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100 OFFICIALLY Arrives Monday, **December 21** 5:02 A.M. EST

Deadline: Thursday, December 17

Next Issue: Tuesday, December 22

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

DECEMBER 8, 2020

VOLUME 12, NUMBER 5

Celebrate the New Year with a NH State Parks First Day Hike

New Hampshire State Parks invites the public to celebrate the New Year with a self-guided virtual hike. This year's First Day Hikes will run from December 26 through New Year's Day 2021 at all state parks across New Hampshire. The goal of this year's hikes is to provide individuals and families the opportunity to safely welcome in 2021 in the outdoors while maintaining social distancing practices. This is the tenth year New Hampshire has participated in the First Day Hikes program. The program is part of a nationwide initiative led by America's State Parks to encourage people to get outdoors.

Since NH Park's 2021 First Day Hikes will be virtual selfguided outings, hikers can choose to explore any of our state historic sites, parks, or

recreational rail trails at thier own pace. Leashed pets are permitted at many parks in the off-season so visit the parks pet-friendly webpage at www.nhstateparks.org/planning/pet-friendly-state-parks, if you plan to bring your fourfooted friends.

Hikers must register to be entered for a chance to win a family season pass for the 2021 Season and other prizes. A winner will be selected randomly and announced the first week of January. Register here to commit to a hike and be entered to win at www.nhstateparks.org/news-events/first-d ay-hike.

Share your First Day Hike on social media for a chance to win prizes! NH State Parks will be giving away a bunch of parks' swag for the best photos in the categories below. In

order to be considered, follow us @nhstateparks on Facebook, Instagram or Twitter, use the hashtags #firstdayhikes #nhstateparks and tag us in your photo. Pictures must also be taken at one of our NH state park properties between December 26, 2020 - January 1, 2021.

Winners will be selected in each of the following categories:

- 1. Best Family Photo
- 2. Best Couple or Friend Photo
- 3. Best Photo with a Pet
- 4. Best Photo Highlighting a Natural Feature
- 5. Best Photo Taken with a Trail or Park Sign

NH State Parks will be featuring the winning photos on our Facebook, Twitter, and Instagram pages. Winners will be selected and contacted during the first week of January. Be sure to look for your photos, winners or not. Winners will be notified once photos are selected.

Here are a few helpful tips to make your day enjoyable:

Please remember to check the weather prior to heading out.

Follow all social distancing recommendations and prac-

Dress in layers appropriate for the winter weather and wear appropriate footwear.

sure someone Make knows vou are out on the trails and when you will be returning from your hike.

For more information regarding recommended clothing and gear, please visit Hike Safe (www.hikesafe.com.).

Traction devices for foothighly wear are recommended (trails may be icy).

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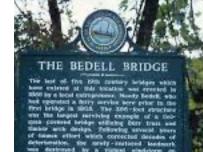
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heal



Maintain 6ft of distance between others.

Carry hand sanitizer and disinfecting wipes.

Move to the side of the trail to allow others to pass. Wear a mask when

around others. Slow down or speed up to

maintain space along the trail. Be sure to pack water and

a snack for during the hike.

Avoid groups of more than 10 people









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For More Details Contact Gary @ 603-747-2887 or Email: Gary@TrendyTimes.com

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378 Railroad St., St. Johnsbury, VT

Old Church 2021 Season Announced

Bradford, VT: Old Church Theater was able to present just one play in 2020, but plans are underway to present a full slate of plays in 2021 at their temporary theater near Farmway in Bradford. Although exact dates are yet to be determined due to public health dictates, the plays will be "Alice in Wonderland", "The Deadly Eve". Game", Adam's "Sleeping Indoors" and "Regifters". Of special interest to have roles for actors of all ages. The other plays are assorted comedies, dramas and mysteries, with the possibility of special presenta-

tions in between the major productions.

In other news, Old Church Theater, Inc is in the process of formally acquiring the historic "old church" on North Main Street in Bradford, and the group hopes to return there as soon as possible when renovation and repairs are complete. To this end, grant writing and fund-raising efforts will continue into 2021.

At its November annual younger actors, "Alice" will meeting (held virtually) Jodi Beebe, Jim Heidenreich, Gloria Heidenreich, Robin Keith, Elizabeth Keith, Paul Hunt, Melissa Mann, Eli Hunt, John Hunt, Scott



Johnson and Sheila Kaplow were elected to the board, and will be meeting in early December. Meetings are open to the public: Please contact president@oldchurchtheater.org for more information or call 802-439-6199.



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

December 8, 2020 Volume 12 Number 5

Changing of the Guard at American Legion Dinner

The senior citizen meal served each year on the Sunday before Thanksgiving from Ross-Wood Post #20 American Legion in Woodsville, NH was started in 1975 with Evelyn Smith organizing and preparing the upstairs dining and Nancy Cowell, Nancy Ranno and Benny Irwin managing the kitchen. Over the years it has grown from 30 upstairs and 28 takeouts in 1975 to 75 upstairs and 180 takeouts last year.

This year because of COVID-19 there was only takeout. We delivered 325 meals with 400 pounds of turkey, 160 pounds of potato, 80 pounds of stuffing, 50 pounds of peas and onions, and 60 pies. We had 20 people delivering and turkey carvers, and 16 kitchen help.

In 1989 the older generation wanted to initiate the younger generation. Rita Ames then took over chair person but Nancy and Benny stayed in the kitchen to over



Rita Ames (l.) chairman of the kitchen has handed off to Sarah Leete (r)



Logan Ames, an SAL member, mashing potatoes and squash.

look everything and to cut pies.

Rita Ames has now brought in the next generation. Sarah Leete oversees and organizes all takeouts and drivers while Lesa Longmoore manages the upstairs dining and waitressing. Our kitchen's oldest members Nancy Ranno and Benny Irwin both passed away on Wednesday, November 18, 2020.



Lori Thompson Auxiliary member Deidra's Simino and Chloe Longmoore an Auxiliary Junior made 36 apple pies.

at Littleton Co-op Partners For December

The Littleton Food Co-op is excited to announce our Partners of the Month for December - PRKR and Bethlehem Trails (BTA). These two non-profit organizations are community driven, volunteer run and the trails are open for hiking, biking, snowshoeing, and other forms of non-motorized recreation. All right here in our community!

PRKR's mission is to provide a community-based, professionally maintained multi-use trails for residents and visitors to the Littleton area. During the winter, they have a small team of volunteers who use a variety of equipment to groom trails for fat-biking, which has been very popular. PRKR now is able to claim the most groomed single-track fat-biking available in New Hampshire, making it a truly year-round operation. Funds raised this month will be put toward the maintenance and expansion of the PRKR Mtn. Trails network.

BTA's mission is to provide human powered recreation opportunities that promote sustainable tourism and encourage and nurture an active lifestyle. They are a group of Bethlehem res-

LETHAL 4X



idents and outdoor enthusiasts who one day realized they had been privately sharing the same vision: fantastic network of trails spinning through their small mountain community. They will be using the money raised to expand the trail network, specifically focusing on beginner and intermediate trails that will be family friendly.

Everytime you round up at the LFC register, those extra cents get pooled together to help in a very big way! This month, that means the trails will continue to be well maintained, expanded, and improved. All so we can enjoy the beauty that abounds

here in our mountain communities!

Member-owned Littleton Food Co-op serves the community by providing high quality food, offered at a fair price, with outstanding service. Everyone is welcome to shop and anyone is welcome to join. Located at the intersection of Cottage Street and Route 302 (exit 41 off I-93), the Littleton Food Co-op is open daily from 7 am - 8 p.m. For more information or to become a member, please visit www.littletoncoop.com, call 603-444-2800 or just stop by! See ya at the Co-op!













