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12 HAPPY birthday

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TRENDY TIMES



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Historic Farm and Exemplary Forest Protected in Landaff

LANDAFF-- Linda Michelsen and her late husband, Jeffry, discovered the secluded old farm site on Foster Hill Road while cross-country skiing. They fell in love with the open fields and sweeping views to the west, and the towering trees that climbed up a steep ridge to the east.

Linda and Jeffry purchased the property in 1992. And, last month, Linda ensured that it will always remain for the wildflowers, birds, and host of other wildlife that call it home through a conservation easement with the Ammonoosuc Conservation Trust (ACT). The easement, a legal agreement between the land trust and the property owner, ensures that the Michelsen land will never be developed.

"Many people over the years have driven up to the property to enjoy the view and amazing sunsets, I'm pleased to continue that tradition," Michelsen said.

The Michelsens purchased the property with the intent of eventually living

there. They enjoyed the land as a playground and refuge, a place to walk the dog and get away for family time, reading scary stories by candlelight.

They cleared the old logging roads and built new trails, cut firewood, collected sap and made maple syrup, and through a NH Fish & Game program planted wild apple trees for wildlife. They created a plan for forest management, recreation, and wildlife and became a Certified Tree Farm. Michelsen allows a state snowmobile corridor to cross the property.

Sadly, Jeffry's death in 2003 ended the plans of living there, but Linda held on to the property because of how much it meant to him. She continued to manage it for wildlife, and enjoyed the great diversity of species, particularly birds, because of the mix of fields and forest.

"We are honored to work

with Linda to achieve her dream of having this land forever open for wildlife," said former ACT Executive Director Rebecca Brown. "And because Linda has taken such care of the woods, it will be an excellent place to show other landowners how good forest management is done. We have such gratitude for Linda donating this conservation easement."

At its higher reaches, the property's forest includes an unusual mix of plant species. The NH Natural Heritage Bureau identifies it as an exceptional example of a red pine rocky ridge habitat area. This is a rare occurrence in the state because natural red pine growth typically requires fire. These incredibly unusual habitats are a state conservation priority due to the biodiversity they support and that they include the best and sometimes only occurrences



of this type in the state.

"Projects like this wonderfully demonstrate the importance of conservation in our region," said Rosalind Page, ACT's Interim Executive Director. "This project touches not just on rare habitat protection and good forest management, it highlights how landowners using the tool of conservation are helping

keep the North Country wild so both people and wildlife can benefit."

Ammonoosuc Conservation Trust works with individuals and communities to conserve land for the future well-being and vitality of the North Country. You can find more information at act-nh.org or call ACT's office in Franconia at (603) 823-7777.

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TRENDY Dining Guide

Bliss Village Store

by Gary Scruton

Times are not easy *times* for any of our local eateries. That is true whether they are small or large. With the pandemic and the restrictions on both those running these establishments as well as restrictions on those visiting them, there are no doubt fewer people enjoying the pleasure of dining out. Also without doubt is the fact that it has made running these establishments that much more difficult. Fewer customers means less money. Less money leads to cuts in either staff, and therefore service, or in what can be offered to the public.

But let's get to the subject of this particular Trendy Dining Guide. The Bliss Village Store is, undoubtedly, different from our other eateries. At Bliss there is much more to keep them going than just food. As you guess by their name they are indeed a general store. That means plenty of coolers full of beverages. Plenty of freshly, and locally, made snacks. Newspapers, various household needs and even lottery tickets. But we visit for the deli counter.

The Saturday evening we visited the two workers behind the deli counter were moving as fast as they could in order to stay up with the orders coming in by phone and from those in person. The Bliss deli counter offers a good variety of food choices. Again, as you would guess by their name, there is a full deli counter with cheeses, deli meats, salads, and entrees. The menu up on the wall offers sandwiches, salads, burgers, pizza and dinners.

Janice and I both wanted a full evening meal and took advantage of the smaller sign offering seafood choices. Janice went with a straight forward fish and chips. I took the route of getting a variety and went with the seafood dinner. It offered Cod, scallops, clam strips, french fries, and cole slaw. After placing our order we were asked if we were eating in the dining area (I guess we looked like we planned to do that) and with the positive answer we were told to take a seat and that we also needed to sign in at the front counter. The meals would be brought out when completed.

On our way to the back room we stopped by one of those big glass front coolers and picked out a pair of beverages. I got a pink lemonade while Janice went with a simple bottle of water.

The dining area at Bliss Village Store is not large. And with the new restrictions there was a sign posted that it is limited to just six customers at a time. We chose one of the four tables still set up and saw no other patrons during our visit.

It wasn't long before one of those deli workers came out with a pair of baskets in her hands. She placed the food on the table, then pulled a bottle of ketchup from an apron pocket, and also presented a pair of forks for us. That meant it was time to dig in.

Janice very much en-

joyed her two pieces of Cod. It came with a decent sized amount of french fries as well as the cup of cole slaw. On the side was also a cup of tarter sauce.

My meal, as advertised, had three types of seafood. The fish was a decent size and very flakey fish covered by a tasty coating. The clam strips were fine (though I will admit to preferring whole clams). The scallops were the pleasant surprise. They were not as large as some scallop dinners I have seen. But they were plentiful and quite tasty as well. In fact I had to share some of my

scallops with Janice in order to finish the whole meal.

Upon finishing our meals Janice gathered up our baskets and forks and took them to the designated area to leave them for the staff to come out and pick them up later. She also took the ketchup bottle back to the deli counter and left a cash tip for those behind the counter. In the meantime I went to the front counter with the two drink bottles and the deli slip to pay the bill with a credit card. The total cost for our meal was \$35.07 including tax.

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After seven and 1 half years of serving those in the area that have been affected by dementia, sadly we are closing our doors. Due to the Covid - 19 shut down: our last service date was March 3. After being closed for almost 7 months and the uncertain future of the spread of Covid-19, we have chosen to not reopen.

I want to thank all the people who supported us over the years. But, first: I want to thank God for the privilege of being able to serve in such extraordinary personal ministry. It has been an honor. Next I want to thank the caregivers who entrusted their loved ones to us. You have touched my heart in a way I will never forget. To the faithful vol-

unteers, some of which were with us for all 7 1/2 years. Words cannot express my thanks for your dedication and commitment to serve. I will remember each one of you fondly. I also want to thank each and every one who supported us financially. Local business, private donations and churches... thank you. Your support kept us going. Last but not least to my husband who worked beside me serving and caring for all who came, I could never have done it without you by my side. During our time at Respitality, we met so many incredible people. We will never forget you. Thank you for letting us be part of your journey.

Patricia Dexter, Director

Littleton Food Co-op Commits to Diversity, Equity & Inclusion - Joins in National Celebration of Co-op Month in October

This October, Littleton Food co-op is joining co-operatives and credit unions across the United States in celebrating Co-op Month, observed nationally since 1964. This year's theme, "Co-ops Commit: Diversity, Equity & Inclusion," was chosen by the National Co-operative Business Association (NCBA CLUSA) to promote how co-ops and their members are working together to build more inclusive businesses and more resilient communities.

"Our vision for a more inclusive economy is one of shared prosperity and well-being, of empowering people to work together to build a better future for themselves and their families," said Erbin Crowell, NFCA executive director and chair of the NCBA CLUSA board of directors. "And as co-operatives, we have to acknowledge that this vision cannot be achieved without also confronting the racism, inequality, and injustice in our society and its institutions."

"We are part of and have been supported by a long tradition of people from all walks of life, including people of color and marginalized communities who have used cooperatives as a strategy for shared economic and civic advancement in the face of great odds and opposition," said Doug O'Brien, president and CEO of NCBA CLUSA. "In this moment, it is our responsibility to shine a light on their legacy and ensure that we are achieving our nation's promise of jus-

tice and equality."

Stop in the Littleton Food Co-op during Co-op Month to learn more about what makes co-operatives different. And while you're there, look for the "Go Co-op" signs on the shelves that identify products that were "co-op made". You may be surprised by what you find, including dairy products from Cabot Creamery Co-op and Organic Valley, fairly traded coffee, tea, and chocolate from Equal Exchange, La Riojana wines and olive oil, naturally fermented vegetables from Real Pickles, Northeast Grown frozen fruits and vegetables from your Neighboring Food Co-ops — and many others.

