

A FREE PUBLICATION

INDIGENOUS PEOPLES & COLUMBUS DAY

Next Issue: Tuesday, October 13  
Deadline: Thursday, October 8

# TRENDY TIMES

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SEPTEMBER 29, 2020 VOLUME 11, NUMBER 26

## Registration is Open for NEK Entrepreneurship Week

NORTHEAST KINGDOM, VERMONT — Do North Coworking and NorthCountry Federal Credit Union present the second annual NEK Entrepreneurship Week on October 12th-17th, 2020, this time in a fully virtual format. This week of free events will highlight local resources that can help entrepreneurs, makers, and creatives establish businesses right here in Vermont's Northeast Kingdom, with events hosted by Do North Coworking, Vermont Sustainable Jobs Fund, Vermont Small Business Development Center, Center for an Agricultural Economy, Center for Women & Enterprise Vermont, Spark at WonderArts, The Foundry, Sunshine Silver Lining, and The Work Commons.

Registration is open at NEKEntrepreneurshipWeek.com with a full schedule of virtual classes & workshops, innovation challenges, and

inspiring panel discussions. Do North Coworking created NEK Entrepreneurship Week with support from North Country Federal Credit Union in the fall of 2019 to shine a light on the Northeast Kingdom's rural ingenuity, and to help local entrepreneurs learn and be inspired by resources that are here to meet the business development needs of our community.

"Innovation and the creation of new small businesses are key to the future of our region's economy. If these events push an aspiring entrepreneur to take the next step in pursuing a new business idea, then we've been successful." says Evan Carlson, Do North Coworking Entrepreneur-in-Residence.

All events are free. Registration is required for most

events at NEKEntrepreneurshipWeek.com.

**Future of Forestry Hackathon** Kickoff on Monday, October 12th, with final presentations on Friday, October 16th at 5:00pm via Facebook Live Co-hosted by Do North Coworking & Vermont Sustainable Jobs Fund

**Bike Tech Build-Off** Kickoff on Monday, October 12th, with final presentations on Saturday, October 17th at noon via Facebook Live Co-hosted by Spark at WonderArts & The Foundry Makerspace

**COVID-19 Recovery Roadmap, Virtual Office Hours** Tuesday, October 13th, noon - 1:00pm via Zoom. Hosted by Vermont Small Business Development Center

**Starting A Food Business 101** Tuesday, October



13th, 5:30pm - 6:30pm via Zoom Co-hosted by the Center for an Agricultural Economy & Center for Women and Enterprise

**A Day in the Life of a Young Entrepreneur in Vermont** Wednesday, October 14th, noon - 1pm via Zoom Hosted by Vermont Small

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**Panel Discussion: Championing Female Business Owners** Thursday, October 15th, 7:00pm on Facebook Live Co-hosted by Sunshine Silver Lining & The Work Commons

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# TRENDY Dining Guide

## Hungry Bear Pub & Cafe

by Gary Scruton

Anyone who enjoys "going out to eat" knows that the year 2020 has changed that function of life in many ways. From social distancing to reservations to mask wearing, there are new and ever changing regulations. It also depends on which side of the Connecticut River you plan to dine as to what those rules and regulations are.

Janice and I found ourselves in Bradford around noon (actually right at noon) on a recent Saturday. We decided to stop in at the Hungry Bear Pub & Cafe. As it was such a great day we decided to opt for the outside seating. The folks at the Hungry Bear have three sets of tables outside. One has tables and umbrellas on a

cement pad that has always been there. One is under a tent that has been set up for just this purpose with picnic tables. And a third set of picnic tables was further out in the former parking area. The hostess told us we could pick where we wanted to sit (this was after we abided by the request at the entrance that we wait for waitstaff to acknowledge us before sitting.) We picked the tent location and joined two other groups already there.

Not long after we sat down one waitress came over with menus (and an apology for them being damp from being disinfected) and told us our waitress would be right there to get our drink orders. That was quite true and Janice ordered a soda while I got a

Sam Adams.

When she brought those drinks we had decided on our meals and were ready to place our order. Janice went with a Chicken Parmesan Sub. For an included side she chose onion straws. For me it was a Shaved Steak and Cheese Sub. Our waitress asked if provolone was good, and I asked for cheddar instead, which was easily granted. Then it was time to sit, chat, do some people watching and wait for our meals to arrive.

Many eateries have worked hard to get things right during 2020 and it appears that the Hungry Bear can be marked as one of those that has done it well. Our meals came out in "to go" condition. Each sandwich was in a thin cardboard

box while the sides were in a cardboard tray inside a Brown paper bag. We were both also given a fork and knife (real cutlery, not plastic) wrapped in a napkin. All of this allowed for much quicker and simpler cleanup after each table was vacated by a group.

My sandwich included cut up onions and green peppers to go along with a nice mound of shaved steak. Along with my ample order of sweet potato fries there was more than I could eat for lunch. I tried, but finally gave up and took some fries home.

Janice was in the same boat with her meal as she had some sandwich and some onion straws left. (She actually ate the balance later and said that they were delicious cold as well).

As mentioned at the beginning of this article we had stopped at noon on a Saturday and it appeared that the day was just getting started. When we got up to leave there were still plenty of people seated, and even more coming in to eat. We also noticed that inside seating was still available.

As we were putting our food away our waitress came back our way to see if there was anything else we would like to try. We told her we were fine for today.

Of course she still insisted on coming back with the bill for the meals we had eaten along with our drinks. The total cost for the day was \$36.28 which I paid for with a credit card. As is normal for us we left a cash tip on the table.

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## Colonial Board Offers Free Thank You Concert

On Tuesday, September 29 at 7:30 The Colonial Theatre in Bethlehem will stream a live concert by pianist Ben Cosgrove. "This LIVE! From The Colonial concert is offered without charge as a thank you for the support and confidence our community has shown thought this pandemic season." said executive director Stephen Dignazio, adding "It has been truly overwhelming and we invite everyone to enjoy this evening of live music from the comfort of their home."

Ben Cosgrove is a traveling composer, pianist, and multi-instrumentalist from New England. He travels constantly all over the country, performing a unique variety of original instrumental music that explores themes of landscape, geography, and environment and straddles a line between folk and classical music. Colonial audiences may remember him as keyboardist with Ghost of Paul Revere which sold out at the Theatre in 2019. His "electric and exhilarating" live performances are at once dazzling and intimate: music that has been described as "stunning" and "compelling and powerful," — Red Line Roots has called him "stupidly talented" — all presented with "warmth, humor, honesty, and the easy familiarity of a

troubadour." From 2012 to 2014 Ben served as the Signet Artist-in-Residence Fellow at Harvard University, and he is a recipient of a St. Botolph Club Foundation Emerging Artist Award. He has also held residencies and fellowships with Acadia National Park, Isle Royale National Park, Middlebury College, Chulengo Expeditions, the Vermont Studio Center, the Schmidt Ocean Institute, and the Sitka Center for Art and Ecology, and he spent a year as the artist in residence at White Mountain National Forest in New Hampshire and Maine. In 2017-18 he wrote new music and gave a series of performances in partnership with the New England National Scenic Trail, a long-distance hiking trail linking New Hampshire to Long Island Sound.

Throughout his career, the strongest forces guiding Ben's composition and performances have been his deep and abiding interests in landscape, geography, environmental studies, and place. For years, Ben has been fascinated and inspired by the different ways people understand and interact with their built and natural environments, and through songs with names like "Prairie Fire," "Champlain," "Little Rain," "Nashua," "Sigurd F. Olson,"



"Kennebec," and others, he seeks to explore those relationships and reflect them in sound. "I don't think of my pieces as rendering places in music," he notes in an interview in Harvard Magazine, "but more just as a way of responding to places musically. Writing music just turns out to be a great way for me to process the world."

