

A FREE PUBLICATION

TRENDY



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TIMES

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JANUARY 24, 2023 VOLUME 14, NUMBER 8

Nominations Open For 2022 Business & Citizen of the Year

WELLS RIVER, VT -- The Cohase Chamber of Commerce is now accepting nominations from the public for its 2022 Business of the Year and Citizen of the Year awards. The deadline for nominations is January 31, 2023.

The awards are presented annually to a business and an individual who have had a significant impact on the community in the past year. Winners will be celebrated at the Cohase Chamber Annual Meeting on February 28, 2023.

Last year, Frank Tilghman, CEO, Wells River Savings Bank received the Business of the Year award, and Elizabeth Wilson and Denis Lambert of Fairlee, Vt, shared the Citizen of the Year award.

Nominees for both awards must meet certain requirements, including leadership, innovation, and charitable work in the community.

For a full list of criteria, past winners, and to submit your nomination online, please visit cohasse.org.

The Cohase Chamber of Commerce is a 501(c)(6) nonprofit serving the towns of Bradford, Fairlee, Newbury in Vermont, and Haverhill, Orford, Piermont in New Hampshire. It is committed to fostering a vibrant economic climate by encouraging cooperation and communication among the region's communities.

Past Business Winners

- 2021- Wells River Savings Bank
- 2020 - Hatchland Farm, North Haverhill, NH
- 2019 - Housewright Construction, Newbury, VT
- 2018 - Copeland Furniture, Bradford, VT
- 2017 - Woodsville Guaranty Savings Bank, Woodsville, NH
- 2016 - Wells River Chevrolet, Wells River, VT
- 2015 - Cottage Hospital, Woodsville, NH
- 2014 - Chapman's Country Store, Fairlee, VT
- 2013 - Blackmount Equipment, North Haverhill, NH
- 2012 - Puffer Broadcasting, Wells River, VT
- 2011 - Valley Floors, Bradford, VT
- 2010 - Four Corners Farm, Newbury, VT
- 2009 - Colatina Exit Restaurant, Bradford, VT
- 2008 - Windy Ridge Orchard, North Haverhill, NH
- 2007 - Farm-Way, Bradford, VT

Past Citizen Winners

- 2021-Elizabeth Wilson and Denis Lambert, Fairlee, VT
- 2020 - Carolyn & Larry Coffin, Bradford, VT
- 2019 - Rob Elder, Piermont, NH
- 2018 - Monique Priestley, Bradford, VT
- 2017 - Marvin Harrison, Newbury, VT
- 2016 - Connie Philleo and Claude Phipps, Newbury, VT
- 2015 - Wayne Fournier, Haverhill, NH
- 2014 - Dick McDanolds, Haverhill, NH
- 2013 - Marilyn Fuller, Newbury, VT
- 2012 - Edith Celley, Haverhill, NH
- 2011 - Nancy Jones and Dr. Mark Harris, Bradford, VT
- 2010 - David Keith, North Haverhill, NH



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TRENDY Dining Guide

Peyton Place Restaurant

by Gary Scruton

I will be honest, it is not often that Janice and I get the opportunity, and follow through on it, to enjoy a "fine dining" eatery. But whenever we visit Peyton Place Restaurant in the old Tavern House in Orford, we experience just that. In 2023 the Peytons are celebrating 30 years of that fine dining experience. The last 20 plus years have been in the Tavern House which is celebrating 250 years of existence itself.

As with most fine dining eateries we called ahead to make reservations. When we showed up on a Thursday evening we entered the facility and were in a nice sized entry room with coat rack and hat storage. Just beyond that point Heidi Peyton welcomed us and showed us to the dining room. During the winter months, one of the two dining rooms gets a rest from daily use. On this evening, Heidi offered us a choice of the small tables in the front dining room. We took the one located right in front of the "faux fireplace" which radiated soft light from several candles. Our table was made of old wooden boards that were nicely finished to make a great match to the rest of the facility. The seats are charming red comfortable chairs.

In somewhat of a break from a long tradition Heidi now has menus that she brings to the table. In fact, I believe there were three different menus. One for beer and non alcoholic choices that was on the

table. One for adult beverages that included a great selection of wines that she left on the corner of the table. And of course one for the food that was being offered. Along with those Heidi was also offering some additional choices for the evening. She offered two soups. One was a seafood chowder that she pointed out did not have bacon as a filler. Instead it offered shrimp, clams and white fish. (We both asked for a bowl of chowder). The other offering was a butternut squash soup that she pointed out had ginger, but not so much as to be



overpowering, just a hint for taste.

While we waited for the chowder we continued to look over the regular menu which includes salads, appetizers, entrees and more. Janice finally settled on the offering of a chicken pot pie. I made the choice to also take a traditional dish, a Sweetheart Burger. The menu tells us that all burgers are served on a toasted house-made bun. It is served with french fries, coleslaw, & Peyton Place Red Pepper Relish on the side. My burger was topped with Sweet Roasted Red Pepper, Vermont Cheddar Cheese and upon Heidi's question I added a slice of onion.

Once I decided on a burger for my meal I also added a beer. As mentioned there is an extensive menu of such beverages. I found one called



"The Blizzard of '78. It is a dark beer with some coffee flavor. It was very well savored.

To say that we enjoyed our chowder would probably be an understatement. There were at least three full sized shrimp in my bowl of chowder. Plus plenty of clam pieces, and with my last bit I had a piece of fish that practically filled the spoon I was eating with. Though the chowder itself was not as thick as some, the flavor certainly made up for it. And the seafood was more than I would have ever expected.

Janice's chicken pot pie was a miniature pie filled with lots of tender chicken, potatoes and vegetables in a savory creamy well seasoned



sauce. The top crust was cut in the shape of a heart and floated on the filling. "Best chicken pot pie I've ever had" was Janice's reaction. In addition to the pie, the plate was filled with a side salad topped with a drizzle of cranberry dressing making this a truly delicious combo.

We found that between the chowder and the entrees that we hadn't saved room for dessert, although the option of maple cheesecake was certainly very tempting.

The menu proclaims that many of the foods served by Peyton Place are locally sourced. I'm sure that includes the beef used for my hamburger. It was cooked medium well as I had asked and the slice of onion on top was the same size as the bun. To be honest, it did seem a bit strange to be eating with my fingers in a "fine dining" establishment. But it also felt very comfortable doing so. Of course it did not hurt that the food was great and the service by Heidi was of the elegant nature one would expect at this eatery.

Our final tab for the evening was \$80.29 which we paid with a credit card while Janice left a cash tip on the table.

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Grant Funding Will Help Re-establish St. Johnsbury's Neighborhood Associations

St. Johnsbury, Vermont - Working together, Discover St. Johnsbury, the Community Restorative Justice Center, and the St. Johnsbury Community Hub have received a \$30,000 grant from the Vermont Community Foundation's Regional and Local Impact program to re-establish St. Johnsbury's neighborhood associations, to create intentional points of social and civic engagement for all community members.

St. Johnsbury's neighborhood associations were first formed in 2008 by the Community Restorative Justice Center (CRJC), in an effort to build residents' civic engagement. At that time, CRJC was successful in fostering 8 community-led associations, but in the years since—especially with changes to association leadership during the pandemic—new efforts were needed to reinvigorate the project.

All three organizations share community-building purposes as part of their missions, and they decided to work together to create a plan for re-establishing the associations. This collaborative project flows from each organization's work to form deeper connections between neighbors in St. Johnsbury, to welcome new residents, to develop a shared sense of community pride, and to create bonds that cross socio-economic and political divides.

"This funding allows us to continue our long-lasting tradition of community engagement. We know that everyone—no matter their race, citizenship status, or class—can benefit from building stronger relations among neighbors, organizing, and unifying our collective voices, and empowering residents to identify community assets and needs while initiating positive changes." says Omara Rivera-Vázquez, Executive Director of the CRJC.

"It's never too late, or too soon, to get to know your neighbors." says Gillian Sewake, Director of Discover St. Johnsbury. "With strong social connections, a strong sense of community pride and engagement will follow."