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'Horse Dreams: Horsemanship with Heart'

with my horses has been nothing like I once imagined it might be when I was a little girl growing up on my parents' farm in Germany. Back then I pictured myself riding with my horse to the highest level in dressage and show jumping, but I never once thought about what it would be like to actually care for a horse. I did plenty of chores around the farm as a kid but I never put two and two together in that respect. There is nothing wrong with wanting to be a dressage champion, but it is only part of the picture, and the smaller part at that. In my imagination my horse would never get sick or need food, there were no medical bills. horses' hooves needing trimming, or desperate searches for the highest grade of hay. Dreaming about horses will not teach you the responsibility of having one. Nor will it hint at the joys of building a relationship of unconditional love and trust with your horse. In the last twenty years I have had six horses, four of them foals I raised to adulthood and still have. I have never parted with a horse I acquired, except when old age and death took it away from me. I have enjoyed giving riding lessons and horse clinics. I have always enjoyed listening to what people have to say about their horses and the relationship they have with them. I have learned to listen deeply to what my horses are telling me about them-

selves. My horses taught me

how to ride, not the other

way around; they taught me

My twenty-year journey commitment and trust, how to live life in the present moment, and the right meaning of self-love. Horses don't judge, but they understand. My dream of having horses could never have prepared me for the life I have with my horses today, because all our dreams must evolve and survive many hard knocks along the way. My horses and I have had many happy moments sometimes followed by sadness and even loss that in a miraculous way was turned into triumph. In this book I have recorded some of my experiences with my horses, in part because of all they have meant to me, and also in the hope they may provide you with some interest, information, and insights on your own journey with vour horse or horses. This new book of mine is a bit more advanced or sharply focused on certain subjects than my other books, reflecting my ongoing journey with my horses. I would not trade my adventures with my horses for anything in the world, and in truth that would be impossible, for they have shaped me into the person I am today.

> New Hampshire resident Karin Matey of Lancaster has been writing about the 'love' of her horses for several years now. Many of these experiences are captured in Karin's books 'My American Horse Family', 'Sebastian's Adventures: Diary of a Champion', and now 'Horse Dreams: Horsemanship with Heart' found on her web site: www.karinmateybooks.com.



NH Department of Revenue Encourages Heightened **Tax Security Awareness Amid Pandemic**

Concord, NH – During the IRS' Annual National Tax Security Awareness Week, which runs from November 30 to December 4, the New Hampshire Department of Revenue Administration (NHDRA) is sharing tips to help New Hampshire residents protect themselves against tax-related identity theft and fraud. With an increase in taxpayers and tax preparers working from home, identity thieves have increased scam efforts during the pandemic.

"In the thick of holiday shopping, the approaching tax season, and as people across the state continue to work remotely, we encourage New Hampshire residents to instill an amplified sense of awareness around potential scams," said NHDRA Commissioner Lindsey Stepp. "There has undeniably been heightened fraud activity during the pandemic, especially surrounding unemployment and other state benefits. NHDRA even had number telephone our 'spoofed' to appear as if we were calling people, when in reality, it was a fraudster."

Taxpayers can ensure that contact from NHDRA is a typical interaction with NHDRA. In almost all circumstances, the first attempt the NHDRA will make to contact a taxpayer is in writing. For example, before telephone collection attempts occur, the taxpayer will be mailed at least one tax notice. Before an audit commences, the auditor assigned to the audit will mail a letter initiating the audit. If a taxpayer is contacted by telephone first, it is likely because the taxpayer called and left a message or has initiated another inquiry with the NHDRA, such as a request for a Meals & Rentals license or a certificate of good standing. Additionally, for taxpayers with online Granite Tax Connect (GTC) accounts, if NHDRA makes an attempt to collect money, the amounts owed will be reflected in the taxpayer's GTC account, which the taxpayer can confirm by logging in.

If a taxpayer is concerned about the legitimacy of a call they have received purporting to be from the NHDRA, the taxpayer can take the caller's information and then hang up and call the NHDRA's Call Center at (603) 230-5000 to confirm

legitimate by understanding the identity of the caller and the legitimacy of the telephone contact. The IRS, state agencies and the nation's tax industry – working together as the Security Summit have provided tips on basic safeguards everyone should Use security software for computers and phones, and keep it updated. Ensure that purchased antivirus software has a feature to stop malware, and that there is a firewall that can prevent intrusions.

Phishing scams, such as imposter emails, calls and texts, are the primary way thieves steal personal data. Do not open links or attachments on suspicious emails. This year, fraud scams related to COVID-19 and the Economic Impact Payment are common.

tax

mobile

Use strong and unique passwords for online accounts. Use a phrase or series of words that can be easily remembered or use a password manager.

Use multi-factor authentication whenever possible. Many email providers and social media sites offer this feature. It helps prevent thieves from easily hacking accounts.

Shop at sites where the web address begins with "https." The "s" is for "secure" communications over the computer network. Also, look for the "padlock" icon in the browser window.

Do not shop on unsecured public Wi-Fi in places like a mall. Remember, thieves can eavesdrop.

Secure at-home Wi-Fi with a password. With more homes connected to the web, secured systems become more important, from wireless printers, wireless door locks to wireless thermometers. These can be access points for identity thieves.

Back up files on computers and mobile phones. A cloud service or an external hard drive can be used to copy information from computers or phones, providing an important place to recover financial or tax data.

Working from home? Consider creating a virtual private network (VPN) to securely connect to your workplace.

Taxpayers should note that the IRS will not call, text or email about Economic Impact Payments or tax refunds, nor will it call with threats of jail or lawsuits over unpaid taxes. Those are scams.





COVID-19 A Threat To Civilization Or A Political Weapon?

Op-Ed by Robert A Peraino, MD Franconia

The erroneous argument that COVID is a clear and present danger to the survival of civilization and us, the residents of these United States is driven largely by media hype and the repeated pronouncement by broken-record scientists and no less than the esteemed head of the United Nations World Health Organization. Like a well-rehearsed harmonious chorus they proclaim: "something must be done". Afterall, if they keep saying it, it must be true. Right? This frenzy has opened up new avenues for some in government and other holders of authority to control people with fear. Safety and security are wellfundamental established human needs. Downplay any optimism and accentuate the pessimism to maximize fear and insecurity. The media will never let a crisis go to waste. We should fear that the media is really in control and torments government to do something.

Fear of loss of security and safety drives us with distraction to comply with every edict. It is the same message as that used by terrorists. After enduring some 9 months of this fear, some of us have reached our tolerance for the message and are willing to risk the implied threats to our safety and security to live our lives as we see fit. Some of us do this in spite of government threat of reprisal, and in fact actual reprisal. We are finger-waved by retail (one way aisles really!) and others for not doing our part. (Protest ended the Vietnam war. Protest now is met with disdain and censorship.) The initial wave of infections and serious prolonged illness and death rapidly ceased. We slapped ourselves on the back for complying with masks, distance, solitude, reading lots of books, and worshipping online. (Worship outside the church in your own car was condemned by government.) The evolution of COVID might have been the natural course of disease and not due to man-made interventions. This thought is scientific, political and media blasphemy.

We have been told that masks and 6 feet apart and no gatherings larger than 6 or 8 or 10 or 300 hundred (pick your number) are the mantra that will save us. The

crease our fear) has occurred because we have been delinguent in our responsibility. Our mea culpa (we are sorry) is not good enough. Should the goalposts be changed: 2 masks, face shields, 12 feet part. oh, and because the virus literally is in the air, maybe we should hold our breath when within 12 feet of others and exhale away from them in passing. The media ignores the infected people who firmly state: "I do not know where I got it. I always wear a mask when outside my home and religiously observe the 6 foot rule". We have been told our salvation will be a vaccine.

