

A FREE PUBLICATION

TRENDY



TIMES

Next Issue: Tuesday, MAY 2
Deadline: Thursday, March 27

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APRIL 18, 2023 VOLUME 14, NUMBER 14

Kick Off Spring with ACT

Join the Ammonoosuc Conservation Trust (ACT) in late April for two events to kick off spring!

On Thursday, April 27 from 6 to 7 pm, Rachelle Lyons and her students at Plymouth State University (PSU) will be hosting a virtual presentation via Zoom sharing the state of frogs and salamanders in New Hampshire. Learn about the life cycles and habitats of our amphibious friends, the species of frogs and salamanders native to New Hampshire, and how well their populations are surviving today. Our presenters

will also share the threats to these populations and how you can participate in the monitoring and reporting of frog and salamander sightings.

Then on Saturday, April 29 from 7 to 8:30 pm, follow up Thursday's presentation with a walk at Fox Hill Park in Franconia. Rachelle Lyons and her PSU students will join us to visit vernal pools in the park and discover what lives in and around them. Headlamps or flashlights will be needed for walking in the woods after dark!

Both programs are

free but registration is required to attend. Please register on the web at act-nh.org/education-events. You are welcome to attend one event or both, but you must register separately for each one.

The Ammonoosuc Conservation Trust inspires and leads private, voluntary action to conserve land the North Country loves. Learn more and become a member at act-nh.org or by calling the office, (603) 823-7777.



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TRENDY Dining Guide

Gather Together Cafe

by Gary Scruton

There was a great string of beautiful spring days in mid April this year and on one of those beautiful days Janice and I took a short walk, in fact just up our street, to the corner of Central Street and the Gather Together cafe. It was early afternoon when we got other obligations we were able to stop in for a bit to eat as well as some always good conversation with Erin.

Like many good businesses Erin has changed some of what she does since she first opened only a few years ago. But other things have certainly

stayed the same.

Gather Together Cafe is not a big fancy eatery. In fact there are only about 5 tables in the front dining area. With the start of spring and warmer weather there will now also be some outdoor seating either on the deck, or on the side of the building at a picnic table. The day we stopped in Erin and Jim were just getting some of that summer furniture out and ready for guests.

But the eating accommodations are not all there is to a good eatery. It really is the food. Sure, almost every meal also comes with a beverage, but even those are seldom made on premises. I

did choose from one of the coolers, however, a fairly local drink. It was Concord Grape flavored Kombucha bottled in not far off Groton, VT. Janice, meanwhile, just got a bottle of water. We had our drinks and got a pair of menus to sit at one of the tables and see what we would choose for our mid-



day meal.

I should mention here that the lunch menu says it is served after 11:30. And along with what is on that menu Erin has several other choices. In fact she does quite a bit of business with take-out meals from either her

cooler, or from the "hot table" right next to her order screen. For those with a sweet tooth there is also a great assortment of fudge for the choosing.

After some thought we went back up to the counter where Erin took our orders. Janice went with the turkey sandwich. It came with lettuce, tomato and bacon, and with Erin's suggestion Cranberry Mayo served on rustic bread. I stopped at the choice of a ham and Swiss sandwich served on sourdough bread. It also came with lettuce and tomato (which I asked to not be included, and Janice quickly asked that the tomato be added to her sandwich - which did happen).

With our orders placed Erin was able to give us our total of \$28.04. As neither of us happened to have cash on us at that time we added one of the suggested tips to the credit card charge.

When served, both sandwiches were nicely toasted and loaded. It was good that the fancy toothpicks were used to keep the sandwiches together. The chips and pickle on the side topped off the meal just fine. We ate in quiet with the outside door open and the warm spring sunshine pouring in.



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Littleton Co-Op Partner for April



The Littleton Food Co-op Partner of the month for April is Response, a non-profit, community-based organization designed to provide services to individuals impacted by sexual and domestic violence. As an organization, they are committed to creating positive cultural change that promotes the health and well-being Northern New Hampshire residents.

Response serves Coos and upper Grafton counties with offices in Berlin, Lancaster, Colebrook, and Littleton. Services include 24 Hour Information and Support Line (1-866-662-4220), Safety Planning, Court Advocacy, Hospital Accompaniment, Housing, Emergency Shelter, and Community Education & Training.

April is Sexual Assault Awareness Month (SAAM). During this month we work to increase public understanding of sexual assault, and educate community members about how to prevent it from happening. Everyone has a role to play in ending sexual assault, harassment, and abuse.

The proceeds from the Partner of the Month program will support the essential needs of local residents whose lives have been touched by Domestic Violence and Sexual Assault. Funds will be used to address basic needs like groceries, diapers, gas, etc.

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!

Spring Signals The Start of Wildfire Season in NH

Snow may be gone from most backyards across the state, but New Hampshire's forests and fields haven't greened up yet, signaling the start of wildfire season statewide.

To help remind people of the potential dangers that wildfires present, the N.H. Division of Forests and Lands, along with the Northeastern Forest Fire Protection Compact, has designated April 16-22, 2023 as Wildfire Awareness Week across the northeast as well as in eastern Canada.

Last week, Governor Chris Sununu issued a proclamation supporting the importance of wildfire awareness and the value of fire prevention efforts statewide.

"It's easy to think that wildfires only happen in other regions of the country, but in fact they do occur here in New Hampshire and they can have devastating effects, not only on the landscape but also on the state's forest products industry and our recreation and tourism sectors," said N.H. Forest Protection Bureau Chief Steven Sherman. "Every wildfire has the potential to negatively impact our state and local economy

while destroying property and endangering personal safety."

Spring's low relative humidity, gusty winds and highly flammable fuels like dry grasses and leaf litter can easily catch fire when exposed to a heat source. Unattended and improperly extinguished burn piles from spring property cleanup and campfires are common causes of wildfires in New Hampshire, but sparks from lawnmowers and other equipment can also start a fire that quickly becomes difficult to control.

In New Hampshire after snowmelt, anyone wishing to have an outdoor fire must obtain a state fire permit issued in advance; they are only available when daily fire danger conditions indicate that it's safe to burn. Most communities in the state make their permits available through nhfirepermit.com.

"Smokey Bear really does say it best with 'Only you can prevent wildfires,'" said N.H. Forest Ranger Nathan Blanchard. "Wildfire Awareness Week is one way to help him spread the word and to remind people that by being responsible and working together, we can keep New Hampshire safe from wildfires."

In the past decade, New Hampshire experienced 1,140 wildfires impacting 3,100 acres. While most were small, others – including the

Bayle Mountain Fire in 2015, the Dilly Fire in 2017 and the Bemis Fire in 2022 – were highly destructive and challenging to contain.

Large, complex wildfires can easily burn for several days, requiring teams of local and regional trained wildfire personnel to bring them under control. These suppression efforts result in expensive, unplanned costs to local communities.

Anyone interested in learning more about wildfire prevention is encouraged to contact their forest fire warden, local fire department or the N.H. Forest Protection Bureau. Information is also available from the National Fire Protection Association's Firewise Communities website, firewise.org.

Eighty-three percent of New Hampshire is designated as forestland, making it the second-most forested state after Maine.

The N.H. Forest Protection Bureau is part of the Department of Natural and Cultural Resources' Division of Forests and Lands, which protects and promotes the value provided by trees, forests, and natural communities. For more information about the Division of Forests and Lands and the work of its Forest Protection Bureau, visit nh.gov/nhdf or call 603-271-2214.

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The Amount or Distribution of Funds?

