

TRENDY



TIMES

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APRIL 28, 2020 VOLUME 11, NUMBER 15

North Country Beekeepers Get Donation From Co-op

The Littleton Food Co-op was so happy to give this check to our Partner of the Month for March - the North Country Beekeepers Association! Their goal is to bring bee education to the public. They will be using the money to continue teaching students of all ages about the importance of honey bees and our native pollinators in the health of the north country. This season may be trying in regards to public outreach, these funds will go a long way to help them devise a way to reach people of all ages and educate on the importance that pollinators have in our food system and how bees touch the many aspects of our lives.

The Littleton Food Co-op strives to create a safe marketplace for our customers and for all employees. The CDC recommends the wearing of a face covering to help slow the spread of COVID-19 and help people who may have the virus and do not know it from transmitting it to others. Janice Mercieri heard of this she put out a call to

the North Country Beekeepers for sewers of masks. Susan Smith, a beekeeping student and avid sewer stepped up to the task. Thanks to Janice and Susan the Co-op is masked for the task at hand! Thank you for helping us keep safe!

One of the Co-ops strengths is our ability to cooperate and adapt, so in light of the current COVID-19 crisis we have made a couple of emergency changes to our Partner of the Month Program. In order to best serve our community, Habitat for Humanity Ammonoosuc Region (<https://www.habitat.org/us-nh/littleton/hfh-ammonoosuc-region>) has graciously postponed their scheduled slot for April, and instead we will be raising funds for Granite United Way's COVID 19 Relief Fund. We'll still be supporting Habitat for Humanity in January

2021, but right now you can directly help your neighbors when you shop at the co-op! In addition to Rounding Up at the register or adding cash to the collection box there, you may also: Give online at www.graniteuw.org.

"Granite United Way has always been here for our communities - our neighbors need help now more than ever before with 1 in 4 families already struggling to afford their basic needs. We also know there will be lasting effects after this immediate crisis," said Patrick Tufts, President and CEO of Granite United Way. "By establishing the COVID-19 Relief Fund we ensure access to critical services and help people get what they need to make it through today and tomorrow." Granite United Way is working with state and local leaders to address needs in real time. "At a time



Janice Mercieri and Linda Gilmore, president of the NCBA accept the Partner of the Month check at the Littleton Food Co-op.

of crisis, we know that aligning our work and support will be key to bolstering vulnerable individuals and families," said Heather Staples Lavoie, Board Chair for Granite United Way. "I am proud to serve as Board Chair for Granite United Way, an organization that is a leader in addressing the pandemic - finding real-time solutions for the short-term and planning for ways to continue that support in the future."

Member-owned Little-

ton 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. Located at the intersection of Cottage Street and Route 302 (exit 41 off I-93), the Littleton Food Co-op is open daily, 9 a.m.-7 p.m. For more information or to become a member, please visit www.littletoncoop.com, call 603-444-2800 or just stop by! See ya at the Co-op!

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Important Update
Following the recommendations of the CDC for social distancing we are closing our doors to the public. Until we reopen, we are offering a monthly online membership with daily work out videos (Mon-Fri) led by our trainer Gretchen. Email info@alwaysfitathletic.com to sign up.
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TRENDY Dining Guide

Trendy Dining Guide Update

by Gary Scruton

ADDITIONAL EDITOR'S NOTE: The following article is the same as the one published in our March 31 edition. I can only add that changes continue to happen. So please check with your local establishment to get full details. Also, when possible, and being sure to do so in a safe manner, please consider patronizing some of these businesses during this very tough time. They will all have a difficult time surviving this time and any assistance we can offer will undoubtedly be greatly appreciated.

I probably don't need to tell anyone that times have changed. Both Vermont and New Hampshire Governors have closed down all restau-

rants and bars, for in house serving, until some time to be determined. This means that every one of the advertisers here in the Trendy Dining Guide have needed to evaluate their business and make changes.

Those changes have varied depending on the particular business, and in a couple of situations, have changed since the first orders came down from government.

Though I can not possibly give full updates on all of our advertisers I will try to give at least some current information for your evaluation.

In alphabetical order:

Bliss Village Store:

The Bliss Village Store has been a staple on the Main Street of Bradford for

many decades and continues to be open. Their deli case will continue to operate with food to go. There is also a large number of coolers for beverages, a good variety of fresh baked pastries, and many other "staples".

Everybuddy's Casual Dining:

This establishment has changed their hours in order to better serve those who are coming to get take-outs. They are now open Monday thru Thursday from 11 am - 7 pm, and Friday, Saturday & Sunday from 9 am until 7 pm. They are also using some of their time to do some remodeling inside.

Gather Together Cafe:

Though Gather Together

is a fairly new establishment, it has become a favorite of many. With many in house baked items and fresh made coffee available they have continued to have those offerings. They have also added freshly prepared meals to go to the menu There are also new extended hours at Gather Together, 7 am - 6 pm Tuesday thru Saturday and 8 am - 1 pm on Sunday.

The Happy Hour Restaurant:

The Happy Hour has been located on Main Street in Wells River now for generations. Just a few years ago new owners took over and have continued many traditions while making changes to keep up with today's patrons. With this current situation they have also needed to make some changes. Though they initially tried take outs, they have since decided to simply close down all together until some later date after the crisis.

Hungry Bear Pub & Grill:

The Hungry Bear is one of those establishments that has needed to make changes since the order first came

down. They began with take-outs available. But they have now decided to close entirely and take advantage of this time to do some more renovations. Again, reopening date is to be determined.

Polly's Pancake Parlor:

It happens that Polly's is normally closed in early April for an annual "spring cleaning". The original reopening date was April 9, but that appears to be changed.

Room 111 at Victory Lanes:

According to the Facebook page this establishment has decided to close entirely. As with the other businesses their reopening date is yet to be determined.