The media continues to tally cases, downplaying the role of routine testing of well people. We could show the same outcome if chicken pox was the germ of interest more tested, more positives. Plain easily confirmed facts and comparisons are mentioned in passing, if at all. Let's look at some of these. Using national statistics, those under 50 years of age have a survival rate greater than 99.5% from illness due to COVID; for 51 to 70 year olds survival is greater than 98%; for those older than 70 survival is greater than 94%. As of Dec. 1, 2020 in New Hampshire there have been 21 766 positive tests and 2% or 528 people have died with diagnosis of COVID (though not necessarily from the virus). If the population of

surge (nice word to really in- nominator then 21,766 out of 1.359.711 or 1.6% have had a positive test for COVID. Again using the population as the denominator 0.03% have died with a positive COVID test (that's 3 deaths in 10,000 people.) By contrast, 2000 have died from heart disease. Has the media or government intervened to ban sugar; 2000 have died from cancer. Has the media or government intervened to ban tobacco.

We can hear governmental and authoritarian fingernails scratching against the blackboard for lack of new "guidance/dictates". If we weren't doing what they command we would be worse off, so they say.

Finally let us not forget the aphorism attributed to the great scientist Albert Einstein. Insanity is doing the same thing over and over and expecting a different result. Is it insanity to wear a mask, keep 6 feet apart and maintain social isolation and expect COVID to just simply vanish. If the impact of COVID does not destroy us and that does not appear to be happening - then government interventions surely

Beware of sages, soothsayers, oracles and leaders who know what to do, as long as we give up some liberty and freedom. That has never worked in the past and will never work as long as liberty and freedom are cherished, which we do.

Be concerned, maybe, but do not be afraid.



Memory Tree and More at Orford UCC

The United Congregational Church of Orford UCC, Route 10, Main Street, Orford, NH will display lights on a tree on the front lawn "Memory Tree". You may purchase a bulb for \$5 each. You are encouraged to purchase as many bulbs as you like. The tree will be lit on December 13.

Please send (right away) the name you would like remembered and the name of the giver and/or you can have a bulb in honor of someone and send the name and giver.

\$5 for each bulb and the names/givers of each bulb, phone number or email where you can be reached if there is a question, to be mailed to United Congregational Church of Orford UCC, PO Box 133, Orford, NH 03777.

If you are concerned about the information arriving in time to be included, mail the information with your check and then call Kathy Sanborn or Eva Daniels. Email me, jteamw@aol. com if you need a phone number.

The free food giveaway continues at noon on Tues-Devotionals days. emailed every week, let me know if you would like to add your email to that list.

The Church is in hope (depending on Covid details) of holding a short outdoor (stay in your car if you like) Christmas Eve Service at 4:30 p.m on the 24th. Candles are battery operated, masks are to be on the entire time, and lots of social distancing or come in your car. This is the building on Main $\gtrsim 0$ Street (Route 10) where the tree will be lit.

God is still speaking in Orford, NH and everyone is welcome to share in the love of Jesus, the activities, the missions, the ministry. There are no inbuilding worship services at this time to protect our Worshippers from Covid.

Like us on facebook and find messages and activities on the Church page. Merry Christmas.



Kitchen & Bath

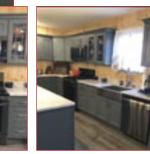


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Calendar of Events

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

FRIDAY NOVEMBER 27 -**WEDNESDAY, JANUARY 6**

NORTHEAST KINGDOM ARTISANS GUILD AN-**NUAL HOLIDAY SALE** 11:00 AM - 5:30 PM Seven Days a Week 430 Railroad Street. St. Johnsbury See Article on Page 13

WEDMESDAY, DECEMBER 9

ROSS-WOOD POST #20 AMERICAN LEGION MONTHLY MEETING 6:00 PM

4 Ammonoosuc Street, Woodsville

THURSDAY, DECEMBER 10

BETHLEHEM HANUKKAH CANDLE-LIGHTING **CEREMONY**

5:00 PM See Article on Page 9 On the Bethlehem Town Hall lawn.

SUNDAY, DECEMBER 13

ST. LUKE'S EPISCOPAL CHURCH SERVICE 10:00 am with communion 3 Church Street, Woodsville

SUNDAY-THURSDAY, DECEMBER 13-17

SANTA WILL BE TAKING PHONE CALLS 6:00 pm to 8:00 pm,

From children living in Lisbon, Lyman & Landaff. See Ad on Page 4 and Article on Page 7

MONDAY DECEMBER 14

ROSS-WOOD UNIT #20 AMERICAN LEGION **AUXILIARY MONTHLY MEETING** 6:00 PM

Post Home, 4 Ammonoosuc Street, Woodsville

MONDAY-FRIDAY, DECEMBER 14-18 & SUNDAY, DECEMBER 20

WEATHERVANE THEATER: A NEW YORK HOLIDAY MINUTE 5:30 7:30 PM via Livestream

THURSDAY, DECEMBER 17

VFW POST #5245 MONTHLY MEETING 7:00 PM

VFW Hall, North Haverhill

SUNDAY. DECEMBER 20

ST. LUKE'S EPISCOPAL CHURCH SERVICE 10:00 am with communion 3 Church Street, Woodsville

MONDAY DECEMBER 21

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

THURSDAY, DECEMBER 24

CHRISTMAS EVE DRIVE-THRU PILGRIMAGE 7:00-8:00 PM

North Haverhill United Methodist Church See Ad on Page 7

Woodsville Eye Care Welcomes Addition of Dr. Ryan K. Watari

Woodsville Eye Care is proud to announce the addition of Dr. Ryan K. Watari to its highly trained team of doctors. Dr. Watari received his Doctor of Optometry Degree from the New England College of Optometry in May 2020.

Dr. Watari earned the prestigious Beta Sigma Kappa International Optometric Honor Society membership upon graduation. He also received several accolades including the Beider Moral Obligation Scholarship and the Ned S. Witkin Low Vision Award.

In addition to his interests in primary eye care for the entire family, Dr. Watari also has special interests in medical eye care including the management of diabetic retinopathy, glaucoma and macular degeneration as well as specialty contact lens

fittings and low vision rehabilitation.

A former Army combat medic, Dr. Watari served for our country in two tours of duty in Operation Iraqi Freedom. His training included Air Assault School and the Rappel Master course.

He currently resides in Littleton, enjoying the North Country, the outdoors and beauty of the White Mountains. Outside the office, Dr. Watari also enjoys several disciplines of target sports, hiking and playing guitar and banjo.

Dr. Watari joins Dr. Kevin Stratton, Dr. Winnie Tseng, Dr. Erica Griffin, Dr. Alyssa Flanagan and Dr. Kyle Keyser at Woodsville Eye Care. The practice has other locations in Littleton and Lincoln and is accepting new patients. To schedule an appointment:



- In Woodsville, please call (603) 747-3190 or visit woodsvilleeyecare.net schedule an appointment
- In Littleton, please call (603) 444-2592 or visit littletoneyecare.net to schedule
- In Lincoln, please call (603) 745-4882 or visit lincolneyecare.net to schedule an appointment

The Trendy Times Calendar of Events Is Free for all Non-Profits, Schools and Towns to list your upcoming event for FREE. NO CHARGE to tell our readers about your upcoming event, whether it is free or not. Deadline is the Thursday before Publication. Call or Email your

Complete Plumbing & Heating Systems Bathrooms & Water Conditioning 24-Hour Emergency Service For Our Customers Give Us Free CHRIS DELLINGER Estimates A Call! NH 2712 VT PM3036 603-787-6600 · 603-787-6838 Fax PO Box 368 · North Haverhill, NH

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an appointment



367 US Route 5 N, Fairlee, Vermont Open most weekends or Call (802) 333-3888 to set up a private showing.



November.

