 50th Anniversary of Cabaret, The Colonial Theatre will start the night with door prizes, trivia, and a specialty cocktail. This event marks the sixth and final Anniversary Classic to be screened this season as part of The Colonial Theatre's long-running Anniversary Classic Series. To mark the occasion, The Colonial Theatre is thanking its membership with a special Member Appreciation Night. Member General Admission tickets are free for this event and registration is encouraged in ad-

vance. Non-member General Admission tickets are \$12. Tickets and information are available online at [www.BethlehemColonial.org](http://www.BethlehemColonial.org).

The mission of the Friends of The Colonial is to inspire and invite participation in the cultural conversation by preserving and improving this historic landmark theatre, providing high-quality film and performing arts programming and quality family entertainment, and offering a vision of small-town revitalization based on the arts.

To learn more about upcoming movies and events, purchase tickets, or 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), New Hampshire

## Engineering With Nature: A Virtual Speaker Event

Thursday October 20, 6-7:30PM. To register visit <https://tinyurl.com/5a8ec5rk>

Within the New England Stormwater Retrofit Manual, Nate Pacheco, Water Quality Resource Specialist with VHB, and Theresa McGovern, Water Resources Engineer with VHB along with the University of New Hampshire Stormwater Center and EPA, provide engineering guidance for implementing stormwater management for retrofit projects and difficult situations/sites. Retrofit stormwater management can minimize the impacts of existing development at sites that either lack stormwater controls or have insufficient controls in place. The manual provides flexible design guidance based on treatment processes and introduces the US Environmental Protection Agency's Stormwater Control Measure Performance Curves as a tool to quantify water quality benefits (i.e. pollutant removal credits). The manual encourages designers to work with site constraints and consider small scale stormwater management with the understanding achieving some water quality treatment is better than none. Please join us on October 20th to learn more about how the guidance presented in the New England Stormwater

Retrofit Manual could be implemented within the Connecticut River Valley.

### SPEAKERS

Nate Pacheco, Water Quality Resource Specialist with VHB.

Nate Pacheco is a Water Resources Specialist for VHB where he focuses primarily on water quality crediting and accounting for various municipalities and transportation agencies across the New England region. He is well versed in the Massachusetts/New Hampshire MS4 Permits and the SCM Performance Curves and has developed many tools to utilize the Curves for different applications. Nate is also experienced in SCM design and permitting. Nate holds a Master's Degree in Environmental and Water Resources Engineering.

Theresa McGovern, Water Resources Engineer with VHB

Theresa is a Water Resources Engineer at VHB and has extensive environmental consulting experience with focus on watershed evaluation and planning, water quality modeling, TMDL compliance, hydrology and hydraulics, and stormwater management and design. She enjoys using technical approaches to develop creative and pragmatic regulatory compliance solutions.

## Northeast Kingdom Artisans Guild Presents Two Shows

Submitted by James M. Frase-White, Back Room Gallery Curator

The Guild is happy to celebrate two fine local artists this month. First is the conclusion of Metamorphosis, the latest works by innovative artist Rachel Laundon. We find her continued love of fish intact with a twist, which have spawned new ventures that Rachel is discovering with an unrelenting curiosity and unique artistic dynamics. All the new works are constructed of 'found treasures', at the head is her magnificent Queen Bee, whose court of drones circle her in adoration.

Rachel also is experimenting with pure abstract paintings on canvas, mixed with fabric surfaces using encaustic, metallic paint and gold leaf. You'll see her magic everywhere.

Rachel Laundon is a painter and sculptor raised in the Northeast Kingdom and now living and arting in Waterbury Center, Vermont. Her happiness is to create every



day, inspire creativity in others and bring joy through her art.

Hurry down, for the exhibit ends Saturday October 8th.

We are also pleased to present an autumnal gift to the Kingdom via the unique landscape art of Michele Johnsen, in her new exhibit, Do You Believe in Magic in our Back Room Gallery from October 14th through November 19th, 2022. A Opening Party to Meet the Artist will be advertised via social media.

Do You Believe in Magic

Michelle describes her work in her Artist Statement as follows:

"The description of intimate spaces and sublime vistas are my response to the way the landscape reflects the light and creates patterns on the forms of

natural surfaces. Through the use of graduated hues, abstracted mark-making and highly saturated color I am able to articulate a range of emotional responses that speak to aesthetic rationales, and to psychological and spiritual concerns, allowing access into the magic of those special places.

"Most recently I've begun to explore the things that happen below the surface; things that are hidden from our view. I find the fact that trees have the ability to communicate, nurture and connect with one another a source of constant fascination. Ultimately, this passion to describe these moments, appear to be a long and never-ending journey that brings attention to both beauty and responsibility."

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# NH Historical Highway Marker Unveiled Atop Pack Monadnock

The N.H. Division of Historical Resources is pleased to announce that a New Hampshire Historical Highway Marker, commemorating the Miller State Park as the first state park in New Hampshire, has been installed atop Pack Monadnock in Peterborough.

The marker reads: "MILLER STATE PARK 'NEW HAMPSHIRE'S FIRST STATE PARK' 'A gift of three acres atop Pack Monadnock in 1891 for use as a 'park or pleasure-ground,' Miller State Park has grown to more than 530 acres. 'Pack,' an ancient Abenaki word meaning 'small,'

contrasts its summit with nearby Mount Monadnock. The site has included a 'mountain highway,' two different hotels that each succumbed to fire, and a fire look-out tower built by the Civilian Conservation Corps in the 1930s. The park is named for Peterborough native Gen. James Miller."

The marker, which is located within the park, was unveiled on September 23 at a ribbon cutting for the Miller State Park revitalization project. It is the 270th 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 petition of support signed by at least 20 New Hampshire residents. They must also draft the text of the marker and provide footnotes and copies of supporting documentation, as well as a suggested location for marker placement.

New Hampshire's historical highway markers illustrate the depth and complexity of our history and the people who made it, from the last Revolutionary War soldier to contemporary sports figures to poets and painters who used New Hampshire for inspiration; from 18th-century meeting houses to stone arch bridges to long-lost villages; from factories and cemeteries to sites where international history was made.

An interactive map of all of the state's historical highway markers is available at the N.H. Division of Historical Resources' website, [nh.gov/nhdhr](http://nh.gov/nhdhr).

The New Hampshire Historical Highway Marker program is jointly managed by the N.H. Division of Historical Resources and N.H. Department of Transportation.

# Horse Meadow Senior Center October Activities

Horse Meadow is fully open, Monday-Friday, 8:00-3:00

Grab & Go continues M-F 11:00-11:30, Congregate (inside) Dining- Monday-Friday 11:30-12:30

10/3 Bone Builders is for those that are registered in advance. Call 787-2539 to find out more about Zoom activities.