On April 6 and with a 328 – 63 vote, the New Hampshire House of Representatives approved a key bi-partisan budget amendment containing three core statewide needs: affordable housing, public education and access to health care.

Previously, on February 14, Governor Sununu presented his executive budget report to a joint session of the legislature. He highlighted key budget needs including: affordable housing, education funding, and workforce development. It was apparent the Governor and legislators agreed on the larger issues, but how to resolve the issues needed more work. The House had approximately two months to develop and respond with its own budget proposal for the next biennium, FY24 and FY25.

The state's education budget is slightly more than \$1B for each year of the biennium. "The issue before us was not just the amount of funding for education, but the 'DISTRIBUTION' of the funding." The Claremont Decisions stressed that the State of New Hampshire must provide all pupils an adequate education regardless of local community wealth or need. The base cost in support of an adequate education is currently set at \$3866 per pupil. Both the Governor's and the Finance Committee's recommended budgets established the base cost of adequacy at \$4700 per pupil; a significant bump. When considering NH's entire K-12 student population, for every \$100 increase in the base cost, the state must appropriate an additional \$16,000,000. An increase to \$4700 may appear as a 'fix' to the formula, but in reality, this bump would disproportionately benefit well-to-do municipalities rather than better supporting student needs by distributing \$100M to communities with low property values and income levels.

During the past month, amendment 2023-1285h was developed by Representative Ladd (Haverhill) and Representative Luneau (Hopkinton) to be introduced as a budget floor amendment on April 6. Amendment 1285h would provide funding to com-

munities that absolutely need support relative to economies of scale and unique student populations. Amendment 1285h increased the base cost to \$4000 per pupil, but also introduced fiscal capacity disparity aid as a more appropriate manner in targeting funding in support of school districts identified in need of financial assistance. Of the 245 NH school districts, 186 communities will see increases, and no districts will receive less adequacy funding than currently received. The bottom line cost of \$1B per year established in the amendment was the same amount as identified in the recommended House budget (HB1 and HB2) to

be acted upon on April 6. Leadership on both sides of the aisle recognized the need for and of the benefits associated with amendment 1285h. Just a few hours before the scheduled house session, the Ladd – Luneau amendment was used to seal the compromise deal. This led to passage of the House budget with an overwhelming, unified House voice vote. The issue before the House was not just the amount of the funding, but the "DISTRIBUTION" of the funding. The House Budget now moves to the Senate.

One take away from the extensive process which led to the passage of the House budget, is that with more listening, working together, and setting aside extreme ideological issues, our goals can be achieved.

Respectfully Submitted,
Rep Rick Ladd,
Chair, House Education

NEK Chamber Legislative Breakfast At St. Johnsbury House

The Northeast Kingdom Chamber of Commerce will hold its fourth legislative update of the year on Monday, April 24, from 8 to 9 a.m., at the St. Johnsbury House, 1207 Main St. The program starts with a short update from the chamber, continues with legislator reports addressing key issues and concludes with a question-and-answer period at the end of the event.

Expected issues to be discussed include health care, labor issues, permitting concerns, housing, economic and workforce development issues, taxes and fiscal policies, all issues that impact the Northeast Kingdom and its businesses. Laural Ruggles will serve as the co-moderator along with Northeast Kingdom Chamber Director Darcie McCann.

McCann noted the for-

mat of the gatherings remains the same as it has in past years, including the question-and-answer period. The legislative breakfast will be broadcast by Kingdom Access Television with video links provided on the chamber Facebook page following the event. The event is being sponsored by the Passumpsic Bank, Northeast Kingdom Human Services and the Green Mountain Association of Realtors.

The forums are held the last Monday of each month from January to May, from 8 to 9 a.m. Please mark your calendars for the last legislative breakfast of the year on May 22. There is a small fee for the breakfast to cover the cost of the space and food. Attendees of the breakfasts are not required to wear masks but may do so if they so choose.

Volume 14 Number 14

April 18, 2023

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Walk For A Cause - Help Animals One Step at a Time


EAST MONTPELIER, VT: Central Vermont Humane Society (CVHS) is excited to announce the fundraising launch for their annual event, The Walk for Animals on June 10th.

This family-friendly and dog-friendly event is CVHS's biggest fundraiser and community event of the year. Animal lovers are invited to come together at the State House lawn on Saturday, June 10, 2023 and celebrate the importance of animal welfare in our community.

Starting at 9:30 a.m., individuals can visit with vendors, participate in dog contests and other fun activities, enjoy refreshments and show off their love of animals with a gentle 1 1/2 mile walk through Montpelier.

"This year our goal is \$80,000 and we simply cannot do it without you! Your contributions and efforts help us go the extra mile to directly save animal lives," says CVHS's Co-Executive Director, Laurie Garrison.

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Walk for Animals sponsors, all local Vermont businesses, including Leader of the Pack sponsor 802 Cars and Top Dog sponsors One Stop Country Pet Supply and Onion River Animal Hospital have already raised over \$36,500. Now Central Vermont Humane Society needs the involvement of individuals and teams to help reach the \$80,000 goal.

"Every penny counts!" adds Garrison, "All funds raised will help provide food, shelter, exceptional care, and find loving adoptive homes for over 1,000 animals in the coming year."

Prizes will be awarded to those who raise the most money for the animals. All fundraisers, no matter how much money raised, will be entered to win a raffle prize.

To get started, go to www.centralvermonthumane.org where you can set up an online fundraising page, download a pledge sheet, and read

more about this exciting community event. Anyone with questions can contact Sara Schrum at 476-3811 x 105 or email Development@centralvermonthumane.org.

CVHS is an independent, non-profit, 501(c)3 charitable organization with no state or federal funding. We are not affiliated with the Humane Society of the United States or the ASPCA. We are entirely supported by individual donors, local business, fundraising events, grants, and small fees for some services. CVHS shelters and adopts domestic dogs, cats, and small furry animals such as rabbits and guinea pigs. We offer dog training classes, community clinics for low-cost rabies vaccinations and microchips, and education to animal guardians. CVHS also works to prevent and address animal cruelty and neglect, and supports legislative efforts to protect animals in Vermont.



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Covered Bridges of the North Country Talk

Why do covered bridges have roofs? What's a Paddleford Truss? And, why does New Hampshire own the right-of-way across the Connecticut River to the Vermont shore?

Come find out! Covered bridge historian Kim Varney Chandler will give a lively and engaging power-point presentation on Wednesday, April 26, at 6:30 p.m. in the Davies Memorial Library in Lower Waterford, VT. It is free and open to the public.

Customized for regional audiences, Chandler's 45-minute visual presentation is titled "Covered Bridges of the North Country." It's part of an ongoing series of community partnership programs co-hosted with the Waterford Historical Society.

In the second half of the 19th century, Caledonia County commerce to Portland, ME went via two covered bridges in Waterford through the Pattenville neighborhood of Littleton. The older one was

built at the foot of Bridge Street in Upper Waterford. The other was built at the foot of Maple Street in Lower Waterford. Both were lost in the 1890 log drive, but only the northern span was rebuilt. It was made from iron.

The 1934 construction of the Route 18 concrete bridge prompted the closure of the iron span. An ice jam in 1936 destroyed that aging structure. Both Upper Waterford and Pattenville were lost to the building of Moore Dam in the early 1950s and subsequent flooding of the Connecticut River Valley to create a reservoir for both electrical power and recreational use.