Gift certificates

White Mountain Unveils Big Schedule for 2021

N. Woodstock, NH – White Mountain Motorsports Park officials have unveiled the eagerly-anticipated 2021 racing schedule for the ¼-mile speedway. A total of 22 events are planned with numerous big shows for both local outside series.

Among other things, the schedule features three visits each for the American-Canadian Tour (ACT) Late Models and Pro All Stars Series (PASS) Super Late Models; two appearances each for the PASS Modifeds, North East Mini Stock Tour (NEMST), and GoMotorsportsShop NELCAR Legends Tour; and the Monster Truck Throwdown following the weekly racing season. Add in special events for all the local classes, and the year is set to be a memorable one.

Racers can get their first taste of action at an open practice on Saturday, April 24. The session is open to all five of White Mountain's local divisions to let them shake off the winter rust.

Weekly racing goes green on Saturday, May 8. The 29th season opener includes the first round of the Jon Parks Tractor Triple Crown Series for the Wells River Chevrolet Flying Tigers along with a full card for the Foley Oil & Propane Late Models, Woodsville Guaranty Savings Bank Strictly Stock Mini's, 7-Eleven Dwarf Cars, and Dads 4 By Tool & Supply Kids Trucks.

Most Saturday night shows will have a 6:00pm post time. The Late Models, Flying Tigers, and Strictly Stock Mini's are part of each Saturday night program unless otherwise noted. The Dwarf Cars have a 10-event schedule in 2021 with the Kids Trucks slated to race 13 times. More details can be found at www.whitemountainmotorsports.com/schedule.html.

After a regular event on ing Association.

May 15, a doubleheader weekend is planned for May 22 and 23. Saturday's portion features the annual Strictly Stock Mini Special and NELCAR Tour. Sunday, May 23 is the first visit in 2021 for the PASS Super Late Models. The PASS Modifieds are also on the Sunday card. Discussions are ongoing for other divisions

White Mountain wraps up the month of May on the 29th with the annual Late Model Spring Board 100. The action gets even hotter in June. Highlights include the ACT Late Model Tour Spring Green on June 12, an NEMST event on June 19, and a second NELCAR visit on June 26.

July opens with a bang at the Independence Day Spectacular on Saturday, July 3. The Late Models and Flying Tigers will run twin 75-lap features with the Tiger event being the second round of the Triple Crown Series. The night ends with a fireworks display. The next week is the Midseason Championships with added distance and double points for all divisions.

The PASS Super Late Models make their second trip to White Mountain on Saturday, July 17 at a special 7:00pm post time so fans can make the trip over from New Hampshire Motor Speedway. Following a regular show on the 24th, the ACT Late Model Tour chases a \$10,000 top prize in the third annual Midsummer Classic 250 on July 31 with a 5:30pm start time.

August begins with the 7Eleven Dwarf Car Special on
Saturday, August 7. White
Mountain then crowns its first
champion of 2021 on August
14 with the Jon Parks Tractor
Triple Crown Finale. That
event also includes a visit
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On Saturday, August 21, the New Hampshire Governor's Cup for the Late Models returns after a one-year hiatus. White Mountain will take August 28 off for Oxford 250 weekend, then return on September 4 with another Late Model 100-lapper for Labor Day Weekend. The North East Mini Stock Tour comes back on September 11 for a \$1,000-to-win event.

The "King of the Mountain" will be crowned Saturday, September 18, with the Late Models joining the PASS Super Late Models, PASS Modifieds, and Kids Trucks on the card. Then on September 25, the ACT Late Model Tour is in town for the return of the Fall Foliage 200 with a \$5,000 top prize. The Flying Tiger, Strictly Stock Mini, and Dwarf Car championships will be decided on this date with a 1:00pm post time

With stock car racing in the rear-view mirror, the Monster Truck Throwdown makes its long-awaited first appearance at White Mountain on Saturday, October 9. The series was originally scheduled to appear in 2020, but the event was cancelled due to the COVID-19 pandemic.

The complete 2021 schedule of events can be found at https://www.white-mountainmotorsports.com/s chedule.html. The schedule remains subject to change pending the local and country-wide COVID-19 situation. Events could be added, removed, or modified based on this and on other events around the region.

For more information, contact the White Mountain Motorsports Park offices at (802) 244-6963, media@acttour.com, or visit www.whitemountainmotorsports.com. You can also follow us on Facebook at @WhiteMtn-Motorsports.

Lisbon Lions Club's 2020 Holiday Events

The Lisbon Lions Club is once again celebrating the Christmas season with special events. Starting November 28th, Christmas trees will be on sale Saturdays and Sundays at the New England Wire Technologies parking lot on Main Street from 9:00 am to 3:00 pm, while the supply lasts. As always, a portion of the proceeds will be donated to area food banks. Don't miss this opportunity to purchase a beautiful tree and support your local food pantries.

The Lisbon Lions Club and the Lisbon Public Library are again working together to help Santa deliver books to area children on Christmas Eve. Due to coronavirus concerns, we are gratefully accepting cash donations to purchase books rather than having individuals drop books off at the library or bank as we have done in the past. Checks may be sent to the Lisbon Lions Club at PO Box 57, Lisbon NH 03585. Please contact librarian Karla Houston at 838-6615 for more information.

The Lisbon Lions Club is

also looking for folks to knit or crochet hats, mittens and scarves for Santa to deliver to local children on Christmas Eve. While the kids are always happy to see Santa and receive a stocking of goodies and a book, a handmade hat, scarf or pair of mittens is a personal and lasting gift that brings big smiles to their faces. Please call Mrs. Claus at 838-5043 if you would like to help.

Beginning Sunday, December 13th through Thurs-December 17th, between the hours of 6:00 pm to 8:00 pm, Santa Claus will be taking calls from children living in Lisbon, Lyman and Landaff. If you would like Santa to visit your home on Christmas Eve, please be sure to call him at this special Santa number, 838-5043! This year's Christmas Eve visits from Santa will be socially distanced.

Thank you, as always, for your generous support of Lisbon Lions Club events throughout the year. We wish you all a Safe and Happy Holiday Season!

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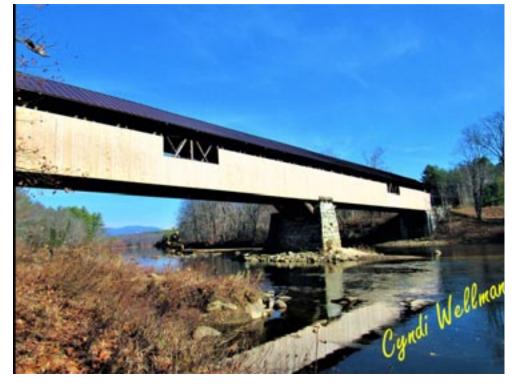
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The December 22, 2020 issue of Trendy Times will feature Holiday Greeting cards from many area businesses and organizations.