This month's Partner of the Month is Littleton Food Co-op Community Fund. The first \$1000 will be matched thanks to Twin Pine Cooperative Foundation sponsors - Equal Exchange and Fronter Co-op. Your Round-up or donation this month will build more community run co-ops and stronger communities. Every dollar goes to invest-

ments that grow co-op, and every dollar of interest earned on our account is given to local non-profits in our North Country. Our Co-operative Community Fund program is linked with almost 50 other food co-ops across America. Together, we raise more equity like funds for co-operative development organizations than any other organization in the USA. Almost every food co-op in the USA that expands, remodels, moves or builds another store has dollars invested in it that come from the Cooperative Community Fund program. The TPCF/CCF program is the single largest co-op investor in Equal Exchange, Maple Valley Co-op and Organic Valley Co-op and the single largest co-op investor in the Shared Capital Cooperative, ICA LEAF Fund and Cooperative Fund of New England.

Past recipients here in our community:

2019 - SWAN-Supplemental Weekend Assistance

2018 - Good Neighbor Emergency Fund

Scavenger Hunt

by Maggie Anderson

On my way home from Plymouth the other day I hit the brakes when I saw a bucket on somebody's lawn with a big "FREE BASIL" sign taped to it.

The fragrance wafted all the way across the street before I'd even pocketed my keys. I grabbed a bundle and plopped it into my lunch cooler, feeling I'd hit the jackpot and dreaming of what that evening's meal would be.

I hit the lotto again when I scored a bunch of free celery in one of my favorite haunts, then couldn't believe my luck when a sign in Wentworth offered a basket of sun-ripened tomatoes for the taking, and became absolutely giddy over acquiring a green - and a yellow! - squash beneath yet another free sign on somebody else's lawn before I finally got home.

The first night I made pizza with some of my new bounty, its aroma filled the house for hours after we'd polished it off and the dishes were done and put away.

The second night's meal was a roasted veggie stew topped with a swirl of sour cream and tiny ribbons of fresh basil decorating the top of each bowl.

Autumn is a great time of year to cash in on the excess over-zealous gardeners have produced.

The question that's been plaguing me is whether my hunter/gatherer skills mean I'm a forager or a scavenger. I've thought about it quite a

bit and have decided that since I didn't scrape any road kill off the pavement, and refused to toss my cat's contribution into the stew pot, I believe that means I am a forager, a lazy one perhaps, never venturing into woods or off the main roads, but a grateful one as well.

The surprises in baskets on porches and lawns these days make a Sunday drive worth more than the price of gas.

The next time Hank asks me what's for dinner I'm going to grab the car keys and tell him I'll let him know as soon as I get back.

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Hats Off to River Bend CTE Center!

Nationwide, career technical education (CTE) center programming has changed, evolved and has become more innovative than what we once called, vocational education. Career Technical Education centers have improved graduation rates in high school through offering students in grades 10, 11, and 12 the opportunity to acquire skills needed in the workforce. The centers benefit American business and industry allowing them to remain globally competitive. As a member of the state CTE Advisory Council, I have read reports asserting that CTE graduates have high levels of academic performance and upon high school graduation, they either pursue additional post secondary education or become gainfully employed in a skill oriented capacity. CTE students learn to collaborate, cooperate, communicate and acquire specific workforce skills.

Of the twenty-eight centers that NH students attend, four are located in Ver-

mont: Canaan, Bradford, Springfield and Brattleboro. Students from Woodsville High School have the opportunity to attend the Bradford CTE center, otherwise known as River Bend. As a state representative I have worked with other legislators and CTE center administrators over the years to craft various legislative bills or rules to assist CTE programming or budget needs. Several of these efforts are now law. CTE instructors now have the option to attain alternative certification pathways that rely more upon past job experience and know how. Secondly, several years ago, only students enrolled in grades 11 and 12 were eligible to attend CTE centers. The program is now open to students in grade 10.

While discussing career technical education centers, I also want to note and thank the many business and industry associations that actively assist CTE centers through financial aid or through donating needed

technological equipment. One of those active associations is the NH Automobile Dealers Association (NHADA). This association represents over 500 members and 14,000 employees throughout NH. NHADA's active involvement enables students in automotive classes to operate and learn from the latest technology to diagnose and repair engines, brakes, steering, electrical systems and much more.

We are now in the midst of another election cycle. Although I do not accept campaign contributions, I recently received a check in the amount of \$100 from the NH Automobile Association. It is that association's belief that governmental involvement in the business community, from mandates to tax policy, must be balanced and beneficial to all parties involved. Rather than using the \$100 as a campaign contribution, I am forwarding this check to the River Bend CTE Automotive Program. I am sure the Automobile Dealers Association will agree, education and the business world need to work cooperatively, hand in hand, to enable attending students the opportunity to achieve industry-recognized standards. My hat is off to the staff and business groups that recognize and deliver quality workforce skills at our career and technical education centers.

Respectfully Submitted,
Rep Rick Ladd

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Letter to the Editor

Despite statements that have been made about me to the contrary, I am unequivocally opposed to an income tax. In fact, I hope to work in the legislature to lessen the burden of property taxes and if elected I would prioritize ending the downshifting of costs and responsibility to municipalities without imposing any broad-based tax.

Shifting taxation to local taxpayers is not sustainable. It has had an outsized impact on property poor towns and has specifically hurt many areas of District 2 including my hometown of Plymouth. With much of the property in Plymouth being University-owned, the tax burden falls on local residents. Here, our taxes have risen by 17% since the Great Recession. All across the district and across New Hampshire, folks are pleading for the state to stop passing the buck to the

towns and municipalities. In the State Senate, I will fight to restore shared revenue to our towns and lower our property taxes without implementing an income tax. As chair of the Plymouth Select Board and a tax-paying citizen of Plymouth, I know all too well the increased tax burden that has been placed on towns, especially those with low property values, when shared revenue from the state is gutted. Downshifting costs to our towns not only places a heavy burden on us as taxpayers, it is also an abdication of responsibility from the state. I hope to earn your vote and look forward to implementing solutions without increasing the tax burden on Granite Staters.

Bill Bolton
Candidate for State Senate in District 2
Plymouth, NH

Letter to the Editor

I'm writing in support of Bill Bolton's campaign for the New Hampshire Senate in District 2. I know Bill will fight to protect the Granite Advantage Medicaid expansion program and build upon it. Thousands of Granite Staters rely on this program. In 2014, 50,000 low-income Granite Staters became eligible for Medicaid. In August of this year, it reached 61,000 enrollees, its highest ever. With many losing jobs and, with them, their healthcare in the midst of this pandemic, Bill knows we must fight to protect and build upon this vital program and will do just that if we send him to Concord.

As Chair of the Plymouth Select Board, Bill knows the burden that downshifting has placed on our towns and the burden it's placed on taxpayers as we fund our education systems. In the

State Senate, Bill will work to return shared revenue to towns and lower property taxes while fighting for public education.

And of course, I cannot write about Bill's candidacy without mentioning his plan to expand broadband and cellular access to all parts of his district and across New Hampshire. Broadband expansion would play a vital role in bringing telehealth services to rural Granite Staters and lowering our healthcare costs.

Vote for Bill Bolton for N.H. Senate District 2 on November 3.

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NFIB Endorses Erin Hennessey For Election To State Senate

Concord, NH - - The National Federation of Independent Business (NFIB), today, endorsed State Senate candidate, Erin Hennessey for election to NH State Senate District 1.

NFIB State Director, Bruce Berke, announced the endorsement of Hennessey for election stating that her commitment to work positively on small business issues has been "demonstrated by her voting record as a State Representative and her interactions with small business owners in her home town of Littleton. Representative Hennessey clearly has the backs of small business owners in the North Country and throughout the state of New Hampshire."

Berke continued, "Working with small business owners, Rep. Hennessey understands the small business community. She sees the challenges of the small business person on Main Street throughout the district while having an appreciation for both the highs and lows entrepreneurs experience on a daily basis."

"Erin Hennessey's votes have shown she respects small business owners as she has opposed costly mandates and higher business taxes, especially as they work through the uncertainties of the current pandemic. Creating higher taxes and increasing business costs would be particularly

crippling to small business owners and the communities in which they are located."