Released last year, Candler's book, "Covered Bridges of New Hampshire," is a richly illustrated volume in 268 pages with an index that took 11 years of meticulous research. Her book will be available for purchase. This program will also include a hospitality table.

Town of Haverhill
NOTICE OF PUBLIC HEARING

When: Monday, May 8, 2023 at 6:00pm

Where: Robert E. Clifford Memorial Building

What: ATV/OHRV access on and to Pond Circle on French Pond Road

CRIBBAGE TOURNAMENT



In Memory of Forrest Thurston

Orange East Senior Center
Bradford, VT
Sunday, April 30
1:00 PM

Bring a partner, cribbage board and cards
\$10.00 per person
Cash prize for 1st, 2nd and 3rd place

Questions? Call Carissa Thurston 603-252-8267

Not all Times are Trendy, but there will always be Trendy Times April 18, 2023 Volume 14 Number 14

Calendar of Events

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

THURSDAY, APRIL 20

LAPSIT STORYTIME
10:00 AM
St. Johnsbury Athenaeum

SATURDAY, APRIL 22

SEASON OPENER & COMMUNITY CELEBRATION
10:00 AM-7:00 PM See Article on Page 7
Railroad Park, Woodsville See Ad on Page 9

SUNDAY, APRIL 23

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

MONDAY, APRIL 24

LEGISLATIVE BREAKFAST
8:00 - 9:00 AM See Article on Page 4
St. Johnsbury House, 1207 Main St.,

DANCE PARTY MONDAYS

10:00 AM
St. Johnsbury Athenaeum

ACORN CLUB STORYTIME

2:00 PM
St. Johnsbury Athenaeum

HAVERTHILL SELECT BOARD MEETING

6:00 PM
Clifford Memorial Building, Woodsville

WEDNESDAY, APRIL 26

ROSS-WOOD POST #20 AMERICAN LEGION
ANNUAL MEETING & ELECTION OF OFFICERS
6:00 PM
4 Ammonoosuc Street, Woodsville

COVERED BRIDGES OF THE NORTH COUNTRY

6:30 PM See Article on Page 5
Davies Memorial Library, Lower Waterford, VT

THURSDAY, APRIL 27

LAPSIT STORYTIME
10:00 AM
St. Johnsbury Athenaeum

FROGS & SALAMANDERS OF NH
6:00 - 7:00 PM See Article on page 1
Via Zoom

FRIDAY, APRIL 28

GCCD PLANTING & PRUNING WORKSHOP
5:30-7:00PM See Article on Page 14
Windy Ridge Orchard, North Haverhill

SATURDAY, APRIL 29

DILEMASTRONAUTA (Columbian Tropicalia)
6:00 PM
East Coast Van Builders, Bradford

FROGS & SALAMANDERS OF NH
7:00 - 8:30 PM See Article on Page 1
Fox Hill Park Franconia

OLD TYME COUNTRY DANCE
7:30 - 10:00 PM See Ad on Page 6
West Newbury Hall

SUNDAY, APRIL 30

BENEFIT CRIBBAGE TOURNAMENT
1:00 PM
Orange East Senior Center, Bradford

MONDAY, MAY 1

DANCE PARTY MONDAYS
10:00 AM
St. Johnsbury Athenaeum

ACORN CLUB STORYTIME

2:00 PM
St. Johnsbury Athenaeum

TUESDAY, MAY 2

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

THURSDAY, MAY 4

LAPSIT STORYTIME
10:00 AM
St. Johnsbury Athenaeum

SUNDAY, MAY 7

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

MONDAY, MAY 8

ATV/OHRV PUBLIC HEARING
6:00 PM See Ad on Page 5
Clifford Memorial Building, Woodsville

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

WEDNESDAY, MAY 10

ROSS-WOOD POST #20 AMERICAN LEGION
INSTALLATION CEREMONY & DINNER
6:00 PM
4 Ammonoosuc Street, Woodsville

FRIDAY, MAY 12

FAIR FOOD FESTIVAL
5:00 - 8:00 PM
North Haverhill Fairgrounds

SATURDAY, MAY 13

FAIR FOOD FESTIVAL
11:00 AM - 8:00 PM
North Haverhill Fairgrounds

OPEN MIC NIGHT

6:30 - 9:00 PM
Horse Meadow Senior Center, No. Haverhill

THE NEW MOZAIC (American Soul/Funk) &
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SUNDAY, MAY 21

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Season Opener and Community Celebration at Railroad Park featuring Patrick Ross Band!

Be sure to mark your calendars for the Hope in Haverhill Spring Cleanup and Celebration taking place Saturday, April 22 at Railroad Park in Woodsville, NH from 10am-7pm. During this all-day event, projects will include maintaining the hiking trail, staining the park length fence, installing art pieces made by Woodsville High School students and general spring cleaning like raking. Volunteers who are interested in lending a hand on these projects can show up anytime between 10am and 1pm and are more than welcome to bring their own lawn and garden tools if they prefer to use their own. Lunch will be provided to all volunteers free of charge, catered by Gather Together Café! The second half of the day will consist of a small community resource fair, various yard games, concessions available for purchase with proceeds benefiting Haverhill Recreation, and live music by the Patrick Ross Band!

Railroad Park, an amazing "hidden gem" for the community in downtown Woodsville. The park sits just behind Central Street and boasts a picturesque view of the town's bridges, the historic No Mans Island, and where the Connecticut and Ammonoosuc Rivers meet. The Hope In Haverhill Project came out of a community resiliency grant that was acquired by the UNH Cooperative Extension and is helping bridge the gap between the town's resources and organizations. The grant has helped fund the Hope in Haverhill Photo Challenge, a community forum at Alumni Hall, Railroad Parks Fall Cleanup, and several Adventure Based Experiences at Woodsville High School.

This past fall, community organizations including the Haverhill Parks and Recreation Commission, the Hope in Haverhill Project, Woodsville High School's Youth Leadership Through Adventure club, Woodsville Beautification Committee, the Haverhill Area Substance Misuse Prevention Coalition, Haverhill Conservation Commission, and the UNH Cooperative Extension came together to

start improving the park. The mission also encouraged community members to utilize the assets of the area and recognize what the community has to offer. One of the projects that took place in the Fall, the Plant the Promise Campaign, was sponsored by the Haverhill Area Substance Misuse Prevention Coalition in honor of Red Ribbon Week. Recognized as the nation's oldest and longest observance of drug prevention, Red Ribbon Week is a week-long celebration every fall meant to raise awareness, educate youth, and encourage communities to participate in drug prevention activities. The Plant the Promise Campaign is a Red Ribbon Week activity in which red tulip bulbs are planted in the fall with the hopes of blossoms in the spring to remind the community of the beauty of life when it is drug-free. It also turns out that April is Alcohol Awareness Month, giving additional opportunities to discuss drugs and alcohol.

Coincidentally, the date of the event, Saturday April 22nd, also happens to be Earth Day and National Drug Take Back Day, two initiatives that are of importance to the groups involved in organizing the day's events. To those that might not be familiar with National Drug Take Back Day, it is an event that takes place twice a year all around the country where community members can dispose of unneeded or expired medications properly and safely. The collection of these medications en-

sures our communities are safer by reducing the risk of misuse that could result in potential addiction or overdose. Not only do these events help to keep individuals protected from the potentially harmful effects of these drugs, but also protects wildlife and the environment. With this opportunity to safely dispose of medications, it encourages people not to flush pills down the toilet, leading to pollution of waterways and aquatic life that live there. What an awesome way to honor Earth Day this year by giving back to your community to help improve a community space, as well as having the chance to keep the environment safe by disposing of old prescriptions properly!

