

A FREE PUBLICATION

# TRENDY



Next Issue: Tuesday, September 29  
Deadline: Thursday, September 24

# TIMES

20 Pine Street, Woodsville, NH 03785  
Phone: 603-747-2887

Email: Gary@TrendyTimes.com  
Website: www.TrendyTimes.com

SEPTEMBER 15, 2020 VOLUME 11, NUMBER 25

## Paddle The Border \*PTB\* Fall

A Canoe and Kayak paddle on the Connecticut River held in May and October. PTB was started as a way for community organizations from Vermont and New Hampshire to work together to "Show Case" our shared asset, the Connecticut River. PTB promotes the natural, cultural, scenic and recreational resources of the Connecticut River, in a way that would also provide an economic boost to the area. PTB is held twice a year weather permitting - no rain dates are planned.

The Fall Paddle 2020 date is Sunday, October 4th, from the Newbury Boat Launch beside the Newbury-Haverhill Bridge, to the Bugbee landing in Bradford, Vermont.

The Spring Paddle 2021 date is May 23rd: [18th Year] from Woodsville Community Field to the Bedell Bridge State Park

Boat Launch off Route 10, Haverhill Corner, NH.

There is a shuttle service from the take out, to the launch sight. This Shuttle Service has been provided by Butler Bus Company (we thank them). The Shuttle Service is available from 10am to 11am. This gives us a suggested launch time of 10:30 to 11:30am. The approximate paddle time for the spring and fall paddle is 3-1/2 to 4 hours.

All events are weather permitting, and all participants must abide by safe boating rules and regulations.

Covid 19 Guidelines:

- Wearing Mask a must, when on the Bus and when volunteers help you get in and out of your boat. 6 foot spacing in line.

- To ride the Shuttle Bus you must have a mask on, temperature taken, give info for Contact Tracing,

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- If you choose to use your own transportation All Safe Boating and Covid Rules Still Apply

- We are not having the BBQ lunch or music by Strawberry Farm band this year to adhere to Covid Social Distancing Guidelines.

So come, meet new friends and fellow paddlers, whatever the reason join the fun!

To learn more about PTB or to get involved contact :

Michael Thomas 802-757-3960 or send email to: mikethom1@charter.net

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# TRENDY Dining Guide

## Tuttle's Family Diner

by Gary Scruton

The first thing most people know about any business is their name. That's why picking the right name can mean so very much to any business. When the name tells you exactly what it is, then congratulations to the namer.

Tuttle's Family Diner is just what you would expect. A diner tends to mean that there are stools and a counter to sit at. It also means that the cook is probably right there behind that counter for all to see, and even to interact with when you are a regular, or if it's not a busy time of the day. Diner also usually means good wholesome food at a reasonable price. The other portion of the name "Tuttle's Family" also means just what it says. The whole Tuttle family is in-

involved with the workings of this eatery. From cook to waitress to dishwashers and even utensil preparation, the whole family gets in on the act.

But really we all go to a particular eatery for the food. So let's get to what Janice and I had to eat on a recent Friday evening.

The sign at the front door did say, please wait to be seated, but since we came in after the evening rush hour we were told to pick a table, and we did. Our masked waitress soon came over with menus as well as a verbal list of the daily specials (verbal because we sat at the only table where you can't see the blackboard). We both took a suggestion off that menu. Janice went with whole belly fried clams and I asked for a Sloppy Joe. Before I made my call I did

ask about desserts for the night. For beverages Janice got a soda and I got just a plain glass of water.

During our wait for the food to arrive I was given the chance to see one of the desserts as a big tall apple pie was retrieved from a cooler and walked past our table. (That's when I made my decision).

Our meals soon arrived. Janice's clams came with real mashed potatoes and she chose corn for her other side. Plus there was plenty of tartar sauce on the side as well as a slice of lemon.

My side order was cottage cheese and it arrived well before the Sloppy Joe came out. The Sloppy Joe was on a regular hamburger bun with plenty of good tasting meat and sloppiness.

As I finished the last of my meal (and helped Janice polish off her delicious tender clams) our waitress came back our way and stopped short. "I forgot to put in the order for fries to go with your meal" she said to me. "Do you want some fries now?"

"No, thanks" I said. "But I would take a piece of that apple pie". We had also previously spoken about having some cheddar cheese to go with the pie and she asked if that was still what I wanted. "Yes, indeed". That is, after all, the way my grandmother always served her pie, and many other things, with a good chunk of sharp (or even sharper) cheddar cheese.

"And would you like the pie warmed up" was the next inquiry. "Just a scoosh" was my reply. And she warmed it just that much. No chill, but not hot. And there was more than one little piece of cheese on the side. The pie was great. And it was made by another member of the family.

When we were done our plates were cleared and we were told that we were more than welcomed to just sit for a bit and enjoy the after

dinner feelings, or just chat for a bit. We did one, or both of those, before putting the credit card on the table next to the slip. Our waitress came back again and whisked it away to the front register and brought it back for signature.

The total for our meals on this occasion (and I must point out that we were given a substantial discount due to the lack of french fries) was \$35.97. We left a cash tip on the table when we left that reflected our appreciation for our meals.

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Presenter Douglass Teschner, Ed.D., founded Growing Leadership LLC to partner with business, non-

profits, and government to unlock leadership potential and inspire people and organizations to thrive and grow. He has a depth of US and international experience, including serving as a NH state representative and Peace Corps country director in Ukraine and West Africa, and authors a leadership column in the New Hampshire Business Review. You can read more about Doug on his website: <https://www.GrowingLeadershipLLC.com/>.

Admission is by donation! Register online: <https://www.eventbrite.com/e/118545740501/>

All proceeds will go towards supporting The Space On Main, a nonprofit community-based coworking, maker, conference, event, and gallery space in the heart of the VT/NH Co-hase Region fostering entrepreneurship, collaboration, creativity, and innovation. To find out more about The Space On Main, located at 174 Main Street, Bradford, Vermont, visit <https://www.thespaceonmain.org>.

For more information: Douglass Teschner 2100 Brushwood Rd., Pike, NH 03780 USA (603) 989-5429 [dteschner@GrowingLeadershipLLC.com](mailto:dteschner@GrowingLeadershipLLC.com)

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## Littleton Co-op Members Support DAV of North Country in September

The Littleton Co-op is proud to announce our September Partner of the Month - Disabled American Veterans (DAV) of the North Country Chapter 21. DAV chapters all across the country provide a lifetime of support for veterans of all generations and their families. They provide rides to veterans attending medical appointments and assists veterans to get the benefits they so deserve. DAV connects veterans with meaningful employment, hosting job fairs and providing resources to ensure they have the opportunity to lead the kind of life they desire.

Locally DAV North Country Chapter 21 has helped many older veterans in the community apply for their VA medical benefits and service connected disability early VA pension benefits. They have even helped veterans widows with VA survivor pensions. They show compassion and caring to family members who have lost loved ones with Thanksgiving baskets, picking up food at the grocery store or food banks for the disabled and homebound. They are there to help families with burial benefits and setting up Military Honors at their grave site. All of DAV's services are offered at no cost to all generations of veterans, their families and survivors.

Left to right are NH State DAV Commander Bob Guldner, NH DAV National Service Officer Jesse Welch, NH DAV chapter 21 North Country Commander Marilyn Walsh and NH DAV Chapter 19 Commander Ernie Sulloway.



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## NH Student Online Learning Doubles

Labor Day and NH's Primary Election have come and gone. We can now look forward to cooler days and New England's, beautiful fall foliage. I want to thank all who worked at the polls this past week, including all who made the effort to exercise their right to vote. The State General Election will be held on November 3, 2020. Not wanting to spoil our NH foliage with the clutter of election campaign signs, I have removed my campaign signs until the end of October.

For students and parents, this has been an unusual start to the school year. School schedules may vary from one building to another and even among grade levels within the same building. COVID-19 has thrown the proverbial monkey wrench into traditional education and presented all with a new "normal." Based upon state guidelines or due to unique building conditions, some students may receive their education remotely, by

way of direct classroom instruction, a combination of the two or through homeschooling. Parents, grandparents, and friends have scrambled to make arrangements for childcare and have worked together to make it all doable. Schools in SAU 23 had a good start, and I thank our educators for being flexible and making that special effort.