10/3 1:00 Drums Alive  
10/4 8:00 Nifty Needlers, 9:30 Bone Builders, 12:30 Craft Class

10/5 1:00 Bingo, 1:00 Drums Alive

10/6 9:30 Bone Builders

10/7 10:00 Movie & Popcorn, Haircuts by Marshall

10/8 Saturday-10:00 Penny Sale

10/10 10:00 Interfaith Chat, 10:30 Candy Bar Bingo, 1:00 Drums Alive

10/11 8:00 Nifty Needlers, 9:30 Bone Builders, 1:00 Shelf stable Food Pick up

10/12 10:00 Veterans Coffee, 1:00 Bingo, 1:00 Drums Alive

10/13 9:30-11:30

HEALTH FAIR, Bone builders will be tomorrow, 10:00 Writers Group, 10:00 Floral w/Jane 10/14 9:30 Bone Builders, 12:30 Herbal Group

10/17 1:00 Drums Alive  
10/18 8:00 Nifty Needlers, 9:30 Bone Builders

10/19 11:00 Book Club Discussion (Zoom & in person), 1:00 Bingo, 1:00 Drums Alive

10/20 9:30 Bone Builders

10/21 10:00 Movie & Popcorn

10/24 10:00 Interfaith Chat, 10:30 Candy Bar Bingo, 1:00 Drums Alive

10/25 8:00 Nifty Needlers, 9:30 Bone Builders, 1:00 Shelf Stable Food Pick up.

10/26 1:00 Regular Bingo, 1:00 Drums Alive

10/27 9:30 Bone Builders, 10:00 Writers Group

10/28 12:30 Herbal Group

10/31 1:00 Caregiver Support Group, 1:00 Drums Alive

Volume 13 Number 26

October 4, 2022

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## Updated File Search Now Available in Grafton County

Grafton County Register of Deeds Kelley Monahan is pleased to announce the completion of two major projects to benefit the public and professionals who utilize the records of the registry.

Using American Rescue Plan Act ARPA funds, US Imaging was contracted to digitally scan and upload the gap years of 1890-1930 and the older indices to complete the digital data collection of close to five million images. All images from 1774 through present day are now available on-line via the NHdeeds.org web portal using the free public search AVA or the professional, subscription search Laredo.

Register Monahan believes that it was vital for the public health and protection of public employee health during the COVID crisis to complete the digitization process which allows people to search in the comfort and security of their own home. "By utilizing the professional scanning equipment and skills of US Imaging team we were able keep the remaining historic books in-

tact and capture a crisp professional digital image."

Utilizing this crisp digital image, phase two of the ARPA projects is now nearing completion with the production of two copies of micro-film of all 5 million digital images. One copy will be stored in North Haverhill at the County Complex and one will be stored off-site in a specially designed, atmospheric controlled storage facility in the State of New Hampshire. Both projects combined total \$350,000.00 of the \$17 million in ARPA funding available to Grafton County.

Register Monahan stated "In the event of an interruption of the electrical grid or internet failure, using county generator power and our new micro-film reader we are able to record documents, search title and produce copies in order to continue serving the public during an emergency." Our offices represent a cornerstone of our economy and we want to help keep that economy thriving."

*by Maggie Anderson*  
Odds are every person in the country has a story about a letter that stands out from all the others, the kind of correspondence they want to hold in their hands and read again and again.

I imagine love letters near the top of people's lists, even if the one announcing your nomination for a Nobel prize might temporarily toss them into the shadows. And I imagine most of us are still glowing when we remember letters of recommendation written by some person we've always held in high regard.

Because of that I gave the participants in my writing workshop, "Every Story is an Heirloom" an assignment to write something to share about a favorite letter.

Since I never expect my students to do what I am not willing to, I wrote a piece about a favorite letter of my own. It was not easy narrowing my choices, or making a final decision about the one letter I would share.

I remember a letter written to My Uncle Cal that proved my belief. I was my maternal grandmother's favorite grandchild. I found it among things that had been strewn across my uncle's driveway, tossed as though they were of no importance, to clear the way to things the thieves wanted better access to.

I saw the handwriting on the envelope, knew instantly it had been written

## SWAK

by my grandmother. I picked it up, sat on Uncle Cal's front step and began to read. The first line was, Dear Leland (Uncle Cal's given name). So, tell me, how's my precious Peggy? I don't remember anything else about the letter's contents. Gramma's enquiry about my well-being was all I needed to know.

I love letters. Love to write them, love to receive them, there have been so many that had an impact, made a difference, or even years after their reading, and long after their sender has moved into the next realm, still move me the way they did the first time I read them.

One of my earliest was only four words long. I received it when I was 8 years old.

I was in New York City with my dad, tagging along in the garment district where Dad was searching for fabrics to be sold for front window displays in department stores.

With purchases made and their shipping arranged for, Dad thought

we should take a stroll in the city before we headed home to the farmhouse in New Hampshire.

We ended up at the Waldorf Astoria. As soon as we stepped inside Dad said, "Take a look around, you might never have a chance to come back."

He took me over to one of the desks in the lobby and told me I could write a letter to Gramma while he ran to the men's room.

A few minutes later I heard somebody calling my name. He kept repeating "Message for Peggy DeBow," until I snapped out of it and told him I was Peggy DeBow.

He handed me a note and inside, in my father's unmistakable penmanship, it said "Guess who loves you?"

Dad and I shared a Waldorf salad too because he said we couldn't go to the Waldorf and not try one.

I didn't care for the salad, but after all these years, I can still hear the bellhop calling my name, and am still moved by that simple message in my father's hand.



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# Calendar of Events

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

**OCTOBER 1 - 8** (Except October 2)  
RUMMAGE SALE  
10 AM - 3:00 PM See Ad on Page 6  
East Topsham Town Hall

**TUESDAY, OCTOBER 4**  
LIFE DOWNSTAIRS: BRITISH SERVANT  
CULTURE IN FACT, FICTION, AND FILM  
7:00 PM  
Alumni Hall, Haverhill Corner

**THURSDAY, OCTOBER 6**  
NEWBURY HISTORICAL SOCIETY ANNUAL  
4:00 PM  
Wells River Wellness Hall

**FRIDAY, OCTOBER 7**  
BO THAYER IN CONCERT  
7:30 PM See Article on Page 7  
Alumni Hall, Haverhill

INDIGENOUS SHORT FILM TOUR  
7:30 PM See Article on Page 8  
Colonial Theater, Bethlehem

**SATURDAY, OCTOBER 8**  
ANNUAL FALL CRAFT FAIR  
10:00 AM - 3:00 PM.  
United Congregational Church UCC, Orford

OLD CHURCH THEATER VARIETY SHOW  
7:00 PM See Ad on Page 16  
Bradford Academy Building

**SATURDAY & SUNDAY, OCTOBER 8 & 9**  
MAKE-AN-OFFER YARD SALE  
9:00 AM - 4:00 PM See Ad on Page 6  
Warren Town Hall

**SUNDAY, OCTOBER 9**  
ACOUSTIC MUSIC JAM  
12:00 - 3:00 PM  
Clifford Memorial Building, Woodsville

A CHORUS LINE  
2:00 & 7:00 PM See Article on Page 9  
Weathervane Theater, Whitefield

