

TRENDY TIMES



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OCTOBER 18, 2022 VOLUME 14, NUMBER 1

They're Baaack!

By Marianne L. Kelly

Throughout the year most children lead "normal" lives. They attend school, participate in family and school activities, and are hermetically attached to their electronic devices.

Then comes the month of October and these sweet, innocent beings change into "ghoulies and ghosties and long leggety beasties, and things that go bump in the night." They prowl neighborhoods in packs, disguised in traditional costumes or whatever the current rage, chanting, "Trick or Treat!"

This tradition has been passed down through the centuries, but...do we know how it started?

What we celebrate as Halloween, began as the ancient pagan festival of

Samhain (pronounced SAH-win), or summer's end, when the Celtic people celebrated the harvest. They were a superstitious lot as they believed that on this day, the veil between the physical and spiritual worlds were at their thinnest, and it was easy to communicate with those who had passed on.

When the Romans defeated the Celts and took their lands, they combined some pagan traditions with their own, and the day became All Hallows Day. Later the Roman Catholic Church designated Nov. 1 as All Saints Day, and the night before, All Hallows Eve.

Let's take a look at where today's celebrations had their roots.

Flying witches on broom

sticks. Many women in the Middle Ages were called witches or wise ones because they practiced divination. They would sit by their fires, chanting, meditating and hallucinating using special herbs. Superstitious folks claimed they saw them fly out of their chimneys on broomsticks terrorizing the countryside.

Pumpkin Carving

Turnip lamps were used by the ancient Celts as they were plentiful and lent themselves to carving the faces of demons in them for protection from evil spirits. When they were finished and satisfied with their work, they placed a lighted candle in the hollow, and placed the lamps in doorways and windows

to scare evil spirits away. The lighted lamp also served as a welcome to deceased loved ones.

Jack 'O' Lantern

The name Jack 'O' Lantern originated in Britain in the 17th century and referred to a nightwatchman or a man carrying a lantern. They called men they didn't know by the common name, Jack.

Irish folklore tells us that a man named "Stingy Jack" played a trick on the devil after inviting him for drinks. He asked the devil to change himself into a coin, so they could pay their tab. The devil obliged and was trapped in the coin. Jack released him only after he received a promise that the devil would not take his soul when he died.

According to legend, Jack was not allowed into either heaven or hell, and continues walking the

earth carrying his lantern to light his way.

Trick or Treat

This Halloween tradition dated back to the Middle Ages. Poor people went to wealthy people's homes and collected "soul cakes" in exchange for praying for the giver's loved ones.

A place at the table was set as an offering to deceased loved ones. Food was also placed outside the doorway to appease any unfriendly spirits who might otherwise play unwelcome tricks on them, like tipping over their milk containers.

So, there you have it. Most of our Halloween traditions stem from ancient times.

Be sure you have those treats ready for the "ghoulies, ghosties and long leggety beasties, unless you're brave enough to risk a trick.

Happy Halloween!

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TRENDY Dining Guide

Gather Together Cafe

by Gary Scruton

In this column I have used the term “eatery” on more than one occasion. For this article I actually looked up the definition and found “a restaurant or other place where people can be served food.”. Well, that’s pretty much the way I had it defined in my own head. So using the term “eatery” when referring to Gather Together Cafe is accurate and appropriate.

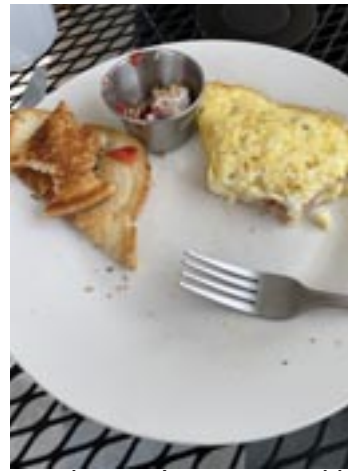
Now I will let our readers know that Gather Together Cafe is probably not the place to visit if you have a large crowd or if you happen to hit a very busy time. But, if you have a large crowd to serve Erin and her staff will do catering. And if you happen to stop in at a

busy time you can always get your meal to go. Or you could pick from a number of prepared items that you can simply grab and go, including coffee (of course) and a cooler full of other non-alcoholic beverages.

The day that Janice and I went to visit, a mid Saturday morning (after all it is the weekend and therefore we didn’t have to get up early), there was a group of six that were already seated. They had pulled tables together in order to seat them all. But that left us a spot at a small table for two, and it left one more table for four that was itself filled before we left.

The routine at Gather Together is to place your order at the counter. So we grabbed a pair of

menus and Erin came out to wipe down the table and chairs before we sat. We studied for a bit and then went back up to the counter. Janice ordered a Breakfast Burrito with 3 eggs, ham, sun dried tomatoes and cheddar cheese. She added mushrooms and got some sour cream on the side. She turned down the option of hot sauce but noted that it was the first burrito she had had that did not offer salsa as a side. She also asked for a small cup of coffee. I went for the 3 egg



omelette. It came with ham, cheddar cheese, with vegetables (onions & mushrooms) and toast. I ordered a large cup of coffee.

We then went back to our table and chairs and soon were served our coffees. Mine was served in what looked more like a soup mug than a coffee cup, but it kept the coffee warm throughout the meal.

We waited just a short time before another member of the staff brought out our meals and we were able to dig in.

I have to say that my omelette looked so much better than the ones I make for myself at home. It was thick, tasty, and perfectly folded over. The toast was also right on the money. It looked so good

and tasted that way as well, that I almost forgot to take a picture, as has been my habit of late.

For Janice, she also very much enjoyed the Breakfast Burrito. It was packed with the foods she likes and she had no trouble diving right in.

I should also mention that both meals came with a small cup of fruit salad. It contained a mixture of blueberries, strawberries, yogurt and granola that really made the meal a bit more special.

The total cost for our two meals and coffee came to \$29.54. This amount we paid for at the counter with a credit card when we ordered the meals. As is our habit we left a cash tip in the jar at the counter as we left to enjoy our leisurely walk home. It was far too nice a day to take the car.





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A Brand New THEATRICAL Haunted Attraction This Season!

Lincoln, NH - A ghost light is a single bulb left burning whenever a theatre is dark. Some legends state that its function is to chase away mischievous spirits who once worked within the theatre's walls. Others insist it lights the way for the ghosts who are said to still inhabit the theatre, thus appeasing them and preventing them from cursing or sabotaging a production. It is considered bad luck to let a ghost light burn out. But at North Country Center for the Arts Jean's Playhouse in Lincoln, NH, a brand new haunted experience will invite you to see what happens when the ghost light goes out and dark takes over.

"It's an all encompassing event," says creator and Producing Artistic Director, Joel Mercier. "It's taking over our whole building and we've been working on it for almost an entire year." The Playhouse will indeed be transformed into the dilapidated old "Papermill Theatre" - named after the real venue that housed the North Country Center for the Arts before they built Jean's Playhouse - however, in this version of the Papermill, the once vibrant vaudeville house is now fraught with ghosts and spirits who harbor wicked secrets of what happened in the old the-

atre, and the land and area on which it sits.

When asked to describe the event, Mercier explains, "It's like a haunted house meets a piece of interactive theatre. It's the best of both worlds. We wanted to provide the jump scares and walk-through style that people are used to when they visit a haunted house, however, as a theatre, we also wanted to tell a story and make sure there was a journey. Unlike traditional haunts, where rooms are themed, but there's no connection between one room and the next, our haunt has a story that flows through the entire tour, room to room. You are on a tour of the condemned and decrepit Papermill Theatre and, as we all know, theatres can be a really creepy place when the lights go out."

