

A FREE PUBLICATION

TRENDY

Happy Parents' Day!



Next Issue: Tuesday, August 4
Deadline: Thursday, July 30

TIMES

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Virtual North Haverhill Fair Opens



It's Virtually Fair Time. Or is that, It's Virtual Fair Time? Either way the 76th Annual North Haverhill Fair is about to get under way, virtually! The original fair dates for 2020 were July 22 thru July 26. And as those dates approach the volunteer Board of Directors at the North Haverhill Fair have made the effort to put on a Virtual Fair.

For further explanation of what a virtual fair is, go to the fair's website www.nohaverhillfair.com or look at their FaceBook page (North Haverhill Fair Association). Once there you can see what is happening this year. One of the events is a list of Memories from each Director. Those memories are accompanied by a wide assortment of pictures from past fairs.

As the fair dates arrive you will find "events" taking place just as though the fair were actually happening on the grounds. These events will include pictures and videos from 4-H'ers, vendors and other popular attractions.

Of special interest will be updates on Friday and Saturday, July 24 & 25 about the 2021 entertainment on Thayer Stage. There will also be announcements about other entertainment for the 2021 fair.

One non-virtual event for this year is the North Haverhill Fair Hay Bale Trail. There have been more than a dozen entries submitted for this popular attraction. These artistic bales will be on display from the Grafton County Complex (north end) to the

Indian Corn Mill Apple Shack at Newbury Crossing (south end) beginning at 4 pm on Sunday, July 19th. A map of the hay bale locations will be available on the Fair's website and Facebook page. A virtual tour will be available for those who can't visit these creative displays in person. You are the judges of these pieces of art! Please take the time to cast your ballot (instructions will be available on the website and on the Facebook page). Voting will end at noon on July 26th and the winners will be announced later that day.

The 76th annual North Haverhill Fair may not be "normal", but it is "virtually" guaranteed that you can still have a good time!

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TRENDY Dining Guide

Cider House Cafe

by Gary Scruton

Most of the eateries that are listed here in the Trendy Dining Guide are year round establishments. They have obviously been struggling with keeping up with the changing conditions of operating over the past several months.

But one establishment that joins this page for a brief time each year is the Cider House Cafe located at Windy Ridge Orchard a short distance west of North Haverhill, NH. The Cider House Cafe was not built to be year round and they have found a niche in the market that suits them well. Opening in early July and running thru harvest time Sheila and crew have found a time that fits them well and they have

also found a customer base that comes back year after year.

Janice and I took the short drive up to the Cafe on a Sunday around lunch time. As usual we found plenty of seating opportunities outside either on picnic tables, or at tables on the porch. As everyone does, though, we started by going inside the cafe and up to the counter in order to place our order.

A chalk board over the counter has a listing of most of the available choices. There was also a stack of menus, one of which we took out and stepped aside to make our decision.

As it was already past breakfast time we went to the lunch menu and saw a number of apple themed sandwiches. I picked the

Cider House Club which is listed as turkey, cured ham, country bacon, cheddar cheese and maple mayo, topped with choices of vegetables. The vegetable choices also included apple slices. I ordered mine with onions and pickles. (I did skip the lettuce as Sheila informed us that they had just run out of lettuce for the day). There was also a choice of breads and whether or not to have it toasted in their panini press. I chose sour dough, toasted.

Janice ordered what is referred to as a McIntosh. It is cured ham and cheddar cheese with honey mustard. It also came with vegetables of choice (Janice asked for lettuce, tomatoes and pickles). She also asked to have

it grilled on wheat.

For beverages Janice got a simple bottle of water, and I decided to continue to try something a bit different when we go on these excursions and actually went with what should have been obvious...cider!

We paid cash (no plastic at Cider House) upon ordering (the total was \$21.08) and were given a small pager. We were told that when the meal was ready we would get a page and that the meal would be on a separate high top counter that had been added to one side of the ordering counter.

That is where our meal took a bit of a different trek as we stopped to chat with Windy Ridge owners Dick and Ann Fabrizio. Before we finished our sandwiches came out of the kitchen and the server asked where we were going to sit. We picked a spot, she wiped down our table to make sure it was fresh, and then set our meals down. It was time to eat!

Each sandwich also came with a small bag of Cape Cod potato chips. Those got opened and added to the paper lined

baskets. My sandwich was indeed a mouthful of flavors. The bread was toasted just enough to give it some crunchiness without being overdone. These sandwiches were stuffed with meat and goodies, no chance of leaving hungry from this place.

We had just about finished our lunch when Dick wandered over to our table to finish our conversation we had started earlier.

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Orange County COVID-19 Recovery Forum: From Recovery to Renewal and Resilience

On July 21st from 6:30-8:30pm, the Local Solutions and Community Action Team established by Governor Phil Scott invites you to join a virtual COVID-19 recovery discussion to connect with others in Orange County to: Share challenges and ideas for community response and recovery

Connect to others working to respond, recover, and build long-term resilience Meet with a "visiting team" of state, federal, business, and non-profit leaders who will share recovery strategies from across the state and ideas for resources and support.

To Register Visit: www.vtrural.org/recovery/orange

Agenda:
6:30pm - Opening Session
6:40pm - Breakouts
Supporting Orange County Businesses & Buying Local
Addressing Housing & Homelessness
Advancing Education & Childcare
Overcoming Isolation & Building Community Unity
8:10pm - Closing Session

All ARE WELCOME. Coming together to discuss recovery strategies and build ongoing resilience is

vital and your voice is critical. Registration is required: vtrural.org/recovery/orange. Once you are registered, you will receive instructions to join via computer, mobile device, or phone.

For assistance with registration contact info@vtrural.org or 802-223-6091.

Recovery Visits are hosted by the Local Support and Community Action Team of the Governor's Economic Mitigation and Recovery Task Force, in partnership with regional and local leaders, with facilitation from the Vermont Council on Rural Development.

NCC Survey to Help Expand Haverhill Broadband

To the Editor:

The goal of the Haverhill Entrepreneurial Encouragement Committee (HEEC) is to have fiber optic network technology (the most reliable long-term option) accessible on every road and highway in town. Expanding high-speed internet is critical for Haverhill to be a more attractive community for families and businesses, and to retain our youth. The COVID-19 pandemic has reinforced its importance for telehealth, education, and working from home.

The North Country Council (NCC), our non-profit regional planning agency organization, has launched a survey to gather information on the quality of broadband services in all towns in northern NH. Presently available data is not precise enough to give us the information we need so this survey is important!

Please spend 5 minutes to take the survey at <http://www.ncccouncil.org/broadband/>. If you don't have internet, you can call 603-444-6303 ext. 2014 and they will take you information verbally. You can also request a paper survey by calling or emailing mmoren@ncccouncil.org.

HEEC, formed after the April 2018 "Better Haverhill" forum, conducted a busi-

ness survey that identified the need for improved cell phone and broadband service, and we organized a public meeting last November at Haverhill Cooperative Middle School. HEEC then proposed the creation of a town cell phone/broadband reserve fund and, at the March town meeting, Haverhill citizens voted to appropriate \$50,000 to address this need.

Since town meeting, we HEEC members have been exploring the best options for success. Unfortunately, there are no easy answers in rural areas such as ours. Based on funding availability, HEEC is focusing first on broadband, while also recognizing that expanded broadband access can also benefit cell access.

Please share this message to all of your friends, especially those who live in Haverhill. HEEC meets monthly, usually the fourth Wednesday of each month at 6 pm, and we welcome new participants. Thank you!