This LIVE! From The Colonial concert is sponsored by The Friends of The Colonial board of directors and underwritten by Scott Hunt with additional support from New Hampshire Public Radio, The Cold Mountain Café, The Wayside Inn, The New Hampshire State Council on the Arts, The New Hampshire Charitable Foundation, The Neil & Louise Tillotson Fund, The Jane B. Cook 1992 Charitable Trust.

To register for this event and learn more about upcoming movies and events, purchase tickets, or become a member, and for full details on The Colonial's in-theater safety protocols, please visit [www.BethlehemColonial.org](http://www.BethlehemColonial.org).

## Erick J. Freeman Sentenced 5 to 10 Years For Possession of Child Sexual Abuse Images

Haverhill, N.H. Grafton County Attorney Marcie Hornick announced today that Erick J. Freeman of Canaan, New Hampshire was sentenced to 5-10 years in the New Hampshire State Prison on three counts of possession of Child Sexual Abuse Images; one year of the minimum may be suspended upon completion of the sex offender treatment program. Freeman was also sentenced to 7 1/2 to 15 years at the New Hampshire State Prison on two counts of possession of Child Sexual Abuse Images. That sentence was suspended for a period of ten years upon release. Sentencing was on September 23rd, 2020.

The case was investigated by the Canaan Police Department, the Grafton County Sheriff's Department and the New Hampshire Internet Crimes Against Children Task Force. The case was prosecuted by Deputy County Attorney Paul V. Fitzgerald. "We are grateful for the tireless work our law enforcement partners undertake across not just Grafton County, but state-

wide, in their fight for justice for the victims of these types of crimes. The outcome of this case highlights the

strength of that commitment," said County Attorney Hornick.

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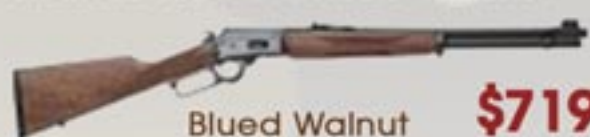
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# Part Good and Part Bad

The New Hampshire House of Representatives met on September 16 to take action on 17 veto messages from Governor Sununu. This day is commonly known in NH as "Veto Day." It takes a 2/3's majority of those voting and in attendance to override a veto message. This is a very steep bar to achieve. Prior to all veto votes, the Speaker of the House will say, "If you support the Governor's veto, you would press the RED button. If you support the bill becoming law, you would press the GREEN button. Voting stations will be open for 30 seconds." All of Governor Sununu's 17 veto messages were sustained. None will become law.

HB1234, a large omnibus bill contained 40 non-germane sections, of which one section included SB414, the

Woodsville Road Bill. Of the 40 bills, 20 of them never had a public hearing seeking public input in the House of Representatives. The floor amendment to SB414 significantly changed the bill's intent by eliminating Woodsville's statutory authority to have a highway department. The amended bill was then attached to HB1234 and sent to the Governor for his signature into law. However, Governor Sununu did the opposite and vetoed the bill as it had not been properly vetted.

There are several reasons that explain why SB414 and the larger omnibus bill, HB1234, did not pass. Unlike the Senate, the House has an established rule that requires bill amendments to be germane or have relevant subject matter. SB414 would not pass that House hurdle. Secondly, SB414 never received a House hearing and additionally, the Floor Amendment was never heard in the Senate. It is imperative for bills to go through the proper public hearing process and be given fair scrutiny by interested individuals and stakeholders affected. Omnibus bills such as HB1234 with its

77 pages, often have the reputation of being part good and part bad.

HB1234 did contain some very good legislation, but it also included the opposite. SB414 was not ready to be signed into law as it had not been properly vetted. Both cosponsors from Haverhill voted to sustain the Governor's veto. As stated on the House floor by me, this bill as amended is a local issue that is best resolved locally by commissioners, selectboard and the public working together toward a successful outcome. A few days ago, I found a copy of Haverhill's Town Report for 1898 (The era of the Spanish American War). Under the topic of "Disbursements," citizens approved \$38,195.85 to support highways, bridges and sidewalks. Disbursement to the Woodsville Precinct amounted to \$10,425.58. The percentage of funding directed toward the Precinct is not much different than today. 122 years have lapsed since that date, but it is interesting to note that Woodsville has been maintaining roads and receiving funds from the Town for many years. If change in the future involves moving toward one highway department, let's make that change in an open and well-planned manner while maintaining transparency and attaining an outcome that benefits all. Respectfully Submitted, Rep Rick Ladd, Haverhill

**A Rep's Repartee**  
by NH State Representative Jerry Stringham

**Concord in Full Swing**



## Fall Committees Work To Make Taxes Fairer And Long-term Care Facilities Safer

I was pleased to submit HB 578 which was signed into law by Governor Sununu. This bill created a committee to study the safety of long-term care facilities in the state of NH, where 80% of the COVID deaths have occurred. No other state has had more than 60%. 5 experts have testified before our committee, which will meet at least 3 times before completing a final report by November 1st.

We heard from the New Hampshire Healthcare Association, AARP, the Covid Senior Support Team and the Alzheimer's Association. The need for rapid, affordable tests is severe. Poor testing leads to larger outbreaks and more isolation. We heard testimony that the average age of a long-term care resident in NH is higher than other states. That may be why the mortality rate is higher here, the experts have testified.

The biggest "asks" for our long-term care facilities so far are for rapid testing, with a specific test from Quidel that works, and a continuation of the Cares Act supplemental funding for an additional payment for critical nursing staff. Understaffing is a major problem at nursing homes - we have begun to discuss what can be learned from the COVID-19 experience. Providing a safe environment that is also so-

cially accessible for loved ones is an important near term goal. The recommendations by our five person committee are due by November 1st.

I am also part of a business practices committee that is discussing what is called Worldwide reporting. You may have heard how big businesses pay no taxes sometimes despite being highly successful. One of the ways they do that is by setting up subsidiaries that are in tax free areas like the Bahamas and then implementing accounting methods that result in all of the profits being assigned to this remote country rather than where their sales, corporation, or workers are. We will hear from three of world's leader in worldwide reporting who will testify before us on October 20th.

In both these committees, there is a lot of hard work being done by highly skilled individuals, sometimes on mundane things like viral testing technology and business accounting, to make our state a better place to live.

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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## Bill Bolton Bids For State Senate

By Robert Roudebush

Long time Plymouth resident Bill Bolton and his wife Denise have raised their 4 children in the house they built in Plymouth, and the Democrat is now running for New Hampshire District 2 State Senate in the central part of the state - its western boundary is the Connecticut River. What follows are edited excerpts of a recent Q & A session with TRENDY TIMES.

**TRENDY TIMES** – This is not your first run for this office. You ran against Republican Bob Guida in 2018 and lost by a slim margin, just over 700 votes in the general election. Mr. Guida has held the seat since 2016. This year you ran unopposed in the September 8 primary for the Democratic nomination. Who's your opponent in the upcoming general election November 3rd?

**BILL BOLTON** – I am once again running against Bob Guida.

**TT** – Why should he not be chosen as senator?

**BB** – I believe I would do a better job of representing the needs of the district. I'm willing to work across the aisle to pass common-sense legislation that will better serve the lives of Granite Staters.

Bob has voted against expanded environmental protections – which jeopardizes our beautiful state - he doesn't support paid family leave, a critical tool in helping our state's families in these unprecedented times, and he has voted against expanded Medicaid, which puts families at risk.

My key areas of focus will be on completing the roll-out of high speed internet access to all of my district's citizens, and in all parts of our state. Also, I'd work at reducing the crushing burden of property taxes by returning shared revenue from the state to the towns. I'd protect access to expanded Medicaid.