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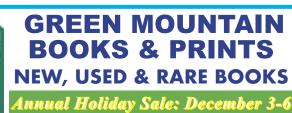




The edition will be on newsstands on Monday, December 21

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Hanukkah Celebration Begins December 10

By Eileen F. Regen

Bethlehem Hebrew Congregation members invite the community to the annual Bethlehem Hanukkah candle-lighting ceremony at 5 p.m., Thursday, December 10 on the Bethlehem Town Hall lawn. The story and song-filled ceremony has become an annual Bethlehem event with the lighting of the first candle of the eight-day holiday that celebrates religious freedom and rededication to religious ideals. The large, gold-colored, nine-candle menorah (candelabra) is lovingly dedicated to the cherished memory of longtime BHC member Sue Friedman.

On each of the next seven nights, another candle is lit on the menorah, bringing the total on the last night to eight glowing tapers, plus the server candle that used to light all the other candles. In Jewish homes around the world, families light the menorah at sundown each night of the holiday and place the menorah in full view of the street, even on the outside porch if possible, to share the light and importance of this holiday.

Hanukkah represents the struggle for religious freedom and independence, the battle for survival as a Jewish people, and determined resistance to religious persecution. In this spirit, Hanukkah reminds the Jewish people to honor and protect the reli-

gious freedom of all peoples.

The story of the holiday begins over 2100 years ago when the Jewish people stood up to Greek forces that had overrun the land, forced their Greek religion on the Jewish people, and prohibited Jews from study and worship in the Temple. The Greeks defiled the Temple and all Jewish religious objects. A small Jewish military force headed by the Maccabee family led the successful resistance. The Hellenists were expelled from the Temple and the Temple was cleansed and rededicated.

At Hanukkah parties, everyone enjoys games with dreidels (four-sided spinning tops). For this gambling game, coins, raisins, almonds, M&M's, Hershey kisses, or any other delicacy may be used to play. On each of the four sides of the dreidel is a Hebrew letter. The letters stand for the Hebrew words declaring. "A Great Miracle Happened There." In Israel, the last letter changes the last word from 'there' to 'here.' When the dreidel spins and falls,

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the Hebrew letter showing on top indicates an action to the player who may need to do nothing (nun), take all from the pot (gimel), take half the pot (hay), or match the pot (shin).

Originally, coins were given to children each night of the holiday. On one night, perhaps the coin would be a silver dollar. These coins could be used in the dreidel games or saved. Many folks still have the stash of silver coins collected from relatives during the family celebrations of their childhood. Other holiday tokens are small, fancy-wrapped bags with raisins and nuts or candies.

Some families choose to give a small gift each night, or one large gift on the night of the first, fifth, or last candle. More recently, increasing numbers of families have chosen to participate in social action projects in their communities, to donate to a selected charity, or to participate in local food bank collections to emphasize the concept of charitable acts during this holiday time.

Favorite foods of the holiday vary in Jewish communities around the world.



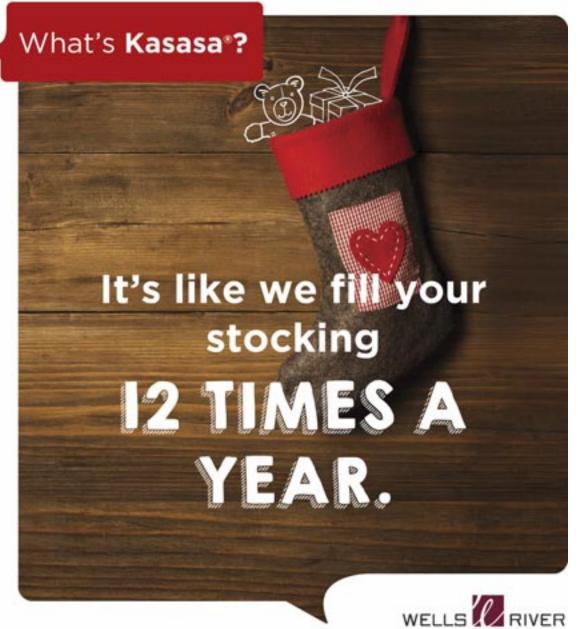
PHOTO: Menorah with candies and dreidel

Dreidel and menorah designs are traditional or imaginative and feature a variety of materials to reflect personal interests and art preferences.

but have a basic similarity – foods are fried in deep oil to recall the oil in the ancient Temple candelabras. In the United States, the most well-known fried treat is platter of latkes, grated potato pancakes, fried to crispy crunchy brown and then topped with applesauce, sour cream, or a heavy sprinkle of sugar. This

custom came to America from Germany. In Israel, the favored fried treat is a platter of jelly doughnuts (sufganiyot).

Note: You have probably by noted the many different spelling of the holiday name. The transliteration of Hebrew to English is the reason for this confusion.



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Letter to the editor: Tragic Trump Trashing The Trail

To The Editor -

Crybaby Trump just got fired from his job last week, the most hurtful loss in his long lying life. And he does not have what it takes to grow a pair - of wings - to rise above this setback, handle it like an adult. Never has never will. He never had the anatomical body parts required to deal with reality of any kind. He's dumping salt down water wells, and plowing salt into our growing fields to ensure his successor has the roughest time possible in his new job.

Way to set-up for 2024.

If Trump could muster the spine to look one sixteenth of an inch beyond his own infantile needs, I would lay off him. He can't so I won't. He's still undermining our election process in our con-

Robert,

I guess one question would be, what is the right message? Is it "This was a fair and legal election." or perhaps "The rules for the election were set up correctly before the election was held." Or maybe the message you are re-

ferring to is "The right person won."

I'm not sure what the right message is. I do

stitutional democracy and making a hell of a lot of money doing it - money, which, by the way, goes largely into his own pocket, not to finance the B S bogus legal challenges he insists on forcing into courts.

Somebody recently hoped that I would in years to come highlight President-Elect Biden's good points past, present and future with the same enthusiasm I have trumpeted Trump's idiocy. You bet. Tell 'em when they're right, and tell 'em when they're wrong, every one of them, Republicans and Democrats. Equal opportunity truth teller.

Speaking of truth tellers -"Weeks after the votes were counted and a winner named, two realities are clear. First, Trump is growing increasingly unhinged in

his quest to retain his grip on power. Second, only conservative media can prevent vast segments of the GOP descending base from further into the President's miasma of conspiracy theories" - David French, Time magazine, December 7, 2020, in "How to End Trump's Conspiracies".

So that means that the letters-to-the editor I write may not make much of a difference, and maybe not what Democrats say in mainstream media. But unless right-wing media start telling the truth, there are some large numbers of voters who will never get the right message.

Robert Roudebush North Haverhill, NH

know that it will depend on who you are as to what you think that message should be.

For me the message should be that the voters of these United States had the opportunity to elect a president, as we have every four years for well over two hundred years, and that the winner will reside in the White House for the next four years.

Gary Scruton, Editor







Howard's Gift -- A Present from the Past

by Elinor Mawson

Nineteen forty-six was an eventful year for our family. My father had returned from Europe where he'd been for 4 years, we had moved to a new house and I had a new baby sister. I was also in the fourth grade in the East School. As a third grader there I had been in the first, second and third grade room. It was warmed by a huge wood stove in the corner. Now I was in the fourth. fifth and sixth grade room and I loved it! My favorite subject was geography and we had maps to color. The other kids all had colored pencils to color their maps with and all I could think of was getting a set of them for Christmas.

Between the third and fourth grade years, there had been an upgrade to our school -- a coal burning furnace with an automatic "stoker" which eliminated the need for anyone to fill the furnace with coal when it needed it. The huge wood stoves were a thing of the past.

Christmas came, and I found a beautiful set of colored pencils in my stocking. I refused to sharpen them because I didn't want my four year old sister to use them. I waited breathlessly school to begin so I could sharpen and use them.