On another note, NH's Virtual Learning Academy Charter School (VLACS), an accredited, online school approved by the State Board of Education is available to school districts and students. This virtual charter school provides free, elementary, middle and high school courses for NH students. Because of the COVID-19 pandemic, VLACS online course enrollments have increased dramatically in past weeks as public education shifts towards remote learning instruction. Public schools across the state have taken advantage of this learning

option offered through the Department of Education. But, with so many students requesting enrollment in the program, the waitlist has become huge. Fortunately, Governor Sununu moved to solve the waitlist problem this afternoon. He transferred \$7,000,000 from the CARES Act for the purpose of creating space for all public school students desiring to take advantage of the online courses. The \$7M will allow VLACS to provide accredited courses for approximately 14,000 half-credit courses taken by NH resident students on or before December 30, 2020. VLACS enrollment for the same time period during the previous year was 8,008 half-credit courses. Program enrollments are projected to double this year.

Homeschool enrollments are also increasing sharply. To learn more about this program, parents can call either their local public school or visit the NH Department of Education website at ([education.nh.gov](http://education.nh.gov)) and click on the link for "Education Pathways."

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

## Looking to November

By: Rep. Denny Ruprecht



I didn't have an opponent in September 9th's primary race, so the election was simply a formality which officially makes me the Democratic nominee for state representative for Grafton district 3 (Bath, Benton, Easton, Landaff, Orford, Piermont, and Warren). I'm a proud Democrat, but more importantly - I'm a proud Granite Stater, and it's this identity in which my primary loyalty resides.

During my first term in the New Hampshire House of Representatives, I made it my job to try to represent all of my constituents, regardless of political stripe, by working to reduce crippling property tax burdens, bolster investments in public education, expand broadband infrastructure, and defeat Northern Pass. This is what I'll do again should I earn your support and a second term by making public health and our economy my top priorities.

As a New Hampshire native, I take seriously our tradition of robust bipartisan cooperation, and government based on free thought, civil discourse, and common cause. Lessons learned

growing up in my hometown of Bath taught me that, especially in hard times, we must take care of each other and remember that what unites us is far stronger than anything that divides us. I worry about the future of our state and nation, but know that the solution to our woes can be found within each of us.

On November 3rd, I respectfully ask for your vote, even if I haven't received it in the past. I will work as hard as possible to earn every vote I can, and continue my efforts to build a New Hampshire that works for all of us.

*Denny Ruprecht currently represents the Grafton 15 district in the New Hampshire House of Representatives and is seeking re-election to represent the Grafton 3 district (Bath, Benton, Easton, Landaff, Orford, Piermont, and Warren).*

wear masks and goggles!) can make this a nice diversionary and athletic activity with safe distancing for all involved.

I normally fly several times per month but have not flown since March. But I plan to strap on my ski boots and be out there, particularly in less busy days. I look forward to the wider spacing in the lift lines.

The apres-ski restaurants may need to be restricted. But most of the ski workers should be able to work grooming the slopes, operating the lifts and reminding us there is life even with Covid-19!

Separately, I am thrilled to hear our children are back at school, learning well and that safe practices can continue. I am proud of our school staff and am confident that they are up to the task and making adjustments should they be needed. If you have concerns, please reach out to me.

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](mailto:jerry@jerrystringham.com)

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## Reviving Our Ski Economy Critical During The Covid Recession

The COVID recession or "Co-session", the downturn in the economy caused by the reduction in business due to fears of contracting the virus and the necessary business shutdowns to protect ourselves and our economy! This downturn is reducing state revenues. Our daily tallies that we see in the Ways and Means Committee still show reduction in the Interest and Dividend Tax, Meals and Rooms Fees and Business Taxes. Unemployment in our ski towns, which draw tourists most of the year, are among the highest in the state. While there is still the hope that the next federal stimulus bill will

shore up state balance sheets, many of whom have been hurt more than New Hampshire, it is by no means assured.

Critical to helping our northern economy thrive beyond the summer season is establishing workable boundaries to protect those who recreate in the white mountains. It would seem that most outdoor adventures would be tailor made for the current Co-session. "Sunshine is the best disinfectant".

The very low Covid-19 rate in our ski towns, the implementation of reasonable safety measure and the nature of skiing (skiers already

# Giant Zucchini Contest Winners Announced

Usually the sidewalks of Wells River are filled with vendors selling their wares and local non-profit groups providing information on the Saturday before Labor Day. This year because of COVID-19, Wells River Action Program's only event of the So Long Summer – Hello Fall Festival was the Giant Zucchini Contest.

This year past and new contestants traveled from as far away as Piermont, Peacham and Groton and as close as just a couple of blocks from downtown Wells River. Twenty-eight zucchinis of various shades of green and a couple that were yellow and striped were entered into the contest.

Judge Ruth Ann Hacking, the Executive Director of the Cohase Chamber of Commerce, carefully weighed and measured each zucchini. As been the trend in the past few years, a first time entrant won the contest. Andrea Franklin of Newbury with a 13.6 pound zucchini

that was 26 inches long won the contest winner. It is the second heaviest zucchini entered into the nine year old contest. In 2016 Braelyn Parsons of West Newbury won with a 14.4 pound zucchini.

Susan Esposito of Ryegate came in second with a 9.2 pound, 20.75 inch entry and third place went to Newburyite Ann Tardiff with a shorter 18.25 inch, 9.2 pound green orb.

Long time entrants, the Kendall Kids – Ainsley, Casey and Elliot Kendall of Ryegate, had the longest uniquely curved shaped zucchini that measured 29.5 inches.

The best-dressed or most safe zucchini was a masked zucchini entered by Jessica Warren of Ryegate.

WRAP officials thank all the contestants and businesses who help make the contest a success, and looks forward to the 10th Annual contest to be held next year on September 4, 2021

# Christmas Parade Still Being Planned

With all the festivals, fairs, parades and large events being canceled this summer, it was announced this week that the 34th Annual Littleton Christmas Parade will still take place and planning has already begun by organizer and Director Dennis Hartwell. The parade, traditionally held on the day after Thanksgiving to signify the official arrival of Santa Claus in Littleton, will be held on Friday, November 27th at 12 noon. "Due to the COVID pandemic, a lot can happen between now and then.", stated Hartwell, "But the northern part of NH has seen very few spikes with the virus in the last month so I am confident that we can proceed with the parade as usual."

There will be several changes in the production of the parade this year in order to keep participants and spectators safe. Masks will

be required for all participants at the line-up area until the parade gets underway. During the parade, all marchers will have to maintain at least 6 feet between each other and there will be a maximum limit of those who ride on floats. "We want the parade to happen, but we need to be proactive at the same time.", said Hartwell.

In general there are mixed opinions about mask wearing, but Hartwell asks that all spectators wear masks if standing on the street and cannot social distance. If spectators, who are families, remain in their car or are standing with their car, mask wearing would not be necessary. This request comes after NH Governor Chris Sununu mandated that all gatherings of 100 people or more would require masks. It is estimated that close to 1000 people attend the Christmas parade

annually. Sununu also made it clear that event organizers who do not implement this guideline could be fined if state officials monitor such an event and the mandated guidelines are not followed.

The theme of the 2020 Christmas Parade is "Christmas Stories based on Books, TV or Film". Line-up will be at the former Hitchiner Parking Lot off Beacon Street. The parade will move down Union, Main and West Main Streets and disband behind the Littleton Fire Station in the Town Garage Parking Lot.

"Due to all the sadness, anger, hardships and discouragement since the pandemic begun, the Christmas Parade is needed more than ever this year to boost the morale of members of our community.", stated Hartwell. "Everyone needs something positive to look forward to."

# New Study Received by Commission Concerning New Hampshire School Funding

A newly released report from the New Hampshire Commission to Study School Funding concludes that New Hampshire's current system of funding may not be working for large segments of New Hampshire's students and taxpayers.

