A FREE PUBLICATION

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Next Issue: Tuesday, July 7

Deadline: Thursday, July

JUNE 23, 2020 VOLUME 11, NUMBER 19

Partner of the Month -**Adaptive Sports Partners of the North Country**

11 Нарру Birthday to America

will be using the month of June to support Adaptive Sports Partners of North Country and their mission to enrich the quality of life for people with disabilities through year-round opportunities for sports, recreation, and wellness.

This month, our round-up program will go to support their largest and most inspiring fundraising event, the Sunrise Ascent on Mt. Washington. This event challenges each team, led by an adaptive athlete, to reach the summit of Mt. Washington via the Mt. Washington Auto Road. Leaving before sunrise, teams hike the 7.6-mile road

The Littleton Food Co-op to provide the achievement North Country! and experience of a lifetime.

> This year, due to COVID-19, Adaptive Sports Partners will not be able to provide this experience in its traditional sense. The health and safety of their community is paramount. However, they will still ascend in the face of challenge.

For the 2020 Sunrise Ascent on Mt. Washington, participants will be challenged to log as many miles as they can, however they can! Run, ride, walk, or roll, participants will try to log one mile for every foot of Mt. Washington. Together, we hope to log more than 6,288 miles in the month of July and we want the help of the entire

You can help by rounding up your change every time you shop at the co-op. Further, we want you to visit www.sunriseascent.org to learn more about this year's unique Sunrise Ascent to support year-round sports, recreation, and wellness for people with disabilities. We hope you will register to participate and help them achieve the 6,288-mile goal in the month of July

Partner of the Month Adaptive Sports Partners of the North Country

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. Located at the intersection of Cottage Street and Route 302 (exit 41 off I-93), the Littleton

Food Co-op is open daily from 9 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! See ya at the Co-op!

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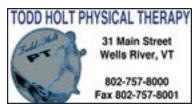
























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Happy Hour Restaurant

by Gary Scruton

Boy, did it feel good to be able to walk into a restaurant, sit down, have a waitress come to our table, and be able to order a meal. It seemed like it had been a long time since we were last able to do this simple, but relaxing and enjoyable, treat.

For astute readers of this column you may remember that in our March 17 edition of Trendy Times we did a review of the Happy Hour Restaurant. Both Vermont and New Hampshire were shut down almost immediately following that date. (I take no blame for that!) So with the restarting of both states we thought it appropriate to begin where we left off, on Main Street in Wells River at an eatery that has been a

many, many years.

As per regulations we called ahead to make reservations. It happened to be a Monday night and to be honest we did this so that there would be less of a crowd. Both Janice and I are above that "dangerous" age that seems to be the most susceptible to COVID-19 so we continue to take precautions in most everything we do.

Again, as required, we entered with face masks in place. Our waitress/hostess asked if we had reservations, and with an affirmative answer showed us to a booth. There were at least a couple of other parties also enjoying the food while we were there.

We did not get the normal menu. Instead, again by regtive.

We made our choices and she soon returned to take our orders. Janice decided to go with the fried haddock dinner. She asked for it to come with french fries and cottage cheese. I decided to go with the sirloin tips along with mashed potato and cottage cheese. I also asked about getting a draft beer. I was told that the taps were still not cooperating as they should and after a bit of discussion I took her offer of a bottle of New Castle Dark Ale.

We did not need to sit at

staple for that community for ulation, we got a single sheet of paper with the evenings choices. Now I can't say for certain that our waitress was smiling, due to her mask, but she certainly was very pleasant and atten-

our table and wait for very long before our meals came out to us by way of our (probably smiling) waitress. With her prompting we asked for ketchup and A-1 sauce. and started to dig in.

Janice said that her haddock was plenty ample and tasted very good, flaky and just melted in her mouth...

My serving of steak tips was quite plentiful. The mashed potato had gravy on it like I requested and there was a small bowl of cottage cheese. Again, for those who read this column on a regular basis you may have noticed that I mentioned the steak sauce. I have ordered steak many times but very seldom added any steak sauce. I requested this time only because our waitress suggested it. I also have made the decision to try some new things as we come out of this latest "new

normal".

I will say that I very much enjoyed the steak tips. They had plenty of flavor, were cooked just the way I wanted them (medium) and as mentioned there were plenty of them. The steak knife that was provided was almost overkill for the cutting required.

When we finished our meals, and we did clear our plates, we asked about dessert. Our waitresses (again I think she was smiling) told us that that part of the menu was still limited, but she could offer us lava cake or ice cream. We decided to forego those choices for this evening.

The total of our bill at the Happy Hour was \$38.73 which we paid with a credit card. We also left a cash tip on the table. I trust our waitress was once again smiling behind her mask.











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Woodsville Annual MeetingApproves Changes To Governmening Body

by Gary Scruton

After about a three month delay due to the current pandemic, Woodsville Precinct was finally able to hold their annual meeting on Wednesday, June 17th. The location was moved to the Bagonzi Community Building on the Woodsville High School campus in order to allow for greater "social distancing".

The first article on the Warrant for the evening was the reformation of the governing body for Woodsville Precinct. A new five member board was created out of the former Woodsville Precinct commission and the Woodsville Water and Light commission. After elections in article six and seven the new board is made up of commission former members Paul Kidder, Steve Wheeler and Tom Mayo. Joining the board will be newcomers Fred White and Paul Forsciea. Leaving the boards were long time members Richard Guy, Joseph Maccini and Richard Roy who all received standing ovations.

Two of the budget articles needed to be amended with an additional \$75,000 each. The General Government budget and the Water and

Light Department budget split the cost of a state mandated audit. The audience was told that the audit will, by regulation, be performed by two different firms and that the final report is scheduled to be ready by early February 2021.

Article 13 of the night authorized the use of up to \$5,000 from the unassigned fund balance to be used to help pay for the upkeep of the 48 floral baskets and 10 floral buckets displayed throughout Woodsville. Liz Shelton, a member of the Woodsville Beatification Committee, also reported that the committee has sold 35 Veterans banners that are also hanging on the streeters of Woodsville, and that the requested donation for additional banners has now risen to \$225 in order to cover the cost of the banner and the hardware to hold it.

manner in which Woodsville operates was decided with the passage of Article 14. The new position of Village Administrator was created with almost no discussion. That position will be filled by Kevin Shelton who has been working as the Water and Light Superintendent about three months, replac-

Another change to the

ing long time Superintendent Bob Fagnant, who retired.

The very next article also talked about how Woodsville is run. Passage of this article instructed the District Commissioners to investigate the requirements and benefits of becoming an independent town. An amendment requires a report to be ready by mid-January 2021. The Commissioners did indicate that volunteers to serve on this committee were welcomed. The last such committee to study this possibility was about twelve years

Changes were not quite done for this annual Woodsville meeting. Article 16 was in reference to Street Maintenance. Once again and amended article was put forth which asked if the voters would agree request the formation of a committee to be made up of representatives from every precinct in Haverhill along with representatives of the Haverhill Selectboad study road maintenance throughout the town. As with all other article on the Warrant this also passed on a voice vote.

J's Rainbow in Woodsville **Gets New Ownership**

Woodsville has once again been changed. Not by the current pandemic, but with the next generation taking over a business.

J's Rainbow, located at 85 Central Street was sold on June 2, 2020 to Eric & Victoria Daniels of Pike Hill Road, Corinth, VT. by building and business owner Richard E. Hastings.

The new owners will have the ice cream in operation with 2 full lines of toppings and novelties including cone

The dining scene in dips, sundaes with real maple syrup and cherries, strawberries, etc.

Open hours are planned to be from 11 am to 8 pm or all have been served.

Vicky worked for Marilyn & Richard before she made the choice to become an owner. Richard and Eric are at work getting the kitchen back together with new kitchen equipment., etc.

