

A FREE PUBLICATION

# TRENDY TIMES

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

Next Issue: Tuesday, November 29  
Deadline: Thursday, November 24



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NOVEMBER 15, 2022 VOLUME 14, NUMBER 3

## Woodsville Veterans Day Ceremonies

Veterans Day Celebration in Woodsville this year included many of the annual events. There was a brief ceremony at Pine Grove Cemetery at the American Legion burial site at 9:00 am. Shortly after 11 am the parade stepped off with members of Ross-Wood Post #20 American Legion and Haverhill Memorial VFW Post #5245. The parade

stopped at the new gazebo on Central Street where Alex Sutherland, 95, was given the ribbon cutting honors. There were also a gubernatorial proclamation read by VFW member Rick Ladd, prayers, music from three students from Haverhill Cooperative Middle School, a speech by Navy veteran Robert Roubush, and the firing squad ceremony.

*Pictures courtesy of Alain Brin, Historian, at Ross-Wood Post #20.*



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# TRENDY Dining Guide

## Tuttle's Family Diner

by Gary Scruton

Janice and I chose a Sunday morning to visit one of our Trendy Dining Guide advertisers. The spot was not far from home but we still took the car as the rain and colder weather were enough to not even think about walking.

We actually parked behind the Wells River Savings Bank and took the short walk into Tuttle's Family Diner. Once going through the door and sitting at a table that had just been cleared and cleaned we quickly realized that "Family" diner was even more appropriate as parents and daughters were all working along with additional staff.

One of those staff members got a cloth to dry off our table while another brought us over the laminated menus. This was one of those times when I already knew just what I wanted to order even if it were not an exact match for their many breakfast choices. I should also mention that lunch was also available on the same menu, but we were both still ready for coffee and a morning meal.

Our waitress took care of our coffee orders quickly and then pulled out her pad to listen to our requests. Janice asked for what the menu calls a "Garbage Omelette". Along with the eggs, it contained ham, bacon,

sausage, onions, tomatoes, mushrooms, green peppers, spinach and there might have been more. Of course there is also a choice of cheese (cheddar), and toast on the side (cinnamon raisin).

When it was my turn I asked for two eggs over easy, sausage, toast (also cinnamon raisin) and corned beef hash. Our waitress did ask each of us if we wanted to add home fries, but we turned those down as we were both pretty sure we had ordered plenty of food.

While seated there drinking our coffee another patron stepped over to our table to comment to me about a recent public address I had done and a couple of suggestions for future occasions. He has quite a bit of ex-

perience in the same type of situation so I really appreciated his words of wisdom.

Our timing for the morning was pretty good as we were on the tail end of what appeared to have been a good morning rush. But it was still not long before the grill workers behind the counter had our food plated and our waitress returned with plates in hand. A topping off of the coffee cups soon

followed and then we dug in.

The omelette was all that Janice had expected. Plenty of good food inside the well cooked and folded eggs. The buttered toast did not need any more attention, other than eating.

My food came out in two trips. First was the eggs, sausage and toast, followed shortly thereafter by the plate of hash. Like Janice, my toast needed nothing more, the sausage patties were not the spicy type, and the eggs were cooked just as I had ordered. The plate of corned beef hash did have enough spice to it to really satisfy that request my taste buds had put in earlier.

We were both

good patrons and finished our meals completely, though Janice did, kidding, ask for a ride back to the car.

On our way to the front counter to pay we did make one more stop for another local patron that we knew to have one more conversation. Our total at the register was \$38.00 even, including the small extra fee that most establishments are now adding when using a credit card. As usual we had left a cash tip on the table before we left.



Volume 14 Number 3

November 15, 2022

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# Party On

by Maggie Anderson

On my return from Tokyo last night, or more accurately, early this morning, 2 AM, in fact, I was treated to a welcome home party. Though my party was devoid of accusingly-pointed fingers and pompostic promises, each side attempting to out shout or out promise the other, blaring every 20 seconds from the television screen as they were before I left, I felt a wave of relief to have escaped the last few days of it before the polls closed.

My welcome home party consisted of the realities the approaching winter presents to me. You know all the fun stuff, battering down hatches, hauling fire wood as fast as possible in order to beat the remnants of hurricane Nicole, the latest harpy to shred Florida's once beautiful coastline.

Knowing I have severely shortened days in which to accomplish so much, and the weight of it crushing, I find myself looking for things to be happy about, and thankful for.

With Thanksgiving on the near horizon it seems

a good time to acknowledge some of the things I could actually throw a party over; news of friends' recoveries from surgeries, and illness, babies who scared first-time parents witless in the face of mysterious symptoms that turned out to be less serious than the symptoms first suggested, and more manageable than the exhausted pair could have hoped for.

I could throw myself a welcome home party just for getting home safely, but my cat Chantilly already threw one for me over that.

I don't ever want to let life's difficulties and constant irritations keep me from knowing how lucky I really am. If I can find little else to be thankful for right now, the fact that our next big political theatrics are two years away is enough for me to polish my punch bowl.

I hope Thanksgiving shines a light on all your blessings this year, perfect time for a cleansing breath after all we've endured in the past two.

Happy Thanksgiving from my house to yours.

# The Morrison Communities in Whitefield, NH, Launches a 4-Day Work Week

At staff meetings held on November 1, 2022, The Morrison Communities, a leading employer in Whitefield, NH, announced implementation of a new, innovative benefit for its employees – a 4-Day Work Week.

Over the course of the next several months, existing full-time employees will transition to a 32-hour schedule each week. Under this new staffing model, employees will work a 32-hour week and be paid 40 hours of equivalent pay – every weekly pay period.

“This is an exciting time for us at The Morrison Communities,” Executive Director Shannon Lynch says. “We are so happy to be able to offer this new benefit to our employees. We have an incredible team here and, together, we continue to focus on keeping The Morrison Communities the leader in senior living and care.”

The Morrison Communities’ decision to switch to a 4-Day Work Week staffing model comes after its leadership spent several months conducting extensive industry research and surveyed staff about job satisfaction, engagement, appreciation, and work-life balance.

This innovative approach to a 4-Day Work

Week is a first in Coos County and the surrounding area but has been launched by a handful of companies throughout the United States and abroad since the pandemic spurred the “Great Resignation.” Research has shown that those companies have found a 4-day work week can greatly improve staff productivity, morale, and mental health and well-being keeping our community strong with a healthy and enthusiastic workforce.

“As a premier employer in senior living, we want to be that leader and champion for our dedicated employees,” Board President Douglas Shearer says. “After the pandemic, we took a step back and really listened to our employees. We care about them and want them to

have a healthy work-life balance. When they have that, they can serve our residents even better than before.”

“I am a busy mom with young kids at home,” employee Lauren Davis says. “This will make such a positive difference in our household. Having that extra day gives me more time for my family and for myself. I am thankful to work for an organization who values me as an employee and as a mother.”

With approximately 180 employees, The Morrison Communities prides itself on being a leading employer in the North Country and is dedicated to keeping our community strong with a healthy and dedicated workforce.

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## Challenging the 2nd Amendment, from 1775!