Generous funding from

the Vermont Community Foundation's Regional and Local Impact grant program will be used to support a one-year, part-time position to work within the community to identify natural neighborhood identities, support the formation of neighborhood associations, facilitate their first meetings using the St. J Hub's "NeighborUp" model, and provide mini-grants and ongoing support for the associations in year two. The result will be between 8-12 community-led neighborhood associations, which will identify and move forward their own goals and projects. The partners will be working together over the next month to develop a job description for a part-time project manager. In the meantime, community members interested in serving in an active role within their neighborhoods are encouraged to reach out to Director@DiscoverStJohnsbury.com.

Since 2002, Discover St. Johnsbury (previously known as the St. Johnsbury Chamber of Commerce) has stimulated and promoted the vitality of St. Johnsbury's cultural, commercial, and community resources through regional marketing, producing community events, support for local businesses, and other economic development activities. The organization combines the economic and commercial goals of a business alliance with the structure of a Designated Downtown organization. www.DiscoverStJohnsbury.com

The St. Johnsbury Community Hub Project seeks to provide space, opportunity, and discovery for all NEK Vermonters. There is no one path toward stability for our

neighbors, friends, and loved ones. www.stjcommunityhub.org

The Community Restorative Justice Center, Inc. (CRJC) provides opportunities for people to change the way they treat each other in order to maintain our communities as safe and enjoyable places to live, work and play. CRJC, located in St. Johnsbury, is the second oldest justice center in Vermont, having been organized in 1999. It is a 501(c)3 nonprofit organization and provides service to all of Caledonia County and Southern Essex County, and is connected to services in northern Essex County. <https://communityrjc.org>

The Regional and Local Impact Grant Program of the Vermont Community Foundation supports projects that are generated through community conversation and engagement, and which build on that work to address the Community Foundation's grantmaking priorities. As a place-based grant program, it funds projects that advance locally grown solutions, involve community members in decision making wherever possible, and use best practices. The Vermont Community Foundation was established in 1986 as an enduring source of philanthropic support for Vermont communities. The Community Foundation and its partners put more than \$60 million annually to work in Vermont communities and beyond. The heart of its work is closing the opportunity gap—the divide that leaves too many Vermonters struggling to get ahead, no matter how hard they work. www.vermontcf.org

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The North Haverhill Fair Assoc. Celebrates Selection as a Shaw's GIVE BACK WHERE IT COUNTS Reusable Bag Program Beneficiary

North Haverhill – The North Haverhill Fair Association has been selected as a beneficiary of the Shaw's GIVE BACK WHERE IT COUNTS Reusable Bag Program for the month of February.

The Shaw's GIVE BACK WHERE IT COUNTS Reusable Bag Program, which launched in March 2019, is a reusable bag program that facilitates community support with the goal to make a difference in the communities where shoppers live and work.

The North Haverhill Fair Association was selected as the February beneficiary of the program by store leadership at the Shaw's located at 15 Forest Street in Woodsville. The North Haverhill Fair Association will receive a \$1 donation every time the \$3.00 GIVE BACK WHERE IT COUNTS Reusable Bag is purchased at this location during February, unless other-

wise directed by the customer through the Giving Tag attached to the bag.

"We are thrilled to have been chosen by Shaw's for this program," said David Lackie, President of the North Haverhill Fair Association. "The ongoing need to upgrade the facilities at our fairgrounds, as well as to pay for each year's entertainment will be helped by this generous donation."

The North Haverhill Fair Association is a nonprofit based in North Haverhill. Founded in 1945, the North Haverhill Fair Association was founded to help promote the 4-H programs in the area, and to offer a family friendly fair. Learn more about the North Haverhill Fair Association by visiting www.nohaverhillfair.com.

For more information on the Shaw's GIVE BACK WHERE IT COUNTS Reusable Bag Program, visit shaws.2givelocal.com.

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Haverhill Candidate Platform Set For January 31

For several years now Trendy Times has presented a Platform for candidates to Haverhill elected positions to talk to voters and answer questions about their candidacy, their policies, and their plans if elected. There have been two such sessions each year. The first is set for a time just before the final date arrives to be listed on the ballot at Town Meeting. This year's Town Meeting will take place on Tuesday, March 14. The final date to get listed on the ballot this year is Friday, February 3. Town officials must register with the Town Clerk. Those running for an office with the Haverhill Cooperative School District must register with the SAU 23 office. Any candidate, for any elected position, who is already signed up and would like to participate in this platform is sincerely welcomed, encouraged, and hereby invited, to attend and participate.

In 2023 there are two seats on the Haverhill Selectboard, each for a three year term, to be filled. The top two vote getters at the

election will be seated in these positions. One Cemetery Commissioner and one Trustee of Trust Funds will also be elected by ballot.

On the school side of the election, there are also two three year term seats to be filled. Plus a one year term, as well as the standard one year term for a Moderator.

The other factor that makes this platform work for candidates and for the voting public, is for members of the voting public to also attend this presentation. At that time they will be allowed to ask a question of any candidate participating.

This first platform is scheduled to take place from 6:00 until 8:00 PM on Tuesday, January 31 at the Robert E. Clifford Memorial Building (the former Armory) on South Court Street in Woodsville. With the assistance of the Town of Haverhill administration, the Platform will also be broadcast via Zoom/Facebook. To get the link please visit the Town of Haverhill website.

The second of the two platforms is scheduled for

Saturday, March 4. The location will be the same as the first platform. The times will be determined at a later time once the ballots have been set. Tentative time is for either 12 Noon or 1 PM.

Both of these platforms are to be moderated, as in the past, by Trendy Times publisher Gary Scruton. The format will allow for questions from the moderator as well as from in person and on line audience members. It has been standard practice that most every question asked on any candidate will also be put to every other candidate for that same position. This allows for all candidates to get an equal opportunity to participate as well as to get their views heard by voters.

All candidates looking to participate are asked to contact Trendy Times to verify their participation in this platform. The office number is 603-747-2887, or email gary@trendytimes.com.

NEK Chamber Jan. 30 Legislative Forum At St. Johnsbury House

The Northeast Kingdom Chamber of Commerce will hold its first legislative update of the year on Monday, Jan. 30, from 8 to 9 a.m., at the St. Johnsbury House, 1207 Main St. The program starts with a short update from the chamber, continues with legislator reports addressing key issues and concludes with a question-and-answer period at the end of the event.

Expected issues to be discussed include health care, labor issues, permitting concerns, housing, economic and workforce development issues, taxes and fiscal policies, all issues that impact the Northeast Kingdom and its businesses. Laural Ruggles will serve as the co-moderator along with Northeast Kingdom Chamber Director Darcie McCann.

McCann noted that the format of the gatherings will remain the same as it has in past years, prior to the pandemic, including the question-and-answer period. The legislative breakfast will be broadcast by Kingdom Access Television with video links provided on the chamber Facebook page following the event. The event is being sponsored by the Passumpsic Bank.

The forums will be held the last Monday of each month from January to May, from 8 to 9 a.m. Please mark your calendars for the 2023 dates of Feb. 27, March 27, April 24 and May 22. There will be a small fee for the breakfast to cover the cost of the space and food. Attendees of the breakfasts are not required to wear masks but may do so if they so choose.

Want to Connect to Other Readers? Join the Bath Book Club!

The Bath Library Book Club will be discussing "The Northern Forest", by David Dobbs and Richard Ober on Monday, February 13, 2023 at 4:30 pm at the Bath Public Library.

These true stories focus on the lives of Northern Forest residents; a mill worker, a forester, several loggers, a fishing guide, and a Christmas tree-farming family. Discover the extraordinary sense of place that arises in those who have a con-

tinuous, working relationship with the land.

