

A FREE PUBLICATION

# TRENDY

National Marshmallow  
Toasting Day



Next Issue: Tuesday, September 1  
Deadline: Thursday, August 27

# TIMES

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AUGUST 18, 2020 VOLUME 11, NUMBER 23

## 100 Miles Challenge To Be Met By Legion Commanders

On August 3rd, American Legion National Commander Bill Oxford announced that he would participate in the 100 Miles Challenge. This challenge is designed to raise money for the Veterans & Children Foundation (V&CF).

The rules to this challenge are pretty simple. Put in 100 miles between now and Veterans Day (November 11th) of this year. Those miles can be logged by walking, running, bicycling, motorcycling, swimming, paddling, or even on a stationary exercise machine. Whatever way you choose to do your 100 miles will work.

In order to be an official member of this challenge you are asked to register at emblem.legion.org. There you can make your \$30 donation and receive a participant T-shirt (shown at right) as well as a participant certificate that can be printed out upon completion. The website states that about half of the money raised will go to the Veterans & Children Foundation. The other half is needed for the cost of T-shirts and administrative costs.

On a more local level two American Legion Commanders are also

planning to sign up for this program. Oliver Brooks, a resident of Bath, is currently serving a second year as the Commander of the Department of New Hampshire American Legion. The second year was required due to the cancellation of the 2020 State Convention. Commander Books is a former Commander of Ross-Wood Post #20 American Legion is Woodsville as well as a past Commander of Haverhill Memorial VFW Post #5424 of North Haverhill. Along with his commander duties he is now also the Adjutant at the local legion post.

Also planning to participate in this program is the current Commander of Ross-Wood Post #20 American Legion, Gary Scruton. He has echoed the comments of the National Commander by saying that getting in 100 miles before Veterans Day should not be a big challenge as many locals see him walking on a regular basis.

Both local Commanders are also asking that other American Legion members sign up to participate. Actually even non-members are allowed to sign up. For those who are not interested in doing the 100 miles, but would like to make a

donation to the Veterans & Children Foundation, they can be given to either of the local commanders in cash, or a check can be made out to Ross-Wood Post #20 American Legion, and mailed to PO Box 207, Woodsville, NH 03785. A suggested donation of just 10¢ a mile would mean a total donation of \$10 to this worthy cause. At the conclusion of the challenge, on Veterans Day, the total donated amount will be forwarded on to help with the many programs that the American Legion runs through the Veterans & Children Foundation.

As a further note it is certainly hoped that Veterans Day will see some sort of celebration on Central Street in Woodsville and/or at the post home at 4 Ammonoosuc Street in Woodsville. Of course this will be contingent upon

working around any gathering restrictions that may still be in place.



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# TRENDY Dining Guide

## Shaggy's Seafood Shack

by Gary Scruton

This Dining Guide experience really fits into my promise to try something new. There is a new eatery in Woodsville. It is called Shaggy's Seafood Shack and is located at 85 Central Street. Now this is not the first eatery to open in this building, but it does have some connection to the past owner. But ownership aside, this column attempts to tell our readers what the eating experience was like as well as what foods are available to order.

Janice and I picked a Friday evening to try out Shaggy's. As we got to the front door we noted that the outside tables were already fully occupied so we knew right then that we would be eating

our meal inside which was fine with us. When you enter the building there is an ice cream shop to your left (serving windows are next to the sidewalk). Then there is an ordering counter to your left. A stack of paper menus was on the corner and we took one and stepped back to do a bit of studying. We appeared to have arrived during a rather busy time as several people came and went with take out orders.

Shaggy's is a seafood shack so naturally we wanted seafood. The one item on their menu that is listed as "market" is their Whole Belly Clams (one of my all time favorites. On the chalk board behind the order counter the price was listed as \$28.50. Apparently it is a popular dish as Eric informed me

that the last he was told they only had two such dinners left and he would have to check to see if they had already been taken. Luckily for me I got the very last one. He also let me know, upon request, that they had not yet been granted a liquor license by the State of NH so I, like Janice, just got a bottle of water.

Janice stayed with the seafood theme and ordered the haddock dinner. Both dinners came with hand cut french fries, coleslaw, a lemon wedge and tartar or cocktail sauce.

Upon ordering a sales slip was created and we paid at the counter with a credit card. The total being \$46.00. One note is that it is noted on the menu that all prices

include taxes. We were then handed a slip and told it should be about 20 minutes for our meals to be ready. So we picked one of the inside picnic tables and made ourselves comfortable.

The twenty minute mark was an excellent estimate as our meals came out just about to the minute. And they were delivered right to our table. The meals were served on paper plates with an individually wrapped fork. Coleslaw, tartar sauce and ketchup were all in separate serving cups. Plus a number of napkins were included.

Now it was time to enjoy the meals which were both well heaped up on the plates.

Janice's haddock was flakey and well cooked as one would expect. The french fries were also quite tasty and well prepared. When it comes to the coleslaw my wife is very good at making her own, but this serving was equal to her taste buds as well as mine.

As for the whole clam dinner there was an ample amount of clams as well as french fries. I lost none of my love for this meal by ordering it on this night.

Like other establishments that we have visited in the past Shaggy's did not seem to have waitresses on staff, but rather people who would bring out your meal once it was prepared. With today's rules and regulations this works fine and we had the chance to sit, enjoy our food, and enjoy conversation.

I should also note that Shaggy's has much more than seafood. The menu includes a variety of burgers and interesting sides as well as some specials for children.



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# The Donkey Days of Summer Have Found Their Way To New Hampshire

Tomten Farm and Sanctuary commits to not one, not two, but eight special donkeys intended for slaughter and sheds light on the demand for ejaio.

Haverhill, NH - It is not often that one hears of a donkey going to slaughter but that is just where six recently rescued donkeys were destined.

When made aware of their plight, Tomten Farm and Sanctuary embraced its "do more, be more and give

more" philosophy and opened its gates to welcome the six lives in need. That number has since increased to eight, as two of the jennies are in foal!

Unhandled, mishandled and underweight, these needy lives were lucky to make it out of the auction pipeline thanks to the collaborative efforts of Tomten Farm and Sanctuary, rescuer, Diana Darnell and more than 50 supporters. Their stories have already

touched hundreds as they become ambassadors for others like them.

As the demand for donkey hides continues, donkeys are losing their lives at an alarming rate as they are processed for their skins to make ejaio, a donkey hide gelatin used as an ingredient in Chinese medicine. According to Scientific American magazine, this product is in such high demand that, "if the current pace continues, more than

half of the world's donkeys would need to be slaughtered in the next five years".