**TT** – The district seat you seek covers parts of three counties, Belknap, Grafton and Merrimack, with nearly 20 towns in Grafton County alone. Those towns include Haverhill, Orford, Piermont, Plymouth, Warren and Wentworth among others. How do you get your message out over such territory?

**BB** – The COVID pandemic has created the need to reach out in different ways than what was acceptable in 2018, when I knocked on over 4,000 doors and spoke to thousands of citizens. I've been making hundreds of calls, hosting many Zoom

House Parties, and Town Halls, and doing events that included a multi-town ice cream tour which stopped at local ice-cream shops. There was Bill Bolton's Band Night with local musicians. There was a district-spanning Trolley Tour. I am fortunate to be able to communicate in such venues as TRENDY TIMES – news articles and letters to the editor are effective ways to get my message out.

**TT** What is your message?

**BB** – I'll bring my knowledge of the workings of state and local government to innovate and economize the state's budgetary demands. I'll use my background to complete the high speed broadband roll-out. I'll use my public health background to safeguard the health and safety of NH families. I'll focus on families and education and seek to assure a livable wage for NH workers. Small businesses and families will need support as we recover from COVID and I will focus on being a conduit for that help.

**TT** – Your lengthy public service background includes time on various town boards – you're currently Plymouth Selectboard Chair – and commissions and positions at the state level as well. You have been Assistant Director of the Public Health Laboratories among other posts and now you are in software implementation nationwide. Any lessons learned to be applied to today?

**BB** – Those experiences along with my volunteer work have taught me how best to deal with the challenges we are facing in district 2. My public health experience has taught me to respect what the virus can do to a population as well as how best to limit its transmission. This pandemic has amplified the necessity of finding solutions to the spotty availability of high-speed broadband, to allow ALL students to access remote classrooms, without needing to drive to find a hotspot or publicly accessible Wi-Fi.

**TT** – Are there specific issues coming up for decision-making soon in the senate that you have clear views on?

**BB** – Several bi-partisan bills that would provide great value to NH citizens unfortunately were not signed into law. I would support several of these bills and would advocate for rewriting and re-submitting them. The state must assure that universal



access to high speed broadband and cellular phone service become a reality. As Granite Staters return to school, work from home, and continue to rely on telemedicine services, it has become increasingly clear now how important it is to address this issue.

The state's minimum wage needs to be increased to \$12 per hour and paid family medical leave would provide families with much needed financial and medical security they need in the midst of a global pandemic.

**TT** – There is a certain amount of doubt floating around the country regarding the sanctity of our voting process, primarily to do with absentee or mail-in voting. Do you agree or disagree that uncertainty is due to a steady flow of disinformation and misinformation from some quarters? Should folks from NH feel comfortable voting and why or why not?

**BB** – There is misinformation being communicated to dissuade our citizens from voting. Despite loud, contrary messages that are expressed primarily to confuse voters and make them shirk voting, NH's election procedures have bipartisan agreement and are designed to safeguard against any fraudulent behavior. One good defense...is to provide easy access to the facts and processes of voting at polling locations or by absentee voting.

I've worked for Secretary of State Bill Gardner and I value the respect he has for the voting process. I'm reassured voters should feel comfortable voting, either at the polls or absentee.

**TT** – How do lawmakers reach across party lines to get laws passed?

**BB** – Being successful at taking smaller steps towards achieving a larger goal is always preferable to losing a larger goal due to uncompromising behavior. Success is more likely with a bipartisan approach.

Unavoidable limited space dictates we have not been able to publish the full interview with Mr. Bolton. Voters seeking more information on him or his campaign may reach out to 603 409 1463, or teambolton@billboltonforsenate.com.

## The Danger of Traditions

by Brenna Galdenzi  
President, Protect Our  
Wildlife, Stowe, VT  
802-253-1592

Vermont – our “brave little state” – has been a leader on so many fronts, unafraid to challenge certain “traditions.” Most notably, Vermont was the first state to abolish slavery back in 1777. In our own time, Vermont was the first state to introduce civil unions ten years ago.

Despite the opposition of many Vermont residents, certain “traditions” still get a free pass, most particularly, cruel traditions that harm and kill non-human animals. Trapping, involving the use of leghold, drowning, and body crushing “kill” traps, is a dangerous tradition that inflicts prolonged suffering upon not only the targeted animal, including bobcats and otters, but also unintended animals like owls and eagles, and even our cats and dogs. Another tradition that is rooted in abject cruelty to animals is the use of powerful, radio-collared hounds that are used as weapons to run down and maul bears, coyotes, raccoons, bobcats and other animals. This is nothing less than legalized animal fighting. All in the name of recreation and tradition.

Vermont has a proud hunting tradition where ethical hunters kill deer for food, but the integrity of that tradition is put at risk when unethical hunting practices get lumped into the same category. We need courageous, compassionate leaders who are ready to take on state-sanctioned cruelty to wildlife and to elevate Vermont's image and protect its heritage. Sadly, the very state agency, Fish & Wildlife, that

is tasked with “conserving” wildlife for all Vermonters, panders to trappers and bear hound hunters. They endorse wasteful and vicious killing practices, including the wanton waste of coyotes who are killed and left in the woods to rot where their lives were snuffed out simply for fun.

I am immensely proud of the thousands of Protect Our Wildlife supporters who mobilized in 2018 to get Fish & Wildlife-sanctioned coyote killing contests banned in which hunters were awarded prizes for killing the largest coyote, the most coyotes etc. But there is still so much work to be done. For example, did you know that crow shooting contests are still legal here? Did you know that it's legal to bait and kill coyotes, night and day, and nail their lifeless bodies to a tree, as witnessed last year in Worcester?

We are losing wildlife at an alarming rate across our nation and across the globe. We cannot carry on with “business as usual” and continue to support policies that only serve very narrow but powerful special interests. If folks are interested in learning more about what I've referred to here, I recommend visiting the Protect Our Wildlife website. The photos and videos of injured, frightened animals languishing in leghold traps or coyotes being mauled by packs of frenzied hounds, all in the name of “tradition” and “recreation”, communicate everything you need to know. My words will never properly convey the cruelty, but these images will. Ask those running for office this year if they will be a voice for wildlife. The time is past due.

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

September 29, 2020

Volume 11 Number 26



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# Calendar of Events

EVENTS FROM LOCAL NON-PROFITS, SCHOOLS AND TOWNS. *PRESENTED FREE BY TRENDY TIMES.*

**TUESDAY, SEPTEMBER 29**  
BEN COSGROVE LIVE CONCERT  
7:03 PM See Article on Page 3  
Colonial Theater, Bethlehem

**WEDNESDAY, SEPTEMBER 30**  
LITTLE RIVERS HEALTH CARE ANNUAL MEETING  
6:00 PM Zoom Web Meeting  
See Ad on Page 12

ZACH NUGENT BAND  
7:00 PM See Article on Page 3  
Littleton Riverfront Park

**THURSDAY, OCTOBER 1**  
PICTURE BOOK CLUB  
11:00 AM  
St. Johnsbury Athenaeum

WOODSVILLE WELLS RIVER 4TH OF JULY  
MONTHLY COMMITTEE MEETING  
7:00 PM Virtual Meeting  
president@wvr4th.org for details

**SUNDAY, OCTOBER 4**  
PADDLE THE BORDER - FALL  
10:00 - 11:00 am See Ad on Page 16  
Newbury Boat Launch on Connecticut River

**SATURDAY OCTOBER 10**  
LADIES CIRCLE FOOD SALE  
9:00 AM - 1:00 PM See article on Page 16  
Community Baptist Church of Whitefield