Haverhill, NH – The public is invited to the final free presentation of the Haverhill Historical Society's 2022 speaker series. This will take place Tuesday November 15 at 7:00 PM at Alumni Hall 75 Court St. in Haverhill Corner. "Challenging the 2nd Amendment, from 1775"! Come learn about the roots of Americans' right to bear arms in 1775 and consider the implications for American society and politics in 2022. An hour-long engaging presentation will contextualize the colonial origins of the 2nd Amendment in cultural, political, and ecological detail, using both hands-on replica objects and tastefully provocative period quotes and case studies. The talk will in-

clude a moderated discussion with room for further questions if desired, and then conclude with a BANG, a dramatic outdoor flintlock musket firing demonstration, weather permitting. Content aims to be critically apolitical, and inclusive of all types of personal identities and perspectives.

Adam Hodges-LeClaire is a resident of Haverhill Corner NH, and an independent historian who works with the general public in Boston tourism as well as in regional civics education and outreach. He studied history at the University of St Andrews in southeastern Scotland, while also apprenticed as a museum tailor replicating circa

1750-1790 era garments for 6 years at Fort Ticonderoga in upstate New York. In 2015 he crossed the Atlantic under sail aboard the recreated French frigate l'Hermione, personally using and testing accurate period garments and equipment 24/7 for seven months. He now operates 'AHL Tailor and Naval Clothier', an independent online business which researches and reproduces bespoke 18th century menswear and accurate period accessories, by hand, for display in museums or use at historical sites throughout the East Coast. He is supported in all things whether modern or otherwise by his phenomenal wife Esther, and enjoys stacking firewood, hunting, and hiking, and playing fetch with his spaniel Atlas on Haverhill's town Common.

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

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A Rep's Repartee  
by Jerry Stringham

### Bipartisanship and Cooperation



The day before the election, I received a call from Bonnie Ham, my opponent in Tuesday's general election. "We have a circumstance that has come up."

Our good friend, Michelle, was nice enough to have each of our campaign signs in her front yard for the past several months – odd since we are opponents. Michelle wanted to go to the Woodstock polling location on election day and hold signs for each of us. "She doesn't seem to care that only one of us can win," Bonnie said. We spoke for about 15 minutes. None of our discussion was about our race or how the situation might impact the outcome of the election. We were concerned about Michelle's feelings, her family, and her reputation. Would anyone object or laugh at her?

Bonnie and I eventually reached the conclusion that Michelle had every right to hold both signs. The moderator certainly wouldn't object – Michelle has free speech rights. We agreed that it was unlikely to create a problem but that we should monitor the election day activity.

Michelle planned to stay all day, although the cold weather had her re-

turn home by 1:00 pm. No one objected and Michelle did a great job supporting both candidates. Bonnie and I recounted the story the next day to our fellow Rotarians. One election worker said one ballot had come through marked for only one of the many races – and that was Bonnie Ham's and mine. For that race, both of our boxes were checked off, invalidating the vote. She did vote for both of us!

In this time when there is so much partisan acrimony, maybe Michelle is getting it right. "Hurray for Bonnie Ham! Hurray for Jerry Stringham! In Woodstock, we are lucky to have two great candidates." What a positive message!

I was pleased that our concern was for our friend and constituent. Bonnie and I have run against each other three times now and remain friends. On Tuesday, I won. Two years ago, Bonnie won. Michelle reminds us that we are both winners.

Thank you all who voted to support me. I look forward to working for your interests this term.  
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# Wendy and Briggs Clark Retirement Celebration



As some of you may have heard, Wendy and Briggs Clark retired on October 31st after more than 20 years as the live-in hosts and caretakers of the Littleton Community Center. We will miss them!

To honor their years of service, the board will host an Open House reception for them on Thursday afternoon, November 17 from 3:00-6:00 pm at the Littleton Community Center. Please stop by to enjoy light refreshments and to wish them well.

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# Tree & Shrub ID

To be held at the Grafton County Forest, 3855 Dartmouth College Hwy, North Haverhill, NH. We will meet at the farmstand on Wednesday, November 30, 2022 from 1:00 - 4:30pm.

Join UNH Cooperative Extension's Jim Frohn, Grafton County Forester, and Matt Tarr, State Specialist - Wildlife Habitat, for a leisurely afternoon walk to explore field, forest and wetland habitats on the Grafton County farm. Together, we'll identify the different trees, shrubs (and some herbaceous plants) we en-

counter, discuss how these plants function as wildlife habitat, observe and discuss any wildlife we see along the way, and discuss things you can do on your land to maintain and enhance habitat for wildlife.

Bring binoculars, footwear and clothes suitable for the weather and moderate off-trail walking, water, and any snacks you'll want during our walk.

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# Calendar of Events

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

**TUESDAY, NOVEMBER 15**  
 CHALLENGING THE 2ND AMENDMENT,  
 FROM 1775!  
 7:00 PM See Article on Page 4  
 Alumni Hall, Haverhill Corner

**THURSDAY, NOVEMBER 17**  
 CLARK RETIREMENT OPEN HOUSE  
 3:00-6:00 PM See Article on Page 5  
 Littleton Community Center

**SATURDAY, NOVEMBER 19**  
 WILLING WORKERS OF SUGAR HILL  
 CHRISTMAS AND HOLIDAY FAIR  
 9:00 AM to 3:00 PM See Ad on Page 7  
 Sugar Hill Meetinghouse, Route 117

**SUNDAY, NOVEMBER 20**  
 ACOUSTIC MUSIC JAM  
 12:00 - 3:00 PM  
 Clifford Memorial Building, Woodsville

SENIOR THANKSGIVING DINNER  
 12:30 PM with the Boyz  
 Ross-Wood Post #20 Legion, Woodsville

COLD TURKEY PLUNGE  
 1:00 PM SHARP - See Ad on Page 16  
 The Beach at Mountain Lakes, Woodsville

**MONDAY, NOVEMBER 21**  
 HAVERHILL SELECT BOARD MEETING  
 6:00 PM  
 Clifford Memorial Building, Woodsville

**FRIDAY, NOVEMBER 25**  
 LIGHTING CEREMONY AT THE  
 JOSEPH SMITH BIRTHPLACE  
 7:00 PM  
 357 LDS Lane, South Royalton, VT

**SATURDAY, NOVEMBER 26**  
 SIMPLY THANKFUL CRAFT & FOOD FAIR  
 9:30 AM - 2:00 PM See Ad on Page 7  
 Grace United Methodist Church, Bradford

SMALL BUSINESS SATURDAY  
 See Ad on Page 4  
 Bradford, Vermont

OLD TYME COUNTRY DANCE  
 7:30 - 10:00 PM See Ad on Page 16  
 West Newbury Hall

**SATURDAY, NOVEMBER 26 -  
 WEDNESDAY, JANUARY 11**  
 CHRISTMAS LIGHTS AT THE  
 JOSEPH SMITH BIRTHPLACE  
 4:00 - 9:00 PM  
 357 LDS Lane, South Royalton, VT

**TUESDAY, NOVEMBER 29**  
 FREE MEDICARE INFORMATIONAL SESSION  
 4:30 PM  
 Whitefield Public Library

**WEDNESDAY, NOVEMBER 30**  
 TREE & SHRUB ID  
 1:00-4:30 PM See Article on Page 5  
 Grafton County Forest, North Haverhill

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

**SUNDAY, DECEMBER 11**  
 BENEFIT TEXAS HOLD 'EM POKER  
 10:00 AM-7:00 PM Cash 1:00 PM Tournament  
 Moose Lodge 1779, St. Johnsbury

