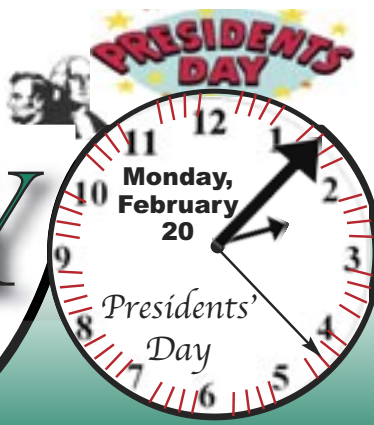


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TRENDY



Next Issue: Tuesday, February 21
Deadline: Thursday, February 16

TIMES

20 Pine Street, Woodsville, NH 03785
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FEBRUARY 7, 2023 VOLUME 14, NUMBER 9

“Dirty Deeds” To Perform at North Haverhill Fair

It is only February but the summer season will be upon us in a short few months. Planning for the 79th annual North Haverhill Fair has been underway for some time already. One of the big announcements each year is the Friday and Saturday night entertainment on the Thayer Stage. The first of those two announcements is that on Saturday, July 29th the stage will be lit up with one of the country's best tribute bands.

Earning a reputation for their attention to detail and passion for AC/DC, Dirty Deeds The AC/DC Experience recreates the exact sound of AC/DC by capturing the unique and exact tone that the super group

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Of course there is much more than just this free concert to bring fans to the North Haverhill Fair. There will, as always, be entertainment on the Thayer Stage each of the five days even if final plans are not yet finalized.

Other entertainment

that is already set is the return of Wee, Wee, Wee Racing Pigs. There will also be five days of animal pulling events in the covered Bishop Arena. Some events are still being sorted out at the McDonalds Pulling Area for motorized events, but some items already set is the Sunday 4x4 Pull, and the Saturday Antique & Enhanced Tractor Pull.

For fair goers who want to participate themselves there is the second year of a Corn Hole tournament. Plus plans are being finalized for a ladies frying pan throw and a men's "anvil" toss. Plus the traditional horse shoe pitching. Or get the whole family together and build a Hay Bale struc-



ture. This year's fair theme is "Christmas in July".

Of course no fair is complete without plenty of food to eat and a chance to go on a great thrill ride, or two. Fiesta Shows returns with plenty of choices from kid sized rides to some looped adventures. Plus the food offerings are bound to tempt you and then satisfy you.

The 2023 North Haverhill Fair runs from Wednesday, July 26 thru Sunday, July 30. Admission prices are \$15 for adults, \$3.00 for children 5-12, and free for those younger as well as for parking. The fairgrounds are located at 1299 Dartmouth College Highway (Route 10) in North Haverhill, NH.

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TRENDY Dining Guide

Tuttle's Family Diner

by Gary Scruton

I hope you have already noticed it, but in case you have not, there is something missing from this column for this issue. For the past many issues I have included a picture of each of our meals at the particular place we are eating. Well, I'm not sure if it was because it was breakfast, or if it was a Sunday morning, or if it was the fact that my daughter April was joining us this day, or maybe it was simply I forgot. Anyhow, there are no pictures this issue because I thought about it when all three of our plates were clear, and I was certainly too full to ask for a second round.

So let's get on with the story about our recent visit to Tuttle's Family Diner, on Main Street in Wells River. Janice and I walked through the front door and as the "please wait to be seated" sign was not there we went and found a table for the three of us. April was due to join us shortly. One of the first things that happened, after the waitress dropped off menus and we put in our order for coffee, was for Janice to interact with the third generation of Tuttle's to be "working" the business. Jennifer informed us that he was her grandson and that his favorite job was working the register and taking money. (Though I don't think he is ready to do that solo, just yet - he is

about 4 years old). Smart and well behaved child, he'll go far.

We did not have to wait long before April joined us and then our waitress came back for our orders. Janice likes her veggies and most other things and asked for what the menu calls a garbage omelette. It came with toast (cinnamon raisin) and was stuffed with ham, bacon, onions, spinach, tomatoes, cheddar cheese and more. April was next and ordered an omelette as well. Hers was all meat plus onions. She got sourdough toast and asked for onions and cheese (cheddar) on her home fries. I was third and got the Kielbasa breakfast. It included home fries (onions but no

cheese) and two eggs (over easy) along with toast (cinnamon raisin). Then we sat back ready for good conversation and a bit of work talk.

I will mention at this point that Tuttle's was one busy place this Sunday morning. All the tables (except the one we chose) appeared to be full and the counter was mostly full when we had come in to sit down. So it did take some time for our meals to get back out to us. But in the meantime our waitress came back to refill our coffee cups (Janice who seldom drinks coffee had 2 cups) and to ask April if she wanted a refill on her cola.

When our meals did come out they were all served on nice heavy plates with very little plate showing. Both omelettes were three egg omelettes and of course the toast. My Kielbasa was four lengths, sliced in half down the middle and each about five or six inches long. Each piece was nicely cooked on the grid-

dle.

Of course when you visit a neighborhood eatery you are bound to run into people you know. Not only are the owners familiar, but also many of the other patrons. April seemed to know everyone that came through the door. It is amazing how well she interacts with folks of all ages. This often leads to conversations that can last from a quick hello, or even a hug, to a much more detailed run down of how someone is doing in college or in life in general. It is all part of what makes an eatery a place that welcomes you back time and time again.