"No matter what the season," says Tomten Founder, Jenifer Vickery, "it is always a good time to give the gift of life." She, her loyal supporters and the unpaid volunteers of the nonprofit are hopeful that their recent donkey rescue will stimulate thought and spread joy through New Hampshire and beyond.

Tomten Farm and

Sanctuary is a 501(c)(3) dedicated to providing peace, protection and possibility to animals in need. It is home to 50+ rescued animals, staffed solely by volunteers and relies 100% on donations. The Sanctuary opens their gates to the public during regularly scheduled RSVP Farm Tours and offers special events for their life giving supporters throughout the year.

## Look to the Stars with ACT's Virtual "Star Party"



FRANCONIA – Calling all star gazers, newbies and experienced folks alike! The bright stars, constellations and brilliant planets of summer are all within easy reach thanks to a virtual (online) star party hosted by the Ammonoosuc Conservation Trust (ACT) on Aug. 20 at 6 p.m. Learn all about the summer constellations, planets and more with ACT member, volunteer, and passionate astronomy enthusiast, Gary Ghioto.

Gary will show folks around the night sky highlighting easy to discover constellations and bright stars. Along the way, Gary will share ancient sky lore associated with

the stars discussed, give observation tips, and show how to track satellites across the night sky.

Star parties will also get a slew of resources including a free star map and links to astronomy websites. The presentation will run 30-45 minutes with plenty of time at the end for Gary to answer live questions from the audience.

Advanced registration is required. Please register on the web at [www.act-nh.org/education-events](http://www.act-nh.org/education-events) or call the office at (603) 823-7777.

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

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# Kelsey Root-Winchester Announces Candidacy for Vermont House

Kelsey Root-Winchester, the Democratic nominee for State Representative serving Groton, Topsham and Newbury, is on the starting blocks for an energetic campaign after last week's primary.

"I'm exited and honored," said Root-Winchester. "Serving in the Vermont House will give me the opportunity to work on some serious issues facing the state and our Orange-Caledonia district. For instance, after serving five years on the Blue Mountain School Board, it's crystal clear to me that the state's top-down policy structure is creating a top-heavy administrative structure. For taxpayers, it's creating burdensome costs and killing schools' ability to be responsive to students and parents at our local level."

Seeing high-speed Internet and cell coverage across the three towns is another of Root-Winchester's priorities. She stated, "How much breath — not to mention how many millions of dollars -- have been wasted on abortive broadband initiatives in the last five years is beyond reckoning. We may finally be headed in a reasonable direction, but we'll need someone in Montpelier to ensure that broadband gets delivered at a reasonable cost to the last mile of road in our rural area."

Root-Winchester plans to push childcare issues to the forefront. "Covid-19 has been tragic for everyone," she said, "but it has highlighted some areas that have long needed addressing. One is daycare for our kids. Without better wages and working conditions for employees, childcare will continue to flounder. If you think about it, everyone pays for that in the long run."

Root-Winchester serves on the board of Little Rivers Health Care and is a founding member of 302 Cares, a group of citizens organized to address the substance abuse crisis that is challenging the social fabric of our towns. Beyond that, Kelsey is on the board of the Wells River Action Program (WRAP), a grassroots economic development and affordable housing organization, and she is among the core volunteers in Newbury United, a neighbor-helping-neighbor group addressing local needs arising from the Covid crisis.

Kelsey lives in Wells River with her husband Jason, a captain on the Wells River Fire Department, their two children, and a nephew. Jason and Kelsey own and operate the Wells River Wellness Center, a home for their business and several others.

Covid-19 is imposing some constraints on tradi-



tional campaigning. Root-Winchester won't be door-knocking, for instance. But she wants to meet and share ideas with the public, so she has planned an extensive "Meet-and-Greet" schedule:

Saturday, Aug 22 on the Newbury Common, 2:00-3:30 pm

Sunday, Aug 30, Groton Park, Route 302, across from the Groton Community Bldg, 2:00-3:30 pm

Saturday, Sept 5, Wells River, 2:00-3:30 pm. [Visit [www.RootforVT.com](http://www.RootforVT.com) for location]

Thursday, Sept 10, on Zoom,\* 7:00 pm.

Saturday, Sept 19, West Topsham Community Hall, 480 Route 25, W. Topsham, 2:00-3:30pm

Thursday, Sept 24, on Zoom,\* 7:00 pm.

Thursday, Oct 15, on Zoom,\* 7:00 pm.

\*Visit [ww.RootforVT.com](http://ww.RootforVT.com) for zoom link

Contact Kelsey Root-Winchester at [RootforVT@gmail.com](mailto:RootforVT@gmail.com)



## State Board Approves: Learn Everywhere Program

Today, August 13, 2020, the New Hampshire State Board of Education voted 4-2 to grant 'final' approval to the Learn Everywhere Program, which is designed to expand learning options for high school students to earn course credit toward high school graduation. Following the board's action, State Board Chair Andrew Cline, made the following comment, "Learn Everywhere opens exciting opportunities for NH students to get high school credit for innovative, alternative education programs offered outside of the traditional public school infrastructure (brick and mortar facility). Empowering our non-profits and businesses to create alternative programs in cooperation with and approved by the State will greatly enrich the public education experience."

NH's Learn Everywhere Program was approved by the legislature and signed into law by Governor Sununu in 2018. Since that date, it has been argued by some within the educational establishment that only local school boards have the authority to approve high school courses contributing to graduation. I have always contended that if the State Board credentials teachers and if the State Board sets minimum academic standards for all grades, K-12, and if the State Board has been given statutory responsibility for the approval of all public schools, then why should the state board not have authority to simply credential a course or program leading to graduation as well? We should be in the business of supporting and providing environments and learning opportunities in practical ways that capture and offer knowledge and skills for later success in the

work world.

For example, if a student attends a community center or a Boys and Girls Club and is enrolled in a theater arts program and gains a valuable learning experience, and if the activity leading toward credit has undergone approval from the Department of Education, then why not provide the student credit. Board approval of any course or program within Learn Everywhere is very intensive and must comply with an extensive State Board and Department of Education approval process. In addition, there are smaller school districts that may not have the staff or needed funds to formally approve alternative learning environments. This new program will offer students in those districts learning opportunities not previously offered.

In closing, today's approval of the Learn Everywhere Program is welcomed and supported by numerous non-profits and businesses. Jim Roche, President, NH Business and Industry Association said, "The Learn Everywhere program proposed by the New Hampshire Department of Education will help students prepare for 21st Century jobs. Congratulations to the State Board of Education and the Department of Education for moving forward with a program designed to better supplement student interests. AND...thanks to the staff and administration of Woodsville High School for providing the Class of 2020 a successful graduation ceremony!"