"The report, which was prepared by the American Institutes for Research (AIR) and titled Equity and Adequacy of New Hampshire School Funding: A Cost Modeling Approach, presents findings that point out problems with the current

system and are intended to help guide the Commission in designing an improved school funding model", said Representative Luneau (D-Hopkinton).

In the coming months, the Commission and members of the Carsey School of Public Policy at UNH will begin to examine information gathered throughout the process, as well as examine options for more equitable school funding in the state. The Commission's final report will be released later in the year.

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

September 15, 2020

Volume 11 Number 25

## 6 Grab & Go Meals At Horse Meadow Senior Center

September is the start of GRAB & GO Meals at Horse Meadow Senior Center in North Haverhill, NH.

Please join us as we begin serving a drive through hot "Grab & Go" meal each Tuesday at Horse Meadow Senior Center from 11:30-12:30 .

The Menu:

9/15 Chicken w/gravy & biscuits, peas & carrots, mashed potato, 3 bean salad

9/22 Spaghetti w/meatballs, garlic bread, tossed salad

9/29 Artichoke chicken, rice pilaf, California blend vegetables & copper penny salad

The procedure will be: Check in, order & pay, we'll bring your meal/s out to you and you'll drive on through!

Meals are \$3.00 for those over 60 and \$5.00 for others.

## Bath Historical Society Announces 2 Fall Events

The Bath Historical Society has two upcoming events.

On Saturday, September 19, 2020 there will be a Yard and Bake Sale from 9 am to 2 pm at the Society building just off the green on

Route 302 in the center of Bath, NH

Then on Saturday, October 3, 2020 the Historical Society will hold their 3rd Annual Pig Roast!

More info to come!

### Letter To The Editor:

Dear Editor,

On November 3rd, I'll be voting for candidates that will fight to bring broadband to all corners of New Hampshire. It's long passed the time we send someone to Concord that understands the struggles that come with the lack of reliable connection to the internet and subsequently to our families, our friends, our doctors, and our teachers. That's why I'll be voting for Bill Bolton for State Senate District 2.

I've lived in Wentworth for a couple years now. Living here has its benefits, we are surrounded by beautiful mountains and get to live a peaceful and quiet life. But the pandemic has drawn attention to one

serious shortcoming of living here. In an increasingly connected world, where most, if not all meetings have gone virtual, our state has not done enough to address this pressing issue. I shouldn't need to worry about whether or not I'll lose connection every time I'm meeting with friends or family, or even while working online. Cities are installing fiber and talking about installing wifi at every corner. But here, we're still living in the 20th century. With Bill Bolton in Concord, I know we'll have a champion for broadband access in the State Senate. Please join me in voting for him on November 3rd.

Kendra Olson-Dow  
Wentworth

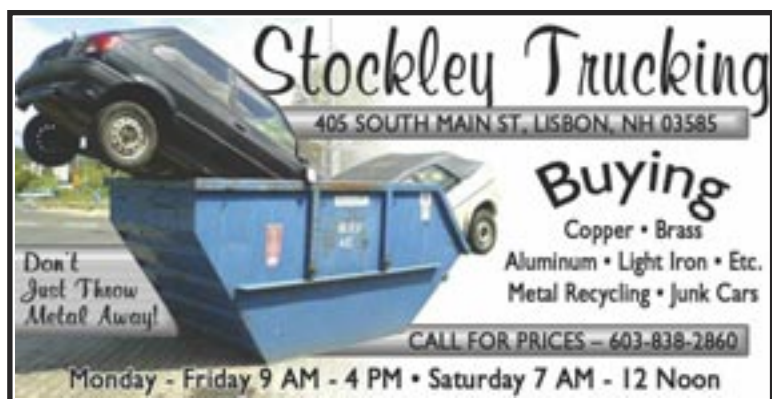
Kendra,

*It is always good to hear from someone who is passionate about a particular issue, and is able to state what that issue is, and how they can do their part to address it.*

*The upcoming November 3 election may well move forward many issues, because there are so many issues of today that we all need to work on. You mention broadband and the ability to connect with others. I agree that is a big issue and one on my checklist when considering candidates.*

*But I urge you to look beyond just one issue. Look at the entirety of the candidates running. Then make your choice.*

Gary Scruton, Editor



### Letter To The Editor: Don't be fooled again!

To the Editor,

Let me remind you of the unprecedented smear campaign perpetrated against many of the best candidates to ever appear on any ballot in Grafton County.

During the 2018 campaign cycle Republican State Rep. campaigns in Grafton County were typical for New Hampshire politics consisting of: Simple and honest yard signs, speaking engagements, and door knocking.

In contrast the Democrats mass-mailed a series of very expensive postcards smearing Republican candidates with unsubstantiated claims (some would say outright lies) claiming these Republicans (by name) "have their priorities backwards" and "... have the wrong priorities for Granite State Schools." All full color, professionally developed postcards were top-of-the-line quality...very expensive and very mean!

David,

*I must agree with you that smear campaigns are not good campaigns. I, personally, would much rather hear from a candidate what they plan to do for me, rather than hear why I should not vote for the opponent.*

*I do have to disagree with one statement you made, however. In today's world of politics and political voting, it is seldom if ever a un-*

The smear continued by falsely claiming Republican candidates were supportive of "threats to health care coverage, skyrocketing drug prescription prices, an age tax for older Americans, and putting Social Security & Medicare at risk". The Dems were trying to scare voters with these smears. Big city dirty tricks used on small town America!

I can pretty much guarantee that few if any Republican candidates would ever want to raise NH property taxes, add taxes on NH's elderly, or raise prescription drug prices. I don't know any Republican who would support destroying NH public education, or ever put Social Security and Medicare at risk as the Democrats claimed. All preposterous fear mongering!

Today's Dems have no choice but to conduct another smear campaign. Why? When Grafton

County voters see the actual voting records of this current group of Democrat State Reps it's very likely that NH voters will unanimously reject their appalling Democrat tax and spend plans. Fear is their best option.

Do your homework folks. Just as we are recovering from the pandemic downturn we don't need more or higher taxes or more regulations.

Stay tuned; in our next letter we will reveal what the current Democrat State Reps have actually tried to do to New Hampshire by revealing their actual voting records (generally carbon copies). Truly outrageous.

WARNING: Be on the lookout for Democrat smears appearing in your mailboxes.

Don't be fooled again!

David Rivers,  
Thornton NH

*amous vote. There will almost always be some that disagree, no matter what the statement may be.*

*But I will certainly echo you call for all voters to do their homework. Look over the candidates, make a decision, and be sure to cast your ballot. It is our right, and our duty.*

Gary Scruton, Editor

### Letter To The Editor: Rajsteter for State Representative

Letter to the Editor:

I'm writing this letter to express my support for Ed Rajsteter's candidacy to become the Grafton County District 15 State Representative, serving the towns of Bath, Benton, Easton, Haverhill, Landaff, Orford and Piermont.

When Ed first told me that he was running, my comment to him was, "I couldn't think of a finer person to serve in that capacity".

I first met Ed through his many and valuable activities as a leader of the Friends of Grafton County Drug Court and later the Friends of New Hampshire Drug Courts. He is every-

thing I want in a Representative – he is hard-working, and his integrity is beyond reproach. Ed listens to other points of view and weighs all of the facts before making a decision.

Ed has a broad range of expertise in the areas impacting our towns; his experience not only includes Drug Court, but he was a former board member and Executive Director of Headrest a residential treatment facility in Lebanon; he understands the importance of innovation in our criminal justice system, including medical issues from an addiction standpoint.

I have found Ed to be perceptive, compassionate and extremely diligent and

hardworking. I know as state representative, he will be receptive to constituent input and supportive of state efforts to reduce prescription drug costs, increase and stabilize funding for the Grafton County Meals on Wheels, and work to ensure that local schools continue to receive their fair share of state school aid, as well as continuing to combat the opioid crisis.