The deck on the front on the building will be open for use at any time. Keep it safe.



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NH State Parks Will Honor Existing **Campsites Reservations For 2020**

NH Division of Parks and Recreation is pleased to announce that they will honor existing campsite reservations for the remainder of the 2020 season. The list of current campgrounds open (as of 06/19/2020) includes the following camparounds: Bear Brook State Park, Franconia Notch State Park-Cannon Mountain RV Park, Crawford Notch State Park-Dry River Camp-Ellacova State ground, Park, Greenfield State Park, Hampton Beach State Park (South), Jericho Mountain State Park, Franconia Notch State Park-Lafayette Place Campground, Lake Francis State Park, Monadnock State Park-Gilson Pond, Moose Brook State Park (open 6/19), Pawtuckaway State Park (open 6/19), Pillsbury State Park and White lake (open 6/19) State Park.

NH Parks will contact guests with existing reservations for currently open campgrounds. The availability of Cabins, yurts, Lodge rooms, and Lodge houses is continuing to be evaluated. The status of camping will continue to be subject to the requirements under the State of Emergency and the Safer at Home Advisory. For information on how your camping experience may differ from previous years, please visit campgrounds page, www.nhstateparks.org/activities/camping.

NH Parks will evaluate the possibility to open additional reservations and campgrounds as the season progresses. The availability of our campground continues to be subject to the status of the COVID-19 pandemic and national/state of emergency.

*Campgrounds not listed above as open may see a limited season or not open for the 2020 season. Guests with reservations at these campgrounds will be contacted in the event that their reservations must be cancelled.





We are pleased to announce that Woodsville Elementary School will be operating a summer meal program for children up to the age of eighteen starting on June 15th and ending on August 14th, 2020.

THIS PROGRAM IS FREE AND AVAILABLE TO <u>ALL CHILDREN IN THE SAU #23 COMMUNITIES.</u>

BREAKFAST AND LUNCH BAGGED MEALS WILL BE AVAILABLE FOR PICK-UP AT WOODSVILLE ELEMENTARY SCHOOL ON MONDAY, WEDNESDAY AND FRIDAY FROM 11:00 AM TO 1:00 PM. THERE WILL BE TWO DAYS WORTH OF MEALS AVAILABLE TO EACH CHILD ON MONDAYS AND ON WEDNESDAYS; ON FRIDAY ONLY ONE DAY OF MEALS WILL BE AVAILABLE.



Issues Impacting Haverhill

I would like to take this opportunity to inform the public that an article titled, "Candidates line up for 2020 elections," appearing in the Journal Opinion's June 17 edition, incorrectly stated that "Rick Ladd is not seeking reelection in Grafton-5." I filed with the Town of Haverhill on June 4 and that filing is reflected on the NH Secretary of State's office web site. Secondly, it should also be noted that Haverhill is district 4, not district 5 as stated in the article. Lastly, the JO also incorrectly reported that the only candidate to run for district 15 is "Republican David Binford of Bath." Tom Friel of Haverhill has also signed for the district 15 position.

In the matter of state legislation, the NH General Court will meet again on June 30th at 10:00 a.m. at the Whittemore Center at the University of

New Hampshire, Durham. On June 18, the Senate in session passed a number of bills that will now come back to the House for either concurrence or non-concurrence. This process is very different from last (pre COVID-19). year Bills arriving from the Senate have been amended to include topics and issues that are currently held in House committees where they have been stalled without public hearing due to COVID-19. One of the bills to be addressed on the 30th is HB1234. This omnibus bill includes all amended lanquage from SB414, relative to Woodsville Roads. It is unfortunate that the issue of roads in Haverhill and Woodsville, an issue so very important to our community, has been lumped with other issues within HB1234 relative to very different municipal and state needs. Current House rules will not allow amendments on the 30th, as the deadline to amend bills has passed due to the COVID-19 closure.

Lastly, I would like to

communicate that pro-

gress is being made by the commission tasked to redefine education adequacy and the state funding formula supporting statewide adequacy. want to thank Vermont Representatives Sarah Copeland (Bradford - Orange 2) and Laura Sibilia (Windham – Bennington) for sharing and responding to my questions regarding how Vermont has and is currently working toward resolving community disparities associated with education funding. As Vermont has done, NH has also chosen to work with American Institutes for Research (AIR), an education consulting organization with staffing links at UVM. This consulting firm has a knowledgeable staff that understands the unique financial hardships, inequities, and disparities which small communities in Vermont and NH experience. The commission is seriously considertopics such as: weighted funding formula adjustments that support property poor and small population communities, impacts of pre school education, funding nursing support, breaking the old mold by including more support for career and technical education within adequacy, and recognizing the importance of building aid. The commission will finalize a report with recommendaaddress that revenues, expenses and constitutional issues as related to 'adequacy' later this fall

In conclusion, I am hopeful that any resolve on our local issues will be accomplished through an open, successful process that strives to keep Haverhill whole.

Respectfully Submitted, NH Rep Rick Ladd, Haverhill

Lauer Postpones Retirement, Signs Up For Re-Election

After much deliberation and soul-searching, I have made the decision to file for another term as Grafton County Commissioner. As many of you know, I had planned to make my current term my last, but I truly believe that the next few years will be critical to the future of our County, and I believe that my years of experience in both the Legislature and County government will be vital in preparing for that future.

There is much work to be done in the next few years. We anticipate new rules, regulations, and challenges from the Covid-19 pandemic in both the Nursing Home and the Department of Corrections. We have taken the first steps toward redefining the future of the Farm, and we have seen positive changes, but the work continues. We continue to negotiate for a fair and equitable settlement of our opioid litigation. Our infrastructure is aging and, in an attempt to keep taxes as low as possible, we are challenged to keep the physical plant running. Recently, we welcomed the opportunity to participate in a coalition with Coos and Carroll Counties enhance broadband availability in the three northern-most counties. The work is not complete, and I have never been one to feel comfortable leaving a halffinished job for someone else to clean up.

I continue to be humbled by the hard work of Grafton County's employees and citizens as we face the challenges of the future, and feel that my place for the next two years is exactly where it is now. Retirement can wait.

Linda Lauer Grafton County Commissioner PO Box 147 Bath NH 03740 603-747-4001

They Are Playing Catch-up Down In Concord

They are playing catchup down in Concord. I am not quite sure who "they" are, but they have been busy. A lot of bills got stuck in various legislative pigeonholes when they shut the legislature down in mid March. They have dredged them all up and put them in the Senate Calendar. That is 280 pages of lawyerly gobble-de-gook. No way am I going to understand what all is lurking in those 280 pages of language designed to obscure as much as possible.

Nor am I entirely sure just how this will go down. These are all house bills, now freed up to come over to the Senate. There is a lot of unclear talk about grouping these bills into packages to save time on the Senate Totally unclear is whether these packages will weaken the Governor's veto powers. Will Governor Sununu be able to veto this flood of bills one by one? Or will he be restricted to vetowhole groups/packages? If this is so, clever grouping will get objectionable bills passed because the governor does not want to veto other bills in the group. I have asked for and not gotten good answers from anyone as to how this is going to work.

There are a bunch of weirdo bills. There is the bill

about psychological screening of police officers. It sets up a complicated Rob-Peter-to-pay-Paul scheme to pay for the screening but fails to require police officers to submit to the screening. Great, we pays our money but we do not get our chance. I just went looking for this bill among the 280 pages to get the bill number. No such luck, I could not find the bill.

There is a long bill about "sexual misconduct" at institutions of higher learning. They could not bring themselves to write "rape". I am against the entire idea of such a bill. We want one law about rape that applies to every person in the state whether they are students, peasants, or workers. I do not want special treatment for students (or anyone else).

Anyhow I will do what I can (which probably won't be enough) to stop this last minute avalanche of bad bills all jammed together.