Books may be picked up at the Bath Library; hours are Monday, Tuesday, Wednesday and Thursday 9:00 am to noon and 1:00 pm to 4:30 pm and Saturday 9:00 am to noon. Anyone with an interest in reading and conversing about books is welcome to attend. For information, please contact the library at 603-747-3372 or email bathlibraryljh@gmail.com

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

Volume 14 Number 8

January 24, 2023

HAVERHILL CANDIDATES' PLATFORMS

Tuesday, January 31

PLEASE NOTE DATE CHANGE

6:00 - 8:00 PM

PLEASE NOTE DATE CHANGE

**Clifford Memorial Building
South Court St., Woodsville**
This session is for all registered candidates and allows undecided candidates to make a decision.

Deadline to register is February 3

Saturday, March 4

Time to be determined

**Clifford Memorial Building
South Court St., Woodsville**
Session to be broken into various positions if necessary

ALSO AVAILABLE ON ZOOM & FACEBOOK

These Platforms are being held to allow all Candidates for Haverhill Town Offices a chance to answer questions from voters about current issues, future plans or whatever issues may concern them.

Write in candidates can still run for office.

Positions to be voted on during balloting on Tuesday, March 14, 2023 include:

2 Selectboard Seats (3 year term)

Currently held by: Fred Garafalo & Steve Robbins

Cemetery Commissioner (3 year term) Currently held by Robert Rutherford

Trustee of Trust Funds (3 year term) Currently held by Marie Bigelow

2 School Board Seats (Three Year Term)

Currently held by Donald LoCascio & Robert St. Pierre

School Board Seat (One Year Term) Currently held by Aaron Palm

School Moderator (1 year term) Currently held by Gary Hebert

This Platform is Sponsored by Trendy Times as a Public Service.

For more information contact Gary @ 747-2887 or email Gary@TrendyTimes.com

Thanks to the Haverhill Town Administration Staff for Assistance with Zoom presentation.

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Latest NH Historical Highway Marker

The N.H. Division of Historical Resources is pleased to announce that a New Hampshire Historical Highway Marker describing two distinct members of the Balch household has been installed on Route 9 in Barrington, adjacent to Pine Grove Cemetery.

The marker reads:

"THE BALCH HOUSEHOLD GRAVES

"The reinterred graves of two members of the Balch Household are in Pine Grove Cemetery. Rev. Benjamin Balch (1743-1815) was the first chaplain of the Continental Navy and earned the title of 'Fighting Parson,' then served as the pastor of the local Congregational Church. Buried next to him is Aggie (ca. 1740-ca. 1840), an African American woman who was enslaved as a child and who lived out her life in Barrington after her emancipation. Known for nursing the town's sick during a severe epidemic, she also worked as domestic help in the Balch household, most likely between 1784-1815."

Balch's remains were moved to Pine Grove Cemetery at the request of his nephew in 1911; Aggie was reinterred there by the Daughters of American Revolution in 1932. They are buried next to each other.

The marker was unveiled on January 14, 2023, at a small ceremony attended by residents of Barrington, including members of the First Congregational Church, which sponsored the marker.

"The Balch Household Graves" is the 279th marker in New Hampshire's Historical Highway Marker program.

Any municipality, agency, organization or individual wishing to propose a historical highway marker to commemorate significant New Hampshire places, persons or events must submit a petition of support signed by at least 20 New Hampshire residents. They must also draft the text of the marker and provide footnotes and copies of supporting documentation, as well as a suggested location for marker placement.

New Hampshire's historical highway markers illustrate the depth and complexity of our history and the people who made it, from the last Revolutionary War soldier to contemporary sports figures to poets and painters who used New Hampshire for inspiration; from 18th-century meeting houses to stone arch bridges to long-lost villages; from factories and cemeteries to sites where international history was made.

Northeast Kingdom - The Northeast Kingdom Young Professionals Network (NEK YPN) is looking forward to meeting new people, deepening relationships, and building opportunities for young professionals in 2023. In January, the group is kicking off a year's worth of free events with two social mixers scheduled at locations throughout the "Kingdom".

The first event will take place at Parker Pie (161 County Road, West Glover) on Friday, January 20th starting at 6:00pm, and another will take place a week later at Whirligig Brewing (397 Railroad Street, St. Johnsbury) on Thursday, January 26th starting at 5:30pm. Both events are great opportunities to network, enjoy some amazing food and beverages, and to get to know the NEK YPN.

More information about both events can be found on the YPN's Facebook page: www.facebook.com/NEKYoungProfessionals

com/NEKYoungProfessionals

The NEK YPN recognizes the word "young" to be dynamic, not static, and "professional" to be inclusive, not exclusive. ALL are welcome to attend these events, with a specific invitation to those new to the area.

The Northeast Kingdom Young Professionals Network is a network for young professionals living and working in and around Vermont's Northeast Kingdom. The main purpose of the group is to serve the needs of young professionals, employees, leaders and entrepreneurs of the tri-county region, who are hoping to find networking and social opportunities. The YPN

provides valuable leadership, relationship building, and educational opportunities through collaboration with community partners. The group is open and free to join, and hosts events, educational opportunities and social mixers. To learn more or to join the NEK YPN as a member, please visit: www.facebook.com/NEKYoungProfessionals and click the blue "Sign Up" button to join for free and receive newsletter updates. You can also email the group to sign up at nekypg@nekchamber.com. The NEK YPN is guided by a volunteer steering committee, and is a project of the Northeast Kingdom Chamber of Commerce.

NOTICE TO THE RESIDENTS OF THE TOWN OF BENTON

The School Board and the Town of Benton will hold their Annual Budget Hearings on Monday, January 23, 2023 at the Benton Town Hall starting at 6:00 p.m.

NOTICE PIERMONT SCHOOL DISTRICT

The Annual Election of Officers will be held at the Piermont Village School on Tuesday, March 14, 2023 From 10:00 AM – 7:00 PM

The following officers will be voted upon:

- Moderator for a term of one year
- School District Clerk for a term of one year
- Treasurer for a term of one year
- 1 School Board Member for a three-year term ending in 2026

Candidates for the above may file at the Piermont Village School From 8:30 AM – 3:00 PM January 25, 2023 – February 3, 2023

NOTICE HAVERHILL COOPERATIVE SCHOOL DISTRICT

The Annual Election of Officers will be held at the James R. Morrill building North Haverhill, NH March 14, 2023 8:00 AM – 6:00 PM

The following officers will be voted upon:

- Moderator for a term of one year
- 2 School Board Members for a three-year term ending in 2026
- 1 School Board Member for balance of term ending in 2024

Candidates for the above may file at the SAU #23 Office James R. Morrill Municipal Building, North Haverhill, NH 8:00 AM – 3:00 PM January 25, 2023 – February 3, 2023

NOTICE BATH SCHOOL DISTRICT

The Annual School District Meeting and Election of Officers will be held in the Bath Village School Cafeteria at 7:00 PM, Thursday, March 16, 2023 Polls will open at 6:00 PM

The following officers will be voted upon:

- Moderator for a term of one year
- School District Clerk for a term of one year
- 1 School Board Member for a three-year term ending in 2026

Candidates for the above may file at the Bath Village School From 8:30 AM – 2:30 PM January 25, 2023 – February 3, 2023

NOTICE WARREN SCHOOL DISTRICT

The Annual Election of Officers and Annual School District Meeting will be held at the Warren Town Hall on Tuesday, March 14, 2023 From 9:00 AM – 7:00 PM

The following officers will be voted upon:

- Moderator for a term of one year
- Treasurer for a term of one year
- School District Clerk for a term of one year
- 1 School Board Member for a three-year term ending in 2026

Candidates for the above may file at the Warren Village School From 9:00 AM – 3:00 PM January 25, 2023 – February 3, 2023

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Calendar of Events

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

MONDAY, JANUARY 30

LEGISLATIVE FORUM
8:00 - 9:00 AM See Article on Page 3
St. Johnsbury House, 1207 Main St.