We certainly took our time enjoying the meal, the company, and the occasional conversation before we all finished off the offerings.

The total cost for our three meals along with beverages was \$46.28 including tax. As normal we paid for the meals with a credit card at the front counter. Meanwhile Janice left a cash tip on the table.

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St. Johnsbury Chamber Rebrands as Discover St. Johnsbury

St. Johnsbury, Vermont - For the past 12 years, the organization working to promote St. Johnsbury as a destination, to support its business community, and to develop its cultural vitality has been called the St. Johnsbury Chamber of Commerce. The organization announced last week in a letter to the St. Johnsbury business community that it will be known under a different name going forward. Discover St. Johnsbury will become the outward-facing name for an organization that is officially incorporated as St. Johnsbury Works! Inc., with the additional trade name St. Johnsbury Business Alliance used for internal organizational purposes.

St. Johnsbury Works! Inc. was incorporated in 2002 as a 501(c)3 not-for-profit to serve as the Town of St. Johnsbury's designated downtown organization. Its mission then was similar to the one it still holds today: to "stimulate and promote the vitality of downtown St. Johnsbury's cultural, commercial, and community resources". In 2010, the organization announced the adoption of the trade name St. Johnsbury Chamber of Commerce, although it retained the same legal name, organizational structure, and mission as before. The reasons for the change at that time were multi-faceted, but in part represented a desire to be seen as a resource for St. Johnsbury's entire business community, not just those within the downtown.

Over more than a decade, the title of St. Johnsbury Chamber of Commerce served the organization well, but in recent years, it started to feel out of alignment with the organization's inclusive approach. For example, unlike a traditional chamber of commerce, the organization does not require membership for a business to be listed on promotions or to participate in programming.

"Chambers of commerce do great things in the communities that they serve," says Gillian Sewake, Director of Discover St. Johnsbury. "But, there are legal and structural reasons why chambers require memberships in order to receive benefits, which we aren't restricted by. We wanted to clarify that point, and to explain why we take part in activities that support community vitality, as well as those with an economic development purpose. Our mission isn't just about commerce, it's about culture & community as well." Sewake adds, "Plus, our area already has a strong regional chamber, the Northeast Kingdom Chamber of Commerce."

Discover St. Johnsbury is hosting an open house for members of the St. Johnsbury business community on Tuesday, February 7 from 4pm - 6pm at the St. Johnsbury Welcome Center, 51 Depot Square. In addition to serving as a networking mixer for those who work in St. Johnsbury, there will be an opportunity to ask questions about the name change. For more information, email director@discoverstjohnsbury.com.

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North Country Chamber Players at Alumni Hall

The North Country Chamber Players "Winterlude" concert presents "Journey to Vienna." Saturday, February 11, 2023 at 2pm at Alumni Hall, Haverhill. With works by Mozart and Brahms. 'Journey to Vienna' features music chosen to soothe, inspire, energize and lift the spirits of listeners who are looking forward to emerging from another North Country winter.

During the 18th, 19th and even 20th centuries, Vienna served as a magnet for many of the greatest Western classical composers. Haydn, Mozart, Beethoven and Brahms, are but a few of the musicians, artists and intellectuals who left smaller towns in the region to take up Viennese residency in order to enhance their careers, but who ended up actually shaping the extraordinary cultural legacy of the Austrian capital.

"Pay-What-You-Wish" ticket pricing. Suggested price \$25, payable at the door. Please reserve your ticket online for no charge at www.northcountrychamberplayers.org

"Pay-What-You-Wish" ticket pricing. Suggested price \$25, payable at the door. Please reserve your ticket online for no charge at www.northcountrychamberplayers.org

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

February 7, 2023

Volume 14 Number 9

DAR Good Citizen Announced

The White Mountains Chapter of the National Society Daughters of the American Revolution (DAR) is honored to announce that Victoria Jellison of Bath, NH, was chosen as this year's DAR Good Citizen from the senior class at Lisbon Regional School in Lisbon, NH.

The DAR Good Citizen program and scholarship contest is intended to encourage and reward the qualities of good citizenship: dependability, service, leadership, and patriotism.

Each school winner is invited to submit an essay for the scholarship competition. The NH scholarship recipients will be announced at the NHSODAR awards luncheon in Concord on March 10, 2023.



The Daughters of the American Revolution (DAR) is a volunteer service organization dedicated to promoting patriotism, preserving American history, and securing America's future through better education for children. For more information about DAR, visit www.dar.org.

The Northern Grafton County Republican Committee (NGCRC) will hold their Monthly Meeting at the Littleton Senior Center on Tuesday, February 21, 2023 with a Social 1/2 Hour beginning at 6:00 PM. The Business Meeting will start at 6:30 PM.

NGCRC Monthly Meeting

The evening's program will include a DVD showing – "ENEMIES WITHIN" by Trevor Loudon...can

your US Congresswoman/Senator pass an FBI Security Check? Who's really making our laws in Washington, DC?

Republicans & Like-minded Conservatives are welcome to attend.

For more information contact: Alice Arazny @ alicearazny@gmail.com, or (603) 530 - 1381

KEEP New Hampshire RED!