David J. Starr
NH State Senator, District 1
Blog: http://www.newsnorthwoods.blogspot.com
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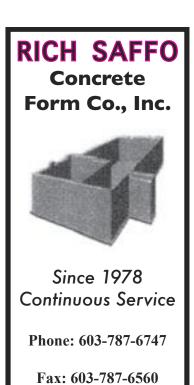
"I feel the weight of this moment": Denny Ruprecht makes second run for N.H. House of Representatives

Landaff, N.H. - On Tuesday, June 16th, State Rep. Denny Ruprecht announced that he is once again running for the N.H. House of Representatives. This comes after deciding not to seek re-election at the beginning of the year. In a statement, Ruprecht said that he made his initial decision, "satisfied with the work I had done in Concord, confident about the direction our state was heading in, and in consideration of future personal goals."

Now, 6 months later, Ruprecht says that he finds himself in a different position: "As we look to re-opening our state and economic recovery. I understand that we have a tough road ahead. I believe that it's important to use the experience and relationships I've developed during my first term to continue to serve and advocate for the people I represent."

According to Ruprecht, part of his initial decision not to seek re-election was so that he could focus on personal matters after he graduates from Plymouth State University in May of 2021. "Although I was planning on focusing solely on personal goals after graduation", Ruprecht explained, "I feel the weight of this moment. I believe that it calls on all of us to do our part."

Ruprecht currently represents the Grafton 15 district, which includes the towns of Bath, Benton, Easton, Haverhill, Landaff, Orford, Piermont, and Warren. This time he's running for the Grafton 3 district which includes all of the previously listed towns with the exception of





Haverhill. Ruprecht that he plained was prompted to run for the Grafton 3 district due to his support of Ed Rajsteter's candidacy for the seat Ruprecht currently holds. Ed Rajsteter announced candidacy for Grafton 15 shortly after Ruprecht's initial announcement that he wasn't seeking re-election.

During his first term, Ruprecht said he is "proud to have played a role in accomplishing the priorities I campaigned on", which include defeating the Northern Pass project, delivering more state aid to schools and towns, reducing property tax rates in a number of towns in the district he represents, and supporting new infrastructure projects in the district including the Weeks Dam project in Warren.

Lastly, in his statement Ruprecht said that: "If these past few months have shown us anything, they've reminded us of our shared purpose and common cause as Granite Staters. Should I earn your support and a second term, I plan on continuing to work with people all across the political spectrum in order to get things done the New Hampshire way. I respectfully ask for your

Child Care Provider Aid Package and Child Care Investment

by Assistant Attorney General Molly Gray, a Democratic candidate for Lieutenant Governor in Vermont

COVID-19 has identified clear gaps in our economic and social infrastructures. Top among them; reliable, affordable, quality child

I support the Vermont House including \$9 million

DAR Announces 2020 Winners

The Oxbow Chapter of the National Society Daughters of the American Revolution (NSDAR), based in Newbury, Vermont, is proud to announce the winners of the 2020 DAR Good Citizen Award for their respective high schools. This award is given annually to a high school senior who has demonstrated the qualities of dependability, service, leadership, and patriotism, to a high degree. These students also participated in a scholarship contest that involved a timed essay-writing task, and each will receive honors and a cash award from the Oxbow Chapter for their participation.

Amber Glaude Mae (Wells River, VT) Oxbow High School

Caitlin Kilmer (Orford, NH) Rivendell Academy

Olivia Limlaw (Bradford, VT) Thetford Academy

Antonia Munson (Groton, VT) Blue Mountain Union School

in "restart grants" for child care providers in the recent aid package for health and human service providers. Child care providers deserve our every support.

Today, I am calling on the Senate as well as the Governor to support this funding and the immediate needs of our child care providers. Additionally, I am calling on the Legislature to utilize future COVID-19 relief funds to increase access to affordable. high-quality child care and

to commit to meeting the ap-\$33 proximate million needed to address the pervasive inequity and fragility of our child care and early education system.

If we want Vermont to work for our families, and to draw a generation of new Vermonters into the state, we must invest in child care as an essential piece of our infrastructure. Our families, businesses, and communities depend on it.

MUZZY

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Not all Times are Trendy, but there will

Republicans Truly Care for You - Democrats, Not So Much!

by Deb Billado Chairwoman, VTGOP

The Cares Act established the \$150 billion Coronavirus Relief Fund and made payments from that fund, some of which, based on population went to the States, of which Vermont received \$1.2 billion. The law requires the funds "only be used to cover expenses that are necessary expenditures incurred due to the public health emergency with respect to the Coronavirus Disease 2019 (COVID-19).

Governor Scott put forth a proposal to help businesses and farms to continue to operate until they could recover from the shutdown effects of the virus. He said that "If we don't protect the businesses now and protect those jobs that are associated with those businesses, then a year or two from now we'll be suffering"

we'll be suffering". Yet, while there is no authority for Vermont to use the funds for other purposes, the Democrat leadership of the House wishes to hold up appropriating some of the sorely needed funds in the hope that the federal government might change the rules and will allow Vermont to use some of those federal funds to deal with the FY21 budget impact that as of June 8th was expected to be a \$332 million shortfall. The Democrat Speaker of the House Mitzi Johnson said "she doesn't want to spend all of the Covid-19 dollars at once. She said she wants to have the flexibility to set hundreds of millions of the federal funds aside in the event that the federal government gives states the ability to use the money to fill holes in the state budget." This self-centered approach by the Democrat/Progressives is in stark contrast to the VTGOP that says "Vermonters, This Money Is for YOU, Not Legislators."

Simply put, the Grand Old Party really cares for you. but the liberal left, not so much, and how they use the "Cares" funds clearly shows that for all to see. These funds are intended to help businesses and farmers survive, but Democrats are willing to ignore that and to use the money instead to fix a state financial system that these unaccountable lawmakers broke with their outof-control spending habits of the past and their desire to continue with more of the same in the future. Vermont farmers are hurting even more now than before Covid-19 and in May alone, 14 dairy farmers went out of business. So they can pursue their misquided folly, the Democrats want a watereddown relief package that cuts the aid to farmers by 40 percent, or \$20 million of relief help that was expected and so needed.

There is even talk that the legislature wants to recess in July and come back in August to deal with other of their priorities that will hurt Vermont taxpayers even more. How can they have such nerve to even suggest that Vermont pass climate control legislation that will have little or no positive effect on the environment but will only impoverish many more rural Vermonters? Being SO strapped for

money how can they even think of funding the establishment of a cannabis control board to the tune of \$2-3 million over a 3-year period with no expectation of revenue from sales to pay for it? Even Speaker Johnson has concerns; "... about setting up a new regulated marketplace at a time when the government is already extended because of Covid-19." She went onto say that the new body, the Cannabis Control Board, that would be formed to regulate the market would cost "about \$1 million per year" and noted that "setting up a legal pot market would require temporary deficit spending at a time when the state is already facing wide budget gaps". Shame on them then for even considering this at this time of tremendous health

and economic stress!

The Democrats have no problem with the thought of robbing the very survival fund presented to Vermont so they can pay for the pension funding crisis they created and other failed policies. They must get their house in order by cutting spending and governing from a fiscally responsible posture.

A message must be sent loud and clear to the liberal left. Stop your reckless spending and do what is right to help the people. There are many ways to let them know you are watching them. Call or email them and better yet, vote Republican in November and eliminate the problem once and for all. We have suffered a lot at their hands, but the very reputation Vermont is famous for, its healthy wholesome products, is in danger of extinction if we do not act soon and responsibly.