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

TUESDAY, JANUARY 31

HAVERHILL CANDIDATES' PLATFORM
6:00 PM See Ad & Article on Page 4
Clifford Building, Woodsville

DEADLINE FOR COY/BOY NOMINATIONS
Cohase Chamber of Commerce
See Article on Page 1

SUNDAY, FEBRUARY 5

ACOUSTIC MUSIC JAM
12:00 - 3:00 PM
Clifford Memorial Building, Woodsville

MONDAY, FEBRUARY 6

HAVERHILL SCHOOL BUDGET HEARING
6:00 PM See Ad on Page 4
Haverhill Cooperative Middle School

TUESDAY, FEBRUARY 7

WARREN SCHOOL & TOWN
BUDGET HEARINGS
6:00 PM See Ad on Page 4
Warren Village School

WEDNESDAY, FEBRUARY 8

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

SATURDAY, FEBRUARY 11

VALENTINE'S DAY DANCE
7:00 PM - Midnight See Ad on Page 12
American Legion Post #20, Woodsville

SUNDAY, FEBRUARY 12

BENEFIT TEXAS HOLD 'EM POKER
10:00 AM-7:00 PM Cash 1:00 PM Tournament
Moose Lodge 1779, St. Johnsbury

MONDAY, FEBRUARY 13

BATH LIBRARY BOOK CLUB
4:30 PM See Article on Page 4
Bath Public Library.

HAVERHILL TOWN BUDGET HEARING
6:00 PM See Ad on Page 7
Clifford Memorial Building, Woodsville

BATH SCHOOL BUDGET HEARING
6:00 PM See Ad on Page 5
Bath Village School

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

ROSS-WOOD AUXILIARY UNIT #20 MEETING
6:00 PM
4 Ammonoosuc Street, Woodsville

TUESDAY, FEBRUARY 14

PIERMONT SCHOOL BUDGET HEARING
7:00 PM See Ad on Page 5
Piermont Village School

EVERY THURSDAY

WORKING ON WELLNESS
6:00 PM
Monroe Public Library

EVERY FRIDAY

SHARE THE HARVEST TABLE
NOON - 7:00 PM
Baldwin Memorial Library, Wells River.

EVERY SUNDAY

BETHANY CHURCH WORSHIP SERVICES
9:00 AM "the church set apart on the hill"
Mt. Moosilauke Highway, Pike, NH
Phone: jo anne at 603-787-6658

WEEKLY EVENTS AT

CLIFFORD MEMORIAL BUILDING

South Court Street, Woodsville
ANTIQUÉ STROLLERS WALKING PROGRAM
Monday – Friday from 11:00-12:00
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Tuesday & Thursday evenings at 6:00 PM

Saturday mornings at 9:00-10:30 AM
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\$6,559.12 Check Given To Bancroft House in Franconia



Becky Colpitts (left), Littleton Food Co-op Outreach Coordinator and Bob Gorgone (right), Bancroft House Program Director hold the Big Check from December 2022 Partner of the Month Program.

This week the Littleton Food Co-op welcomed Bob Gorgone from the Bancroft House in Franconia and presented him with a check for \$6,559.12. A big thank you to the many members/owners, customers, and employees who rounded up during December.

The Bancroft House, a four-unit family-centered domicile has provided sanctuary to individuals and families in northern New Hampshire since 1982. Residents enjoy modestly furnished bedrooms with private bathrooms, community living and dining areas with fully stocked pantry for preparing healthy meals. The mission is to provide a secure, temporary home for women, children and families in need with compassion and respect for those they serve. These funds will enable them to help more people in need.

Thank you to all of our Littleton Food Cooperative community!

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. Through our Partner of the Month Program, the co-op sponsors a different local non-profit each month of the year. All of the Partners are locally focused, socially and environmentally responsible, non-political, and secular. Partners are chosen by our Member/Owners by popular vote. 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!

Op. Ed., “A case for ‘Columbus Day’”

by Nick De Mayo, M. Ed.
Sugar Hill, NH

Having taught 5th and 6th Grade World Geography to Elementary students for 35 years, and having studied the readings of the sailing tactics of the Portuguese under the leadership of Prince Henry the Navigator, I think I know a little more than the average person about this world-renowned figure known as Christopher Columbus. After all, I'm of Italian heritage, and he is a heroic figure. Why wouldn't I want to know more about him?

I just learned that the state of New Hampshire is considering changing the name of the holiday honoring this great man to “Indigenous Peoples Day” due to claims that Columbus was a “slave owner” and a “racist.” Owing slaves was a common practice 600 years ago! “Racist” is a contemporary, woke term.

Columbus brought two worlds together, the “Old World” consisting of the countries of Europe, Asia, and Africa and the “New World” consisting of the many countries of North America, Central America, and South America. Many migrants coming to America today are coming to the place discovered by Columbus! Columbus enabled the Eastern Hemisphere to learn of the Western Hemisphere. He transported agricultural products like maize (corn), squash, peanuts, cocoa (from which we get “chocolate”), tobacco, beans, pumpkins, pineapples, vanilla, potatoes, tomatoes, and all kinds of “New World spices” to the “Old World,” and returned “Old World” products, such as coffee, to transplant in the “New World.” This “Columbian Exchange” was an economic

boon to both “worlds.” He brought two unknown worlds and many cultures together for our contemporary understanding of current world geography/world economy. For that accomplishment alone, he deserves worldwide recognition, forever!

He was a brave and courageous innovator as well as a great salesman. Time and again in the late 1400's, he was rejected by the Spanish Court (King Ferdinand and Queen Isabella) only to remain persistent and steadfast in his dream to sail westward to reach the East Indies. Finally, after the conquest of the Moors, and the reunification of Spain, the Spanish monarchs were able to grant Columbus' request for money, men, and ships in return for the promise of great wealth and glory. Columbus wanted to prove that he could travel west to get to the East, ie China, Japan, and the Spice Islands (present-day Indonesia). By doing so, Columbus would cut out the lengthy and dangerous camel trips and caravans across the deserts of Asia which were constantly attacked by desert marauders. Also, a sailing ship could carry more goods than a camel caravan! But, how to get to the East Indies? Umm, sail west from Europe! He couldn't go along the coast of Africa because that was the “Portuguese Route” bringing the Portuguese to India 600 years ago. Competition and piracy would have exploded between Portuguese and Spanish sailing ships. So, Columbus went west. However, 600 years ago, no one ventured to sail the dark, dangerous waters to the west of Europe. They feared never returning to Europe. They knew very little of the winds and cur-

rents of the “Atlantic Ocean,” as it later was called. Columbus had sailed with the Portuguese, and had studied their charts. He knew he could get back because the currents and winds were circular, “westerlies in the North Atlantic,” and “easterlies in the Central Atlantic.” Just think of the meteorological routes of our contemporary hurricanes, westward from Africa nearer the Equator and eastward toward Europe in the upper latitudes. Another Italian explorer named Amerigo Vespucci set forth the then revolutionary concept that the lands Columbus visited in 1492 were part of a separate continent. A map created in 1507 by Martin Waldseemüller was the first to depict this new continent with the name “America,” a Latinized version of “Amerigo.”

Don't take away the genius, outstanding accomplishments and contributions to world geography/world economy, to sailing, to world exploration, to the transfer of agricultural goods, and the creation of so many new countries, cities and towns credited to this brave, courageous, and determined man. Yes, he had his faults, but he was no Hitler, no Stalin, and certainly no Putin!

Perhaps a compromise can be reached to have one day to honor Columbus and one day to honor our Native Americans who did much to help the Pilgrims and later colonists survive and flourish. Most notably, we should remember the Wampanoag chief, Massasoit, whose peace with the early New England colonists lasted fifty years, thus allowing Anglo-American culture to establish in the New World.

PUBLIC NOTICE Town of Haverhill Important 2023 Dates

- Last day for petitioned warrant articles to Town Clerk ---- February 7th @ 5:00pm
- Select Board Budget Workshop at Clifford Building ---- February 7th @ 6:00pm
- Select Board Budget Public Hearing at Clifford Building ---- February 13th @ 6:00pm
- Select Board SB2 Public Hearing at Clifford Building ---- February 14th @ 6:00pm
- Town Election Day at James R. Morrill Building ---- March 14th
- Town Meeting Day @ Haverhill Cooperative Middle School --- March 18th
The School District Annual Meeting will occur in the morning and the Town Annual Meeting will occur directly following the School District Annual Meeting, or after lunch, depending upon how long the school district's meeting takes.