There will be a Drug Take Back Event available for community members located at the Haverhill Police Department from 10am-2pm on Saturday, April 22nd, but if you are not able to make it during those hours, be sure to come by Railroad Park that same day from 3-7pm to dispose of your prescriptions. This portion of the event will consist of a fun celebration and resource fair. There will be a Haverhill Police officer set-up with a collection site ready to help you get rid of your medication! Also, bring your family down to chat with a member of Woodsville EMS who will have a fire-truck to check out! The locally and regionally famous Patrick Ross Band will be live in the band stand for a free concert at 4pm! Haverhill Recreation



will also be selling concessions to raise funds.


The Hope In Haverhill Project is still raising money to support this initiative and future projects throughout the town. We are currently looking for sponsorships to support the day's tasks. The donation tiers of \$100 for bronze, \$200 for silver, and \$300 for gold. Checks can be made payable to Haverhill Parks and Recreation, memo Hope In Haverhill, and sent to Sherri Sargent, 2975 Dart-

mouth College Highway, North Haverhill, NH 03774. Sponsorship Logos can be emailed in high resolution to jmitchell@sau23.org

Drop in any time during the day on April 22nd from 10-7 to take advantage of this community-wide celebration and take the opportunity to get out of the house and enjoy Spring! Please contact Joseph Mitchell at jmitchell@sau23.org with any questions you may have.



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The Governor Meldrim Thomson Jr. Principle Above Politics Chairman's Award



L. to R. is Gov. Ron DeSantis, Speaker Sherm Packard, Tom Thomson & Chris Ager, Chairman of the NH Republican Party.

I know our parents would be pleased that "The Governor Meldrim Thomson Jr. Principle Above Politics Chairman's Award" will be presented to Speaker of the House, Sherm A. Packard.

Speaker Packard is serving his 17th term in the NH House representing Rockingham District 5 and over these years he has served on many important committees and positions in the house Leadership, started his own business in 1978 where he worked for over 30 successful years and continues to use those many important business skills in his role as Speaker.

Sadly in December 2020 former Speaker Dick Hinch died from Covid 19, at the time Sherm was Deputy Speaker and was sworn in as New Hampshire's new Speaker of the House on January 6, 2021. Speaker Sherm Packard led the 400 members of the NH House through one of the most difficult times in our history during the Covid 19 Pandemic and he did it with grace, strong leadership skills and always believing in the NH Advantage and the people of NH.

Congratulations New Hampshire Speaker Sherm A. Packard.

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Plus our Sponsor: The Mclure Foundation

Extra Support for the Fireworks Display came from: Wells River Savings Bank, Woodsville Guaranty Bank, and Northstar Fireworks

River Bend Career & Technical Center

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April 18, 2023

Volume 14 Number 14



Red Clover
BIKES

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446 US-5 N, Fairlee, VT 05045 Tuesday - Friday 10 am - 5 pm
(802)222-4748 www.redcloverbikes.com Saturday 10 am - 4 pm

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Southern NH

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cnb.pics07@gmail.com



Spring Cleanup & Celebration

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Volunteer opportunities for all ages and ability levels!

Date & Time

Earth Day
Saturday, April 22nd, 2023
10:00AM - 7:00PM

Location

Railroad Park, 27 Central Street
Woodsville, NH 03785

Hosted by



Woodsville
Beautification
Committee



Contact

Joe Mitchell, jmitchell@sau23.org

For persons with disabilities requiring special accommodations, please contact alyssa.lemmermann@unh.edu prior to the event. Given ample time, we will make any reasonable effort to make accommodations.

This event is supported by the FY2020 Rural Health and Safety Education Competitive Grants Program of National Institute of Food and Agriculture, USDA Grants #2020-46100-32839
The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer. University of New Hampshire, U.S. Department of Agriculture and N.H. counties cooperating.



10:00 AM - 1:00 PM
Railroad park
cleanup

Tasks include:

- Finish hiking trail
- Stain fence
- Install art pieces
- Spring cleaning

Food PROVIDED for
cleanup volunteers
from
Gather Together Cafe

3:00 PM
Community Resource
Fair

4:00 PM
Patrick Ross Band



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 Business: Help Wanted, For Rent, etc. \$10/2 issues, \$20/5 issues, \$50/15 issues. Limit of 30 words.

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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

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Quality of Life Survey of Young People in New Hampshire

CONCORD, NH — A newly released survey of New Hampshire young people identified high levels of satisfaction of quality of life in the Granite State, reaffirming the value of key traits the state is known for such as its natural environment, safety, and a sense of community — but revealed levels of satisfaction vary significantly based on age group. Stay Work Play, a nonprofit with the mission to attract and retain more young people in New Hampshire, released the results of their Quality of Life of Young New Hampshire People Survey on Tuesday, April 4th at the Bank of New Hampshire Stage. The survey was conducted by the Saint Anselm College Survey Center.

Stay Work Play discussed the survey results Tuesday with a panel of economic development, housing and workforce leaders including Heather McGrail, CEO and President of the Greater Manchester Chamber of Commerce, Rob Dapice, Executive Director and CEO of the New Hampshire Housing Finance Authority, Carolyn Isabelle, Director of Workforce Development, at Dartmouth Health, Will Stewart, Executive Director of Stay Work Play, as well as business leaders and young people from around the state.

The survey focused on the attitudes of the state's young people, aged 20 through 40 on hot-button issues such as education, health care, housing, natural resources, social capital, childcare, and diversity. Questions were formulated to identify New Hampshire's advantages and disadvantages as a place to stay, work and play.

"Where New Hampshire excels with young people, what attracts and keeps them there, is our natural capital. The outdoors, our natural resources, our recreational amenities and the environment itself are all big attractors. Preserving and enhancing these assets should be a priority for us as a state," said Stay Work Play Executive Director Will Stewart.

Stay
According to survey results, 90% of respondents aged 36-40 are satisfied with their quality of life in New Hampshire, followed by 82% of those at the youngest age range; those aged 20-25. Only 77% of re-

spondents aged 26-30 are satisfied with their quality of life followed by 71% of those aged 31-35.

The results indicate younger residents are satisfied as they go to school or start their adult lives, often under the protection of family, later losing satisfaction as they start building a career and look for life partnerships, and rebound as they move into a mid-career stage of life when they are purchasing homes and starting families. Once in their late 30's, having established roots in the community, residents are strongly committed to remaining in New Hampshire, with 57% extremely likely to stay and 22% somewhat likely to stay.

According to survey, respondents believe that New Hampshire is better than other places to live for the following traits:

- Environment — 83%
- Safety — 78%
- Taxes — 64%
- Community — 60%

Respondents believe that New Hampshire is worse or about the same as other places to live for the following traits:

- Public Transportation — 90%
- Childcare — 81%
- Diversity — 76%
- Affordable Housing — 70%
- Colleges — 70%
- Healthcare — 67%
- Schools — 53%

"When it comes to factors young people cite as reasons to leave the state, we can't do much about the weather, but we can, and should, be very serious about focusing our efforts

on improving higher impact factors that we can influence via public policy, things like housing affordability, childcare, and schools," continued Stewart.

Work

According to survey results, respondents believe that New Hampshire is marginally better than other places to live for the quality of jobs and career opportunities. Only 23% of respondents believe that New Hampshire is about the same as other places to live for the quality of jobs and career opportunities, followed by 35% of respondents believing that New Hampshire is worse, and the largest group, at 42%, believe that New Hampshire is better than other places to live regarding job quality and career opportunities.