FALL ANNUAL CRAFT FAIR #7  
10 AM - 3 PM Outside Only (no facilities)  
United Congregational Church of Orford UCC

**MONDAY OCTOBER 12**  
HAVERHILL SELECT BOARD MEETING  
6:00 PM Virtual Meeting  
Clifford Memorial Building, Woodsville

**OCTOBER 12-17**  
NEK ENTREPRENEURSHIP WEEK  
See Article on Page 1

**TUESDAY, OCTOBER 13**  
LOCAL WORKING GROUP (LWG) MEETING  
2:00pm Virtual Meeting  
See Article on Page 14

**WEDNESDAY, OCTOBER 14**  
ROSS-WOOD POST #20 AMERICAN LEGION  
MONTHLY MEETING  
6:00 PM  
4 Ammonoosuc Street, Woodsville

**THURSDAY, OCTOBER 15**  
VFW POST #5245 MONTHLY MEETING  
7:00 PM  
VFW Hall, North Haverhill

**FRIDAY, OCTOBER 16**  
ACORN STORYTIME EVENT  
10:00 AM  
St. Johnsbury Athenaeum

**FRIDAY, OCTOBER 23**  
ACORN STORYTIME EVENT  
10:00 AM  
St. Johnsbury Athenaeum

**FRIDAY, OCTOBER 30**  
ACORN STORYTIME EVENT  
10:00 AM  
St. Johnsbury Athenaeum

**THURSDAY, NOVEMBER 5**  
PICTURE BOOK CLUB  
11:00 AM  
St. Johnsbury Athenaeum

**TUESDAY, NOVEMBER 3**  
ELECTION DAY 1:00 PM  
A Polling Place near you

*Send your event information to  
Trendy Times to be included in our  
Free Calendar of Events.*

Deadline is the Thursday prior to each Publication Date.



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Text or call : 603 303 3072 email : josh@steenburgh.com www.steenburgh.com

## Grab & Go Meals & More At Horse Meadow

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Center October MENU &  
ACTIVITIES

Please join us for a drive  
through hot "Grab & Go"  
meal each Tuesday &  
Thursday from 11:30-12:30.  
Masks are required on the  
property. We'll be wearing  
ours too!

10/6 Meatloaf, Baked  
Potato, Corn, Fruit Salad  
\*October 6th is Mad Hatter  
Day....wear a crazy hat to  
the grab & go and you'll be  
entered into a drawing for a  
\$25 Gift Certificate at Shi-  
lohs.

10/8 Homemade Baked  
Beans, Hotdogs, Corn

Bread, Corn Chutney  
10/13 Roast Pork,  
Mashed Potato with Gravy,  
Brussel Sprouts, Carrot Rai-  
sin Salad

10/15 Tomato Soup,  
Ham Salad Sandwich, Cot-  
tage Cheese

Saturday 10/17 Drive  
Through Auction 10-2

10/20 Mac & Cheese  
w/Ham, Tomatoes, Biscuits,  
Cole Slaw

10/20 Drive Through Flu  
Shot Clinic

10/22 Fish, Au Gratin Po-  
tato, Beets, Pea & Cheese  
Salad

10/27 Chicken Cordon  
Bleu, Sweet Potato, Peas

Cottage Cheese  
10/27 \*Wear a costume  
or dress up your car in Hal-  
loween style and be entered  
in a raffle for a Halloween  
Basket

10/29 Chipped Beef &  
Egg, gravy, Mashed Potato,  
Green Beans, Copper  
Penny Salad

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

"Eat & Enjoy" Meals are:  
\$3.00 for those over 60  
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## Letter To The Editor:

Dear Editors

I have had the pleasure  
of working with Erin Hen-  
nessey on a number of bi-  
partisan issues in Concord  
over the years. Those is-  
sues include Medicaid Ex-  
pansion, preservation of  
biomass plants and jobs,  
and legislation that will help  
rural hospitals. Erin is a  
fact-based and common  
sense orientated senior  
member of the House who  
has been a strong voice not  
only for her district of Little-  
ton and Bethlehem but in-

Senator Bradley,

*I thank you for your words of support for a  
candidate. I may sound like a broken record, but  
it is nice to hear an endorsement for a candidate  
that does not focus on the faults of the opponent,  
but rather the good points of the candidate  
being endorsed.*

*The only other thing I would add would be to  
again, and continually, encourage all citizens to*

deed the entire northern  
part of our state.

Erin works hard, listens  
carefully, and fully explores  
all issues. She is known for  
her honesty as well as bi-  
partisanship. She is re-  
spected across the political  
spectrum in Concord and  
has won Governor Sunu-  
nu's endorsement.

She does not support an  
income tax or a sales tax.  
She supports our traditional  
public schools and public  
charter schools because  
she believe parents need to

have options for their kids'  
educational opportunities.  
She can be counted on to  
defend our constitutional  
rights and will support the  
brave men and women of  
law enforcement.

I hope to be able to  
serve in the Senate with  
Erin who I know will work in-  
credibly hard for the North  
Country. Please vote for  
Erin Hennessey on No-  
vember 3rd.

Jeb Bradley  
Senate District 3  
Wolfeboro

*cast your ballot this year. From state represen-  
tatives to state senators to county officials up to  
US House & Senate seats, and even the pres-  
idency, this election, like every other election, is  
important to all of us. Those we send to serve  
us, though not perfect, must represent the ma-  
jority.*

Gary Scruton, Editor

### Letter To The Editor:

#### Supporting Ed Rajsteter For State Rep. - Grafton 15

To the editor

"Just days after Jewish leaders and allies shut down an Immigration and Customs Enforcement office in Milwaukee, Wisconsin, hundreds of Evangelical Lutheran Church in America members and their allies returned to the building to hold a prayer vigil for immigrant families under assault by the Trump administration. The Washington Post reports that some carried signs reading, "We put the protest back in Protestant" and chanted, "This is what the love of God looks like."

Immigrant rights advocacy group Voces de la Frontera said activists sought to nail "9.5 pro-immigrant theses to the door of the Milwaukee ICE building, in re-enactment of Martin Luther's nailing of the 95 Theses in 1517, which marked the founding of the Lutheran Church, but video Milwaukee ABC affiliate WISN shows an official ripping the paper off the door as advocates watch.

It didn't deter them one bit, with church members passing a resolution after the vigil declaring the Evan-

gelical Lutheran Church in America a "sanctuary church body." The church also passed "another resolution, calling on congregations, synods and other church organizations to speak out against the inhumane policies of harassment, detention and deportation implemented by the U.S. government."

"It just keeps getting worse and worse in terms of unaccompanied children, separated families, detention centers that are just horrific, and so what we wanted to say as a church body, as the Lutheran church, we wanted to now act with our feet and take action," said Evelyn Soto Straw of the church's Domestic Mission."

Last week, Jewish leaders shut down the ICE facility, saying that "central to Jewish life is the concept of Tikkun olam, the responsibility to heal the world and pursue social justice. Jews are taught from an early age that to remain silent in the face of injustice is morally unacceptable." During this latest action, activists, including members of the New Sanctuary Movement

of Milwaukee and Milwaukee Interfaith Congregations Allied for Hope, also "lifted their voices for immigrant justice." "As all of American Family, most of us were families of immigrants. Including Frederick Drumpfs, Donald Trumps, (name changed) Grandfather from Germany Submitted by Nancy Leclerc

I have always found him to be perceptive, compassionate and extremely diligent and hardworking. I know that as state representative that he'll be very 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 Program, work to ensure that local schools receive their fair share of state school aid as well as continuing to combat the opioid crisis, to name but a few.

I sincerely hope that you'll give every consideration to giving Ed your vote on Election Day and know that he won't disappoint.