Online Lunch & Learn Leadership Workshop: Practical Steps to Up Your Leadership Game

Tuesday, June 30th 12:00 -1:30 pm

Research shows that how a leader acts explains, more than any other variable, whether people feel engaged in their work -- the most effective leaders bring out two to three times more staff talent than do the least effective leaders! All too often, however, people are thrust into leadership roles without sufficient training and support to be fully successful. "The best leaders are the best learners," write Jim Kouzes and Barry Posner in Learning Leadership.

This 1.5 hour workshop will provide a framework for current (and future) leaders to increase their leadership effectiveness. Topics will include formal vs informal leadership, leadership definitions, developing "inner game" leadership qualities, managing expectations, and aligning vision, purpose and teamwork. Participants will be provided with a personal worksheet for self-assessment, individualized goal setting, and action planning to grow their leadership skills. All too often, however, people are thrust into leadership roles without sufficient training and support to be fully successful.

Presenter Douglass Teschner, Ed.D., founded Growing Leadership LLC to partner with business, nonprofits, and government to unlock leadership potential and inspire people and organizations to thrive and grow. He has a depth of US and international experience, including serving as a NH state representative and Peace Corps country director in Ukraine and West Africa, and authors a leadership column in the New Hampshire Business Review. You can read more about Doug on his website: https://www.GrowingLeadershipLLC.com.

Admission is by donation!
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https://www.eventbrite.com/
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All proceeds will go towards supporting The Space On Main, a nonprofit community-based coworking, maker, conference, event, and gallery space in the heart of the VT/NH Cohase Region fostering entrepreneurship, collaboration, creativity, and innovation. We are located at 174 Main Street, Bradford, Vermont. To find out more about The Space On Main, https://www.thespaceonmain.org.

For more information:
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Summertime Marching Band To Perform Private Concerts

The Monore based Summertime Marching Band is among those organizations that has been adversily affected by the COVID-19 pandemic.

This group normally marches in a great many local parades. But this year those opportunities to perform for the public have disappeared. However, when the opportunity arose to perform for some special audiences many members jumped at the chance.

Those opportunities are to perform 20 minute, socially-distanced ourdoor mini-concerts at local nursing homes, senior living centers and hospitals in towns where the band normally marches. By this

means they will have the chance to say thank you to healthcare workers and bring a little marching band music to seniors.

These mini-concerts will be outdoor, private performances for the staff and not advertised to the public, to prevent crowds and to maintain requested social distancing.

The Summertime Marching Band is always looking for new members to join. They would also be happy to hear from your group or facility if you are not already on their schedule for one of these concerts. You can contact co-founder Mary Choat at 603-306-6326 to get more information.

The King Trout

by James Taber, M.S., HS-BCP, Veteran.

Memories, like a short film or snapshot in your head, some good some bad. I have many memories of my experiences as an outdoorsman and fly fishermen. I carry a camera in my fishing vest to capture some of the scenes I encounter as I am stalking the elusive trout, mostly to share my experiences with family and friends. But the most vivid and vibrant pictures I have I carry around in my head, and try to share them with people through my writing. Memories that range from early childhood to the present. One of my earliest and clearest memories was of the little spring fed brook behind our cabin in Groton, Vermont.

It came from an underground spring across the power line behind the cabin, bubbling up through a rich layer of coal black silt that looked like black velvet, with a sprinkling of bone white sand disgorged from the underground source of the water. The brook draining out of the spring hole averages about 1 to 3 feet wide and at its deepest spots no more then 2 feet deep, its water ice cold enough to numb your hands and turn them bright red. It runs through a variety of terrain as it crosses the power line which is heavily covered in blackberry bushes and other cut over area growth then reaches the other side of the power line and sluices down between to big, wet, moss lichen encrusted boulders forming a perfect natural spigot where we used to fill our water jugs as kids. Once when I was going to fetch water I saw two big Brook Trout laying half in and half out of the water by boulders as they spawned, their brilliant colors slick and wet, and neon, like a new oil painting. From there it runs down through a pine forest, meandering and weaving its way between boulders and large pine trees until it infiltrates a thick, dark damp cedar forest. After running its course for a tumbling, gurgling mile

SETS OF 4

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or so, it reaches its end destination, a small very dense combination meadow and cedar swamp.

I did not know it until I grew up and became "educated" but the swamp is a wetland with an amazing variety of wildlife. As a kid it was a swamp full of turtles and frogs and rabbits and ducks. Best of all it was also full of trout. There are a series of small channels running through the swamp and over the years of grass growing up then falling over the channels they have almost become underwater tunnels. We used to quietly walk up to the channels and using our hands gently make holes in the grass so we could drop a worm down in the water of the tunnel. When we dropped our baited hooks down into the tunnel we would often have instant strikes from brook trout that were very unusual as they were a dark purplish black from living in the tunnels. There were a lot of them and sometimes they grew to significant sizes.

The same swamp was a favorite hotspot for running our beagles rabbit hunting in the wintertime and always a good bet for some partridge during bird season. One of my funniest and favorite memories of the brook is when I was 6 years old I was fishing the brook with my standard issue willow branch and about 5 feet of line.

I dropped my worm into a hole where the brook ran between 2 huge dark gnarled cedar trees making a waterfall and a small deep dark hole under their roots and got an instant bite and reared back like The Mad Fishermen, Charlie Moore on a 12-pound largemouth. The result of this expeditious application of force was the biggest Brook Trout I have ever seen to date from the brook came flopping up onto the bank and as I stood there in shock, flopped right back down into the hole whence he came from. It all happened so fast I did not even have time to try the desperate fishermen's dive after the trophy, that every fishermen

has tried at one time or another. After that experience I got up every morning before school and tried the lunker hole and every night bee lined there to try my hand at capturing the King Trout, with no luck at all, not even a nibble.

About a week after the

initial engagement between

the King Trout and I, I went back down to the brook to go fishing on a nice Saturday morning with my older sister Dawn. To this day I don't know why she went as she never fished or hunted and doesn't till this day. As we were fishing our way down the brook in the initial moments I was not watching her, as I considered her a non-threat for competition for the best fishing holes, unlike my brothers who were hostile, agile, and mobile. I was fishing and focused on the hole when all of a sudden I heard a scream and looked up and Dawn was at the lunker hole and had pulled the King Trout out of his hole and he was flopping on the bank as she threw her pole down on the ground and was screaming and crying Jimmy! Jimmy! I dropped my pole and sprinted over to the hole just as the King Trout flopped back into the hole, again, like an instant replay of the first time I hooked him. I think I yelled at her at the time even though she was older then me and used to beat me up pretty regularly at the time. I tried that hole for many years afterwards and never again saw or hooked the King Trout. And I have always had those memories, of the King Trout flopping on the bank, twice, and my sister screaming, irreplaceable and priceless, and 20 years later I still catch beautiful native Brook Trout out of the brook, and the very same hole I almost caught the King Trout out of.

In an odd way I think I know how the old fishermen in the Hemmingway book "The Old Man and the Sea" felt. When I was a kid I obsessed about catching the King Trout, now that I am older, I am glad I never did catch him, because now he lives forever in my mind.

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Haverhill Library to Offer Curbside Service June 16

Beginning on June 16, from 10 AM-2 PM, the Haverhill Library at 67 Court Street in Haverhill Corner began offering curbside circulation of materials as part of our staged reopening as recommended by NH Libraries Task Force, the New Hamp-Department shire Health and the CDC. The Library building will continue its closed status until further notice.

Library patrons may request materials by emailing mail@haverhilllibrary.org or by calling the library at 603-989-5578 for support, leaving your name and phone number for a return call to confirm and schedule pick up. You can also use Facebook messaging to communicate with Nanci, our Librarian.

Curbside service will be open on Tuesdays from 10 AM-2 PM, and Thursdays from 3-7 PM for your convenience. As the State of New Hampshire expands its reopening policy Haverhill Library will follow recommended reopening measures.