PUBLIC NOTICE SAU #23 SCHOOL DISTRICT'S BUDGET HEARING SCHEDULE FOR 2023

School District	Date	Time	Place*
Bath	February 13, 2023	6:00 PM	Bath Village School
Benton	January 23, 2023	6:00 PM	Benton Town Hall
Haverhill (School & Town) Cooperative	February 6, 2023	6:00 PM	Haverhill Cooperative Middle School
Piermont	February 14, 2023	7:00 PM	Piermont Village School
Warren (School & Town)	February 7, 2023	6:00 PM	Warren Village School

*Please check the SAU #23 website calendar for any possible changes (www.sau23.org)

Did you enjoy apple pie this holiday season? NH's latest National Register of Historic Places may have played a role in making it

The New Hampshire Division of Historical Resources has announced that the Goodell Company Mill in Antrim has been honored by the United States Secretary of the Interior by being listed to the National Register of Historic Places. The site of what at one time was the oldest and largest manufacturer of apple parers in the world, all six of the complex's buildings contribute to the property's historical significance.

The Goodell Company Mill complex sits on two and one-half acres, with the five oldest buildings (circa 1867–1900) creating a V-shaped footprint on the east side of Great Brook and the newest building, the Cutlery Mill (circa 1900), on the west side. All are typical late-nineteenth and early-twentieth century industrial design in New England and have excellent architectural integrity.

Each building's name indicated the major function taking place within: Finishing, Packing, Office, Storage, Boiler House and Cutlery Mill. The buildings range from one-and-a-half to four stories; the exterior of oldest two were originally clapboarded while the other buildings have brick facades, a deterrent to fire. Several of the buildings retain their segmented arched window openings and original external doors.

As were commonly found in manufacturing buildings of the time, several of the buildings' interiors have large open spaces, exposed beams, painted brick walls, hardwood floors and simple wood trim details.

Hillsborough native David Goodell formed D.H. Goodell & Company in 1864 – it was incorporated as the Goodell Company in 1875 – and began manufacturing apple parers on the site of the former Antrim Shovel Company factory.

Apples were a significant part of the American

diet and economy at the time and were used to make apple vinegar, apple butter, apple sauce and dried apples that were used in pies, puddings, fritters, jelly and marmalade. As the use of apples expanded, so did the demand for apple parers, for both home and commercial use.

Goodell received his first patents for apple parers in 1863 and 1864, and another in 1867 for his award-winning Lightning model that became a best-seller. The company sold 2,400 apple parers in 1865 but 16,800 the following year. Its famous White Mountain lathe-style model proved to be its most popular; the company manufactured and sold 500,000 of them in 1904 alone.

Apple parers were only part of the Goodell Company's product line, which included a seed sower, paring knives, peach parers, potato parers, cherry pitters and a variety of cutlery. By 1880, it was producing more than 70 styles of cutlery and employing 120 people in a town whose population was just more than 1,200. By 1904, the company offered 1,300 styles of cutlery, including the well-known Star hunting knife.

Goodell served as town clerk, in the state legislature and on the Governor's Council as well as one term as governor. He led the company until his death in 1915; his sons succeeded him.

Goodell Company was sold to Chicago Cutlery in 1983 and closed its doors in 1989. The buildings have been largely vacant since that time, with several small businesses, a teen center and an apartment now on site.

Administered by the National Park Service, which is part of the U.S. Department of the Interior, the National Register of Historic Places is the nation's official list of historic resources worthy of preservation and is part of a national program to co-

ordinate and support public and private efforts to identify, evaluate and protect our historic and archaeological resources.

Listing to the National Register does not impose any new or additional restrictions or limitations on the use of private or non-federal properties. Listings identify historically significant properties and can serve as educational tools and increase heritage tourism opportunities. The rehabilitation of National Register-listed commercial or industrial buildings may qualify for certain federal tax provisions.

In New Hampshire, listing to the National Register makes applicable property owners eligible for grants such as the Land and Community Heritage Investment Program or LCHIP (lchip.org) and the Conservation License Plate Program (nh.gov/nhdhr/grants/moose).

For more information on the National Register program in New Hampshire, please visit nh.gov/nhdhr or contact the Division of Historical Resources at 603-271-3583.

New Hampshire's Division of Historical Resources, the State Historic Preservation Office, was established in 1974 and is part of the N.H. Department of Natural and Cultural Resources. NHDHR's mission is to preserve and celebrate New Hampshire's irreplaceable historic resources through programs and services that provide education, stewardship, and protection. For more information, visit us online at nh.gov/nhdhr or by calling 603-271-3483.

Granite VNA Names Shaunna Mara Community Health Educator

CONCORD, N.H. – Granite VNA has named Shaunna Mara community health educator for the Greater Capital Region.

In this role, Mara leads community wellness education programs that promote wellness and help residents in the greater Concord area prevent or manage disease. She also works with community members in their homes to reinforce healthy habits and enhance their self-management skills so they can achieve their personal health goals. Prior to this role, Mara had served as a Granite VNA care transition liaison since May 2022.

"We are happy to have Shaunna transition into the role of community health educator," said Jennifer Brechtel, CHES, director of community health, Granite VNA. "She has been able to make great connections with community partners to offer wellness programs and let them know the breadth of one-on-one services she can provide older adults, in their homes, to help them reach and maintain their health goals. Her knowledge and experience have been a wonderful addition to our community



Granite VNA has named Shaunna Mara of Hooksett, New Hampshire, community health educator for the Greater Capital Region.

health team."

Mara has extensive experience in wellness programming. Before joining Granite VNA, she was the life enrichment director and admissions assistant at Courville at Manchester and The Huntington and Hunt Community, both in Nashua. Previously, she served as a health and wellness manager at Elliot Hospital in Manchester.

Mara holds an associate degree in exercise science from New Hampshire Technical College in Concord, and a bachelor's degree in kinesiology and recreational therapy from New England College in Henniker. She resides in Hooksett, New Hampshire.



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Senator Jeanne Shaheen Visits Plymouth State University Nursing Education Facility

Senator Shaheen's efforts resulted in \$2.1 million CDS funding to improve and expand learning space for PSU nursing program

Plymouth, N.H. (January 18, 2023) – New Hampshire Senator Jeanne Shaheen visited Plymouth State University (PSU) Tuesday morning, January 17, to meet with nursing program students and faculty and to tour its nursing program facilities. Shaheen secured \$2.1 million for PSU as part of the final government funding bill for fiscal year 2023 to support nursing workforce expansion.

Specifically, the funding will enable the university to renovate the historic Samuel Read Hall Building, which has been home to PSU's nursing program since 2015, to expand the available physical learning space for the program, including its clinical simulation lab.

"We were honored to welcome Senator Shaheen to campus to tour our current nursing facilities and simulation lab and visiting with nursing students, faculty and staff," said President Donald Bix, Ph.D. "The senator's securing of CDS funding enables PSU to continue to grow our nursing program allowing us to continue to educate New Hampshire's next generation of nurses."

PSU Clinical Associate Professor Julie Fagan, Clinical Assistant Professor Laura Rogers, Clinical Assistant Professor Kerri Reynolds, and academic



New Hampshire Senator Jeanne Shaheen visited Plymouth State University Tuesday morning, January 17, to meet with nursing program students and faculty and to tour its nursing program facilities. Shaheen secured \$2.1 million for PSU as part of the final government funding bill for fiscal year 2023 to support nursing workforce expansion. (Shown in photo, L-R): PSU nursing student Ashleigh Magoon of Holderness, NH, Senator Shaheen, and PSU nursing student Christopher Bilotti of Ashby, Mass. in the nursing program's clinical simulation lab.

operations manager Karen Coughlin gave Shaheen an overview of the nursing program and plans for its expansion as she toured the facility. PSU nursing students Christopher Bilotti of Ashby, Massachusetts and Ashleigh Magoon of Holderness, New Hampshire, both juniors, showed her the clinical simulation lab where students gain hands-on experience in life-like clinical scenarios.