These are just a few good reasons why I'm supporting Ed to be the next State Representative for Grafton 15 and I hope you will vote for Ed Rajsteter.

Sincerely,  
James E Graham  
Woodsville

James

*As I have written before I much prefer this type of political statement. You are in favor of this candidate for these reasons. A straight forward endorsement for someone without the need to tear down or degrade the opponent.*

*Though it is a bit off your subject I will take just a moment to mention this particular district (as well as others throughout the state) which is called a "Floterial District". What this means is that back in 2010 those drawing district lines*

*had voters left over from several towns and made the decision to combine them into this districts which now contain many, many, many more voters that a district is theoretically supposed to hold. This means that the representative running for that particular seat must reach, and receive voters from a much larger voter base. I see this as unfair. I truly hope that when new lines are drawn, that equal representation is created.*

Gary Scruton, Editor

# People with Diabetes Are At A Higher Risk For Foodborne Illness (AKA Food Poisoning)

By Mary Saucier Choate,  
UNH Extension Field  
Specialist, Food Safety



When we talk about people who are at higher risk of foodborne illness, the groups that often come to mind are small children, elderly people, people who are seriously ill and pregnant women. Another group is people who are immunocompromised, and people with diabetes are squarely in this group.

People with diabetes, and their family members, are often unaware that diabetes puts you at increased risk of foodborne infection.

Diabetes is often assumed to affect only blood glucose levels, but the damage diabetes can wreak can affect nerves, eyes, circulation and kidneys. Blood vessels may be damaged, and this can lead to heart attacks or strokes.

The September/October 2020 issue of Food Protection Trends takes a deep dive into why people with diabetes are at higher risk of foodborne illness. Ellen W. Evans and Craig R. Gwynne's paper, "Identifying Vulnerable Populations at Risk of Foodborne Infection: People with Diabetes Mellitus" provides insights into this serious problem and what can be done to decrease risk:

## Why are people with Diabetes at Higher Risk of Food Borne Illness?

The reasons for their susceptibility to food borne illness may be because of the effect of high blood sugar levels on the nervous system. This nerve damage can result in gastroparesis, a condition in which normal stomach digestion activity slows or stops. This results in the infected food staying in the stomach and intestines for longer, giving harmful bacteria extra time to multiply.

Production of gastric acid may also be reduced. The acid works to break down food in the stomach and functions as a barrier to harmful bacteria.

In addition to their already immune-compromised state, foodborne illness symptoms, such as excessive vomiting, can lead to hypoglycemia (low blood sugar) which, if not treated quickly, could lead to blurred vision, slurred speech, confusion, and loss of consciousness.

Poor blood sugar control

appears to be an important risk factor in the increased risk of infection and of serious infection for people with diabetes.

### What to do?

Luckily, there is lots a person with diabetes and their family members can do to reduce their risk of food borne illness.

Managing diabetes and maintaining blood glucose concentrations in the goal range may reduce the risk of foodborne infection.

Taking these easy steps to handle food safely at home can also reduce the risk of food poisoning to people with diabetes and everyone else in the household.

### 4 Steps to Food Safety

Following the four simple steps from [www.Food-Safety.gov](http://www.Food-Safety.gov) (clean, separate, cook and chill) can help keep your family safe from food poisoning at home.

### Clean: Wash Hands, Utensils, and Surfaces Often

Illness-causing germs can survive in many places around your kitchen, including your food, hands, utensils, and cutting boards.

### Wash your hands often, especially:

- Before and after preparing food
- After handling raw meat, poultry, seafood, or their juices, or uncooked eggs
- Before eating
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet

• After touching an animal, animal feed, or animal waste

### Wash surfaces and utensils after each use:

- Wash cutting boards, dishes, utensils, and countertops with hot, soapy water, especially after they have held raw meat, poultry, seafood, or eggs. Rinse fruits and vegetables under running water.

• Scrub firm produce like melons or cucumbers with a clean produce brush.

• Don't wash meat, poultry, eggs, or bagged produce marked "pre-washed".

### Separate: Don't Cross Contaminate

Use separate cutting boards and plates for produce, meat, poultry, seafood, and eggs.

• Use one cutting board for fresh produce or other foods that won't be cooked before they're eaten, and another for raw meat, poultry,

or seafood. Replace them when they are worn.

• Use separate plates and utensils for cooked and raw foods.

• In your shopping cart, separate raw meat, poultry, seafood, and eggs from other foods and place packages of raw meat, poultry, and seafood in plastic bags if available.

• At home, place raw meat, poultry, and seafood in containers or sealed plastic bags. Freeze them if you're not planning to use them within a few days.

### Cook to the Right Temperature

Food is safely cooked when the internal temperature is high enough to kill germs that can make you sick.

• Use a food thermometer to be sure your food is safe. When you think your food is done, place the food thermometer in the thickest part of the food, making sure not to touch bone, fat, or gristle. Refer to this Minimum Cooking Temperatures Chart to be sure your foods have reached a safe temperature. [www.foodsafety.gov/food-safety-charts/safe-minimum-cooking-temperature](http://www.foodsafety.gov/food-safety-charts/safe-minimum-cooking-temperature)

• Microwave food thoroughly (165°F or above). Read package directions for cooking and follow them exactly to make sure food is

thoroughly cooked. If the food label says, "Let stand for x minutes after cooking," follow the directions — letting microwaved food sit for a few minutes enables colder areas to absorb heat from hotter areas.

### Chill: Refrigerate and Freeze Food Properly

Refrigerate perishable foods within 2 hours.

• Bacteria that cause food poisoning multiply quickest between 40°F and 140°F.

• Use an appliance thermometer to be sure your refrigerator is set to 40°F or below and your freezer to 0°F or below.

• Never thaw or marinate

foods on the counter. The safest way to thaw or marinate meat, poultry and seafood is in the refrigerator.

• Know when to throw out food by checking this Safe Storage Times chart. Be sure you throw food out before harmful bacteria grow. <https://www.food-safety.gov/food-safety-charts/cold-food-storage-charts>

Mary Saucier Choate, UNH Extension Field Specialist, Food Safety works with farmers, food processors and food service workers to support their food safety efforts with science-based research and training.



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Above are two photos of a sign I have had up for six years honoring our Veterans, Police and First Responders and never had a problem until last week when it was vandalized.

The inset photo is what the sign looked like before it was destroyed, the person on the left is our State Senator of District 2, Bob Giuda and I (Tom Thomson) am on the right, (both Veterans).

The destruction of this sign is shameful and that is why I am speaking out and putting up \$1000.00 as a Reward that leads to the Arrest and the Conviction of the person who destroyed this Veterans Sign.

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## 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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# The Colors Of Fall

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Visit and feed our therapy horses some well-deserved apples and carrots. This is a socially distancing event – drive in, masked, stay in your car. We will provide sanitization for your hands and treats here. A horse will then come to your car for petting and treats

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# Pam Smith To Retire As NEKCOA Caregiver Director

St. Johnsbury, VT – After serving for over eight years at the NEK Council on Aging and 1.5 years as the Director of Client and Caregiver Support, Pam Smith will retire effective September 18th. During her career at the Council, Smith has provided support to hundreds of NEK families by providing informational classes, support groups, respite grants, and a shoulder to lean on.



Her personal journey in caregiving started when her grandmother was diagnosed with Alzheimer's.

"We did everything wrong -- I can still remember the confusion on my grandmothers face when I would try to bring her back to my reality. We thought we were doing the right thing but now I realize that we were not using the correct tools to help us communicate with her," said Smith.

That realization started her long-term career for caring and supporting families with a dementing illness such as Alzheimer's. She was the first person hired by the Alzheimer's Association of VT in the early 90's after the first executive director. She started writing thank you notes and sending out caregiver packets, and each year as the chapter grew, she assumed more responsibility in different capacities.

Emily Vivyan, the Director of Programs at the Alzheimer's Association of VT is grateful for Smith's dedication.

"We are so fortunate at

sociation during a transition time of the Chapter. In 2012 a position for family caregiver support staff opened at the Council, which was a perfect fit. "I loved leading workshops that provided education and support for family caregivers, I don't want families to make the same mistakes we made 30 years ago."