Respectfully Submitted,  
NH Rep Rick Ladd  
Ranking Member, House  
Education Committee

Not all Times are Trendy, but there will always be Trendy Times August 18, 2020 Volume 11 Number 23



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# Wes Anderson Mini Film Series This Week At The Colonial

The Colonial Theatre in Bethlehem will present a mini-series of three films by acclaimed director Wes Anderson beginning Thursday, August 20 with the beautifully stop-motion animated Isle of Dogs. Isle of Dogs shows Anderson at his detail-oriented best while telling one of the director's most winsomely charming stories. An outbreak of canine flu in Japan leads all dogs to be quarantined on an island. A boy (voice of Koyu Rankin) journeys there to rescue his dog Spots (Liev Schreiber), and gets help from a pack of misfit canines who have also been exiled. His quest inspires a group of dog lovers to expose a government conspiracy. The voice cast also includes Bryan Cranston, Edward Norton, Bill Murray, Scarlett Johansson, Tilda Swinton, Bob Balaban, Greta Gerwig, and Yoko Ono.

On Friday Moonrise Kingdom fills the screen. Set on an island off the coast of New England in the summer of 1965, Moonrise Kingdom tells the story of two twelve-year-olds who fall in love, make a secret pact, and run away together into the wilderness. As various authorities try to hunt them down, a violent storm is brewing off-shore -- and the peaceful island community is turned upside down in more ways than anyone can handle. Bruce Willis plays the local sheriff. Edward Norton is a Khaki Scout troop leader. Bill Murray and Frances McDormand portray the young girl's parents. The cast also includes Tilda Swinton, Jason Schwartzman, and Jared Gilman and Kara Hayward as the boy and girl. Saturday features Ander-



son's typically stylish but deceptively thoughtful, The Grand Budapest Hotel. The Grand Budapest Hotel recounts the adventures of Gustave H, a legendary concierge at a famous European hotel between the wars, and Zero Moustafa, the lobby boy who becomes his most trusted friend. The story involves the theft and recovery of a priceless Renaissance painting and the battle for an enormous family fortune -- all against the back-drop of a suddenly and dramatically changing Continent.

Movie showtimes at The Colonial are Thursday – Saturday at 7:30 and a Family Feature Matinee at 1:30 on Sunday. (This week, Napoleon Dynamite). The Theatre capacity is limited to 60 seats and everyone is encouraged to purchase their tickets online at BethlehemColonial.org.

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. The Theatre is not accepting cash at this time in order to reduce contact between staff, volunteers, and guests.

The mission of the Friends of the Colonial is to preserve and improve this historic land-

mark 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](http://www.BethlehemColonial.org).

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# Yard and Bake Sale By Bath Historical Society

The Bath Historical Society will be holding a Yard and Bake Sale on Saturday, August 22, 2020 at the Historical Society's Building, on Route 302, Lisbon Road, just off the green in the center of Bath, NH.

The Sale will run from 9:00 AM until 2:00 PM. Come find your treasure, or pick up a tasty morsel! We hope to see you there and thank you so much for your generosity and support!

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# New Beginnings Salon



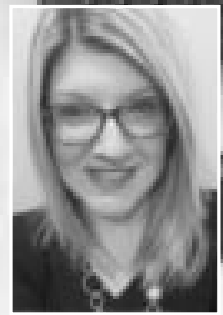
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## NOTICE FROM SAU #23

This year our schools will open in September instead of the usual August opening day.

The starting date will be

**Tuesday, September 8, 2020**

for the following schools:

Bath Village School - Woodsville Elementary

School – Woodsville High School -

French Pond School - Haverhill Cooperative

Middle School - King Street School –

Warren Village School

**Piermont Village School only, will start  
on Wednesday, September 9, 2020**

Special Note: Parents will be receiving further information from their child's school concerning scheduling etc. over the next week.



## Lt. Governor Candidate Molly Gray on Results of the Democratic Primary

Burlington, VT — Included below are remarks from Democratic candidate for Lieutenant Governor Molly Gray in response to the results of today's August 11 primary election:

"I want to say thank you. Thank you to our incredible volunteers and supporters. Thank you to our tireless campaign team. Thank you to my fellow Democratic candidates who entered this race to serve our state. Thank you to the historic number of Vermonters who voted in this primary. And thank you to the Town Clerks and our Secretary of State's office for their hard work to protect our health and our right to vote.

I entered this race because now is the time for the next generation of Vermont leaders to step forward, and to ensure that rural communities have a strong voice in Montpelier. What I have heard from Vermonters every day on the campaign trail is that in order to bring a generation here and keep a generation home we must commit to addressing the constellation of challenges and opportunities that will make Vermont a more equi-

table, inclusive and sustainable place to live.

I ran for Lt. Governor because we are at a crossroads. We are navigating a global pandemic, economic uncertainty, and major social change both at home in Vermont and across our nation. There is no going back. This is a historic and transformative moment, which I believe we can meet if we do it together.

I believe that together we can build a future where our rural communities thrive and our economy is restored, where our families are supported and healthy, and where our land and environment are protected for future generations.

Together, we can make quality child care, and paid family and medical leave a reality so that no one has to choose between caring for loved ones and paying the bills.

Together, we can invest boldly in higher education, address our massive workforce shortages, and lift the burden of stifling student loan debt.

Together we can ensure equal access to the Internet and expand access to tele-

medicine, online learning, remote work, and economic opportunity.

Together, we can fulfill the promise of Vermont for the next generation. We can keep a generation here, draw a generation home, and welcome a new generation to Vermont.

As a first-time candidate, I am beyond humbled by the support for our campaign. Together we built a campaign that brought new voices into politics and that worked to unite our state around a bold vision for a brighter future. Over 1,000 people contributed to this campaign and we welcomed over 40 volunteers to our team, and together they built a truly innovative and forward looking field effort that touched every corner of our state. To have played a small part in that has been the honor of a lifetime.

This dedication to our neighbors, this strength and resilience in the face of difficult times, this gives me hope for the future and what we can accomplish together.

We must now look forward and continue to grow the momentum that we have built.

While so much about our future is unclear, I believe in Vermont, in our communities and our people. We know who we are and we know the Vermont that we want for each other. As your neighbor, your fellow Vermonter, and now your Democratic nominee for Lt. Governor, I promise to be by your side every step of the way."

## Needlework

by Elinor Mawson

I know this column won't appeal to everyone but it is about something close to my heart.