"We've experienced the dire challenges posed by shortages in our nursing workforce – particularly amid the pandemic. Now is the time to invest in robust nursing training and support to put quality health care within reach for every Granite Stater."

I'm excited to secure funding for PSU's Nursing Workforce Expansion project to do just that," said Shaheen.

A senior member of the Senate Appropriations Committee, Shaheen worked to include federal support for myriad New Hampshire projects in the final government funding legislation for fiscal year 2023, including expanding access to health care, updating water infrastructure, increasing affordable housing and more. Her efforts resulted in \$111,359,972 for 105 New Hampshire projects, including the \$2.1 million for PSU's nursing program.

To learn more about Plymouth State University, visit www.plymouth.edu.

Snowlights Light the Night at Highland Center for the Arts in Greensboro



Highland Center for the Arts brings lights, snow and music for a weekend awash in radiant color and winter celebration on January 27 & 28 starting at 5:30 PM.

It's cold, it's dark, and Highland Center for the Arts is energizing the night sky with an imaginative display of lights and the rocking music of the Latin dance band Mal Maiz on January 27 and 28 from 5:30 - 8:00 PM.

This year's Snowlights festival was created by a team of Vermont artists and will delight people of all ages with stunning color, an enchanted forest and festive fun and surprises throughout the event.

Guests will warm up with the electrifying Latin band Mal Maiz, featuring world music in the traditions of reggae and afro-Caribbean dance. Mal Maiz delivers with funk and flair in a remarkable blend of both traditional and modern vibes, perfect to cut loose and boogie

down on the outdoor dance floor. Fire juggling and warming fires add to the creative scene, and the HCA Café will serve warm drinks, light dinner fare, and desserts.

Guests are invited to rejoice in winter's magic at this one-of-a-kind family event where deep winter and art spin into a breathtaking celebration of snow, music, and light!

Snowlights is an outside event with some uneven terrain. It is recommended that participants wear winter boots and outdoor wear. The cost to attend the event is \$15 per single ticket or \$30 per carload (up to 6 passengers). Advance purchase of tickets is recommended. For more information visit: highlandartsvt.org or call 802-533-2000.

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Saturday, January 28th

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Music by DJ Phil Rivera

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Property Assessments for Damaged Buildings

Op-Ed by Tom Thomson
Orford, NH

Recently, I read an article in the NH Union Leader on Dec. 14, 2022 written by reporter Mark Haywood. The title of Mark's article is what caught my eye "Hotels seek tax breaks over Covid restrictions", the sub-title was "Parties to suit ask state Supreme Court to decide whether the pandemic qualifies as a national disaster under state law".

As I read the article I realized that the nine Hotels were at the NH Supreme Court stating that the Hotels should not be forced to pay local property taxes because Gov. Sununu basically shut them down during Covid-19 pandemic, which they called a Natural Disaster".

At this point I realized they were using RSA 76:21 "Prorated Assessments for Damaged Buildings" which was Senate Bill-382 that was approved and signed into law on June 7, 2012, and became effective on April 1, 2013.

So as Paul Harvey used to say, "Let me tell you the rest of the story". In early July of 2010 our son was about to move into his new home he had built from lumber he cut off his property, unfortunately

it caught on fire, and burned to the ground, which you can imagine was devastating to him and the family. Thankfully no one was hurt, but it was a gut wrenching as well as heart breaking experience that I wouldn't want anyone to go through.

After three weeks, I suggested to our son to meet with the Orford Selectboard and ask them for a property tax abatement which he attempted to do. They said no and suggested he file an abatement with the NH Board of Tax and Land Appeals. I told him back then it may take up to a year and a half just to get a hearing. He did not go forward and ended up paying full property taxes on a burned out cellar hole for the next nine months.

At this point I went to work and drafted language for a Senate Bill that became SB 382 I asked my State Senator Jeanie Forrester if she would sponsor my bill and she did. As a public member of the NH Assessing Standards Board (ASB) I asked them to review the language, which they did and made positive changes to the bill.

I was pleased that the ASB voted to support this bill, with their help and Senator Forrester's leadership and hard work SB

382 became law.

This of course did not help in our son's situation but from the very beginning my involvement in SB 382 was to help some family in the future whose home or building was destroyed by fire or a natural disaster such as a hurricane, tornado, flooding etc.

Today, if this happened to someone in your family and your taxable building is damaged due to unintended fire or a natural disaster to the extent that it renders the building not able to be used for its intended use, all you need to do is pick up a form titled "Taxpayers RSA 76:21 Proration Application to Municipality" from the Selectboard or Assessing officials at your Town Office. I hope you never have to request this form, but if you do the law is in place to help you and your family.

For me and I believe everyone who worked on and supported Senate Bill 382, the intent was very clear and it was not for Hotels renting rooms during the Covid-19 Pandemic. During the testimony on Senate Bill 382, I do not recall any Lobbyist for the Hotels or Hotel owners who were testifying in favor of SB 382.

Letter to the Editor: SCAM!

To the Editor,

Received a phone call Monday 9th, from "Spectrum Special Promotion for Senior Citizens to save them Money."

Usually just Hang Up, but it was "Spectrum!"

No more charge on cable boxes. Discounts for 3 years. Cable Bill will be less than \$70.00. On and on, Can't remember all FREE, FREE, FREE. Mention Spectrums Special promotion Several Times through our conversation. Then came the finality. Who's name is on your cable bill, and what is the security code #. Then here's the finality, could I have your husband's SS number. I said NO. CLICK she hung up.

I immediately tried to Report this to SPECTRUM. No phone number

Nancy,

Thank you for the heads up about this particular scam. Unfortunately it is not the only one that is out there. Whether you are a senior or not, there are people out there trying to get our money after getting our personal information. So please be careful.

One thing I can add is that I have found that often if you simply say "representative" the automated system will get you to a "real" person. Then that person can transfer you to the "right" person to talk to. Good luck.

Gary Scruton, Editor

for this, only more Promotion and to speak to someone, was a list of Connections, repair, technical, to contact, which was of no interest to me. Concern was this Dangerous incident and to avoid another Senior of this warning.

Finally a "human contact" nice lady, told her my concern and also SPECTRUMS. She was quiet, but helpful. Told her what happened and that they should have a number for HUMAN contact in these situations. She said she would suggest that. But all the time she was very quiet. I kept asking, "are you still there?" Maybe shocked as I was, speechless.

So, Just HANG UP!!
Nancy Leclerc
N.Woodstock, NH

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MARCH 2023	APRIL 2023
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MAY 2023	JUNE 2023
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JULY 2023	AUGUST 2023
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SEPTEMBER 2023	OCTOBER 2023
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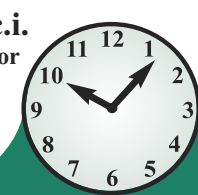
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January 2023 thru December 2023

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January 19	JANUARY 24
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February 16	FEBRUARY 21
March 2	MARCH 7
March 16	MARCH 21
March 30	APRIL 4
April 13	APRIL 18
April 27	MAY 2
May 11	MAY 16
May 25	MAY 30
June 8	JUNE 13
June 22	JUNE 27
July 6	JULY 11
July 20	JULY 25
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August 17	AUGUST 22
August 31	SEPTEMBER 5
September 14	SEPTEMBER 19
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Worried About Inflation? Consider These Moves

As you know, inflation was big news throughout 2022. But will it continue in 2023? And looking even further ahead, how should you account for inflation in your long-term plans?

In regard to the first question, many experts predict that inflation will cool off this year, though there are no guarantees. The high inflation of last year is thought to have been caused by some unusual factors, such as a spike in the demand for consumer goods as the world came out of the COVID-19 pandemic, which led to supply chain issues. Also, the war in Ukraine drove up oil prices, increasing the cost of manufacturing and shipping and driving up the price of wheat and other commodities.

In any case, last year reminded us that inflation needs to be reckoned with as you

work toward your financial goals. But how you respond to inflation will depend somewhat on your stage of life. So, here are some suggestions to consider: If you're still working ...