Sincerely,
Kevin Shelton, Woodsville
Doug Teschner, Pike
Jeff Stimson, N. Haverhill
Wayne Fortier, Woodsville
Stephanie Marston, N. Haverhill

Grafton County Tax Decrease

In early June, several local newspapers reported that the proposed Grafton County FY2021 budget included a 3.47% increase in the amount to be raised by taxes. No one, including the County Commissioners, was happy about a potential tax increase in these uncertain times, and I am pleased to report that a solution was found after that increase was released at the public budget hearing and reported in the newspapers. In mid-June, the County Administrator received updated revenue figures from the State. The Commis-

sioners subsequently approved her recommendation to increase the amount of the undesignated fund balance that is used to offset taxes. The end result is that the final budget that was passed by the Delegation on June 22 includes a 0.42% DECREASE in the total amount to be raised from taxes compared to the FY2020 budget. At the same time, the undesignated fund balance is projected to grow compared to the 2019 end-of-year value, and the County will continue to improve its financial position.

This is a challenging time for our State, our County, and our citizens. This is not the time to increase County taxes, and I am grateful that the County Administrator, the County Commissioners, and the members of the Delegation were able to work together at the last minute to provide a tax decrease. In the meantime, if there is anything that I can do to help ease your concerns, please feel free to reach out to me.

Linda D. Lauer
Grafton County
Commissioner
Bath, NH 603-991-2286

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

July 21, 2020

Volume 11 Number 21



Ken Kercheval
Cliff Barnes on "Dallas!"

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The Path We Take

There are a number of 'must learns' that we acquire in our early years that carry us through life while negotiating daily challenges. Some of these life skills are learned from parents or grandparents, friends, daily experience or through the School of Hard Knox, but for me, a teacher cracked the barrier. As a student, I thoroughly enjoyed and looked forward to physical education, recess, the study of geography and the closing school bell. But, I will never forget my seventh grade English teacher. She prepared me for my hitch with the U.S. Army, as she controlled her classroom and my attention like a Command Sergeant Major. But there was another side to this gifted teacher, she had a passion for poetry and was able to reach this reluctant learner who openly reflected and questioned the need for another dose of English instruction. She introduced the class to a man named Robert Frost and a poem, which I am sure

many of you are familiar, The Road Not Taken. Her reading of that poem inspired me to believe that it's OK to look beyond and not always take the easy path. Success is not always convenient and often requires the old adage my father-in-law imparted to me years ago. He was a contractor, and he reminded me to, "Count to 10 before cutting a plank or making a hasty decision."

I mention this life experience, as I am sure that everyone reading this article knows how important it is to be a successful society. We must carefully chose our words and not take the easy path to achieve convenient success. Currently, I am working with members of the NH School Funding Commission to resolve the costing formula that provides public school students the opportunity for a quality education. We have been meeting several times per week for months, and I owe a huge "thank you" to those along the way who shaped me as a person. The commis-

sion recognizes and is considering needed change that will offset costing inequities experienced by many communities such as Haverhill. While gathering public input, we are analyzing various elements necessary for a quality educational experience including criteria such as Pre-Kindergarten offerings. It is understood that wealthy communities are able to raise significant funding amounts with less property tax effort than poor communities. It is also recognized that alternative school choice such as public charter schools do have a place in NH's educational system as some children and families need that option. We cannot afford to lose any of our students. NH also needs well-prepared teachers such as my seventh grade teacher who cracked the barrier for this reluctant learner. The commission will issue its report this fall. I sincerely hope that the legislature will have the courage to move forward implementing an effective and affordable plan that better assists all students and struggling municipalities.

Respectfully Submitted,
NH Rep Rick Ladd

The N.H. Pledge Should Not Be Scrapped

Recently, I was amused by a letter to the editor in the New Hampshire Business Review on June 19, 2020 titled "Isn't it time to scrap The Pledge" written by Arnie Arnesen of Concord, formally of Orford, my home town.

In her column, Arnesen says, "What better time than now to question NH's Political shackle known as 'The Pledge'? The 50 year-old tax pledge, concocted by two reactionary conservatives, represents the "for me, not you" mentality that prohibits healthy and constructive growth." Arnie must have missed all the great news of the recent record-breaking growth and prosperity with an all-time record of those employed under Governor Chris Sununu and President Trump just before the Coronavirus hit our economy.

The only reason I'm responding to this article is that she is calling out my late Father, former Governor Meldrim Thomson, who served N.H. for three terms from 1973 to 1979 and is not here to defend himself, and I know he would have done a much better job than me.

Yes, it was my father who galvanized "The Pledge" in N.H., every governor; Democrat or Republican since then has taken "The Pledge" to get elected except for one time when Gov. Jeanne Sheehan ran for a third term and refused to take "The Pledge". Sheehan won her third term but her push for a statewide Sales Tax went down in defeat on the morning of April 19, 2001 and I believe my Dad waited until the Sales Tax was defeated before he passed away that afternoon.

"The Pledge" my father believed in was very simple. As a Candidate for Governor you should be honest with the Voters of N.H. before they vote, and tell them – Yes, I support a Sales or Income Tax (or both) or No, I oppose a Sales or Income Tax. My father always opposed a Sales and Income Tax and was famous for his slogan "Low Taxes are the Result of Low Spending".

Because of "The Pledge" we have the "New Hampshire Advantage," meaning, No Sales or Income Tax, which is the only state in New England and because of that folks from all our neighboring states flock to



N.H. to purchase everything, which brings in millions upon millions of dollars to our state's economy. In addition, many move here to enjoy the low tax environment.

Governor Thomson left a record during his three terms that most elected officials could only dream of:

1. Had a surplus every year as Governor
2. He had a triple "AAA" State Bond Rating, which was the best in New England.
3. NH had the lowest unemployment in New England, which was 3.4%.
4. NH had the lowest State Gross Debt in New England.
5. The only state in New England with neither a Sales or Income Tax.
6. NH had the lowest State and Local Taxes per capita in New England.

Remember, Arnie Arnesen, the progressive liberal who ran for N.H. Governor in 1992 and refused to take "The Pledge" lost to Republican Steve Merrill, who took "The Pledge" and won by 56.02% to Arnie Arnesen's dismal 39.95% and Miriam Luce received 4%. Then in the Governor's race in 2002 Democrat Mark Fernald also famously refused to take "The Pledge" and supported an Income Tax and ran against Republican Craig Benson who won by 58.62% to Mark Fernald's 38.21% and John Babiartz received 2.94%. To me it seems pretty clear that not taking "The Pledge" is a good way to get less than 40% of the Vote in New Hampshire.

Progressive liberal Arnie Arnesen once again is wrong. If you want to be a New Hampshire Governor be sure to take "The Pledge" and promise the Taxpayers before they vote that you will Veto a Sales or Income Tax if it comes to your desk as Governor. If you do so then everyone will enjoy the "New Hampshire Advantage".
Tom Thomson
Tree Farmer, Orford, NH

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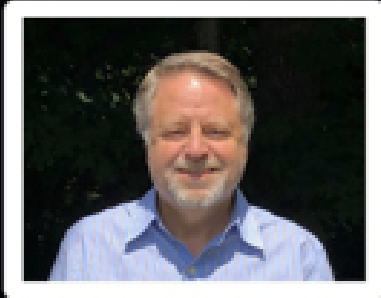
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**A Short-sighted Veto On Family And
Medical Leave By The Governor
Based Upon Flawed Logic**

In the last election, governor Sununu ran on a promise to introduce family leave for NH employees. His logic for vetoing legislation shows he didn't mean to honor his commitment. The concept of workers getting a portion of their salary while out for illness or taking care of a family member was widely supported by New Hampshire voters, polling at 70%. Both candidates ran on the issue.

The passed legislation was responsibly structured and doesn't involve pulling funds from general or education taxpayer funds. The governor says it is funded with an income tax. It's not. Most employee benefits are paid as a fixed fee per employee. For example, health insurance premiums which might be \$500 are the same for an employee making \$100,000 as an employee making \$30,000 per year. If either employee suffers a medical condition, like a heart attack, the cost to treat them is the same. The premium is not related to income.