I come from a long line of needleworkers. My grandmother hooked prize rugs until her shoulders gave out. My mother sewed everything, and also hooked rugs. (We called them "hookers".) I don't know how I learned to knit and sew but somehow I was pushing out samplers and socks before I went to high school. I made argyle socks for my boyfriend when I was 15, but stopped when 1) our dog shredded a pair hanging on the clothesline and 2) my boyfriend's mother washed them in hot water, making them suitable for a 2-year-old.

Of course I made all my own clothes for many years. I never thought they looked homemade until I heard someone make a nasty remark about what I was wearing. Thank heavens for jeans and t-shirts which are my wardrobe today.

When we bought our first house, I began making braided rugs. These consisted of 3 long strips of wool braided together and sewn to each other. The materials were expensive until I found thrift shop pants and skirts which quickly became strips. Everything went well until the rug got to be a good size and I noticed a bump in the middle. This was because there is a trick to sewing braids around the corners and I had miscalcu-

lated. We hopped over these bumps forevermore, and I still don't know the right way to do it.

I did needlepoint for years. First I did kits, but then someone suggested I make my own designs which I did. I had them framed professionally and was quite proud of them. I put names on them, hoping the people named would be pleased to own them, but they are put away in an attic, waiting..

Finally I became a quilter. My friend Priscilla and I made one quilt after another and spent a goodly time talking about them. We bought high-end sewing machines and talked about them too. And of course we bought fabric by the yard. Storage became a problem. My friend, who lived in Northern Maine (8 hours away) would drive many miles to attend a sale. Once, she drove 50 miles and bought everything she could think of, came home, put it away, and drove 50 miles back to buy some more. When she died, she had 2 rooms packed with fabric and her daughter had a devil of a time getting rid of it. Thank goodness I wasn't that addicted; I still have yards of fabric although I haven't quilted in years.

Lately I have become a "hooker" like my mother and grandmother. I haven't made prize rugs like they did, although I have done a lot of hooking. I have all the materials to make several 9 by 12's although that is never going to happen.

I seem to have worn out my needleworking skills, and that is OK.

I have gone back to being an avid reader.

Scott Borthwick  
Manager

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Amendment 1:

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Amendment II:

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A disarmed citizenry is easier to control and manipulate

Amendment IV:

Warrant to search and seize  
right of people to be secure...

Amendment V, VI:

Due process

Opioid Crisis

Prosecute drug crimes

Election integrity

Government by the people

Promote free market business

Minimize useless regulations

Low unemployment and rising wages

Liberty, U.S. Constitution, rule of law

**I STAND WITH AMERICA.**

**DEMOCRAT PARTY**

NOTHING GOOD TO SAY about America

Popular vote = majority rule = minority oppression

**INFANTICIDE**

Favors cultural diversity which fuels accusations of racism, bigotry, sexism, misogamy, religious intolerance, etc.

Intolerance of opposing views

Take your guns with or without curt order (red flag law) Loss of freedom

Lying to FISA court to spy on U.S. citizens

Open borders, sanctuary cities protect illegal alien criminals, failure to prosecute crimes against U.S. citizens and legal aliens

Leaders of House abuse power - allowed secret testimony without cross examination and rebutal

Sanctuary cities protect criminals

Lying to FISA court to nullify 2016 election

Cronyism = patronage = making promises to get votes

Minimum wage puts workers out of a job, wealth tax blocks business investment. Leaders guarantee government dependency, equality to replace Liberty and individual initiative with poverty

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## Gorgeous day On The Water

*This photo was taken by Cindi Wellman while on Ticklenaked Pond in Ryegate, VT on a gorgeous day in mid July.*

*The public boat launch can be seen at the shore line. And peaking up over the trees in the background is Blue Mountain.*

### Now Accepting New Patients Alex Perreault, Wells River



"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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### 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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# The Hope Diamond

by James Hobbs, Local Author and Gemologist.

Carat weight: 45.55  
 Cut: Antique cushion  
 Country of origin: India  
 Mine of origin: Kollur Mine  
 Color: Fancy dark grayish blue  
 Estimated value: \$200–\$350 million USD



The best decision I ever made was to move away from Woodsville. And, if my health was better; I would do it again today! Especially seeing Woodsville in it's present condition and being controlled by the present regime!

My journey took me to Baltimore, the very best and the most horrible decision I have ever made. I worked for a company that leased the jewelry repair departments in major department stores across the country, and for some reason I quickly became known in Baltimore and D.C.!

One day a sales person in the department came to my office saying there was a lady from D.C. at the counter asking for me. I went out front and she introduced herself and asked if I would join her for lunch in our dining room.

I agreed and called the restaurant asking to have a window table reserved for us. I had no idea what she had in mind. But, felt it was, likely, to have a piece of jewelry designed. I had just finished designing a ring for Dorothy Lamour!

The restaurant called a few minutes later stating our table was available and we were seated. It was not unusual to hear ladies draped in mink, seated close by, discussing the latest football game!

I soon realized I was seated across from a lady whose family had owned the Hope Diamond. I had seen the diamond, previously, in Harry Winston's office. He called it his paper weight, and donated it to the Smithsonian!

The nice lady was the niece of the family who owned the Hope diamond, before selling it to Mr. Winston! She told me of all of the horrible things that had happened to their family while owning the diamond. I had read several books about it, but, believe me, that did not effect me like while hearing the story from her!

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**EVERY LIFE HAS A PURPOSE**

*Psalm 139:13-16 "...YOU wove ME in my mother's womb ... I am fearfully and wonderfully made ... Your eyes have seen my unformed body. And in Your Book were all written the days that were ordained for ME..."*

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Not all Times are Trendy, but there will always be Trendy Times August 18, 2020 Volume 11 Number 23



# Only Time Will Tell

by Maggie Anderson

As far back as I can remember I was surrounded by family and friends who could discuss and debate political agendas far into the night and whether we were in the Catalina's looking out over Tucson while playing Scrabble at a sun-scorched picnic table, or sitting in a diner in Dover watching Nixon and JFK debate on the tiny television's cloudy screen my father was always in the middle of any discussion over any topic or candidate being skewered or exalted.

Not only did he have strong opinions he was never shy about sharing, he could always explain what he believed and why. There were few areas he couldn't study and decide what he felt about a subject or event and besting him in a political argument was rare, in any argument as a matter of fact. He was a man who knew himself, I often thought I survived some of our debates because I knew him almost as well.