Notes from Anthony Daniels Haverhill Cooperative School Board Member

Dear Community Members,

My name is Anthony Daniels, and I was very proud and humbled to have been elected as a school board member to the Haverhill Cooperative School District. Over the past ten months, I have been incredibly encouraged by the work our district has done, from the amazing staff to our bright and hardworking students. We've welcomed two new administrators to the district at the high school and the middle school, and already we are beginning to see a positive change in the culture of each building.

At Woodsville High School, Hayden Coon has implemented a restorative justice program that has been very well received by students and staff alike. Teacher-led committees are being formed that will allow them to help steer school policy and have a greater voice in staff decisions. Across the school, students are reporting that there has been a reduction in discipline issues and an increase in student morale and pride. We have also

been very fortunate to have MacKenzie Griswold join us as our first High School school board member in many years, and her insight into student affairs will be invaluable as we move forward with school initiatives.

At the middle school, Bob Griffin has invited the public to monthly "coffee with the principal" gatherings, where community members have the opportunity to meet the school administrators over light refreshments and to provide feedback and suggestions. Additionally, Haverhill Cooperative Middle School is forming the first Parent Advisory Council, where parents and guardians will counsel the school on future initiatives, programs of study, interventions, and overall school culture. Both of these should provide a valuable link to the community that has been sorely missing in the wake of COVID.

Perhaps most impressive however has been the work at the elementary school, where Principal Erin DeCotis and her staff have been working to improve achievement in the wake of the pandemic. Since late last year, staff members have been arriving early to school to begin targeted instruction with students in need. The result has been not only a recovery in achievement, but some of the best test scores for students in several years, and remark-

able increases in achievement since September. Many classes have doubled the number of students proficient in Math and Reading over just the past five months.

Others are beginning to notice our district's success as well. Greatschools.org has recently upgraded the rating of Woodsville High School to a 7/10, and our school is now listed as "above average" for college readiness. Based on our most recent test scores, School Digger has moved our high school up 30 spots from its previous ranking to rank 42 out of 85 New Hampshire schools. While there is still much work to be done, these are positive developments that demonstrate that as a district, we are headed in the right direction.

As we enter the second half of the school year, I am very encouraged by the work that the staff, community members, and most importantly, the students have committed to in order to raise the bar for our local schools. It has been truly wonderful to see the growth our school community is achieving in the wake of COVID and I look forward to seeing what the next year holds for us. It is an exciting time to be involved in local education.

Sincerely,
Anthony Daniels
Haverhill Cooperative
School Board Member

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Tuesday, March 14, 2023 include:**

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

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

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

VALENTINE'S DANCE

**Saturday,
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7:00 PM - Midnight



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Cash Bar

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New Hampshire Deserves the Privilege of Holding the 'First-in-the-Nation-Primary'

Op Ed. by Nick De Mayo
Sugar Hill, NH

Abner Doubleday created baseball, and is "the father of baseball." Walter Camp created football while James Naismith invented basketball. All are honored for their accomplishments. The Scandinavians introduced skiing to the world while Greece created the original Olympic games. Both are so honored.

Honoring "first's" seems to be a worldwide trend and practice as well it should be. Why is it that Joe Biden forgot this practice?

We honor George Washington as "the father of our country" because he is the first President of the USA.

So, too with Neil Armstrong as "the first man on the moon." The Wright Brothers, history tells us, are the first men to invent, build, and fly the first successful motor-operated airplane. Henry Ford is forever remembered for inventing the automobile assembly line, and thus creating millions of affordable automobiles. Let's not forget Thomas Edison who invented early versions of the electric light bulb, phonograph, and motion picture camera. These individuals are forever honored for their unique accomplishments "bettering the world." Where would we be without Alexander Graham Bell's important invention of the telephone? The list goes on. We honor Jackie Robinson for the courage he demonstrated in becoming the first African-American to break the baseball color line. Tom Brady is honored as the G.O.A.T. for his accomplishments in football.

What about a group of voters of a particular state who voted in a timely manner to create a constitutional, republican government for the people of the thirteen independent states? These voters, by voting when they did, allowed the creation of one, united country, namely, the "United States of America," from the thirteen (13), separate, individual entities, or "the thirteen (13), independent states" which they had become after the War for Independence from Great

Britain on April 15, 1783.

According to those rules of governance (unification/agreement) which our Founders created, nine (2/3) of those independent states had to consent to join together to form one union under a new constitution (agreement) in order to dissolve the old, weak agreement known as "The Articles of Confederation." So, nine (9) out of thirteen (13) were needed to dissolve the old agreement, and create this new agreement of unification (the US Constitution). The independent state of New Hampshire was that ninth (9th) vote which, thus, allowed creation of this new country. Due to this vote by the New Hampshire delegation, the idea of United States of America was born! The new country adopted the new name the "United States of America." This important and timely vote occurred on September 21, 1788. Under Article VII of the 1787 US Constitution stated that once nine (9) states had ratified (voted in favor of), it would become "sufficient for the establishment of this Constitution between the thirteen (13) states so ratifying the same." Ultimately, New Hampshire achieved the honor on June 21, 1788, putting the US Constitution into effect." A new Nation was born!