The following cohorts believe that New Hampshire is better than other places to live for the quality of jobs and career opportunities:

- 48% of those aged 20-25
- 16% of those aged 26-30
- 32% of those aged 31-35
- 42% of those aged 36-40

The results suggest that younger people find that New Hampshire is a state with good opportunities and quality jobs, as they are just exiting college and entering the workforce. That aforementioned perception drops for those aged 26-30, as they are beginning to climb the ladder but have not yet settled into their careers. The number of those who find New Hampshire to be a place of quality jobs and career opportunities jumps back up for the oldest co-

hort, those aged 36-40, as they are more established in their careers and life overall.

Play

The strongest points of interest for all age cohorts regarding amusement and entertainment in the state were the outdoors and recreation. 86% of respondents believe that the outdoors is a trait in which New Hampshire is better than other places to live, and 75% of respondents believe that recreation is a trait in which New Hampshire is better than other places to live.

Respondents believe that New Hampshire is worse or about the same as other places to live due to the following traits:

- Nightlife — 88%
- Social Life — 82%
- Culture — 80%
- Retail and Restaurants — 53%

The results indicate that access to ample recreational activities and activities involving the state's natural resources are areas of attraction for young people in New Hampshire, as this is the area where New Hampshire engages its residents of all ages. New

Hampshire is perceived as lacking in activities that are more heavily seen in urban areas, which most of the state would not be classified as, such as retail and nightlife.

The survey results show important determinants of what keeps young people working and thriving in New Hampshire, while also highlighting areas in which needs could be better met, in order to keep people in the state. The survey findings can be utilized as a tool for establishing areas of interest for public policy on the state level.

To access the results of the survey, please visit stay-workplay.org/survey

Stay Work Play's New Hampshire Quality of Life Survey was created with supporting partners, New Hampshire Institute of Politics at Saint Anselm College and Montage Powers. Sponsors of the survey include the University System of New Hampshire, Fidelity Investments, New Hampshire Housing Finance Authority and Dartmouth Health.

JOB OPPORTUNITY

Town of Haverhill, New Hampshire

Highway Maintenance Worker — Level I, II, or III

The Town of Haverhill is looking for a Highway Maintenance Worker, Level I, II, or III. Applicants must possess a valid driver's license and a CDL — Class B or better with a medical card or be able to obtain a CDL certification within a 6-month probationary period. Preference will be given to applicants with a mechanical background, and heavy machinery, grader operation, and/or snow plowing experience. Applicants must be able to work effectively as part of a team, and have exhibited the ability in past employment, to support fellow team members in a positive and productive manner.

Applicants must also have the ability to lift 50 lbs., live within 30 minutes driving distance (summer travel) of the Town of Haverhill Highway Garage in North Haverhill and be available 24-hours per day, 7 days a week, from November 15th until April 15th as well as during significant weather events throughout the year.

The Town offers a very competitive benefit package that includes, medical & dental insurance; personal, sick, vacation, and comp time leave accruals; state holidays; enrollment in the state retirement system; opportunities for merit bonuses; and the Highway Department is provided uniforms as well as an annual boot allowance.

Applicants should possess a high school diploma or GED. This position will remain open until filled. Starting salary will be \$15.00 - \$25.00 per hour based on skills, knowledge, and experience.

To apply please submit a resume and completed application to:

Town of Haverhill Administration Office
2975 Dartmouth College Highway
North Haverhill, NH 03774

For additional information you may contact **Brigitte Codling, Town Manager** at townmanager@haverhill-nh.com or by calling the **Town Administration Office** at **603-787-6800**.

The Town of Haverhill is an equal opportunity employer.

HELP WANTED

The Town of Haverhill is looking to fill the position of **Human Resource Administrator**. This position is responsible for administering the Town's human resource operations. To include recruitment & onboarding, benefits administration, organizing staff training, maintaining personnel files, managing performance systems, helping staff navigate disputes, and more. For a full job description, please visit the Town's website at www.haverhill-nh.com under "Career Opportunities". This position is part-time and eligible for many of the Town's benefits to include prorated leave accruals, paid holidays, and access to medical and dental plans. The position's starting rate of pay is \$18.00 - \$21.00 per hour based upon skills, knowledge, and experience.

The Town of Haverhill is an equal opportunity employer. Resumes can be mailed to, or dropped off at, the Town of Haverhill Town Administration Office 2975 Dartmouth College Hwy North Haverhill, NH 03774 in c/o Brigitte Codling, Town Manager.

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By definition, business owners put a lot of their financial resources into their enterprises. But as an owner, you may need to invest in more than inventories and payroll to help achieve the future you've envisioned.

Here are a few investments you may want to consider:

- Retirement account – Depending on the nature of your business and how many employees you have, you can choose from a variety of tax-advantaged retirement plans, such as an owner-only 401(k), an SEP-IRA and a SIMPLE IRA. By contributing regularly to one of these accounts, you can avoid being entirely dependent on the sale of your business to pay for your retirement years. To fund your 401(k) or other retirement plan, you'll have many investment options — stocks, bonds, mutual funds and so on. And if you "max out" on your retirement plan, you may even be able to build a separate investment portfolio. In any case, keep in mind that you're already putting a lot of money into your business, so, to achieve a level of diversification, you may want to concentrate your investment choices in areas

outside your industry. However, while diversification can help reduce the impact of market volatility on your portfolio, it can't guarantee profits or protect against losses in a declining market.

- Property – Your physical space is a key part of your business' success. So, you may want to invest some time in comparing the pros and cons of renting versus owning. Of course, owning your building may require a big financial commitment, and it may not be feasible, but it could free you from worrying about untimely rent increases.

- Disaster protection – If a fire or a weather-related disaster should strike your business, would you be prepared? It's important for you to create a disaster recovery plan, which can include business interruption insurance to pay for your operating costs if you're forced to shut down for a while.

- Emergency savings – While a disaster protection plan with appropriate insurance can help keep your business afloat, it's unlikely to cover other types of emergency needs, such as a major medical bill or an expensive repair to your home. For

these unexpected costs, you may want to build an emergency fund covering at least a few months' worth of living expenses, with the money kept in a liquid account. Without such an emergency fund, you may be forced to dip into your 401(k), IRA or other long-term investment vehicle.

You'll also want to invest the time and energy into creating a business succession plan. Will you keep the business in your family? Sell it to outsiders or a key employee? If you do sell, will you do it all at once or over time? Clearly, the answers to these types of questions will make a big difference in your ultimate financial security.

Finally, invest in help – Enlist the services of a financial advisor and business-planning professional, so you'll be able to make the decisions that work best for your business and you.

Your business may well be a lifelong endeavor — so make sure you're investing whatever it takes to earn a lifetime of benefits.

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Our Last Trip to England

by Elinor Mawson

We'd been to England many times, but this trip was going to be different. We'd rent a cottage in Yorkshire and spend close to a month there. We'd travel around the area and enjoy fantastic scenery in one of our favorite places in England.

Somehow I discovered an ad for a cottage in Harrogate and responded to it. My inquiry was answered by a lady named Heather who sounded lovely, and a deal was made.

We flew into Heathrow and took the Tube to Kings Cross station where we boarded the train. We found ourselves in a little room in which 2 men were already seated. One of the men had on a spectacular necktie, and I couldn't resist commenting on it. This led to a conversation that lasted the entire trip to Harrogate. He said he was going there too! As we got closer, he asked if Heather knew when we were coming. I replied "No" and he offered the use of his phone to call her.