**MONDAY, OCTOBER 10**  
HAVERHILL SELECT BOARD MEETING  
6:00 PM  
Clifford Memorial Building, Woodsville

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

**WEDNESDAY, OCTOBER 12**  
ROSS-WOOD POST #20 AMERICAN LEGION  
MONTHLY MEETING - 6:00 PM

**FRIDAY, OCTOBER 14**  
LIFE IS A CABARET  
See Article on Page 3  
Colonial Theater, Bethlehem

**SATURDAY, OCTOBER 15**  
FALLING LEAVES FESTIVAL  
9:30 AM - 2:00 PM See Ad on Page 8  
Grace Methodist Church, Bradford

OLD CHURCH THEATER VARIETY SHOW  
7:00 PM See Ad on Page 16  
Bradford Academy Building

**FRIDAY, OCTOBER 21**  
THE ARCADIAN WILD  
8:00 PM See Ad on Page 7  
Colonial Theater, Bethlehem

**FRIDAY, OCTOBER 28**  
BENDIGO FLETCHER  
8:00 PM See Ad on Page 7  
Colonial Theater, Bethlehem

**SATURDAY, OCTOBER 29**  
OLD TYME COUNTRY DANCE  
7:30 - 10:00 PM  
West Newbury Hall

**SUNDAY, NOVEMBER 6**  
BENEFIT TEXAS HOLD 'EM POKER  
10:00 AM-7:00 PM Cash 1:00 PM Tournament  
Moose Lodge 1779, St. Johnsbury

**EVERY TUESDAY**  
WRITING WORKSHOPS/MAGGIE ANDERSON,  
5:00 PM - 7:00 PM (ends October 11)  
Joseph Patch Library, Warren

**EVERY THURSDAY**  
WORKING ON WELLNESS  
6:00 PM  
Monroe Public Library

**EVERY FRIDAY**  
SHARE THE HARVEST TABLE  
NOON - 7:00 PM  
Baldwin Memorial Library, Wells River.

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# State to Offer Second Round of Broadband Funding

Concord, N.H. – Today, the Department of Business and Economic Affairs (BEA) announced a second round of funding under the New Hampshire Broadband Contract program aimed at bringing high speed broadband service to unserved and underserved locations. The Request for Proposals will be issued on Friday, September 30, 2022, and follows on the heels of a successful review of applications for the first round where up to \$50 million will be awarded.

“We have seen a very competitive first round and we are confident that by moving to a second round, we will be able to see even more locations gain access to high-speed broadband across a wider geographic area,” said BEA Commissioner Taylor Caswell.

“The State of New Hampshire has been a leader in building out broadband internet, first dedicating \$13 million that benefitted more than 4,500 households in 2020,” New Hampshire Gov. Chris Sununu said. “And this year, we were the first state U.S. Treasury gave the green light to expand opportunities even further. With today’s announcement, we are full steam ahead and expect to see the buildout of more than 30,000 unserved and underserved locations, with more than 20,000 served in round 1 and another 15,000 anticipated for round 2.”

“It is clear there is more capability from internet service providers to get us closer to our goals of increasing access to high-speed internet across New Hampshire,” BEA Commissioner Taylor Caswell said.

“To make that happen quicker, BEA has decided to hold a second round of the NH Broadband Contract Program. We were so encouraged by the response our office received from the first round; BEA saw value to hold a second round. By doing this, we estimate an additional 15,000 unserved and underserved locations will be built out with broadband and provide more people the ability to work, learn, and access critical services from home.”

The NH Broadband Contract Program is designed to select and support a local internet service provider (ISP) to provide internet service to the most rural parts of the state lacking internet service. Like the first round, this second round opportunity will prioritize applicants that encourage the maximum number of locations to be served at the lowest cost and broadband networks that will be owned, operated by, or affiliated with local governments, non-profits, and co-operatives for a cost not to exceed \$40 million.

Today’s announcement is another step in the State of New Hampshire’s push to connect every household with access to broadband internet. In 2020, New Hampshire allocated short-term CARES Act Funds to broadband expansion – dedicating \$13 million to 16 projects that benefitted more than 4,500 households. In June, New Hampshire was the first state U.S. Treasury ap-

proved for Capital Projects Funds (CPF) when it created the NH Broadband Contract Program. Just two weeks ago, NH was the first state to have its two programs approved when it signed off on the Broadband Matching Grant Initiative (BMGI). BEA is engaged in the rulemaking process with the Legislature for BMGI and will have an additional announcement of even more opportunities for access upon the approval of interim rules.

About the New Hampshire Department of Business and Economic Affairs (BEA)

The Department of Business and Economic Affairs is dedicated to enhancing the economic vitality of the State of New Hampshire while promoting it as a destination for domestic and international visitors. For more information, visit [nheconomy.com](http://nheconomy.com) or [choosenh.com](http://choosenh.com).

# Bow Thayer To Perform At Alumni Hall

Coming October 7th at 7:30pm BOW THAYER and his band at Alumni Hall, Haverhill

Bow Thayer is an Americana, bluegrass, fold indie rock songwriter, guitarist, and banjoist. He is the founder of the Tweed River Music Festival. His career spans over twenty five years with bands including the 7 League Boots, Elbow, Jethro and The Benders as well as solo work. Bow combined the slide guitar and the banjo into an instrument he calls the Bojotar. While out on the road, Bow had the joy of introducing his music and

the Bojotar to fans and friends alike, including some of his peers and heroes – Bela Fleck, Richard Thompson, James McMurtry, John Hiatt, Booker T. and Warren Haynes.

For tickets go to: [www.courststreetarts.org](http://www.courststreetarts.org)

Not all Times are Trendy, but there will always be Trendy Times October 4, 2022 Volume 13 Number 26

## 2022 Sundance Indigenous Short Film Tour at The Colonial Theatre in Bethlehem

Friday, October 7th at 7:30 PM the Colonial Theatre in Bethlehem, New Hampshire will screen the 2022 Sundance Indigenous Short Film Festival featuring six short films directed by Indigenous filmmakers.

The 2022 Sundance Institute Indigenous Short Film Tour is a 91-minute theatrical program of six short films directed by Indigenous filmmakers, featuring titles from the 2022 Sundance Film Festival shorts program and alumni of Sundance Institute's Indigenous Program. Featuring narrative and documentary shorts, the curated selection is a celebration of Native perseverance and an exciting look at a variety of inventive storytelling from Indigenous artists with Sundance ties. The Festival's Short Film Program has a long history of supporting and launching talented Indigenous directors including Taika Waititi, Blackhorse Lowe, Sterlin Harjo, Sky Hopinka, Caroline Monnet, and Shaandiin Tome.

The Institute's commitment to supporting Indigenous artists is woven throughout its history; amplifying President and Founder Robert Redford's

original vision, the Institute has remained steadfast in supporting the voices of Indigenous artists. The Indigenous Program has built and sustained an Indigenous film circle, which now spans over four generations. The cycle of work begins by scouting for and identifying Indigenous artists, providing a year-round support system at Sundance Institute to get their work made and shown, and then bringing the filmmakers and their work back to Native lands. The Native Lab has been a vital part of supporting Indigenous filmmakers since 2004, and the Merata Mita and Full Circle Fellowships offer further support to emerging Indigenous voices.