"Pam's dedication to supporting family caregivers is remarkable and we have appreciated the scope of her experience, her gentle and supportive demeanor, and her steadfast commitment to supporting family caregivers and the struggles they face," said Meg Burmeister, NEKCOA Executive Director. "She has the respect of caregiving organizations across the state and we are grateful for the personal commitment she shared with clients at the Council. We all wish Pam our absolute best. We will surely miss her."

Smith is a licensed local pastor for the United Methodist Church and plans to spend quality time with her husband, children, and grandchildren at her home in Groton.

the Alzheimer's Association to have been able to team up with Pam over her many years of working with us. Not only has she provided an incredible service to caregivers of those with Alzheimer's or another dementia through her monthly support group, but she is also a gifted and skilled community educator on several topics relating to Alzheimer's and dementia. She has really helped us create a strong programming presence in the Northeast Kingdom and we are so proud she has shared her talents with us. We wish her a fulfilling and relaxing retirement!"

Smith eventually acted as an interim Executive Director for the Alzheimer's As-

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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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Not all Times are Trendy, but there will always be Trendy Times September 15, 2020 Volume 11 Number 25

## Letter To The Editor: Lincoln Doesn't Live Here Anymore

I read recently that some people believe the Democratic party is the party of slavery and the KKK, among other things. That is an antiquated and myopic view of our two-party system today.

During the Civil War, the old Democratic party supported slavery. The Republican party, sprung from the ashes of the Whig Party, largely ignored slavery until President Lincoln realized he had to embrace abolition to win the war.

After the war, wealthy Republican businessmen in the north realized they were losing enormous amounts of money helping the south rebuild. They easily convinced Republican president Andrew Johnson to stop Reconstruction efforts, leaving the southern states

to handle their own racial problems. Segregation began and the KKK grew in power. Businesses became enormously rich and powerful and the Republican party eventually adopted both big business' and states' rights as their official mantra.

During the Depression, Democratic President Franklin Roosevelt instituted The New Deal in order to help struggling Americans, expanding the size and role of the Federal Government. This was vehemently opposed by the Republican party.

When Democrat Lyndon Johnson signed the Civil Rights Act in 1964, everything exploded. The old "Dixie Democrats" in the south switched parties in outrage over what they saw

as government overreach. Black voters switched to the Democratic party in full support.

The Republican party, trying to come up with ideas to bring supporters back, brought the fading "Moral Majority" into its fold, now embracing opposition to abortion, support of school prayer, and, with the election of Ronald Reagan, growing opposition to immigration.

In the space of nearly 100 years, the two parties completely switched their platforms. If things during the Civil War were as they are today, Abraham Lincoln would have been a Democrat. He would not recognize the modern Republican party.

Rachael Booth  
Landaff, NH

*Simply looking to Vermont we can see that a third party can come into the light and succeed.*

*I have always been listed as an "Independent" voter on the New Hampshire voter registry. (Of course after failing to do so once, I always make sure to switch back to independent after voting in a primary, as I did last Tuesday).*  
Gary Scruton, Editor

Rachael,

*I will not question you about your history lesson for us all.*

*Instead let me take a slightly different track. Though history does not show us many nationwide "Third" parties, perhaps it is time for a strong third party, or even a fourth, to take up what seems to be a growing middle ground.*

## Letter To The Editor: Local Control of Energy Costs?

Why did 12 NH mayors, representing thousands of NH citizens, write to Governor Sununu in May 2019, urging his SUPPORT for raising the cap on net metering--up to 5-megawatts?

They knew that local renewable energy projects provide "the best way to control energy costs, improve the quality of our environment, and provide economic growth for our communities."

NH spends \$6.1 billion yearly on energy and fossil fuels from out-of-state. Imported fuel involves high transmission costs and price swings.

If we allow towns, schools, hospitals, businesses to generate their own electricity ("net metering"), we control and stabilize our electricity costs, re-

ducing rates and taxes. With COVID-19 depressing the economy, a green light on net metering would spur new projects -- bringing tens of millions of dollars in new investment, local jobs and new local tax revenue.

Just one example: "Many municipalities want to convert their abandoned landfills into solar power sites, turning a liability into an asset." (NH Business Review 3/2019) In addition to municipalities, private business owners and customer generators could benefit from the revenues of net metering.

What prevents us from realizing these benefits? Governor Sununu has VETOED net metering bills, three years in a row. On September 16, NH legislators will have the chance

to override Sununu's latest veto.

"I don't think the state should tell towns how to deal with local issues," said Republican state senator Jeb Bradley, speaking about Sununu's veto ONE YEAR AGO. Bradley co-sponsored this year's net metering bill, SB159, which passed with bipartisan support in both the Senate and House.

Vetoed again, net metering bill SB 159 will be voted on September 16, "Veto Override Day." Urge your representative to ATTEND the September 16 session, and VOTE to OVERRIDE Sununu's veto of net metering (SB 159), for the good of our towns, our wallets, and our planet.

Kimberly Rawson,  
Waterville Valley, NH

*about because of a need. There appears now to be a need to figure out the most efficient way to use these sources of energy. So, why not allow them to move forward?*

*Again, I know little about this particular bill, but urge citizens that do have a strong opinion, one way or the other, to contact your representative and give them your feedback.*  
Gary Scruton, Editor

Kimberly,

*I must admit to not knowing a lot about net metering, or this specific bill. I do know that there are more and more methods of producing power other than burning fossil fuels. Wind, water, solar and even wood are all resources that are useable. The question becomes, at what cost? That is where Yankee ingenuity comes into play. Many inventions have come*

## Letter To The Editor:

To the Editor:

My name is Alex Lagarto and I'm a resident of Woodsville NH. My phone number is (603) 243-0369.

The reason for this letter is that during the televised RNC Maria Ryan can be plainly seen sitting next to Rudy Gulianni.

This wouldn't normally be news worthy except for the fact that she happens to be the CEO of Cottage Hospital here in Woodsville NH.

She can be seen ignoring the social distance guidelines and as a high ranking representative of the Hospital it is appalling for her to be mask less.

Upon reviewing her public Facebook page you can

Alex,

*It is very true that our leaders, whether in an elected position, or a business leader, or even the head of a non-profit organization, are often held to a different standard. It can be difficult for any of us to separate the person from the position. It can be equally difficult for the person to separate the two. This all means that no matter where you are, or what you are doing, you are spotlighted more than the average person. What that means, and how that changes a persons actions is strictly up to that person and/or the people who put that person in that position.*

Gary Scruton, Editor

see many more photos she posted of her similarly fraternizing with others also mask less.

Our community has been so far safer than other areas in NH and the United States.

This is not a political virus. How she votes is of no consequence to me. However to represent a hospital and be seen as taking the pandemic as a non issue is worthy of dismissal. She must be held to a high standard. The cavalier attitude is detrimental to our community and the staff of the hospital.

How dare she.

Sincerely,  
Alex Lagarto

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**Trendy Times is happy to accept and print these Letters to the Editor. We are anxious to hear your opinions and comments. There is no charge and no editing. We simply ask that you keep it civil and within the parameters of the law.**

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## Open Enrollment Choices Can Have Big Financial Impact

It's that time of year again, where, if you work for a medium-to-large employer, you've got some decisions to make because it's open enrollment time. Of course, depending on your situation, you may have been working remotely for a while, but, even so, you will likely have the opportunity to review your benefits package and make changes. And you'll want to make the right moves, because your choices can have a big financial impact on your life.

So, take a close look at these key areas of your benefits program:

- Health insurance – Think about your health care needs over the coming year – will you or someone in your family be coping with a chronic illness or facing a surgery? Will you need to at least consider testing and possible treatment for COVID-19? In any case, make sure you're choosing the right plan for your needs. And

pay close attention to any changes in your health insurance, such as whether the plan's provider networks have changed – you may want to make sure your

own doctor is still in-network. Also, check to see if you can reduce your health care premiums by taking part in a wellness program or health-risk assessment.