Tuttles Family Diner:

Tuttles has had a deli counter in place for some time now. That counter remains open along with the new addition of some grocery items. They are also offering take-outs, curbside service and even some local deliveries. They have also changed their hours to Monday thru Saturday from 7 AM - 7 PM.

Volume 11 Number 15 April 28, 2020

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

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NEK Council On Aging Celebrates April As National Volunteer Month

St. Johnsbury, VT – Every April, the NEKCOA makes a special effort to extend their appreciation to over 370 volunteers that lead wellness programs, cook and deliver meals, help with errands and shopping, provide phone support and friendly visiting, make phone calls to friends, care for family and friends, and so much more. Due to the pandemic, this April is very different with the postponement of most wellness classes and workshops offered by the Council.

“The COVID-19 outbreak has caused our organization to face many challenges, but our amazing team of volunteers are redirecting their efforts to help us in so many ways,” said Meg Burmeister, Executive Director of the NEKCOA. “Since March 1st, we have added 37 additional home-delivered meals drivers, seven meal site assistants, and seven friendly visitors. We have teams of people sewing masks, making phone calls for a friendly hello, and checking in on neighbors to make sure they are safe. We are very grateful to everyone who dedicates their time and talents to assist our elder Vermonters.”

The Council’s volunteer efforts are led by the amazing team of Karen Budde, RSVP Volunteer Coordinator, and Patty Beckwith, Senior Companion Coordinator. They support volunteer networks that extend across the NEK.

Established in 1971, RSVP is the Retired and Senior Volunteer Program, one of the largest volunteer networks in the nation for people 55 and over where volunteers use life-learned skills and talents in a variety of activities to assist in their communities. The funding for the RSVP program was recently reinstated for the next three years.

“I am just so grateful for all the hands that have reached out,” said Budde. “These hands were once



Photo Caption: Volunteers from the NEK Council on Aging are pictured during a training for the Arthritis Foundation Exercise Program. Dianne Wyllie is kneeling (front right) with Karen Budde, the Council’s RSVP Volunteer Coordinator.

leading wellness classes and are now stitching masks or working with Senior Companions packing emergency food bags.”

The Vermont Senior Companion Program is a statewide program that matches volunteers ages 55 and older with elders who need companionship and assistance. Senior Companions aim to keep people in their own homes for as long as possible, prevent feelings of loneliness and isolation, and give time off to family caregivers. Senior Companions receive a non-taxable stipend, mileage reimbursement, paid personal leave and holidays, accident and liability insurance, paid training opportunities, and friendships that lasts a lifetime.

“It is my privilege and honor to work with this very special group of volunteers,” said Beckwith.

“The level of friendship and support the Senior Companions provide to the elders they serve is an inspiration to all who know them.”

The Council had planned two Appreciation Celebration Lunches for all volunteers this month, but they have been postponed due to the outbreak. “We will all celebrate together when this crisis is over, and this experience will only serve

to motivate us even more to help one another,” said Burmeister.

Dianne Wyllie of St. Johnsbury has served as a volunteer with the NEKCOA since 2009. “My friend Jenny Patoine introduced me to the Growing Stronger class before I retired, and I am now a trainer for the Arthritis Foundation Exercise Program.” said Wyllie. “My friend Diane Montague and I share the role as trainer and teach the class at the St. Johnsbury House. I love the class. We are like a family, taking care of each other and getting stronger. I love to volunteer because I enjoy helping people to remain healthy and the exercises benefit me too.” She is also supporting her community during the COVID-19 outbreak by sewing masks for NVRH.

If you have an interest in becoming an RSVP volunteer, contact Karen Budde at (802) 751-0431. To learn more about the Senior Companion program, contact Patty Beckwith at (802) 334-4816.

Colonial Theatre Postpones May Opening

In light of the continuing global health crisis The Colonial Theatre in Bethlehem, NH will postpone its traditional early May season opening. “We will re-open when our state public health professionals deem it is safe.” Said Colonial Executive Director Stephen Dignazio. “We have a full schedule of events planned and are ready to go whenever it is possible, but obviously the health of our community, volunteers and staff is our utmost concern. I also would like to take this opportunity offer a very sincere thank you to all of our members and contributors who have exceeded expectations and continued to support us during these uncertain times.”

The Colonial Theatre was originally scheduled to open for the season May 2 with its first LIVE! At The

Colonial performance with Rickie Lee Jones on May 16. Rickie Lee has been re-scheduled for Sunday, September 27. Ticket buyers for this or any Colonial event can rest assured that their purchase price will be fully refunded in the event of further cancellations or postponements. Tickets purchased for a show that has been rescheduled will be automatically honored for the new date or refunded should the ticket holder be unable to attend.

For more information about 2020 season plans and events visit The Colonial website at Bethlehem-Colonial.org. While you are there sign up for regular email updates or follow the Theatre on Instagram (bethlehemcolonial), Facebook (Facebook.com/Bethlehem-Colonial) or Twitter (@ColonialNH).



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Ed Rajsteter Announces His Candidacy for NH State Representative - Grafton 15

WOODSVILLE NH - Today, Ed Rajsteter announced his candidacy to be the State Representative for Grafton County District 15, which includes the towns of Bath, Benton, Easton, Haverhill, Landaff, Orford, Piermont, and Warren. Ed wants to help improve lives in our northern Grafton County communities and build towards a more equitable and inclusive New Hampshire. Ed is seeking the State Representative seat that will become vacant at the end of this year when Denny Ruprecht's term ends; Denny has announced that he will not seek reelection.

"My wife Karen and I both retired in 2006 and moved from New Jersey and settled here in the Haverhill area. During the past 14 years, I turned my energies into helping Granite Staters break the cycle of drug and alcohol addiction that punishes so many of our families and communities.