The Colonial Theatre's screening of the 2022 Sundance Indigenous Short Film Tour is presented in partnership with the Ammonoosuc Conservation Trust. Member General Admission tickets are \$10 and Non-member General Admission tickets are \$12. Tickets and information are available online at [www.BethlehemColonial.org](http://www.BethlehemColonial.org).

The mission of the



Friends of The Colonial is to inspire and invite participation in the cultural conversation by preserving and improving this historic landmark theatre, providing high-quality film and performing arts programming and quality family entertainment, and offering a vision of small-town revitalization based on the arts.

To learn more about upcoming movies and events, purchase tickets, or 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).

## Littleton Coop Hands Out Another Big Check



Becky Colpitts, Littleton Food Co-op, Community Outreach Coordinator and Richard Larcom – President of the Board for Above the Notch Humane Society

The Littleton Food Co-op (LFC) welcomed Richard Larcom from Above the Notch Humane Society on a summery day in September to give him the August Partner of the Month donations from our members/owners and customers. The total amount was \$6,799.53. The donation will be going for general care and veterinary care for the dogs in the shelter while a forever home is found.

Above the Notch Humane Society serves the Littleton, Bethlehem, Franconia, and surrounding communities by providing assistance to stray and surrendered dogs via food, shelter, socialization, and veterinary care. They have also been known to assist with animal neglect and abandonment situations as well as searches for lost dogs and providing education to the community on animal related issues.

Thanks, Above the

Notch Humane Society for lovingly caring for the unwanted and abused animals in our community.

Member-owned Littleton Food Co-op serves the community by providing high quality food, offered at a fair price, with outstanding service. Everyone is welcome to shop and anyone is welcome to join. Through our Partner of the Month Program, the co-op sponsors a different local non-profit each month of the year. All of the Partners are locally focused, socially and environmentally responsible, non-political, and secular. Partners are chosen by our Member/Owners by popular vote. Located at the intersection of Cottage Street and Route 302 (exit 41 off I-93), the Littleton Food Co-op is open daily from 7 am - 8 p.m. For more information or to become a member, please visit [www.littletoncoop.com](http://www.littletoncoop.com), call 603-444-2800 or just stop by!



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# A Chorus Line to Close Season 57 at Weathervane Theatre

WHITEFIELD, NH - The Weathervane Theatre will close its season with the groundbreaking musical A CHORUS LINE.

In A CHORUS LINE Broadway performers bare their souls and put their lives "on the line" as they audition for an unnamed Broadway musical. The 1975 production won the Pulitzer Prize and 9 Tony Awards, including Best Musical. During the show's original fifteen year run it became Broadway's longest running musical in history, a record held for 12 years.

A CHORUS LINE is originally directed, choreographed, and conceived by Michael Bennett and features a book by James Kirkwood, Jr and Nicholas Dante. Its award-winning score featuring legendary songs "One" and "What I Did for Love" is by Marvin Hamlisch (music) and Ed Kleban (lyrics).

Kleban is also the subject of A CLASS ACT, a musical currently playing in rep at Weathervane Theatre that highlights the origins of A CHORUS LINE. Written in 2001, Weathervane Theatre is the first theatre in history to program these two pieces in the same season.

The cast of A CHORUS LINE features a mix of new and familiar faces to the Weathervane with several Broadway, Off-Broadway, national tour, and international tour credits to their name.

Cast: Cory Betts (Larry), Tyler Covington (Richie), Anthony DaSilva (Mark), Jorge Donoso (Paul), Corry J. Ethridge (Don), Avery Elledge (Connie), Robert H. Fowler (Zach), Priscilla Greco (Sheila), Thomas Henke (Bobby), Dakota Hoar (Mike), Marris Kirby (Cassie), Ira Kramer (Roy), Maddie Lentz (Judy), Grace Livingston Kramer (Vicki), Liv Lopez (Bebe), Jewell Noel

(Tricia), Alexandria Reese (Lois), Maddie Robert (Maggie), Arnie Rodriguez (Greg), Kennedy Sample (Kristine), Montana Sandoval (Diana), Gill Vaughn-Spencer (Al), Cait Zuckerman (Val). Vocal Ensemble: Nick Deapo and Erik Keiser.

A CHORUS LINE is directed and choreographed by David Grindrod. A newcomer to Weathervane, David played Mark on the 2009 National Tour of A CHORUS LINE, directed by original cast member Baayork Lee. He has since performed the show over 400 times around the world, including the 2018 New York City Center production directed by original co-choreographer, Bob Avian. He also served as Lee's associate choreographer for the 2019 China premier.

Andrew Morrissey music directs the production with associate music direction by Jake Collins. Thomas Henke is the associate director and associate choreographer. The design team consists of Anna Gautreaux (scenic design and scenic charge), Scout Hough (lighting design and technical direction), Hillary Jeffers (costumes), Robert Salerno (projection), and Billy Smith (properties). Additional creative team: Robert H. Fowler (dance captain), Kara Procell (production stage manager), Egypt Dixon and Billy Smith (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, but not required unless Coös County is at a red or a high level risk for Covid-19.

A CHORUS LINE opened Wednesday, Sep-



tember 28th and runs in alternating repertory through Sunday, October 9th. Recommended for ages 14+. Tickets are available online (weathervanenh.org), by phone (603-837-9322) or in person at Weathervane's Box Office (389 Lancaster Rd in Whitefield).

The Box Office is generally open 10AM - 1PM on performance days and again two hours before curtain. On days of two performances the box office is open 10AM through 30 minutes past the evening curtain. For the most up to date hours please visit Weathervane's website. Tickets can be purchased 24/7 on Weathervane's website.

Weathervane's 57th rep season concludes October 9. Performances run Tuesday - Saturday with 7 PM performances and 2 PM performances on select Saturdays and Sundays. Additional season 57 productions now playing include A Class Act, Blood Brothers, and Intimate Apparel. Single tickets now available at www.weathervanenh.org. Season 57 tickets start at \$19.

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 October 4, 2022  
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**Letter to the Editor:**

**NH Rep Edith Tucker Opposes Income Tax**

To the Editor,

A fundraising email from NH Senate GOP PAC, signed by Senator Jeb Bradley, claims that Representative Edith Tucker voted multiple times for an income tax. I have been a neighbor and supporter of Edith's for several years, I know that is a lie and bold scare tactic. Edith did vote for bills related to Family and Medical leave. Being the consummate NH Representative and excellent Journalist, she has not supported an income tax for NH.

Edith Tucker has been in the House since 2016, sent by her constituents to the House three terms. As a journalist, she covered state bills affecting North

Country Citizens which required that she attend many committee meetings in the state house, County, and in all of the Coos towns. Edith has a soft spot for ice cream, but she HAS A HARD STANCE against a state wide income tax.

Sen Jeb Bradley supports the Freedom Accounts which this year is over budget by \$11 million and putting pressure on your local tax to make up for the loss of funding for public schools. He also co sponsored SB 135 changing the calculation of the cost of an adequate education, which will also increase your local property (school portion) tax. So Sen Bradley should be held accountable for your rising

property taxes.

Sen Bradley hopes your vote for Edith's opponent will give him another newbie in state government who will vote as he or the Republican Party suggests. He knows Rep Edith Tucker is an avid reader, looking at all sides and opinions before making up her mind on the best course of action for her constituents. He is afraid of Edith's strong record of advocacy for Coos and Northern Grafton citizens.