NCCA Jean's Playhouse is known for its award-winning musical theatre and plays in the summer, so by using their expertise in theatrical lighting, special effects, sound design, costuming, and storytelling, this unique haunted attraction seemed like an exciting endeavor for the company to take on during its off season. "Once the summer closes," says Mercier, "our fall tends to be dedicated to concerts, comedians, and other pre-



senting acts, but we thought this would be a good use of our creativity, and our goal is to create an event that we can keep building upon year after year." And so this Halloween Season, Jean's Playhouse becomes the haunted and shut-down Papermill Theatre, just waiting for guests to tour its spooky grounds.

Each haunted tour accommodates twelve guests and runs approximately forty minutes. Tours start every twenty minutes, but with such limited openings, it is recommended guests purchase tickets ahead of time. The haunt runs for two weekends on Friday, Saturday, and Sunday, 7 - 11 pm, October 21 - 30. On Sundays, from 1 - 4 pm, there is a "Daytime Light Fright" version of the event suitable for those a little more faint of heart. While still a spooky environment, there are no jump scares, and the sound and lighting has been adjusted. For more information, or to purchase tickets, visit either www.nhghostlight.com or www.jeansplayhouse.com, or you can call the box office at 603-745-2141.

Life and Times of The Bedell Bridge: An Introduction



This hour long presentation will introduce audiences to the history of the Bedell Bridge, a vital transportation link during its life as a privately financed toll-bridge from 1805 to 1916; a town owned community link from 1916 until its closure in 1958; owned by the state thereafter. It was scheduled to be demolished in October of 1973 but local citizens acted to save the bridge during the seventies, with a grand reopening in July of 1979, only to have it destroyed by a windstorm in September of that year.

This presentation will introduce the long and fascinating history of the bridge, but will concentrate on the community efforts to save the bridge during the seventies. We should never forget this inspiring example of citizen activism and involvement over six years, largely from the residents of Haverhill, NH and Newbury, Vermont, but also others throughout the area and beyond. Contributions to finance the re-

pairs rolled in from 800 individuals in 30 states and Canada. The remarkable repair work was accomplished by Stanley Graton of Ashland, New Hampshire.

Joe Kirkpatrick is a retired hospital association executive from Massachusetts who moved to Haverhill Corner in 2012. He became fascinated with local history and the story of Bedell Bridge and the underappreciated state park that bears its name. He joined the Haverhill Library Association board in 2013 becoming President at the end of 2017, a position he still holds. In 2016 he edited a book published by the Library on the Haverhill Corner Historic District. He is a member of the Haverhill Historical Society, whose extensive archives on local history provided the material for this presentation, and for a book on the Bridge he is currently working on.

The presentation will be held on Tuesday, October 25 at Alumni Hall at 7:00 p.m.

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4 **Martha Stroup McLeod To Run For Grafton County Commission District 2**

Franconia, NH – Franconia native, Martha McLeod, recently announced that she is running as a Democrat for the Grafton County Commission, District 2. This seat is open due to the retirement of long-time Commissioner, Linda Lauer. District 2 is composed of the towns of Bath, Benton, Bethlehem, Easton, Franconia, Haverhill, Landaff, Lincoln, Lisbon, Littleton, Lyman, Lyme, Monroe, Orford, Piermont, Sugar Hill, Thornton, Waterville Valley and Woodstock. Ms. McLeod has pledged to represent the residents of District 2 towns and to work jointly with the other Grafton County Commissioners and the County's Chief Executive to provide oversight to the county's departments and budget.

A long-time resident of Grafton County, Ms. McLeod graduated from Littleton High School and holds Bachelor's and Master's degrees from the University of New Hampshire. She has devoted her career to overseeing not-for-profit organizations focused on improving access to health care and human services for the North Country residents. As a consultant to the NH Insurance Department she managed federal grants and vendors.

Most recently she has returned to her community health roots to work for a health advocacy organization dedicated to supporting healthy aging. Ms. McLeod recently said, "The Grafton County Nursing Home is one of the most important organizations overseen by the Grafton County Commission. Almost 23 percent of Grafton County residents are over the age of 65 which is considerably higher than the state average. My goal is to make sure that these residents have continued access to the health care and social services they need now and in the years to come."

Ms. McLeod served two terms in the NH House of Representatives where she served on the Commerce Committee working on banking and insurance regulations and on the Finance Committee working on the NH State Budget.

Ms. McLeod and her husband, Richard, returned to her childhood home over 20 years ago and have represented the community in various ways – Richard as a Franconia Selectman and Martha in various roles including her time in the NH House.



Need a Plumber... Fund Career Technical Education?

Currently, students in NH attend 28 different career and technical centers, five of which are located in Vermont (Brattleboro, Springfield, White River Junction, Bradford, and Canaan). Woodsville High School students who participate in the CTE program are enrolled at River Bend Technical Education Center in Bradford.

In accordance with statute, NH funds 75% of the tuition costs incurred by sending NH school districts to regional centers; although, actual funding reimbursement received by the sending districts for a given year is often less than the state's 75% share. The state appropriates \$9M annually to support CTE tuition and transportation needs. If more students attend CTE programming than in the previous year, state reimbursement will be allocated to districts on a proportional basis, perhaps 62 or 64% of the formula allocation. The local district is then placed in the very difficult position of paying the unfunded difference or capping the number of students desiring to participate in the many career and skill oriented programs offered at receiving centers.

It's also necessary that the state reconsider the process in which the state funds renovation or new construction CTE projects. Capital project funding is absolutely necessary to keep pace and to keep up with technology and skills required in: manufacturing, nursing, automotive and diesel mechanics, construction, early childhood education

and much more. NH centers receive capital funding grants on a rotational basis and in the order in which the various centers were established. In short, there could be a lapse of 20 years in the cycle before a center would be eligible for state funding. The next two centers up for state support, if local voters in those districts support a local bonding obligation, are Newport (\$11M) and Winnisquam (\$9.5M). Several years ago, Whitefield couldn't get the community to proceed forward with necessary approval for its share of the facility costs. The question that must be asked, "How then can career centers keep pace with the ever changing needs of work?" I believe the legislature needs to target capital funding not by a 20 year plan per district, but in accordance with specific program needs. For example, next

year we may opt to renovate all the automotive shops, or we may focus on updating and improving electrical and plumbing programs on a need oriented basis. In short, we need to make the CTE renovation process more flexible; not funding premised upon a system that may have worked 15 years ago in a world of different workforce needs.

The above mentioned concerns are priorities that need legislative attention during the upcoming session. It should be noted, that of the 9,351 NH students enrolled in Career Technical Education programs, these students are 10% more likely to graduate, 75% of whom go to college (5% more than traditional high schools), and 100% graduate with advanced career-building skills. Our future requires us to focus closely on this aspect of public school education. Funding CTE tuition, transportation and keeping our centers vibrant and able to handle expected student capacity is a critical component of public school education. Respectfully Submitted, Rep Rick Ladd, Haverhill Chair, House Education

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NHSaves Button Up Workshop Hosted by the Town of Monroe

Monroe: Button Up New Hampshire, the popular home energy savings workshop series, is coming to Monroe. The Monroe Public Library and Fogg's Hardware are hosting this free workshop for residents of Monroe and local communities. It will take place at the Monroe Town Hall 50 Main St. Monroe NH on Wednesday November 2nd with doors opening at 6:00pm and the workshop starting at 6:30pm. The workshop is sponsored by NHSaves and coordinated state-wide by the Plymouth Area Renewable Energy Initiative (PAREI).