As Founder and past President of the Friends of New Hampshire Drug Courts, I have been on the front lines of our state's opioid epidemic; marshaling community, business, and government resources to help addiction victims receive treatment and be fully reintegrated as members of their families, communities and workplaces," stated Ed Rajsteter. "Additionally, I've served as a Mountain Lakes District Commissioner and on various district committees as well as testified before NH House committees. I will be working hard to earn your vote."

As your Grafton-15 State Representative, Ed will support fully:

- State efforts to reduce

prescription drug costs

- Increasing and stabilizing funding for the Grafton County Meals on Wheels Program that is a lifeline for so many of our seniors and disabled

- Working to ensure that our local schools continue to receive their fair share of state school aid

Grafton County Commissioner Linda Lauer offered her endorsement of Ed's candidacy; "I first met Ed through his many and valuable activities as a leader of the Friends of Grafton County Drug Court and later the Friends of New Hampshire Drug Courts. He is everything I want in a Representative – he is intelligent and hard-working, and his integrity is beyond reproach. Ed listens to other points of view and weighs all of the facts before making a decision," stated Commissioner Linda Lauer.

State Representative Sue Ford, Grafton 3, also added her endorsement for Ed's candidacy; "Ed has been a leader in the Friends of New Hampshire Drug Courts and he will bring a wealth of information to the NH House as a legislator, I look forward to working with him in Concord," stated Representative Sue Ford.

The current office holder of Grafton 15, State Representative Denny Ruprecht, also gave his full support to Ed's candidacy for State Representative; "As many know, I am not seeking reelection to the New Hampshire House of Representatives. However, I am happy that Ed is seeking election as our area State Representative. Ed will make a great State Rep," declared Representative Denny Ruprecht.



Ed has a proven record of accomplishment and getting things done with trusted experience and a sincere desire to do what's right; and is focused on our future for the residents of the Grafton-15 towns. He looks forward to meeting voters in the district towns over the next few months so that he will know first hand the concerns and issues that are important to the voters in Northern Grafton County.

"Most importantly, be diligent about Coronavirus health tips including social distancing; I'm confident that, together we will successfully navigate these uncertain times confronting our nation and the Granite State," added Rajsteter. "Although the current Coronavirus safeguards limit most in-person campaigning I'll be reaching out to district voters via email and social media and encourage voters to follow my campaign through my Facebook page."

For more information about Ed's State Representative Grafton-15 campaign, please visit Facebook: <https://www.facebook.com/rajsteterforgrafton15> or Email: rajsteter.forgrafton.15@gmail.com.

To support Ed's campaign please click on the ActBlue link: <https://secure.actblue.com/donate/rajsteterforrep>

Ford Announces Candidacy

Sue Ford of Easton announced on April 3 that she is a candidate for the State Senate seat in NH District #1. Sue is currently a House Representative from Grafton District #3, representing Bath, Benton, Easton, Landaff, Orford, Piermont and Warren. Representative Ford has been a member of the NH House Children and Law Committee, and she is currently Chair of the NH House Finance Committee Division II. Division II is responsible for crafting the House budgets of the Department of Safety, the Department of Transportation and the Department of Education, among others.

Ford's work examining the Education Department budget led to her interest in running for Senate District #1. "It's clear that the current adequacy funding for New Hampshire's rural communities is not sufficient," she states. "There is a Commission looking at state funding of education, with a member from our area. However, the Commission will only make recommendations, it will be the House and Senate that will need to implement those recommendations." As an educator - a teacher, a principal, and a central office ad-

ministrator for over 40 years, Ford offers a background in education and experience on the House Finance Committee that will help her ask the right questions and support north country communities and schools by demanding adequate funding while keeping local property taxes in check. In the House, Sue supported efforts to end property tax downshifting, easing the burden on local taxpayers.

Educational funding is not the only rural issue that is a concern, Ford says. "We need to develop economic opportunities without sacrificing our natural environment. Cell and Internet service is spotty. Health care costs are rising." Some of these issues will likely need to be addressed on the federal level – Ford has worked effectively with the NH federal delegation and will continue to do so. Currently 71 current NH Representatives have endorsed Sue Ford for Senate.

It will not be possible to meet in person or in groups until the Covid-19 virus is contained. If you have suggestions, ideas or questions, you can reach her at sueford4nhsenate1@gmail.com.

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Frog Killers

my Maggie Anderson

I sat down to do some writing tonight after Hank and I had eaten and the dishes were done. He's in the middle of another book by an author whose work he liked in the first volume he read. In fact he liked it so much he hauled himself back to the "Friends of the Library's" Monday book sale a week later and grabbed a dozen more by the same writer.

Lucky for him the COVID 19 pandemic had not yet closed every business in town and rolled the sidewalks up like giant pill bugs.

His problem now is he may finish reading them all before the town reopens. Then what will he read?

It has been a crazy house atmosphere around here with all that's going on in the world so I was having a difficult time deciding what to write about. I wasn't having a hard time finding something to write about just a tough job choosing a topic from so many.

I finally asked Hank to read one of my many lists of possible writing topics and to please just pick one for me to write about.

He scanned the list and chose "stuff on the beach". He questioned my side bar "frog killers" so maybe that's where I should begin.

When I was 13 years old my family was camping at Carpinteria Beach in California and so many things happened on that trip they all seem to tumble out onto the table at once.

We were camping in a spot near an RV the size of a Greyhound bus. It was owned by Hanna - or Barbera, the cartoon people, and since it had a TV, my

brothers thought it was the best thing since the switchblades they bought in Tijuana the week before. The ones that were promptly confiscated by the authorities at the border because everywhere they went they were popping them open and closed.

The point being they were so wowed by the fact they could sit in there with the cartoon guy's kids and watch television all day they totally forgot the majestic Pacific was calling just a hundred yards away. I think those boys cranked up the volume to drown out the sound of the waves.

I don't know what my folks used as bait to pry my brothers out of there when it was time to leave but it must have been a juicy prize.