Please look at Edith's work as a State Rep, and choose her as District #1 Senator. Do what's best for Northern Grafton and Coos Counties!

Kathleen Kelley,  
Randolph, NH

*with my thoughts. I know full well that no candidate will agree with me on every point, and disagreeing on one point does not disqualify someone from my vote either. It is a challenge to be knowledgeable before you vote. But it is the right way to vote. I encourage all voters to do just that.*

Gary Scruton, Editor

Kathleen,

*With the General Election coming our way on November 8 I can only, again, strongly encourage all voters to look into the candidates running. Look at their records, look at their statements, and yes even look at their opponents. As an independent voters myself I do my best to pick the candidate that best matches up*

**Letter to the Editor**

Dear Friends,

I first became acquainted with Kelsey Root-Winchester in 2015. I was on the Select Board in Groton and Education Act 46, affecting school district consolidation, was going into effect. It was a tough time. The issues were complicated and emotions were high.

Kelsey never wavered from her commitment to local education for our kids. She stayed in the game when the going got tough and she is still on the BMU school board today.

She has demonstrated her commitment to our community in so many ways over the years.

She has proven time and again how hard she will work to improve life for all Vermonters by being involved in the Wells River Action Program, 302 Cares (community substance

abuse prevention), Newbury United (community pandemic response), and she is on the Little Rivers Health Care Board. Her family business at the Wellness Hall in Wells River, houses 3 licensed clinical social workers. They also offer Yoga, Tai Chi, ballet lessons, health counseling and meeting spaces for rent. Kelsey is a Registered Yoga teacher and Certified Health Coach.

Besides being endorsed by the National Education Association (teachers' union) and Let's Grow Kids (childcare advocacy) she is backed by Planned Parenthood of Vermont, Senator Jane Kitchell and former Rep. Chip Conquest.

She strongly supports Amendment 22, Vermont's Constitutional Amendment to secure reproductive rights for all. We will all get the opportunity to vote for

Amendment 22 on Nov. 8!

Kelsey has proven her dedication to the community and children by being on the BMU school board for 6 years. Plenty of people avoid this job because it is so time consuming and often controversial. But Kelsey has kept her head down and done the work. She sees problems and doesn't complain about them, she shows up and puts in her time to help solve them.

I enthusiastically endorse her candidacy for Representative of the Southern Caledonia/Orange district which covers Groton, Wells River, West Newbury, Topsham East Orange and Waits River. It is a privilege to support her while she takes on this new challenge.

Deborah Jurist, Groton  
Owner Mountain Meadows Pottery

*mind I suppose many would say we need to know the good as well as the bad. But nobody is all bad, or all good. It truly does take some digging and some reading to know all you can before making your voice heard come November 8.*

*So please keep the letters coming. The information passed along is appreciated and necessary for all voters.*

Gary Scruton, Editor

Deborah,

*It is always nice to get a letter that is talking about all the good points of a candidate. There are way too many letters that simply attempt to tear down those with opposing views. That can be true whether it is a candidate or a proposition that is to be voted upon.*

*I have often written here that voters need to know as much as they can about the candidates who are running for office. And with that in*

**Letter to the Editor: Edith Tucker Supports Family & Medical Leave**

NH Senate Republicans, over the signature of Sen Jeb Bradley, recently sent out a fundraising email trying to raise money on a lie. They falsely claimed that Rep. Edith Tucker, the Democratic candidate for the NH Senate in District 1 had voted "multiple times" for an income tax. This is a lie clearly crafted to make people believe something that just isn't true. What they are referring to is Rep Tucker's votes for the Family and Medical Leave Act, a bill that would provide people with financial support while they take time off for such things as having a baby or caring for a sick family member. Rep Edith Tucker believes in Family and Medical Leave

because it helps people when they need it. She has never voted for an income tax.

The definition of a lie according to Merriam-Webster's Dictionary is "to make an untrue statement with intent to deceive." Sen Bradley and the Senate Republicans' clear intent is to deceive the voters.

If only Republicans senators had something to offer to the people of New Hampshire, something that would actually provide help to people when they need it, the NHGOP wouldn't have to resort to spreading disinformation or resort to such low, dishonest tactics.

Betsey Phillips  
Bethlehem

Robert,

*The time for the voters of New Hampshire, and across the nation to vote is fast approaching. Whether it be for local state representatives all the way up to US Senator, there will be a large number of decisions for voters to choose from come November 8. I strongly urge all qualified voters to take some time to know the candidates and make an educated decision as to who you want to represent you either in Concord or in Washington. After all, it is your right, and your obligation.*

Gary Scruton, Editor

**Letter to the Editor: Looking For Good Samaritan**

To the Editor,

I am writing this letter in hopes of contacting the young woman who on September 17 stopped to help me at the stop light by the construction near the corn maze in Bath NH.

I was stopped there and when I drove off several pcs. of decking slipped out of my trailer. I backed up and when I got out there was this young woman, who could tell I was elderly and not able to do much, came over and unstrapped my load and reloaded all of the decking. She then suggested I pull into the corn

maze where she reloaded my decking. This whole process took about 30 minutes. I made it home safely to Springfield, Vermont with out a problem. I can't thank her enough. I would like her to contact me so I can make a donation to the place of her choice as she would not take any money. The people of this area should be proud the you have someone that is so giving. Please contact me at jmgwdg@vermontel.net with your choice..  
Warren Garfield  
Springfield, Vermont

Warren,

*It is so good to hear about one of our neighbors helping out a person in need. I have lived here most of my life and have always found that there are plenty of people willing to help. Of course there are also plenty of people willing to look the other way or simply ignore someone in need. But I will echo your sentiments of a big thank you, and I truly hope that your helper does contact you.*

Gary Scruton, Editor

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**Adam W. Smith**

## Failure to Plan: Is it Planning to Fail?

Benjamin Franklin once said, "If you fail to plan, you are planning to fail." But as you chart your financial course, what steps should you take to help you keep moving forward to where you want to go?

Consider these suggestions:

- Establish and quantify your goals. Throughout your life, you'll have short-term goals, such as an overseas vacation or a home renovation, and long-term goals, the most important of which may be a comfortable retirement. You'll want to identify all your goals and put a "price tag" on them. Of course, it's not always possible to know exactly how much it will cost to achieve each goal, but you can develop reasonably good estimates, revising them as needed.

- Create an investment strategy to achieve your goals. Once you know how much your goals will cost, you can create the appropriate savings and investment strategies to potentially help you reach the needed amounts. For your retirement goal, you will likely need to contribute regularly to your IRA and 401(k) or other employer-spon-

sored retirement plan. But for shorter-term goals, you may need to explore other types of investments. For all your investment moves, though, you'll need to consider your risk tolerance. You won't want your portfolio to have such a high-risk level that you're constantly uncomfortable with the inevitable fluctuations of the financial markets. On the other hand, you won't want to invest so conservatively that you jeopardize your chances of achieving the growth you need to reach your goals.