That is not the case for Family leave. Family leave benefits under the program is 60% of the employee's salary. An employee making \$100,000 per year would receive family leave benefits at 60% of that (\$60,000 per year or \$5,000 per month).

An employee making \$30,000 would receive \$18,000 or \$1,500 per month. Does it make sense that the insurance premium should be the same for both of these employees? It makes the most sense to structure the premium as a percentage of the benefit. Since the benefit is directly related to salary, the insurance premium is directly related to salary. That doesn't make it an income tax. The premium is .5% of the employee's payroll. This is a logical way to pay for this benefit.

An unsound way would be to just require employers to offer the benefit with no provision to pay for it. This is called an unfunded mandate and I would have not supported that.

The amount of premium, just like other insurance policies, goes down when payouts go down - just like unemployment (whose premium is a % of income). Unemployment insurance is not considered an income tax. When Ronald Reagan was President, the United States passed a new type of insurance, long-term care

insurance, it was structured to cover its costs. After about two years, it was found that rate payers found the insurance too expensive for the benefit. The program was repealed.

Whether family and medical leave benefit will last for a long time in New Hampshire will depend upon whether the benefits are used properly and premiums (paid by either the company or employee) are judged to be reasonable for the benefits received. I know businesses are eager for a young workforce and an efficient way to provide this kind of benefit would be important to build our economy. Because this new benefit is properly structured as a self-funded program, this would happen with this bill. If the family and medical leave program isn't working, we will know it. Based upon the experience of other states, it is likely to be a long lasting benefit.

The governor should have supported this bill and left the snarky (in the voice of the lion from the Wizard of Oz) comment "Not Now. Not ever". Is he now going to say the same thing on unemployment insurance? He offered no reasonable alternative to provide family leave for current NH workers, or those wanting to work in NH.

Jerry Stringham represents Lincoln, Woodstock, and Waterville Valley in Concord, serving on the House Ways and Means Committee. If you need to reach Representative Stringham, email jerry@jerrystringham.com.



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Cottage Hospital Auxiliary Announces Little Ticket Raffle as 2020 Fundraiser

Woodsville, NH - The Cottage Hospital Auxiliary announces this year its annual primary fundraiser will be the "Little Ticket Raffle" which is replacing its very successful "Big Ticket Raffle" that has helped raise and donate more than \$50,000 over the past five years for new hospital equipment and system upgrades. Tickets for the Little Ticket Raffle are on sale now. Tickets can be purchased from any Auxiliary volunteer member. For more information about the Auxiliary's 2020 Little Ticket Raffle or to buy tickets, please email the Raffle Co-Chairpersons - Marcia Selent at marcia.selent@charter.net or Dottie Long at dottie-long@gmail.com.

Little Ticket Raffle tickets are \$25 each and only 200 tickets are being sold which really increases the odds of winning. There will be four cash prizes of \$750, \$500, \$250 and \$125 with the raffle drawing to be held on Tuesday, September 15, 2020 at 10:00 a.m. at Cottage Hospital, 90 Swiftwater Road, Woodsville, NH.

"This year the Auxiliary decided to scale back it's Big Ticket Raffle due to COVID-19. There will be no

raffle sponsors or advertisers as many of our local supporters are struggling this year with the impact of the virus. We will still have four cash prizes and the cost of each ticket has been reduced to \$25 each. The Little Ticket Raffle allows our supporters to make a donation to help Cottage Hospital," stated Marcia Selent, Auxiliary Co-President and Raffle Co-Chairperson.

"The Auxiliary is very excited about this year's Little Ticket Raffle. The donation proceeds from the Little Ticket Raffle will be going to purchase new laboratory equipment for the hospital", stated Dottie Long, Auxiliary Vice President and Raffle Co-chairperson. "Your \$25 donation will make a big impact for the hospital."

The Cottage Hospital Auxiliary is a tax-exempt nonprofit organization. Membership in the Cottage Hospital Auxiliary is open to everyone, women, men and hospital employees. To obtain more information about the Cottage Hospital Auxiliary or to become a member, please visit www.cottage-hospital.org/support/cottagehospitalauxiliary or call 603-747-9707.

Imagine a World Without Police

Until recently, most of us have not thought much about police as we go about life. We take for granted our security in our homes, our business, on the street, at work or play. What would life be like if there were no police? What if there was no "Emergency 911"? Who would you call if your home were invaded or your child went missing?

Our founders recognized the importance of the police powers and as a nation of law and order, there must be those who insure it. The news daily reports on the malicious and unrelenting attack on law enforcement officers by thugs, anarchists, and left-wing radicals. Sadly, the Democrat party has allowed them to get away with it as evidenced by the massive murder and other crime increases in cities like Chicago and New York that they control.

Deterrence is essential for our safety and security that police presence brings. Reducing funding to police will mean more crime with less resources to deal with it. Each citizen will have to take a bigger role in their own protection. The Democrats have been trying for so

long to take our 2nd Amendment rights to bear arms away, always saying we should rely on the police to protect us. Can you believe they are now saying defund or abolish the police but are ever increasing the call to take away our guns? How hypocritical and dangerous is that?

There is structural damage being done to our law enforcement organizations because of the assault on them. Fewer will want to become police officers and those that already are will want to get out as quickly as they can. That has proven to be true with recruiting down dramatically and early retirements for the force at a high level. We will never know but I so fear that so many bad things that would not have happened because the police were on the job, will now happen because for so many reasons they are no longer there as they were.

Take ten minutes and listen to an incredible video about police and what is required of them from Justice William W. Bedsworth, Fourth District Court of Appeals. It will change your thoughts on policing forever. We must start right now to



show our support for our police officers. We should treat them with respect, teach that to our children, tell them we care about them, pray for them and back them up when and how we can, even if it is only from time to time to tell them "thank you for your service". That is beginning to happen. In Burlington, people are turning out to support their police department and that is happening elsewhere as well. Our VTGOP will be putting forth ways you can make your support known and you will become aware of them as time goes by. President Trump and Republicans are strong supporters of our police and we will never turn away from protecting you by ensuring the police will remain a strong and vital force for good.

Sincerely,
Deb Billado
Chairwoman, VTGOP

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Volume 11 Number 21

July 21, 2020

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The Colonial Presents Jarmusch Minifest

The Colonial Theatre in Bethlehem NH, re-opened for the 2020 season, will present 3 films on consecutive evenings directed by Jim Jarmusch. With his trademark shock of white hair and ultra-cool rock star persona, Jim Jarmusch is the archetypal auteur of American independent film. Steadfastly resisting the sirens of Hollywood, Jarmusch has fashioned stylish, worldly, and thoroughly hip movies that have been the toast of the international film circuit.

Beginning Thursday, July 16 with *Mystery Train*. A tacky, low-rent Memphis motel dedicated to Elvis Presley is the setting for this anecdotal comedy-drama. The film tells three overlapping but distinct stories taking place over the course of one evening, featuring foreign tourists, criminals on the run, and the spirit of the King himself.

Night on Earth follows on Friday July 17. In one of Jarmusch's more accessible films, starring Wynonna Rider, Gena Rowlands and Roberto Benigni, five entirely different cab rides in five locations around the world are shown unfolding simultaneously. Each ride is fraught with high drama. Each story strongly evokes a mood of time and place.

Dead Man finishes this min-tribute Saturday, July 18. In *Dead Man* Jarmusch takes his quirky, uniquely modern sensibilities back in time, with this western black comedy about a city slicker turned gunfighter (Johnny Dep), on the run with an enigmatic Indian buddy in the Northwest wilderness.

Movie showtimes at The Colonial will be Thursday – Saturday at 7:30 and a Family Feature Matinee at 1:30 on Sunday. The Theatre capacity is limited to 60 seats and everyone is encouraged to purchase their



tickets online at Bethlehem-Colonial.org.