The other reason I made it to adulthood in one piece despite our many verbal battles, political, literary, and everything else was he raised me to consider a problem, study an issue, and make up my mind not only how I felt about it but

also encouraged me to stand my ground if challenged. His philosophy was if I wasn't sure enough to support my position I should probably steer clear of discussions with any hint of differing opinions, that or go back to square one and figure out what I was sure enough to stand by.

He said my right to vote was like prayer for a Christian, the strongest tool in the box. He told me from the first conversations on the issue of politics the right to vote had cost people much before I was born and as an American citizen, one of the greatest privileges I had. He said we each got one and no matter how many arguments occurred before we stepped into that voting booth and drew that curtain behind us the only voice that mattered in the end was the number of people who took the time to vote.

I had three children before I was old enough to vote, and though I did not have any real power before that I made it a point to follow the issues facing the people in our town. Which is one of the reasons I was so shocked when I was a kid and Dad and I had a discussion with a couple of the girls who lived on our street. They had both turned 21 that year and they were itching to cast their first ballots.

I asked them if they had decided who they planned to vote for. The two of them looked at each other and giggled like toddlers and said, almost in unison, "Oh, Kennedy of course." When I asked them what Mr. Kennedy had said, what he was planning to do for the country that caused them to choose him, they both giggled again and without taking a breath informed me that they were voting for JFK because he was cuter than Nixon.

I was just a kid but I was old and wise enough to know they were acting like idiots, not because they planned to vote for JFK but because their reason for doing so was more shallow than a casting pond. I told my father I thought it was the dumbest reason I'd ever heard for casting their only ballot. My thoughts went back to my grandmother always saying beauty is only skin deep, it's what's inside that counts.

Television changed politics forever, too many people chose the perfect profile, the perfect sound bite, they do so even now instead of paying more attention to the words a candidate speaks and the promises they make.

I hope we're smarter this time around but only November will tell.

## Votes for All Women: Patience, Persistence, and Politics - Tuesday, August 18 - Free Virtual Event

In recognition of the 100th anniversary of the ratification of the 19th amendment to the US Constitution, Next Stage Arts Project of Putney welcomes Dr. Meg Mott, Professor of Politics Emeritus of Marlboro College, for a free spoken word, online-only event, examining the ambitions and aspirations of women's suffrage. Co-sponsored by Vermont Suffrage Centennial Alliance, Votes for All Women: Patience, Persistence, and Politics takes place Tuesday August 18th, at 7 PM EST. The event is free and registration is requested.

The 19th amendment, ratified on August 18, 1920,

prohibited states and the federal government from denying citizens the right to vote on the basis of sex. Once the 19th Amendment became law, the franchise doubled. But what effect did women's participation have on American politics? Frederick Douglass promoted women's suffrage in 1848, claiming that it would increase the "moral power" of the nation. Did that prophecy come true? This event, which will be live-streamed from Next Stage, closes with an opportunity for audience Q&A immediately following. Find more information and register now at [nextstagearts.org](http://nextstagearts.org).

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

August 18, 2020

Volume 11 Number 23

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You won't see any greeting cards celebrating it, and it's not likely to be on your calendar, but in just a few weeks, National 401(k) Day will be observed. And this type of recognition may be warranted, too, because 401(k) plans have become key building blocks for a big part of people's lives – a comfortable retirement. Are you making the most of your 401(k)?

Of course, during the past few months, you may have had mixed feelings about your 401(k). After all, at the beginning of the coronavirus, when the financial markets tumbled, the value of your account probably fell significantly, although it has likely regained some ground since the initial drop.

Nonetheless, the recent market volatility and its short-term effects on your 401(k) should not unduly influence your decisions about this important retirement account. After all, a 401(k) is truly a long-term vehicle, in every sense – you contribute to it for decades while you're working, and you can draw on it, along with other sources of income, for decades during your retirement. Consequently, you'll want to consis-

tently review your account to ensure it is working hard for you.

Here are a few suggestions:

- **Get the match.** At a minimum, put enough into your 401(k) to earn your employer's matching contribution, if one is offered. While employers can set their own rules, a typical match is 50% of what you put in, up to 6% of your salary. So, if you don't contribute the amount needed to earn the match, you are essentially "leaving money on the table." (Be aware, though, that some employers have temporarily suspended matching contributions in response to the economic slowdown during the pandemic.)

- **Give yourself regular "raises."** Every time your salary goes up, increase your annual contributions. Most people typically don't come anywhere near hitting the maximum annual 401(k) contribution limit (which, in 2020, is \$19,500, or \$26,000 for those 50 or older), and you might not, either, but try to put in as much as you can afford. Not only will you be building tax-deferred resources for retirement, but you'll be giving yourself a big tax break, because the more you contribute each year, the lower your taxable income (unless you have a Roth 401(k), in which case your contributions aren't deductible, but your earnings can grow tax-free).

- **Invest for growth.** Because your 401(k) is designed to help fund your retirement, which could last 20 years or more, you'll want to build the biggest account possible. That means you'll need to include investments designed to provide growth within your 401(k), subject to your personal risk tolerance.

- **Be careful about loans.** You can take out loans from your 401(k), but it's not always a good move. You'll have to pay yourself back, and if you leave your job, either voluntarily or involuntarily, the repayment may be due at an inconvenient time. (However, as part of the CARES economic stimulus act, many 401(k) loan repayments are being suspended for up to one year.) Furthermore, by taking out money from your account, even temporarily, you can slow its overall growth potential. So, you may want to look for other sources of income before tapping into your 401(k).

National 401(k) Day is just that – a day. But by taking the appropriate steps, you can help ensure your own 401(k) gives you many years' worth of benefits.

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*Edward Jones, Member SIPC*

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## Get the Most from Your 401(k)

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*Edward Jones, Member SIPC*

### Letter To The Editor: Trump's Lies - Daily And Deadly

To The Editor

I've noticed several responses lately to a letter-to-the-editor or two I've written regarding my disgust with President Trump - ("Stupid Is As Stupid Does"). Those responses have been revealing and instructive to me. Most liked my expression, some did not. I'm all for the give and take of varying points of view in a newspaper's opinion space, freedom of speech, freedom of the press, right on to both. At least one responder felt I was "angry and hateful" and I'd remind that person that one person's hate is another's passion.

And I prefer the term "pissed off" to "angry" although either term is accurate in the case of catastrophically ignorant and short-sighted Liar-In-Chief Trump. His words and actions have been so destructive, so consistently wrong

for so long that the time passed long ago for mere occasional thoughtful mild-worded letters-to-the-editor expressing America's decline under the boot of this insecure blockhead. I'm, mad as hell and I'm not going to take it anymore - me and millions like me.