- Control your debts. We live in an expensive world, so it's not easy to live debt-free. And some debts, such as your mortgage, obviously have value. But if you can control other debts, especially those that carry high interest rates, you can possibly free up money you can use to boost your savings and investments.

- Prepare for obstacles. No matter how carefully you follow the strategies you've created to achieve your goals, you will, sooner or later, run into obstacles, or at least temporary challenges. What if you incur a large, unexpected expense, such as the sudden need for a new car or

a major home repair? If you aren't prepared for these costs, you might be forced to dip into your long-term investments – and every time you do that, you might slow your progress toward achieving your goals. To help prevent this, you should build an emergency fund containing several months' worth of living expenses.

- Review your strategy. When you first created your financial strategy, you might have planned to retire at a certain age. But what if you eventually decide to retire earlier or later? Such a choice can have a big impact on what you need from your investment portfolio – and when. And your circumstances may change in other ways, too. That's why it's a good idea to review your strategy periodically to make sure it still aligns with your up-to-date objectives.

None of us can guarantee that our carefully laid plans will always yield the results we want. But by taking the right steps at the right times, you can greatly improve your chances.

*This article was written by Edward Jones for use by your local Edward Jones Financial Advisor: Edward Jones, Member SIPC*

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**Letter to the Editor:**

**NH Rep Edith Tucker Opposes Income Tax**

The NEA Teachers union put a book on its suggested August reading list about kneeling for the flag called "Why We Fly". It talks about two cheerleaders who were inspired by Colin Kaepernick. I guess they must be on board with disrespecting our flag and demonizing the police. It's nothing more than the usual hypocrisy that comes from the left. A union is meant to ensure that a work environment is conducive for good production, people are treated in a respectful, professional manner, wages are fair and work conditions are safe and appropriate, etc. A union should not be used to push a political agenda.

This book is a slap in the face to the brave police men and women who risk their lives maintaining law and order and protecting us. It's also a slap to our military personnel and our constitution which is the blueprint of rights and protections and freedoms that we are so blessed to have. What makes me sick is that if one of these NEA members who support this book ever were a victim of a crime, you know darn well that they would have the best lawyer, suddenly become a constitutional scholar and wrap themselves up in the American flag while they bring charges against their perpetrator.

Can you imagine if, God forbid, one of them faced an active shooter and was saved by a local policeman? I bet they would get on their knees and thank God that he showed up

when he did. But until then they will promote the disrespect and demonization of the police through this book. These teachers who support this book basically are denigrating our flag and all that it stands for, but are quick to take their salaries from American taxpayers.

Now these decisions are made by the higher ups in the NEA. I very much doubt that the union members in our local schools are even aware of this book. It would be nice for them to stand up to this group or whoever is responsible and say "This isn't what we stand for and we do not support this" and denounce them—maybe they can vote out whoever the ringleaders are. I would like to see that happen in pro sports as well. There are many players who stand for the anthem while the others kneel. They should all threaten to walk off the team until everyone stands.

Lastly, Brittney Griner (the WNBA player) who was arrested in Russia for illegal drugs is adamant about never standing for our anthem. She earns well over 200,000/year and was on the Olympic team. One would think that she should be so grateful to have the opportunity to become very wealthy playing a game that she loves. She was also supported by our country to train and play in the Olympics. There aren't too many countries where these opportunities exist. Yet that isn't good enough. What is she upset about? That decent people want to hold felons accountable? Or that people should have

to earn a living and not have everything handed to them? If she ever studied history she would see the horrible conditions in which people have to endure in other countries, especially those who have lived under communist dictators. In some countries, surviving the day with food, water and safety is a blessing in itself, never mind playing a game, making tons of money and having people cheer for you. So now she is locked up for bringing illegal drugs into Russia. Well gee, golly, gosh. She played in Russia for a number of years and knew all the laws. Yet she chose to break them anyway due to her entitled elitist mentality. Now she wants America, the country who she trashes, to bail her out. Well guess what? Russia, unlike our far left liberal cities and District Attorneys in our country, actually enforce the laws and use stiff penalties as a deterrent. Of course, Biden says that she is wrongly detained and Time puts her on the cover of their magazine with "Fight for Freedom" on it. How hypocritical is that?

Did you notice that all these people who trash our country, our flag and promote socialism and communism never leave? Why is that? Think about it. If our country is so bad, why don't they leave? Gee, let's see....money, opportunity and freedom. But they will never admit it. It's easier to spew hatred, create division and play the victim card.

Alex Foryan  
Landaff, NH

*bit further, don't tell me what I can watch or talk about. Freedom of Speech is a core piece of these United States. That freedom includes the writings of books or articles that disagree with someone else's view or opinion.*

Gary Scruton, Editor

Alex,  
*I know nothing about the book "Why They Fly" other than the quick notes I found when I looked it up online. So I don't want to comment too much one way or the other, except to say that personally I do not want anyone telling me what I should, or should not read. To take it a*

**Letter to the Editor: We Can Make America Great Again!**

To the Editor,

I would like to take this opportunity to highly commend Robert Peraino for his excellent article (Trendy Times, Sept. 20, 2022), where he very succinctly pointed out the fallacies of the current administration's march towards Socialism. Hopefully, his article will open the eyes of those who are stuck in the Democrat Party's ideology of propaganda, more government control, higher and higher taxes, and their insane belief that trillions of dollars of more and more spending is going to solve our country's fiscal crisis. What they apparently don't realize, or are willfully ignoring, is that they are only adding fuel to the inflationary fire. A change in administration, along with common sense fiscal policies, broader support for fighting the rising crime rates throughout the country and tough border control efforts are our only hope for bringing this

country back from the abyss.

On another note, I was astonished that Gary Scruton, Editor, in his response to Robert Peraino, found it difficult to form an opinion on Socialism. I would suggest that he might want to study the governments of Argentina, Cuba, North Korea, China, Iran, to name a few. A survey of the citizens of those countries might shed a different light for him on the "success" of Socialism. Another quote from Margaret Thatcher, former Prime Minister of England: "There is no such thing as safe socialism. If it's safe, it's not socialism. And if it's socialism it's not safe. The signposts of socialism point downhill to less freedom, less prosperity, downhill to more muddle, more failure. If we follow them to their destination, they will lead this nation into bankruptcy."

Robert Briggaman  
Newington, CT

Robert,

*I hate to be redundant, but I will again state that I am not a political scholar. I did not "form an opinion" on Socialism for a number of reasons. First and foremost being that "forming an opinion" is not MY job. It is the job of you and our other readers to send me opinions and my job is to make comment on them. Good, bad or indifferent I try to point out another side, because there are always multiple sides to every issue.*

*So please keep the letters and opinions coming. I will do my best to place them here and offer my two cents worth.*

Gary Scruton, Editor

**Letter to the Editor**

Letter to the Editor:

I am not on Facebook. What?

You're a person, don't you have opinions? Yes.

Aren't they important enough to share? Don't you want 'friends'? No. And here's why.

Facebook is a time waster. A whole new platform for sharing opinions. I agree that everyone has them. They are not my identity—not who I am. They are weapons of war.

I am not on Facebook. But I see the problem in letters to the editor. People are in a perpetual tug of war but the rope never moves very far toward one side or the other.