"In short, Rep. Hennessey recognizes that the business cost drivers debated in Concord every year have a real impact on small businesses in the North Country. She gets that increased labor costs through mandated wages or benefits reduce job opportunities for people in New Hampshire. And Rep. Hennessey understands how our state has been able to create and maintain the NH Advantage. Specifically, to that end, she is opposed to an income tax and a sales tax."

State Senate candidate, Erin Hennessey stated, "I am proud to receive NFIB's endorsement in the race for State Senate in District 1. Small business is the backbone of the North Country's and New Hampshire's economy."

Hennessey continued, "Growing our state's economy and creating opportunities for good paying jobs will be my top priority as state senator. Providing tax relief and reducing regulations will empower our small businesses to grow and create jobs for Granite Staters, especially for the communities in District 1."

The NFIB's endorsement process is based on voting records, surveys and membership input that all focuses on issues that are critical to operating a business in NH.

by Brigitte Codling
Haverhill Town Manager

Sometimes change is necessary, but it is never easy. I would like to say that the Town of Haverhill has incredible employees; Colton Grant is a highly competent and responsive Road Agent, Jim McKinnon is proving to be a superb Head of Maintenance, Amanda DeFosse has knocked Welfare out of the park, Ralph Crosswell has revitalized the airport, Tina Hebert is a dynamo Town Clerk, Sherri Sargent is a talented Parks & Recreation Director, and we have offered the Interim Chief of Police position to a candidate who has the skills, knowledge, personality, and experience to help our PD through this tough time. There are many dedicated, committed, effective employees and volunteers who put 100% into their work for the taxpayers. They deserve to be the focus of everyone's attention. I have so much respect for the many phenomenal employees and volunteers who have performed well above anyone's expectations over the past year and a half; and I support the decision of every single employee and volunteer who has chosen to move on for one reason or another, many whose decisions were very

Changes In Haverhill

personal for them. I would add that the Airport Zoning Commission is alive and well and helping to breathe life back into the Dean Memorial Airport; the Parks & Recreation Commission has rolled out new programming even with COVID; and (though not Town sanctioned) the Beautification Committees (Woodsville & No. Haverhill) are still keeping Haverhill beautiful. Also, the Town Fire Department Committee is diligently working to develop a comprehensive plan for the new Town Fire Department

as the residents of Haverhill have asked them to do. The Town is headed in the right direction, morale is high and things are good. It's unfortunate that some people want to focus on perceived negatives when there are so many positives that are worthy of recognition. I continue to be honored to serve the people of Haverhill and welcome your input, you can email me at townmanager@haverhill-nh.com, call or text me at 603-728-5192. Best to you all.

James E. Hobbs, Author of over 500 Amazon books, Lecturer, Graduate Gemologist, and discoverer of a Gemological phenomenon called Gliding", which is the physical separation of the atomic structure in Diamond if exposed to an earth quake, while in the semi molten state!

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- "Haverhill, New Hampshire"
- "State of the Onion"
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Not all Times are Trendy, but there will always be Trendy Times

October 13, 2020

Volume 12 Number 1

Calendar of Events

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

CTOBER 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

SATURDAY, OCTOBER 17

PULLED PORK DINNER
4:30 - 6:00 PM or Runout
United Congregational Church of Orford
\$13.00/Dinner TAKE-OUT ONLY,
Menü includes Baked Beans, Cole Slaw, Roll,
Brownies
Masks Required

SUNDAY, OCTOBER 18

ST LUKE'S EPISCOPAL CHURCH SERVICE
10:30 AM with communion
3 Church Street, Woodsville

THURSDAY, OCTOBER 22

FALL TOUR OF CONSERVATION PROJECTS
9:00 AM See Article on Page 7
323 Monroe Road, Bath at the Walling property

FRIDAY, OCTOBER 23

ACORN STORYTIME EVENT
10:00 AM
St. Johnsbury Athenaeum

SUNDAY, OCTOBER 25

ST LUKE'S EPISCOPAL CHURCH SERVICE
10:30 AM with communion
3 Church Street, Woodsville

MONDAY OCTOBER 26

HAVERHILL SELECT BOARD MEETING
6:00 PM Virtual Meeting
Clifford Memorial Building, Woodsville

FRIDAY, OCTOBER 30

ACORN STORYTIME EVENT
10:00 AM
St. Johnsbury Athenaeum

TUESDAY, NOVEMBER 3

ELECTION DAY 1:00 PM
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THURSDAY, NOVEMBER 5

PICTURE BOOK CLUB
11:00 AM
St. Johnsbury Athenaeum

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By John Martin

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Letter to the Editor

“Joe Kenney -- One in a Million”

to the Editor,

Even though I have never before written a letter for publication in a newspaper, I felt the need to express my strong support for Joe Kenney in his bid for a seat on the Executive Council for District #1. From my personal experience, I believe that Joe's personal integrity, strength of character and caring nature more than qualify him for the Council seat.

In September of 2019, I reached out to Joe for help, as my wife was facing a serious medical condition, and I did not know where to go for information. Joe was immediately there to assist and very instrumental in providing us with access to nu-

merous resources. Even though I had never met him (I would like to), I was impressed by his caring nature. In response to my phone call, Joe reached out immediately to find out what the issues were and how he could help us. He was genuinely concerned for my wife's health and still contacts us to get updates on her condition.

It was not until recently that I discovered that, at the time I contacted him, Joe Kenney was not a member of the Executive Council. (He had served on the Executive Council a few years back). However, on his own initiative, he took the time to help us when we were in need. Not many people

would do that! Joe truly cares for people. As a former Marine, he is always ready to lend a hand to those in need, even if not in an official capacity. This is the type of individual who should be returned to public office.

As far as I am concerned, Joe Kenney is One in a Million, and I am proud to endorse him to serve as Executive Counselor for District #1. As a lifetime NH resident, I feel completely confident that, as a public servant, Joe Kenney will further the interests and welfare of all the people of our State.

Mel and Mary Colby
Haverhill, NH

Visit Conservation Projects and Learn About Conservation Planning on Fall Tour

With the challenges of 2020 we are all learning to focus on what is important - make a plan, and follow it. The Grafton County Conservation District (GCCD) Fall Tour of Conservation Projects will highlight several projects recently completed that demonstrate the planning process in action. Landowners working with conservation planners and partners have established a large pollinator meadow, improved water quality and aquatic habitat, and protected healthy soil for sustainable production. We will be joined by Chad Cochrane and Tom Ebert, Natural Resources Conservation Service (NRCS), Ron Rhodes, Connecticut River Conservancy (CRC) River Steward, and Paul Knox, Knoxland Farm. This will be an opportunity to learn about resources available to landowners interested in conservation practices.

Please join us on Thursday, October 22, 2020 at 9:00AM to learn more about these conservation projects your neighbors have been working on. We will travel in personal vehicles from site to site, and ask participants to wear a mask when safe physical distancing is not possible. The Tour will be held rain or shine, so dress for variable weather, and plan on light hiking at each stop. Call Pam at (603) 353-4652, ext 103 if you plan to attend. All are welcome to join us for the morning, or at a stop along the way. Our schedule of site visits includes:

We will start at 9:00AM at 323 Monroe Road in Bath at

the Walling property. Rick Walling, GCCD Supervisor, began planning for his pollinator habitat, a 1.4 acre meadow, by working with the Natural Resources Conservation Service (NRCS) through the Environmental Quality Incentives Program (EQIP). Once accepted into the program, Rick began preparing a site in years 1 and 2 to reduce weed seeds. Once the seed bed was ready, a mix of native wildflower seeds was planted in late fall of year 2. The seed mix contains many native wildflowers that provide pollen and nectar, and shelter throughout the season. The meadow is now established and Rick follows a maintenance plan to keep the meadow free of weeds. The meadow provides permanent habitat for native bees, honey bees, and other pollinators. We will have an opportunity to ask Rick questions about establishing his wildflower meadow and management strategies. NRCS will discuss getting started with conservation planning.