NHSaves is a collaboration of New Hampshire's electric and natural gas utilities (Eversource, Liberty Utilities, NH Electric Cooperative and Unitil). The utilities are working together to provide NH customers with information, incentives, and support designed to save energy, reduce costs, and protect the NH environment. PAREI of Plymouth, NH is working with local groups around the state to bring these workshops to the public on behalf of New Hampshire's utilities.

The NHSaves Button Up Workshop is a 1.5 hour presentation about how to improve the energy efficiency of your home. It is conducted by a certified energy auditor and covers basic building

science principles as well as examples of whole house weatherization measures that will button up your home for the heating and cooling seasons. It also covers details about the energy efficiency programs offered by NH utilities (for existing homes and new construction) that provide energy audits, weatherization measures such as air sealing and insulating and rebates on new technologies and products such as electric and gas appliances and high efficiency electric heating/cooling equipment.

The library trustees and staff are looking forward to offering this workshop with practical information about energy conservation and reducing costs for heating and cooling.

The workshop is free and no registration is necessary. For more information on the Monroe or other NHSaves Button Up Workshops visit https://nhsaves.com/learn/?resource_type=events or contact the Monroe Public Library 603-638-4736 or email monroe-publiclibrary@gmail.com. Workshop organizers also recommend the public sign up with NHSaves Facebook and Twitter pages for up to date information on energy saving tips and programs.

October is Co-op Month

October is Co-op Month at the Littleton Food Co-op. Round Up at the register to support the Littleton Food Co-op Community Fund, which uses the power of cooperation for a positive local impact. Plus, this year, Organic Valley and Equal Exchange are matching the first \$1,000 of this year's donations. That helps the Fund grow even larger!

What is a Community Fund? The Littleton Food Co-op is part of a cooperative endowment made up of many different cooperatives in our region. It includes grocery co-ops from near and far, as well as producer co-ops like Organic Valley and Equal Exchange, along with organizers like the Twin Pines Cooperative Foundation. By pooling all of our resources, the Fund is able to provide financial aid for the development of new and growing cooperatives. North Country cooperatives that have been benefited with our cooperative endowment fund are Rambling Woods Cooperative in Bethlehem, Fox Hill Cooperative (pictured) in Franconia, Top of the Notch Cooperative in Franconia, Swiftwater Estates Cooperative in Bath, and Page Hill MHP Cooperative in Lancaster.

And that's not all! The interest we earn each year from our part of the Fund is distributed an-



Kate & Keith Photography. Courtesy NH Community Loan Fund. In 2020, the 39 families formerly renting at the Fox Hill Mobile Home Park, Franconia, in Grafton County, NH became cooperative owners of their park. The Community Loan Fund funded the purchase using some of the \$1,000,000 dollars invested in it by TPCF/CCF. The TPCF/Cooperative Community Fund has now helped the renters of 14 parks just in Grafton County alone (home of the Hanover and Littleton Food Co-ops) buy them as resident owned co-ops. Pictured next to the new Co-op sign is Victoria Staunches, the Operations Manager.

nually to a local non-profit, spreading the impact even further. This past year the Bethlehem Elementary Garden Club received the interest from our endowment for a total of \$1,365.35. This will benefit the student's greenhouse project so they can learn and grow all year long! That's the power of Cooperation!

How can you help? Like we said earlier, go right ahead and Round Up at the register this October to make small change contributions.... and we know how that really adds up.

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, call 603-444-2800 or just stop by!

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

October 18, 2022

Volume 14 Number 1

Calendar of Events

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

THURSDAY, OCTOBER 20

CARE INFORMATIONAL SESSION
10:00 AM
Father Roger Bilodeau Community Center, Lincoln

FRIDAY, OCTOBER 21

THE ARCADIAN WILD
8:00 PM See Ad on Page 7 & Article on Page 8
Colonial Theater, Bethlehem

FRIDAY, SATURDAY, & SUNDAY, OCTOBER 21 - 30

SEE WHAT HAPPENS WHEN THE GHOST LIGHT GOES OUT
7:00 - 11:00 PM
Sundays 1:00 - 4:00 PM "Daytime Light Fright"
Jeans's Playhouse, Lincoln
See Article on Page 3

SATURDAY, OCTOBER 22

HARVEST SUPPER
5:00 PM See Article on Page 7
Community Baptist Church of Whitefield

SUNDAY, OCTOBER 23

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

MONDAY, OCTOBER 24

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

TUESDAY, OCTOBER 25

LIFE AND TIMES OF THE BEDELL BRIDGE
7:00 PM See Article on Page 3
Alumni Hall, Haverhill

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 See Ad on Page 8
West Newbury Hall

MONDAY, OCTOBER 31

HALLOWEEN
Neighborhood Doors Near You

TUESDAY, NOVEMBER 1

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

WEDNESDAY, NOVEMBER 2

NHSAVES BUTTON UP WORKSHOP
6:30 PM See Article on Page 5
Monroe Town 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

ACOUSTIC MUSIC JAM

12:00 - 3:00 PM
Clifford Memorial Building, Woodsville

TUESDAY, NOVEMBER 8

MIMD-TERM ELECITONS
A Polling Place Near You

TUESDAY, NOVEMBER 8 & THURSDAY, NOVEMBER 10

PRODUCE SAFETY ALLIANCE GROWER TRAINING ONLINE ONLY
10:00am - 3:00pm See Article on Page 10

SATURDAY, NOVEMBER 12

PENNY SALE
9:00 AM. Drawings at 1:00 PM
Bath Village School

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.

EVERY SUNDAY

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

WEEKLY EVENTS AT CLIFFORD MEMORIAL BUILDING

South Court Street, Woodsville
ANTIQUÉ STROLLERS WALKING PROGRAM
Monday – Friday from 11:00-12:00
MOVEMENT AND STRETCH CLASSES Tuesday and Thursday afternoons
1:00 – 2:00 PM
PICKLEBALL
Tuesday & Thursday evenings at 6:00 PM Saturday mornings at 9:00-10:30 AM
LINE DANCING every Wednesday evening
6:00 - 7:00 PM

SATURDAY, DECEMBER 3

CRAFT & VENDOR SALE
10:00 AM - 3:00 PM
St. Johnsbury VFW Post #794, 204 Eastern Ave.

Nancy

by Elinor Mawson

Nancy and I became friends at sort of mid-life. Our school days were over, we were married and had kids, our husbands were secure in their jobs. We discovered that we both bought and sold antiques and the friendship was born.

Right off the bat, we shared a booth at an indoor flea market. Then we did some antique shows together. I soon discovered that Nancy had a flair for taking more than her share of the space; I kept this in mind and was somewhat assertive in future endeavors.

My home life was a lot calmer than Nancy's. She had 3 little girls, the oldest of whom had Cystic fibrosis and required a lot of care, most of which fell to Nancy.

Nancy's husband spent most of his Saturdays at a bar in a nearby town, playing pool and drinking beer with his friends. Nancy didn't like this, but if she wanted to do an antique

activity on Sundays, she had to put up with it. Thank heavens, my husband liked his Saturdays at home.

Nancy, an only child, had aging parents who needed to find a smaller place to live. They sold their house and moved in with their daughter. This soon became a real problem when Laurel needed to be hospitalized. Nancy had to find another home for her parents, all the while tending to her family. She found a place to live for them nearby, all the while driving into Boston to be with her daughter.

After several weeks in the hospital, Laurel passed away. She was 9 years old.

Time went on. It was awhile before Nancy's life got back to normal. She tended to her parents until they passed. Her husband "tolerated" their lifestyle and didn't say an awful lot, but if you knew him, you knew he was unhappy with the way things were.