**MONDAY, DECEMBER 12**  
 ROSS-WOOD AUXILIARY UNIT #20  
 MEETING  
 6:00 PM  
 4 Ammonoosuc Street, Woodsville

**WEDNESDAY, DECEMBER 14**  
 ROSS-WOOD POST #20 AMERICAN  
 LEGION MONTHLY MEETING -  
 6:00 PM  
 4 Ammonoosuc Street, Woodsville

**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  
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**WEEKLY EVENTS AT  
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 MOVEMENT AND STRETCH CLASSES Tues-  
 day and Thursday afternoons  
 1:00 – 2:00 PM  
 PICKLEBALL  
 Tuesday & Thursday evenings at 6:00 PM Sat-  
 urday mornings at 9:00-10:30 AM  
 LINE DANCING every Wednesday evening  
 6:00 - 7:00 PM

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November 15, 2022

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

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**TUNE IN FRIDAY MORNINGS for**  
**FAIRBANKS MUSEUM & planetarium**  
**WEATHER**  
 SHORTLY AFTER 7:30 AM  
 A Conversation with the Meteorologist!  
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 (please bring your own saw)  


**BEEZWAX** By John Martin  
 WHY ARE YOU STANDING IN THE CORNER, THUGLY?  
 BECAUSE I'M COLD.  
 BUT IT'S NOT HELPING. WHY WOULD IT?  
 MRS. LUMPOUTT SAID THE CORNER WAS 90°  


# Thriving Arts Scene at The Colonial Theatre in Bethlehem

Arts organizations have struggled nationwide but The Colonial Theatre in Bethlehem, NH has found strength and success through community involvement.

The past few years have been a rocky road for the arts and culture sector. Americans for the Arts found that financial losses to the nation's nonprofit arts and culture organizations were an estimated \$17.97 billion and 99% of producing and presenting organizations canceled events during the pandemic—a loss of 557 million ticketed admissions. According to the New York Times, one in three creative workers has left the industry entirely.

Before the pandemic, the nation's arts and culture sector was an \$876.7 billion industry that supported 4.6 million jobs and represented 4.2% of the nation's economy in 2020 according to the U.S. Bureau of Economic Analysis. Moreover, the Brookings Institute identifies arts, culture, and creativity as one of three key sectors that drive regional economies. Indeed, the New Hampshire State Council on the Arts reports that New Hampshire's creative sector pumps nearly \$2.9 billion into the State's economy driving people to shop, stay, and eat in addition to the art they consume, keeping dollars local and helping these associated sectors thrive throughout the year.

It is this local connection that fuels an arts and culture success story in the White Mountains. The Colonial Theatre in Bethlehem, New Hampshire completed its 107th season this past Saturday wrapping up 27 weeks of shows that included 11 live concerts and more than 70 films. "We are open every day of the week during the summer season," says Director of Programming Susanna Brent, "and there is no way we could do all of this without this incredible community." Brent noted that more than 80 volunteers are called upon throughout the season to make the shows come to life. Volunteers pop popcorn, serve drinks, sell tickets, run the digital projector, and greet patrons at the door.

In addition, The Colonial



collaborates with community partners to provide unique programming with a local bend. This summer The Colonial partnered with the Ammonoosuc Conservation Trust, the Littleton Food Co-op, AskPetra, the North Country Health Consortium, Ammonoosuc Community Health Services, North Country Pride, White Mountain Science, Inc (WMSI), and the Bethlehem Hebrew Congregation. The Colonial's White Mountain Cinema Camp created world-premiere short films in and around the local business on Bethlehem's Main Street, while local restaurants fed campers and visiting artists. "This season has been so much fun because the community is such a part of what we do", shared Brent, "it's so exciting to share the latest show or fascinating film. I can't wait until next season!"

The Colonial's Executive Director, Christine Etter, echoed Brent's sentiment. "Community has always been at the heart of The Colonial. To hear our auditorium full of music, live music, again is a testament to the resili-

ence of art, and artists, and the power of community support. We are profoundly thankful for our members, volunteers, sponsors, staff, Board of Directors, and community – you make our work possible, and even more, you've helped create and sustain a vibrant cultural center right here in the North Country. Thank you for an incredible season."

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 The Colonial Theatre in Bethlehem, New Hampshire, 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).

*Come Join Us!*

**Simply Thankful  
Craft & Food Fair**

**Saturday, November 26, 2022**  
**9:30 am - 2:00 pm**

**Grace United Methodist Church-  
Main St. - Bradford, VT**  
**GREAT HOLIDAY SHOPPING**

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Maple Syrup...More!!*

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*Cooking, Baking, Food Preparation*

**Benefit Bradford Teen Center**  
**Free Admission**



Stevie Warf was the October 2022 Student of the Month at Woodsville High School. Stevie is integral to creating the yearbook this year and has taken it upon herself to become knowledgeable about all facets of the yearbook. She also attended the Jostens Professional Development

Day in Concord, where she learned more about the intricacies of the yearbook, how it is developed, and how to be a successful leader. Stevie plays a crucial role in the yearbook coming together successfully. Stevie is also an active member of the Junior Class Executive Council.



Wiktoria Wawrzyniak is the November 2022 Student of the Month at Woodsville High School. Wiktoria is a massive part of our yearbook this year and has taken on the role of handling everything to do with the seniors and their pages. As a new addition to our school, she has stepped right in and made sure each

senior has what they need to be recognized in the yearbook, taking the lead with the senior pages and contributing templates to other pages so that the rest of the team can work seamlessly. She puts in total effort despite the struggles of being in a new school in a new country.

**Willing Workers**

**Holiday Fair**

**Saturday, November 19**  
**9:00am - 3:00pm**

**Sugar Hill Meetinghouse**  
**Rte. 117, Sugar Hill, NH**

*Crafts, Food To Go, Baked Goods,  
Artisanal Wares, Music,  
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# A Walk in the Woods – Looking for Red Squirrels

By Jim Frohn,  
UNH Extension  
Grafton County Forester

When I walk in the woods, I usually don't have to look for red squirrels if I'm in a spruce-fir dominated forest. They usually find me, especially if I'm trying to go unnoticed, like when I'm deer hunting. Invariably they locate me in my stand even though I'm sitting still and wearing camouflage clothing. Seeing me, they sit on a perch and scold relentlessly. They seem to get so worked up that they're hyperventilating and close to a heart attack. I wonder if a squirrel has ever died that way.

The red squirrel ---*Tamiasciurus hudsonicus*--- is a member of a loose group known as tree squirrels which includes gray squirrels, fox squirrels, and flying squirrels. It is a ubiquitous resident of northern conifer forests. More specifically, the red squirrel is in the pine squirrel family, which also includes the Douglas squirrel and the south-

western red squirrel, both of which are found in the western US.

### Habitat and Range

The American red squirrel is found across the North American continent where northern conifer forests are found. From Alaska to north of Georgia. The conifer and mixed conifer forests of northern New England are well-populated by red squirrels.

Habitat for red squirrels is found in middle age to old conifer dominated forests, particularly spruce-fir. Managing mature spruce-fir and mixed stands for deer wintering habitat or large diameter sawtimber should provide plenty of food and cover for red squirrels.

### Description

The red squirrel is about half the size of its gray cousin, with a smaller tail. The fur, as the name implies, is generally reddish in color on most of the body but can have some gray hues as well. The abdomen is white, and a distinct white ring surrounds the dark eye.