All Americans and both political parties should honor New Hampshire for this "first," of ratifying this new constitution, and thus, creating a new country. Granting New Hampshire the privilege of holding the 'First-in-the-Nation's-Primary' (FITN) every four years is an honor rightfully deserved!

James McKim, President of the Manchester,

NH NAACP agrees. Speaking on WMUR's "Close Up" (Sunday, January 22, 2023), he stated "...FITN shouldn't be on race. Other factors need to be included."

In a commendable show of bipartisanship, NH Democrat leader in the Statehouse, Donna Soucy of Manchester, supports NH's FITN position.

New Hampshire's two US Democrat senators, Senator Jeanne Shaheen and Maggie Hassan, slammed President Biden's proposal to put South Carolina ahead of the Granite State on the Democrat Party's Presidential Primary calendar 'misguided' and 'short-sighted.' Further, Shaheen quipped, "It's tremendously disappointing that the President failed to understand the unique role that New Hampshire plays in our candidate selection process as the first Primary state." (New York Post, Dec. 2, 2022).

I think President Biden, due to his discernable, cognitive disabilities, has forgotten US History with this ludicrous Presidential proposal which would end New Hampshire's 104-year status as the state which leads off the Nation's electoral process.

In the words of Governor Sununu, "But I have a message for them (DNC Primary Committee) and President Biden – you can try to come and take it – but that is never going to happen. It's just not in our DNA to take orders from Washington. We will not be blackmailed. We will not be threatened, and we will not give up. You see the New Hampshire Primary has stood the test of time, giving everyone a fair shot." (U/L)



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Mental Health Matters

Suicide is a growing problem and the 10th leading cause of death in the U.S. Unfortunately, some of the signs of suicidal behaviors are subtle and hard to detect until it's too late. Learning the warning signs and what to do when someone is suicidal can help save lives.

Here are some possible warning signs:

- Talking about dying or wanting to die, or hurting oneself which includes self-destructive behaviors like: scratching /cutting /marking the body, running into traffic, jumping from heights. Any behavior that could be putting themselves in harm's way intentionally, like joking around with a loaded gun, excessive, intentional misuse of alcohol or substances, not caring if they overdose .

- Talking about feeling empty, hopeless, or having no way out of problems

- Mentioning strong feelings of guilt and shame

- Talking about not having a reason to live or that others would be better off without them

- Social withdrawal and isolation, avoiding others and becoming less involved in activities that were once important and enjoyable.

- Giving away personal items and making final arrangements like saying goodbye to friends and family; writing a suicide note, deleting profiles, pictures or posts online.

- Any unusual changes in appearance or behavior like sudden weight gain or loss, disinterest in appearance or hygiene; withdrawing from friends and family, skipping school or classes; inability to sleep or sleeping all the time.

- Sudden unexplained happiness after a prolonged period of sadness can possibly be a suicide warning sign. This usually means that the person has decided a date to follow through with their suicide plan.

So, if someone you know is exhibiting these signs and is actually threatening suicide the CDC suggests the following:

1. Ask "Are you thinking of killing yourself?" While people may be hesitant to ask, research shows this is helpful.

2. Keep them safe. Reduce access to lethal items or places.

3. Be there with them and listen carefully and acknowledge their feelings.

4. Help them connect with help, call 911 and 988 is the Suicide and Crisis Lifeline.

5. Stay connected. Follow up and stay in touch after a crisis.

Early detection of warning signs can lead to professional help and mental health treatment and can save a life because everyone's mental health matters.

Reneé L. Schulze,, LICSW Board Certified



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Calendar of Events

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

TUESDAY, FEBRUARY 7
WARREN SCHOOL & TOWN
BUDGET HEARINGS
6:00 PM
Warren Village School

WEDNESDAY, FEBRUARY 8
ROSS-WOOD POST #20 AMERICAN LEGION
MONTHLY MEETING -
6:00 PM
4 Ammonoosuc Street, Woodsville

SATURDAY, FEBRUARY 11
NORTH COUNTRY CHAMBER PLAYERS
2:00 PM See Article on Page 3
Alumni Hall, Haverhill

VALENTINE'S DAY DANCE
7:00 PM - Midnight See Ad on Page 4
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
Bath Public Library.

HAVERHILL TOWN BUDGET HEARING
6:00 PM
Clifford Memorial Building, Woodsville

BATH SCHOOL BUDGET HEARING
6:00 PM
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

SUNDAY, FEBRUARY 19
EAST PEACHAM BAPTIST CHURCH
40 YEAR ANNIVERSARY CELEBRATION,
11:00 AM 802-592-3253 for more info.

WRAP ANNUAL MEETING & DINNER
4:00 PM See Ad on Page 3 & Article on Page 8
Wells River Congregational Church

TUESDAY, FEBRUARY 21
NGCRC MONTHLY MEETING
6:00 PM See Article on Page 4
Littleton Senior Center

SATURDAY, MARCH 4
HAVERHILL CANDIDATES' PLATFORM
1:00 PM See Ad on Page 4
Clifford Building, Woodsville

SUNDAY, MARCH 5
ACOUSTIC MUSIC JAM
12:00 - 3:00 PM
Clifford Memorial Building, Woodsville

FRI. & SAT., MARCH 31 & APRIL 1
RIVER BEND EXPO
See Ad on Page 16

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WORKING ON WELLNESS
6:00 PM
Monroe Public Library

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NOON - 7:00 PM
Baldwin Memorial Library, Wells River.