The Sunday Family Feature this week will be *Chicken Farm*. A stop motion animated comedy drama set on a Yorkshire chicken farm in 1950s England. The story follows the turbulent romance between Rocky the Rooster and Ginger the chicken, both of whom yearn for freedom and are planning a daring "prisoner of war" style escape. Both chickens are tired of being repressed and know they face an eventual certain death, so in planning their escape, they rally with their fellow chickens.

The Colonial is excited to welcome our community back into the Theatre for movies and events. To that end we have established new cleaning and safety protocols, 25% capacity seating to insure social distancing, an abbreviated film selection, and a streamlined concessions area.

To protect our patrons, staff and volunteers we require daily health screenings of staff and volunteers and that everyone wear

masks or face shields as they enter and move around the Theatre. If you don't have a mask, we will provide one for you. When seated in the auditorium, masks and face shields may be removed to enjoy food and drink.

The Theatre is not accepting cash at this time in order to reduce contact between staff, volunteers, and guests. Given our limited seating capacity we are encouraging everyone to buy their tickets online.

The mission of the Friends of the Colonial is to preserve and improve this historic landmark theatre, provide high quality film and performing arts programming and quality family entertainment, and offer vision of small-town revitalization based on the arts. To learn more about upcoming movies and events, purchase tickets, become a member, register to receive The Colonial's weekly e-Announcements, become a volunteer, and for full details on The Colonial's reopening strategy, please visit www.BethlehemColonial.org

Exploring Winter Production In High Tunnels In The North Country Webinar Workshop

Grafton County Conservation District (GCCD) is excited to venture into the world of virtual webinars with assistance from Heather Bryant, NH Extension Fruit and Vegetable Production Specialist, and Stacey Cooper, Natural Resources Conservation Service (NRCS) Soil Conservationist.

On Thursday, July 23, 2020 we will offer a webinar Exploring Winter Production in High Tunnels in the North Country from 1:00-2:30 PM.

The challenges of 2020 have generated new interest in locally grown food, and supporting local agriculture. With a season-extending high tunnel many vegetables can be grown throughout the winter. It all

starts with good information and a good plan.

Heather and Stacey will discuss preparation, plant selection, starting seedlings, transplanting, row covers and tools. Heather will share the results of an overwintering trial conducted in low tunnels. We'll have plenty of time for discussion, questions and where to find assistance.

Registration is required, please email Pam at: pamela.gilbert@nh.nacdn.net or call 603 353-4652, ext 103 and leave your email address for registration link. You can also find the registration link and handouts on our GCCD website Calendar page: <https://grafftonccd.org/calendar/>.

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that these works will conjure in your mind, open the eyes of your inner child and blossom, once again.

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NEK Council On Aging Welcomes Jillian Ruggles As Case Manager

St. Johnsbury, VT – The NEK Council on Aging is pleased to announce that Jillian Ruggles has been hired as Case Manager for the Southern Caledonia County area. This position supports clients by evaluating long-term needs and providing person-centered and lifestyle options that inform, encourage, inspire, and support older and disabled adults to live independently and age well.

"Jillian brings a wealth of knowledge in human services that will support our mission to help older residents find new directions to age well. We are pleased to welcome her to the team," said Meg Burmeister, Executive Director.

Ruggles previously

served as a Coordinated Entry Case Manager for Northeast Kingdom Community Action from 2016 – 2020. In that role, she was responsible for daily case management with clients, coordinated support with community partners, attended trainings and conferences, resolved conflicts, and was an advocate for clients to resolve issues relating to housing, health-care, and wellness.

She is a graduate of Lyndon Institute and attended Springfield College. Her certifications include trainings in poverty, DCF mandated reporting, domestic violence, substance abuse and treatment, motivational interviewing, and civil rights.



Master Gardener Training in Holderness September 3 – November 19, 2020

UNH Cooperative Extension will offer a 12-week Master Gardener training starting in September 2020. This class will be a hybrid of on-line sessions and some outdoor classes in and around Holderness. The training will be held each Thursday, 9:00 a.m. – 4:00 p.m. from September 3 through November 19. Weekly sessions will cover topics such as basic botany and plant physiology, soil science and ecology, entomology, plant pathology, horticultural research, and various gardening techniques. In addition, trainees

receive instruction in adult learning, project management, and public speaking.

The Master Gardener Program is part of a national effort to train people who are passionate about gardening so that they can become volunteers who share science-based horticultural knowledge with the public.

After the 12-week training, participants are expected to complete a 55-hour internship to become a Master Gardener. As a Master Gardener, a commitment of 20 hours of volunteer time and 10 hours of continuing education are re-

quired annually. Volunteers fulfill that commitment in various ways such as, responding to questions through the UNH Extension Education Center Infoline, providing garden-related talks to community groups or working on educational gardens in schools, nature centers, museums, community gardens, health care facilities and more.

Participants must submit an application and be interviewed before being accepted into the program. Applications will be accepted on a rolling basis, until the program is full. Space is limited, early application is recommended. To apply, visit: https://unh.az1.qualtrics.com/jfe/form/SV_50BpvzhhZgLTkx7. A \$300 fee will be charged to all accepted participants. Scholarships are available.

For questions, contact UNH Extension Master Gardener Coordinator, Ruth Smith at ruth.smith@unh.edu.

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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Volume 11 Number 21

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Newbury Publishes "Business and Services Guide"

The Newbury Business and Services Guide goes public this week. The 17-page directory lists 150 businesses both large and small either in the Town of Newbury or owned by Newbury residents and located in nearby towns. Compiled and published by Newbury United volunteers, the guide seeks to support local businesses, asking residents to "Put your money where your heart is: Newbury. Keep it local."

The Business Guide is free and will be mailed to all households and businesses in the Town of Newbury. 2,160 people live in Newbury which encompasses two villages (Wells River and Newbury), three post offices (West Newbury, Newbury and Wells River), and the immense so-called Outback. Extra copies of the guide will be available at the Wells River Savings Bank branches in Newbury Village and Wells River, and at the Newbury Town Clerk's Office.

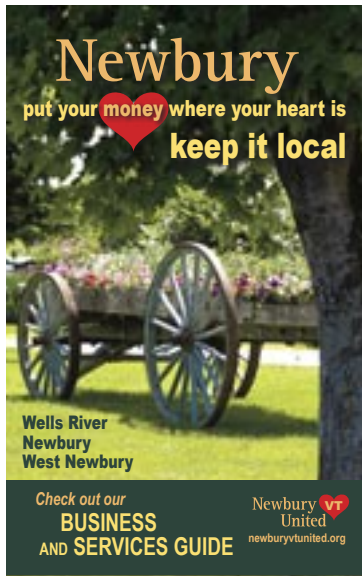
The guide is organized under headings such as Building and Construction, Fine Art, Food, Health and Wellness, Lodging and Rentals, Retail, and Services. Two bonus pages of Newbury Town Offices and Committees are included.

The guide is the work of Newbury United, a group of Newbury citizens who came together in response to the pandemic. Initially volunteer services were organized to offer support "neighbor to neighbor" through phone trees, providing help with shopping and errands, and with information on local resources. Looking forward to

the pandemic's economic fallout, the group settled on the business guide, a project that would support local businesses and strengthen our community.

Newbury businesses range from cottage industries to farm stands and pick-your-own, to on-line services like tarot readings and computer support, to large retailers and niche services. Maple producers figure prominently, as do fine artists. There are plumbers, loggers, musicians, house cleaners, mowers and plowers of snow, physical therapists, and yoga instructors. Newbury has places to eat and those who make food -- vegan ice cream, yogurt, and artisanal breads among other offerings. You can call to have your pigs butchered or your house painted, your car towed and rebuilt, if needed, or your lumber milled.