For the second site visit, we will park at the Blackmount Country Club, 400 Clark Pond Road, North Haverhill about 10:15AM and walk to the first dam removal on Clark Brook. Two dams on Clark Brook in Haverhill, NH were removed in a collaborative effort between; NRCS, Connecticut River Conservancy, US Fish & Wildlife Service, NH DES Dam Bureau, NH DES Wetlands Bureau, the NH State Historic Preservation Office, and private landowners. These dams were no longer

functioning for their designed purpose, a barrier to fish and other aquatic organisms, and a public hazard due to the fact they were no longer being maintained. The dams were removed, eliminating the safety hazard and aquatic organism passage was restored by reworking the stream bed in the location of the former dams. The second dam removal site is on Pine Mill Road in the village of North Haverhill. We will park behind the VFW on Rte. 116 (please do not park at Life Transition Services where the dam site is located). CRC River Steward Ron Rhodes, who served as the project manger for both removals, will show us the project sites, describe the work that was done, and answer any questions you might have.

Our final site visit takes place on NH Route 25, south of the Peaked Moon Farm Stand in Piermont at approximately 11:30AM. Grafton County Conservation District has been partnering with the Grafton County Farm, and Knoxland Farm for several years on a soil health demonstration project using innovative techniques to improve soil health. The project is a NH Association of Conservation Districts soil health demonstration project, with NRCS and UNH Cooperative Extension advising. As part of the project, a shorter-day maturing corn has been planted each spring using a no-till planter. After the corn harvest, two cover crop seed mixes have been planted using a no-till drill, which provides good results at a lower seeding rate. The goal is to

Letter to the Editor

Linda Lauer for Grafton County Commissioner

To the Editor

There is only one candidate for Grafton County Commissioner who is qualified for the job – Linda Lauer. After being asked to finish Ray Burton's term, she has worked tirelessly in this position for seven years now, also serving at the same time as the Chair of the Board of Commissioners for the last four years.

Linda has spent her entire life in the service of our country. While in the Navy, she was among the first female officers to be part of the U.S. Naval Academy faculty. Afterwards, she joined Lockheed Martin, directing multiple aerospace research and development projects for 26 years.

She holds a bachelor's degree in education and a Ph.D. in chemistry. She is the town of Bath's Emergency Management Director, the Master of Pine Grove Grange #298, and serves on the board of directors of the New Hamp-

shire Grange Foundation.

In her position as County Commissioner, Linda is dedicated to finding the best balance to serve the needs of Grafton County citizens while ensuring costs stay under control, all the while keeping an eye on future needs. She is deeply concerned that the state government remains honest about maintaining responsible funding for its needs without passing these costs on to our local property taxes.

You will not find anyone better suited, more capable, and more dedicated to serving the needs of the people of Grafton County. Now is not the time for an unqualified person to have to learn the job from scratch.

Vote for Linda Lauer for Grafton County Commissioner on November 3rd.

Rachael Booth
177 Cemetery Road
Landaff, NH

Letter to the Editor

Dear Editor:

Ron Willoughby's Op-Ed (9/24) gets almost everything wrong. Let's start with this: even prior to the Covid-19 recession, US employment and GDP growth, and the stock market, were better and were sustained longer under Obama than under Trump. Willoughby's hero was left millions by his father, and squandered it on business failures; he was also left a strong U.S. economy from his Obama- and has wrecked it in a single term.

In fact, US recessions almost inevitably occur in Republican times: the recessions of 1970, 1980-82, 1990, 2001, 2008-09, and now, 2020 all took place under Republican presidents. The exception was

the recession of 1980-82. That one started under Jimmy Carter (who, unfortunately for him, presided just as the formation of OPEC upped energy prices by over 20 percent). But it continued under Ronald Reagan. Likewise, the Great Recession of 2008-09 was triggered by the 2007-08 financial crisis, which also occurred on the GOP's watch.

It is, in short, a myth that the economy does better under the GOP. The opposite. And I haven't even mentioned that our "pro-life" incumbent's blunders have cost more than 200,000...lives.

Sydney Lea
Newbury

plant the cover crop mixes as soon as possible to see best results. The seed mixes include grains, grasses, brassicas, clovers and legumes to achieve fall cover and a manageable spring biomass. The two trial cover

crop seed mixes used in this project were developed by the NH Soil Health Partnership, and tested throughout NH. We will discuss growing cover crops and no-till planting to improve soil health.

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Interim Chief Named in Haverhill

by Brigitte Codling
Haverhill Town Manager

With the resignation and
impending departure of Chief

Alling, it was important to me to find an interim leader who could thoughtfully help the HPD navigate the next 4-6 months.

With that said, I am very happy to announce that Derek Sullivan was offered, and has accepted, the part-time Interim Chief of Police position with the Town of Haverhill.

Derek will step into his new role the week of October 12th.

We are all very excited to be welcoming Derek back to the Haverhill team and we look forward to what the future holds.



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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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New Leadership at the Ammonoosuc Conservation Trust

The Board of the Ammonoosuc Conservation Trust (ACT) is pleased to announce Rosalind Page as ACT's new Interim Executive Director. After Chris Thayer was announced as the new lead, he reconsidered his interest in the position. Page has since stepped into the role of Interim Executive Director, starting on September 28th, 2020.

Ms. Page has a great deal of organizational knowledge and a long history with ACT. "We are delighted to have Rosalind come on as Interim Director," said Board of Trustees Chairperson, Marilyn Booth. "Rosalind is a longtime partner and friend of ACT, and is uniquely qualified for the position," Booth explained.

Rosalind and her husband Tom were first introduced to ACT in 2005 as conservation landowners, finishing a project started by the previous owner. In 2009 Rosalind joined the ACT Board of Trustees and served for nine years. She became the Board of Trustees Chairperson in 2012 and served for six years before completing her term in 2018. As acting Board Chair Page sat on all of ACT's committees and developed a deeper understanding of the work and the organization.

During her tenure, Rosalind also helped monitor most of the conserved lands that ACT cares for and continues her connection to the organization as an active Lands volunteer. This long history with ACT, alongside her 40 years as a professional land surveyor and 27 years as a small business owner, make her remarkably well prepared for the Interim Director role.

Page brings with her a deep understanding of conservation work as well as the needs of the communities we serve. "Her work to advocate for the good of the community ties back to ACT's mission of conservation and community vitality," said Booth. "We have a lot to be excited about in adding Rosalind to ACT's team. With her, we can remain dedicated to our mission of leading and inspiring action to conserve land in the North Country. Work that is more important than ever in these times."

Beyond her volunteer work with ACT, which she continued beyond her board service, Page stays connected to the needs of the region through years of serv-

ice on town boards in Lisbon. She is a member of the Lisbon Conservation Commission, serves as the Chairperson of the Lisbon Planning Board, and is the Lisbon community representative on the North Country Transportation Council.

Rosalind's excitement for the role is clear, "I'm thrilled to be joining the ACT team again," she said. "As a longtime supporter and easement donor with ACT, I feel strongly about the importance of ACT's mission and work in the region and look forward to building on the legacy of the organization's founders." In discussing what she sees is the role of conservation in our current time she explained, "Conservation and community vitality are now more important than



ever especially in our rural communities. I'm excited to help lead ACT in continuing to protect land and water for people and wildlife as well as support recreational opportunities and food security in our region."

For more information about ACT, and their vital work in the North Country, visit act-nh.org.

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Letter to the Editor

Erin Hennessey Works for Our Kids

I am a pediatric physical therapist who works in early intervention. I see children from birth to three in their homes in both Coos and Northern Grafton county. Most children either have a congenital diagnosis, were born prematurely, have high risk factors, or are demonstrating delays in gross motor milestones. I'm very passionate about the work I do because I know the sooner a child gets the therapy they need, the better off they will be later in life. Erin Hennessey has listened to the obstacles I sometimes face in providing quality

care and getting these kids the services they need. She has worked to ensure these children and their families have access to these services. She understands that early access to services is best for our kids and families and works with her Democrat and Republican colleagues and the Department of Health and Human Services to get this access. She works for our kids, our families and the North Country. She has my vote for NH Senate.

Amy Mullins
Franconia

Letter to the Editor

To the Editor:

Erin Hennessey works for ALL North Country Families and Businesses.

My family and I own a small business in Coos County heavily impacted by the pandemic. Erin Hennessey went out of her way to make time to help me secure funding for my business through both the Federal and State business assistance programs to get us through the early months of the pandemic. This funding was critical not only to my business, but helping my employees to return to work.