- Life insurance – Your employer may offer a group life insurance policy for free, or for a small amount. It's probably worth your while to take this coverage, but it may not be enough for your needs. If you only had this group policy, but your family situation has recently changed through marriage or the addition of a new child, you may well need to add some private insurance.

- Disability insurance – In addition to offering group life insurance, your employer may provide short-term disability insurance as an employee benefit. Like group insurance, this disability coverage may not cost you anything, but it may not be adequate – typically, short-term disability only replaces part of your income for three to six months. And while you may never need to miss work for an extended period of time, you never can tell – after all, more than one in four 20-year-olds will become disabled before they retire, according to the U.S. Social Security Administration. You may want to consider purchasing your own long-term disability policy on top of the cov-

erage offered by your employer.

- Retirement plan – You can probably make changes to your 401(k) or similar employer-sponsored retirement plan at any time, but why not look at it now, when you're reviewing all your benefits? If you can afford to increase your contributions, you probably should, because a 401(k), with its tax advantages and ease of contribution through paycheck deductions, is a great way to save for retirement. At a minimum, put in enough to earn your employer's match. You'll also want to review your 401(k)'s investment mix. Is it still providing you with significant growth potential within the context of your individual risk tolerance? Over time, you may need to make some adjustments, either because an investment is underperforming or because you're getting close to retirement and you need to reduce your risk exposure. In any case, it's a good idea to check up on your 401(k)'s investments at least once a year.

Your employee benefits are an important part of your overall financial picture – so do what you can to get the most from them.

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

*Edward Jones, Member SIPC*

## Peacham Congregational Church Names New Pastor

Peacham, VT – With a history extending over 225 years, the members of the Peacham Congregational Church voted to call Reverend Sonia Dunbar as its permanent or "settled" Pastor at a special meeting held on Sunday, August 16th. She was previously serving as interim Pastor since January of 2019.

Reverend Dunbar is the 31st settled Pastor in the history of the congregation, which celebrated its 225th anniversary in 2019. The historic church building celebrates its 215th anniversary in 2021.

"In June 2017, standing in the presence of my Creator, I vowed to live my life and ministry as a "Celtic Wise One" – a healer, historian, artist, and Guide Between the Worlds," said Dunbar, who is an interfaith-interspiritual minister. "If you think about it, that sounds remarkably Christian, doesn't it? Christianity in fact is my native religious background and spiritual language. My aspiration is to live as Jesus taught, possessed by the Holy Spirit, and profoundly in love with my Creator, the Sovereign of Mysteries."

Before she was called as interim Pastor, church leaders held personal meetings with members of the congregation and the Peacham community to inquire



about the qualities they were interested in for a new Pastor and the role of the church in the community's future. Two themes emerged, first that the church continue with the Congregational tradition and introduce elements of other faiths.

Reverend Dunbar was helpful in creating opportunities for new programs such as lay participation in Sunday services, working with church and community leaders to host a new child-care program at the church, the introduction of weekly interfaith services, redirecting the focus of mission work, and increasing outreach in the community with her "Loving Your Neighbor – Interfaith Moments." And then in March 2020, the Covid-19 pandemic hit.

"With a pandemic, pastoral care and outreach needed to look radically different and the role of technology in supporting care cannot be understated, said

Dunbar. "Distance pastoral care will continue for many months and lay involvement will expand, where possible, beyond our walls. We are establishing a food pantry at the Peacham Congregational Church in response to needs by our community during this pandemic."

As a result of dedicated efforts during the pandemic, the church has welcomed new members and has seen an increase in the support for church missions. The number of messages of gratitude for the church's presence in the community has also grown.

"We are thrilled that Sonia has been called by our members as the church's settled Pastor. She is committed to mission. She is a Biblical, interfaith, and even Celtic scholar. She is most important an inspiration and friend to all," said John Marshall, Chair of the Church Council. "Leading a church community through a pandemic requires, as Sonia has said, pastoral care and outreach that is radically different. Her leadership during this time of transition for the church and now pandemic has shown that she is the one to lead the next chapter of our church's 225-year history." For information on the Peacham Congregational Church, visit [www.peachamchurch.org](http://www.peachamchurch.org).

Scott Borthwick  
Manager

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### Mark "Benny" W. Brocar, Sr.: OBITUARY

Bradford, VT - Mark "Benny" W. Brocar, Sr., 69, of Maple Street died Monday, August 31, 2020 at the Jack Byrne Center in Lebanon, NH after a short battle with cancer.

He was born June 22, 1951 in Milford, CT the son of William Joseph Brocar and Edna (Stratton) Brocar. He attended schools in Milford, CT. After schooling, Mark worked for several years at the Bucks Spumoni Ice Cream Co. in Milford.

In 1981 he moved to Bradford, VT where he worked for K. Donald Welch, and ARC Mechanical. He retired from the Hanover Inn at Dartmouth College. On February 14, 1988 he married Rebecca O'Donnell in Bradford, VT. Mark



was an avid cat lover, and was a devoted fan of Elvis and the New York Yankees.

Survivors include his wife, Rebecca of Bradford, VT, children, Mark (Connie) Brocar Jr. of Northfield, VT, William (Danielle) Brocar of Milford, CT, Michael (Cari) Paige of Washington, VT,

### Virginia Elaine Sulham: OBITUARY

Ryegate, VT - Virginia Elaine Sulham, 87 of the South Bayley Hazen Road, was called home to be with the Lord on Wednesday, September 9, 2020 at St. Johnsbury (VT) Health and Rehab Center where she had resided since late January 2020.

The daughter of Everett and Violet (Bowley) Hitchcock, she was born in Woodsville, NH on December 27, 1932. She married Edward Perley Sulham on November 12, 1949 and they lived and raised their four children in Ryegate.

Throughout her years, she was employed as a nurses aide with both Cottage Hospital and Grafton County Nursing Home, was a secretary at the Blue Mountain Union School, was a private caregiver for a few local senior citizens and for some of her grand and great grandchildren.

After her grandchildren entered the school system, she decided it was time to complete her education, so she studied for and received her high school equivalency certificate.

She enjoyed sketching and oil painting so she took two art courses; one when her children were young when it was difficult for her to pursue, and the second with her daughter, Violet, where the two of them enjoyed oil painting together.



She also spent time flower and vegetable gardening, reading, and listening to various kinds of music. Mostly, she loved time spent with her family, friends, and close neighbors.

Virginia was predeceased by her husband, Edward P. Sulham on August 8, 2003; her mother, Violet Hitchcock in 1981; her father, Everett Hitchcock in 1993; her brother, Freeman Dyke Hitchcock in 1964; and her great granddaughter, Krystina Crews on October 13, 2019.

She is survived by four children, E. Scott Sulham and wife Cathy (Page), Violet Cookman and husband R. Calvin, Sandra Roy and husband Robert "Casey," and Daryl Sulham and wife Cindy (Page); five grandsons, Scott A. Sulham, Shane Sulham and Angela Welch, Sloan Sulham and wife Jaclyn, Wayne Thompson II and wife Stephanie, and Gregory Crews; eight grandchildren, Jordan, Sofia, James, Harley, Gavin, Gregory Jr., Axel and Hunter; three special great

Cassandra (Lee) Lemieux of North Haverhill, NH, a brother, William Christopher (Sandra) Brocar of Milford, CT, a sister, Melanie (Richard) Simmons of Bradford, VT, his father-in-law, Leo O'Donnell Sr. of Bradford, VT and many grandchildren, great-grandchildren, nieces, nephews and cousins.

He was predeceased by his first wife, Anna Marie Burnaka, a sister, Rosemarie Creamer and her husband, William W. Creamer, his mother-in-law, Lila O'Donnell, and brother-in-law, Leo "Skip" O'Donnell Jr.

Private services and burial will be held at the convenience of the family. Arrangements are by Hale Funeral Home in Bradford, VT.

grandchildren, Ashlyn, Wallace, and Carter; as well as four step-grandchildren and ten step-great grandchildren through the Roy family. She was know to several of her grandchildren's and great grandchildren's friends as "Gram."