The next oddity was running across two little modeling agents who sized me up as I passed them on the trail to the beach. One guy looked at the other and said "Man, she's cute, she's got as good a figure as Wendy." Clearly a discerning fellow.

I never saw this Wendy, I wish I could say I was quick enough to say "She must be quite a looker" but thought instead somebody should teach those little twerps to keep their opinions to themselves. Besides I couldn't have cared less about whose figure mine was as good as.

I met the frog killers on a different part of the trail. They were the sort of kids I hoped never to live next door to; cruel, hateful, and filled with glee over their behavior and the hurt it caused. I only

hope they are still sorry I ran across them.

That area of the trail ran through a spongy little marsh hopping with dozens of tiny peepers, frogs in miniature perfection, tiny little animals not only adorable but entertaining with their symphony of peeping as soon as the sun began to spread itself along the sea's horizon just before it disappeared for the night.

Those two boys were cackling and whooping with glee over the tiny frogs whose insides they had mashed to pulp before setting them down on the ground just to watch them as they struggled to move.

It was hateful and gruesome and I told the two of them I would throttle them myself if they hurt another of those defenseless little frogs.

Some people learn things the hard way, these two were the head of that pack. They must have thought because they were so much bigger than I it wouldn't be too difficult to handle me.

I'm happy to say the moment one of them reached for another helpless frog I jumped on him before he got his hands on it. I pounded while he screamed and his faithful playmate ran so fast he was probably all the way to San Diego by the time my evil little monster got his nose to stop bleeding.

I like to think they both remember me with something less than fondness. I remember them. They've most likely been in prison for years.

Gray Calls For Support Of Vote-By-Mail in 2020 Election

Assistant Attorney General Molly Gray, a Democratic Candidate for Lieutenant Governor issued the following public statement:

"Earlier this week Milwaukee health officials confirmed that new cases of COVID-19 in Wisconsin were linked to in-person voting. Wisconsin also pared-down its 200 voting locations to five locations which resulted in voters waiting hours in line to cast ballots.

We should recognize the lessons from Wisconsin and ensure every Vermonter has the ability to safely participate in our primary and general elections this year. I agree with Secretary of State Jim Condos who earlier this week stated, 'No Vermonter should have to choose between their health and casting a ballot.'

Today, I am inviting candidates and elected officials to join me in calling for a move to vote-by-mail in Vermont to ensure we can protect our public health and

our democracy.

Moving to vote-by-mail will require lead time for implementation. We need to act now to ensure we have adequate time to prepare. We need to utilize the funds our Congressional delegation secured through the federal stimulus package to make the transition. Now is the time for swift, decisive action.

From our participation in town meetings to our response to a humanitarian crisis, we have a tradition in Vermont of service and civic engagement. As a state we have a historic opportunity to meet these challenging times with decision making that brings more Vermonters into the process of shaping the future of our state. An early and timely decision to make a historic move to vote-by-mail would be aligned with our values and would ensure every Vermonter can safely access the primary and general election."

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The Haverhill Cooperative School District Annual Meeting originally scheduled for March 21st then rescheduled to April 18th has now been moved to Saturday, May 30th at 9:00 am in the Haverhill Cooperative Middle School Gymnasium

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Plymouth State University Nursing Students Graduate Early, Become First in New Hampshire to Join the Front Lines

Plymouth, N.H. – Due to the coronavirus pandemic, Plymouth State University (PSU) senior nursing students quickly adjusted to virtual simulations and other alternative methods to complete their final semester of clinical training. Today, these nursing students graduated early – a full month ahead of schedule – allowing them to begin working on the front lines in the state’s hospitals and other health care settings. The class of new registered nurses will work as graduate nurses until they complete the National Clinical Licensing Exam (NCLEX) later this spring.

“This was a true team effort – from our faculty who ensured students met all course objectives, to our government relations team who worked with the Governor’s Office, and our registrar who processed the degrees overnight, to the New Hampshire Board of Nursing that facilitated early licensure applications, to the students themselves, for their flexibility and diligence under stressful circumstances,” said Jean Coffey, Ph.D., APRN, FAAN, Director of the Plymouth State University Nursing Program. “Nursing requires teamwork and performing under pressure, and the challenges of this semester demonstrated to our students the importance

of remaining calm and focused.”

Seventy percent of PSU’s 2020 nursing graduates expect to become licensed in New Hampshire, and many will begin working at the hospitals where they completed their senior capstone semesters. Marshall Mosher, a senior nursing student from Lyndonville, Vermont, completed his capstone semester at Littleton Regional Hospital, and will begin work in its emergency department as soon as his graduate nurse license is approved. “The route to graduation changed, but the goal was still the same,” said Mosher, who is excited to begin his nursing career.

The combination of earlier graduation and the New Hampshire Board of Nursing issuing temporary licenses to new graduate nurses will allow healthcare facilities to start the onboarding process weeks earlier than usual. “This is especially important now,” said Kim Force, Clinical Director of Inpatient Services at Littleton Regional Hospital. “PSU’s graduate nurses will be at the forefront, and we look forward to bringing them aboard.”

PSU’s nursing program is a four-year degree program in which students may graduate with a Bachelor’s Degree in Nursing (BSN). The program, which gradu-

ated its first nursing class in 2013, was originally accredited by the Commission on Collegiate Nursing Education (CCNE) as a new collegiate program, but earned full accreditation in 2018. Many PSU graduates begin their nursing careers at hospitals and other clinical sites in New Hampshire

For information about Plymouth State University and its nursing program, visit www.plymouth.edu.

About Plymouth State University: Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates and by providing graduate education that deepens and advances knowledge and enhances professional development. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire. For more information about Plymouth State University visit www.plymouth.edu.

Acceptance

Topics

Disability and Aging
by Cyndy Wellman



Mother’s Day

Honor Your Mom on May 10. It’s not about winning their hearts. True Moms are role models. They love you for who you are. whether your Mom is the following: Biological, sister, Grandmother, Foster, friend, or Fur Moms!