Like all rodents, red squirrels' front teeth continue growing throughout their lives and the animal needs to chew to keep the growth under control. Red squirrels are known to chew on wood, insulation, wiring, and other items in a home, creating damage and potential fire hazards.

### Diet

Red squirrels feed on conifer seeds such as red and white spruce, balsam fir, hemlock, and white pine. It is common to see a stump or log covered with a pile of cone scales where squirrels have fed. Squirrels will use the same spot over and over, resulting in a large pile of cone pieces. These piles are called middens. The squirrels likely miss a few seeds, which may then have a chance to germinate. (Sometimes the middens dry out, so the seeds might not become seedlings.) Red squirrels also hide seeds for winter which may germinate the following spring if forgotten.

In addition to conifer seeds, red squirrels eat other nuts including acorns and beechnuts as

well as fruits. Red squirrels, however, aren't simply herbivores. I was surprised to find out that red squirrels are a major predator of songbird nests, eating both eggs and young birds when they have a chance.

### A Prey Species

Red squirrels, like most rodents, are prey animals. Hawks, owls, fox, coyote, bobcat, weasels, fisher, and pine marten all eat red squirrels. In northern conifer forests the pine marten is an especially keen predator of red squirrels. Pine marten are excellent climbers and just as at home in the trees as their prey.

Hunters tend not to pursue red squirrels for meat, preferring the larger gray squirrel. Red squirrel meat isn't known to be good eating. Something



that eats pine and spruce cones as a mainstay of its diet isn't going to taste as good as something that feeds regularly on acorns and beech nuts.

Though they can be annoying and cause damage, red squirrels are enjoyable to watch and play an important role in our conifer forests by spreading tree seeds and providing a ready food source for predators.

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November 15, 2022

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

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# Littleton Christmas Parade



Friday, November 25, 2022



## 35th Littleton Christmas Parade

12:00 PM

Beacon Street - Littleton Fire Station

"What Christmas Means to Me"

## Spectacular Fireworks Display

4:30 PM The Old Landfill

Across from Harbor Freight

Just off Meadow Street



## Gala Christmas Ball

8:00 PM - 12:00 AM Littleton Elks Lodge - Route 302

*Featuring The Wicked Smart Horn Band*

### ADVANCE TICKETS

\$20 per person

\$35 per couple

### AT THE DOOR

\$25 per person

\$45 per couple



**\$150 for tables of 10 - ADVANCE RESERVATIONS ONLY**

For tickets Call 603-991-7517

or E-mail [lttnxmasparade@aol.com](mailto:lttnxmasparade@aol.com)

**Those buying tickets at the door will save \$5.00 if they bring a new unwrapped toy for this year's "Toys for Tots" campaign.**

We Accept Cash, Check or Credit/Debit Cards



# CLASSIFIEDS



Personal: For Sale, Wanted, Lost, Found: Up to 30 words FREE for 2 issues. (\$10,000 value limit)  
 Business: Help Wanted, For Rent, etc. \$10/2 issues, \$20/5 issues, \$50/15 issues. Limit of 30 words.  
 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

## SERVICES

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 5.30

SCREEN AND GLASS WINDOW REPAIR. Wed. - Sat. 11 am - 5 pm, 11 Mill St. (Route 302) Wells River, VT 802-584-3336 11.29

COUNTRYFIED KENNELS has openings for boarding and our 3 and 6 week board and train now through the holiday season. Call now to reserve your spot. 802-397-2755 11.15

DESCHAMPS HANDYMAN SERVICE. We do all drain on clogging building, painting, chainsaw work, hauling & much more. call us for any job you need done. 802-439-6079 or 802-279-6078 12.23

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LOOKING FOR PLACE TO RENT: My name is Edward L Cantin. I am moving to the area for a new job with Grafton County Nursing Center, I am in need of a place to live and rent, looking for small house, farmhouse to rent, that allow small Dogs. I am a Christian, do not smoke, drink, do drugs. looking for one to two bedrooms, place with a yard, wood stove, fireplace, needing a place by end of November 231-349-0817 11.29

HOME OR LAND - Any condition - Fast sale - No inspections. Cash purchase. \$200,000 or less. Call 802-858-5156 11.15

WASTE VEGETABLE OIL Seeking waste vegetable oil. If you have waste vegetable oil you want to get rid of let me know. Email: ileahy@hotmail.com 11.29

## LAND FOR SALE

WINDSOR, VT - INVEST 15 acre building lot. Beautiful, unique, quiet, peaceful, camping, skiing, hiking, hunting, firewood, logging, solar, wind, near Mt. Ascutney State Park, \$63,000. 315-528-0172 11.15

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GAS POWERED HOT AIR TRAILER FURNACE. \$50. CALL 603-747-4140 11.15

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TRENDY TIMES: The owner wants to retire! But is willing to stay on to help train a new owner/editor. Sale includes solid list of current customers, along with many years of past ads. Buyer should have some creativity, be able to work with other business owners as well as the general public, have some computer skills and possibly even be able to write. The business could be run on a part time basis, or add some staff and make it full time. Currently there is a public office, but not necessary. Priced at \$10,000. with negotiable terms. For more details call 603-747-2887 or email: Gary@trendytimes.com

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## Letter to the Editor: Truth Shall Prevail

To the Editor,

We hear and see the bias in national media such as CNN, the NY Times and the Washington Post. But such bias is alive in the North country. The Salmon Press and its managing editor Brendan Berube along with its local papers The Littleton Courier, Coos County Democrat and the Berlin Reporter and local editor Tara Williams have published only letters designed to influence the election of Nov.8, 2022 to favor Democrat candidates and disparage the opposition. Nine letters for 3 candidates and for their party and 3 letters against their opponent and her party appeared in the Nov. 2, 20022 issue of The Littleton Courier. Opposition letters were not published including mine. In a pre-

vious issue of The Littleton Courier a Democrat letter writer called a Republican a liar. The Courier would not publish the accused's rebuttal. The first amendment to our Constitution protects all speech including that of the biased local media. But that does not mean we should be silent and just shrug off their blatant disregard for one of the most cherished values that allows our democracy, government by the people, to flourish. Do not be afraid. Point out hypocrisy to your fellow Americans wherever and whenever you encounter it. For our representative republic to continue to thrive and advance the cause of liberty we cannot remain silent.

Robert Peraino  
Franconia

Robert,

*As you well know Trendy Times has not, and will not, take sides on any candidate, political party, or proposal that is to be voted on by the public. I feel it is our duty to get as much information out there as possible. Of course that is also limited to the letters and press releases we receive. I do hope that the November 1 issue of trendy Times showed that balance.*

Gary Scruton, Editor

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



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## Letter to the Editor

To the Editor,

The November 1st issue of the Trendy Times was quite an issue filled with lies, distortions, Republican talking points, unverified or alternative facts by many of the usual letter writers, Op-Ed authors and advertisers. Not surprising but disappointing. They had nothing new to offer and as usual offered no proof, just the same old tropes we have heard for the past 2 years.

The good news is there was no red wave. VT and NH voters along with the rest of the nation for the most part did heed the advice from Tom Thomson, the "Vote For Action - Not Words" ad and the cowardly person or persons hiding behind the ad and not identifying themselves, the Northern Grafton County Republican Committee, John P Martin, Nick De Mayo and Janice A Novak, on how to vote, and did not vote for election deniers, and did not fall for scare tactics and untruths. It might take an entire issue to fact check everything in all the letters and ads so I will pick just one from each. Nick DeMayo out did himself, as chairman of the NGC Republicans plus writing 2 letters.