I was so careful to

sharpen my pencils so they would be all the same length. I used them to color my maps with the greatest care. And when Friday came, I had to decide whether to take them home for the weekend. I can still see how the sun looked on my desk as I carefully put them in the very back of it, hoping that nothing would happen to the school.

That Saturday night my parents went to the movies and my mother woke me up when they got home; she told me that they had come by the school and found it burning. My first thought was my colored pencils but denial crept in and I figured they would be all right.

The next day we went to look at the damage. All that was left was a big black hole in the ground and I burst into tears.

Other arrangements were made for us to attend school elsewhere and soon my pencils disappeared into the back of my mind. I eventually got another set but they weren't the same.

Fast forward forty-something years and I was teaching in a first-grade class room where I happened to tell the story of the school fire and what I had lost. The kids were mesmerized, and one little boy asked if I was still sorry about my loss. I replied that I always thought about them -- especially around Christmas.

A few weeks later the same little boy presented me with a small gift, and in it was a box of colored pencils!; I was overwhelmed and had tears in my eyes as I hugged him and thanked him.

"Are they the same colors as you remember?" he asked with shining eyes.

"Oh yes Howard. The colors are beautiful, and I will take care of them just like the last ones"

And yes, Howard, I have them yet.



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Consider These Year-end Financial Moves

We're nearing the end of 2020 – and for many of us, it will be a relief to turn the calendar page on this challenging year. However, we've still got a few weeks left, which means you have time to make some year-end financial moves that may work in your favor.

Here are a few suggestions:

- Add to your IRA. For the 2020 tax year, you can put in up to \$6,000 to your traditional or Roth IRA, or \$7,000 if you're 50 or older. If you haven't reached this limit, consider adding some money. You actually have until April 15, 2021, to contribute to your IRA for 2020, but the sooner you put the money in, the quicker it can go to work for you. Plus, if you have to pay taxes in April, you'll be less likely to contribute to your IRA then.
- Make an extra 401(k) payment. If it's allowed by your employer, put in a little extra to your 401(k) or similar retirement plan. And if your sal-

ary goes up next year, increase your regular contributions.

• See your tax advisor. It's possible that you could improve your tax situation

by making some investment-related moves. For example, if you sold some investments whose value has increased, you could incur capital gains taxes. To offset these gains, you could sell other investments that have lost value, assuming these investments are no longer essential to your financial strategy. Your tax advisor can evaluate this type of move, along with others, to determine those that may be appropriate for your situation.

- Review your investment mix. As you consider your portfolio, think about the events of these past 12 months and how you responded to them. When COVID-19 hit early in the year, and the financial markets plunged, did you find yourself worrying constantly about the losses you were taking, even though they were just on "paper" at that point? Did you even sell investments to "cut your losses" without waiting for a market recovery? If so, you might want to consult with a financial professional to determine if your investment mix is still appropriate for your goals and risk tolerance, or if you need to make some changes.
- Evaluate your need for retirement plan withdrawals. If you are 72 or older, you must start taking withdrawals - technically called re-

guired minimum distributions, or RMDs - from your traditional IRA and your 401(k) or similar retirement plan. Typically, you must take these RMDs by December 31 every year. However, the Coronavirus Aid, Relief, and Economic Stimulus (CARES) Act suspended, or waived, all RMDs due in 2020. If you're in this age group, but you don't need the money, you can let your retirement accounts continue growing on a tax-deferred basis.

 Think about the future. Are you saving enough for your children's college education? Are you still on track toward the retirement lifestyle you've envisioned? Or have your retirement plans changed as a result of the pandemic? All of these issues can affect your investment strategies, so you'll want to think carefully about what decisions you may need to make.

Looking back - and ahead - can help you make the moves to end 2020 on a positive note and start 2021 on the right foot.

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





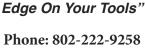


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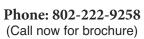
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Serendipity

by Maggie Anderson

Last week as I checked my email early one morning I learned a member of my west coast book club has died. Since I am only able to attend 2 or 3 meetings in the wintertime I did not know her well but the meetings are always a warm embrace against the Pacific's chill. I am certain she had much to do with that.

Sadly current restrictions against public gatherings meant the club members were not able to get together for hugs and support for one another, didn't have an opportunity to mingle, laugh, cry, and share stories of her life. Our only support has been online or over the phone, even our condolences to her grieving family. Just when I decided that was the saddest of all possibilities I opened an email from friends in Japan with a video attached.

I met the family matriarch on my first trip to Japan. A serendipitous meeting for me, having finally located the recycle store I'd been hunting for I stepped into the warmth of the tiny shop and into the arms of a family I didn't know was mine.

Ryoko was dressed in a beautiful kimono with her hair done up like some exotic porcelain doll. She let me try

on her gorgeous velvet overcoat as we talked and I fell in love with it, in fact one of my first purchases on that trip was a black velvet overcoat just like hers.

Between Ryoko's questions, partially via her electronic translator, about where came from and what brought me to her city and my description of, and invitation to, the first flea market she had ever been to we became family. I was swept into her life and that of the whole family from the day we met. I've watched her grandchildren grow from infants and toddlers into beautiful, selfassured young women. I think of them as granddaughters. Her husband and son in law are as sassy as all of my other brothers and her daughter, You-co, is a treasure with a warm heart and genuine concern for everyone she meets.

We are born into some families, other families become our lucky accidents. Though I've heard people say there is no such thing as an accident, no matter how this deck was cut I got the luck of its draw.

The video was a carefully orchestrated affair with everyone in the family charged with holding up their end of the bargain. By means of them each shuffling a stack of pre-written cards, their

video tells us how much they miss us, how sorry they are that we have been forced apart for so long. They tell us they pray for us, that they are sad over all the fires out west, and convey their relief that we are safe. We read that they hope to be with us soon and most important of all they tell us how much they love us. As you can imagine we love them too, every one, and seeing their smiling faces is a tonic that gives support every time we've watched it since it popped up on our screen.

I made the mistake of first watching the video at a local coffee shop where I can plug my computer in and not only save my battery but also rely on a speedier network. I should have thought that through a second time because before the video was finished I was crying and certain the others sitting in the nearby booths were 3 seconds from calling 911 sure that I was in some sort of distress.

I suppose in this difficult time of separation if computers and telephones are our only means of reaching out to one another it is not the worst thing that could befall. If it turns out to be the worst thing that happens in the next 12 months we're all in for a great year.

Kevin Kent Ricker: OBITUARY

Vershire, VT - Kevin Kent Ricker, 59 of Parker Road died Monday, November 23, 2020 at his home in Vershire surrounded by family.

Kevin was born on January 18, 1961 in Barre, Vermont to Eben and Patricia (Comstock) Ricker.

He graduated from Thetford Academy in 1978 after which he worked initially at the Dartmouth Dining Services in Hanover. Kevin went on to run his own store and garage in Vershire and then worked for over sixteen years at Orford Academy.

As a boy Kevin enjoyed fishing and he and his brothers were up before dawn on opening day and were always the first to the river. He also enjoyed hunting and collecting guns which led him to work at Otter Outfitters in Woodsville. NH. He became a Certified Technician which served him very well when he opened his own retail bow and gun shop called Kevin's Custom Arrows, which he owned and operated for

more than fifteen years.

Kevin is survived by his wife of twenty-two years, Jennifer McLure Ricker and his daughter Emily of Verhsire. He is also survived by his brothers Philip (Phyllis) of West Fairlee and Gary (Tina) of Vershire. Kevin had several loving nieces and nephews, Philip J. Ricker II and Stephanie Palma of Vershire, Christine Verma and husband Manish of Rhode Island, Dallas R. Ricker and Josh Sanborn as well as Sydney P Ricker and Michael Thurston also of Bradford. He was blessed with great nieces and nephews Namish, Priyasha, Phillip III, Jonathan and Sage San-

It was Kevin's expressed wish not to hold calling hours or a Memorial Service. The family plans to hold a get-together at a later date to celebrate his life.