Time is too precious to

waste. Facebook is not people contact. You're alone, though you might not think so. Relationships grow from spending time with others—one's self to other human beings, not living in a world of thought.

We were made for relationships—full relationships, not just opinion relationships. We are losing our desire to physically be around others. That's not a good thing. We don't even look people in the eye anymore when we go by them. 'Don't bother me, I'm too busy staring at a screen.'

Think about it.  
Sincerely,  
Greg Darling  
Littleton NH

Greg,

*I'm afraid I can't join you in dissing any particular company or platform. There is a time and some good that can come out of FaceBook or Twitter or whatever other platform may be out there. I will agree with you that actual human contact is most often better. You can see the person, hear the person and even get context from body movements that do not show up on any screen. Any contact is good, but human contact is probably best.*

Gary Scruton, Editor

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# What About Ma?

by Kellie Quackenbush

## All About Staying Healthy

We are tired of wearing face coverings or “masks” to avoid COVID-19. The idea of another “booster shot” makes us cringe. We like seeing our friends and family and want to have life return to normal. In the past three years we have lost friends and relatives to illness and other health conditions.

“The virus that causes COVID-19 is constantly changing, and new variants of the virus are expected to occur. Sometimes new variants emerge and disappear. Other times, new variants persist. Numerous variants of the virus that causes COVID-19 are being tracked in the United States and globally during this pandemic.” per [www.cdc.gov/coronavirus/2019-ncov/variants/understanding-variants.html](http://www.cdc.gov/coronavirus/2019-ncov/variants/understanding-variants.html), “Important Ways to Slow the Spread of COVID-19

- Get vaccinated and stay up to date on your COVID-19 vaccines. Find a vaccine.
- Know when to wear a well-fitted mask to help protect yourself and others.
- Avoid crowds and poorly ventilated indoor spaces.
- Test to prevent spread to others.
- Stay 6 feet apart from others who don't live with you.

• Wash your hands often with soap and water. Use hand sanitizer if soap and water aren't available.”

“Clinical Outreach and Communication Activity (COCA) During this COCA Call, presenters will provide updates on the Advisory Committee on Immunization Practices (ACIP) recommendations for the 2022-2023 influenza vaccination season, including information on a new preferential vaccine recommendation for adults ages 65 and older. In addition, presenters will outline guidance for the coadministration of the influenza and COVID-19 vaccines.” per [emergency.cdc.gov](http://emergency.cdc.gov).

It is fall and the temperatures have dropped. Now is the time to get ready for the winter season, a season when more people are staying indoors. It is also time to clean your vents, dust the ceiling fans and air out your quilts. Summer shorts will go to storage while the winter flannels come out. Check your supply of hand wipes and face coverings because COVID-19 is not gone and neither is the FLU.

- “A common viral infection that can be deadly, especially in high-risk groups.
- Spreads in various

ways

- Partly preventable by vaccine
- Usually self-treatable
- Usually self-diagnosable
- Lab tests or imaging rarely required
- Short-term: resolves within days to weeks
- The flu attacks the lungs, nose, and throat. Young children, older adults, pregnant women, and people with chronic disease or weak immune systems are at high risk.
- Symptoms include fever, chills, muscle aches, cough, congestion, runny nose, headaches, and fatigue.” per the MAYO clinic, “The flu is treated primarily with rest and fluid to let the body fight the infection on its own. Over-the-counter anti-inflammatory pain relievers may help with symptoms. An annual vaccine can help prevent the flu and limit its complications.

Very common: More than 3 million US cases per year.”

Moving forward, there are many viruses going around and despite the good intentions of visitors from other states, they may be bringing new “bugs” or “variants” with them. Preventing illness includes drinking plenty of fluids. Keep your distance, wear masks in crowded spaces, use hand sanitizers or wet wipes when you can not wash your hands, and for extra security--use that mouthwash known to kill 99% of all bacterias.

Happy Leaf Peeping season.

## Fair Day

By Elinor Mawson

*Editor's Note: Elinor wrote me this week that she and her family are the latest to work thru COVID. It appears she is doing well, but asked me to find and reprint a past article for this issue. I thought this one from the fall of 2021 was appropriate. We all wish her and her family the best.*

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

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

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

I would take them aside and tell them they could do whatever they wanted (except for rides), as long as they would give me 10 minutes to go look at the quilt exhibit. They always agreed with that. I remember the year that the four naughty boys bought plastic swords. I told them they could use them when we found a proper place; we always found some space behind a building and they went at it for about 10 minutes. Then we would go on to an exhibit of farm machinery where they would climb onto a tractor or hay baler and enjoy themselves. After

another sword fight, we would go to a 4-H exhibit of food and projects. They would be amazed at the things they saw when I told them that kids their age had done them. Several sword fights later we found an exhibit of Craft-matic adjustable beds. Much to the exhibitor's amazement, we all went in, got on a bed and rode up and down for a few minutes.

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

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

After a few more animals, I noticed that our time was up, and we headed toward the buses. I admonished them about their swords: they were not to use them in the bus! Surprisingly the trip back to school was sort of subdued. I don't know about the kids, but I was exhausted! When we got to the classroom it was nearly time to go home, and I told them that their homework would be to write what they liked best about the fair.

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

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# Fitness, When You Don't Feel Like Fitness

By Shawn Thomas

As I write this, I am less than 72 hours removed from being notified that my best friend of 23 years has past away. At the age of 37, with a 9 year old daughter at home. I'd like to tell you that my friend's very untimely death could have been prevented by a little diet and exercise. But that wouldn't be the truth. Though he was not exactly the perfect model of health, nothing wrong with him would translate to an appropriate article to help you.

Truth is, sometimes life happens and your fitness level just isn't a major priority. Now, originally, I was going to write an article about how I am now in the last month of my preparation to compete in my first natural bodybuilding competition (natural bodybuilding is without the use of steroids or other performance enhancers). Fact is, I don't want to talk about that either. And that's okay. Sometimes, allowing yourself to relax and mentally heal will do more good than any diet, or number of pushups performed.

What I do want to talk about, is how my friend inspired me and helped me along. How he helped me to see my way through to knowing I need to get healthy.

When my friend and I met, I was twelve years old and an athlete. Frankly I was underweight because of the negligence I was subjected to by my mother and her addictions. When I became an adult, and was

able to care for myself, I wanted to grow, but in a healthy way. I lived about a half hour from my friend, and the gym I joined was only minutes from my house. But to make sure I stayed motivated and accomplished the goals I had set for myself, my friend joined that gym. Pulled money out of his pocket, even paid for my gas in my car to drive all the way out to pick him up and bring him home after. Because of my work schedule, we worked out in the middle of the night. Due to not knowing better, and trying to keep up with enhanced lifters in the gym, we worked out for hours. Unfortunately, I was in a car accident and we both got out of the habit of working out. As a result, I kept overeating and being under active, and became obese. Morbidly obese. And I spent a lot of time trying fad diets and quick fix workout programs. They all failed until I learned better. But each time I joined a gym. Each time I tried a new diet, my friend was there. He helped me buy food, he kept paying for gas, and gym memberships. He kept spending his time coming to the gym with me despite having no fitness goals of his own. He just wanted to be with me, his friend.