Tom Thomson pleaded with Maggie Hassan to stop distorting the truth and then went on to say as Governor, Hassan pushed through a 23% increase in the gas tax in 2014. "That is a huge increase" (my words). Fact is the gas tax since 1991 had been 18 cent per gallon and it was raised to 22.2 cents per gallon, a 4.2 cent increase after 23 years. Remember the money raised helps repair roads and build new ones. I would say that is a dis-

tortion or hyperbole at best.

The coward(s) behind "Vote for Action - Not Words" state inflation is due to Biden's spending spree. According to Politifact, the general consensus is that it was a contributor, out of the 8.5% rate in March, the measure accounted for something between one quarter to one half of inflation (2 - 4 percent of the 8.5%) Changes in the labor market, rising global energy and commodity prices, supply chain dysfunction and the war in Ukraine have all contributed to higher prices.

Northern Grafton County Republican Committee Ad - Democrats responsible for more IRS Agents than Border Patrol agents. A Google search indicates there are 19,648 BP agents. From Bloomberg Tax - "we estimate that the number of IRS agents will increase to about 17,000 by 2031 from the current 8,200. The new agents will be auditing those who make more than \$400,000/year. According to Tax Foundation there were 148,245,929 taxpayers in 2019.

John P Martin had "12 points" - I comment on 2. He says democrats insist on abortions up to the moment of birth (non negotiable). Not only is this statement ridiculous, it is a lie. Also the pro-choice people are just that, they are not pro-abortion but believe a woman should have a choice. I find many pro-life people are pro birth and don't care about the child once born. He also said, Democrat held cities are no longer safe. According to the Brennan Center for Justice murders rose roughly equally in cities run by Repub-

licans and cities run by Democrats. So-called "red" states actually saw some of the highest rates of all.

Nick De Mayo - stated Edith Tucker voted twice for an income tax in SB1 in 2019 and HB712 in 2020. SB1 and HB 712 were Family Leave bills that had a payroll tax to pay for family leave. They were not broad base income tax bills.

Janice A Novak, Vice Chairwoman of NGC Republicans claims Biden's administration is secretly flying illegals around the country often at night. Politifact states the vast majority of people on the flights are unaccompanied minors requesting asylum under immigration law, and are being released from federal custody to a parent or sponsor. And some of these flights happen at night, but they are not covert operations. The same types of flights were done by the Trump administration.

Alex Foryan and Nick De Mayo had long rambling letters and Jim Jordan a short letter I'll let readers decipher.

I write even though the election has been held and the letters and ads basically were not successful, because I expect we will be subjected to the same pronouncements for the next two years, thinking if they say it enough, people will believe it, and not offer any sources, or any proof and will not offer any solutions.

Thank you to the voters who were able to see through the distortions and lies and made up their own minds.

Richard M Roderick  
Wells River, Vermont

Richard,

*"There are two sides to every argument"*  
How often have we all heard that? The question remains, however, how often have we taken the time to actually look at, or listen to those argument on "the other side"?

*As the Editor of Trendy Times I have made it a policy not to "fact check" every statement made in a paid advertisement or in a Letter to the Editor, or in an Op-Ed. My*

*job instead has been to give a voice to ALL opinions by way of giving space to these writers in the pages of Trendy Times. I hope that continues.*

*And again I will say that I do not support nor oppose any political party or politician. I do support Freedom of Speech (or the written word) and will continue to do so as long as I am able.*

Gary Scruton, Editor

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# Here's Your 'Recession Survival' Checklist

It's unfortunate, but recessions are a fairly normal part of the economic landscape. When a recession occurs, how might you be affected? The answer depends on your individual situation, but regardless of your circumstances, you might want to consider the items in this recession survival checklist:

- Assess your income stability. If your employment remains steady, you may not have to do anything different during a recession. But if you think your income could be threatened or disrupted, you might want to consider joining the "gig economy" or looking for freelance or consulting opportunities.
- Review your spending. Look for ways to trim your spending, such as canceling subscription services you don't use, eating out less often, and so on.

• Plan your emergency fund. If you haven't already built one, try to create an emergency fund containing three to six months' worth of living expenses, with the money kept in a liquid account.

• Review your protection plan. If your health or life insurance is tied to your work, a change in your employment status could jeopardize this coverage. Review all your options for replacing these types of protection. Also, look for ways to lower premiums on home or auto insurance, without significantly sacrificing coverage, to free up money that could be used for health/life insurance.

• Keep your long-term goals in mind. Even if you adjust your portfolio during times of volatility, don't lose sight of your long-term goals. Trying to "outsmart" the market with short-term strategies can often lead to missteps and missed opportunities.

• Pay down your debts. Try to reduce your debts, especially those

market index, such as the S&P 500 or the Dow Jones Industrial Average. But instead of focusing on these short-term numbers, look instead at the long-term performance of your portfolio to determine if you're still on track toward meeting your goals.

• Assess your risk tolerance. If you find yourself worrying excessively about declines in your investment statements, you may want to reevaluate your tolerance for risk. One's risk tolerance can change over time — and it's important you feel comfortable with the amount of risk you take when investing.

• Keep diversifying. Diversification is always important for investors — by having a mix of stocks, mutual funds and bonds, you can reduce the impact of market volatility on your portfolio. To cite one example: Higher-quality bonds, such as Treasuries, often move in the opposite direction of stocks, so the presence of these bonds in your portfolio, if appropriate for your goals, can be valuable when market conditions are worsening. (Keep in mind, though, that diversification cannot guarantee profits or protect against all losses in a declining market.)

A recession accompanied by a bear market is not pleasant. But by taking the appropriate steps, you can boost your chances of getting through a difficult period and staying on track toward your important financial goals.

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

• Don't stop investing. If you can afford it, try to continue investing. Coming out of a recession, stock prices tend to bottom out and then rebound, so if you had headed to the investment "sidelines," you would have missed the opportunity to benefit from a market rally.

• Revisit your performance expectations. During a bear market, you will constantly be reminded of the decline of a particular

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## Letter to the Editor: Save Haverhill Town Meeting

To the Editor:

First, I want to thank Haverhill's election officials for a well-run election on November 8. I never take our democratic republic for granted so participating as a voter in this year's smoothly run election was inspiring. Thank you, moderator Gary Hebert, town clerk Tina Hebert, supervisors of the checklist Regis Roy, Charlene Aldrich and Carol Norcross plus the

selectmen and poll workers. A bedrock of democracy is people stepping up to run the election process, and you did a great job!

I was surprised, though, to find information in the hallway promoting the SB2 form of town government which will apparently be on the town warrant next March. I am opposed to this change which would undermine the traditional town meet-

ing, replacing it with a deliberative session followed by voting on all warrant articles via paper ballot on the same day we vote for town officers. Traditional town meeting, with opportunities for discussion and amendment of warrant articles at the meeting, has worked well in Haverhill. If it ain't broke, don't fix it!