B onnie Reid Martin Hanover

### Letter To The Editor:

#### Sue Ford will listen to you

To the Editor,

We all know the adage, "Never trust a politician". But sometimes a politician comes along who is different. Sue Ford is such a person. Ford, currently the NH House Representative for the 3rd District, is running for State Senator for District 1.

While many politicians forget their promises after they get your vote, Sue-Ford won't. As a four-term Representative, she is known for sitting down for coffee with people in opposition to her positions, always eager to learn what she can do better to serve the people she was represents. Unlike most politicians, she listens.

Sue Ford says she learned to listen well during her 40-plus years as a teacher and principal. She has listened to residents in the North Country to learn about the problems we face every day. She wants to relay those concerns in Concord as your State Senator.

As our Representative, Sue Ford has been an advocate for our children in foster care, co-sponsoring

and working tirelessly to pass a bill that extends services for them to age 21, giving them a stronger start in life.

She has been an integral part in the state Finance Committee and as chair of Division II, overseeing the education budget. She has worked with the NH Federal Delegation and, as our State Senator, will be in an even better position to push for positive changes from D.C. for NH.

No matter how you vote in the November 3rd election, vote for the candidate endorsed by 71 current and former State Representatives. Vote for Sue Ford for NH District 1 State Senator.

She will listen to you.

And if you live in either House District 3 or 15, please vote for Representative Denny Ruprecht, running to fill Ford's current District 3 seat in the House, and for Ed Rajsteter, running to fill Rep. Ruprecht's District 15 seat.

Vote for government that cares and will move NH forward.

Rachael Booth Landaff, NH

Rachael,

All elected officials should listen to us, the voters. It should be the number one rule of any leader. Listen, then act, not the other way around.

Gary Scruton, Editor

### Letter To The Editor: Trump Turns White House Read

To the Editor,

Folks watching the Republican National Convention saw a good deal of red - some displayed by the clothing speakers wore, some displayed as ornamentation and lighting for the event. And a good deal of red was seen by those watching because the "people's house" was used for partisan political power-grabbing by a fellow who wants badly to be America's dictator. It was performance narcissism and nepotism wrapped up in nationalism, an idolatry of power over principle.

Conniver-In-Chief Trump inappropriately used the convention to perform an official Presidential function. Did Trump pay for the White House, or did the Republicans? No. The building, improvements and maintenance of that singular structure were all paid

for by me, and you, and by democrats, and republicans, and independents, rich and poor, black and white, old and young, male and female, gay and straight, liberal and conservative, athiests and Christians, and all of us in-between, past and present, all of us taxpayers.

Any convention is a partisan event and not the place to use presidential powers to pardon someone or preside over a naturalization ceremony. The White House is neither red nor blue nor purple. It is a national symbol, representing all facets of America, and does not belong to political candidate Trump.

And in a national publication as another recent writer of a-letter-to-the-editor noted, "Worse still, it is inappropriate, shameful and unprecedented for Mike Pompeo, in his role of

Secretary of State doing official business, to deliver a partisan speech from Israel about Trump's alleged foreign policy successes. Regardless of your political preferences or whether you thought the convention was well produced or not, this was and will remain a shameful moment for America - one that historians will rebuke for years. Great and admired Republican and Democrat presidents are rolling over in their graves.

Also on display was Trump's pestiferous way of reading from his teleprompter these days - in a whining sing-song chant, completely lacking passion, conviction and integrity. He can't use those tools because he does not have them.

Robert Roudebush North Haverhill, NH

plan to be watching during the presidential, and the vice-presidential debates that will be happening in the next five weeks.

As always I urge everyone to be informed, make your choice, and be sure to vote whether in person or by absentee ballot. I certainly plan to cast my ballot and let my voice be heard.

Gary Scruton, Editor

Robert,

As we are now truly in "campaign season" it can be difficult sometimes to tell the difference between political statements and governing statements. But there is, and needs to be, a difference. It is during times like we are currently in that those lines can become blurry.

I will admit that I watched practically none of either convention this year. However, I do

### Letter To The Editor:

Dear Editor,

COVID-19 has turned our community upside down. It's seen in the darkened widows of local businesses, the faces of struggling neighbors trying to make ends meet, and in the confused eyes of children, who don't understand why Mommy and Daddy make them wear a mask whenever they leave home. COVID-19 is rearing its ugly face and we can't stop it. The only thing we can do: take serious steps to mitigate the pain our community is experiencing.

The first step to take is to elect Bill Bolton. Not only is Bill my friend, but he is a community leader who knows how to get things done. Bill knows that our friends are losing their jobs, and as a result, their healthcare. In a global pandemic, people are losing their ability to keep themselves and the ones they

love healthy. That's why Bill supports expanding Medicaid, so people don't have to choose between bankruptcy and their health. Bill knows that people are relying on the internet more and more to do their jobs, but he also knows that for some people this means putting in time they don't have to drive to an area with reliable internet access.

That's why Bill supports rural broadbandification, so everyone has the ability to connect to our increasingly interconnected world.

Bill knows what our community faces and has realistic plans to help our community emerge better than before, stronger than before, and more united than before. Vote Bill Bolton for State Senate District 2.

M. Benjamin Parsons Wentworth

Benjamin,

I thank you for your letter regarding Mr. Bolton as a candidate for NH State Senate District 2. I will also refer readers to an article on Page 5 with more information about Mr. Bolton.

Gary Scruton, Editor

# NEKCOA Makes Karen Desrochers Caregiver Director

St. Johnsbury, VT – The NEK Council on Aging is pleased to announce that Karen Desrochers has been named the new Director of Client & Caregiver Team Support replacing Pam Smith who recently retired after serving the Council for eight years.

Desrochers joined the

Council in 2018 as an Options Counselor, a position that supports clients, after calling the helpline, who need personal assistance with service support. Services range from personal care to fuel, transportation, housing, and/or utility bill assistance.

Her career in support

services started as a student aid and classroom counselor for the Cornerstone School and the Caledonia School.

“Working with children helped me to grow as a person,” said Desrochers. “I learned to love and laugh even when times were hard.”

She moved on to NKHS as a Community Integration Specialist, supporting adults with developmental delays. Her passion for human services was solidified while working for Tri-County Community Action in Littleton, NH as a Housing Outreach Specialist.

“I worked with people who were homeless or on the verge of homelessness. In this work I realized that I wanted to provide support to my neighbors and my community. I received the opportunity to work at the Council as an Options Counselor and found my forever home. It is a privilege to work with

and advocate for elders who live and work in the North-



east Kingdom.”

Her experience as a caregiver helped to prepare her for her new role. At 15, her mother was diagnosed with cancer and with her older sister, served as her caregiver for a year before she died. Several years later, her father was diagnosed with Myasthenia Gravis, a disease that erodes the nervous system, and she was his caregiver and advocate.

“He was dying and needed someone to advocate for him, so that is what I did. I had to learn hospital and insurance systems on my own and the interstate laws and rules. Taking care of a loved one is not easy, but it is the most rewarding thing I have ever done. To know my dad died peacefully made his death a little easier to take. I am extremely excited to work with and support family caregivers at the Council.”

“Karen’s work exemplifies an approach that is person-directed and offers support to those in need where they are at. Karen’s enthusiasm and creativity along with her personal journey will lend themselves to her work in caregiving for those we serve,” said Meg Burmeister, Executive Director.

For information on family caregiver support services provided by the Council, visit [www.nekcouncil.org](http://www.nekcouncil.org).