At Virginia's request, there will be no calling hours.

She also requested a graveside service in the Boltonville Cemetery. A date and time will be published in the future

Memorial contributions may be made to Caledonia Home Health Care & Hospice, 161 Sherman Drive, St. Johnsbury, VT 05819.

For more information or to offer an online condolence, please visit [www.rickerfh.com](http://www.rickerfh.com)

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

### Eugene "Gene" Leo Dyke: OBITUARY

Orford, NH - Eugene "Gene" Leo Dyke, 72, of Dame Hill Road died of heart failure Monday, August 31, 2020 in Bradford, VT.

He was born on May 8th, 1948 in St. Cloud, Minnesota. Soon after, his family moved to Orford, NH, where he was raised and was a resident for the entirety of his life.

Gene was an avid athlete and sports enthusiast, excelling at basketball, baseball, and skiing while in school. He graduated from Orford High School and soon began his first career as a logger. He became a master carpenter, working for Estes and Gallup in Lyme and then with his brother, Tim Dyke at Sawyer Brook Builders in Orford.

He was a charter member of the Orford Lions Club and served on the Parks and Playgrounds Committee in Orford. For those of you who knew Gene, you surely knew of his love for the game of golf. Whether on the green at the Lake Morey Resort, in the woods of New Hampshire and Vermont hunting or logging earlier in his life, Gene was always the happiest outdoors! He cherished being with his beloved family, taking care of the many animals he had throughout his life, and caring for his cherished home of over fifty years on Dame Hill Road in Orford.



Gene is survived by his wife, Ellinor, his three children, Jeffrey Dyke of Boston, MA, Jeannette Frey and her husband Jason Fortin of Melrose, MA, and Richard Frey and his partner Tyler McEvoy of Orford, a grandson, Jesse Delaurier of Melrose, MA, three brothers, James Dyke and Marie Gillis of Florida, Tim and Nancy Dyke and Daniel and Kara Dyke, all of Orford, and two sisters Janet Downing of Wentworth, NH and Dorisann and William Ross of Orford, and countless nieces, nephews, and cousins.

A memorial to celebrate Gene's incredible life was to be held on Saturday, September 5th outside and under a tent at 33 Dame Hill Road (across the street from Gene and Ellie's home) at 2pm. Arrangements are by Hale Funeral Home in Bradford, VT

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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.



# TRENDY TIMES

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**Adam W. Smith**

# What About Ma?

by Kellie Quackenbush

## All About The Loss

to the unofficial spot of advertisement. Space in the newspaper is valued real estate, after publishing the obituary (this varies by newspaper and their policies) continued publication of the obituary will cost money.

For most people, their obituary is the last word on their life. Such a final statement, who writes it? Many times the family will have been preparing for such a moment and with a few edits, are ready to present their interpretation of the life that was and then passed. Other times, the Funeral Home will take the burden of writing an obituary so the family will not have to worry. Some papers have reporters that will visit the family, record the facts and write the obituary, circumstances dictate.

I just read the obituary of a man I knew, we was kind and generous and cared about his family and friends. He was not so old that one would have suspected his departure. Time passes for all of us. Make today great, we do not know what tomorrow will bring.



Many years ago, my family was divided, my Father found a new family for himself and his children (me and my siblings) were down graded to occasional guests. His wife took the daily paper and every morning was intent on seeing what was in the paper. Her first concern was the Obituary column.

I was curious as to why that was the first thing she read and she told me, jokingly (of course), she was curious if she had died. Later, as I aged, she explained how sometimes, people die and their family is too sad to call all of their friends so they put the name of the deceased loved one in the paper so everybody who cares will know of their loss. The papers call that section the Obituary column.

Thinking about the Obitu-

ary column, "An obituary (obit for short) is a news article that reports the recent death of a person, typically along with an account of the person's life and information about the upcoming funeral." per Wikipedia at <https://en.wikipedia.org>.

If you type Obituary in the Google search listing you will find all types of obituary sites, newspapers keep a record of published obituaries, the State (meaning every State in the United States of America) keeps track of deaths within the state, public libraries maintain these types of records as well. Noting the death of someone is considered important.

The obituary is considered the final written statement of a person's life, for newspapers, an obituary starts as news then moves

## 'Know Before You Go': Visitor Safety A Priority In NH State Forests

Heading into Labor Day weekend and the busy fall outdoor recreation season, New Hampshire state officials are reminding everyone spending time in the state's forests to follow established regulations and precautions so that their outdoor adventures are fun, healthy and safe.

New Hampshire's 219 state forests cover more than 236,000 acres and offer a wide range of outdoor recreational activities, including hiking, paddling, trail riding, wildlife viewing, nature photography and more.

Visitors can make sure that the time they spend in New Hampshire state forests is safe and enjoyable, both for them and for others, by knowing the following:

- There is no camping al-

lowed in New Hampshire state forests, except in areas that are designated as state park campsites;

- Fires of any kind, including cooking fires, are not permitted in New Hampshire state forests;

- When using off-highway recreational vehicles, stay on designated trails and obey all speed limits and other regulations, as failure to do so can be dangerous to riders, forest animals and the forest itself;

- Forests are not restrooms; human waste is a dangerous for both forest health and the health of those who visit;

- Litter isn't pretty; follow "Pack In / Pack Out" habits and "Leave No Trace" so that others can enjoy a pristine environment;

- Be prepared for chang-

ing weather and terrain conditions, and have the "Ten Essentials" with you just in case your visit doesn't go according to plan; and

- Park only in designated parking areas and always leave room for first responders.

"While we have been extremely pleased to see an increase in the recreational use of our forests here in New Hampshire this year, unfortunately, some people are exhibiting behaviors that put themselves and others at risk," said Chief Steven Sherman of the N.H. Division of Forests and Lands' Forest Protection Bureau. "Restrictions on camping, fires and other activities help ensure that everyone can have a safe and enjoyable time in the forest."

Part of the N.H. Department of Natural and Cultural Resources, the Division of Forests and Lands protects and promotes the value provided by trees, forests and natural communities. For more information about the Division of Forests and Lands, visit [nh.gov/nhdf](http://nh.gov/nhdf) or call 603-271-2214.

# Nothing But Fairy Dust Left Behind

by Maggie Anderson

The afternoon sun squeezed itself through every crack between the boards of the ancient barn. Behind it trailed the dazzling, dancing dust fairies who dwelt in the pantheon of the dove cote high in a darkened corner of their cathedral. With the pigeons cloistered and cooing above and the fairy dust mingling with the pungency of warm alfalfa hay, Gloria saddled Dainty.

The first time she laid eyes on a dapple gray mare, Gloria fell in love. She abandoned her five-year-old's infatuation with her father and set her sights on having a dapple gray of her own one day. To that end, Gloria saved every dollar she made babysitting for the neighbors or mowing Mrs. Paxton's lawn.

From the age of 14 until she turned 16, Gloria worked at the A&W after school and each summer. With saintly devotion she saved every dime she earned toward her goal. The week before her Junior year in high school, Gloria offered up the fruits of her long

labor to buy Dainty.

The whole clan was gathering that afternoon to celebrate Gloria's 18th birthday but she wanted to take Dainty for a run first.

Before the sun had settled too snugly into the soft folds of the surrounding countryside, Amy looked out the kitchen window just in time to see Gloria leading Dainty back into the barn. She cracked the back door and said, "Better hustle, kiddo, everybody'll be here in an hour."

Between Gloria's answered "I'm just gonna brush Dainty and toss her some oats, Mum" to Amy's expedition into the darkness of the creaking barn to find out what was taking so long, Gloria had tended Dainty, climbed the ladder to the hay mow below the dove-cote, draped a rope over the cross beam, slipped a loop around her neck and jumped off.

When an officer asked Amy if Gloria had left a note, Amy handed him the scrap of paper she'd found thumb-tacked to Dainty's stall. OATS FOR DAINITY – PICK UP ALFALFA – 4 BALES FRI. was all it said.