Here are some Ideas to make it memorable. Personal gift and spending quality time. Instead of rushing to go to Church, eat out, or take a trip! Sounds like it benefits you more. Then your Mom. It is all they really want. One day out of the year. Visit and

a hug!

Isolation this year is tricky. Coronavirus is preventing us! If you live close by visit, but stay 6 feet apart. Create a cute care package. If you don’t live nearby mail and phone calls are always welcome. Even Skype/ Zoom internet availability. If you are fortunate and live with your Mother make that special meal. Write a poem. Even sing that favorite song. We all love to be loved.



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How Should Millennials Respond to Market Decline?

The coronavirus crisis has unsettled every age group, as we are all worried about our health and that of our families and communities. And if you're in the millennial generation, generally defined as anyone born between 1981 and 1996, you might also be concerned about your financial future, given the sharp decline in investment prices. How should you respond to what's been happening?

Your view of the current situation will depend somewhat on your age. If you're an older millennial, you had probably been investing for a few years when we went through the financial crisis in 2007-2008. And you then experienced 11 years of a record bull market, so you've seen both the extremes and the resilience of the investment world. But if you're a younger millennial, you might not have really started investing until the past few years, if you've started at all,

so you've only seen a steadily climbing market. Consequently, you may find the current situation particularly discouraging, but this is also a lesson in the reality of investing: Mar-

kets go down as well as up.

But no matter where you are within the millennial age cohort, you might help yourself by taking these steps:

Enjoy the benefit of having time on your side. If you're one of the younger millennials, you've got about four decades left until you're close to retiring. Even if you're in the older millennial group, you've probably got at least 25 years until you stop working. With so many years ahead, you have the opportunity to overcome the periodic drops in investment prices, and your investments have time to grow. And, of course, you'll be able to add more money into those investments, too.

Invest systematically. The value of your investments will always fluctuate. You can't control these price movements, but you may be able to take advantage of them through what's known as systematic investing. By putting the same amount of money at regular intervals into the same investments, you'll buy more shares when the share price is lower – in other words, you'll be "buying low," which is one of the first rules of investing – and you'll buy fewer shares when the price rises. Over time, this strategy can help you reduce the impact of volatility on your

portfolio, although it can't ensure a profit or protect against loss. Plus, systematic investing can give you a sense of discipline, though you'll need to consider the ability to keep investing when share prices are declining.

Focus on the future. You're never really investing for today – you're doing it to reach goals in the future, sometimes just a few years away, but usually much further out. That's why it's so important not to panic when you view those scary headlines announcing big drops in the financial markets, or even when you see negative results in your investment statements. By creating an investment strategy that's appropriate for your risk tolerance and time horizon, and by focusing on your long-term goals, you can develop the discipline to avoid making hasty, ill-advised decisions during times of stress.

As a millennial, you've got a long road ahead of you as you navigate the financial markets. But by following the suggestions above, you may find that journey a little less stressful.

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

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Integrity

by Elinor Mawson

What is integrity? During these times of COVID-19 you can look around and see it everywhere! (You can see the lack of it everywhere, too).

Integrity is a collection of unique qualities that make a person who he/she is. One of these qualities is ATTITUDE -- how one perceives life. You've heard the cliché about the glass being half full versus full. The person with a half-full glass tends to be negative, complaining, unhappy, and generally not nice to be with, while the person with the full glass is happy, positive and nice to be around.

HONESTY -- being true to yourself and with others. Most people can tell if someone is telling the truth; if they're not, it will eventually become evident. It has been said if a person is lying, his/her lips are moving.

And this person will never be believed again.

RESPONSIBILITY -- This is something that a person is not born with; it has to be learned. I know of a family who had a child that never learned responsibility, despite the parents' diligence to teach him. He lost things, left them behind, blamed others, quit jobs, was a deadbeat dad who didn't bring up his kids, lost his license and seldom owned a vehicle. Sounds like a misfit? He has many friends, tells funny stories and is well loved by his family.

COMMITMENT -- This has a connection to responsibility. You've heard of people who don't want to get married because they don't want to commit. Commitment is like a promise to see things through. How many of us have dealt with someone who says "Yes" and really means "NO"? Come to think of it -- there is a lot of HON-

ESTY involved here too.

PERSPECTIVE -- It is a poor person who doesn't have some sort of a goal in mind; a vision of the future. Kids go to college, hopefully with the idea of what they want to be or do for the rest of their life. A family we know of includes a 20 year old son who quit school, has an entry level, 2-day job at a restaurant doing dishes -- and he loves it. When he isn't working, he stays home and plays video games or hangs out with his friends. He doesn't have a license nor does he want one. Is he a misfit? He is articulate, friendly, well-liked at work, and a well-behaved boy.

These are but a few of the qualities that make up integrity, but I hope I have pointed out some important ones. I am sure that you know people with these qualities and more, and know some who still have them to learn. Integrity is something many of us pursue during our lives and most of us acquire it in the end. When I look at the protesters who are anxious for the stay-at-home orders to lift, or the people who aren't wearing masks or observing the 6-foot rule, I wonder about their integrity, and the lack of the qualities that make it up.

(To be continued)

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Lyme Disease Revisited

by Melanie Osborne

Lyme disease is a condition that affects approximately 30,000 Americans yearly, triple the amount of 1992. The increase is likely due to thriving tick populations (encouraged by changing climate patterns and booming numbers of tick carriers like mice and deer), as well as to a growing awareness of tick-borne diseases. But if every case were diagnosed and reported, the number would be much higher – possibly as high as 300,000 a year, according to two CDC studies.