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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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Volume 11 Number 26  
September 29, 2020  
Not all Times are Trendy, but there will always be Trendy Times



# From Blackmount Country Club Across the Pond To Blackmount

Photo by Cyndi Wellman



## Cottage Hospital Auxiliary Announces Raffle Winners



( L to R) Marcia Selent, Auxiliary Co-President, Carolyn Hofmann, Auxiliary Co-President and winner, Diane Kirkwood, winner, Laraine King, Auxiliary Treasurer and winner, and Dottie Long, Auxiliary Vice President.

The Cottage Hospital Auxiliary held its Little Ticket Raffle drawing on September 15th. The lucky raffle winners were Ticket # 61 - Laraine King \$750, Ticket # 50 - Becky Ackerman \$500, Ticket # 65 - Diane Kirkwood \$250, and Ticket # 49 - Carolyn Hoffman \$125. The excess proceeds from the Little Ticket Raffle will help fund new equipment for the Cottage Hospital Laboratory Department.

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

September 29, 2020

Volume 11 Number 26

## Letter To The Editor: Thanks

To the Editor,

The reckless crusade against the Oxbow Unified Union School District has gone on long enough.

While no expert on the nuances of budgeting, I know the children and educators of Bradford and Newbury deserve the support of their communities and that the elected volunteers of the OUUSD Board have worked tirelessly to develop a budget reflecting appropriate expenditures, staffing and programs.

Too many voters have seemingly been swayed by a curmudgeonly group of individuals opposed from the outset to the forming of OUUSD, developed a few years ago as a result of Act 46 and its mandate to consolidate local school districts. This group is now disingenuously leveraging public sentiment surrounding COVID-19 to protect their bank accounts from modest -- and necessary -- tax increases.

This group claims Bradford and Newbury residents are "feeling the pinch" and "looking for relief" due to the pandemic. I challenge anyone feigning affirmatively to name five property owners -- even three -- that would legitimately struggle with a 4.7 percent increase to the school budget because of anything related to the pandemic. You're kidding yourselves.

Besides, forcing the district to operate without a budget is only going to result in more expenses down the road, since OUUSD may now need to borrow -- and pay interest on -- up to \$9 million to make up for lost compensation from the State Education Fund and lack of local support. What an embarrassment.

I'd like to leverage COVID-19 a different way. Thanks to asylum seekers from areas more prone to the spread of the virus, rural communities like Bradford and Newbury are suddenly considered desirable again after years of being labeled

the opposite by economists.

Particularly with increasing access to broadband internet in the works, both towns are suited well to continue attracting new residents, adding to our already increasing cultural vibrancy and tax base. It's no secret that the makeup of an area's school district -- including staffing, opportunities and programs -- is important for families considering a move.

I wish Act 46 had never happened, too, but there are better ways to address issues of local control than turning our backs on volunteer officials elected to operate in our best interests and no reason not to.

It's time to stand up for the children and professional educators in our communities and support the next OUUSD school budget. Your heart -- and eventually, your wallet -- will thank you.

Jared Pendak,  
Bradford, Vt.

Jared,

*It's obvious that you care about the well being of students, staff, and tax payers of the new school district. I believe that the elected officials you refer to also care. But I must also believe that those opposed to the budget have good intentions at heart.*

*It's never easy to create a school, or municipi-*

*pal, budget that all can agree is just right. There are always Increase or reductions that some feel should happen. In the end it must be a compromise that the majority of voters are willing to accept. Therefore I urge the voters of Bradford & Newbury to be informed and to take the time to vote on the next budget.*

*Gary Scruton, Editor*

*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. You can send your letter to:*

Gary@TrendyTimes.com

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## Letter To The Editor:

To the Editor:

Rural Vermont needs strong representation in the Legislature. This fall, residents of Newbury, Groton and Topsham will elect a new state representative. Here are some of the many reasons Kelsey Root Winchester is the perfect choice. First, one can't help but admire her energy. A small business owner who's raising two kids and a nephew, she makes time for an extraordinary array of volunteer activities. Just a few of them are Blue Mountain Union School

board, Little Rivers Health Care board, and Wells River Action Program. It's telling to look at the nature of those organizations: healthcare, local economy, and education. Her experience with these complex issues gives her a strong foundation for service in the Legislature. Let's vote for Kelsey Root Winchester this fall, so that she can take her energy and commitment to our community to Montpelier.

Fay Homan  
Wells River

Fay,

*I say again, it's nice to read a letter from someone endorsing a candidate by telling about the good things that candidate is doing, rather than the negative things the opponent is doing. I realize that this is all part of politics in 2020, but civility is a nice concept.*

*Also, as before, Trendy Times will neither endorse, or downgrade any candidate. We simply welcome your comments, as well as those from the candidates in order to inform the voters so that they may make an informed choice come November 3.*

*Gary Scruton, Editor*

## Letter To The Editor:

### Bravo Haverhill Election Officials!

To the Editor:

Given the current pandemic, there has been much concern about safely participating in our elections. I was pleased to see how well run the Haverhill polls were during the recent state primary under the able leadership of moderator Jay Holden, town clerk Christina Hebert, our three supervisors of the checklist, the ballot clerks, and the rest of the team. The polling place was well or-

ganized and operated safely and smoothly.

We sometimes take the quality of our elections for granted, but it takes a lot of hard work from dedicated community members and town employees. We are lucky in Haverhill and throughout the state to have great people who ensure that our elections are so well run. Bravo!

Doug Teschner, Ed.D.  
2100 Brushwood Rd., Pike

Doug,

*I am also a voter in Haverhill and had the opportunity to go through the same procedure as you on primary day. I would certainly agree that things were well run and went smoothly. My wife and I were part of the mid-afternoon group so there was almost no wait time. From some of the poll workers I learned that things had been steady most of the day and to that point there had been no issues. There were three big changes that I noticed. First was the social distancing while standing in line. Second was that each voter got an extra piece of paper to lay on the writing surface before putting down your ballot. And third was that when finished we exited the gymnasium area at the Morrill Building by the front doors in order to eliminate two way traffic in the hallway. A well thought out, and well executed plan.*

*Gary Scruton, Editor*

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## Norman B. Morse.: OBITUARY

Groton, VT - Norman B. Morse, 86, of Weld Road, Groton, died on Monday, September 14, 2020 at Cottage Hospital, Woodsville, NH surrounded by his family.

Norm was born at Brightlook Hospital in St. Johnsbury, VT on October 20, 1933 and lived there for three years, keeping those poor nurses busy with his constant mischief. He was then adopted by Senator Gerald I. and Hazel (Goss) Morse and was raised by his parents on the Morse Poultry Farm in Groton. He always said he considered himself the luckiest kid in the world, especially at a time when so many others were going without.

He was a graduate of Groton High School, Class of 1951. Norm joined the US Army, and served as an engineer during the Korean Conflict prior to his Honorable Discharge in September 1962. Norm was incredibly humble regarding his service to his country. While he preferred to talk about the sacrifices many others have made, his family remains proud of his service.

On January 19, 1957, he married the love of his life, Betty June Davis. Norm and Betty were married 50 years, raised three children and together they enjoyed spending time with family and friends. Though Norm's life wasn't the same after losing Betty, he enjoyed spending winters with friends in Arizona. As much as he loved traveling, he loved coming back home even more!

As a young boy, Norm loved riding his horse all around town -- and bare-back at that! And he could always be counted on to have at least a couple of dogs running around with him. He was especially fond



of boating and spending summers at Groton Pond as a child and then later with his own children. One of the things he most looked forward to was spending time at White Tail with the guys during deer season every year.

In his younger years, Norm worked with his father as a poultry farmer prior to becoming a substitute rural mail carrier. He then became a full time letter carrier from 1960 until his retirement in 1995. Norm was active in Ross-Wood American Legion Post #20 in Woodsville, Haverhill VFW Post # 5245, and Barre (VT) VFW Post # 790.