Several years went by. Tom, the husband,

changed jobs and became principal of the school where my husband taught. When this happened, Nancy and I had a serious talk. We decided that we wouldn't discuss the happenings at this particular school while Tom was there--and we never did.

After a few years, the girls got older, and things began to change. Tom found another job selling textbooks, and was gone from home a lot. Nancy helped her girls get into college and then did more with antiques. She and I did a few shows together and I remember the show we did in Vermont when we camped nearby. Tom was there, but was very aloof and didn't spend any time with the rest of us. We thought it was strange, but didn't say anything.

Not long after, Nancy came to my house with her latest news. Tom had "met someone" and wanted a divorce. They had been married 26 years.

(To be continued)



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Let The Good Times Roll

by Maggie Anderson

With the witching hour nearly upon us, and, no I don't mean the midterms, though after giving it a second thought we could make them and Halloween a package deal.

I was thinking about some of the spooky stories I've heard, one that startled me so badly I nearly had to change my undies. My folks had left us with a sadistic babysitter who thought scaring me, my cousin Arthur, and my six-year-old big brother John out of our wits was the best use of her time with us.

She turned off all the lights and began to tell a story, just as she got to the climax, where some evil killer was about to break in, the wind blew the front door nearly off it's hinges.

John and Arthur screamed like little girls, I know because they

sounded just like me, the baby sitter followed suit and I'm pretty sure she had some issues with her own undies.

She might never have told us any more scary stories, but Mom and Dad were so fed up with our nightmares afterward they never had her babysit again. I was not sorry to see her go.

When our kids were little, once a year we got together with the other young parents in our congregation and had a girls' night out at one house, and a guys' gathering at another.

The women, young and old, spent the night doing one another's hair, cooking pasta, baking cookies, and trying to out joke everybody in attendance. We had a blast.

The men, on the other hand, had a barbecue, built a fire, and roasted wienies and marshmal-

lows. Then they spread their sleeping bags out on the big front porch and began to tell spooky stories.

The plan was for all of them to sleep on the porch, but the moment the kids were asleep all the fathers - except for Hank - grabbed their blankies and ran for the warmth and cushioning of the living room carpet.

When Hank woke the next morning all the boys had been so traumatized by the scary stories, they were squeezed as close as possible to Hank.

The other fathers told Hank he should go easy on the fear factors next time because some of the little guys were so afraid to move away from him, they soaked their sleeping bags rather than risk making it to the front door without being eaten. Ah, good times.

Whitefield Harvest Supper

WHITEFIELD - The Community Baptist Church of Whitefield will hold a Harvest Supper on Saturday, October 22. After a hiatus due to covid, the traditional annual event is back for on-site dining from 5pm - 7pm. Take-out meals are also available. Payment is by your generous donation.

Join your neighbors in enjoying a full turkey dinner with all the fixings, homemade pies & apple crisp. Continuous seating begins at 5pm.

Take-out meals are

available by advance order only - phone (603)837-2469 or e-mail harvestsupper1816@gmail.com and provide your name, number of meals, and your contact information no later than 6pm Friday 10/21. Pickup for take-out meals will be from 3:30 - 4:30pm on Saturday.

The church is located at 27 Jefferson Road (Rt. 116), across from the Whitefield Post Office, and has a handicapped access lift. Further information may be obtained by calling 603-837-2469.

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Sponsored by Mascoma Bank, White Mountain Footwear, and MillerCoors

Bendigo Fletcher



FRIDAY, OCT 28 • 8 PM

DOORS & PATIO OPEN AT 7 SERVING BEER & WINE

Alt-rock, country-flecked folk-rock

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BethlehemColonial.org

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 October 18, 2022
 Volume 14 Number 1

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A Fresh Take on Bluegrass with The Arcadian Wild at The Colonial Theatre

The Colonial Theatre in Bethlehem, New Hampshire will host progressive bluegrass and folk band The Arcadian Wild on Friday, October 21st at 8:00 PM.

Led by songwriters Isaac Horn (guitar) and Lincoln Mick (mandolin), and with the support of Erik Coveney on bass and Bailey Warren on fiddle, The Arcadian Wild confidently inhabits and explores an intersection of genre, blending the traditional with the contemporary to create a unique acoustic sound that is simultaneously unified and diverse. With one foot planted firmly in choral and formal vocal music, and the other in progressive folk and bluegrass, the band offers up songs of invitation: calls to come and see, to find refuge and rest, or to journey and wonder.

Throughout 2020, The Arcadian Wild released Principium, a four-movement song cycle that explores human relationships, flourishing, degradation, and redemption. To help tell this story, the band has collaborated with filmmaker Greyson Welch to create a series of



short films to accompany this unique project. The project culminated in the release of the Principium EP in February 2021, which debuted at #3 on the Billboard Bluegrass Chart.

The Arcadian Wild Live! at The Colonial is sponsored by Mascoma Bank, White Mountain Footwear, and Miller-Coors. Member General Admission tickets are \$18, Non-member General Admission tickets are \$26, and Front and Center tickets are \$34. Tickets and information are available online at 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. While you are there, sign up for regular email updates or follow The Colonial on Instagram (@bethlehemcolonial), Facebook (Facebook.com/BethlehemColonial), or Twitter (@ColonialNH).

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(Bath, Benton, Bethlehem, Easton, Franconia, Haverhill, Landaff, Lincoln, Lisbon, Littleton, Lyman, Lyme, Monroe, Orford, Piermont, Sugar Hill, Thornton, Waterville Valley, Woodstock)

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Cathy Qi, Grafton District 2 (Bethlehem & Franconia) ...VOTE for 1

Bonnie Ham, Grafton District 3 (Easton, Lincoln, Livermore, Woodstock) ... VOTE for 1

Rick Ladd & Matthew Coulon, Grafton District 5 (Benton, Haverhill, Landaff, Piermont, Warren) ...VOTE for 2

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 Classifieds that exceed word count may be subject to an additional charge.
 Mail or Drop Off at Trendy Times, 20 Pine Street, Woodsville, NH 03785 Email: Gary@trendytimes.com



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TDL WASTE SERVICE & trash drop. Jct. Route 302 and Wallace Hill Road, Wells River. Wed. 5-7 pm. Sat. 8 am - 1 pm, Sun. 9 am - 1 pm. Phone 802-584-3287 and 802-272-7019 11.01

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Produce Safety Alliance Grower Training

November 8, 2022 | 10:00am - 3:00pm
 November 10, 2022 | 10:00am - 3:00pm
 ONLINE ONLY

This two-day, online course is an FDA-recognized training geared toward fruit and vegetable growers and others interested in learning about produce safety, the Food Safety Modernization Act (FSMA) Produce Safety Rule, Good Agricultural Practices (GAPs), and co-management of natural resources and food safety.

In addition to learning

about produce safety best practices, key parts of the FSMA Produce Safety Rule requirements are outlined within each module. There will be time for questions and discussion, so participants should come prepared to share their experiences and produce safety questions.

To receive a certificate from the Association of Food and Drug Officials (AFDO), a participant must be present for the entire training and submit the appropriate paperwork to their trainer at the end of the course. For this purpose, you must log in

from a device with video and audio capability, and participant attendance and engagement will be monitored. This training satisfies the FSMA Produce Safety Rule requirement for covered farms that "at least one supervisor or responsible party" completes "food safety training ... recognized as adequate" by FDA (21 C.F.R. §112.22(c)).