Trump has placed too many yes-men and women around him who don't tell him the truth. They are called sycophants, assenters, submitters, flatterers. He just placed a new Postmaster General in office, a man bent on crippling the postal service of this country because mail-in and absentee ballots will help kick Trump out of office. This man has no postal service experience, first time in history for this, but he is a big Trump financial donor. Surprise surprise.

Trump gets rid of or de-means anyone who disagrees with him, even

mildly, like world-renowned medical experts in this challenge of Covid-19.

Trump can't have his rabid political rallies anymore so he turns his nightly TV "press-briefings" into campaign rants where he displays his ever-widening lack of knowledge on everything. "There's no way the Post Office can handle this flood of mail-in votes" Wrong. "We've got a handle on this China virus, doing it better than any other country" Wrong again, deadly wrong. Trump is enabling the sickness and death of our families and friends by his lies,

This is a clownish ignoramus with the power to kill through incompetence - and he's coming to a voting booth near you soon - or an absentee ballot. Vote him away.

Robert Roudebush  
North Haverhill

Robert,

*By this time I don't believe there is anyone who does not understand your feelings about our current President.*

*That being said I do very much agree with you in regards to those constitutional rights of freedom of speech and press. We are happy here at Trendy Times to print (and respond to) as many Letters to the Editor as possible. That is no matter what the writer may offer up for*

*opinions or thoughts. It is certainly not my job to agree or disagree with any of these points of view. It is instead my job to offer the space and sometimes to offer up another point of view.*

*So please keep the letters coming. Offer your thoughts on politics, either local or national, as well as any other topic you may feel needs to hear from you. We will continue to be here to respond.*

Gary Scruton, Editor



## Letter To The Editor:

### Wake up, people!

To the Editor,

The truth of God has been hidden from you. You're sleeping, and the dreams you're having are from the evil one. Emotion driven — all a lullaby from Satan. Each of you, free-falling without a parachute. Nothing to prevent your crash — it comes with your last breath.

God's love for you is intense, patient, blocked from you by your freedom to choose. Choosing the world and self over the Word and God. God will continue to beckon. He will send His servants to grab and shake you awake, or reveal Himself in the beauty and wonder of His creation.

The lullaby continues to play, worldly draws return and so far the truth remains

out of consciousness.

May these words grab and shake you. Leave marks on your shoulders — reminders that God continues to give you the power to wake up and choose Him.

What are you thinking as you read this? Are your emotions taking over? Anger, outrage, defiance, etc.? All part of the dream you're in.

Grab hold of this! If you do not change, when your last breath comes, the truth WILL be revealed that you're in a nightmare that will never end.

Test what has been written. Ask God to confirm its truth. If He is real and does love you so much, then wake you up!!

Greg Darling  
Littleton NH

Greg,

*Freedom of religion is one of the cornerstones of the United States. Freedom of speech and Freedom of press also rank near the top. I applaud you for taking the opportunity to voice your thoughts, sharing with others your feelings and your faith.*

Gary Scruton, Editor

## Letter To The Editor:

### Thank You for the Suicide Articles

To the Editor,

I applaud Elinor Mawson for her powerful 2-part story about Suicide. Sadly, suicide happens in many families, and the stigma of mental illness often makes these situations worse. I found her final words to be especially powerful (and painful): "in one split second all his troubles went

away -- only to be given to all the people who loved him." When someone in your family is depressed seek help. We can all do more, too, to support families who experience this tragedy.

Sincerely,  
Doug Teschner  
Pike, NH

Doug,

*For Elinor I want to thank you for those kind words. It can be very difficult to write about something as close to yourself as Suicide, or many other subjects. It takes a certain type of person to be able to get those words right. I will gladly add my applause to yours for her efforts.*

Gary Scruton, Editor

## Local State Representative Chosen To Speak at Democratic National Convention

New Hampshire State Representative Denny Ruprecht has been chosen to be part of the "rising star" keynote at this year's convention.

Here's a quote from New Hampshire Democratic Party Chair Ray Buckley on this honor: "New Hampshire has a history of engaged young people who vote, who volunteer, and who step up to run for office and win. That the Democratic National Convention chose Rep. Ruprecht to keynote the year's convention is a

huge honor for the Granite State, and celebrates the contributions not just of Denny but of all engaged young people here in New Hampshire."

The Keynote Address will take place during Tuesday's program, under the theme "Leadership Matters." The night's focus will be on the leaders and the experts, the veterans, the activists, and all those who seek to unite and not divide, and who step up—and don't back down—from a fight over what's right.

## Letter To The Editor: Don't like Democrats?

I've read a lot of editorials lately by conservatives trying to make you believe how bad Democrats are. Really? Here's a few of the things they've done for the people of this country that you take for granted every day, all opposed by the Republican party:

19th Amendment (Women's Right to Vote),  
Americans with Disabilities Act,  
Civil Rights Act,  
Fair Labor Standards Act (ending child labor),  
Family and Medical

Leave Act,  
Federal Farm Loan Act,  
Federal Home Loan program,  
GI Bill,  
Hate Crime Prevention Act,  
Head Start program,  
Health Insurance Reform,  
Lily Ledbetter Fair Pay Act,  
Medicare/Medicaid,  
National Industry Recovery Act (minimum wage, 8-hour workday, 40-hour workweek and paid overtime),

National School Lunch Act,  
Pell Grants,  
Peace Corps,  
Public Schools,  
Safe drugs, water, food and air Acts,  
Social Security Act,  
Student Loan program,  
Unemployment Benefits.

It's pretty obvious which of the two major parties really cares about the people.

Rachael Booth  
Landaff, NH

Rachael,

*You have offered a rather extensive list of Acts that have been passed by both houses of Congress and signed by the sitting president. It can be a complex system under which we are governed, but it seems to work.*

*One of the great things about this system should be the art of compromise and/or negotiating. That is how most ideas are turned into reality. Not in their original form, but in a form that works best for as many as possible. There is no way that every citizen of this country will*

*be happy with any given Act. There is bound to be some who cheer it, and some who jeer it. Therefore it is the duty of our elected officials to come up with the best possible middle ground.*

*With the NH primary coming up soon, and the general election not far away, I continue to urge all legal voters to consider your options, make an informed decision, and exercise your right to vote.*

Gary Scruton, Editor

## Letter To The Editor:

To the Editor:

Trump needs to pack his black suit, his blue suit and his very outdated RED ties and move to Russia where he belongs. He is nothing but a liar. If he remains in the USA he should go directly to jail - LOCK HIM UP!! He was impeached, however the impeachment didn't go far enough. He should have been removed from office!!