The business directory was produced locally. Two



West Newbury residents took crucial roles: Cynthia Maltbie chaired the committee, and Shary Maynard of AdVantage Graphics, designed the booklet. It was printed by Glenda Hofman at Copies & More in Wells River, and underwritten by the Wells River Action Program (WRAP), the Wells River Savings Bank, the New England Grassroots Environmental Fund and the Vermont Community Foundation.




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"I am a Family Nurse Practitioner who has lived 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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Letter to the Editor

To The Editor -

**ANTI-SCIENCE,
ANTI-INTELLIGENCE,
PRO TRAGEDY
TRUMP**

This Trump travesty has gone on so long now some of us may think it just can't get any worse. Which is always a deceptive thing to tell yourself, especially now. Almost anything can get worse, if you work to make it so, as Trump proves daily. As long as a greedy lying shortsighted bully is allowed to stay in office he will find new ways to continue to be a greedy lying shortsighted bully - dragging our American way of life down with him as he drowns in his own incompetence.

I don't like preachers telling me how to vote. I don't like politicians telling me

Robert,

All across this country there are discussion being held regarding the upcoming 2020 elections and how exactly to handle them. Especially in this time of COVID-19 there are many Americans who worry about, and even fear, going out in public, especially going to a central location where perhaps hundreds of others have already been, namely the voting booths in each of our towns or villages.

Some have suggested that absentee balloting is the answer. Simply request a ballot from the proper authority, fill it out, and return it by voting day. It is a procedure that has taken place, at least here in New Hampshire, for many years.

how to pray. I like to maintain that constitutional separation between church and state, thank you. That separation is blurred when the most block-headed politician in the land struts out to a church and holds up a bible, for no reason other than a photo opp., political manipulation.

I also don't like politicians giving me medical advice when I want it from doctors, specialists in virology and contagion. And yet, in the midst of a world-wide pandemic that gets worse every day, Trump has politicized the Centers for Disease Control because he does not care for their Covid-19 prevention guidelines, especially in schools. He also mounts a bizarre smear campaign against a member of his own team, one of the world's most eminent medical experts because that renowned doctor

insists on telling common-sense truth instead of bowing to Trump's illiterate idiocy.

This is premeditated ignorance, deliberate incompetence.

Things could certainly get worse because of Trump's fear, and now he's running scared. He's afraid he's about to get his unenlightened butt kicked out of office and he's right about that. What he can never face is the reality that he's getting booted out because of his own tragic job performance. Watch out for one of his ongoing dirty weapons - voter suppression - silencing the voices of millions of Americans by trampling on their fundamental right to vote. He does this as long as you and I enable him to do this.

Robert Roudebush
North Haverhill, NH

Others have suggested that every voter be sent a ballot ahead of voting day. They can then fill it out and return it, or simply not respond at all.

I believe I have also heard that some are asking for no absentee balloting at all, and even to reduce the number of places that voting can take place to cut down on the exposure for those working the polls.

It will ultimately be up to our elected and appointed officials to set the rules. But remember, this is America. We all have a right, and even a duty to vote. So whatever the rules, whoever is running, do your part and participate in this great American experiment.
Gary Scruton, Editor

Letter to the Editor

Dear Editor,

Grateful for Governor Sununu's Leadership

When one looks at all available data, recognizes the unique position New Hampshire has been in since March, and looks at how other states have fared under the impact of COVID - 19, one thing becomes increasingly clear: Governor Chris Sununu kept New Hampshire safe, and has masterfully navigated this current crisis.

Governor Sununu, from day one, took a significant leadership role. No New Hampshire Governor has ever had to have such a day-to-day, hands-on approach to governing and

Nick,

The challenge that has faced not only Governor Sununu, but every other governor in this country, as well as every leader of a business or even a non-profit organization, has been great during this global pandemic. It seems that a large percentage of these leaders have indeed done a good job with that leadership. Of course most will also say that it is those around them, advising them, assisting them, and doing what is needed, that has lead to this positive outcome.

The challenge is not over. It appears that many more days will be spent with the concern of COVID-19 at the forefront. I truly hope that we all can continue to do our parts to get us all through these coming days, weeks and months.
Gary Scruton, Editor

management. Clearly, Governor Sununu's experience managing his businesses before he became Governor gave him the exact tool set needed to handle the crisis effectively.

There will be those on the fringes who believe Governor Sununu did too much or didn't do enough; clearly based on public polls those two groups are solidly in the minority in our state.

I'm grateful for the leadership delivered by Governor Chris Sununu, and I look forward to electing him to a third term this November with an overwhelming majority of Granite Staters.

Nick De Mayo
Sugar Hill, NH

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Please send resume' and letter of interest to Kelley Wright at kwright@uvs-vt.org, or by mail to Upper Valley Services, Inc., 267 Waits River Rd., Bradford, VT 05033. EOE

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Protect Yourself Against Financial Scammers

It's unfortunate, but true: During this period of economic uncertainty, one of the busiest "industries" has been financial scamming. But it goes on even during normal times, too, so you'll want to know what to look for, and how to defend yourself.

For starters, just how widespread is financial fraud? Consider this: In 2019, more than 3.2 million fraud cases were reported to the Federal Trade Commission, with identity theft being the most common type of fraud, accounting for about one-fifth of the overall cases. And fraudulent new accounts (mortgages, student loans, car loans and credit cards) amounted to about \$3.4 billion in 2018, according to a study by Javelin Strategy & Research.

To help yourself from being victimized, consider the following suggestions. They are certainly not an exhaustive list, but they should prove useful.

- Watch out for unsecure websites. Make sure a website is secure before entering any payment or personal information. Look for sites that start with HTTPS,

rather than those with just HTTP, which are not secure and can be hacked. But even a site with HTTPS can still be used by scammers, so, if you don't recognize the name of the company or group that's requesting your information, do some research to make sure it's legitimate.

- Review your credit reports. As mentioned above, the fraudulent opening of new accounts is a big source of financial scams. To be sure nobody has opened new accounts under your name, try to review your credit reports at least once a year. You can get them for free at AnnualCreditReport.com.

- Follow up on fraud. If you've already been victimized by having new accounts opened in your name, contact one of the three major credit reporting agencies (Experian, Equifax or TransUnion) and place a 90-day fraud alert on your credit file. You might also want to file a complaint with the Federal Trade Commission, print it out and file it with your local law enforcement agency. And it's also a good idea to contact the fraud department of the financial companies where the thief has opened a fraudulent account in your name.

- Be alert for suspicious links. "Phishers" have gotten quite good at sending out messages that look like they're from reputable busi-

nesses. But if you examine these messages carefully, you can usually determine if there's something off about them. For example, no legitimate business will tell you, via this type of message, that you have to "correct your account" by providing additional information. And if you do hit the link provided, and it takes you to a third-party site, you can be pretty sure it's bogus.

- Resist "act now" offers. If you get an offer, via phone or online, urging you to "act immediately" on an investment opportunity, discontinue the communication. No reputable financial advisor will ever try to force you to take such swift action, and if an investment is legitimate, it will be available tomorrow, next week and next year.

- Use your shredder. You probably have the option to "go paperless" with all your banks and financial services providers, but, if you still do receive paper documents, be sure to shred them when they're no longer needed.

You save and invest for years to help achieve your long-term goals. Don't let any of your efforts be undone by financial fraudsters.

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

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Suicide

by Elinor Mawson

I realize this subject is sensitive to some and for that I apologize. My reasoning to publish it is because it might help someone at a point in his/her life. This is a true story that happened in the fifties. I am telling it because a suicide involves more than the victim. It affects everyone in the family and has long-reaching consequences.

Anthony and his fiancée Velma planned on getting married; however, as he was in the military, he was deployed to a destroyer in the Pacific. He and Velma decided to put off the wedding until the war was over.

Unfortunately, Anthony's ship was involved in a kamikaze attack, and the sailor near him took the direct hit. I don't have to tell you that Anthony didn't react to this

well and suffered from survivor's guilt and PTSD.