Here is the link to the events page: <https://extension.unh.edu/event/2022/11/produce-safety-alliance-grower-training>

Volume 14 Number 1 October 18, 2022 Not all Times are Trendy, but there will always be Trendy Times

Letter to the Editor

To the Editor:
 From Ecclesiastes to Matthew, from the secular to the religious, proclamations have been made throughout the centuries about the value of unity and the damage done by division.
 Make no mistake about it, Edith Tucker, running for New Hampshire State Senate, is a uniter.
 With long experience as a coalition-builder and legislator on the Ways and Means Committee as a House Representative she is laser focused on values which are good for all citizens which include:
 * taking "the pledge"
 * pulling our counties together to support business and environmental concerns
 * improving our bridges and roads,
 * expanding broadband and renewable energy sources
 * supporting the 2nd Amendment and still keeping citizens safe
 * maintaining women's access to quality and safe reproductive health care
 Edith Tucker makes it her business to reach out across the aisle and to every citizen..... and make things happen....together.
 VOTE for EDITH TUCKER
 Amy Mitz
 Sugar Hill, NH

Amy,
 I have said this before, but I do appreciate political letters to the editor that focus on why I should vote for a particular candidate, rather than one that works to tear down an opponent. I would much prefer to vote "for" a candidate, than to vote "against" a candidate.
 Gary Scruton, Editor

Letter to the Editor: Edith Tucker – The Senate District 1 Candidate with Skill and Experience

To the Editor,
 Edith Tucker is super-qualified to be our Senator for NH's Senate District 1. During her six years in the NH House of Representatives she served on the House Ways and Means Committee, the Committee tasked with recommending how to generate the money needed for the programs people want. In addition, Edith made certain the North Country received its fair share of dollars for freight, rail and bridge improvements, and she secured infrastructure funds to support the re-opening of the Balsams. She worked to be certain tobacco dollars were spent effectively for youth tobacco use and prevention; she applied a comparative performance formula to determine an "adequate" education before allocating funds; she helped devise a formula for siting landfills based on leachate rates, proximity to open water and to state parks; and she examined Rooms and Meals Tax revenues towards establishing a formula for distributing the funds to municipalities.
 Experience matters. Edith Tucker knows the ropes, and effectively applies her award-winning skills as a North Country reporter to her job as a legislator. Her newspaper colleagues praise her inquisitive mind, accuracy, clarity, attention to detail, and commitment to holding public officials to account. She has my vote for District 1 Senator.
 Anita Craven
 Easton, NH

Anita,
 The State of New Hampshire only elects a total of twenty-four (24) state senators. This means that each senator represents a large number of voters, and here in the north Country that means many, many square miles of space, and many, many towns. It also means that the elected person carries much more power in the legislative chamber, as compared to the house of Representatives which has some 400 Representatives.
 I say this only to emphasize the need to do your research, know the candidates, and make your voice be heard at the ballot box on November 8.
 Gary Scruton, Editor

Letter to the Editor: Some people just don't think

To the Editor,
 Throughout the years and all the elections we've experienced, one thing has remained a constant: some businesspeople just don't think. They put up signs supporting candidates for state or federal elections. That's particularly egregious in this year's election.
 Look around and you'll see large Bolduc and Burns political support signs proudly displayed outside businesses. Do they not care about how successful they are?
 We know that in this election, the major driving issue is that of a woman's control over her own body. Don Bolduc and Bob Burns, running for Senate and House positions respectively, have proudly and loudly proclaimed that they don't want women to have that choice because they support men, who can't get pregnant, who will vote to force women to carry a fetus to term no matter what is going on in their lives.
 (I wonder what they would think if the government passed laws saying that all men had to have vasectomies until some obscure reasoning by elected officials say they could have it reversed?)
 Here's the point for these businesses: one half of the voting population is female. Most of those women, and the men who support them, are unbelievably angry that the government wants to take control of their bodies away from them. And because of that anger, they're not going to patronize your business if you're dumb enough to show your proud support for people who would further limit their rights. Is that what you really want to do?
 I know I'm not going to use your services until you take the signs down. But then again, I'm probably not going to patronize your business ever again now that I know how misogynistic and closed-minded you are.
 Rachael Booth
 Landaff, NH

Rachael,
 As a business person myself I will say that I have never, nor do I ever plan to, place a sign for, or against, any candidate or issue to be voted on. I fully understand your thoughts that if you disagree with a business person's opinion then you will not patronize their business. After all that is your choice and your right. You can spend your money when and where you choose.
 Personally it is even more important. As the editor and owner of Trendy Times I have always made it a point not to lean too far one way or the other. And I plan to continue to do so.
 Gary Scruton, Editor

Dirty Cello Takes to the Stage at Alumni Hall

Saturday, October 29th at 7:30pm, Dirty Cello takes to the stage at Alumni Hall, Haverhill.
 Based in San Francisco, Dirty Cello is hitting the road as a This will be a small acoustic configuration. Their music is fun, contains no wisdom, and is generally fast and upbeat. From Iceland to Italy, and all over the US, San Francisco based band, Dirty Cello brings the world a high energy and unique spin on blues, rock and Americana. Led by vivacious cross-over cellist, Rebecca Roundman, Dirty Cello is cello like you have never heard before.
 The Bailiff's Cafe will be serving up dinners, beverages and desserts. For tickets and more information, go to: www.courtstreetarts.org



What's Your Opinion?
Let others know with a Letter to the Editor.
Just be prepared for a response.

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How should you pay for short-term financial goals?

As you go through life, you will likely have long- and short-term financial goals. But how will your strategies for meeting your long-term goals differ from those needed for your short-term ones?

If you're like most people, your biggest long-term goal is achieving a comfortable retirement. And for this goal, a common strategy is putting away money in tax-advantaged retirement vehicles, such as your 401(k) and IRA.

So, how should you go about preparing for shorter-term goals, such as a family vacation, home renovation, wedding or major purchase?

For starters, determine what your goal is, how much you can spend on it and when you'll need the money. Even if you can't pinpoint a precise amount, you can develop a good estimate. Of course, the sooner you start this process, the

better off you'll be, because you'll have more time to save.

Your next decision involves the manner in which you save for your short-term goal. Specifically, what savings or in-

vestment vehicles should you use? The answer will be different for everyone, but you need to make sure that your investments align with your risk tolerance and time horizon. And you'll want to ensure, as much as possible, that a certain amount of money is available for you at the specific time you'll need it.

If you aren't able to save enough to reach a short-term goal, you have other options — you can borrow what you need, or you can potentially sell investments to cover the cost. How can you decide which choice is best?

To help make up your mind, you'll first want to consider some of the most common borrowing options: credit cards, home equity loans, personal loans and margin loans. (A margin loan lets you borrow against the value of investments you already own). How might each of these loans fit into your overall financial strategy? Will the repayment schedule work with your cash flow and budget?

You'll then want to compare the costs and benefits of borrowing, in whatever form, against selling investments. For example, if you can borrow at a lower interest rate compared to the return you think you can get from your investments, borrowing might be a reasonable

choice. You'll also need to consider other factors, such as your credit score, taxes, fees associated with selling investments and time needed to repay debts. If, for instance, selling investments will trigger a large amount of taxes, borrowing might be preferable. You'll also want to consider whether there's a penalty or high costs associated with selling investments. In addition, if you have a long time horizon for a loan, you may want to sell investments to avoid paying interest for a longer period of time, and thus driving up the overall cost of borrowing. Finally, keep in mind that you may have built an investment mix designed to align with your goals and risk tolerance. If you were to sell any of these investments to meet short-term needs, you would want to consider the need to rebalance your portfolio to maintain your desired asset allocation.

As you can see, there's a lot to think about when it comes to paying for short-term goals. But by carefully evaluating your options, you can make the choices that are right for your needs.