I was impressed by how educated she was on the details of these programs, which was critical to getting

the funding I needed. I've heard from many other small businesses where Erin provided the same help for them, even through public video calls she hosted for anyone that wanted to attend. What impressed me most is that Erin values all North Country families and businesses, run by owners and supporters of both political parties. Erin really impressed me by putting in the work and having the ability to get things done for all of us.

I'll be supporting Erin Hennessey for State Senate on November 3rd.

Sincerely,
Cece Chen
Sugar Hill, NH

Letter to the Editor

To the Editor:

Erin Hennessey is running for the State Senate District 1 seat. No one is more qualified to serve the residents of Coos and Northern Grafton counties.

As someone who was a colleague of hers in the House of Representatives, I was immediately impressed with her grasp of issues and ability to cut through all the hot air in Concord. In just 3 terms Erin has become a "go-to" person due to her calm demeanor and common sense approach to issues that impact us all.

Most recently, Governor Sununu appointed Erin to spearhead Covid relief recommendations throughout the northern part of our State. Of all the people he could have chosen, he selected Erin. A sharp mind

and a CPA background made Erin the perfect choice for this critical task and earned her praise from people across the political spectrum.

Never one to shy away from tough issues, Erin is fiercely independent and has always put her North Country constituents' needs as her top priority while also protecting our first and second amendment rights.

Erin has a proven track record and gets results! She'll be a great senator for us all!

Please join me in voting for Erin Hennessey on Tuesday, November 3rd.

Sincerely,
Hon. Brad Bailey
NH House of Representatives 2012-2018
Monroe

Editor's Note: Regular readers will notice that I have NOT answered most of the Letters to the Editor in this edition of Trendy Times. Instead I will simply urge all to be informed and be sure to Vote. It is your right and your privilege.

To the Editor,

Sincere thanks and hats off to all those who ran/are running for state offices this year; because of their efforts, we have clear choices. In return, we owe candidates a commitment to vote in the November election. For whom will you vote?

On November 3rd, I will be voting for Ed Rajsteter for State Representative in Grafton District 15. I know Ed as a Navy veteran, an elected Commissioner, a retired financial professional, and a tireless citizen activist who has devoted years to helping others who needed a hand up to self-sufficiency. One example: a few years ago, Tina L. Nadeau, Chief Justice of the New Hampshire Superior Court, asked Ed to organize a

Letter to the Editor

state-wide non-profit entity, Friends of New Hampshire Drug Courts, to be modeled after a local group affiliated with the Grafton County Court in which Ed was very active. To that end, he dedicated four years mentoring other citizen activists from counties all across the state, all of it volunteer work on his own time, his own nickel.

As a State Representative, Ed will work hard to advance efficiency and fairness in Government. He does his homework on issues; he has keen business sense; he asks questions from various perspectives and listens respectfully. He works with others on common issues. He is approachable and he follows through on commitments. He is a good neighbor to all in the

broadest sense of the word. He is effective.

Let us remember that voting is a duty, a moral obligation of citizenship in a democracy. It is the means by which we have the best chance of forming a government that will work equitably across sectors, parties and issues, collaboratively, for the common good. We need to vote, all of us. So, for whom will you vote?

I believe a vote for Ed Rajsteter on November 3rd will be a vote for common-sense, honest, thoughtful, energetic, and compassionate representation. He's got my vote, and I hope, yours.

Sincerely,
Patricia A. Brady
Woodsville

Letter to the Editor

Vote Erin Hennessey for State Senate

To the Editor,

I urge you to Vote for Erin Hennessey in her quest to be the next Senator representing District 1.

Erin has served for the past six years as our Representative in Concord. She has worked tirelessly to help improve our North Country. She opposed, and helped defeat, Northern Pass preserving the beauty of our Towns. Serving since 2014, She is Assistant Republican

Leader on the Finance Committee and is currently serving as a Legislative Advisor on the very important Governor's Office for Emergency Relief and Recovery.

Erin will be a real voice for the people in the North Country in Concord. She has visited throughout the area, listening to people's issues, understanding and helping as she can. Especially important in this period of the Pandemic, assisting

with compensation and recovery assistance issues. She does, and will always work for the best for everyone in the District.

Erin is highly educated, very intelligent, and has a lot of common sense.

Please join me in voting for Erin Hennessey on November 3rd.

Sincerely,
Brad Presby
/Bethlehem

Letter to the Editor

Here we go again!

To the Editor,

Democrat Sue Ford is following in the tired old footsteps of her predecessors using last minute mailings of flashy postcards that criticize her opponent with mealy-mouth accusations.

In her mailing Ms. Ford accuses her opponent of being against "efforts to provide New Hampshire families with medical, financial, and job security while they care for loved ones." Oh my, how evil to oppose something so righteous and sweet!

What if I told you that SB 1 (AKA Family Leave Act) was just another Democrat Trojan Horse designed to bring us a first in New Hampshire State Income Tax? Oh wait a minute, all NH elected Democrats say in unison (they habitually act as one) "this isn't an income tax". Taking a closer look under their plan employers will be mandated into the program unless they can prove they've an acceptable alternative. The plan allows employers to take money from employees to cover

costs. Employees can opt out BUT the employer still has to pay this new tax based on every single employee and their wages.

The Democrat plan gets worse: This funding scheme only applies to Private Sector Businesses. Private sector employees under the Democrat's plan will be forced to fund this same benefit for government workers! How generous of everyone!

Incredibly Sue Ford and her Democrat allies want an unelected bureaucrat setting this new tax rate. An unelected bureaucrat!

Forcing one group to fund another is a favorite Democrat tactic. Some would call this creeping Socialism.

Governor Sununu proposed an alternative that would provide similar benefits but allow businesses to voluntarily opt in or out. I can imagine a benefit for people who want to grow their families where a voluntary pre tax, self-contribution could be matched by the employer. That would assist

parents, children, employers and me.

Why me? Because making this benefit voluntary would avoid having me help pay for a multi-million dollar state-run program whose services I will never use. Furthermore, making it voluntary will help New Hampshire retain its low tax status in a nation flooded with high tax policies.

Yes, Sue Ford is just another old tax and spender Democrat who must join her fellow Democrats in advocating for higher taxes or be shunned.

Nice try Sue, but New Hampshire needs common sense Senators in Concord like Erin Hennessey. We need creative people with fresh ideas who look out for all of us, not tired, elected officials who simply go along to get along.

Keep New Hampshire a great place to live, on November 3, vote for Erin Hennessey, she'll have our back!

David Rivers
Thornton, NH

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When you retire, you've learned a lot about all sorts of things, helping you avoid some of the mistakes you made earlier in life. However, you may still be susceptible to financial missteps specifically related to your retirement years. How can you dodge these errors?

Consider these suggestions:

- Manage your withdrawal rate carefully. You will likely need to tap into your retirement accounts – your IRA and 401(k) or similar employer-sponsored plan. But you should establish an annual withdrawal rate that's appropriate for your situation. By withdrawing too much each year, especially in the early years of your retirement, you risk outliving your resources. You may want to consult with a financial professional to determine the withdrawal amount that's right for you. (Keep in mind, though, that once you turn 72, you will be required to take out at least

turn 65, you will be eligible for Medicare, but you may still need a Medicare supplement plan and will probably also incur other expenses. In fact, A healthy 65-year-old couple who retired in 2019 will need nearly \$390,000 over their remaining years just to pay for health care, according to HealthView Services, which produces health-care cost projection software. Other estimates show different amounts, but they all amount to hundreds of thousands of dollars. So, when calculating your expenses during your retirement years, reserve a big space for health care.

- Don't take Social Security too early. You can start receiving monthly Social Security checks when you reach age 62, but your payments will generally be significantly larger if you wait until your "full" retirement age, which will probably be between 66 and 67. (The size of your payments will "max out" at age 70.) Of course, if you need the money at 62, you may have to take it, but if you believe you have longevity working in your favor, and you can afford to wait, you may be better off by delaying Social Security as long as possible.)

- Don't invest too conservatively. Once you're retired, you might think that you should take as few chances as possible with your in-

vestments – after all, you simply have less time for them to bounce back from a downturn than you did during your working years. Nonetheless, it's important to own a reasonable percentage of growth-oriented investments to help keep you ahead of inflation. Even at a low rate, which we've experience recently, inflation can erode your purchasing power over time.