Lyme bacteria may also cause Cardiovascular disease, Multiple Sclerosis, amyotrophic lateral sclerosis, (a progressive degeneration of the motor neurons of the central nervous system, leading to wasting of the muscles and paralysis), autism, Parkinson's, gastrointestinal diseases, neuro-degenerative and cardio-arrhythmias says Dr. Cowden. Using Banderol to fight Lyme disease may prevent these other diseases. In Dr. Cowden's "Treatment of Chronic Lyme Disease" he recommends a detox program and the use of herbal anti-microbial protocols that may include Banderol to prevent chronic illnesses caused by Borreliosis, but Dr. Cowden says that recurrences happen often with antibiotics. Most documentation that I have found indicates that many Lyme sufferers also are hosts to the Epstein Barr virus, meaning these individuals also suffer from Chronic Fatigue/Fibromyalgia with Arthritic symptoms.

***Eat plenty of garlic – it is a natural antibiotic and immune-booster.

In an article written by Dr. Oz in May 2017 (Oprah Magazine), he writes: Lyme-spreading ticks are not just in New England. Lyme cases are concentrated in the Northeast and Upper Midwest, with 14 states accounting for more than 96 percent of reported cases. However, black-legged ticks, which host the bacteria that cause Lyme, appear to

be on the move. One study shows the black-legged tick in 45.7 percent of counties in the contiguous U.S. (up from 30 percent in 1996). Combine its range with that of the Western black-legged tick and 43 states are on the Lyme map.

Staying out of the woods won't keep you in the clear. Ticks are commonly found in backyards, which means you could be at risk even while gardening, barbecuing, or playing with the kids outside. It helps to keep grass short and to clear tall brush. And if you do live near woods, create a three-foot wide tick barrier around your lawn with wood chips or gravel.

A bull's-eye rash isn't the only way to tell you have Lyme disease. Dartboard circles affect 70 to 80 percent of those who've been bitten by an infected tick. But plenty of people develop the disease without ever spotting a rash. That's why you should know the signs of Lyme: flu-like symptoms including fever, chills, headache, fatigue, swollen lymph nodes, and muscle and joint aches. If untreated, the bacteria can cause neurological issues resulting in neck stiffness, facial palsy, an irregular heartbeat, shooting pains, and numbness, as well as problems with speech and short-term memory. A doctor can do a test called the Elisa, which detects antibodies against the bacteria, and can confirm a diagnosis with a Western blot test.

The sooner you react to a tick, the better. If you're bitten by a black-legged tick that carries Lyme, it usually takes from 36 to 45 hours for the bacteria to be transferred to your bloodstream. "The faster you get ticks off you, the better your chance of not contracting Lyme," explains Heather Hearst, founder of Project Lyme, projectlyme.org, an organization that raises awareness about Lyme prevention and early diagnosis. Make tick checks part of your post-outdoor routine.

Spot that Tick. After spending time outdoors, scan your body for poppy-to-

sesame-seed-size specks. Then closely examine your head and hair, in and around your ears, under your arms, inside your belly button, behind your knees, between your legs, and around your waist. Take a shower; doing so within two hours can wash away ticks before they can transmit Lyme-causing bacteria.

There's only one good way to remove a tick from your skin. Always use a pair of fine-tip tweezers to grasp the tick close to your skin. Then pull straight up with gentle, steady pressure. Do not crush the offending arachnid-flush it down the toilet. Pull out any remaining pieces, then clean the area as well your hands with rubbing alcohol.

Also noted: Antibodies are not always present at detectable levels in people with active Lyme disease, and antibodies may be bound with bacteria so that they are not detectable through most blood tests. Information about state-of-the-art blood testing for Lyme disease is available from the Lyme Disease Information Resource www.x-l.net/Lyme

Herbal Suggestions for Lyme Disease include: Cat's Claw Bark, Echinacea sp., Lomatium Root, Siberian Ginseng, Reishi, Shiitake & Maitaki Mushrooms, Ashwaganda, Scullcap, Milk Thistle, Pau D'Arco Bark.

Melanie Osborne is the owner of Thyme to Heal Herbs and practices on Route 302 in Lisbon, NH. She has been in practice since 1991. She is certified in Therapeutic Herbalism through the Blazing Star Herbal School in Shelburne Falls, Massachusetts.

What About Ma?

by Kellie Quackenbush

All About The Phone



Ma likes having visitors. This "social distancing" is interrupting her ability to have family and friends visit her. We have set up "Google Hangout" so we can see each other and talk while we see each other on the computer, but her cataracts have advanced to the point that she cannot make out images on the screen. We call on the phone, and that is the best we can do.

A phone call, even a brief call, is a way of reaching out. There is not much to say, really, but "I love you" goes a long way. I spent a day writing out "thinking of you" cards. I buy greeting cards frequently, but seldom have the time to send them, "social distancing" and working from home have taken that excuse away. I went through my 'Rolladeck' and sent one to everyone that was still alive in my 'Roladeck'. I had to go to the post office to get more stamps.

The local post office felt like a construction zone,

there were sheets of plastic hanging in front of the desk and counters. Everyone working at the post office was wearing gloves and sickness masks. People going in and coming out looked scared. I know the people at the post office but they looked very uncomfortable. When I got home, I called them on the phone. There are no germs or diseases being transferred through the phone. So, on the phone, we were able to be social.

My neighbor, her house is next to mine, is trying to balance her daughter's school-work, her job, and keeping up with her folks. She finds the phone to be her life-line. Thinking about when I get to have conversations with anyone these days, it is on the telephone. My point is, do not be lonely, pick up the telephone and call someone. These days, a phone call from a friend is a Blessing. Ma says, call again soon, and she means it.

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Give Us A Call!



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

Blueberry Cheesecake

Editor's Note: Once again I must report that Cindy is not doing well this week. She had been able to go shopping for the ingredients to a new recipe. However, her health issues rose up again and she was unable to complete the meal.

So below you will find a repeat of a recipe from about a year ago. Both Cindy and I hope that the next issue will include a brand new recipe.