Parents. Don't Despair! Haverhill Library will be offering a free Summer Reading Program again this summer, 5 weeks, beginning June 22. The theme is "Imagine Your Story". Kids will have online reading assignments and "Grab and Go" craft kits and activities, so that social distancing standards will be met. Facebook Check our page and blog for emerging details.

If you are sick please stay home; call HLA and we will renew your items. Our Librarian will remain vigilant taking precautionary measures for your safety and for ours. Remember to maintain sixfoot distance from others and please wear a mask while picking up and dropping off your items at HLA. (We'll offer free cloth masks.)

We appreciate your consideration and apologize for any inconvenience during this time! Thank you for your patience.







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Now Accepting New Patients Ayla Priestley, Bradford



"I am a Family Nurse Practitioner providing in the Upper Connecticut Valley for just over 10 years. I began my nursing career as a licensed nursing assistant, attended nursing school at Nashua Community College and completed both a Bachelor of Science in Nursing and a Master of Science in Nursing from Rivier University. I am pursuing a Doctorate of Nursing at Rivier and serve as a nursing instructor and an adjunct clinical instructor at Rivier.

Before joining Little Rivers Health Care as a Family Nurse Practitioner, I served at Dartmouth Hitchcock Medical Center for 9 years in critical care units.

surgical/trauma/neuro ICU. My FNP clinical hours were completed at Upper Valley Pediatrics, Newbury Health Center, Little Rivers Health Care, and Kendal at Hanover. I travelled to four countries to provide free health care clinics in Australia, New Zealand, Kenya, and Costa Rica. I am a Reiki Master and Teacher and love music, kayaking, traveling, meditating, and my Chihuahua named "Pickles"."



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What Were They Thinking? Portraits by Ann Young

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Please write your reactions to the people portrayed in the booklet attached next to each work.

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Listen to how Ann de-

Listen to how Ann describes her curiosity of your reactions: "When I began painting, I worked my way through a lot of subject material, but was quickly drawn to people. I love to paint people, whether from a live model, from a photo reference or from my imagination. With a particular interest in human emotion, I spend a lot of time making pictures of



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these people and wondering who they are and what they are thinking. I always make up my own stories about them, that may be far afield from who they really are.. But once, I start to paint them, they enter my reality and I can turn them into whoever I want them to be.

I wonder what others see when they look at my paintings. What of their own realities do viewers bring to the painting? So after looking at these pictures and getting to know the people in them, let me know what you think they were thinking."

Ann Young has been engaged in art making in the NEK for most of her life. After a long career in ceramic sculpture, a detour into large scale wood carving and gallery installations, she is currently devoting all her energy to painting.

For more information, discover Ann's variety of work at her website: www.ann-young.com



Northeast Kingdom Artisans Guild, 430 Railroad St., St. Johnsbury VT 05819 We are open from 11:00 AM until 4:00 PM, Wednesdays through Saturdays until "All Clear" is proclaimed.

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in northern Vermont for the
last 6 years. I received my
Bachelor's Degree at
Middlebury College and
completed my Masters of
Science in Nursing at
Simmons College in 2018.
I worked for many years as
a registered nurse in
women's health.

I am thrilled to be part of the Little Rivers Health Care team caring for members of the community of all ages and through all stages of their lives. Outside of work I enjoy spending as much time as possible outdoors with my family and dogs."



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The Riverside School Celebrates Graduation For The Class Of 2020

Lyndonville, VT - The Riverside School was pleased to welcome students and parents on Saturday, June 6th for the graduation ceremony for the Class of 2020. The ceremony, for eleven graduates, was held outside at the Riverside School with social distancing and each student was called individually to receive their diploma. The members of the Class of 2020 are Charlie Balcom, Maaike Dam, Teagan Desrochers, Henry Griffin, CJ Hunt, Eliza Noel, Lacey Patoine, Donovan Randall, Josie Rowell, Ethan Spence, and Gus Yerkes.

A committee of faculty members planned a special version of Riverside's graduation that met health guidelines while honoring Riverside's traditions. At 10:00 a.m. the school released a video that included photos, music, speeches, awards, and recognition of the 8th graders on an online platform. At 1:00 p.m. faculty, 8th graders, and their families met at Riverside for a physically-distant conferring of diplomas around the cedars, which was broadcast live on an online video platform.

Nancy Phillips served as the graduation speaker spoke to graduates via an online platform. She served as a teacher at The Riverside School for ten years from 2005-2015. Phillips started her career at Riverside as a part-time 5th grade language arts teacher. She moved to full-time in 2006 as the combined 4th-5th grade teacher, instructing in the library and then the carriage house. From 2011 to 2015, she was the combined K-1st grade teacher. Phillips was the K-1st grade teacher when the Riverside's kindergarten program started, and those students are now representing the Class of 2020.

Head of School Michelle Ralston, who will be retiring this year, shared words of gratitude with the Riverside faculty, students, and the Riverside community. She presented flower arrangements to teachers who are retiring or leaving Riverside and wished all a happy and healthy summer.

Graduation was preceded with a parade during the late morning of Friday, June 5th where 8th graders and staff stood around the cedar circle on campus while friends and families of PreK-7th grade drove around the loop to share best wishes for a

happy future.

2020 Awards

Academic Improvement -Isla Boles '25, Jeronimo Deyhle '22, Zoë Glentz Brush '21, Simon Miller '21

Arts - Molly Aeberhard '23, Pearl Aeberhard '23, Annie Alexander '22, Charlie Balcom '20, Isla Boles '25, Micah Killam '25, Maceo Kramar '22, Macy Moore '22, Phoenix Newell '26, Lacey Patoine '20. Donovan Randall '20, Chris Watson '21.

Athletics - Gabe Adams '24, Carter Amidon '26, Zoe Bunnell '26, Alice Keller '27, Paul Patoine '28, Trixie Shackleton '21, Gabi Young '23

Citizenship - Kellan Bristol '24, Zoe Bunnell '26, Adrienne Desrochers '22, Teagan Desrochers '22, Louisa Linehan '25, Harper Smyth '21

Boswell Math and Science Award - Cora Adams '25, Annie Alexander '22, Sylvan Balcom '23, Emily Counter '21, Ben Holder '27, CJ Hunt '20, Eli Michalski '28, Kingston Newell, 23, Trixie Shackleton '21, Ethan Spence '20, Julia Spence '23

Lindbergh-Newell Humanities Award - Annie Alexander '22, Josie Rowell '20,

Harper Smyth '21 Koehne World

Koehne World Language Award - Peregrine Bongaarts Weiss '28, Kellan Bristol '24, Esme Cobb '23, Maaike Dam '20, Anika Giese '21, Sam Keith '22, Conall Kennedy '25, Phoenix Newell '26, Eliza Noel '21

Young Heron Award - Esme Cobb '23, Sawyer Daffinrud '24

Janus Award Ethan Lussier '21

8th Grade Awards

Founders Cup of the Arts - Maaike Dam, Eliza Noel

Thompson Award for Athletics - Teagan Desrochers, Henry Griffin, Gus Yerkes

Mary Williams Academic Excellence - Maaike Dam



Heron Award - Henry Griffin, Josie Rowell Founders Bowl - Maaike

Founders Bowl - Maaike Dam, CJ Hunt

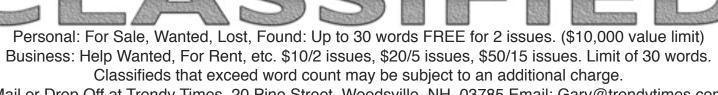


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Letter to the Editor

To the Editor.

FYI: The number of Electoral Votes in voting for POTUS is as follows:

"New Hampshire is given one electoral vote for each New Hampshire congressional district, in addition to one electoral vote for each of the two New Hampshire Senators. Currently New Hampshire has two (2) Congressional districts (based on the most recent census).