- Contribute more to your retirement plans. If you can afford to put more money away in your IRA and 401(k), you may want to do so. The more resources you'll eventually have available in retirement, the better protected you are against the rising cost of living.
- Adjust your portfolio objectives with your financial professional. Using tools such as "hypothetical" illustrations, a financial professional can show you some different paths you might take with your investments, given different rates of inflation. So, for example, if you feel that inflation may be higher for a longer period than you once thought, you could request a hypothetical showing how you might need to adjust your investment mix to achieve your long-term goals, given your risk tolerance and time horizon.

If you're already retired ...

- Consider part-time work or consulting. Once you retire from your career, it doesn't mean you can never do any paid work again. If you've accumulated years of experience and expertise, you could use your skills as a consultant. Also, many part-time jobs are available for retirees. With the added income from employment, you may be able to delay

taking withdrawals from your retirement accounts and other investments, possibly extending their longevity. (Once you turn 72, though, you will need to begin taking money from your 401(k) and traditional IRA.)

- Delay taking Social Security. You can begin taking Social Security when you're 62, but your monthly checks will be substantially bigger if you wait until your full retirement age, which will likely be between 66 and 67. (You could even wait until 70, at which point your monthly benefits will max out.) Of course, the ability to delay taking Social Security depends on whether you can afford it, but it may be possible if you work longer than you once planned or if you work part time in retirement. But even if you do need to take Social Security before your full retirement age, your payments will be adjusted annually for inflation — in fact, for 2023, benefit checks will rise 8.7% over 2022.

We'll always have to deal with some level of inflation — so it's a good idea to be prepared.

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

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NH State Council on the Arts Opens 2023 Governor's Arts Awards Nominations

Kicking off what has become a biennial celebration of the arts in New Hampshire, the N.H. State Council on the Arts has announced that is now accepting nominations for the 2023 Governor's Arts Awards.

Begun in 2003, the Governor's Arts Awards recognize outstanding contributions to the excellence, growth, support and availability of the arts in New Hampshire.

Award categories in 2023 are:

Arts Education – for outstanding contribution to the arts in the past three years

Arts in Health – for providing increased access to the arts for people in healthcare settings or activities that align with public health priorities

Creative Communities – for significant fostering of community arts in the past three years

Distinguished Arts Leadership – for performing a sustained role in nonprofit arts leadership

Folk Heritage – for a lifetime of achievement as a traditional folk artist

Individual Arts Champion – for significant contribution to the support of the arts in New Hampshire

Lotte Jacobi Living Treasure – for a lifetime of achievement in the artist's art form and to the New

Hampshire arts community.

Full descriptions of each award category are available on the State Arts Council's website, nh.gov/nharts.

Individuals nominated must be residents of New Hampshire or have made significant contributions to the arts while New Hampshire residents. Nominated organizations, businesses and municipalities must be physically located in New Hampshire.

A review panel appointed by the State Arts Council reviews all nominations, which must include a 1,000-word statement of the nominee's accomplishments and two to five current letters of support. Other support materials may also be submitted as part of the nomination package.

The 2023 nomination form can be accessed from the State Arts Council's website, nh.gov/nharts. Only online nominations are accepted and must be completed by 11:59 p.m. on April 14.

A celebration of 2023 Governor's Arts Awards winners will take place this fall.

The New Hampshire State Council on the Arts, a division of the New Hampshire Department of Natural and Cultural Resources, enhances the quality of life in New Hampshire by stimulating economic growth through the arts, investing in the creativity of students, making the arts accessible to underserved populations and preserving heritage arts. Learn more about the New Hampshire State Council on the Arts at nh.gov/nharts.

Putting It All Away

by Elinor Mawson

Being an octogenarian has its ups and downs. The ups, of course, comprise waking up in the morning, doing household tasks, reading the newspaper, and appreciating the day.

Having arthritis is one of the downs. I have been an avid rug hooker for years, and I loved every minute. But after awhile, my thumbs and shoulders reminded me that hooking was short-lived and I would have to give it up. So away went my frame, special scissors, and my hooks. I miss it dreadfully, but not the painful parts of me that hooking brought on.

I became an antique dealer in the late sixties when I cleaned out my grandmother's house when she moved. I didn't know I would be a dealer at the time, but selling her things brought out another dimension in my life and I was off and running. Many antique venues followed. I was in group shops, did flea markets, antique

shows, Brimfield. As a sideline, I did yard sales for other people who didn't want to do their own. I learned so much! I read books on antiques, price guides, and talked about antiques to everyone I knew. I found that the business is one where you can work at it or play at it, and I did both.

I found that buying my inventory was the best part. I attended auctions, did house calls, and went on road trips to find merchandise. Our garage seldom had room for a car. I kept an inventory book every year. There were always leftover items that needed to be stored somewhere.

Sometimes I was in three venues at once--usually in the summer. When I was teaching, summer was my busiest time, and I used it well. During the school year, I "played" at the business.

In later years after retirement, I specialized in quilts and other textiles, and did one show a year. Of course, after we moved here I found a wonderful

group shop where I sold my antiques. After awhile, the quilt show got to be a hard job, requiring paid help and a rented truck. It was getting to be too much for my ailing body and my husband was getting tired of the time and effort it all took.

Enter Covid. First of all, the quilt show was cancelled--forever.

Then the group shop was sold and we all had to move out. I was left with a pile of unsold merchandise that had to be dealt with. I was out of business.

the transition to regular citizen hasn't been easy. I don't go out buying like I used to. I have a lot of "things" that have no permanent home. I miss the people I loved to see. Life is different.

I have to concentrate on the "ups" that are left. I read a lot. I do crostic word puzzles. I read the newspaper, do household chores and talk to friends on the phone.

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What About Ma?

by Kellie Quackenbush

All About Dark Chocolate

Chocolate is one of my favorite comfort foods. I especially enjoy chocolate around the holidays; Christmas, Valentine's day and Easter find me surrounded by chocolate confections of varied shapes and mixed flavors. I love chocolate.

Imagine my distress when I read the February 2023 edition of Consumer Reports article, The Surprising Problem With Dark Chocolate, that stated that dark chocolates are contaminated with lead and cadmium. To be more exact, they tested 28 popular dark chocolate bars and only 5 were considered having "safe" amounts of lead and cadmium. Lead and cadmium are heavy metals that do not pass through the body when ingested. Heavy metals when inhaled or eaten will stay in the body and cause harm to health. "Exposure to lead can seriously harm a child's health and cause well-documented adverse effects such as:

Damage to the brain and nervous system

Slowed growth and development

Learning and behavior problems

Hearing and speech problems"

Per www.cdc.gov/nceh/lead/prevention/health-effects.htm, "Lead exposure in children is often difficult to see. Most children have no obvious immediate symptoms. If there's suspicion that a child may have been exposed to lead, parents should talk to their child's healthcare provider about getting a blood lead test."

Cadmium is a heavy metal that can cause cancer, usually people are exposed through cigarette smoke but chocolate grown on contaminated soils will have the metal within the cocoa beans. "The general population is

exposed to cadmium by breathing tobacco smoke or eating cadmium-contaminated foods, which is the major source of cadmium exposure for non-smokers. The expanding nickel-cadmium (NiCd) battery recycling industry is also a potential source for exposure.

Occupational exposure to various cadmium compounds is associated with an increased risk of lung cancer." per the National Cancer Institute, www.cancer.gov/about-cancer/causes-prevention.

What I found alarming was that candy manufacturers and several governments have been aware of the danger that lies in chocolate and other foods for decades. "Lead contamination of candies has been recognized as a problem since 1820, when a British study found the poison widespread in London confectionary products. In recent years, documented lead content in candy has ranged from a mean concentration of 21 ng/g in milk chocolate bars in an Australian study to an average of 1,920 ng/g in chocolates seen in research in India. In Nigeria, a 1999 study found an average of 310 ng/g lead in cocoa powders. (For comparison, the mean U.S. lead concentration for apples is 20 ng/g, 200 ng/g for dry table wine, and 100 ng/g for canned pineapple.) Lead is known to cause anemia, muscle weakness, and brain damage, with children particularly susceptible to effects." per Environ Health Perspect. 2005 Oct; 113(10): A687-A688. There are a lot of foods that have trace amounts of lead. In the 1980's the government found that the way cans were made, with a lead seam, added to food contamination from lead leaching into the contents.