After Heather and I talked, the man asked how I knew Heather and I

had to tell him that we had never met. He was astounded! I guess I had talked to her in a familiar way.

When we were nearing our stop, the man asked how we were going to get to our cottage, and offered us a ride there. It was my turn to be astounded!

The ride wasn't very long, and there was Heather waiting for us. We introduced our two new friends to each other, and thanked the man kindly for his help.

Heather took us into the cottage and gave us a tour. It was a wonderful place! And when she left, we unpacked our suitcases and looked around the neighborhood. We were in a little section of Harrogate on the edge of a moor. Along the street were a green grocer, a fishmonger, a "chemist", a butcher and an Indian take-away restaurant! We felt lucky!

Every day we walked downtown--about 15 minutes away. We'd go to the bus station, see where a bus was going, and get on. We went in every direction around Harrogate! We'd come to a small town, get off the bus and explore, have lunch in a pub, and then, when the

bus came back, we'd return. For dinner, we'd go to one of the stores in the neighborhood and get something that looked good. Sometimes it was ready-made; other times we'd cook it.

A couple of times, Heather and her husband came and got us and took us to lunch in one of their favorite places. We enjoyed meeting Desmond. Heather told us how she had been sent to "the country" as a child during the Blitz. Lots of children were dealt with this way in order to be safe from the nightly bombings in London in World War 2. It was a fascinating story.

Our 3 weeks in Harrogate came to an end too quickly. We wrote a note to Heather and left it in the cottage when we took our taxi to the train station. We were sorry to leave after such a wonderful experience. We didn't know it at the time, but it was our last trip across the big pond. Our mothers were on their way to the great beyond and there was a devastating fire at our camp, all of which had to be dealt with. We had made many trips to England but this one had to be one of the best.

Letter to the Editor:

What is the purpose of a compass?

Letter to the Editor

would kill them.

What is the purpose of a compass? It is to give you direction you can rely on. When you are 'lost', it shows you a true north.

There are two kinds of 'moral' compasses. One is from God and it always will show you true north. A worldly compass has no true north—its direction is determined by who is holding it.

Carrie Gendron has a true moral compass. She not only uses it, she does not hide her decisions but is clear about obeying God over 'man'.

We read letters to the editor about how she isn't 'representing' women who elected her. I, and many others, applaud her standing up for the rights of the unborn over mothers who

Greg,

I may not say this well, but it seems to me that abortion is somewhat like so many other issues in our country (issues like taxes and zoning) there are two sides that have very differing opinions and very strong stances. Those who are elected to office have been "approved" by the voters with, hopefully, full knowledge of that person's views on all of these subjects. As I have said before no elected official will agree with every stance of every voters. It is simply not possible. Therefore, once in office an elected official must, by necessity, vote in what they believe to be the best interest of those who elected them. And sometimes they will need to simply "vote their conscience".

After all, the voters will have their say again in just over a year when elections 2024 come around.

Gary Scruton, Editor

New Hampshire already voted on abortion. You wouldn't be reading this letter if we had a governor who was a true Republican on this issue. He's a RINO (Republican in name only) and liberals have been chipping away at our abortion law because they have found other RINO's in the NH legislature to vote with them, knowing the governor will sign any abortion 'exception' that gets to his desk.

Carrie Gendron is a light in the darkness of this legislature and there are many like me who applaud her, Matt Simon, and others trying to guide the lost out of the woods of the world.

Sincerely,
Greg Darling
Littleton NH

Letter to the Editor: "Live Free or Die"

To the editor,

NH GOP, Support "Live Free or Die". But support a Candidate, DeSantis, whose goal is to take away all these rights of the people, the rights we live by. Is this what you want, that we want. I think not, DeSantis is another Trump-lite. History will repeat itself, if no-one stops it.

Remember those who support people like DeSantis and Trump will destroy everything you care about. Maybe you will have to read "Mein Kampf" and not the Bible or other Holy Books.

Nancy,

Just the other night I was in a conversation with someone regarding "Live Free or Die". It had nothing to do with your comments here, but I mention it just to point out that the motto of the Granite State can mean many different things to many different people. Is it to be taken literally? Or should it be taken a bit less seriously and seen as only a guide?

I think of this Blessed Holidays for Christians, Easter. Then think of Trump's first wife telling the people of the USA that Donald's Prayer Book was "Mein Kampf." Kept on his bed stand. Evil will be Evil if we let it happen.

"Mein Kampf was Hitler's blueprint for what later became his war for world domination and for the extermination of the Jews and others. Written eight years before he assumed power in Germany, the book lays it all out: his megalomania, his conspiratorial obsession with Jews and his lust

for power." For all who claimed they didn't know, all they had to do was read Mein Kampf to know of Hitler's intentions.

Don't turn your eyes away from what's happening in Fla, Tex, Tennessee, Virginia, Georgia, the Carolinas, etc. it's growing.

Watch the number plates coming into the "Live Free and Die" state. Why are they coming here?

You say, "it can't happen here!"

IT can happen anywhere!

Nancy Leclerc
North Woodstock, NH

New Hampshire has been my home for most of my life. I believe it is a great place to live, and therefore a great place to visit. We, as a state, have led the way in some areas, and have fallen way behind in others. When it comes to national politics I hope we can continue to have the "first in the nation" primary come 2024. But like so many other aspects of our lives, only time will tell.
Gary Scruton, Editor

High Speed Internet Coming to Grafton County This Year

Op-ed by Bill Darcy

I am happy to report that high-speed internet over fiber-optic lines is coming to Grafton County in 2023! It's been a long and arduous journey to this point. Let me give you some background.

After being elected to the Benton Select Board six years ago, I realized the Town's greatest need was to upgrade the slow, unreliable internet service that was the only way residents could communicate online. Schoolchildren couldn't access the internet to do their homework. Social and business interactions were severely limited. Working from home involved frustrating interruptions. The COVID pandemic isolated us even more – and made the need for fast internet – at the so-called "broadband" level – more critical.

Cable companies had no interest in extending their service to the town and the telephone company was not going to replace their sub-standard DSL internet service, which relies on deteriorating copper wires, with fast fiber.

Therefore, we pinned our hopes on the New Hampshire Electric Cooperative (NHEC) to meet the internet needs of our rural community, just as they met our electric service needs in the 1940s when for-profit electric companies ignored rural areas. To encourage NHEC to meet the challenge, in 2020 I successfully ran for a seat on NHEC's Board of Directors.

In that election, nearly two-thirds of voting members of the Co-op sup-

ported a petition drive to get the company into broadband. It wasn't easy to turn around reluctant board members and management. But those of us who saw the need, the feasibility and the potential prevailed.

The Co-op is currently offering multiple-gigabit (ultra-fast) broadband service in the Plymouth area. Construction crews will work their way north over the remainder of the year. NHEC management promises broadband will be available in Benton starting this July.

That means NHEC members in the Trendy Times coverage area, such as Bath, Benton, Easton, Haverhill, Landaff, Lisbon, Littleton, Monroe, North Haverhill, Orford, Piermont, Sugar Hill, Warren, Wentworth, Woodsville and Woodstock, will for the first time have available reliable multiple gigabit fiber internet service at highly competitive rates. This will open a new world of work, social and entertainment possibilities, promote business development and increase property values. It will be a new and exciting improvement to the quality of life for our rural County.