Hello hello my devoted fellow chefs. The temperatures are not feeling like Spring with cold winds blowing and still the threat of snow hovering over us, but soon enough the warm weather will come. I saw a robin in my yard so hopefully that's a good sign.

Well if you like cheesecake this recipe is "Delicious". Let's get started with how to make it. You do need a spring form pan to make this.

Ingredients for the bottom crust.
1 1/2 Cups of Graham cracker crumbs

- 1 1/4 Cup sugar
 - 2 teaspoons of cinnamon
 - 1 Stick of butter melted
- Ingredients for the cheesecake**
- 4 8 oz. Packs of cream cheese softened
 - 4 Large eggs room temperature
 - 2 teaspoons vanilla extract
 - 1 Cup of sugar
 - 1 Cup of sour cream
 - 1 Tbsp of corn starch
 - 1 can blueberry pie filling

Preheat oven to 350 degrees.

Mix well the crust ingredients. It should mold together when squeezed. Put in spring form pan sprayed with Pam. Press crumb mixture to flatten and go up the sides about 1 1/2". You can use a glass bottom to flatten bottom and up the sides with your hands. I use a sandwich bag on my hand to go up sides.

Don't press too hard that will make the crust too hard. Try to make it as even as possible. Mix with a beater



the cream cheese and add the eggs one at a time mixing each well. Add the vanilla, sugar, sour cream and the corn starch and beat until smooth and creamy. Put in the spring form pan evenly. Bake for 1 hour and 15 minutes at 350 degrees.

It smells really good when baking. Center should be cooked when done. Remove from the oven and let cool. When cooled remove the spring form pan and add the blueberry to the top and chill. Voila, you are done!
I declare that your family

will love this. Keep refrigerated. You can have coffee or tea or I like milk with mine so "Enjoy"! If you have any questions please contact Gary and I will help you out. Well folks until next time I'm signing off, Sincerely, Cin Pin.

Ina Christine (Ames) Gardner: OBITUARY

"We aren't granted the privilege to know when or how people leave this earth. But, it's bound to happen when we least expect it"

Ina Christine (Ames) Gardner, 76, of Fairlee, VT left this earth Thursday, April 23, 2020 at Dartmouth-Hitchcock Medical Center in Lebanon, NH.

She leaves behind her husband of 56 years, Clyde Gardner of Fairlee, VT, a daughter and son-in-law, Cindy & Jay Wood of Bradford, VT, her immediate family, Bill Ames, Carolyn Martin and Audrey Sites of Warren NH, as well as her life-long friend, Barbara Davis of Fairlee, VT. Ina had many much-loved in-laws, nieces, and nephews, as well as friends she considered family.

She is pre-deceased by her parents, Spurgeon Ames and Adella (Tilley)



Ames, and sisters, Shirley Ames and Harriette Libby.

Ina was born in Warren, NH on February 8, 1944, and attended Warren Village school. She graduated from Orford High School in 1962. She married Clyde on May 23, 1964, and was a homemaker and a mother until the mid-1970's.

Ina was well known through-out the community, as "The Kind Lady" that worked at The Fairlee General Store. Later she worked at Evans Fuel Mart in Fairlee

where she retired in 2006.

Ina truly lived life through simple pleasures. She enjoyed spending time with family and friends, her Kitty, flower gardens and "Her" Hummingbirds.

She will be remembered for always thinking of others first. Ina was a loving caring person, a devoted wife, mother and friend. "To know her was to love her."

A graveside funeral service is scheduled at the Fairlee Village Cemetery (Rt 5 North) Wednesday, April 29, 2020 @ 1PM. Due to the times, A Memorial Celebration of Ina's Life will be held at a later date to be determined.

In lieu of flowers, memorial contributions may be made in her honor to the Fairlee Fast Squad. Arrangements are by Hale Funeral Home in Bradford, VT.

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Clarence Thurston: OBITUARY

Corinth, VT - Clarence Thurston, 93, of Corinth died April 12, 2020 at Barre Gardens Nursing Home in Barre, VT.

He was born October 30, 1926 in Corinth, VT the son of Glenn and Elizabeth (Wilson) Thurston.

On October 4, 1945 he married Olis Clafin of Corinth, VT. After attending schools in Corinth, he purchased the family farm he was born at, and continued farming throughout his life.

Clarence was well respected for his kind and caring nature, his sense of humor, and his bear hugs.

Survivors include two daughters, Fleeta Thurston of Fairlee, VT and Sidonie MacRitchie of Montpelier, VT, two sons, Sidney Thurston of Corinth, VT and Burton (Harriet) Valliant of Illinois, a sister, Shirley Eastman of Corinth, VT, numerous grandchildren and great-grandchildren, and nieces and nephews.

He was predeceased by two sons, Roberto and Ar-



mon Thurston, a daughter, Zelta Corliss, three brothers, Clyde, Clifford and Norman Thurston, and two sisters, Doris Lezer and Helen Carleton.

Following Vermont state guidelines, private funeral services will be held at the convenience of the family, and limited to 10 people. Attendees will wear face masks and practice social distancing. There are no calling hours. Hale Funeral Home of Bradford, VT is in charge of arrangements.

Beverly Mae Piper: OBITUARY

Lyme, NH - Beverly Mae Piper, 85, died April 17 with her daughter, Patty Dyke, granddaughter, Brittany Piper and great-granddaughter, Gemma Piper by her side.

She was welcomed with open arms by her oldest daughter, Pamela Piper, her youngest son, James Piper, and her husband, William Piper who predeceased her.

She was born in Piermont, NH on May 3, 1934, the daughter of Mason Balch and Bertha (Hart) Balch. She was predeceased by her brother, Mason Balch, Jr.