## NEK Council On Aging Welcomes Randi Morse As Case Manager

Newport, VT – The NEK Council on Aging is pleased to announce that Randi Morse has been hired as Case Manager for the Newport 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.

"Randi came to apply for a case manager position last year but unfortunately she did not have her college degree. Otherwise we would have hired her!" said Meg Burmeister, Executive Director of the NEKCOA. "Well that did not stop her, she went back to school and completed over 36 credits in one year and earned her Bachelor of Arts in Professional Studies from NVU-Lyndon. We are thrilled to welcome her, and her perseverance, to our team."



Morse previously served as a lead transport driver for Easter Seals, transporting foster children and families to and from visitations. For nine years she managed her own business for portrait and wedding photography. She has also been a freelance writer for over 14 years for blogs, articles, press releases, and books.

Living in Orleans County for most of her life, she enjoys life with her husband, two children, and dogs Ta-kaani and Phineas.

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# Ammonoosuc Conservation Trust Welcomes New Executive Director

FRANCONIA – The Ammonoosuc Conservation Trust (ACT) is pleased to announce Chris Thayer as ACT's new Executive Director starting September 14, 2020. Chris succeeds Rebecca Brown, ACT founder and executive director, who is stepping down after leading ACT through 20 years of growth and success.

For nearly a decade, Chris has worked for the Appalachian Mountain Club (AMC) as the Director for North Country Programming & Outreach. Prior to that, Chris was AMC's Director of White Mountains Outdoor Centers and Huts Manager. He brings a wholistic regional perspective from his work at the AMC, on the advisory board of NH Listens, and the New Hampshire Charitable Foundation's North Country Regional Advisory Board, along with many others.

During his tenure at the AMC, Chris served as one of AMC's expert witnesses and worked alongside ACT on the campaign to defeat the Northern Pass Transmission Project. "Chris and I have worked together on a number of boards and projects over the years, including opposing Northern Pass," said Rebecca. "I am really pleased to be passing the torch to Chris with his great passion for ACT's mission and his commitment to the North country."

Chris embodies the values that drive ACT; he is conservation focused, community-driven and is deeply committed to ACT's mission protecting lands and water for people and wildlife. "Our family has benefited directly from ACT's mission and resulting work so I'm energized to join the board, staff, volunteers, and member-supporters to build on a legacy of conservation and community vitality as the



leader of the North Country's nonprofit lands conservancy," said Chris.

Board President Marilyn Booth said "Chris was the unanimous choice by the Board and staff after a nationwide search, and we're very excited about what he brings to ACT. He is a passionate supporter of conservation in the North Country, he knows our local communities and partners, and he will bring new ideas and perspectives to the table as we shape ACT's vision for the next 20 years."

Chris and his family are longtime residents of Sugar Hill, where he is recognized for his civic engagement as a school board member, and former planning board member. "I'm thrilled to be joining the ACT team after so many years as a member-supporter living in the Sugar Hill-Franconia area," Chris said. With Chris' leadership ACT looks forward to continuing to link

conservation and community vitality to strengthen the future of our region.

## Acceptance

Topics

Disability and Aging  
by Cyndy Wellman

One of my favorites. Sharing again!

### Texting

As we age our English gets weak. Nowadays there's technology. We try to keep up. Texting is another form of communication. Lots use their phone. Sometimes laptops! It's quick. You use the pecking method on your alphabets/numbers. I'm old fashioned and prefer typing the proper way. And using the right words. This texting has got me guessing sometimes. Really not sure; if it's good for all of us. Esp.



in a job interview. A loan application. Or even communication to family. The only goodness is, 911.

Here are some examples:

- 2moro – Tomorrow
- BRB – Be right back
- POV – Point of view
- LOL – Laugh out Loud (We used to sign letters with this. And it meant Lots of Love)
- TTYL – Talk to you later
- VBG – Very big grin
- Guess, I should have learned shorthand, he, he.
- Think my SH – SH -- happened.

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

## Cheesecake for Company

Hello hello my fellow chefs. How are you all doing. I've been feeling better lately. I have to go to Dartmouth-Hitchcock for yet another test but for now I'm doing pretty good. Today's recipe is so Delicioso and I know you will love it.



Me and my friend Jane took a ride to Hampton Beach last week and we met my son Nick and Tobi and my grandchildren Angelo and Abigail. The weather was beautiful and we had a great time. The water was ice cold and I couldn't seem to go in the water except for my feet. If you have the chance visit Hampton Beach because it's very beautiful. We will go again next year and hope to stay for a couple of days.

Let's get started with today's recipe for cheesecake, it's smooth and creamy and pretty easy to make. Here's the ingredients and how to make it.

Preheat oven to 350 degrees.

- Ingredients
- 1 1/4 cups of graham cracker crumbs
  - 2 Tablespoons sugar
  - 3 Tablespoons melted butter
  - 2 8 oz packages of Cream cheese plus 3 oz of cream cheese softened

- 1 cup of sugar
  - 2 teaspoons grated lemon peel
  - 2 teaspoons of vanilla extract
  - 3 eggs
  - 8 oz of sour cream
- Mix the graham cracker crumbs, the 2 Tablespoons sugar and the melted butter. Mix well and press lightly in a spring form pan evenly going up the side a little. Bake for 10 minutes, remove and cool.

Mix the cream cheese and add the cup of sugar a little at a time, then add the 3 eggs, one at a time, and add the grated lemon peel and vanilla and mix well I used my electric beater. Pour over the graham crust and shake even. Reduce the temperature to 300 degrees and bake for 1 hour or until firm in center. Cool slightly then spread the sour cream evenly over top and bake for 10 minutes more. Take out of

# End of Summer Drive On A Country Road in Wells River, VT

Photo by Cyndi Wellman



oven and chill in refrigerator.

That's it. Go around the edge with a knife and remove from spring form pan. You can add blueberry or strawberry pie filling or if you want you can add fresh strawberries that you cut up with a little sugar and serve over the top. If you use pie filling you can spread it over the top but if you use fresh strawberries spoon over a piece of cut cheesecake. If you do use fresh strawberries it will get mushy so spoon over top when you serve. Easy peasy.

Everyone will love it so give this recipe a try.

It goes great with a nice cup of coffee or tea.

Well folks that's it for today's recipe. I hope you enjoy this and if you have any questions please call Gary and I will help you out. Until next time I am signing off. Sincerely yours Cin Pin.

*Sacred Spirit Wellness*

Store coming soon!!

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Or by appointment**

September 15, 2020 Volume 11 Number 25 Not all Times are Trendy, but there will always be Trendy Times

### 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."



Bradford, VT  
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East Corinth, VT  
(802) 439-5321

Wells River, VT  
(802) 757-2325

## Paddle The Border

**Sunday, October 4, 2020**

From Newbury Boat Launch (Beside the Haverhill/Newbury Bridge)  
To Bugbee Landing (Next to Bradford Golf Course)

**FREE Shuttle Service (for persons and personal equipment only)  
from Bradford to Newbury available 10:00 - 11:00 AM.**

**All participants must abide by safe boating rules and regulation.**

**Covid Guidelines: WEARING MASKS a must, when on the bus and when volunteers help you get in and out of your boat. Six foot spacing in line.**

**To ride the Shuttle Bus you must have MASKS ON, temperature taken, give info for contact tracing, safe seat spacing every other seat.**

**We are not having the BBQ Lunch or music by Strawberry Farm Band this year to adhere to Covid Social Distancing Guidelines.**

**All Events Are Weather Permitting**

**EVENT SPONSORED and SUPPORTED BY:**

- Haverhill Recreation Commission
- Newbury Conservation Commission
- Cohase Chamber of Commerce
- Butler's Bus Service
- Bradford Conservation Commission
- Upper Valley Land Trust
- Upper Valley Trails Alliance

**Paddle The Border - Spring is scheduled for Sunday, May 23, 2021**

**For Further Information Contact Mike Thomas (802) 757-3960  
or email mikethom1@charter.net**

**www.cohase.org • www.newburyconservation.org**