Hale Funeral Home in Bradford is honored to be entrusted with the care of Kevin by his family.

Alice Faye (Eggleston) Payne: **OBITUARY**

Newbury, VT - Alice Faye (Eggleston) Payne, 75, of Main Street died December 1, 2020 at Cottage Hospital in Woodsville, NH.

She was born February 10, 1945 in Boston, MA the daughter of Ernest Eggleston and Olive (Claflin) Eqgleston. Alice lived most of her life in Topsham, VT and was a 1963 graduate of Bradford Academy in Bradford, VT.

On September 9, 1969 she married Kenneth Payne, who died September 2, 2005.

Alice had many different jobs throughout her life, but most enjoyed working with the senior population by attending Senior Meals, Senior daycare and driving folks to appointments. She was a member of Tops, the local Red Hats and many other local activities which kept her active.

She once saved a life when her brother Gary fell through the ice on the brook and she was able to pull him out, an act he is forever thankful for.

Survivors include two children, Scott Payne of Randolph, VT and Mikeal Payne of Phoenix, AZ, brothers and sisters, Gary (Linda) Eggleston of Orange, VT, Holly Wheeler of Waits River, VT, Carol (David) Partington of Danville, VT, Pamela (Robert) Partington of Waits River, VT, Ernest (Cheryl) Eggleston of Waits River, VT, Robin Davis of North Haverhill, NH, and many nieces and nephews. She was predeceased by a daughter, Jolene Payne.

Donations in her honor may be made to your local food shelf and local Humane Society.

Graveside funeral services for family only were to be held Friday, December 4, 2020 at 1pm in the Waits River Cemetery. There are no calling hours. Arrangements are by Hale Funeral Home in Bradford, VT.

Geraldine Johnson Washburn passed away surrounded by family on Monday, November 2020.

Jerry was born January 3, 1950 in Lebanon, NH to Lurline Dyke Johnson and Robert Johnson. She grew up and lived in Orfordville her entire life. Jerry had many fond memories of her childhood with her siblings, nieces, nephews and many cousins. They were all inseparable. She married Horton Washburn on December 29. 1976 and they lived happily for forty years on Dame Hill.

In her adult life Jerry's passion was her family. She was known for her home cooking and providing feasts for all of the Dame Hill Gang. Jerry was very active in the Orfordville Church and the Church Suppers. As Jerry's children grew older she became involved in the starting of the Orford Parents' and Booster Clubs. The clubs' biggest fundraiser was a weekly bingo game that Jerry created. Jerry would travel to bingo games and casinos with groups of friends. She had many fond memories of those trips. She was recently able to visit a casino with two dear friends,

which was much needed. Another passion of Jerry's was her love of ALL sports. Her favorites were her beloved New England Patriots and the Boston Red Sox. The highlight of her life was when she became a grandmother. She played a very important role in the raising of her grandchildren and many others that considered her a grandparent.

Geraldine Johnson Washburn: OBITUARY

Jerry was predeceased by her parents, husband Horton, son Rodney Estes and son-in-law Jim Piper.

She is survived by her siblings, Beverly Ricker, Jackie Huntington, Greg Johnson and his partner Diane Chase. Jerry is also survived by her children: Neil and Barb, Shawn and Juli, Sharyn and Bert, Tammy Piper, and daughter-in-law Tamara Estes. Her grandchildren are Laura Jeanne, Nicholas, Casey and his partner Megan, Kyle and his wife Cora, Miranda and her partner Jayson, and Samantha. Additionally she left behind many nieces, nephews, and close family friends.

Jerry was known for letting people know the way things should be done! She had one last request. Jerry told loved ones that they



were to only be sad for three days after her passing. Just three days and no more. You could think of her every now and then, always with a smile, maybe a bit of sadness but then, just be happy.

A Graveside Memorial service was to be held in the family lot at the Orford Street Cemetery on Saturday, December 5, 2020 at 11:00 am. Due to Covid-19 there will be no calling hours or reception. In lieu of flowers please feel free to make a donation to Orford Cares, PO Box 137, Orford, NH 03777.

The Hale Funeral Homes and Cremation Care of Bradford, VT is in charge of arrangements. To view an online guest book go to www.halefuneralhomes.com

Paul Walter Vallee Sr.: OBITUARY

West Newbury, VT - Paul Walter Vallee Sr., 87, of Upper Rogers Hill Road in West Newbury went to be with his loving wife, Anna Mae Theresa Vallee on Sunday, November 30th at Dartmouth Hitchcock Medical Center, after a short fight with declining health.

He was born January 10, 1933 in Brooklyn, NY the son of William and Lyida Vallee. The family made their home in the farm lands of Central New Jersey. He would marry his wife of 56 years Anna Mae, build a house, and raise their son, Paul Vallee Jr.

Mr. Vallee was a Korean War veteran serving from 1951-1952. He worked for Kimberly-Clark for 31 years. After retiring, he built his second dream home on Upper Rogers Hill Road in West Newbury, where he enjoyed many years sitting on his front porch looking at the mountains of VT and NH with family and his many cousins. He was an active member of Our Lady of Perpetual Help Catholic Church in Bradford, VT, where he volunteered in many activities.

He is survived by his son, Paul Vallee Jr. of Marathon, FL, granddaughters, Bonnie Lynn and Crystal-Ann of Brick, NJ, a brother and sister-in-law, John and Jennie Van-Houten, cousins,

in the area. He is preceded in the death by a sister $\hat{\mathbf{D}}$ pinski.

Services and burial in Decawyer Cemetery in Brad- composed will be held in the Sawyer Cemetery in Bradford, VT will be held in the spring. In lieu of flowers donations may be made to Our ∞ Lady of Perpetual Help 2020 Church, Upper Plain, Bradford, VT. Arrangements are by Hale Funeral Home in





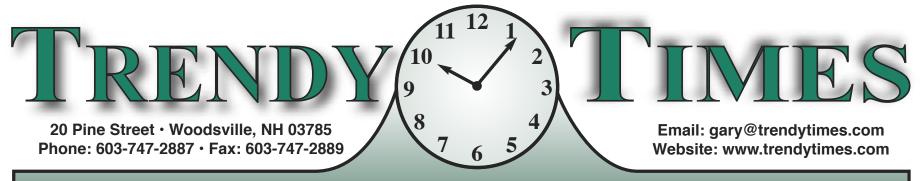


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Woodsville Guaranty Franconia General Store Franconia Market & Deli

HAVERHILL

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LINCOLN

KS Market 7/11 Lahout's Ski Shop Price Chopper River Walk at Loon Village Mall

Lyndonville 4 |

LISBON

Du-Ez Lisbon Riverside Market Sunoco Woodsville Guaranty

LITTLETON

Littleton Mobil
Littleton Coop
Littleton Diner
Shaw's
Topic Of The Town
Woodsville Guaranty
(Cottage St & Meadow St.)