- Don't be more generous than you can afford. If you have grown children who need financial help, or grandchildren heading to college someday, you'd no doubt like to do whatever you can to provide assistance. However, the hard truth is they simply have more time than you do to find workable financial solutions, whereas if you deplete your funds through your generosity, you could put yourself in a precarious position. So, be as giving as you can afford – but don't go beyond that. By preserving your financial independence, you'll end up benefiting your family, as well.

Retirement can be a wonderful time of your life – and you may enjoy it more by doing what you can to avoid costly financial mistakes.

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

Edward Jones, Member SIPC

a certain amount each year – based on your age and account balance – from your traditional IRA and 401(k) or similar plan.)

- Don't underestimate health care costs. Once you

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October 13, 2020

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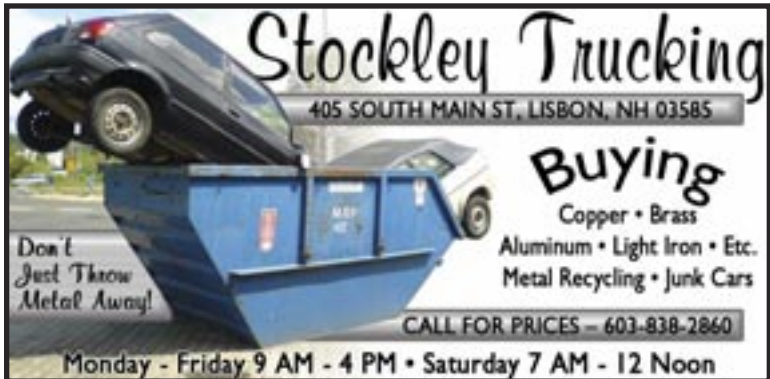


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Letter to the Editor

To the Editor:
Although we are registered Democrats, we were the first to contribute to the campaign of Erin Tapper Hennessey in her quest to become State Senator for New Hampshire's District 1. Generally, we support Democratic candidates, but in this time of terrible divisiveness we believe it is more important than ever to support the best person for the office, regardless of party affiliation. Erin Hennessey is the right person to represent us in the State Senate.
We have come to know Erin very well through our long-time friendship with Erin's in-laws, Ed and Erin

Hennessey, and her spouse, John. The primary reason we feel Erin is the right person for the job is that she is an outstanding listener. The egos of those seeking public office often gets in the way of really listening to those who they seek to serve. Erin is also extremely intelligent and energetic. While finding the time to work on North Country nonprofit causes, to serve on many boards and to have been instrumental in combating Northern Pass, she still finds time to be a wonderful mother to her two beautiful children and a very supportive spouse.

Erin will represent all residents of the North Country regardless of party and status. Although we are sure Sue Ford is capable is well, we know Erin well enough to choose her not only for the State Senate but for even greater roles in the future. As a member of the New Hampshire House of Representatives she has shown herself to be one of the best young leaders not only in the North Country, but in all of New Hampshire. We enthusiastically endorse Erin and hope you will join us in voting for her.

Steve & Sally Samaha
Sugar Hill

Letter to the Editor

Opposed to Out of State Spending, Supports Rajsteter for State Rep

Dear Editor:
I join the voices of Jim Graham and many others to urge the voters of Haverhill, Bath, Benton, Easton, Landaff, Orford, Piermont, and Warren to vote for Ed Rajsteter for State Representative. Ed is a thoughtful person who has shown his dedication to public service by his work on behalf of the Friends of Grafton County Drug Court. I am confident

that he will listen, consider the views of his constituents, and won't be someone who just votes the party line.
I am also concerned by the out-of-state money that is being spent to support Ed's opponent, David Binford. Having received his mailings, I checked out the website containing his name, and it took me to a political organization in Vir-

ginia. Further, a young man with Texas plates was campaigning for him door-to-door. When I inquired, this man admitted that he had been paid to drive up to NH to work for Mr. Binford.
The choice is clear: vote Ed Rajsteter for Grafton County District 15. Thank you!

Douglass Teschner
Pike, NH

Letter to the Editor

“Sue Ford flip-flops on voting issues”

To the Editor,

In 2009, a group of residents from the towns of Franconia, Sugar Hill, and Easton promoted a special warrant article in their towns and the local school boards for more effective voting on respective town issues and respective school issues. The warrant articles involved the institution of a state-sanctioned called SB-2, passed by the NH Legislature in 1995.

In short, the SB-2 form of government was instituted by the NH State Legislature because of concerns that modern lifestyles had made it difficult for people to attend traditional town meeting. Under SB-2 form of government, residents vote at a polling place throughout the day. They may vote by absentee ballot. Under SB-2, a first session, called a “deliberative session” is held about a month prior to the town election. No voting takes place at this session. A second session is held as stated about a month after the “Deliberative Session” where residents vote by paper ballot on money issues. This promotes more independent scrutiny of fiscal, town, or school issues warrant articles by paper ballot free of outside influences.

Another provision of SB-2 form of government is that

residents can vote to hold this session on the first Tuesday in March, OR the second Tuesday in April, OR the second Tuesday in May!

In 2009, Sue Ford was an adamant critic of making voting easier and more efficient for local residents! Today, her position on making voting easier and more widespread (for non-residents) is clear by her voting record in the NH State Legislature. It seems all our local representatives in Concord are being manipulated by leading Washington Radical Left Progressives.

The voting records of local representatives of the towns of Littleton, Bethlehem, Sugar Hill, Franconia, Easton, Lisbon, Lyman, Landaff, Monroe, & Bath through June 6, 2019 (NH Legislative Session was cut short in 2019 due to COVID pandemic!) prove my point.

Timothy Egan (D), Sugar Hill, Franconia, Lisbon, Lyman, and Monroe, Sue Ford (D), Easton, Landaff, Bath, Benton, Warren, Piermont, and Orford, and Linda Maasimilla (D), Littleton, Bethlehem all voted: FOR: *making it easier for out-of-staters to vote in NH (HB105);

*making it easier for out-of-statersto vote in NH (HB106);

*making voter fraud easier by allowing anyone to vote

absentee (HB611); *making it easier for illegal aliens to get a driver’s license (HB397); *making it easier for non-residents to vote in NH (SB67);

AGAINST: *ensuring drivers’ licenses cannot be used by non-citizens to vote (HB471). Elaine French (D), Littleton, Monroe, Lyman, Lisbon, Sugar Hill, & Franconia voted: FOR: *making it easier for out-of-statersto vote in NH (HB105);

*making it easier for out-of-staters to vote in NH (HB106);

*making voter fraud easier by allowing anyone to vote absentee (HB611);

*making it easier for non-residents to vote in NH (SB676).

Dennis Ruprecht (D), Landaff, Bath, Easton, Benton, Warren, Piermont, & Orford voted: FOR: *making it easier for illegal aliens to get a driver’s license (HB397);

*making it easier for non-residents to vote in NH (SB67);

AGAINST: Ensuring that drivers’ licenses cannot be used by non-citizens to vote (HB471).

Vote for responsible government; vote Republican!

Nick De Mayo
Sugar Hill, NH

Letter to the Editor

To The Editor,

As Coos County Commissioner representing District Three I am endorsing Erin Hennessey for the State Senate District One. This endorsement is NOT because Erin is a Republican.

The following reasons have earned Erin our support : my wife as a successful small business owner and myself as an elected public official.

Erin has been to Lancaster, Jefferson, Colebrook and Pittsburg no less than ten times. She was there to listen, hear and try to help all of these communities with their issues concerning broad band, cell coverage and COVID – 19.

Erin voluntarily participated in 2 zoom meetings with the Coos County Commissioners in July and August as a member of the COVID – 19 ADVISORY BOARD dealing with Federal funding to help Senate District One.

Erin and Troy Merner

were the only two state representatives from Coos and Grafton Counties to attend a public meeting concerning the View Tax at White Mountain Regional High School two years ago. That was before Erin even considered running for State Senate District One.

Erin is a three term State Representative that recognizes, and will represent, not just the people that support her but all of the residents of Senate District One. She has and will continue to work with, and tirelessly for, the good of her entire District.