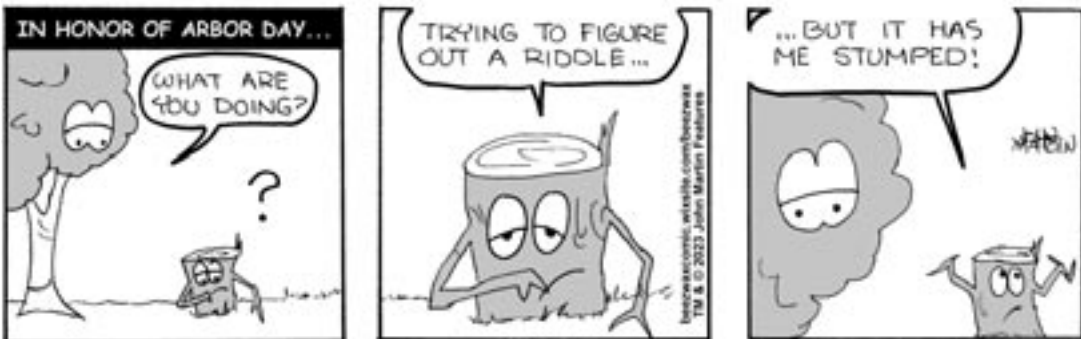
Bill Darcy is Chair of the Benton Selectboard, an NHEC Director and Chair of their broadband subsidiary, NH Broadband.

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By John Martin



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

April 18, 2023

Volume 14 Number 14



What About Ma?

by Kellie Quackenbush

All About Head Injuries

There comes a time in almost everyone's life when you are faced with a brain injury -- not necessarily your own but perhaps a friend or family member will have one. Common terms such as stroke, traumatic brain injury, brain hemorrhage and, concussion all refer to brain injuries.

A stroke, also called a cerebrovascular accident (CVA) is an interruption of blood to the brain. "Symptoms of stroke include trouble walking, speaking, and understanding, as well as paralysis or numbness of the face, arm, or leg." per www.mayoclinic.org/diseases-conditions/stroke, "A stroke is a medical emergency, and prompt treatment is crucial. Early action can reduce brain damage and other complications"

"A traumatic brain injury (TBI) can be caused by a forceful bump, blow, or jolt to the head or body, or from an object that pierces the skull and enters the brain. Not all blows or jolts to the head result in a TBI.

Some types of TBI can cause temporary or short-term problems with normal brain function, including problems with how the person thinks, understands, moves, communicates, and acts. More serious TBI can lead to severe and permanent disability, and even death." per www.ninds.nih.gov/health.

"Brain hemorrhages are also called cerebral hemorrhages, intracranial hemorrhages, or intracerebral hemorrhages. They account for about 13% of strokes.

Since some brain hemorrhages can be disabling or life-threatening, it's important to get medical help fast if you think someone is having one." per www.webmd.com/brain.

"A concussion is a traumatic brain injury that affects your brain function.

Effects are usually temporary but can include headaches and problems with concentration, memory, balance and coordination. Concussions are usually caused by a blow to the head. Violently shaking of the head and upper body also can cause concussions. Some concussions cause you to lose consciousness, but most do not.

Falls are the most common cause of concussion. Concussions are also common if you play a contact sport, such as football or soccer. Most people usually recover fully after a concussion." per www.mayoclinic.org. "Seek emergency care for an adult or child who experiences a head injury and signs and symptoms such as:

- Repeated vomiting or nausea

- A loss of consciousness lasting longer than 30 seconds

- A headache that gets worse over time

- Fluid or blood draining from the nose or ears

- Vision or eye disturbances, such as pupils that are bigger than normal (dilated pupils) or pupils of unequal sizes

- Ringing in the ears that doesn't go away

- Weakness in the arms or legs

- Appearing very pale for longer than an hour

- Changes in behavior

- Confusion or disorientation, such as difficulty recognizing people or places

- Slurred speech or other changes in speech

- Obvious difficulty with mental function or physical coordination

- Changes in physical coordination, such as stumbling or clumsiness

- Seizures or convulsions

- Lasting or recurrent dizziness

- Symptoms that worsen over time

- Large head bumps or bruises on areas other

than the forehead in children, especially in infants under 12 months of age."

Spring is rapidly changing to Summer and outdoor activities are on the rise. With the extra sports activities and rising temperatures, it is important to be mindful of the hazards and potential injuries. Head injuries should be given serious care as long term damage can occur if left untreated. Because this topic is so very important, I am leaning on quotes from learned experts.

"-Always seek medical attention for a head injury. -There is no specific treatment for mild head injury other than plenty of rest and not overdoing things. It can take some time for the brain to recover from a head injury and during this time, headaches, dizziness and mild cognitive (thought) problems are common.

"-Don't go to work or school, or resume sporting activity until you have fully recovered." per www.betterhealth.vic.gov.

Enjoy your sporting events and summer fun but be aware of the importance of getting medical help after falls, getting hit in the head with any object, and sudden changes in behavior in yourself or others. Be safe and follow up with your doctor after injuries.

Spring Planting and Pruning Workshop

If you have spring planting and pruning questions the Grafton County Conservation District (GCCD) Planting and Pruning Workshop will have the answers about growing fruit trees and softwood trees. The GCCD Planting and Pruning Workshop will be held at Windy Ridge Orchard, Route 116, North Haverhill on Friday, April 28th from 5:30-7:00PM. Our host, Dick Fabrizio, will demonstrate apple tree planting and pruning methods, and share his knowledge and expertise on apple tree care. Jim Frohn, Grafton County Extension Forester, will demonstrate

planting techniques and discuss site considerations for growing balsam and Fraser fir. Dick and Jim are ready to answer your questions. This workshop has been approved for 1.5 pesticide license renewal credits in NH.

Additional plant information sheets will be available. This informal, but informational workshop is held outdoors, dress warmly. Plant Sale customers may pick up their orders Friday 4:30-6:00. The Planting and Pruning Workshop is free and open to the public. Call Pam at 603 787-6973 to register.

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Vanishing Acts

by Maggie Anderson

Outside Tokyo, a short walk from the Oi Race-track stop on the monorail, you'll find what is probably my most favorite flea market on the planet. It is set up in the racetrack's parking lot, and boasts literally hundreds of vendor stalls, selling everything you can imagine, and many you've never dreamed of.

I always arrive when they open and stay until most of the vendors have packed up and headed home.

I risked my life one July to check it out for the first time. July in Tokyo is one of the most uncomfortable places on earth, it is so hot about 100 people drop to the sidewalk like lead weights and die in that heat every single day. It is not a place for the timid.

I'd spent the entire day wandering the stalls, and enjoying fare from some of the best food carts in the city before I started the long walk back to the monorail. A walk fine in November, brutal in Tokyo's July heat, intensified by millions of square yards of super-heated

concrete and tarmac. Halfway back to the station, I stopped to rest on one of the benches along the route. I had just purchased a sack of mandarins, still warm from the sun, and their day in the stall. I pulled one from the sack and while I was peeling it, an elderly woman came up to share the bench.

I offered her one of my gold nuggets, which she gladly accepted. She peeled it the way Japanese people do, reserving the tiny bowl of orange rind to rest the segments in. She pulled segments off one at a time until the last. When she was done she pulled a tissue out of her bag and wrapped the peel to be taken home and disposed of, then she leaned back and closed her eyes.

When she heard her bus approaching, she reached into her bag again and pulled out a package of chocolates, passed me a handful, and told me they were her favorites.