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Saturday mornings at 9:00-10:30 AM
LINE DANCING every Wednesday evening
6:00 - 7:00 PM

In-person Semi-finals Return for 2023 NH Poetry Out Loud Competition

New Hampshire high school students who excel at their love for memorizing and reciting poetry will come together for several semi-final competitions this month, hoping to head to the 2023 N.H. Poetry Out Loud championship. These will be the first in-person semi-finals since 2020.

Three regional competitions will take place, with champions from 30 New Hampshire high schools and school groups that participated in the 2023 program taking to the stage to recite two poems they selected from the Poetry Out Loud collection of some the best-known and respected poetry ever written.

A panel of judges will score their presentations based on accuracy, voice and articulation, dramatic appropriateness and other factors.

Top-scoring students from each semi-final then advance to the state final competition, which will be held at Representatives Hall in the N.H. State

House on March 17.

All semi-final competitions, as well as the championship, are open to the public and free to attend.

Semi-final locations, dates, times and snow dates are:

Plymouth State University; Feb. 16, 6:00 p.m. (snow date: Feb. 17)

New England College, Henniker; Feb. 21, 6:00 p.m. (snow date: Feb. 22)

Rochester Opera House; Feb. 23, 6:00 p.m. (snow date: Feb. 24)

A national recitation program for high school-aged students, Poetry Out Loud has participants select, memorize and recite classic and contemporary poems, helping them to master public speaking skills, build self-confidence and learn about literary history and contemporary life.

There is no cost to students, schools or school groups to participate in Poetry Out Loud, which is organized on the national level by the National Endowment for the Arts and the Poetry Foundation,

and is facilitated in New Hampshire by the N.H. State Council on the Arts.

In New Hampshire, Poetry Out Loud starts locally at the classroom, school or participating organization level, with top performers advancing to regional semi-finals, then the state competition and ultimately to the national finals, which are scheduled to take place in Washington D.C., May 8-10.

A study commissioned by the NEA and the Poetry Foundation found that Poetry Out Loud participants reported having more confidence in group discussions, were 1.7 times more likely to have four-year college or graduate school aspirations and were 1.5 times more likely to engage in community service and volunteering than non-participants.

To learn more about 2023 New Hampshire Poetry Out Loud, visit nh.gov/nharts. For additional information, contact Allison Hawkins, New Hampshire State Council

on the Arts at 603-271-0791, allison.hawkins@dncr.nh.gov.

The New Hampshire State Council on the Arts is a division of the New Hampshire Department of Natural and Cultural Resources. It began in 1965 with legislation designed "to insure that the role of the arts in the life of our communities will continue to grow and play an ever

more significant part in the education and welfare of our citizens." Funding for programs is provided through state appropriations, a partnership with the National Endowment for the Arts and the Conservation License Plate fund. Learn more about the New Hampshire State Council on the Arts at nh.gov/nharts.





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February Activities at Horse Meadow Senior Center

2/7 8:00 Nifty Needlers, 9:30 Bone Builders, 9:30 Interfaith chat, 12:30 Crafting Time, 1:00 Walk the Center, 1:00 Food Pantry, Music by Jane Wilcox
 2/8 9:00 Walk the center, 9:30 Chair Yoga, 10:00 Veterans Coffee, 1:00 Bingo, 1:00 Drums Alive
 2/9 9:30 Bone builders, 10:00 Floral w/Jane, 12:30 Genealogy, 1:00 Walk the Center, 1:00 Food Pantry
 2/10 9:00 Walk the Center, 9:30 Beginner Ballet, 10:30 Senior Ballet/Stretch, 12:30 Herbal, 12:30 Mahjongg, 1:00 Computer help
 2/12 Community VAL-ENTINE Dinner @ 1:00
 2/13 9:00 Walk the center, 9:30 Chair Yoga, 10:30 Candy Bar Bingo, 1:00 Card Games, 1:00 Drums Alive, 1:00 Dementia Support Group
 2/14 8:00 Nifty Needlers, 9:30 Bone Builders, 12:30 Crafting Time, 1:00 Walk the Center, 1:00 Food Pantry, Music by Jane Wilcox
 2/15 9:00 Walk the Center, 9:30 Chair Yoga, 10:00 Book Club Discussion, 10:30 Board Games, 1:00 Bingo, 1:00 Drums Alive
 2/16 9:30 Bone builders, 12:30 Genealogy, 1:00 Walk the Center, 1:00 Food Pantry

by appt.
 2/17 9:00 Walk the Center, 9:30 Beginner Ballet, 10:00 Movie & Popcorn, 10:30 Senior Ballet/Stretch, 12:30 Mahjongg, 1:00 Computer Help
 2/20 CLOSED
 2/21 8:00 Nifty Needlers, 9:30 Bone Builders, 9:30 Interfaith Chat, 12:30 Crafting Time, 1:00 Walk the center, 1:00 Food Pantry, Music by Jane Wilcox
 2/22 Walk the Center, 9:30 ESTATE PLANNING SEMINAR, 10:30 Board Games, 1:00 Bingo, 1:00 Drums Alive,
 2/23 Bone Builders, 12:30 Genealogy, 1:00 Walk the Center, 1:00 Food Pantry by appointment
 2/24 9:00 Walk the Center, 9:30 Beginner Ballet, 10:30 Senior Ballet/Stretch, 12:30 Herbal, 12:30 Mahjongg, 1:00 Computer help
 2/25 PENNY SALE begins @ 9:00
 2/27 Walk the center, 9:30 Chair Yoga, 10:30 Candy Bar Bingo, 12:00 Reading with Seniors, 1:00 Card Games, 1:00 Drums Alive, 1:00 Dementia Support Group
 2/28 Nifty Needlers, 9:30 Bone Builders, 12:30 Crafting Time, 1:00 Walk the Center, 1:00 Food Pantry, Music by Jane Wilcox