Trump didn't go to the funeral of John Lewis, because as Trump said "Lewis didn't come to my inauguration so why should I go to his funeral?" "Really Trump, really?" Trump, did Stormy Daniels come??

Now Trump is working overtime to undermine our elections. Again with the

help from his good buddy and best friend Putin. Why didn't he ever give Putin more than Hell over Putin putting a bounty on American service men. Trump is more than drunk with power. He is also a liar who thinks he is above the law. Liar - liar - liar. Now he wants to stop our elections and he wants to control our elections so he can have a lifetime as our Dictator. He is very dangerous. As he said he only has the best people, Barr - Bannon - Miller - Cohen - Manafort - Flynn and don't forget Roger Stone - the help from white supremacy - Michael Savage. Trump is so proud of these idiots that he calls great people.

Now Trump wants a bust

of himself on Mt. Rushmore. The rightful place for Trump would be an Outback Steakhouse in Russia.

Just who the hell does he think he is? Trump's use of "his" secret police another Putin suggestion.

Trump the liar is nothing but a lying coward who was never fit to hold any office of the United States government. No one can ever trust a liar. Trump needs to be judged by the company he keeps past and present. Jeffrey Epstein was one of his good friends. Trump is nothing but a liar and a coward. He is nothing. Vote by MAIL!!

Betty Nickles  
Benton, NH

Betty,

*Somewhere in my lifetime I have heard that "You are the friends that you keep". Meaning that the people around you help define who you are and what kind of opinions and actions others can expect from you.*

*Of course the opinion of those "friends" may well vary from one person to another. Some might say these are "bad" influences, while other might argue that they are "good". That is part of the great American way. We each can have our own opinion, and no one can tell us that we can't repeat that opinion.*

*You mention a series of names that have*

*been associated with President Trump. It then becomes the duty of those who will vote in November to decide if these are "good" or "bad" associates to have. With that decided then voters must also decide how to vote.*

*All of this may sound a bit complex, especially when you consider that this same effort should be performed on every position you are voting for on your ballot. But it is the right, and I feel the duty, of every citizen to do so. So circle the date of November 3, the next general election in the United State. Then either go to the polls to vote, or use an absentee ballot.*

Gary Scruton, Editor

Letters To The Editor can be sent to: Gary@Trendy-Times.com or mailed to Trendy Times, 20 Pine Street, Woodsville, NH 03785. As many as possible will be printed (and responded to) in the pages of Trendy Times. **Remember, your opinion matters. Let it be heard!**





# What About Ma?

by Kellie Quackenbush

## All About That Social Distance

The State of New Hampshire, in an abundance of caution, stopped visitors to the Nursing homes, assisted living and skilled care units in New Hampshire back in February due to the fear of the COVID-19. Each time it looked like the Virus had passed and New Hampshire was in the clear, another case would appear or a horror story from another State would pop up on the news.

Due to safety precautions around the COVID-19, Ma has not had a visitor in over 6 months. During this time she has received mail; cards, letters, videos and packages but the only physical love is from the nursing staff. My mom, being cared for in her home, has had a similar experience, few visitors see her and they are not allowed in the house. There is at least six feet between us as we will be outside and she talks to us from a window or a deck.

The Centers for Disease Control and Prevention is

aware of what this "Social Isolation" is doing to our aging population. They have published an article about it on their website, titled, "Loneliness and Social Isolation Linked to Serious Health Conditions" in which they note that people need people. It is difficult for the people suffering from Alzheimer's Disease and Dementia, their illness makes the comprehension of the pandemic less. For people with these ailments, it can appear that their family and friends have abandoned them. This can lead to other health issues.

"Although it's hard to measure social isolation and loneliness precisely, there is strong evidence that many adults aged 50 and older are socially isolated or lonely in ways that put their health at risk.

Recent studies found that:

- Social isolation significantly increased a person's risk of premature death from

all causes, a risk that may rival those of smoking, obesity, and physical inactivity.

- Poor social relationships (characterized by social isolation or loneliness) was associated with a 29% increased risk of heart disease and a 32% increased risk of stroke.

- Loneliness was associated with higher rates of depression, anxiety, and suicide.

- Loneliness among heart failure patients was associated with a nearly 4 times increased risk of death, 68% increased risk of hospitalization, and 57% increased risk of emergency department visits." per <https://www.cdc.gov/aging/publications/features/lonely-older-adults.html>

With this in our minds, we must make every effort to reach out to family and friends who are on the strictest "Social Distancing" by making telephone calls, setting up "Face Time" or "Zoom" meetings, sending pictures, cards and letters. Keep making the efforts to reach out because one day we will be able to see them again. It appears the simple two week isolation plan is stretching into a year and for some of our aging loved ones, that is too long. Send a note today, we have no promise of tomorrow.

# NCHC Announces New Partnership With Burke Mountain Academy

St. Johnsbury, VT – Northern Counties Health Care (NCHC) is pleased to announce a new partnership with Burke Mountain Academy (BMA), located in East Burke, Vermont. The partnership will provide Burke Mountain Academy students primary care services while they are enrolled with Burke Mountain Academy.

Physician Assistant, Patrick Anderson, of NCHC's St. Johnsbury Community Health Center will act as the primary care provider liaison to BMA and will work to ensure that BMA students receive high-quality compassionate care day or night. "Northern Counties Health Care remains dedicated to ensuring the health and wellbeing of everyone in the Northeast Kingdom and we are happy to assist Burke Mountain Academy in ensuring their students get the care they need, especially in light of the upcoming coming flu season and the ongoing novel coronavirus pandemic," said Christopher Towne, Director of FQHC Operations.

BMA students will receive their care through office visits and telehealth appointments. NCHC will work to support Burke Mountain Academy students and families as they are welcomed back into the community.

illies as they are welcomed back into the community.

"We are very pleased to be partnering with NCHC to elevate the standard of ongoing care for our students. We feel that this is an ideal fit for our school and are grateful to have the support of the NCHC team as we welcome students back to campus in the coming weeks," said Willy Booker, BMA Head of School.

NCHC encompasses five community health centers, three dental centers, and a certified home health care & hospice division providing a full spectrum of quality, affordable, and compassionate health care services to patients of all ages, throughout the Northeast Kingdom of Vermont. For more information, visit [www.nchcvt.org](http://www.nchcvt.org).

NCHC is supported in part by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number H80CS00632. This information or content and conclusion are those of the author and should not be constructed on the official or policy of, nor should any endorsements be inferred by HRSA, HHS, or the U.S. Government.