I would respectfully ask all voters in District One to please vote for Erin Hennessey for State Senate District One on November 3, 2020.

A house divided against itself cannot stand. Erin has worked and will continue to work with all for the good of our entire District.

Rick Samson
Coos County Commissioner
District Three

Letter to the Editor

A Candidate to Get Excited About

To the Editor

In an election year when many of us are feeling we have less-than-great voting options at the national level, Topsham, Groton, and Newbury voters, at least, have a refreshing choice: a VT State Rep candidate with a strong background and a positive vision.

Kelsey Root-Winchester is a millennial who’s been around the block. She has “cred.” Kelsey and her husband, Jason, own the Wellness Hall in Wells River, a small business that, in turn, houses several small health-related businesses including her own studio. She knows first-hand about financial strain, including the pinch of taxes.

Five years on the Blue Mountain Union School Board; co-coordinator of Newbury United (the town’s

COVID neighbor-helping-neighbor organization); on the boards of Little Rivers Health Care, the Wells River Assistance Program (affordable housing/economic development), 302 Cares (addiction)—Kelsey is no stranger to the problems facing our district and has long been active in working toward solutions.

Needless to say, Kelsey is energetic, but she’s also warm, approachable, smart, practical, and a good listener—all qualities that will make her a fine State Rep. Nice to have someone to vote for with enthusiasm, no wincing needed.

Rick Hausman,
Newbury

Rick Hausman served as VT State Rep. for Groton, Ryegate, and Newbury/ Wells River 1985-1990.

Letter to the Editor

to the Editor,

We are supporting Kelsey Root-Winchester for VT State Representative for the towns of Topsham, Groton, Newbury, and the village of Wells River. Here is why.

Kelsey is a self-employed businesswoman. Kelsey understands the effort it takes to run your own business. Kelsey is the mother of three. She understands the balancing act that is required when working and raising a family. As a self-employed businesswoman, Kelsey knows the struggle to find decent affordable childcare and being able to pay for the increasing cost of health insurance.

Kelsey has not shied away from community service. Kelsey serves on the Board of Little Rivers Healthcare and 302 Cares (Wells River’s coalition to combat the misuse of drugs and alcohol.)

But the number one reason for supporting Kelsey happened two years ago.

Remember Act 46? It seems like a hundred years ago doesn’t it? Kelsey served (and continues to serve) on the Blue Mountain School Board. Kelsey was instrumental in organizing trips to the VT State House to testify against allowing the merger of the BMU Supervisory Union with the Orange East Supervisory Union.

Now that we have seen the effects of the pandemic, Kelsey’s star is even brighter. We can see how important it was to maintain our local control of schools. Can you imagine the issues we would have if our students had to be bused an extra 30 miles round trip just to satisfy a ridiculously crafted piece of legislation? We are talking about legislation that would have made things worse, not better. Kelsey deserves a lot of credit for making the case against the merger and saving our BMU.

Kelsey is a very humble person with good family

values. Kelsey may shy away from the spotlight. But she is not shy when it comes to vocalizing her concerns either. Kelsey will listen! When you are self-employed, sometimes you must be independent. We have no doubt that Kelsey will do what is best for her district and not necessarily tow the party line.

In conclusion: We know Kelsey is against higher taxes. We are all against higher taxes. But year after year, the cost of keeping state government operating keeps going up. So, the question that the opposition needs to answer is this. What programs will you leave out just to satisfy an empty campaign promise? Aid to healthcare? Aid to supporting our state colleges? Child-care? Kelsey is the best one to tackle those issues. We rest our case.

Don and Judi Waterman
Wells River

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What About Ma?

by Kellie Quackenbush

All About Staying Healthy This Winter

A few weeks ago, my husband finally got to see his Ma in the nursing home. She is doing quite well as the facility has taken an abundance of caution in the care of their people. By keeping visitors out, they eliminated the threat of random virus' and bacteria coming into the facility. They had the workers checked before they came in and they changed their street clothes into uniforms and PPE (personal protective equipment). When someone was sick, they took immediate action, and separated that person from others.

Schools are back in session. The schools that are successful with students returning have parents and families in their community working with them to reduce the risk of passing the COVID-19 virus. Families that practice social distancing in public, take extra time to wipe down (and disinfect) the hard surfaces in their homes are less likely to get sick. Teaching the children the importance of wearing a mask and changing it when

they sneeze will reduce a school day frustration. Hand washing is very important, doors and light switches hold onto germs and virus particles longer, so after turning on a light, or touching a door it is time to wash your hands. Clothes need to be washed after each use.

The "AARP Bulletin", September 2020/Volume 61/number 7, had a special report on staying healthy this winter. In the article, they warn that inflammation hinders our immune systems' fight against the coronavirus and the flu. They say that autoimmune disorders like rheumatoid arthritis, lupus and type 1 diabetes contribute to inflammation in the body and make one more susceptible to catching a virus or the flu.

www.health.harvard.edu, in their "Women's Health Watch" offer "5 tips to help you stay healthy this winter", September, 2020, "1. Clean your hands. Practicing good hand hygiene isn't fancy or novel, but it works, says Michael Starnbach. Washing with simple soap and water can help keep you from

transporting germs from an infected surface to your eyes, nose, or mouth.

2. Eat healthy and exercise. Follow a nutrient-rich diet that includes lots of fruits, vegetables, and whole grains. Also, exercise regularly, and get enough sleep.

3. Don't skip doctor visits. People may be putting themselves at higher risk by not seeing their doctor, says Michael Starnbach.

4. Get vaccinated. Vaccinations aren't only for kids; they're a proven means of boosting your immune system to protect against certain viruses and other infectious agents. Getting your annual flu shot is essential this year. Adults should also make certain that they are up to date on their tetanus shot, which should be given every 10 years. Adults over age 65 may also want to consider the pneumococcal vaccine to protect against a type of pneumonia.

5. Be skeptical. A host of products on the market claim to protect you from germs — "self-cleaning" surfaces, ultraviolet (UV) lights, and even substances you're supposed to ingest, says Starnbach. Many of these items have some scientific basis, but it's often a big leap from that basic science to the final product, he says. So, there is much room for skepticism."

Social distancing, wearing masks, washing your hands and washing your clothes more often will help reduce your exposure to the Flu and the COVID-19. There have been many example of people who did not use caution in their public behaviors and they DID get sick. We need to be mindful of the world we live in and make smart choices for our own health and that of others. Happy Fall Season.

My Friend Henri

by Elinor Mawson

I've known Henri (not his real name) since he was a first grader in our school. He was in a class of a teacher who hated boys, and this set the tone for his entire school career. It was a struggle, and when he got to high school he needed tutoring in Math; his father enlisted my husband to help. When Henri graduated, he wanted to go to Rhode Island School of Design, and although it was affordable, his father said "no".

This left Henri bereft. He decided to become an antique dealer and this is where we connected. We bought from each other and sold to each other, and though there was a disparity in our ages, we became friends.

Henri's family life seemed normal enough, but a series of events took a severe turn. His father left the family and married his secretary. His brother, a famous art dealer, went to prison for fraud. This left Henri a breadwinner for his mother and his brother's family. He did Home Health as well as his antique business, and kept the family together. It wasn't easy!

Henri became an au pair for a family in London, and this became a spring board for his traveling life. He called it "Running away from home". He traveled all over the world -- China, Egypt, Japan, New Zealand, Turkey. When he would leave, he'd ask me what I wanted him to bring back. "Just call me collect" I would tell him.

And, at odd hours of the day or night I would get calls from a sheep farm in New Zealand, or an account of his experience in the Outer Hebrides. He loved his wanderlust life, but said he missed having someone to say "Oh my goodness" to.

When he got home for good, he decided to become a florist. Initially he worked for others in the floral business, and his designs and floral arrangements brought customers in by the droves. This inspired him to go out on his own and do shows, and although it took awhile to get on his feet, he eventually was successful in the business.

As time went on, Henri got a name for himself and acquired a few wealthy customers who wanted special arrangements for the holidays. This kept him going through the winter and he could begin to do his shows the rest of the year. He fine-tuned his business until he decided to rent a workspace and freelance, which has worked out well.

Henri is a happy man. He works as a gardener for a few wealthy clients. He makes his arrangements to sell at shows. He paints landscapes, and he still buys and sells antiques. He took care of his mother in her last months and says it was a very loving experience.