So the total Electoral Votes for NH is 4."

Seems a waste of time for citizens to vote Popular *Nancy*,

Vote, for POTUS. In NH, as well as other states, for "4 Votes" ?? So no matter how many Popular Votes NH gets, we still can only receive 4 Electoral Votes

"Wake Up Call". Time for America to bring the US Constitution into the 21st Century.

Abolish the Electoral College. Let the Popular Vote, the people's vote count.

It's a start. Nancy Leclerc North Woodstock, NH

Let me add a few more facts. There are a total of 538 electoral votes cast for president. A majority of those votes are needed to win. That number is 270.

You are right that New Hampshire has only 4 of those electoral votes. Vermont only has three. Let me also say that Maine has four electoral votes. But in Maine those votes can be split up. Total popular vote gets two, the other two are split up between the two districts and are cast as the popular vote in that district have voted.

According to Siri on my phone the population of the US is a bit over 328 million people. NH's population is about 1.3 million, Maine's population is also about 1.3 million and VT's is about 626,000. Those numbers total about 3.2 million or about one percent of the total population. Our electoral votes equal about two percent of the total votes needed to win.

I offer these facts and allow you and our readers to draw your own conclusions regarding this form of election.

One other note I make is that these are the current rules. They are the rules when the election began, and they will continue that way until officially changed, but not before this current election.

Gary Scruton, Editor

To The Editor -

STUPID IS AS STUPID DOSE

Stupid is as Trump dose. There is no cure for the mental condition he has. Ignorance can be cured unless it's premeditated, and stupid is for always. I've laid-off the Conniver-In-Chief for a few weeks in my letters to the editor because I had hope that maybe in the face of historic challenges, he could be less greedy, less thickheaded. So much for hope when tiny-minded Trump is involved.

When I have written critical letters, some folks think I'm giving Trump hell. I just tell the truth, they think it's hell. This is America, I've thought, land that I love, stand beside her, and guide her, through the night with a light from above. From

Robert..

I'm sure I have said this before, but it is such a great country that allows people to write things like you have done here. Whether or not you agree with the leadership of the country, the state, or even your local area, you have the opportunity to complain, or compliment those who currently hold such office.

Let me also mention that a new election has always been held to find out if the voters wish

Letter to the Editor

Trump, no guidance, no light, no above, just below.

One of this small-spirited fool's latest galactic stupidities? Using police and armed active duty military to bulldoze through peaceful protesters to parade to a church for a photo op - the kind of action you'd expect from tyrants running thirdworld bannana dictatorships. The troops used force and chemical agents so this ignorant child-president could strut over and hold up a bible for pictures. He did not pray. He did not offer calming words of guidance or encouragement. He did not invoke the wisdom of a higher power. He did not call for tolerance and fortitude. It was a cheap shot to impress the ill-informed evangelical portion of his cloudy-headed supporters. Making clear again Trump has no clue regarding this country's great his-

tory or its future. He wants four more years to lie and turn our democratic republic into a Trumpland dictatorship.

Destroyer-In-Chief Trump is riding for a hard fall. Federal legislators succeeded in impeaching himit was only pea-brained arrogant senate allies that saved his sorry ass. He's about to become a one-term president, which is already four years too long.

Trump benefits from division, which he sows every time he opens his moronic mouth. Divided we fall, united we stand. Whether he falls first, or the country falls, that's up to the voters this fall. That means it's up to you, and up to me, all of us. Stupid is as stupid dose.

Robert Roudebush Mountain Lakes North Haverhill

to continue with the current occupants of an office, or if a new person is designated to take over that particular office. I fully trust that that situation will continue into the future.

In the meantime, we should all try to keep commentary civil and reasonable. Of course it would also be great if only true and proven facts, not summations or assumptions, were intorduced into any arguement.

Gary Scruton, Editor

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Ensure You're Properly Insured

There's certainly been plenty of volatility and uncertainty the past few months, but one aspect of your financial picture has probably remained stable: your need for insurance. And since National Insurance Awareness Day is observed on June 28, now is a good time to review your overall insurance coverage to determine if you and your loved ones are well-protected.

You might be surprised at the lack of protection among your fellow citizens. Less than 60 percent of Americans have life insurance. and just about half of those with insurance are underinsured, according to LIMRA, a research organization.

Of course, you might think the reason so many people don't have insurance is because they don't need it. But just about every age group can benefit from life in-

If you have a house and a family ... Your insurance needs are obvious: If something happened to you, could your mortgage payments still be met? How about your car payments? Doctor's bills? College for your children? Even if you have a spouse or partner who earns a decent income, your family could still have big trouble paying its

bills if you weren't around.

If you're young and single with no family responsibilities ... If you're in this group, why would you need life insurance? For one thing, perhaps you owe money together with someone else - you might, for example, be a joint debtor on a mortgage. If you passed away, your co-debtor would be responsible for the entire debt. And just because you don't have family responsibilities now, it doesn't mean you never will. If you have a family history of serious health issues, which may eventually affect you, you could have trouble getting life insurance later, or at least getting it without paying a lot. Now, when you're young and healthy, the coverage is available and may be more affordable.

Your children are grown and you're retired ... If you retire with debt or have a spouse dependent on you, keeping your life insurance is a good idea, especially if you haven't paid off your mortgage. Plus, life insurance can be used in various ways in your estate plans.

Even if you recognize the need for life insurance, though, you may be uncertain about how much you require. Your employer may offer insurance, but it might not be sufficient for your needs. And, perhaps just as important, if you leave your job, voluntarily or not, you'll likely lose this coverage. If you purchase a private policy, what's the right amount? You might have heard you need a

death benefit that's worth seven or eight times your annual salary, but that's just a rough estimate. To determine the appropriate level of coverage, you'll need to consider a variety of factors: your age, income, marital status, number of children, and so on.

Still, even after you've got the right amount in place, it doesn't mean it's set in stone. You should review your coverage regularly, and especially when you change jobs, get married or remarried, have children or experience any other major life event.

Life insurance should be a key part of your overall financial strategy, along with your retirement accounts and other investments. Make sure you're properly covered - for today and tomorrow.

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

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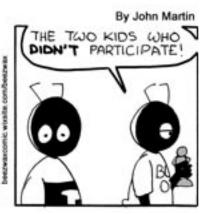


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Thank you for your understanding.



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Grafton County Registry of Deeds

Kelley J. Monahan Register Report to Commissioners

June 9, 2020

May Revenue
County Revenue 5/2009 \$ 81,485.33
County Revenue 5/2010 \$ 73,723.38
County Revenue 5/2011 \$ 67,760.52
County Revenue 5/2012 \$ 86,262.78
County Revenue 5/2013 \$ 89,545.78
County Revenue 5/2014 \$ 69,213.64
County Revenue 5/2015 \$ 85,193.50
County Revenue 5/2016 \$ 79,686.90
County Revenue 5/2017 \$ 85,288.55

County Revenue 5/2018 \$117,993.46

County Revenue 5/2019 \$102,322.28

County Revenue 5/2020 \$ 92,715.68

State Revenue 5//2010 \$ 471,019.20 State Revenue 5/2011 \$ 659,520.00 State Revenue 5/2012 \$ 526,609.92 State Revenue 5/2013 \$ 676,503.36 State Revenue 5/2014 \$ 555,029.76 State Revenue 5/2015 \$ 872,047.68 State Revenue 5/2016 \$ 718,749.12 State Revenue 5/2017 \$ 864,213.12 State Revenue 5/2018 \$1,527,437.76 State Revenue 5/2019 \$1,053,716.80

State Revenue 5/2020 \$ 926,646.72

State Revenue 5/2009 \$ 428,311.68

Kelley J. Monahan

Foreclosures 2009 55 year to date 2010 80 year to date 2011 75 year to date 2012 69 year to date 2013 29 year to date 2014. 15 year to date 2015 23 year to date 2016 29 year to date 2017. 21 year to date 2018. 19 year to date 2019 25 + 280 (from one source) = 305 year to date 2020 10 year to date zero in May due to Governor's executive order

1. During the public hearing on the proposed FY2020 budget Chairman Lauer stated that a member of my team who had been here 34 years was retiring. That statement is incorrect and should be corrected for the record. The staff member who is retiring has been with Grafton County for 22 years, 4 years in service to the court and 18 years here.