### BEEZWAX



By John Martin

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Trendy Times reserves the right to accept or reject publication of any letter to the editor or submission of any nature for any reason. *Of course you will need to be really out there for us to turn you down.* We also reserve the right to make slight changes to submissions for readability purposes.

Thank you for your understanding.



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# Only Time Will Tell

WHITEFIELD, NH - Weathervane Theatre opens two new original revues this week - Broadway Road Trip on Sunday, August 16 at 5 PM and Brush Up Your Shakespeare on Tuesday, August 18 at 7:30 PM. These productions will be presented via livestream on Vimeo and will run in alternating rep August 16 - August 24th.

**Broadway Road Trip**  
 "After spending 3 months in my New York apartment, I could think of no better theme to explore than that of traveling," said Paulini when speaking of the conception of Broadway Road Trip. "The Broadway canon features so many amazing pieces of music that highlight locations and landmarks and with our current circumstances, visiting many of these locales is simply out of the question, but with the help of our All-Star Weathervane Resident Professional Company and the trusted collaboration of Colin and Marisa, we will take you on a musical journey we hope you will never forget." Conceived by Colin Keating and Ethan Paulini, the production is directed by Paulini, music directed by Keating and choreographed by Marisa Kirby.

**Brush Up Your Shakespeare**  
 Created and directed by Jorge Donoso and featuring an original score by Ira Kramer, this utterly entertaining evening celebrates the highlights of some of Shakespeare's finest moments - from the romance of Romeo & Juliet to the hilarity of The Taming of the Shrew - while making Shakespeare accessible.

"At some point in our lives, we've all seen not-so-great productions of Shake-

spearean works, perhaps hindering our ability to understand the text and blinding us from diving into the commentary, said Donoso. "This is not what Shakespeare intended. Shakespeare's plays are meant to be accessible, electrifying, and inspiring to all even as we navigate through some of the darkest times in modern day history."

Both productions are headlined by members of Weathervane's Residential Professional Acting Company - Jorge Donoso, Carrie Greenberg, Robert H. Fowler, Shinnerrie Jackson, Marisa Kirby, Ira Kramer, Grace Livingston Kramer, and Ethan Paulini.

Additional creative team for these productions: Rien Schlecht (Production Management/Costume Design/Scenic Design), Chad Rowe (Technical Direction) Gibbs Murray (Scenic Design), Hayley Christensen (Sound Design), Kay Cates (Properties Design), and Scout Hough (Lighting Design), Kara Procell (Production Stage Manager) and Egypt Dixon (Assistant Stage Manager).

These virtual performances will run in alternating rep with Nice Work If You Can Get It, Speech & Debate, Heathers: the Musical, and Top of the Charts August 3 - August 29th at 5PM (Sunday) and at 7:30 PM (Monday - Saturday). Additional special events to be announced soon. Livestream tickets and ticket packages now available at [weathervanetheatre.org](http://weathervanetheatre.org). Tickets range \$24-\$49.

The Weathervane Box Office is now open by phone (603-837-9322) and email ([boxoffice@weathervanetheatre.org](mailto:boxoffice@weathervanetheatre.org)) on Mondays, Wednesdays, and Satur-

days from 9AM - 11AM. Tickets can be purchased 24/7 on Weathervane's website - [www.weathervanetheatre.org](http://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](https://www.facebook.com/weathervanetheatre) and all other social media platforms @weathervanenh.

# Acceptance

Topics  
 Disability and Aging  
 by Cyndy Wellman



## Mid Life Crisis

It's not always about getting a Sports Car/new girlfriend or boyfriend. It could be moving to another state. Starting a new business or even retiring.

Mine was downsizing. Selling my first home. Then figuring out where I want to live after renting 10 months. Also living life and not stimulating others.

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by **Cindy Pinheiro**  
to contact **Cindy (aka Cin Pin)** write to the editor at [gary@trendytimes.com](mailto:gary@trendytimes.com)

## Peanut Butter Krispies & Ice Cream Sandwich Cake

Hello hello my fellow chefs. I hope your summer was fun filled and I hope you enjoy my recipes. Today I'm sharing two recipes because they are super easy and so "Delicioso"

The first recipe is: Peanut Butter Krispies, a little twist of an all time favorite. I got this recipe from my friend and neighbor Tina, who is a very good cook.

Here's what you will need.

- 3 Tablespoons Butter
- 1 10 oz. Bag Marshmallows
- 1 1/2 Cup Peanut Butter
- 6 Cups of Rice Krispies



In large deep saute pan melt the butter and add the marshmallows, stir till melted over low heat. Add the peanut butter and mix well. Add Rice Krispies and gently stir till all coated. Spray a 13 x 9 glass dish with Pam and add

the mixture and press lightly to make even. Cool then cut into squares. Makes 20 to 24 squares. Cover and enjoy when you want. Bet you can't eat just one!

Second recipe: Ice Cream Sandwich Cake

Use a loaf pan and spray with Pam. Line with parchment paper. Put aside.

- 1 Cup of peanut butter
- 1 8oz container Cool Whip
- 6 Ice Cream Sandwiches
- Chocolate or mixed color sprinkles

In medium-sized bowl put in the peanut butter, whip a little then add the Cool Whip and mix well on low speed. Open the sandwiches and place two side by side the third one cut in half and fill in the space. Spread your mixture over the sandwiches and sprinkle your sprinkles on. Repeat with the other 3 sandwiches spread with frosting and add sprinkles. Freeze in pan for about an hour or so. Remove by lifting out parchment paper. Slice and enjoy. That's it. I hope you enjoy these two classics.

Well folks, any questions please contact me through Gary at Trendy Times.

Until next time, I'm signing off, Cin Pin

## NEK Council on Aging Welcomes Kaitlyn Young

St. Johnsbury, VT – The Northeast Kingdom Council on Aging is pleased to welcome Kaitlyn Young as their new Executive Administrative Assistant. She will be responsible for managing the reception area for the Council and support the administrative and customer service needs of the St. Johnsbury and Newport offices.



Kaitlyn brings extensive experience in office administrative support. She served as the sales associate for Audiocare in Newport, VT. She is proficient in Excel, Google Docs, and QuickBooks.

"Kaitlyn has hit the ground running. Her organizational and communication skills were well recommended, and we are pleased to have her on our

team. Her friendly smile and energy have already been very well received by clients with calls to our helpline," said Meg Burmeister, Executive Director of the NEK-COA.

Kaitlyn lives in Barton with her fiancé and two children. She enjoys hiking, painting, and spending time with her children.

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"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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