The bus door opened, and then she was gone.



More Time on Civics Instruction

According to a 2021 report from the Annenberg Public Policy Center of the University of Pennsylvania, 4 out of 10 US citizens can't name the three branches of government. Other studies, indicate that only 6 out of 10 Americans are able to identify our government's three branches of government. Regardless whether it's 4 or 6 out of 10, it is clear that the civics knowledge and skills once taught in schools have decreased significantly. Unfortunately, high school Civics teachers must often assume that students entering their classrooms are likely to have little understanding and basic knowledge, such as the meaning of the 4th of July, the total number of US states, and who runs our state and federal government.

During the past week, the House Education Committee heard these comments from concerned citizens who testified in support of Senate Bill 216. This bill establishes requirements for teaching Civics in schools, and defines a civics education. As defined in the bill, Civics is a non-partisan subject and requires that teachers focus on civics and increase the time spent on teaching this very important subject, particularly in the elementary and middle grades. It is vital that

foundational knowledge about essential rights and responsibilities of citizenship be introduced in the early grades as well as being taught as a singular course required for graduation from high school. There are instructional opportunities to cross over these foundational skills with reading and writing by examining relevant history, or at the middle and high school grades by examining relevant sources that address our system of government and even within math learning when looking at districting, the electoral college or other topics.

Senate Bill 216 proposes that dedicated civics instruction in each elementary grade be provided either as part of social studies or integrated with other subjects. A half-year course, or the equivalent of a half-year course would be taught in the middle school (grades 6, 7, or 8), and a half-year credit course of instruction in Civics would be required for high school graduation. Within this bill, "Civics" is defined as meaning a nonpartisan education program that addresses the following:

(a) Civic knowledge, the acquisition of knowledge of the history, heritage, civic life, and civic institutions of the United States of America and the state of New Hampshire.

(b) The acquisition of skills, such as the ability to analyze text and determine the reliability and biases of sources.

(c) An understanding of the ways in which civic institutions operate and how individuals may be involved in civic life.

(d) An appreciation for free speech and civil discourse, using historical references, such as the federalist-antifederalist papers, the major debates at the Constitutional Convention of 1787, congressional and public debates leading to the Civil War, and Civil Rights debates of the 1950s and 1960s.

As mentioned by a school teacher from John Stark Regional High School, "I routinely tell students in by Civics classes that it is the most important class that they will take in high school, and I firmly believe in this to be true. I believe a more robust experience with Civics in elementary and middle school will help me and other high school teachers better prepare our young people for citizenship."

Respectfully Submitted,
NH Rep Rick Ladd,
Chairman, House Education



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The Town of Haverhill seeks a contractor to build an outside covered stairway (fire escape) as a 2nd Floor Egress at the Haverhill Corner Fire Station located at 172 Dartmouth College Highway, Haverhill, NH.

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Contractors can submit a Lump Sum Bid as well as an anticipated project schedule to the Town of Haverhill Administration Office 2975 Dartmouth College Highway North Haverhill, NH 03774 **no later than 2pm on Thursday May 4, 2023.** All bids must be in a sealed envelope, clearly marked "2nd Floor Egress".

Not all Times are Trendy, but there will always be Trendy Times April 18, 2023 Volume 14 Number 14



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

Noodles and Ground Beef Casserole

Hello hello my fellow chefs! How are you all doing today? I'm fine and just got home from spending Easter with my son. He picked me up on Friday, I got to visit my brother Al who just had his bladder removed from cancer. He's doing okay but still having a lot of pain. Hi Al I know you read this!! Nick and Tobi made a delicious everything Easter buffet. There were about 20 people and it was very nice. We went to church and Abigail had a beautiful dress on and Angelo and Arlo had mullet haircuts and boy do they look great. So handsome and beautiful my grandchildren are. I'm blessed.

Well let's get started with today's recipe and how to make it.

Ingredients

1 lb. Lean ground beef
1 tsp minced garlic
2 15oz cans of tomato sauce
1 tsp sugar
1 tsp garlic salt



1 tsp salt
1/2 tsp garlic powder
1/2 tsp onion powder
1/2 tsp Sazon complete seasoning
8 oz package of egg noodles
1 cup sour cream
3 oz whipped cream cheese
1 large onion minced, I used my mini food processor
8 oz shredded sharp cheddar cheese divided
Heat a deep frying pan (I used my deep copper sauté pan) over medium heat and fry ground beef crumbling with wooden spoon. When just about done drain if any excess

fat. Add minced garlic and fry for one minute then add tomato sauce, sugar, garlic salt, salt, onion and garlic powder and Sazon and mix well. Simmer for 20 minutes. Remove from heat. While your sauce is simmering cook egg noodles Al dente. Check package for cooking time. Drain and add to meat sauce and mix well. Pre-heat oven to 350 degrees and spray Pam in a 9x13 pan. In medium bowl mix softened whipped cream cheese, minced onion, sour cream and 1 cup shredded cheddar cheese. Whisk together well. Put half of cheese mixture into mac and beef, mix well then spread half of Mac and beef into prepared casserole pan, top with the rest of the cheese mixture then spread rest of Mac and cheese on and sprinkle with the rest of the shredded cheese. Bake for 25-30 minutes until bubbly and brown. Let sit at least 15 minutes to set, then

serve. I had Jane over and we both loved it.

Heat leftovers in microwave. We had salad and wine coolers with it. Remember to drink responsibly. The casserole was a hit. Please give it a try because your family will think you are a star.

If you have any questions please contact Gary and I will help you out.

Well folks that's it for today's recipe. Enjoy and stay healthy. Until next time I am signing off,
Sincerely,
Cin Pin



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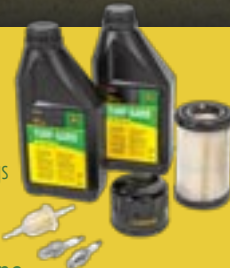
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¹Offer valid 2/1/2023 - 4/28/2023 only. Subject to approved installment credit with John Deere Financial. Package payment based on 10% down and 1.9% APR for 84 months. Taxes, insurance, and fees could increase the monthly payment. Photo for illustrative purposes only, actual equipment may vary. Price and model availability vary by dealer. Offer and pricing subject to change without notice. Some restrictions apply. See dealer for details. ²Manufacturer's estimate of power (ISO) per 97/68/EC. ³All Compact Utility Tractors purchased new from an authorized John Deere Dealer come standard with a 6 year/2000 hour (whichever comes first) Power-train Warranty. See the Limited Warranty for New John Deere Turf & Utility Equipment at dealer for details. Optional 6 year Full Coverage Warranty available, some restrictions apply, see dealer for details. ⁴Offer valid on qualifying purchases made between March 1, 2023 - April 29, 2023. Receive 15% off the purchase of one or more Home Maintenance Kits. All products are not included. In the US savings are applied to the total before shipping/delivery charges and consistent with applicable sales tax and requirements. Not applicable on factory installed attachments/packages and cannot be combined with any other offer.

GREAT FUTURES START **HERE.**



BOYS & GIRLS CLUB
OF THE NORTH COUNTRY

BGCNC is seeking Summer Camp Counselors

Counselors will be responsible for supervising Club members in a variety of creative, physical, and artistic activities. Includes weekly field trips.

Hours: Mon-Fri, Morning or Afternoon
Part-time or Full-time

Applicants must be 16 years of age or older.

Starting wages \$13-15/hour

Contact Sandy Brackett, 603-838-5954 or
director@bgcnorthcountry.org