Sincerely,  
Doug Teschner  
Pike, NH

Doug,

As a long time resident and voter in Haverhill I must admit to having gotten to the point of taking our election process for granted. When my wife and I voted on Tuesday, November 8 we stood in a very short line before showing our ID's to the person checking us off the voter list. I was actually pleased to see that we were asked for the ID even though I don't think I have missed a vote in many, many years.

Stepping into a voting booth, marking my ballot, being checked out, and handing my ballot to the Town Moderator to be placed into the ballot box went as smoothly as they always have. It is simply the way it

has always been, and the way I fully expect it to always be.

Even seeing, and talking to, a few candidates or their proxies outside the Morrill Municipal Building is part of the experience that is expected.

With all that said and the strong pull of tradition urging us to keep things the way they are, I do thank them for at least bringing up the idea of SB2. Whether or not it passes will, once again, be the choice of those of us who take the time and make the effort to vote. As the sticker on my front counter says "Vote - or Shut Up"

Gary Scruton, Editor

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Sugar Hill resident and Navy veteran, Nick De Mayo, was part of a contingent of veterans honored by Honor Flight, New England on Sunday, October 23, 2022. Mr. De Mayo signed up for the trip 2-years ago, but, because of COVID, it was canceled. It has begun again with this recent flight.

As a member of the USNR, Mr. De Mayo served aboard the MSC - 190 Minesweeper on Narragansett Bay, and then embarked on Active Duty as part of the Pre-Commissioning Unit of the aircraft carrier, USS John F. Kennedy (CVA-67) in Newport News, VA. Serving in the ship's Navigation Division, he is part of a unique crew, labeled as "Plank Owner." Historically, plank owners of any Navy ship is THE FIRST CREW of a newly commissioned Navy ship. A Plank Owner, supposedly, was given a piece of the hull of the ship (signifying "ownership" and "bragging rights") when that ship was de-commissioned from the US Navy. It served me well, says De Mayo, when the Kennedy anchored in Boston Harbor for the last time a few years ago. I mentioned to a Boston police officer that I was a plank owner on the Kennedy, and he escorted us to the front of a very long line of on-lookers. Our tour of the ship was extensive due to this honorary award, and my service!

In addition to serving aboard the USS John F. Kennedy (CVA-67), Mr. De Mayo volunteered to serve aboard the newly re-commissioned battleship, USS New Jersey (BB-62) as a Quartermaster riding the "Jersey" through the Panama Canal to Long Beach, CA in order to prepare the "Jersey's" crew for service off the coast of Hanoi during the Viet Nam War.

Honor Flight is a national non-profit group which raises money to bring veterans from all theaters of war to Washington, DC to view the war memorials honoring vet-

erans in our Nation's capital.

After arriving at the airport staging area, our "Guardians" (in this case, Manchester police and fire department personnel and VA personnel as well as some police/firefighters from out-of-state) are assigned to their vet whom they guide throughout the trip. What a great bunch of First Responders from the Manchester Police Chief on down! Their volunteerism is especially noteworthy for the extensive amount of time and dedication they donate to raising money which pays for the flights, the food, the buses, the drivers, and all the ancillary items needed to make the vets comfortable and safe. Thanks for a wonderful time, Manchester PD/FD, and all others I never met to personally thank!

We rolled out to board our plane in the wee hours of the morning under an honor guard of police cruisers with flashing lights and hundreds of motorcyclists flying American flags, state flags and POW flags. Again, flashing lights everywhere! Thanks to the guys and gals on the bikes!!

Once at the airport, we disembarked, and entered the terminal to hundreds of volunteer well-wishers who continually thanked us for our service. These people ranged in age from elderly to young children, and even included some notable dignitaries. What a feeling of euphoria!

Once aboard the plane, we settled in for a short flight to Baltimore Airport while swapping military stories. Of course, the flight attendants were upbeat, and at times, hilarious with their jokes!

As we taxied to the terminal, we were once again honored by the airport's fire department with an archway of water over both sides of the plane!

After disembarking into the terminal, we were again greeted by volunteer well-wishes thanking us for our service, and individuals reminding us

that they wouldn't be here if we hadn't been there! Handshaking and rounds of cheers as well as many cheers was the order of the day!! One older vet reminded the young ladies he did his military service "...just for them!!" (ha ha!).

Once on the bus for our ride to Washington, DC we were treated to a delicious Arby's box lunch of a chicken sandwich, chips, and a cookie. We viewed a DVD of the building of these glorious monuments as we drove closer to Washington, DC.

Once there, we were guided by our "Guardians" through the World War 2 Memorial where we viewed the Atlantic Theater and the Pacific Theater, read the many epithets, viewed the stars of recognition of the thousands of American and Allied men and women who gave their lives for freedom and our way of life. Our next stop on our walking tour was a trip to the Korean Conflict Memorial, where again, we witnessed the names of American and Allied war dead....thousands of names engraved in stone! On to the Viet Nam War Memorial Wall with again, thousands of names of war dead. We strode past, and around the Lincoln Memorial, up those endless set of marble steps to view the huge statue of President Lincoln overlooking the city and country he saved

from dissolving, and joined hundreds of others taking pictures, and reading the plaques. We could view the Reflecting Pool, and see the glorious Washington Monument and the awesome dome of our Capitol in the distance.

Getting back on the bus, we drove past the two Jima Memorial, and disembarked at Arlington National Cemetery where we witnessed row upon meticulous row of white crosses signifying war dead from past and present wars.

At the appointed time, we witnessed the perfectly timed and planned "changing of the guard" at the Tomb of the Unknown Soldier. This is a very moving ceremony accompanied by total silence and awe from the on-lookers. The guards are specially chosen for this honor guard role where attention-to-detail is commonplace. Their rifles are inspected, uniforms are inspected, their style of marching is observed, their uniforms are inspected....all to honor our Unknown war dead. These honorary guard personnel are on duty round-the-clock, rain or shine, 365-days a year! Many videos are taken, and I-phones are numerous visible! Upon completion of this approximately 30-minute ceremony, we boarded our buses to travel to the Air Force Memorial which

has a panoramic view of Washington, DC. One can see the Pentagon, the Capitol, the White House, the Executive Office Building, the Jefferson Memorial, and other important buildings. Here, we took a group photo under the Air Force Arches.

After a time, we boarded the buses for our trip back to the airport with a stop at the Baltimore Hilton for a "sit-down" meal. Upon arrival, we were greeted by throngs of well-wishers who shook our hands, yelled "Thank you for your service!" and just gave us a very warm welcome! After eating a hot, delicious meal, and chatting with one another for some time, we were escorted back to the buses for our ride back to the airport, and our flight back to Manchester.

In all, it was a very memorable day filled with new friends and a new historic perspective for our brave warriors who fought to preserve our American way-of-life against Fascism, Communism, and Socialism. They kept us free!

As one vet's T-shirt read: "If you can read this shirt, thank a teacher! If you can read this T-shirt in English, thank a vet!"

Pay tribute to our American vets by supporting Honor Flight, New England....it's a 501© tax deductible organization.

Nick De Mayo,  
Sugar Hill, NH

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# What About Ma?

by Kellie Quackenbush

## All About Arthur & Beatrice

Arthur is a deer and his sister Beatrice is a doe, young sibling deer. One day Arthur was making fun of Beatrice, telling her that she is slow and has a big rump. Beatrice took exception to Arthur's remarks and as siblings will, they decided to have a race.