Since then, the way cans are made for food storage has been changed. Nigeria and Mexico have issues with contaminated ground that causes lead dust to be on the plants and road dust (with lead from cars and trucks) also settles on the transported harvests.

"Dark chocolate samples tended to have higher lead levels than milk chocolate samples because chocolate liquor is the principal source of lead in chocolate products, and dark chocolate products contain higher amounts of chocolate liquor than milk chocolate products." per <https://www.fda.gov/food/environmental-contaminants-food>.

Ma always liked white chocolate. White chocolate does not have the contamination that dark chocolate has but in a thought on good health is considered to be a treat not to be eaten every day because it is high in fat and sugar. Personally, I would think it easier to get an extra workout in to deal with a bit of fat and sugar than to have to have the medical interventions required to remove heavy metal poisoning.

The Consumer Reports article was an eye-opener. We can not trust that the foods in our grocery stores are safe, we must be mindful and be aware of potential dangers. Foods coming from other countries are not handled the same as the food grown in the United States. We must remember that labels do not tell the whole story. Buying 'organic' does not mean there are not contaminants on or in the food. Now we know there is heavy metal in the dark chocolates. Be safe.

Conservation Plant Sale Provides Benefits for Landowners and Wildlife

The Grafton County Conservation District (GCCD) is now taking orders for the 2023 Conservation Plant Sale. Plants are selected for environmental benefits such as wildlife food and cover, reforestation, wind and sound protection, shade, bank stabilization and erosion control. The plants are sold as bare-root stock. Healthy, hardy plants adapted to our growing conditions are offered for sale. The Plant Sale is GCCD's biggest fund raising activity each year. The money generated by this sale is used to support District programs and educational activities including NH Ag in the Classroom activities, NH Envirothon, tours and workshops.

Each year GCCD offers a variety of flowers and shrubs attractive to landowners and wildlife. Elderberry, arrowwood, black chokeberry and American hazelnut provide food and cover for birds and small mammals. Gray dogwood, spicebush, ninebark and

buttonbush are attractive to birds and butterflies. American arborvitae, balsam and fraser fir, white pine, sugar maple and American mountain ash can provide browse, fruits and shelter for wildlife, shade and wind protection. A variety of apples, blueberries and raspberries are also available.

The District offers different plants each year to meet the varying needs of landowners. To receive more information on the Conservation Plant Sale and an information packet contact Grafton County Conservation District at 603 787-6973 or email: pamela.gilbert@nh.nacdn.net. The 2023 Plant Sale Order Form and Plant Descriptions are also available on our website at: <http://graftonccd.org>. The deadline for ordering plants is February 24, 2023. The plant orders available for pickup up at Windy Ridge Orchard in North Haverhill on Friday, April 28 and Saturday April 29 for spring planting.



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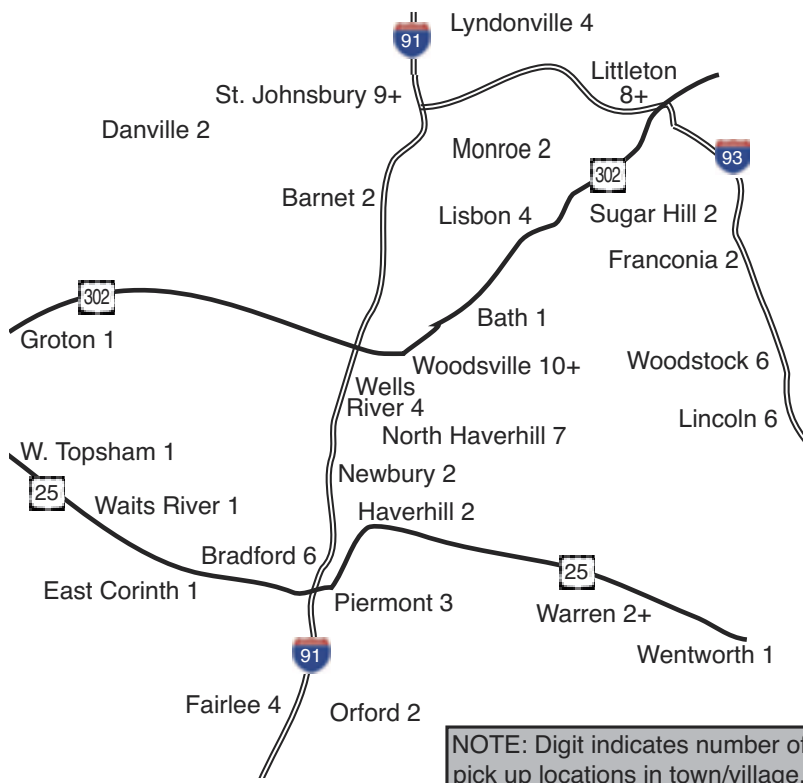
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by Cindy Pinheiro
to contact Cindy (aka Cin Pin)
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Spaghetti Aglio with Anchovies

EDITOR'S NOTE: *It is a tough way to start the year, but I must report that Cin Pin has again made a trip to the ER and was kept for a couple of days. It appears she had a bad reaction to some medication. The last I spoke with her, she was feeling much better and should be home by now, working in the kitchen.*

The recipe here is from January of 2020 (back before COVID) and has some seasonal spirit as well.

Hello hello my fellow chefs. Happy New Year to all of you. I can't believe it's 2020. How are you all doing? I'm doing well just trying to get over a terrible cold. I had a wonderful time with my son and grandchildren when they came to visit over the Christmas Holiday. We celebrated Christmas a few days early and they left the day before Christmas so that they could be home when Santa Claus came. It's so much fun when there are children around who believe in the magic of the season.

Today's recipe is an easy peasy one. I figured after making Jambalaya, my last recipe, my fellow chefs needed a simple supper to prepare. So let's get started with today's Spaghetti Aglio, which



means Spaghetti with Olive Oil. Don't be afraid of the anchovies because they melt away, you won't see them you will just taste them. Let's get started with what to buy and how to make this recipe.

Ingredients

- 1¼ Cup of Olive Oil
- 1 Can of flat fillet Anchovies in Olive oil
- 8 cloves of fresh garlic sliced
- 1½ pound of spaghetti
- 1 Teaspoon of Crushed Red pepper flakes
- Fresh parsley

Start with a pan of salted water to cook the spaghetti. Put a good handful of salt in the water this gives the pasta a head start of flavor. While

that's boiling get the garlic cloves sliced. Slice each clove in three slices. Put the Olive Oil in a skillet and heat over a low heat. Add garlic and anchovies and red pepper flakes to the oil and slowly cook making sure the garlic cloves don't burn. Break up the anchovies with a wooden spoon and they will melt in the oil. Get the leaves of the parsley and roll into a ball and slice thin. Put a pinch of the parsley in the oil. When the spaghetti is cooked, add a couple of spoonfuls of pasta water to the oil. Take the spaghetti out with a spaghetti spoon and add to the skillet of flavored oil. Toss well until spaghetti is all covered and glistening with the oil. Put in a bowl and top with the fresh parsley.

To make garlic bread melt some butter and add minced garlic, cook for a couple of minutes and brush on bread or english muffins and toast. That's it, "Delicioso" you are done.

Enjoy and mangia. Serve with garlic bread and a nice light Pinot Grigio. Remember to drink responsibly.

So folks that's it for this edition of The Trendy Kitchen. Today's recipe is quick and you can always whip it up when you don't know what to cook. You can add capers to it if you want. Even sliced black olives goes well.

Remember that if you have any questions please contact Gary and I will help you out. Until next time I'm signing off, Sincerely Cin Pin.

Always fun to see a male Cardinal in some fresh snow.

Photo courtesy of Tom Thompson, Orford



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