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: Support Candidates With Sensible Energy Solutions

To the Editor:

One pressing issue on voters' minds (including mine) this election season is how legislators and policymakers can provide relief from soaring energy bills. While the recent approval of emergency energy assistance funds by NH lawmakers will help, long-term solutions that shift away from reliance on natural gas towards cheaper renewable energy make better sense. The fact is that worldwide, utility-scale, energy prices from renewables like solar and wind are now cheaper than from gas and coal (WNISR, Lazar). Yet why are these cheaper global wholesale market prices for renewables not translating into lower bills for NH ratepayers?

At a recent meeting at the Rumney Town Gazebo, I was able to pose this

question to Democratic candidates, Craig Tomlinson and Edith Tucker. Craig is diligently campaigning door-to-door for the NH House Grafton Dist. 6 which includes his own town of Orford, plus Wentworth and Rumney. I noted that his campaign materials state support for "solar and wind renewable resources." Likewise, Edith, an experienced legislator who is currently finishing a third term in the NH House where she has effectively cosponsored a good number of bipartisan bills, is now campaigning for the NH Senate Dist. 1 seat. Her candidate card states that she will fight for "modern infrastructure" including the "electric grid for renewable energy."

Edith responded in detail to my question saying that updating the obsolete electricity distribution system

will be necessary before NH ratepayers can realize the benefits of cheaper renewable energy. She went on to explain that this issue is complex and that the transition will be difficult and require more careful study before it can be implemented. Other problems will likely arise such as public resistance to unsightly transmission wires. Although disappointed by the lack of a quick-fix answer, I appreciated that Edith did not try to gloss over her reply.

Engaging candidates like Craig Tomlinson and Edith Tucker in honest discussion about reducing energy costs is timely. Let's vote for them and others who understand the challenges yet offer some hope for sensible long-term solutions!

Judith Saum
Rumney, NH

Judith,

The issue of renewable energy sources is certainly not a new issue. But it does seem to be moving toward the front more in recent years. It seems evident that the world can not continue to depend on fossil fuels alone, but needs to make a concerted effort to develop and then distribute alternative and renewable fuel sources such as wind and solar.

Of course many will argue that wind and solar will not do it all. I would certainly agree with that statement. but I would also point out that there is only a finite amount of gas and oil. When they are gone we must have another source of energy. It appears to me that the sooner we move toward that duplication of energy sources, the better off we will be.
Gary Scruton, Editor

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Boltonville, VT - Gerald "Jerry" Randall Page, 95, passed away on October 8th, 2022, in Mt. Ascutney, Windsor, VT.

Jerry was born on April 25th, 1927, in Ryegate, Vermont to Burns F. and Mary Carter Page. A family of fourteen children. He attended North Ryegate and Groton High School. Growing up with his siblings on the family farm he learned the many aspects of farm life.

At the age of 18 he enlisted in the Navy during WWII, he trained at the Sampson Naval Base Field and then was stationed at the Cecil Air Force Base in Jacksonville, FL. After discharge he remained in the reserves and was a member of the American Legion Post #78.

Once home he worked for Willis Brown & Nelson Davidson.

On August 20th, 1950, he married the love of his life, Ruth Marie Leete. Jerry and Ruth bought the Labounty Farm in Ryegate in 1950 and in 1953 they bought the Bolkum Farm in Boltonville, VT where they raised five children and enjoyed the farm life with Holstein Cattle and Morgan Horses. Neighbors have mentioned seeing Jerry riding in a full gallop, bareback, on a horse tracking down some heifers, he was a very good horseman. His prize stallion Nor-Ell Magician was the 1978 Vermont State Champion. He also held several cattle sales at their "Pageland Farm." You could find a photo of their farm in Boltonville on many calen-

dars, puzzles, and placemats all over the United States and Canada.

Jerry was a trustee of the Boltonville Cemetery Association, American Morgan Horse Association, Holstein Friesian Association of America, St. Johnsbury Riding club and the American Legion. He was a member of the South Presbyterian Church for 69 years and a trustee of the church.

Jerry and Ruth traveled many times across the country to the Northwest, also to Texas, Nashville, Florida, Hawaii, and Manitoba. They loved to go dancing together throughout their life. Jerry was a very honest man, kind and considerate. He was a very hard worker and was very proud of his accomplishments, at 86 years old he cut and split 8 cords of wood. His wife, children, grandchildren, and great grandchildren were his greatest love. They were all there for him at any time, and he was very proud of every one of them.

In his free time from farming, he also had a passion for logging and milling his own lumber. In 1969, he built his new 110' stable at the farm. He enjoyed woodworking in his shop, making many items big and small for the family. Jerry has sugared all his life, including gathering sap on skis at a young age for his father.

He is predeceased by his parents, Burns and Mary Page; eight brothers, Frank, Elmer, Ralph, Earle, Forrest, Doug, Sewell, and Stuart; and four sisters, Elizabeth



Achilles, Irene Wells, Pauline Rogers, and Madelyn Frost.

He is survived by his wife of 72 years, Ruth; three daughters, Mary Corey and husband Tim, Beverly Coon and husband Bill, and Cheryl Elliott and husband Mark; two sons, Philip Page and wife Debbie, and Brian Page and wife Dori; 10 grandchildren, Michael Clough and wife Karen, Angela Bemis, Hayden Coon and partner Sara, Logan Coon, Tanna Drown and husband Russ, Cortney Gandolfo and husband Brad, Makayla Mitchell and husband Nathan, Nicole Martinez and husband Alfonso, Brittney Page and partner Hunter, and Mark Andrews and wife Elizabeth; 8 great grandchildren, Tori & Molly Clough, Jaret & Corey Bemis, Roman & Tenley Drown, Teddy & Jacob Coon; one great-great grandchild, Briar Bemis; and one sister, Evelyn Dobbins and husband Leonard; and at least 64 loving nieces and nephews, but who could really keep count.

A graveside service for Jerry was held on Saturday, October 15th at 2 PM at the Boltonville Cemetery, Route 302 Wells River, VT.

In lieu of flowers, please make donations in Jerry's name to, Boltonville Cemetery Association, C/O Tammi Parker, 4651 Main Street, Newbury, VT 05051; Or South Ryegate Presbyterian Church, C/O Judy Gandin, 38 Hosmar Brook Road, Groton, VT 05046

For more information, or to offer an online condolence, please visit www.rickerfh.com

Ricker Funeral Home & Cremation Care of Woodsville is in charge of arrangements.

Ryegate, Vt - Violet "Vidy" Cookman, 69, passed away September 20, 2022, at Cottage Hospital after a brief illness.

The daughter of Edward Perley and Virginia (Hitchcock) Sulham, she was born on February 23, 1953. She married Robert (Cal) Cookman on December 5, 1976. They initially lived in Williston, Vt before moving to Ryegate in 1986. Vidy had brief careers at Cottage Hospital, Grafton County Home, Burlington Medical Center Hospital and Samaha, Russell and Hodgdon PA, but her lifelong career was helping others and she excelled at it.

Vidy's artistic talent was multifaceted. Her singing, cooking, painting, and cake decorating were appreciated by all who witnessed them. Everything Vidy did was done to the best of her ability, which was impressive.

Vidy was predeceased by her parents, Edward P and Virginia E Sulham,



numerous aunts and uncles and a special great niece Krystine Crews.

She is survived by 3 siblings, E. Scott Sulham and wife Cathy (Page), Sandra Roy and her husband "Casey" and Daryl Sulham and wife Cindy (Page), her husband Robert "Cal" Cookman and numerous nieces and nephews.