Truth is, he was something that we all should seek, the best training partner ever. He always found a way to push me, encourage me, inspire me. It reminds me of the fact that both inside and outside of the gym, he was a

better friend to me than I ever was to him. He was just too amazing of a friend. I loved my friend very much and he was closer to me than nearly every member of my family.

So, take an extra rest day this week. Maybe have a little extra special cheat meal. But if I can give you one piece of advice. None of us know how much more time we have. None of us know how much more time our friends have. And just the nature of today's world, we all get busy and sometimes we all fall out of touch. So, when you're taking that extra rest day, call a friend, or a family member you are missing and tell them you love them. Use that cheat meal as an excuse to take that friend, or another one you're missing out to lunch, or dinner. Spend time and laugh. Enjoy this moment because the next one is never promised to us.

Next issue, I'll be back to hopefully, helping you along with your fitness journey. In the meantime, I'd like to leave this article the same way I left the last conversation with him.

"I love you, buddy. Talk to you soon."

*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*

# \$10K Challenge For Bradford Teen Center

A local donor has issued a \$10,000 challenge to benefit the Bradford Teen Center in Bradford, Vermont. The teen center, operating as The Hub, serves all youth from Bradford and surrounding towns.

"We are excited and grateful to announce this fundraising challenge," says Emily Cummings, Executive Director of the center. "We hope everyone in our area will consider chipping in to meet the goal." Every donation made to Bradford Teen Center, up to a total of \$10,000, will be matched by this challenge grant. To qualify for the match, donations must be received by Thanksgiving.

According to the 2019 Youth Risk Behavior Sur-

vey, 48% of Orange County high school students reported feeling they don't matter to people in their community, and 31% reported having felt sad or hopeless for a period of two weeks or more. Cummings says, "Our goal is to help improve these statistics by supporting, educating, encouraging, and empowering youth to be the best, most productive citizens they can be."

Cummings also noted that, although it costs nearly \$10,000 per month to operate The Hub, teens' families are never asked to pay. "Our continued operation depends heavily on community support," she said, "and we hope people will see the value of our mission and step up to help."

Donations can be made either by mailing a check, made to Bradford Teen Center, to P.O. Box 247,



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*"we care when there's no one there"*

# Tek Talk with Eli <sup>15</sup>



by Eli Heath  
Paige Computer Services

Some people are still using Windows 7 which is no longer supported as of January 14 2020. There are ways you can upgrade your Windows 7 computer for free to Windows 10. Here is the procedures thanks to Alison Denisco Reyome of C/NET;

Actually, it's not too late to download the free Windows 10 upgrade. Here's how.

RIP Windows 7. If you haven't upgraded yet to Windows 10, follow these simple steps.

Here's how to get Windows 10 for free, if you're currently running a licensed and activated copy of Windows 7, Windows 8 or Windows 8.1 Home or Pro:

1. Go to the Download Windows 10 website.
2. Under Create Windows 10 installation media, click Download tool now and Run.
3. Choose Upgrade this PC now, assuming this is the only PC you're upgrading. (If you're upgrading a different machine, choose Create installation media for

another PC, and save the installation files.)

4. Follow the prompts.

5. When the upgrade is complete, go to Settings Update & Security > Activation, and you should see a digital license for Windows 10.

It should be noted that if you have a Windows 7 or 8 Home license, you can only update to Windows 10 Home, while Windows 7 or 8 Pro can only be updated to Windows 10 Pro (the upgrade is not available for Windows Enterprise. Other users may experience blocks as well, depending on your machine). This upgrade using the media creation tool isn't meant for the general consumer, but it works for many nonetheless.

To get the best Windows 10 experience and take advantage of features like passwordless sign-on through Windows Hello, you'll want to purchase a new Windows 10 PC (or one released after July 2015) with all the hardware upgrades. If you're a student or university faculty member, you may also be able to download Windows 10 for free (search for your school's software offerings).

I hope this helps. Any questions you can call me at (603)747-2201 or email paigecs@gmail.com also visit my website www.paigecomputerservices.com.

Bradford, VT 05033, or through PayPal on Bradford Teen Center's website, at www.bradfordteen-center.org/donate.

The Hub opened its doors in July 2020, at the height of the Covid-19 pandemic, to help meet this rural area's need for a safe and welcoming environment where teens can learn, play, and relax with

friends, after school and during vacations, year-round. Regular offerings include art projects, STEM activities, discussion topics, and weekly cooking, as well as collaborations with other local organizations.

For more information, email director.thehub@gmail.com or call (802) 449-3046.

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

## Zucchini Bread

Hello hello my fellow chefs! How are you all doing today? I am fine and welcoming Fall. I can't believe that it's already October. Where has the year gone? What I've found out to be true is the older you get the faster time goes by. I find myself saying almost daily where did the day go. I wonder if you are going through the same thing? My father used to say "it's tough getting old" and now I understand. I walked into the kitchen 3 times and 3 times I didn't remember what I was doing. I just laugh and think about what my dad said. Okay let's get started with today's recipe and how to make it. It's easy peasy and "Delicioso"!



- 3 eggs
- 1 Cup vegetable oil
- 2 1/4 cups white sugar
- 1 Tbsp Real vanilla extract
- 2 Cups grated zucchini (I used my food processor and it worked great)
- 1 Cup chopped walnuts (optional)

- Ingredients
- 3 Cups All Purpose Flour
  - 1 tsp salt
  - 1 tsp baking soda
  - 1 tsp baking powder
  - 1 Tbsp ground cinnamon

Grease well a big loaf pan even if it's Teflon. You can also use 2 smaller loaf pans but baking time will be shorter. I only had 1 big loaf pan so that's what I used. Small loafs will take

40-60 minutes and my big one took 1 hour 25 minutes. Insert knife in center until it comes out clean.

Preheat oven to 325 degrees. In medium bowl mix flour, salt, baking soda, baking powder and cinnamon with whisk until combined. In large bowl beat eggs, oil, sugar and vanilla extract until creamy. Use a bowl big enough for all ingredients to be combined. Grate zucchini or chop small in food processor, that's what I used. I did not peel the green skin but if you want to, peel it. You will need a bit over 1/2 of medium zucchini. Mix flour mixture with egg mixture until well combined. I used my hand mixer. When all mixed fold zucchini in until combined. Fold in walnuts at this time too.

Pour into your loaf pan or pans. Bake 40-60 minutes for 2 loafs or 1 hour 20-25 minutes for 1 large one. It's heavy and comes out dense. Remove from oven when knife inserted in center comes out dry. Cool 10 minutes then remove from pan and cool on wire rack. Use a knife to loosen sides. Carefully tap out. That's it, you are done.

I spread a little butter on my slice and it was delicious. I gave my friend

Jane a few slices and Mike and me enjoyed the rest. It's good for breakfast or anytime you want something good to munch on. Good for school lunches too. Please try this recipe, your family will love it and

you will be a star. It goes a long way.

Okay folks that's it for today's recipe. Happy October! Until next time I am signing off.  
Sincerely,  
Cin Pin



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