2. On June 3, 2020 I sent to the Board of Commissioners and County Administrator the protocol for future public access to the Grafton County Registry of Deeds offices. I will post to our websites and sent a letter to the local papers in order to inform the public. Our offices will remain closed to the public until 6/22/2020.

3. Due to the pandemic we are seeing a spike in erecording on a national scale that is affecting our work flow. The system is experiencing over-loads which require the staff to wait for documents to load and we have had instances when the ACH funds are not being deposited the next day as was the agreement with our 3 vendors.

4. County Administrator Libby's power-point presentation to the public on the

proposed FY2020 budget ininformation cluded misled the public. The figure included in the power-point erroneously combined the cost of the first six months of a wholly new position and the cost of the six months of overlap on the replacement of an 18-year member of my team who is retiring in December. The impact to our clerical line was \$13,841.00. This number should not have been included in the \$107,847.00 because it was not a proposal for a new position, unlike the proposal for the Finance Director position. Wrapping together these two numbers wrongly led the public to believe that the Deeds office created a new position, and hid from the public the salary of the Finance Director position for a full year.

Respectfully submitted, Kelley J. Monahan

NH State Forest Nursery Announces Record Year For Seedling Sales

The New Hampshire State Forest Nursery has released sales figures for its 2020 spring season.

This year's sales totaled \$193,039, a 15 percent increase from 2019, which was also a record sales year. Fifteen hundred and seven orders, totaling 210,165 seedlings, were delivered to customers.

Local orders dominated: 96 percent came from customers in New England and two-thirds of those were from New Hampshire. One order was placed by a customer in Washington state.

Sixty-eight percent of orders in 2020 were for \$100 or less, an indication that most customers use seedlings for small projects.

Established in 1910, the State Forest Nursery grows three million seedlings on 16 acres of irrigated, outdoor seedbeds; it also has 20 acres dedicated to seed orchards and testing areas. The Nursery is located within the 880 acre state forest in Boscawen.

Each year, the State Forest Nursery offers more than 50 bare-root seedling species and specialty packages for sale to the public. All seedlings are grown on site from seed and are not imported or transplanted from other sources, ensuring that they are well adapted to the New Hampshire climate.

Conifer, hardwood and native conservation seed-lings are available, ranging from varieties as well-known as balsam fir, red maple and paper birch to the more specialized highbush cranberry, northern white cedar (arborvitae) and European mountain ash.

Seedlings sold at the State Forest Nursery can be used for wildlife food and habitat, erosion control, reforestation, hedgerows for wind and snow breaks, wetland plantings, site reclamation and as Christmas tree growing stock, as well as for decorative purposes.

Spring seedling sales generally run from mid-April

to mid-May. Orders are taken once the catalogs are mailed in December. While most seedlings are sold, limited quantities are distributed free of charge for educational purposes to nonprofit organizations, counties, municipalities and public institutions.

For more information about New Hampshire's State Forest Nursery, including how to be added to the mailing list to receive the 2021 catalog, visit nhnursery.com.

Established in 1910, the N.H. State Forest Nursery's mission is to grow and distribute quality, bare-root seedlings for forestry, conservation and education purposes. The Nursery facility and program are administered by the N.H. Division of Forests and Lands, which is part of the N.H. Department of Natural and Cultural Resources. For more information about the N.H. Division of Forests and Lands, visit nh.gov/nhdfl.

How About Ch-Oz?

by Maggie Anderson

I have six brothers who stopped sketching puerile cartoons of the contents of their tighty whities by the time they were 10 or 11 years old. Even the one who wasn't the brightest bulb on the Christmas tree gave it up in favor of more interesting pursuits, like tryouts for Little League or the first little redhead who smiled in his direction.

Grown men who know who they are do not resort to grotesque caricatures of the parts of their anatomy less interesting to others than to themselves. Grown men leave stupidity, as much of it as they are able to give up, in the wake of their adult-hood and common sense.

When I was a girl the idea of killing police officers never entered my head. Even the rowdiest hot-rodders who had their driver's licenses pended for over zealous pressure on the accelerator would never have considered maiming or killing the officer because of a citation. Certainly would not have spray painted his edict that the officer be shot, on the side of somebody else's build-

If anybody had suggested killing a police officer they would have been shunned by everyone they knew faster than a prostitute trolling for Johns at a church social.

Adults learn how to voice opinions, settle disputes, disagree with others, yet ultimately find solutions through discussion and compromise.

But we are not talking about adults. We are at the moment surrounded by children drunk on a wave of media attention and an atmosphere of chaos, much of which they have created for themselves.

And as any adult on the planet knows you cannot reason with a drunk, whatever he's intoxicated by.

The current scene in Seattle reminds me of tantrums tossed by children who have not yet developed the skills necessary to claim the status of adulthood. The signs, their nasty little drawings on boarded-up windows, the destruction of other people's property, even the fact that they must depend on hated outsiders to feed them, clean up after them, and give them a platform for their point du jour - if they ever stop fighting long enough to come to an agreement only makes their screams louder and them more aggressive.

Their brand new playground is not a happy place.

To say the governor must think his constituents blind and ignorant is an understatement.

Believe me when one of our daughters was sent to her room until she could behave in a more respectful manner to the rest of her family, as she hurled each piece in her sister's tiny china tea set against the wall with the fury only a child can muster, we were all aware of it. It was impossible to miss.

If the governor of Washington thinks the people of his state, or the rest of the country, believe he knew nothing of what was brewing behind the quickly erected border walls in the new country staked out in the middle of his largest city I have two questions for you.

Would you want to be governed by somebody who thought you a total idiot?

And two, what kind of taxpayer-funded staff has he got hanging around his office if they didn't have enough sense to give him a heads up about the new country being established in the center of The Emerald City?



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Best To Support Your Neighbors, Your
Friends And Your Community.



How We Got to Where We Are (1)

by Elinor Mawson

My in-laws would come to visit us when we lived in the area; they decided to try camping at a little campground on the Benton Flats. It was called Oliverian and was part of the White Mountain National Forest. They bought a tent, camp stove and cooler and set out. My husband helped them set up their umbrella-style tent, and I read the directions from the outside while the three of them bumped into each other and tried to follow what I was reading. It was quite amusing!

We too camped there after we moved down-country and looked forward to it every year. The campground was small -- maybe 10 sites, and consisted of a pump for water and an outhouse. There were a few picnic tables and that was it. We loved it! But in 1984 when we came up for our annual visit, the place was barricaded and closed. We were heartbroken and wondered what to do next.

We spent the rest of the summer checking out every campground in a 50 mile radius. There were plenty to choose from, but none had the wilderness feel that we were the most comfortable with. A good friend in the area told another friend of our dilemma and he contacted a realtor nearby who contacted us. We met with him one Sunday morning and he showed us a piece of land that was mostly underwater. When we objected, he remembered another place, "but you can never build on it".

Leading us down a dirt road, he stopped at a little

shack on a small piece of land. It was surrounded by huge trees, and looked very modest. We checked it out. It had been a hunting camp with minimal amenities. Of course there was no running water or electricity. It had an addition on one end which was in bad shape. There were windows with no glass in them and someone had written interesting graffiti on the walls with chalk.