Per Vidy's request there will be no services. Her family is planning to hold a celebration of life at a later date to be announced.

For more information, or to offer an online condolence, please visit www.rickerfh.com

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

David "Lucky Dave" Kimball: OBITUARY

North Haverhill, NH-David "Lucky Dave" Kimball of Kimball Lane passed away unexpectedly at his home on Tuesday, October 11th, 2022.

David was born on September 14, 1949, in Woodsville, NH to Harold and Louise Stetson Kimball. He attended Haverhill academy and grew up with his siblings on the family farm. He worked at Grafton County Farm for over twenty years as a farm hand.

David loved farming and raising animals. He enjoyed riding around and visiting, listening to his scanner, playing cards, people watching, going to bear ridge speedway, and reading his newspapers. He also loved lottery and scratch tickets.

He is predeceased by his parents and a brother-in-law, Chip Brooks.

He is survived by his daughter, Jennifer Pierce and husband Jeffery; 3 grandchildren, Brayden, Paetyn and Maddison; his brother, Donald Kimball and wife Carolyn; his sister, Mary Brooks and



companion Terry Williams; nieces, Meagan and Heidi; nephews, Andrew and Willie; and many loving friends.

There will be a graveside service Thursday October 20, 2022 at 1PM at the Center Haverhill Cemetery, Benton Rd, Haverhill, NH, with Melissa Gould as funeral celebrant.

Memorial contributions in Dave's name may be made to Horse Meadow Senior Center, 91 Horsemeadow Road, North Haverhill, NH 03774.

For more information, or to offer an online condolence, please visit www.rickerfh.com

Ricker Funeral Home & Cremation Care of Woodsville is in charge of arrangements.



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Adam W. Smith



What About Ma?

by Kellie Quackenbush

All About Help

My Aunt had been diagnosed with Alzheimer's disease in 2002 and my Uncle had no idea what he needed to do to help her; I had worked in geriatrics for many years and was working for the largest Medicare Part B contractor in the country at the time, so he called me. Alzheimer's disease is a progressive illness with no cure, people suffering from the illness lose their ability to remember facts of their life. People with this disease also lose the ability to make simple decisions and can not care for themselves.

To help my family, I returned to New Hampshire. Now I want to share resources that I have found to help the families of people afflicted with Alzheimer's disease and other aging disorders. Help is available but you must ask for it. Sometimes, having more than one resource can be a life saver.

Alzheimer's Association, Vermont Chapter
75 Talcott Road, Suite 40
Williston, VT 05495
802.316.3839
800-272-3900 (for emergency situations)

"The Alzheimer's Association, Vermont Chapter is here to help. We provide education and support to all those facing Alzheimer's and other dementias throughout our community, including those living with the disease, caregivers, health care professionals and families. We are also committed to advocating for the needs and rights of those facing Alzheimer's disease and advancing critical research toward methods of treatment, prevention and, ultimately,

a cure." per <https://www.alz.org/vermont>.

"Alzheimer's disease is a growing public health crisis in New Hampshire. The impact of Alzheimer's is projected to rise, and the most recent data show: 26,000 people aged 65 and older are living with Alzheimer's in New Hampshire.

8.9% of people aged 45 and older have subjective cognitive decline.

58,000 family caregivers bear the burden of the disease in New Hampshire.

83 million hours of unpaid care provided by Alzheimer's caregivers.

\$1.5 billion is the value of the unpaid care.

\$256 million is the cost of Alzheimer's to the state Medicaid program.

These numbers show that a public health approach is necessary to lessen the burden and enhance the quality of life for those living with cognitive impairment and their families." per <https://www.alz.org/professionals/public-health/state-overview/new-hampshire>.

New Hampshire resources:

Respitiy Center
475 Whitefield Rd
Bethlehem, NH 03574-4008
(603) 991-0155

MWV Adult Day Center
987 E Main St # 113
Center Conway, NH
03813-4215
(603) 356-4980

Fewer Worries At Home For Seniors, LLC
9 Pinewood Vlg
West Lebanon, NH
03784-3120
(603) 643-2295

Sometimes, there is not a dementia or Alzheimer's health issue. Getting older can lead to

other limitations and can be a financial burden. The United States of America provides a monthly sum of money to retired people who have worked and paid into the Social Security system. With the Social Security come the option to get Medicare part A & B health insurance.

There are community senior centers that provide information and other sources of help in the communities that they serve. The National Council on Aging is another group that will assist older adults in finding help. (<https://www.ncoa.org/older-adults/benefits>)

State of New Hampshire - Bureau of Elderly and Adult Services

Government office in Concord, New Hampshire
Address: 129 Pleasant St, Concord, NH 03301

Phone: (800) 949-0470
Helpline - Services - Age Well -for assistance in Vermont.

www.agewellvt.org › services › helpline 1-800-642-5119

There is help available, rural areas are more limited and it may be found that to truly benefit from available services, one must move. It is a difficult situation to be struggling with limited help but sometimes, moving to a larger more active community will provide resources that smaller communities cannot provide.

Help is available, be sure to do your research and alert your doctor, your church family and the Social Security Department of your needs and you will find partners to assist with your cares. Do not give up, help is out there.

Letter to the Editor

To the Editor,

While New Hampshire voters are debating who is for an income tax, Vermont voters in adjacent Concord, Kirby and St. Johnsbury are debating who supports a tax on heating fuel. The target is Rep. Scott Campbell (D-St. Johnsbury), who three times this year voted for the "Clean Heat Standard". This is a disguised carbon tax, whereby our heating oil distributors would be forced to increase their prices to underwrite various schemes for depressing carbon dioxide emissions. Gov. Scott vetoed the measure and it was sustained by one vote

in the House.

Rep. Campbell continues to maintain that it's not a carbon tax, but the bill required your fuel dealer to put an added charge onto the customer's heating oil bill, and divert it to pay for somebody else's heat pump or pellet stove, all to defeat the menace of climate change. This makes the fuel dealers, not the Legislators, the fall guys.

Rep. Campbell's Republican Opponents, Rep. Scott Beck and Frank Empsall, are firmly against anything that drives up the price of heating fuel. John McClaughry, Kirby, Vermont

John,

I have to agree with you that the cost of heating our homes in this area this year will be higher than in past years. Same with the cost to fill up the gas tanks on our cars. I certainly do not have an answer to that problem, and it appears that there is not a solid answer from anyone else.

Some will say that alternative energy is the only way to go. Other believe gas and oil are the best choices. It seems the ultimate answer will be either a combination of those, or some new, as yet unproven or undiscovered fuel source.

Whatever the answer, electing the right people to help make the decisions about our future is important to all of us.

Gary Scruton, Editor



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Letter to the Editor: Are We Better Off Today?

Letter to the Editor:

Are we better off today than at the start of 2021? Then, our gas price averaged \$2.38/gal. Today our average is \$3.92/gal. and rising. We were the world's largest supplier of energy, surpassing Russia and Saudi Arabia, becoming a net exporter of energy. President Biden cancelled the Keystone/XL pipeline, destroying 11,000 jobs; placed restrictions on oil producers, limited drilling on Federal lands, and the ANWR region in Alaska. Our oil production dropped from 13 million barrels per day (BPD) to 11.6 million BPD, a shortfall of 1.4 million BPD. The common sense solution would be to restore the polices of the Trump Administration. Biden is now begging our adversaries to increase oil production. Instead, Saudi Arabia is cutting oil production by 2 million BPD. In a futile effort to lower gas prices, Biden drained more than a third of our U.S. Strategic Petroleum Reserve. We have the world's largest supply of oil and natural gas, and we are letting our adversaries determine our future, while we struggle to put gas in our cars and pay to heat our homes.