ACT Full-Season Entries Show Strong Rookie Class for 2023

Barre, VT — The 2023 American-Canadian Tour season is already setting up to be a memorable one as icons of modern ACT Tour racing and a fresh batch of young talent prepare to meet. Out of the batch that have made their way to the Barre, Vermont office, four registrations showcase bristling young talent that is ready to battle for the 2023 ACT Rookie of the Year honors against the best of the best from across the Northeast.

The Pine Tree State brings the ACT Tour its first full-time Maine racer in several seasons. Former Beech Ridge Motor Speedway standout Jason Gammon, from Hollis, purchased the Alby Ovitt machine this off-season and is currently preparing it for the upcoming 13-race schedule. After climbing the support-division ladder in Mad Bombers, Slingshots and Street Stocks across Southern New England, Gammon is ready to break out to new tracks with the ACT Tour in 2023.

New Hampshire brings a strong youngster who cut his teeth at Thunder Road and White Mountain. After securing the Late Model Rookie title at White Mountain Motorsports Park in 2022, East Kingston's Bryan Wall Jr. is looking to make it two for two in the Wall's Ford Mustang. This young gun also made several strong ACT Tour runs at the end of last season, including a wild third-place finish behind Patrick Laperle and D.J. Shaw at the 44th Fall Foliage 200. Named Racing America's Favorite Race of 2022, the Fall Foliage 200 saw Wall barely scathe by a wrecking Tom

Carey III to earn his first ACT podium with many more to come for this talented Rookie candidate.

The Green Mountain State sends along the defending White Mountain Motorsports Park Flying Tiger champion as Tanner Woodard joins the American-Canadian Tour. The Waterbury Center native entered several events last year, having strong top-5 and top-10 runs at select stops at the tail-end of the Tour season. Showing speed at four unique New England ovals to round-out the year, Woodard had a memorable battle with former Serie ACT Quebec Champion Jonathan Bouvrette at Thompson Speedway, showing the kid is no slouch and ready to take on any veterans on his path to success.

Connecticut brings our final registered Rookie, so far, who has already made quite the splash with his December announcement to join the ACT Tour. Long-time Connecticut Modified campaigner Andrew Mol-

leur is joining forces with the powerhouse Jason Glaude-owned #31CT. After taking back-to-back Thompson Speedway championships with Ryan Morgan, the Glaude/Molleur combination is expected to be one of the hottest in 2023 with the young pilot already earning a 9th-place finish in his first ACT event at home-track New London-Waterford Speedbowl in October.

Along with several other expected newbies, a host of wily veterans are returning to the American-Canadian Tour for 2023. Look for the upcoming announcement as some of the greatest will be battling against one another all season long, searching for the prestigious American-Canadian Tour championship in 2023!

For more information, contact the ACT offices at (802) 244-6963, media@acttour.com, or visit www.acttour.com. You can also get updates on Facebook, Twitter, and Instagram at @ACTTour.

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

February 7, 2023

Volume 14 Number 9

8 Granite VNA Welcomes Kristin Jordan as Director of Hospice

CONCORD, N.H. — Granite VNA is pleased to announce that Kristin Jordan, MSN, RN, AMB-BC, has joined the agency as the director of hospice. Jordan brings extensive and diverse experience in nursing, leadership, and education to the role. In addition to managing operations for Granite VNA's large hospice program, she will support Kris Green, MS, RN, who was named vice president of hospice in October.



Granite VNA has named Kristin Jordan, MSN, RN, AMB-BC, director of hospice.

"Kristin is a tremendous addition to our hospice services," says Green. "She is a proven nurse leader with a record of quality. Having worked closely with patients and their families for so many years, she also deeply understands the compassionate nature of the work we do."

Granite VNA, formerly Concord Regional VNA and Central New Hampshire VNA & Hospice, offers hospice services in 82 communities throughout the Capital Region and Central New Hampshire. It has also operated Hospice House in Concord since 1994.

"I'm excited to answer the call and return to where I can make the most bountiful and rich impact on an organization, its staff, patients, and the greater community," said Jordan, who most recently served as assistant director of nursing for the State of New Hampshire Department of Corrections.

Prior to working at the state, Jordan held various leadership and front-line nursing roles throughout the Capital and Lakes regions in home care and hospice, as well as outpatient oncology and hema-

tology services. She was also a nurse preceptor at a large, inpatient surgical oncology department in the heart of Nashville, Tennessee where she also taught at a local university.

□ Jordan is a board-certified ambulatory care nurse who holds a Master of Science in nursing from Southern New Hampshire University. She previously earned a Bachelor of Science in Nursing and a Bachelor of Science in Criminology from University of Southern Maine. She resides in the Lakes Region.