He was predeceased by his father, Senator Gerald I. Morse on March 9, 1998; his mother, Hazel Morse on April 22, 1999; and his wife, Betty June Morse on March 4, 2007 as well as several siblings.

He is survived by two daughters, Deborah S. Daley and husband Timothy and Susan D. LeBlanc both of Groton; a son, Michael A. Morse and wife Susan of Tenney Pond in Newbury, VT; six grandchildren and eight great grandchildren; along with two sisters in Florida.

The family would like to extend heartfelt gratitude for the excellent care and companionship Norm received over the last few months from his caregivers Brian, Ivana and Chrissy. You all helped us give Norm the life he wanted at the end.

Calling hours were held on Tuesday, September 22nd from 5-7 PM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH. A memorial service was held on Wednesday, September 23rd at 10 AM at the Groton United Methodist Church, 1397 Scott Highway, Groton, with burial to follow in Groton Village Cemetery.

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.

## Peter Stone: OBITUARY

Peter Stone was born in Newton, Massachusetts on April 10, 1940 and died on August 14, 2020 in Bradford, VT., his home for the last forty years. He was 80 years old.

After graduating from the Belmont Hill School outside of Boston and attending Lawrence University in Wisconsin, he returned to the Boston area. His sharp technical mind and his love for music led him to employment during the "HiFi boom" of the 1970's with innovator Advent in Cambridge and Epicure, where he was a principal and founder, in Newburyport, Massachusetts.

An avid amateur photographer, he took thousands of photos in Europe, the American Southwest and candid shots of people and landscapes in first Boston then Vermont where he moved to in 1980.

Often perceived as reclusive by those who did not know him, Peter struggled with lifelong learning disabilities that often kept him on the sidelines. That experience led him to work as a volunteer with Central Vermont Adult Basic Education

in Bradford, VT and tutored young people in math and helping them get their GED.

A serious gourmand, he worked in his youth as a professional cook -- insisting he was "not a chef" -- in and around Boston. He had an impressive list of favorite restaurants ranging from Charlestown, NH to Burlington, VT, where he often took friends out to his favorite Burlington place, Single Pebble. His first choice restaurant was Peyton Place in Orford, NH. Peter also enjoyed a good single malt and a cigar. He loved a good cup of coffee and was often enjoying a cup at the Dirt Cowboy in Hanover, NH.

Peter was the only child of Mark and Clara (Segel) of Boston. He is survived by a large extended family and network of friends.

Hale Funeral Home in Bradford, VT is in charge of the arrangements. Due to the Covid Epidemic, a memorial gathering will be postponed until next summer.

In lieu of flowers, people are invited to make a donation in Peter Stone's name to Mary Hitchcock Memorial Hospital in Lebanon, NH.

Scott Borthwick  
Manager

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# What About Ma?

by Kellie Quackenbush

## All About The In-Person Visit

School is back in session and the return to school, for both the children and the teachers, looks different based on your school district. Some students are riding the bus and going to school wearing masks and carrying hand sanitizer, some students do their studies at home with a computer online, and others have a mixed school year doing some of both. The key to the success of this concept is that everybody agrees that hand washing and wearing masks will prevent the spread of the COVID-19. Thankfully, the same precautions we are doing to stop the spread of COVID-19 are the same precautions that you would use to avoid the flu.

Now is not the time to get lax about the need to cover our mouths when we cough or sneeze. I have heard many young people with rebellious attitudes towards the precautions put in place to fight the COVID-19 but back in the day, we just

called it good manners. Without sounding harsh, washing your hands after coughing or sneezing makes good sense. If you are unable to get to a sink to wash your hands, hand sanitizer will help. When you have been out in public all day (at work, shopping, or at school) you should change your clothes when you get home and take the clothes you were wearing to the laundry. Just a reminder, remember to wash your hands after handling dirty laundry and wipe down the hard surfaces in your home with disinfectant on a daily basis.

In the State of New Hampshire, the guidelines for visiting loved ones in nursing homes has changed, depending on the county, and the safety Guidelines set by the facility. This meant for us, after seven months of separation and isolation, Ma was able to see her baby boy. After a complete health screening of her boy (man over the age of 40) with a mask on his

face, Ma was able to have a visit. Safety rules were in place, we had to make an appointment, he had to go through a health screening with his temperature being taken, only one visitor is allowed, they had to stay six feet apart and not touch, and no eating or drinking was allowed during the visit.

After seven months of not seeing Ma, it was great to be in the same room with her. Skype, Google-meets, phone calls and letters were helpful tools to bridge the gap and we will continue using them. The joy of being in the same room with Ma and seeing her physically well and having her laugh, distance has robbed us of those moments. The visit went very well and not being able to hug her was difficult but we do see the bigger picture.

Working together to do the safe things has made New Hampshire one of the safest places in the country. It is a challenge to remember that while you are healthy, there are others that are in fragile health and being exposed to a virus or the flu could have bad outcomes. I say, "Thank You!" to everybody who is making an effort not to expose others to germs.

## Local Working Group Meeting

NH Conservation Districts work with farm and forest landowners to let them know that federal technical and cost-share assistance is available for approved conservation practices through Farm Bill Programs. Conservation practices are designed and implemented to address resource concerns that improve water and air quality, reduce soil loss and improve energy efficiency. Examples of conservation practices include, a fencing system, spring development and animal trails for rotational grazing, forest stand improvement, cover cropping, seasonal high tunnels, improving pollinator and wildlife habitat. Installed conservation practices benefit the environment, the landowner, and local contractors hired to complete the practices. The process of deciding what practices should be available to landowners, and which resource concerns are most critical requires guidance and knowledge of local needs, identified by a Local Working Group. Local Working Groups provide input to the

State Technical Committee and the State Conservationist to help identify conservation needs, resource concerns, program priorities, and recommendations for program implementation at a state and local level.

Grafton County Conservation District and the Natural Resources Conservation Service will be hosting a virtual Local Working Group (LWG) meeting at 2:00pm on Tuesday, October 13, 2020. This is your opportunity to identify locally important natural resource concerns and prioritize funding allocations for those concerns and appropriate conservation practices to address those concerns. The agenda items to be discussed include: Welcome and Introductions, Review Purpose of Local Working Group and Meeting Objectives, Conservation Program Overview, Resource Concern NH Handout Review, Discuss and Complete Local Working Group Questionnaire including, Resource Concerns Funding Allocations, and Identify Resource Concerns for Forestland, Pastureland, Cropland, Farmstead and Closing Remarks.

The Grafton County Conservation District virtual Local Working Group meeting is open to the public. The meeting will be held via Zoom. Please contact Pam Gilbert (603) 787-6973 or by email at: [pamela.gilbert@nh.nacdnet.net](mailto:pamela.gilbert@nh.nacdnet.net) for the Zoom link and additional meeting material. If you need an accommodation to participate in this activity or event, please contact Pam Gilbert at (603) 787-6973 or by e-mail at: [pamela.gilbert@nh.nacdnet.net](mailto:pamela.gilbert@nh.nacdnet.net) by September 29, 2020.

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## Acceptance

Topics

Disability and Aging

by Cyndy Wellman

### Welcome Autumn/Fall

As we say hello to Fall I hope everybody had a good summer!

Frosty mornings, cooking more stews and baking goodies! Oh, those dress in layers of Fashion. How about exploring more? I personally encourage you to get outside. The following is worth the trip:

Oldest covered bridge in Woodsville, NH

Elbow Pond Road Woodstock, NH -- dirt road to the pond.

The Old Railroad Bed in



Wells River, VT (behind Blue Mountain School)

Mud Pond Trail, Jefferson, NH. There is a fabulous uncluttered boardwalk.