When the war ended, Anthony and Velma got married and went to live in a former schoolhouse which they renovated. They subsequently had two sons, and Anthony went to work for his father who was a taskmaster that had him working 60-70 hours a week.

Anthony became very controlling and possessive. He wouldn't let Velma drive a car or have a telephone. She couldn't go to church. She led a lonely life, raising her boys and making sure Anthony's lunch was ready when he came home at noon.

One Sunday when they had been married about 10 years Anthony came home for lunch, and went directly into the bedroom. And when Velma heard the shot, she knew immediately what had happened. Taking her sons by the hand, she walked up the road to the nearest neighbor's, made a couple of phone calls, and left the boys there with a short explanation.

One of the phone calls was to my father, who was Velma's brother. He hung

up the phone, pointed at his head, and said, "Anthony".

My father took off for his sister's, first telling my mother and me to follow him to pick up Velma and the boys. When we arrived, he and Anthony's father and Velma were all in the yard. Velma was weeping into a dishtowel. Her father-in-law was walking up and down saying, "The damn fool, the damn fool". My father was in charge, telling my mother to call the first responders and then bring the family to our house. He would stay there and take care of any details that needed to happen..

When we picked up the boys, Billy who was 8, kept asking his mother, "Where's Daddy?" The answer was always "Daddy's home, Billy". We took them home where the boys ran out to play in the yard with our animals, and Velma was tucked into bed. They stayed with us for more than a month, and then went back home.

The story doesn't end here. There have been a lot of years that have gone by which have been difficult for some of the people involved. I will write the conclusion next time.

BEEZWAX

Randy Deming: OBITUARY

SUN VALLEY, NV—Randy Leon Deming, 63, passed away at the home of his son Matthew on June 10, 2020.

Randy was born at the Mary Hitchcock Memorial Hospital in Lebanon on May 19, 1957 to Philip and Barbara (Voudrin) Deming.

Randy is survived by his wife of 30 years, Rebecca "Becky" Michael; son Mathew Deming and wife Kristina, their son Rory, Randy's only grandchild whom he loved and adored; a sister, Sandra Baird of North Haverhill; a brother, Carlton Deming of Kingman, AZ; and many beloved nieces and nephews.

Randy was predeceased by his parents, Philip and Barbara (Voudrin) Deming; and a sister, Brenda Deming.

Randy was loved by and a friend to all who knew him. He had a great sense of humor, quick wit



and an easy personality.

Throughout Randy's life he had a deep love for trains and a passion for the railroad. Randy came from a long line of "railroad men." His father, uncle and brother all worked for the railroad.

Randy worked for the railroad early in his career taking a break and working at Vermont Salvage for 10 years. Later Randy went back in to the railroad working for Amtrak as a conductor.

Randy then became an engineer working in many different states

such as Vermont, Massachusetts, Arizona, Oklahoma, California and Alabama. He had the opportunity in 2010 to be the engineer driving the train in the movie *Fast and Furious 5* filmed in Rice, CA.

Randy enjoyed camping, fishing and cheering for the Patriots—he was their biggest fan.

Randy also had a great passion for traveling and motorcycles, combining the two on many an occasion. He owned a number of Harley Davidsons through the years, most recently a bright red CVO Limited.

Randy, like that bright red CVO Limited, stood out and will be remembered and missed by everyone who knew him and were fortunate to be a part of his life.

A memorial service and celebration of Randy's life was held at Victory Christian Fellow-

Lydia H. Reardon: OBITUARY

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Haverhill, NH - Lydia H. Reardon, 93, of Court Street died Wednesday, July 15, 2020 at Cottage Hospital in Woodsville, NH.

She was born June 27, 1927 in Brighton, MA the daughter of Maurice Hanagan and Ruth (Sweeney) Hanagan. She attended schools in Rollinsford, NH and was a graduate of Dover (NH) High School.

On October 27, 1946 she married Herbert Reardon who died in 1998.

Mrs. Reardon was a bookkeeper for most of her life, first at Montgomery Ward, then at Judson-Dunaway, retiring from Wentworth Douglass Hospital in Dover.

For many years she was an active 4-H Leader, a member and deacon at the Haverhill Congregational Church, and a deacon at First Parish Congregational Church in Dover. Mr. and Mrs. Reardon loved to cook and bake for family and the community.

Survivors include daughter, Patricia (Hugh) Underhill of Haverhill, NH, daughter, Cynthia (Wil-

liam) Putnam of Piermont, NH, granddaughter, Carrie Putnam of Piermont, NH, grandson, Tim (Sarah) Putnam and their daughter, Clara Putnam of Piermont, NH, grandson, Dan (Erin) Putnam of East Wakefield, NH, sister-in-law, Marjorie Long of Chatham, MA, and nieces, nephews and cousins.

She was predeceased by her husband, Herbert Reardon, a son, Bradbury Reardon in 2019, and a sister, Gail Norton.

Private family services and burial will be in South Lawn Cemetery in Piermont, NH. A memorial service will be held at a later date.

Donations in Mrs. Reardon's memory may be made to the 4-H Foundation of NH, (on the memo line of your check please write T. Fairchild 4-H Dairy Endowment,) 59 College Road, Durham, NH 03824, or, to the Haverhill (NH) Congregational Church Women's Fellowship, 122 School Street, Haverhill, NH 03765. Arrangements are by Hale Funeral Home in Bradford, VT.

Conceived by Colin Keating and Ethan Paulini.

The Weathervane Box Office is now open by phone (603-837-9322) and email (boxoffice@weathervanetheatre.org) on Mondays, Wednesdays, and Saturdays from 9AM - 11AM. Tickets can be purchased 24/7 on Weathervane's website - www.weathervanetheatre.org

Season 55's Mainstage series is sponsored by Harvard Pilgrim Health Care, Anthony & Elisabeth Colacino, Bank of New Hampshire, and Presby Transportation Museum.

The Weathervane Theatre was founded in 1965 by Gibbs Murray and the

late Tom Haas and is under the leadership of Producing Artistic Director Ethan Paulini. For over half a century, it has presented high quality professional productions of plays and musicals. One of the few remaining alternating rep companies in the United States, the Weathervane is recognized as a historical institution nationwide, boasting among its alumni Elizabeth Stanley, Tally Sessions, four-time Tony nominee Judy Kuhn and recent Tony Award Winner Ari'el Stachel.

Weathervane can be found on Facebook at /weathervanetheatre and all other social media platforms @weathervanenh.

Weathervane Announces New Summer Season Lineup

WHITEFIELD, NH - Weathervane Producing Artistic Director Ethan Paulini is proud to announce titles for Weathervane's 55th summer season - *Heathers: The Musical*, *Speech & Debate*, headlined by Weathervane's Intern Program. Also in the lineup are three original revues featuring returning Weathervane Resident Acting Company members Jorge Donoso, Robert H. Fowler, Shinnerrie Jackson, Marisa Kirby, Ira Kramer, Ethan Paulini, Carrie Greenberg, and Grace Livingston Kramer. The last title of the 2020 season will be announced shortly. Due to COVID-19 all of these productions will be livestreamed from the Weathervane and patrons can experience the performance on the device of their choice.

These virtual performances will run in alternating rep August 3 - August 29th at 5PM (Sunday) and at 7:30 PM (Monday - Saturday). Additional special events to be an-

nounced soon. Livestream tickets and ticket packages now available at weathervanetheatre.org.

Heathers: The Musical A darkly delicious musical based on the 1988 cult film starring Winona Ryder and Christian Slater where it might kill to be a nobody, but it's murder being a somebody. From the musical team behind *Bat Boy* and *Legally Blonde*. Contains adult content - mature audiences only.