Together, Arthur and Beatrice raced from the watering hole to see who could get home fastest. They ran, jumping over fences and crashing through the brush, taking no heed to what may be around them. When they came to the safety rails at the road, they jumped right over them. They crossed the road without looking right or left, they did not even pause for the oncoming traffic.

Arthur was in the lead but Beatrice was close behind. Beatrice was at a full run when she crossed the road in front of my car. Arthur was right, she was slow, and my brakes did not stop my car before it hit Beatrice. She had a big rump that mashed my radiator into my engine, which caused all of the air bags in my car to go off.

Per <https://www.automoblog.net>, "Just Hit a Deer? Stay Calm & Do These 7 Things"

**#1 Move Your Vehicle Off The Road (If Possible)** If your car is inoperable after the collision, do whatever is necessary to get it pulled over to the side before another vehicle comes your way. If you can operate your vehicle after a collision with a deer, switch on your emergency flashers, drive out of any immediate danger, and park it in a safe area on the shoulder.

**#2: Contact The Au-**

thorities. This cannot be overstated and is a critical step after you have struck a deer. Regardless of if injuries occur, or if you were in a single car collision, make immediate contact through 911. Remain calm and explain the situation. The 911 operators know what to do and will dispatch the authorities.

**#3: Gather & Submit Documentation.** If the collision causes injuries or any vehicle damage, take down detailed notes for your own record. Law enforcement will also file an official traffic report, but you want to ensure their records line up with yours. That way there is no trouble when filing a claim afterwards.

**#4: Steer Clear of The Animal.** An injured or traumatized deer is a safety hazard, as it can still have enough strength to injure you or anyone else at the scene. Do not touch it or try to attend to its injuries. You are not responsible for the medical care or disposal of the animal. Local authorities and game wardens in the area are usually responsible for any expenses concerning the animal's care, treatment, and cleanup of the accident scene.

**#5: Make Sure Your Vehicle Is Safe To Drive.** If the impact with the deer was major, you'll want to check for tire damage; shattered windshields and headlights; bent mirrors and fluid leakage; broken hood latches and door handles; and other loose parts or strange engine sounds. You don't want to presume that you'll drive away automatically from a collision with an animal, even if it was small.

**#6: Contact Your Insur-**

ance Agent. Your insurance agent will want documentation as quickly as possible after you hit a deer. That means obtaining the official law enforcement report in addition to your own personal documentation. If your vehicle sustains damage or injuries occur, connect with your insurance company right away so your agent can process the claim.

Comprehensive insurance is necessary for a collision involving an animal. The sooner you get the claim filed, the sooner you can receive compensation for repairs and get this traumatic event behind you.

**#7: Find An Insurance-Approved Body Shop.** Once you contact your agent, they can provide a list of approved body shop repair centers. You'll want to receive an estimate for your insurance coverage approval. A collision involving a deer or any other animal can be a costly proposition. Average costs for auto body repair can be in the thousands of dollars, and when you include any injuries in the mix, expenses can escalate.

Consult an auto body expert as soon as possible after you hit a deer."

The deer in my story are real. The names have been changed to protect the innocent. You can take comfort in knowing that Beatrice is resting in pieces in my freezer now. Venison stew is on the menu this winter. My car is being recycled and I am in the process of finding a new ride.

The times when you are in the highest danger of hitting a deer are day break and sunset. Fall and spring are the most likely seasons that you will find deer crossing roads. Be safe.

# The Stories

By Elinor Mawson

It was a bright winter day in my third grade classroom. Recess was over and I was getting ready for Science and Social Studies when Adam burst into tears.

Adam was a put-together kid who was always on top of everything; I wondered what was wrong. The other kids were quiet while Adam sobbed. And then, without being asked, he told us about his uncle who had brought a gun to Adam's house and said he was going to use it. Obviously, the boy was uncertain what this all meant; apparently he was upset enough to share it with the class.

I didn't know what to say. And I thought about my Science lesson and what to do about it. I hated to see one of my students worried and scared.

Before I could decide what to do, another student started to talk. Something similar had happened at his house involving a gun, and he told Adam how it had been resolved.

When he had finished, another kid started talking. She and her brother were upstairs trying to sleep when her parents had a loud argument. It wasn't pleasant; they talked about a divorce in language that you could only imagine. The kids upstairs were crying and holding each other, thinking the worst.

One by one, I heard other stories. They involved arguments, threats, weapons. Each child had been traumatized in some way, and their recounting

of the incidents made my blood run cold. I sat in my chair and tears fell from my eyes. My childhood hadn't been ideal, but I had never experienced the kinds of things that these kids were talking about.

The story I remember the best was recounted by Charlotte. She and her mother's boyfriend went to buy a Christmas tree. They found one, and the boyfriend threw away the \$35.00 price tag and brought it to the cashier. That man looked the tree over and said, "It doesn't have a price on it." Charlotte spoke up. "There was a price tag and it said \$35.00! The mother's boyfriend slammed the money down on the table, took the tree and put it in his truck. And on the way home, he said, "Charlotte, I am so mad I could kill you."

Charlotte told the class, "I was so scared! I waited and waited to see if he really was going to kill me. I still wonder if he will."

At the end of the day, I told the class that the things that they had heard that afternoon would have to stay in our classroom. They could not be mentioned anywhere else. They were ours alone. I will never know if that afternoon meant anything to any of the kids; it certainly meant something to me. It is twenty-something years since that day, and I still wonder how those children functioned as well as they did.

But I know it was a more valuable lesson than Science and Social Studies

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## An Experience Like No Other

By Shawn Thomas

As of this writing, I am only twelve days removed from the stage, celebrating the victory of conquering one of the greatest physical challenges of my life. Anyone who knows me personally, or who reads these articles, knows that I have been preparing for a natural bodybuilding competition. For those who don't know that is a bodybuilding show for those who do not use performance enhancing drugs or supplements. This triumph was the climax of weeks and months of intense dieting, training and immense sacrifice. The prize for competing? Nothing more than a trophy and a title.

The competition I competed in? The Granite State Open. Promoted by Laura Tourtellot (affectionately known as Ms. Turtle). It is an INBF sanctioned event and the premier bodybuilding competition for the state of New Hampshire. I'd like to tell you the journey of my trip to the stage.

As many of you know, I at one time weighed 320lbs. And over the last five years have undergone multiple startling transformations as I worked on both my mental and physical health. I officially started prep the last week of May. Since then, I have done cardio nearly everyday (many residents of Woodsville I'm sure have gotten accustomed to seeing me walking around town every evening.) I followed multiple different training splits and protocols to force my body to shed every bit of fat I can while maintaining all the muscle mass I can. I watched my family eat

cake and ice cream for birthdays or eat snacks and treats for family nights and holidays. All the while I smiled while drinking water and sticking to a very strict food plan. As the show grew closer, I had to learn more on the timing of my body hair growth (so my skin would be smooth and show off the muscle on stage), and a lot about proper, in-depth skin care (special thanks to my wife for that!)

Two days before the show, I loaded my car with all the equipment and food I needed for the remainder of the weekend. I drove past fast-food restaurants with cooling meals in plastic containers next to me. Making sure to pull over at the appropriate times to get my meals in on my way to Portsmouth. Finally, I arrived at the host gym. First order of business, to pass my polygraph exam. This is the first step to proving my natural status (pro card recipients also must submit a urine sample). The questions are very basic, and the test is actually fairly quick. Doesn't make it any more comfortable though. I then registered and officially weighed in for the show, 159lbs. Once that was over, it was literally time to get to the hotel, eat (again) and try to rest to keep the body's inflammation down.