You would find Bev in her kitchen singing the old songs with her grandchildren. She loved to take them up "Blackberry Hill" to pick berries and then make one of her famous berry pies. It was of great comfort to be able to leave our children with her as we went off to work. Family was very important to her. She enjoyed the birds in her feeders, the deer that would visit, and the occasional bear. She was a dog lover, especially her Collie dogs. Bev was a long-time Lyme resident. She loved Lyme, her home and her neighbors. She enjoyed a good laugh and had a wonderful sense of humor and wit.

She is survived by her son, Reg Piper of El Cajon, California, grandsons,



John Piper of Strafford, VT, Brandon Dyke of Orford, NH and Billy Piper of El Cajon, California, granddaughters, Miranda and Samantha Piper of Orford, NH, and great-grandchildren Alice and Tyler Piper of Strafford, VT and Weston Dyke of Orford, NH.

At her request there will be no services. After the current social distancing has concluded, in Bev's memory take the time to visit a loved one. It means a lot to them. Arrangements are by Hale Funeral Home in Bradford, VT.

Edwin Herbert (Bert) Hylander: OBITUARY

Peterborough, NH - Edwin Herbert (Bert) Hylander, 90, died peacefully April 15, 2020 at RiverMead in Peterborough, NH after a long illness. He was the son of Edwin H. Hylander and Ellen (Nelson) Hylander. Bert is survived by his wife, Joan (Weaver) Hylander.

Born in Brooklyn, NY on December 26, 1929, Bert grew up in Garden City, Long Island, NY.

He attended Colgate University and graduated from Hofstra University with a degree in business. Following graduation, Bert served three years in the US Army, two of them in Germany in the Army Security Agency. After his discharge, he worked for General Motors as a claim's adjuster. He later joined the Western Electric Company in New Jersey, filling many different management po-

sitions, largely in finance in New York, Minneapolis, and Morristown, NJ. During his years with the Bell System, he and Joan lived in Westfield, NJ where he was active in community affairs.

Retiring from corporate life in 1987, he and Joan moved to Seabrook Island, SC to pursue his dream of being a low handicap golfer. At Seabrook he served on the Board of Governors helping oversee the renovation of the Crooked Oaks Golf Course.

In 2013, the Hylander's returned to New England to be nearer to their family and summer home on Lake Morey in Fairlee, VT. When not on the golf course, Bert was an avid gardener and loved spending time with family and friends. He served on the board of the Lake Morey Protective Association and during that time introduced

the Adopt-A-Lake program to manage the control of Eurasian Milfoil in the lake.

Bert is survived by his wife, Joan Hylander, of Peterborough, NH, three children, David Hylander and his wife, Helene of Hillsborough, NJ, Wendy Ozimek and her husband, Jim of Chadds Ford, PA, and Peter Hylander and his wife, Maureen of Crested Butte, CO, three grandchildren, Dana, Alexis and Mark Ozimek, and four great-grandchildren.

Funeral services will be held in Fairlee, VT this summer. Memorial contributions may be made to the Lake Morey Foundation, PO Box 234, Fairlee, VT 05045, or to the Peterborough Food Pantry, 1 Grove Street, Peterborough, NH 03458. Arrangements are by Hale Funeral Home in Bradford, VT.

Marvin Bailey: OBITUARY

East Barnet, VT - Marvin Bailey, 90, died on Sunday, April 19, 2020, at his home, following a period of declining health.

Marvin was born August 2, 1929 to Ora and Margaret (Warden) Bailey. He married Virginia Chicoine in 1975.

Marvin attended East Barnet Village School and graduated from St. Johnsbury Academy, Class of 1947.

Maple sugaring played a huge part in Marvin's life, starting at age 4 1/2 when he gathered sap with a lard pail, beside his father and brothers. He continued sugaring every season until 2016. Marvin enjoyed his garden and spent many years selling produce and maple syrup at the local farmers markets in St. Johnsbury and Danville, and at a farm stand at his home in East Barnet. He also displayed produce at the Caledonia County Fair.

Marvin worked in the construction of the Moore Dam and the Willoughby Lake Road from 1952-1956. He then joined the workforce at French and Bean in St. Johnsbury and worked there until the company left the area. He was employed by the Barnet School District as their coordinator of bus

routes and bus drivers until his retirement.

Marvin was proud of the 25 years he served on the Town of Barnet Planning and Zoning Board, the 18 years he was Lister for the Town of Barnet, and the over 40 years he spent on the Prudential Committee for the Fire District of the Village of East Barnet. He was also a member of The Presbyterian Church of Barnet at West Barnet, Lakeview Grange, Kingdom Pomona Grange, Vermont State Grange, and National Grange. He held various positions within the Lakeview Grange including Assistant Steward, Steward, Overseer, Treasurer, Gate Keeper, and Master.

He is survived by his wife of nearly 45 years, Virginia Bailey; five children by his first wife, Wilma (Amdon) Zettlemoyer: Cynthia (Douglas) Cooney, Danial (Barbara) Bailey, Diane (Dennis) Lamothe, Marie Morse, and Jeffrey Bailey; his step-children, Marie (Donnell) Dupuis, Patricia (Mark) Farr, Roland (Darlene) Chicoine, Roger (Monica) Chicoine, Robert

Chicoine, and Ronald (Marlene) Chicoine; many beloved grandchildren, great grandchildren, and a great great grandchild; a sister in law, Vena Bailey; and nieces, nephews, and cousins.

He was predeceased by his parents and two brothers, Horace and Franklin.

Burial will be in Pleasant View Cemetery, Barnet.

A memorial service will be held later this summer in The Presbyterian Church of Barnet at Barnet Center with date and time to be published.

Memorial contributions in Marvin's memory may be made to The Presbyterian Church of Barnet at Barnet Center, c/o Mr. Stewart Gates, PO Box 145, Groton, VT 05046 or to the Lakeview Grange, c/o Mrs. Lois Allen, 69 Lily Lane Apt. 236, West Lebanon, NH 03784.

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

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

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