Speech & Debate Three teenage misfits in Salem, Oregon discover they're linked by a scandal. When one of them sets out to expose the truth, secrets become currency, the stakes get higher, and the trio's connection grows deeper in Stephen Karam's searching, fiercely funny comedy with music.

Broadway Road Trip After being stuck inside all spring, hit the road this summer with an all-star cast from the Weathervane Professional Acting Company. Featuring an incredible mix of music

from many Broadway hits, these songs will highlight the places we go, the people we see, and the way we get there. Conceived by Ethan Paulini.

Brush Up Your Shakespeare

From the romance of *Romeo and Juliet* to the hilarity of *Taming of the Shrew* there is a reason Shakespeare is the most famous playwright that ever lived. Join the 2020 Resident Acting Company for this utterly entertaining evening, celebrating the highlights of some of the Bard's greatest moments! Conceived by Jorge Donoso.

Top of the Charts: A Rock and Roll Journey Through the Decades

Join us on an unforgettable musical journey, featuring number one hits from each of the last 7 decades. From nostalgic standards to current radio hits, sing along with your favorite members of the Professional Acting Company from the comfort and safety of your home.

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

July 21, 2020

Volume 11 Number 21

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Adam W. Smith

14 **A Different Brand Of Breaking News**

by Maggie Anderson

You know these days newspaper headlines and the breaking news on the television every 45 minutes is enough to make you want to pull the covers over your head and sleep all day. There was a time when I could actually do that just for fun once in awhile, the good old days, right?

Though I was thoroughly disappointed over the height of the grass on our lawn when we finally got to fly home, having heard about the drought and all, I was still happy to see the rain begin to fall. Mostly because one of our neighbors took pity on me - or believed I'd cut myself off at the knee wielding a scythe - and whipped the tall grass into mounds like new mown hay so I could rake and haul it off the lawn without too much effort. We need the rain and there are few things as wonderful as a sweet summer rain.

Somehow Hank and I always seem to be surrounded by super heroes, folks who don't see themselves that way when everyone around them knows the truth. These past 6 months have been a formidable challenge, one we didn't expect so hadn't considered. Through it all we have been bolstered and supported by

people we barely knew, some we've never even met yet.

We met another one Monday afternoon.

Hank had an appointment to see his surgeon at DHMC, he hadn't been in since November before we left for our "short stay" on the Oregon coast. The rain had been falling off and on, sometimes a light summer shower and other times gushing like a huge dam had been breached. I had slowed to a more reliable speed because I didn't want our little car to think it was a jet boat, but someplace north of Hanover it decided not to play nice, the water apparently as irresistible as a puddle to a three year old child.

The car did some fishtailing before I got it to settle a little and then it spun itself sideways and took to the ditch between the four lanes. By the time it spun to a stop the rear window was blasted into a million shards of aqua-colored glass and the back passenger door looked like an angry protester had taken a bat to it.

Luckily for us the ground had not been saturated in such a long time I was able to drop the car into low gear and ease us back onto the Interstate and pull off to the right side so I could figure out how to cover the big

hole where the window once was to keep everything in the back seat from being water-logged before we got to the hospital.

That's when our hero materialized. This nice young man from Piermont was heading north and happened to see the top of our green car in that sea of grass in the ditch between the four lanes. He said he didn't think anybody would see us down there so he came back to see if we were alright.

He actually went farther north to turn around and come all the way back to make sure we were okay. He could simply have kept going and assume we had a phone or that everything was probably fine. But he dropped whatever plans he'd made to come back. He even found a big red towel in his car to cover the open window and insisted on taking care of it himself for us because he said there was just too much glass.

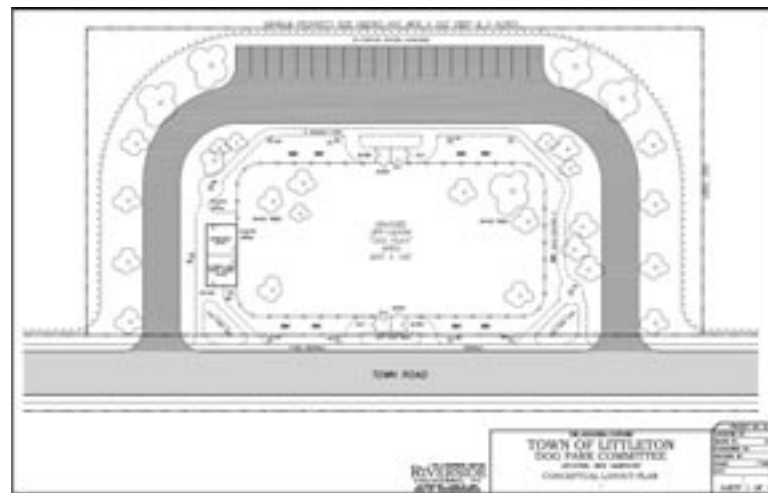
The next time I see a blaring headline about the current unrest or breaking news of yet another hot spot filled with people angry about things they're not even sure of, I'll be thinking of Jordan and all the people like him who make me glad to be alive and grateful to be an American. His family has much to be proud of.

Littleton Food Co-op's Partner of the Month - Littleton Dog Park

The Littleton Food Co-op is delighted to support the Littleton Dog Park with their goal of creating a space for our beloved dogs and their human companions. The Littleton Dog Park Committee was formed in 2017 by the Littleton Board of Selectmen to explore the possibilities of building a dog park in Littleton. Surveys have bolstered their commitment to creating a dog park accessible to all in our community. So far they have raised over \$10,000 for this effort and are continuing their grassroots efforts to make this project a success. They are looking at different plots that would fit their needs. Everyone needs a place to play and call their own! Even our four-legged friends.

For more information on the Littleton Dog Park, or if you're interested in directly donating your time or funds, please contact Chris Wilkins via email, cwilkins@townoflittleton.org.

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 7 am - 8 p.m. For more information or to become a member, please visit www.littletoncoop.com, call 603-444-2800 or just stop by! See ya at the Co-op!



We Urge Our Readers To Support Our Local Businesses As They Struggle Thru The Current Times. As They Reopen Be Sure To Do Your Best To Support Your Neighbors, Your Friends And Your Community.

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Thank you for your understanding.

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What About Ma?

by Kellie Quackenbush

All About Those Family Recipes

Ma grew up on a farm. For her, canning, pickling and drying food from the farm for winter use or sales down the road was a part of her life. Her mother spent time teaching her daughters how to prepare the vegetables and the age old recipes to make the best tasting pickles. Baking bread and making rolls was a part of everyday life, this is how it was.

The one thing that COVID-19 has taught everyone, now, is not to take anything for granted. Staying at home and social distancing was not so terrible if you had a telephone or computer to reach out to people. Ho-

wever, the grocery store and not having restaurants to call on (or escape to) was a different thing. The President of the United States went on the television and said to stock up on food staples and toilet paper. There was no more sit down dining and many restaurants closed.

All of a sudden, people were buying all the bread they could find and sugar and flour became hard to find items. Still, today, there are many empty shelves at the grocery, it does feel like there is a shortage. The Scott Company made statements to calm the public, there is not a shortage of toi-

let paper. Just because something feels a certain way, does not make it so...

Which brings us to today, I was going through my recipe files that have long been intermingled with Ma's recipes and cook books, when I came across a hand written recipe for "Spicy Sunshine pickles". I have been pickling for many decades now and this recipe comes from my hubby's Gram. He confirmed, that was his Gram's handwriting and the yellowing of the paper and the faded ink lead me to think the recipe is ancient.

To use an ancient recipe, as we are entering the harvest time of the year, one has to determine what a term written one hundred years ago would mean today. How big was a large onion? What is a "hot" pepper? What temperature are we cooking to? What did one pepper look like? I like to ask Ma about the vague measurements and she will show me with a fist for large, a cupped hand for medium, her tea cup designs for other measures. It makes for an animated conversation, which I advise everyone to have with an older relative. Needless to say, the old

recipes need to be tweaked for modern use.