As a result of disastrous economic policies under Biden, inflation has gone from 1.4% at the start of 2021 to 8.5% in 2022, the highest since 1982. Massive spending bills, including the Inflation Reduction Act, only added fuel to the inflationary spiral, while adding 87,000 agents to the Internal Revenue Service. You only have to put gas in the car, pay your home heating bill, and buy

Robert,

The upcoming mid-term elections will once again determine the balance of power in both the US House of Representatives and the US Senate. The difference of just one vote in either of those bodies can certainly make a big difference in the direction that our country moves. It is also true that just one vote can make a big

groceries to know why Americans are struggling paycheck to paycheck. Many Americans have resorted to working second and third jobs in order to make ends meet.

President Biden, Vice-President Harris, and Secretary of the Department of Homeland Security (DHS) Alejandro Mayorkas, have constantly stated that our southern border is secure. The facts, belie that argument. The U.S. recorded a record number of stops along the southern border in FY 2022, more than any year in the history of record keeping. Since Oct. 1, 2021, 1,746,119 stops have occurred, including 147,000 unaccompanied minors. The Biden Administration is transporting them to parts unknown in our country. The DHS has reported that more than 500,000 unapprehended "gotaways" have crossed into the United States in FY 2022. The Administration has no idea who these people are or where they went. Women and minors are subject to sexual abuse, torture, and in some cases death as they make this perilous journey north. DHS Investigations estimated that the Mexican cartels are making upwards of \$13 billion dollars annually transporting illegal immigrants and sex trafficking woman and minors. In addition, they are smuggling fentanyl across the border, including candy colored fentanyl, ostensibly to attract children. The number one cause of death in the United States for adults between the ages of 18 and 45 is drug overdoses. The Biden Administration is aiding and abetting these atrocities.

Gary Scruton, Editor

We have a serious crime issue throughout the country. Some of the rapes, murders, robberies, and assaults are being committed by illegal aliens. A study by the Center for Immigration Studies indicates that in Texas alone, illegal aliens are convicted of homicide and sexual assault at higher rates than native born citizens. Liberal/progressive district attorneys are either failing to prosecute or are letting these individuals out on the streets with cashless bail. We need tough on crime prosecutors and more funding and support for our police.

The common thread running through this chaos is the Democratic Party's progressive/socialist agenda. Your local and federal politicians are a major part of the problem. If you want the status quo, then vote Democratic, but if you want to change the downhill direction of this country (70% of the populace thinks we are headed in the wrong direction) then you must vote for your local Republican team. The old adage states: Insanity is described as doing the same thing over and over again and expecting different results. We must make changes at the local and federal positions. I close with a quote by Ronald Reagan: "The national Democratic leadership is going so far left, they've left America. Don't let them bury the American dream in their graveyard of gloom and envy." Voting Republican across the board is our only hope in saving our country from ruin.

Robert Briggaman
Newington CT

difference in any of the many elections that are being held across the country. Therefore it is very important for all voters, and for those not yet registered to vote, to take the time to know who you are voting for, or against, and to take the time to cast that ballot.

Letter to the Editor: Senator or Governor?

To the Editor,

Is Maggie Hassan campaigning for governor or senator? Her ads seem to dwell more on her "laurels" as governor of NH rather than her alleged accomplishments as the Democrat senator representing our state. On crime, silence; on fentanyl deaths, silence; on riots and death in 2020, silence; on border security a much-touted visit and a statement of disagreement with the Biden administration open border policy yet did not repeat the message in the Senate nor propose legislation to thwart Biden; on inflation voted with Demo-

Robert,

The November 8 election is fast approaching. The time to learn as much as possible about all the candidates is getting short. This particular race between Maggie Hassan and Don Bolduc could certainly have an affect on national politics as well as representation for New Hampshire. However you feel, please be sure to vote.

Gary Scruton, Editor

crats to spend, spend and spend; on our declining economy, recession all due to the war against traditional energy sources which drive our economy, silence; on Biden's avowed statements putting America worse than first with his globalist agenda, silence. Voting with the Biden administration against America 97% of the time is incongruous with "Live Free or Die". Maggie Hassan's run in the Senate should be allowed to expire, silently, as her term in office has been...silent.

Robert Peraino
Franconia

Letter to the Editor: Why I encourage you to VOTE for Glenn Libby

To the Editor,

On Nov. 8, 2022, Glenn Libby is the Republican running in the General Election for Grafton County Commissioner in District 2.

Glenn has a wealth of knowledge and experience with 30 years in County government. Glenn retired as the Superintendent of the Corrections for Grafton County in 2014 and continues to be involved with the County Farm working part time on the farm and filling in when needed to milk the dairy herd.

He is a tireless worker who believes in teamwork, great communication, and constituent service; he has shown the ability to work with differing opinions and

Tom,

Thank you for this well written endorsement for a candidate running for office. County Commissioner is not one of those glamor jobs. But it does affect our tax dollars. The three County Commissioners oversee the budget of the county government from the prison, to the farm to the county home, and so much more.

As always I will not endorse any candidate. Rather I encourage all voters to learn what they can, and then exercise your right to vote on November 8.

Gary Scruton, Editor

displays a respectful demeanor and common sense.

With Glenn's vast County experience I believe he is in the best position to protect the pocketbooks of the Taxpayers of Grafton County. Meaning, he will be mindful of every tax dollar of yours while at the same time getting the most services out of every tax dollar for Grafton County.

I encourage you, your family and neighbors to get out and VOTE for Glenn Libby for Grafton County Commissioner on Election Day, Nov. 8, 2022.

Tom Thomson
Orford, NH

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

Apple Brownies

Hello hello my fellow chefs! I hope you are all doing well. I'm fine and I've been enjoying all the beautiful foliage that I've seen in my travels. It's apple season and today's recipe is so good you will make it again and again. You can use any type apple, honey crisp is good but I used Macintosh because that's what I had on hand. It's easy peasy and "Delicioso". So let's get started with today's recipe and how to make it.

Ingredients

- 2 Large eggs
- 1 3/4 cups of sugar
- 1 Tbsp ground cinnamon
- 1/2 cup vegetable oil
- 5 - 6 apples peeled and cut into small bite size pieces.
- 2 Cups all purpose flour
- 2 tsp baking soda
- Preheat oven to 350 degrees



Grease a 9 x 13 baking dish. Peel and cut apples into small pieces. In large bowl (big enough to fit all ingredients) beat with

mixer your eggs, sugar, cinnamon and oil until well combined 2-3 minutes. Add apples and stir with fork and spatula to coat. In a medium bowl combine flour with baking soda and whisk to mix well then add flour mixture to egg mixture and mix until all incorporated using your spatula to make sure bottom of bowl is mixed. Pour into your greased baking dish and bake for 55 minutes. Test center with toothpick to make sure it's done. Cool and then enjoy.

You are done. You cut right in the baking dish.

Please give this recipe a try because I know you will love it and your family will think you are a star. I think if you wanted to add walnuts that would be fine too.

Well folks that's it for today's recipe. I hope you have a nice Halloween. Stay safe and healthy. Until next time I am signing off.
Sincerely,
Cin Pin

Autumn Vibes Kilburn Crags Littleton NH

For copies contact Cyndi: cnb.pics07@gmail.com



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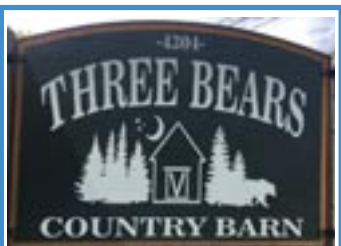
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