The day before the show, I completed a little pump workout of about 20 minutes. Then later on got my first coat of spray tan. Everyone told me it was going to be cold, but I didn't think it was too bad. Back to the hotel, I needed to change the bed sheets and pillowcases to ones that I had brought to make

sure not to damage the hotels bedding. Which, by the way, I stayed at Lamie's at the Old Salt in Hampton. If you ever stay down that way for a little getaway, I highly recommend it. Stayed on with my eating, and went to bed.

The day of the show starts early. Pictures sent to my coach every 2 hours. A second coat of tan early in the morning. Every last gram of food thought and rethought as the minutes to show time tick away. Occasional sets of exercises to drive blood and nutrients into the muscles. Then finally it was time to go!

At the event, I met many other amazing competitors, including friends of family! The feeling being on stage was something that is hard to describe. I didn't ever get nervous, or any sort of stage fright. And two of my greatest memories were the crowd reactions when they were informed that I had lost 161lbs to get ready for the stage (more than my official weight in on Thursday!), and the fact that I have seven children. The cheers and congratulations, their acceptance of my sacrifice and hard work meant just as much, possibly even more than a title and a trophy. Ultimately, I placed fourth in my class of the competition. A placing I felt was more than fair. I got great feedback from the judges and have already started implementing a plan to get prepared for my next show.

Set your goals, chase your dreams. The destination may not look the way you envision it on the journey. But no matter the outcome, the victory is so very, very sweet.

### Members of the Northern Grafton County Republican Committee conducting a Republican candidate sign-waving in Littleton, NH on Saturday, November 5, 2022.



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



by Eli Heath

Paige Computer Services

Today we have to use the internet for just about all of our personal business, from banking and shopping to downloading files.

If you connect to the Internet, allow other people to use your computer, or share files with others, you should take steps to protect your computer from harm. Why? Because there are computer criminals (sometimes called hackers) who attack other people's computers. These people can attack directly, by breaking into your computer through the Internet and stealing your personal information, or indirectly, by creating malicious software to harm your computer.

Passwords should be changed at least every month and do not use the same password for all the web sites or programs you need a password for. Install a password manager like Lastpass at [www.lastpass.com](http://www.lastpass.com) to create and manage all your passwords.

You can protect yourself by taking a few simple precautions; here are some tools to help you do that.

Shields Up; you can find this at [www.grc.com](http://www.grc.com), when you go there click the logo to run tests on your computers 1056 internet access ports. When the test is finished you will receive a detailed listing of what ports are open and how to fix the problem if they are.

Norton Security Scan <https://support.norton.com/sp/en/us/home/current/solutions/v1910793> this site will also check your computers security on the in-

ternet in addition it will also scan your computer for viruses. Unlike Shields Up, to run the program the website will require you to install ActiveX Controls to your computer to test it, after testing my computer I received a warning that no antivirus program was found on my computer, that information is wrong because I am running their Norton Antivirus, so don't be hooked into buying their latest antivirus product if yours is installed correctly and all the updates are installed.

Audit My PC [www.auditmypc.com](http://www.auditmypc.com) has a variety of tests from checking your computers firewall and spyware to testing the speed of your broadband internet connection.

These are a few of the on-line programs available to test your computers security.

Free File; are you tired of sending e-mail by text, would it be nice if you can send a voice message instead? Go to [www.speak-a-message.com](http://www.speak-a-message.com) to download a free home edition of their program. It will allow you to record voice messages, send those recordings by e-mail, save them in WMA format, and will work with any e-mail program. You will need a microphone connected to your computers sound card to use the program or if using a laptop the microphone may be built into it.

Keep in mind these programs are not designed to replace your antivirus or antimalware programs, they are only designed to assist you in checking how secure your computer is.

If you should have any questions please e-mail me at [paigeecs@gmail.com](mailto:paigeecs@gmail.com) or call 603-747-2201, you can also visit my web site at [www.paigecomputerservice.com](http://www.paigecomputerservice.com). So until next time if you have a computer issue remember it is not your fault, Happy Computing!

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

November 15, 2022

Volume 14 Number 3

### Ricker Funeral Home & Cremation Care of Woodsville

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Adam W. Smith



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

## Tater Tot Casserole

Hello hello my fellow chefs! How are you all doing today? I'm fine and can't believe this warm weather we are having. I've been still using my grill and enjoying my deck. As I get older I don't enjoy the cold and snow. Believe it or not I used to ski. Those days are gone. I like to snuggle up and stay home.

Today's recipe is so good. It's easy peasy and "Delicioso ". Some friends came over and we all loved it. I never thought of using Tater Tots like this. So let's get started with everything you need and how to make it.

### Ingredients

- 1 lb. Ground Sirloin
- 1 Red Pepper chopped small
- 1 Sweet Onion chopped small
- 2 Tbsp butter
- 2 Tbsp olive oil
- 1/2 tsp seasoned salt
- 1/2 tsp black pepper
- 1 can Cream of mushroom soup
- 28 oz package of Frozen Crispy Tater Tots
- 8 oz shredded sharp cheddar cheese

It looks like a lot of peppers and onions but they shrink and they are good. Also I used ground sirloin instead of ground hamburger. Preheat oven to 350 degrees. In a deep frying pan melt butter and add olive oil. Heat, then cook peppers and onions for about 10 minutes and set aside. Fry your ground sirloin until cooked and broken apart then drain fat. I removed it with a slotted spoon and add to peppers and onions. Add seasoned salt, pepper and cream of mushroom soup, toss and mix well. Spread in 9x13" baking dish. Top with Tater Tots to cover. I used the whole bag. Sprinkle sharp cheddar cheese on top and bake for 35-45 minutes until golden brown, bubbly and cheese is melted. Let it sit for 10 minutes then

serve.

That's it you are done. We had leftovers and they were good. I would definitely make this again. My son Nick is making it to-



night. I'm sure the kids will love it. Try a different variation with mushrooms. If I thought of it I would have bought fresh mushrooms because I think they would go well. Just sauté with peppers and onions.

Well folks that's it for today's recipe. I hope you try it because you know what I always say "you'll be a star". Happy Thanksgiving!

Until next time I am signing off.

Sincerely,  
Cin Pin

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Mountain Lakes, Woodsville

**Sunday, November 20, 2022  
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**Encourage your friends, family, and co-workers to sponsor your registration fee so there would be no cost to you!**

**Proceeds are non-refundable. \$50.00 for adults and \$30.00 for children 12 and under to participate in this event.**

Check-in starts at 12:00 at the Mountain Lakes beach. Each registrant that raises the minimum pledge will receive a gift & a HOT turkey sandwich!

### • Great event for a great cause •

Download a registration and pledge form at [www.haverhill-nh.com](http://www.haverhill-nh.com) under 'Announcements' or pick up your registration envelope at the Clifford Memorial Building, and the Haverhill Town office.

**Contact us [rec@haverhill-nh.com](mailto:rec@haverhill-nh.com) or call with questions 603-728-7133.**

## Have a Happy Thanksgiving from CnB Arts Check this cutie out in Piermont NH.

For copies contact Cyndi: [cnb.pics07@gmail.com](mailto:cnb.pics07@gmail.com)



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