In modern times, we have resources that we can use to determine what is good and what is safe for the modern canner. One rule that never changes is that the ingredients must be as fresh as possible. "National Center for Home Food Preservation Website includes science-based information on home food preservation and publications." One can always depend on the government to have something to say, "Complete Guide to Home Canning, USDA, revised 2015. USDA's new Complete Guide to Home Canning - a 196 page, spiral-bound resource book for people who are canning for the first time or for experienced canners who want to improve their canning practices. To order a hard copy, see www.extension.purdue.edu/usdacanning/". As

the USDA book has not been updated since 2015, one can always reach out to a university that does agriculture studies to have something new or newish. As a graduate of the University of Nebraska, I thought I would give a nod to their experts, "University of Nebraska-Lincoln Extension Canning Materials

Let's Preserve: Canning Basics UNL Extension EC (6 pg. brochure) Importance of using proper canning procedures, recommended equipment, including how to use pressure cookers, recommended processes and food safety issues. Contact the author, Julie Albrecht, PhD, RD"

If you are still social distancing and have a garden, this is the time to read up on the fun world of canning. Be safe and wash your hands.

Acceptance

Topics

Disability and Aging

by Cyndy Wellman



Affects all of us

Nobody likes the negative in their life. Perhaps it is time to learn a lesson instead of carrying that baggage. Even better fix the situation or accept.

Discrimination is a powerful word. It goes way back in history. Slavery to present. Color, age, weight, and physical health. To have to take some time off, and find out you do not have a job anymore. Or the company you work for hires a new Director and wants new staff. You end up taking severance pay.

Here is a good one! A couple needs a place to rent. The renter refuses

them and says, "children come first." "Family needs a place." List goes on and on!

Let us discuss Veterans! Those military that have been in for years. Receives lots of benefits after they get out. How about the ones that serve 4 years? Even after they get out - could have gotten called in (up to age 35) for an additional 4 years! before they can go on their own. These men and women did not serve in the war. But they would like to receive the same benefits as their brothers or sisters! Medical, tax break, and more! So, you say you honor Veterans. I think it is time to honor all of them.

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The Colonial Presents Films By Woman Directors

The Colonial Theatre in Bethlehem NH will present 3 award winning feature films on consecutive evenings directed by women as part of their In Her Image: Portraits of Women by Women series.

On Thursday, July 23, Agnes Varda's *Cleo from 5-7* eloquently captures Paris in the sixties with this real-time portrait of a pop singer's sudden confrontation with cancer, starring Corinne Marchand and featuring a wonderful cameo from the late Michel Legrand (*The Umbrellas of Cherbourg*), who also composed the film's score, and cameos by Jean-Luc Godard and Anna Karina. Both a spirited mix of vivid vérité and melodrama and a substantive take on the female psyche, *Cleo from 5 to 7* is one of the cornerstones of the French New Wave, enduring for its intelligent perspective on the strong, unpredictable emotions that arise when facing one's mortality.

On Friday, Donna Deitch's swooning and sensual first narrative feature, *Desert Hearts*, was groundbreaking upon its release in 1985: a love story about two women, made entirely independently, on a shoestring budget, by a woman. In this 1959-set film, adapted from a beloved novel by Jane Rule, straitlaced East Coast professor Vivian Bell (Helen Shaver) arrives in Reno to file for divorce but winds up catching the eye of someone new, the free-spirited young Cay (Patricia Charbonneau), touching off a slow seduction that unfolds against a breathtaking desert landscape. With undeniable chemistry between its two leads, an evocative jukebox soundtrack, and vivid cinematography by Robert Elswit, *Desert Hearts* beautifully exudes a sense of tender yearning and emotional candor.

Saturday's screening is a tour de force for writer, director and animator Nina Paley. *Sita Sings the Blues* gives the Ramayana, an ancient Hindu epic, its animated due with a visually vibrant, dazzlingly imaginative triumph. Interspersing her own story with the Indian legend, where Sita is given to Prince Rama in marriage after Rama conquers the other princely suitors for her hand. No sooner is Rama appointed crown prince than he falls victim of a plot that sends him into banishment for fourteen years. Sita accom-

panies her husband but is abducted shortly afterwards. With the aid of friendly gods, Rama sets off in pursuit and, following a dangerous struggle, succeeds in freeing her. Rama and Sita return to their home where Rama is made king. But soon after this Rama begins to doubt his wife's fidelity and casts her out. Sita undergoes a fire test to prove her steadfastness, survives unscathed and returns to Rama.

Movie showtimes at The Colonial will be Thursday – Saturday at 7:30 and a Family Feature Matinee at 1:30 on Sunday. The Theatre capacity is limited to 60 seats and everyone is encouraged to purchase their tickets online at BethlehemColonial.org.

The Sunday Family Feature this week will be *Wizard of Oz*. A classic for all ages.

The Colonial is excited to welcome our community back into the Theatre for movies and events. To protect our patrons, staff and volunteers we require daily health screenings of staff and volunteers and that everyone wear masks or face shields as they enter and move around the Theatre. If you don't have a mask, we will provide one for you. When seated in the auditorium, masks and face



shields may be removed to enjoy food and drink. The Theatre is not accepting cash at this time in order to reduce contact between staff, volunteers, and guests. Given our limited seating capacity we are encouraging everyone to buy their tickets online.

The mission of the Friends of the Colonial is to preserve and improve this historic landmark theatre, provide high quality film and performing arts programming and quality family entertainment, and offer vision of small-town revitalization based on the arts. To learn more about upcoming movies and events, purchase tickets, become a member, register to receive The Colonial's weekly e-Announcements, become a volunteer, and for full details on The Colonial's reopening safety protocols, please visit www.BethlehemColonial.org.

Now Accepting New Patients Ally Noble, East Corinth



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

Old Fashioned CHILI

Hello hello my fellow chefs. I have been nauseated free for 7 days now and that feels so good. I've been through so many tests lately and they have yet to figure out what to do to help me. I hope you are all doing well. Being sick is bad but it's worse when we have high temperatures and the dreaded humidity and I don't have an air conditioner.

When I was in Rhode Island my son Nick and family gave me a surprise. Tobi is pregnant! I was so excited as everyone was because it was a surprise for everyone. Angelo wants a brother and Abigail wants a sister, I just want a healthy baby.

Let's get started with today's recipe. Here are the ingredients and how to make it.

Ingredients

- 1 lb. Hamburger, Lean
- 1 Onion chopped coarse
- 1 Green pepper coarsely chopped
- 14.5 oz. can stewed tomatoes
- 8 oz. can tomato sauce
- 1 15 oz. can Kidney beans
- 1 Tablespoon olive oil
- 3 Teaspoons chili powder
- 2 Teaspoons Salt
- 1 Teaspoon onion powder
- 1 Teaspoon black pepper
- 2 packs Goya Sazon seasoning
- White Rice cooked



Sour cream and mozzarella for the top

Brown hamburger and break up with a wooden spoon or spatula while cooking and drain any fat. Add the olive oil and onion and cook about 5 minutes. Add the stewed tomatoes and the tomato sauce and mix well. Add the chopped green pepper. Add all of the spices and mix well. Cover and cook over low heat for 1 hour stirring periodically. Add the kidney beans and continue to cook for about another 20 - 30 minutes. Let it sit for 5 - 10 minutes.

In the meantime cook your white rice as directed on package. Put a bed of rice on each plate and spoon the "Delicioso" chili over the rice. Sprinkle shredded mozzarella and top with a dollop of sour cream. Now you are ready to eat.

I didn't have mozzarella so I was serving with just sour cream. That's it.

Well folks that's it for today's recipe. If you have any questions contact Gary and I will help you out. So until next time I am signing off, Sincerely Cin Pin. Enjoy! and stay healthy.



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