MONROE

Monroe Country Store That Dam Pit Stop

NORTH HAVERHILL

Aldrich General Store

DMS

Hatchland Store Haverhill Town Office Horse Meadow Senior PT Farm

ORFORD

Patterson's

PIERMONT

Piermont 4 Corners Woodsville Guaranty

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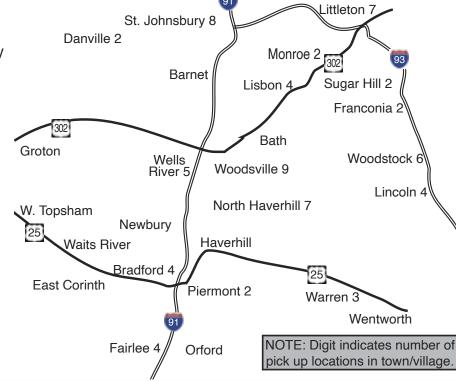
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Not All Times Are Trendy, But There Will Always Be Trendy Times



by Renee Schulze, MSW, LICSW

CORONA RESET BUTTON

If we actually had a corona reset button that we could push, what would change in our lives if we pushed it?

If we were to survey our own individual situations, where do we need resetting?

Is it better communication, more meaningful relationships with others, or do we need to reset our attitudes?

Could we reset our lives to have the above and still have a proper balance of work, rest, leisure and health? If not, can we re-

Mental Health **Matters**

arrange our priorities, maybe take a needed time-out?

We do not have a battery level, we do not "plug-in" to recharge. Our iPhones, iPods, Kindles, computers all have a battery level that shows when we need to plug it in to recharge them.

We all frantically try to plug in to charge our electronics when the battery is in the red. Why aren't WE as important, and why don't we do the same for ourselves?

What are the signs that your battery is running low?

How do you plug-in and rest, reset, or recharge?

We can try to reset our lives to become healthier and happier.

*Try to set some goals and write them down. Goals will help you stay on track and work toward something.

*Try to practice observing your thoughts, feelings, emotions, sensations, judgments with compassion and without judgment.

If you continue to do what your doing, you continue to get what you're getting. If you do nothing, then nothing

Let's all hit that reset button and keep our batteries charged because our physical and mental health matters.

Renee L. Schulze is a Licensed Independent Clinical Social Worker who is Board Certified. Her practice is in Wells River at the Wells River Welness Hall.

them back on the number they gave you. If you're concerned about an order you didn't place, contact the business through a cusphone tomer service number or email you know is legitimate.

2) Check your credit card account. If you see a charge you don't recognize, file a dispute with your credit card company immediately.

3) Report the fake call to the business. Make sure to use the contact information from their website - not the information from the phone call. You can also report the call to the FTC."

With many of us staying home due to concerns about the COVID-19 virus, we all are getting more of these scam calls than we like. However, we can fight back by recording the number (if it is on your caller I.D.) and the time of the call and reporting the call to the FTC. If you did speak to a scammer and gave out information, "IdentityTheft.gov can help you report and recover from identity theft."

Taking action and calling the FTC to report these scam calls will help put the scammer out of business. Now is the time to be very careful with your informa-



What About Ma?

by Kellie Quackenbush

All About

The phone rang, caller ID unsuspecting poorle stated the call came from Rye, NH, I do not know anyone from Rye, NH, but I answer the call anyway -bad move. The person on the phone identifies himself as "Mark" (from the U.S. Medicare office), then asks, "Can you hear me?" This is when you really need to hand up.

"When the person answers the call, the scam artist tries to get the person to say "yes" — most often by asking, "Can you hear me?," "Is this the lady of the house?," or a similar question. By responding "yes," people notify robo-callers that their number is an active telephone number that can be sold to other telemarketers for a higher price. This then leads to more unwanted calls." Thank you, Minnesota Attorney General, https://www.ag.state.

mn.us, "the caller may record the person saying "yes." Scam artists may be able to use a recorded "ves" to claim that the person authorized charges to his or her credit card or account."

Medicare, Medicaid, the I.R.S and a multitude of other Federal and State agencies are not calling you at home. They would send you a letter through the U.S. Postal service. Scammers use scare tactics by calling

unsuspecting people and asking a number of questions to get your information and identity. What they do with this information is ruin your credit, steal your money and make your life a misery. "For example, you get a

call from someone who claims to be with "Amazon. com." (Spoiler alert: they're not really from Amazon.) The voice on the phone will say that your credit card has been charged a large amount of money for some order. Then, they'll give you Support" "Amazon the phone number and tell you to immediately call if you didn't make that purchase." per the Federal Trade Commission article (Hang up on Business Imposter Scams) July 22, 2020 by Jabari https://www.con-Cook sumer.ftc.gov/blog/2020/07/ hang-business-imposterscams "If you get a call like this, there are a few steps you should take:

1) Hang up. Don't call





Acceptance

Disability and Aging by Cyndy Wellman

I Ate All of Santa's Cookies

Well this article is in support of all our pets. Or pets to

The other day I had a non-pet lover approach me about someone's dog. The dog got into the Christmas decoration box. This person says, "I hate dogs." I didn't argue and said, "the box should have been up high." Unfortunately, that dog must have thought they found treasure with all the decorations. Or he was bored and looking for attention! Dog owners, and people, seem to forget that dog's mentality is age 5 at most in some dog breeds. Others might be younger. Therefore, this box should have been out of the way. For all dogs you need to dog proof your house. Just like you would child proof for an infant/toddler.

Please, please do not get a puppy, or adopt a dog, horse, or any animal of your choice if you can not commit for 12 plus years. Be ready for vet visits, food, toys, exercise, and TLC. Yes, our animals are adorable. But they really need attention. Especially after the Holidays your pet is going to be lonesome. Cause you have gone back to work/Community involvement and school. Do you have a confined closed in

area and not a dog cage? Or someone who can walk and check up on your animals? Perhaps Doggy/cat daycare/camp?

Sure hope you did your investigation before buying or helping someone. Avoid free Pet Scams and report it. Like up to date on shots, any personality healthy, traits, etc.

Last one, everybody should be respected and on board about a new family member! Our animals should be treated with a surprise during the Holidays. Appropriate toys and food. And let us not let anyone eat all of Santa's Cookies, LOL





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All About Me

Hello hello my fellow chefs. Well the weather has been mild but there's snow in the forecast and I'm not ready for a snow storm. I'm sorry there is no recipe today but I'm going to tell you a little about me. The reason there is no article this edition of The Trendy Kitchen is because of my friend Jane. I told her I was going to throw her under the bus for this.

Jane had to have eye surgery so because of that I was her chauffeur and because she didn't have a ride or car because she was in an accident and totaled her car. The eye doc- now with her eyes but next tor is in Burlington which is a two hour drive to get there and two hours back and Route 2 going to and

back to Montpelier is a total disaster. There are so many pot holes and cracked pavement it's slow going. After dropping her off the wait was almost 3 hours. Did I mention we went to the eye doctor last week too because she had to have the left eye surgery last week and this week she had her right eye done. Also we went to Burlington on Tuesday only to find out she had the wrong date and her surgery wasn't until the next day so that was a wasted trip.

Oh well she's all set week we have to go back to Burlington to have her false teeth adjusted. Whew that's a great



amount of time and I am pooped out on driving. But she's my best friend so I help her out as much as I can.

So anyway I didn't have time to go to the market and get my ingredients. Next edition I will share a recipe with you for biscottis.

So I am 66 years old I live alone with my 3 cats and my little dog a Pomeranian. It does get lonely sometimes but with the pandemic there's not much you can do about it.

So folks that's it for today's article. I took a selfie of me in lieu of food. I hope I didn't bore you with my woes. I am signing off for now and stay safe and healthy. Until next time I am signing off, Sincerely, Cin Pin.





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NOW ACCEPTING CREDIT CARDS

I have all home made craft from mittens, adult hats and scarfs, children's sweaters and hats, tote bags, pot holders, dish scrubbies, slippers, there is too much to list.