And he just turned 65. I have watched him grow up, and I have watched him develop into an interesting, funny and successful person. I'm glad we are friends.

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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
 A FREE PUBLICATION

Letter to the Editor

To The Editor,
 All ready Grafton District 15 state representative candidate Rajsteter is reaching outside of District 15 for support. A recent LTTE in support of Rajsteter was written by Bonnie Reid Martin of Hanover. Hanover is NOT a District 15 town. District 15 comprises Orford, Warren, Piermont, Haverhill, Bath, Benton, Easton and Landaff. The Honorable David Binford has held the District 15 State Representative seat in the past. He is a Constitutionally minded individual who fiercely stands by the fact that We The People stands for all people regardless of religion, race, gender or political standing! He stands for individual liberties, government accountability, and fiscal responsibility. David Binford will stand up and work hard for the people of District 15, as he has done in the past. David Binford has my support. Rebecca Bailey of Piermont, NH a District 15 town

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Letter to the Editor YOUR Town Manager (in Haverhill)

to the Editor,

Brigitte is not one of the "good ole boys." She has no axe to grind, and is not beholden to any individual or to special interests. If those "qualities" are what you want, then she is not that person. She was hired to do a job, (chosen from many applicants) and in my opinion she is doing it very well. She is a very hard worker with an altruistic purpose. She is trying to improve efficiency, have accountability and hold taxes down. If that means that changes need to occur, then so be it.

Every person who has left a job in Haverhill had their reasons. Most of those were personal, and a few were pushed out- and for good reason. Incompetence, lack of accountability, improper management and inefficiency have no place in good government. If not for laws preventing her from commenting on personnel

Ron,

I fully agree that we should do our best to stay away from politics as they are in Washington. Working together, rather than seperately, seems to me a much more advantageous way of doing things. But when working together

matters, we would know "the rest of the story."

It is unfair to skewer her with one-sided criticism. She has done a lot of good things - such as reviving the long stalled bridge project on Clark Pond Road (due to be completed in a month), paving several roads, coming up with money to buy new respirators for the fire departments, correcting several road projects that were done improperly, attempting to equalize the highway department funding, obtaining grant money (just the two most recent ones exceed her salary) say nothing about hundreds of thousands from FEMA, etc., etc. which means that she hasn't cost the town a cent.

The Woodsville precinct has nobody to blame but themselves for their problems with the State DRA. Yet, she is being blamed for their shoddy monetary practices and failure to comply

one must remember to listen as well as speak.

Much has changed in Haverhill over the last year and a half. But also remember that our Board of Selectmen are the ones giving orders to the Town Manager. She is an employee.

Gary Scruton, Editor

with state mandated audits. The Town would not be "falling apart" as some have claimed, if all precincts had complied with state imposed rules, and put the interests of the Town first.

The merging of the fire departments is not being forced upon anyone. If the voters don't approve the merger (once the study has been completed) then it won't happen.

Ulysses S. Grant (Commanding General of the Union armies) was a known drunk, but when Lincoln was told this, he simply said "I can't spare this man, he fights." Brigitte is not a drunk, but she is a fighter. We should be commending her, not condemning her. Let's not mirror D.C. tactics that focus only on the negatives, and be fair in our comments.

Ron Willoughby
North Haverhill

Acceptance

Topics
Disability and Aging
by Cyndy Wellman

Politics

I am not one to really share my thoughts on Politics. Though I will say: Governor of Arkansas Mike Huckabee should be our President. American people be realistic. Push aside the negative and confusing media! Go with your gut and fly that Flag high.

"We the People of the United States, in Order to form a more perfect Union,



establish Justice, insure domestic Tranquility, provide for the common defense, promote the general Welfare, and Secure the Blessings of Liberty to ourselves and our Posterity, do ordain and establish this Constitution for the United States of America."

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Details To Improve
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EDITOR'S NOTE: As you have probably noticed this edition of Trendy Times is packed with Letters to the Editor. One more letter by Haverhill Selectboard Chairman Darwin Clogston was simply too lengthy to publish in this edition. The entire letter can be found on our website www.trendytimes.com. We regret that we were unable to print it here.

As a further note, several other Letters arrived after the deadline for this edition and will be held for the next publication on October 27.

Letter to the Editor

Ed Rajsteter for State Rep Grafton 15

To the Editor:

I am writing this letter to express my support for Ed Rajsteter's candidacy to become the Grafton 15 State Representative, serving the towns of Bath, Benton, Easton, Haverhill, Landaff, Orford and Piermont. When I heard that Ed was running for state representative, I immediately thought "how fortunate". Fortunate because Ed is willing to devote his time and expertise to the areas impacting our town. Ed's experience includes working with Grafton County's drug court, so he understands the importance of innovation in our criminal justice system. Ed understands medical issues from an addiction standpoint, and from a broader perspective; he and his wife, Karen volunteer with Cottage Hospital's Auxiliary, assisting our local health system. Ed and his wife also volunteer with the Horse Meadow Senior Citizens Center and under-

stand the struggles facing our elders and the importance of programming such as Meals on Wheels. Not only does he understand these struggles, he actively brings cost effective solutions to the forefront.

Ed also brings extensive knowledge about finances to the table. It goes without saying that the COVID-19 pandemic has upended state finances. Income that was anticipated is not materializing. Balancing the budget is going to require creative thinking, innovation and individuals who understand finances.

Ed knows how to balance a budget and the importance of balancing budgets. He knows how to work with all partners to arrive at solutions. We are fortunate he is a candidate for Grafton 15 and I encourage you to vote for him this fall.

Lara Saffo
Benton, NH

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This display was on display on a back road in VT

Photo by Cyndi Wellman



Sprinkle parmesan on top and sprinkle extra parsley too. That's it! This recipe is great leftover, even more "Delicioso" when reheated. Serve with a Chablis Wine or a Chardonnay. Drink responsibly. I hope you enjoy this great classic dish either fresh cooked or leftover. Well folks, I'm going to sign off now, any questions please contact Gary and I'll help you out. Bye till next time, Cin Pin. ENJOY!!!



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

Shrimp Scampi with Spaghetti

Once again I must let our readers know that Cindy is not feeling well. Due to that we have dug back to find a recipe that was first published two years ago. Enjoy.



Today's recipe is for Shrimp Scampi and I'm going to tell how to make and prepare this great flavor filled dish. My family loves it and I think yours will too. Here's what to buy and how to make it.

Ingredients

- 1 pound cooked large shrimp
- 1 Dry Package of Amazing Taste Seasoning Mix (available at the fresh seafood counter at Shaws)
- 1/2 Cup Extra Virgin Olive Oil
- 1/2 Stick Butter
- 1/4 Cup Real Lemon Juice
- 6 Cloves Fresh Garlic or 1 1/2 Tablespoons minced garlic in the jar
- 2 Tablespoons Dry Parsley flakes
- 1 pound Spaghetti
- Parmesan cheese

Remove tail from shrimp by holding tail and pull shrimp out. This makes it easier to eat instead of messing your hands to hold tail to eat. Put your water on to boil adding 2 Tablespoons of salt to boiling water. Water boils faster without the salt so add after a rolling boil. I chose to use cooked shrimp instead of raw because I'm not fond of cleaning and deveining shrimp. But you can certainly use raw shrimp if cleaning shrimp is your thing. Wash shrimp thoroughly under cold water. Put shrimp in bowl and coat with dry seasoning and toss to coat well. Melt butter in pan, add oil, parsley flakes, lemon juice and garlic and simmer to marry flavors. The trick to remove skin from garlic is to remove clove and smash

with heel of hand or use the flat side of a wide knife and hit, the skin comes off easy. When water is boiling rapidly add salt then add spaghetti. Now add shrimp to hot oil mixture just to heat through and mix well. If using raw shrimp it will turn white and pink. When spaghetti is cooked add 1/4 cup of pasta water to oil and shrimp mixture and toss. Drain spaghetti, return to pan, add your oil and butter and shrimp mixture using two forks to toss well so spaghetti gets nice and coated. It will get absorbed into spaghetti.

Now Accepting New Patients Alex Perreault, Wells River



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

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



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Now Accepting New Patients Ally Noble, East Corinth



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

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



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