"It's an honor to serve my community through the quality, compassionate hospice services of Granite VNA," says Jordan. "I look forward to working with and supporting our dedicated team of caregivers."

Granite VNA has been providing home care, hospice care, palliative care, pediatric and maternal child health services, and wellness programming to New Hampshire residents since 1899. To learn more about Granite VNA, visit www.granitevna.org.

WRAP Annual Meeting February 19, 2023

The Wells River Action Program is happy to announce that the 2023 Annual meeting will be held in person this year after being held virtually for the past 2 years due to the pandemic.

This year's meeting will be held at in the vestry of the Wells River Congregational Church at 76 Main St. N, Wells River on February 19th at 4pm.

WRAP invites you to come meet this year's guest speaker, the Rev. James P. Merriam of the Wells River Congregational Church. Rev. James began his ministerial duties at the church about one year ago.

Rev James P. Merriam grew up in Peacham and Montpelier before attending Montpelier High School and Haverford College. He initially studied geology before pursuing a Theology degree at the Pacific School of Religion in Berkeley California. He has worked for churches in Oakland and across Vermont and was the senior minister at the United Church of Newport before coming to Wells River. He is ordained through the United Church of Christ, Vermont's oldest and largest Protestant church.

He enjoys skiing, biking, weightlifting, and gardening. His wife Kendall studies environmental policy and together they run a bath and meditation product company and have a two year old daughter Adelaide plus a very fluffy and energetic Australian Shepherd dog named Hetch. The whole family especially enjoys the many nearby wonderful walking trails and hope to soon start a farm business focused on herbs, poultry, and alpacas.



The annual meeting includes a short business meeting, election of board members and an annual report presentation plus dinner. This year's dinner will be catered by Michael Arnold, owner of the Hatchbox. Attendees can choose meat lasagna or pasta primavera (vegetarian) and includes a garden salad, garlic bread, dessert and beverage. The cost is \$17.00 per person.

Reservations are required and must be made by noon on Friday, February 17, 2023. Reservations may be made at the Baldwin Memorial Library by check in a sealed envelope along with your name(s) and telephone number or email address and dropping it in the WRAP box. Reservations may also be made by using Paypal at <https://bit.ly/3l6wgoy> or mailing them to WRAP at PO Box Wells River, VT

05081.

For more information email WRAP at wrapwr@gmail.com or call Kelsey at 802 757 0101. The meeting is open to all. You do not have to be a member of WRAP to attend.

Annual Dues are only \$5.00 per person and may be added to your meals reservation or mailed to WRAP.

The mission of WRAP is to enhance the quality of life in Wells River Village and its immediately surrounding villages and towns by supporting affordable housing, business, and economic development and, tourism and recreation. Preserving the rural and historic character, of Wells River Village. Membership in WRAP is open to all who are interested in improving and preserving the Wells River Area whether or not they reside in the Wells River area.

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“How do I look?!” Celebrating Jane Storella’s Tenure at The Colonial Theatre

If you’ve visited The Colonial in Bethlehem, NH in the last decade, you’ve likely met The Colonial’s House Manager Jane Storella.

This season Jane will pass along the House Manager torch, as she firms up her plans to travel the country. (She highly recommends the film *Nomadland* with Frances McDormand if you haven’t seen it.)

Jane started out at The Colonial as a volunteer. Her passion for film and acute organizational skills quickly found a home at The Colonial, and she was hired on as House Manager. Since then, Jane has watched over The Colonial’s 107 year old building, ensured that the theatre is ready for audiences each day of our operating season, popped popcorn, projected films, conjured up



trivia before Anniversary Classic screenings, greeted guests on The Colonial’s front steps... the list could continue on, and on. Jane’s incomparable pre-show introductions make audience members feel at home in The Colonial; she charms with comedy, makes welcome with warmth, and generates excitement for the show to begin. While Jane is leaving her full-time

House Manager position, you’ll still see her onstage before live events in The Colonial’s 2023 season.

“It has been an honor to work with Jane” said Christine Etter, The Colonial’s Executive Director. “Jane is a singular person - she is a wonderful colleague, an incredible host, and a true community connector. She has always had a keen ability to make our performers and guests feel not only welcome, but cared for, which has helped shape the character of this institution” Etter continued. “Jane will forever have our community’s admiration and appreciation for her tremendous contributions to The Colonial. And we’re so excited for her next chapter to unfold.”

The mission of the Friends of The Colonial is to inspire and invite participation in the cultural conversation by preserving and improving this historic landmark theatre, providing high-quality film and performing arts programming and quality family entertainment, and offering a vision of small-town revitalization based on the arts.

To learn more about The Colonial Theatre in Bethlehem, New Hampshire, visit www.BethlehemColonial.org. While you are there, sign up for regular email updates or follow The Colonial on Instagram (@bethlehemcolonial), Facebook (Facebook.com/BethlehemColonial), or Twitter (@ColonialNH).