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# Wine Time

by Eleanor Mawson

When Covid-19 came about, we knew our lifestyles would be very different. Since we would be spending a lot of time at home, we decided to liven that time up a little. We would have a glass of wine before our dinner every day.

We usually don't use alcohol unless we are entertaining, which would not be happening for a good while. Enjoying a glass of wine would be entertaining enough. And it would be life-changing like we never would have believed.

Since we have his-and-hers TV's, there isn't a lot of conversation in our house. Of course we talk to each other, but it is sort of sporadic and most often concerns what we are doing at the time. But we found that Wine Time changed all that.

For an hour every day, we talk -- like we haven't talked in a long time. One of the conversations has been on politics. In an election year, TV and newspapers are rampant with politics. My husband is quite vocal about the candidates, and I have read several books on the topic, and our discussions can get quite animated, complete with a lot of vernacular. There have been many days when we use this as our Wine Time subject.

We have talked about our relatives at great length. My parents have always been controversial and they have been raked over the coals quite often. My in-laws are the opposite: kind, non-judgmental and accepting, and quite funny, looking back. We've also talked about our aunts and uncles

and how they lived their lives. They were all so different. I loved my grandparents; my husband never knew any of his. And of course we talked about our siblings at great length.

We have moved 11 times in our long married life and we talked about all of those. We would never be interviewed by HGTV about many of these places! Some of them were short-term -- like months, and one was for 36 years where we raised our family. Our favorite has to be the place we live today -- a log cabin with a river view where we have been very happy.

And then there's the antique business and all the people we have met. This encompasses about 50 years and they have been interesting, varied, and worthwhile. We've done major shows, a lot of flea markets and been in many shops. It has also been a learning experience and given another dimension to our lives.

For 20 years we did a lot of traveling. We taught classes in Moscow, walked on the Great Wall of China, explored Alaska, lived in Italy and Yorkshire, and enjoyed Newfoundland. There were a wealth of experiences wherever we went, and we made many memories. It was fun to relive some of these times with our glass of wine.

Along with our friends, there have been a few very special people who have affected our lives in a big way. These are no longer with us, and we miss them every day. We value our friendships with the ones that are left and treasure the times

we spend with them.

Many days we talk about our careers in education. My husband taught math for 3 decades and still hears from former students and colleagues. I worked with younger kids who have long since forgotten their earliest teacher. I still hear from a couple of foreign students who were outstanding in class, and this pleases me no end. Most of our conversations about school, however, refer to the way that the education system is working through the Corona virus and we are glad we aren't there.

Of course we talk about other things, too., and we think about how Wine Time has affected us. We have revisited so many areas of our lives in an hour a day. I imagine we could have sat and had these same discussions without our glass of wine, but it has been the glue that keeps us stopping what we are doing and taking time to remember the things that brought us to where we are. I wouldn't have missed it for anything.

# Flu Season Is Upon Us

by Steve Brash,  
Infection Prevention &  
Employee Health  
Cottage Hospital,  
Woodsville, NH  
Rowe Health Center  
747-2900

ding the virus can spread influenza disease to our patients, my family and friends.

- If I become infected with influenza, even when my symptoms are mild or non-existent, I can spread severe illness to others.

- I understand that the strains of virus that cause influenza infection change almost every year, and that the vaccine generally only protects for a period of months, which is why a different influenza vaccine is recommended each year.

- I understand that I cannot get influenza from the influenza vaccine.

- Health officials are concerned about the effects of having both diseases at the same time.

- The two are difficult to differentiate by symptoms; if you're vaccinated for flu, then the provider can focus on COVID-19.

- As weather gets colder, activities move inside; this could further affect our economy and/or add to the spread of both diseases.

If you have a cough, cold, fever: please stay home, call in, don't come to work, and call your provider.

- Influenza is a serious respiratory disease that kills an average of 36,000 (12,000-61,000) persons and hospitalizes more than 200,000 (14,000-810,000) persons in the United States each year.

- Influenza vaccination is recommended for me and all other healthcare workers to protect our patients and each other from influenza disease, its complications and death. The consequences of my refusing to be vaccinated could have life-threatening consequences to my health and the health of those with whom I have contact, including:

- o my patients and other patients in this healthcare setting
- o my coworkers
- o my family
- o my community.
- If I contract influenza, I will shed the virus for 24-48 hours before influenza symptoms appear. My shed-



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## Ladies Circle Food Sale

WHITEFIELD, NH — Community Baptist Church of Whitefield announces a Ladies Circle Food Sale October 10th from 9am to 1pm. For sale will be all kinds of home baked goods, jellies, jams, seasonal pies, mix and match cookies by the dozen, take and bake turkey pies and select craft items. This sale replaces the Candy Cane Bazaar which the Ladies Circle usually holds in November. Due to Covid-19, the sale will take place in the parking lot of the church. If it is raining, the sale will take place in Fellowship Hall with masks and social distancing.

Community Baptist Church is found at 27 Jefferson Road (Rt.116) across the street from the Whitefield Post Office and next door to the Whitefield market. For more information please visit the church's website, [www.cbc1816.church](http://www.cbc1816.church), call 603-837-2469, or email [cbc1816@myfairpoint.net](mailto:cbc1816@myfairpoint.net).

Community Baptist Church also announces that its usual Harvest Supper has been cancelled for 2020.

Sunday morning worship at 10am has been held out-

side during summer but has begun moving inside if the temperature is too cold, observing Covid-safe practices. CBC continues to support mission's projects locally, nationally and globally. Services are open to all.

The After School Kids program, for elementary kids in grades 4-8, continues to provide a safe and healthy environment for kids attending Whitefield school.



If you would like any information about Community Baptist or any of its ministries or upcoming events, please use the contact information above.



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

## Summer Veggies with Stewed Tomatoes

Hello hello my fellow chefs. Well Fall has arrived and we have already had freezing temperatures. Even though I covered my plants they are all dead. I had some vegetables given to me so this recipe was perfect. It's a great vegetarian dish even if you are not a vegetarian. Enjoy some nice crusty Italian bread to soak up the juice that is so delicious. So let's get started with today's recipe and how to make it.

### Ingredients

- 2 Tbsp. Minced garlic
- 3 Tbsp. Olive oil
- 1/2 lb. green and or yellow beans cut into bite size Pieces cut on the diagonal.
- 1 small yellow squash sliced
- 1 small zucchini sliced
- 1 orange pepper sliced and cut in half
- 1 onion chopped
- 2 celery stalks cut into small pieces
- 3 Medium potatoes cut in quarters
- 1 good handful of fresh spinach
- 2 cans sliced stewed tomatoes 14oz.
- 1/2 tsp. Salt
- 1/2 tsp. Pepper
- 1 cup of jasmine rice cooked

You can use a large frying pan, an electric pan or a Dutch oven pan. I used my deep copper pan with a cover. Put the olive oil in your pan and heat then add your minced garlic and fry slightly then add all the ingredients and toss. Add the stewed tomatoes and mix.

Cover and cook over low heat. Stir every 15 minutes and cook for about 45 minutes. Make sure the potatoes are cooked. The spinach wilts.



This colorful meal looks so appetizing everyone will enjoy it. You can certainly add any veggies to this recipe.

When cooked serve over rice. That's it you are done. Enjoy with a nice white wine or Rose. Remember to drink responsibly.

If you have any questions please call Gary and I will help you out.

Well folks that's it for today's recipe and I hope you enjoy it. It's healthy and delicious. So until next time I am signing off, Sincerely Cin Pin.

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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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# 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**

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- 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](mailto:mikethom1@charter.net)  
[www.cohase.org](http://www.cohase.org) • [www.newburyconservation.org](http://www.newburyconservation.org)