When the realtor told us the price -- \$3500 -- my husband said "We'll take it!" Both the realtor and I looked amazed. ""Don't you want to go home and talk about it?" My husband said "No, we'll take it". I couldn't believe my ears.

"Do you want to go and look at the river?" asked the realtor. "No, we know where it is", we replied. And we went home, feeling euphoric, knowing we would have a campground of our own.

We had to borrow from our life insurance and paid cash for our purchase. Our boys were beside themselves and drove up to look at the place. They weren't daunted by the condition of the building and had all sorts of ideas in the fixing up process.

The next time we saw "our" camp was the day we went to the lawyer's office and closed on the deal. Then we went to look at the place and walked and slid down to the river. We were utterly amazed! There was the beautiful Ammonoosuc before our eyes, and we realized that we owned the rights to it. That day had to be one of the highlights of our life.

All that Fall we "camped"

in our new place. We hauled water. We used a portapotti.

We put glass in the windows and made new doors. Our son built a chimney and we installed a wood stove. Our boys built bunks. We celebrated Thanksgiving in our camp. We bought a generator. We loved every minute!

The following summer we took out a loan and fixed the place up. We tore down the addition and built a new one on the footprint. The boys made knee walls and changed the roofline. We put in new windows and doors. We named the place "Oliverian North."

Over the next years we built a stairway down to the river. We added a huge screen porch. We installed electricity. We bought an electric toilet. And we averaged 26 trips a year even though we were both working. We declared it was our favorite place on the planet.

We loved the way we lived -- we had the best of both worlds and planned to live that way happily ever after. But our story doesn't end here.

Acceptance
Topics
Disability and Aging
by Cyndy Wellman

Handicap Parking

Approximetly ten years ago I had to go to North Haverhill Post Office. The parking lot is not all that big. And hardly any room for the 18-wheeler delivery truck to come. Unfortunately, I could not park close to the door. There was not any indication that it was a Handicap parking spot. Someone else parked there and did not have an obvious disability.

I went inside and expressed my concerns.

Thankfully, within a month a sign was up, and the pavement was painted for Handicap parking. Off and on I must remind people lit is a Handicap Parking space anywhere public. If they do not have a tag or license plate saying they are disabled, don't use the space. Believe me I will speak to the authority if you do not listen to me. Just like I did at the Post Office.



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Thanks From Cottage Hospital

Dear Cottage Community,

Cottage Hospital would like to take a moment to thank our friends, families and neighbors for the continued donations made to the hospital during the COVID-19 pandemic. Cottage Hospital has stood proudly, since 1903, as your community hospital. It

is humbling to see the incredible generosity of our community, and through your endless support, we will continue to serve you through these uncertain

Thank you! Sincerely, Dr. Maria Ryan, CEO & the Staff at Cottage Hospital



Guacamole Dip

Hello, hello my fellow chefs. I'm in Rhode Island staving with my son. Nick. and Tobi and the kids. Angelo and Abigail. Tobi showed me how to make a delicious recipe. It's easy peasy and oh so good and you will say it's "Delicioso". Tobi is a chef at a restaurant in Narraganset, Rhode Island so you know it's good. We made it for a poker game night and invited my brother Al and Jamie and my niece Andrea and nephew Anthony. We had a very

the plum tomatoes, lime juice, cilantro chopped, and the salt and pepper. Mash with fork and mix all ingredients together. Put in dish you want to serve with, put avocado seed in center and cover with Saran Wrap touching the guacamole. This lets the green color last for extra freshness. Store in refrigerator and serve with Tostitos.

That's it. You will be praised for this recipe it's as good if not better than a good restaurant.



time.

I did have one of my medical episodes yesterday so I was sick for the whole day and now today from my medication I get a severe headache. But it's going away. We're supposed to go to my favorite restaurant Twin Oaks tonight for dinner, we are meeting my grade school friend Sally so we will have a good time.

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

Ingredients

4 Avocados

1 Jalapeño Pepper Diced 1/2 Red Onion

Diced

1 Bulb of garlic minced

2 Plum Tomatoes seeded and diced

1/4 Cup lime juice

6 Sprigs of cilantro chopped

2 Teaspoons of ground Cumin

2 Teaspoons of salt Pepper to taste about a

half teaspoon Add love!!! Tobi said!!!

Cut avocado in half and remove seeds. Spoon avocado into bowl and mash with a fork. Keep one seed aside. Add the diced small jalapeño, the red onion minced, the garlic minced,



What About Ma?

by Kellie Quackenbush

All About The Ears

Lyle calls his Ma on the phone quite often these days, with the COVID-19 spreading in unknown ways, an abundance of caution has eliminated in person visits at the nursing home. A few weeks ago, Ma could not hear her baby boy on the phone. This was upsetting to Ma and vexing to her boy.

It happens that Ma had a wax build up in her ears. This is a fairly common health issue for adults, excess wax in the ear. However, using Q-tips or other pointy things to clean your ears can make it worse, pushing the wax deeper and possibly damaging the ear drum. "Cleaning inside your ear canal, especially with cotton swabs, can push wax deeper into the ear. That can cause a wax buildup (cerumen impaction) that can make it hard to hear with the affected ear." per www.webmd.com, "A few drops of mineral oil, baby oil, glycerin, or hydrogen peroxide in your ear can soften the wax and help clear it out. If that doesn't work, your doctor can use tools to remove the wax."

One of the first times that I saw a man get his ear irri-

gated, the wax build up had been so great that a marble of wax popped out of his ear. The hole in his ear canal was not even that large, but there it was, a perfect little ball of brown wax. Once the wax was removed his hearing improved instantly.

"If you're unable to clear the wax or if your ear becomes more irritated, seek medical treatment. Other conditions may cause symptoms of earwax buildup. It's important that your doctor can rule those out. They can use an otoscope, a lighted instrument with a magnifier, to see clearly into your inner

To remove wax buildup, your doctor may use:

> irrigation suction

a curette, which is a small, curved instrument

Most people do well after earwax removal. Hearing often returns to normal immediately. However, some people are prone to produce too much wax and will face the problem again."

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him what he was experiencing. He was grumpy about the subject, thinking he had an early onset of "old people's hearing loss". I had suggested that, perhaps, he should call his doctor and tell the doctor what was going on. A few weeks later I saw him again, he had a

> stored. "Impacted earwax is very common. As you get older, earwax tends to become harder and less mobile. Older adults are more likely to have problems with too much earwax. It can cause symptoms such as hearing loss. It can also prevent a full exam of the ear."

www.2020 Cedars-Sinai.

new lease on life--his doctor

flushed his ears and pulled

all sorts of wax out. His

hearing was perfectly re-

www.healthline.com.

There is no age in which the ears suddenly become "impacted" with wax and it is

NOT a hygiene issue. I worked with a fine gentleman who seemed to be hav-

ing a hearing issue, I asked

A very treatable condition. Ma had her ears flushed and we have been happily talking on the phone ever since. If you are starting to feel like hearing is an issue, ask your doctor to check your ears for a wax build up. Excess ear wax is one health issue that could be solved in one visit to the doctor.

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"I have been a Family Nurse Practitioner providing care across the lifespan to families of the Upper Connecticut Valley for the past 13 years. I have Bachelors Degrees in both Social Work and Nursing and a Masters of Science Degree in Nursing. I am currently completing my post-graduate certificate in Psychiatric Mental Health Nursing.

Prior to coming to Little Rivers Health Care I worked as a Family Nurse Practitioner at Ammonoosuc Community

Health Services in Woodsville, NH and at Upper Valley Pediatrics in Bradford, VT. As a Family Nurse Practitioner I have been trained to treat the whole family from infancy to the elderly. My passion lies within women and children's health. I am focused on teaching patients about maintaining a balance for optimal health as well as collaborating to develop a plan of care that focuses on the patients' values and goals in an atmosphere of respect and acceptance.'



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