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Volume 14 Number 9
February 7, 2023
Not all Times are Trendy, but there will always be Trendy Times

Letter to the Editor: Republican Messaging

To the Editor,

Repeated analysis to account for the lack of a "red wave" on Nov.8, 2022 yields a lack of positive Republican messaging to voters as one of many hypothesized reasons. On Jan.15, 2023, Mr. Mark Alliegro was installed as the new chairperson of the Grafton County (NH) Republican Committee. Mr Alliegro did not offer any remarks to inspire those in attendance. None to outline his plan for the committee. None to build on or advance support for the continued successes of the Republican administration in Concord. He also planned to run for a state office but did not announce his intent at the Jan. 15 meeting.

Fast forward to the NH Republican Party state meeting in Salem on Jan. 28, 2023. Given the opportunity to present his views to advance conservative

Robert,

As stated many times in these pages I am neither a Republican nor Democrat, but a proud independent. Therefore I do not feel I can make much comment on the politics inside either party.

However I will say once again that I much prefer to vote for a candidate rather than to vote against a candidate. So please, candidates, tell me your good points, your hopes and dreams, rather than why your opponent should not even be allowed the opportunity to run.

Gary Scruton, Editor

Republican principles to the tri-county region of Grafton, Coos and Carroll Republican Committee members in attendance who would vote for the position to represent all three, Mr Alliegro – in true Democrat Party style – chose instead to attack his opponent.

As of this moment nothing locally has changed to improve on the Republican Party's slim majority in the NH House. After the 2020 elections, Republicans held a 26-seat majority. After the 2022 elections Republicans have a 4-seat majority with two vacancies. The final total may be as little as 2 and maximum of a 6-seat majority. What will happen in 2024 is anybody's guess.

The problem of messaging has not improved for New Hampshire Republicans.

Robert Peraino
Franconia

Letter to the Editor: What is Biden's Agenda?

To the Editor,

Biden is sending billions to Palestine who is an enemy of our staunch ally, Israel. It is naive to think that this money will not be used to fund terrorist operations. What I have read recently is that Biden has sent a total of 68 BILLION dollars to Ukraine so far. I always ask this: What are they doing with the money? You would think that they would be us showing us weapons, equipment, etc. so us taxpayers can see what it is being used on. Biden is also selling China oil from our reserve. Recently the Republicans put forth a bill that EVEN SOME DEMOCRATS supported them on to prevent Biden from doing this. Biden has stifled drilling and is selling what little oil we have left to China? This makes no sense at all. Why sell China oil when our own country needs the oil? Now under Trump, we were exporting oil to China and other places, but we were drilling and producing our OWN energy. We were basically energy independent! Our fuel prices were low and our economy was thriving. Now our economy is terrible. We have inflation, the stock market is doing poorly and heating fuel prices are up. People are struggling to heat their homes. Yet we are selling the last of our oil to China?

Meanwhile our border is wide open and illegals are costing cities space

Alex,

The world of politics has become a very puzzling and mixed up arena. . It appears to me that the two main political parties continue to move further and further apart. The idea of someone of either party agreeing with the other party happens so seldomly that it becomes major news when it does happen. But even then there can be some

and money as well as committing crime. For example, a recent article showed that illegal immigrants are being put up in hotels in NY and are literally trashing them (how is that for gratitude?). The NYC mayor said that his city is at the breaking point. (Well, he wanted to be a sanctuary city). In Chicago, the residents in an impoverished area, after seeing illegals being put up in hotels, etc., were complaining that they should get resources before the illegals.

A Yuma, AZ farmer said that the illegals are contaminating his crops as they run across the border thus costing him a great deal of money.

Florida governor Desantis asked FEMA to help alleviate the expenses that Floridians are enduring from Hurricane Ian. There were 50 plus billions of insured damages to Florida property owners. He was turned down by FEMA. This was not the first time FEMA turned down Florida's request for help.

Meanwhile we have our own homeless problems, poverty and hardworking taxpayers who are struggling to keep their homes warm, gas tanks filled and food on the table. America could benefit from actions and legislation that would foster economic growth and ease the hardships of hard working Americans, but instead we have a president and his administration that have a whole other agenda.

Biden places Ukraine, illegals and Palestine above the needs of the American citizens. This isn't bashing or an opinion. It's an obvious conclusion drawn from the actions of the Biden administration. It was nice to see some Democrats vote with the Republicans on keeping from selling the last of our oil to China. I'm sure other Democrats feel this way but won't step across party lines. Lastly, Biden recently has said that police should be retrained not to shoot with deadly force. Really? Police, like the military, are taught to shoot dead center mass so they can quickly mitigate a deadly threat. They do this as a last resort to save their own lives as well as those of innocent people who may be involved in the incident. What does Biden want them to do? Carefully aim for the criminal's elbow when a split second hesitation can lead to the officer's death? Biden seems to have more sympathy for stone cold killers instead of the brave men and women who risk their own lives to protect us American citizens. Biden should be asking why do people try to kill police officers or hurt, rape and kill innocent people.

So in conclusion, one must wonder whose side is our president on? It certainly doesn't seem to be the side of us American citizens. What is his agenda?

Alex Foryan
Landaff, NH

puzzling reasons for the vote.

I have faith in our government even though there are times that faith in particular elected officials is put in doubt.

There are no easy answers. Any move in any direction is bound to offend some while drawing applause from others.

Gary Scruton, Editor

Letter to the Editor

To the Editor,

Really, Who Are You? Make it known.

No Phone Book, No Internet !

If You are a New Medical Facility, in the Lincoln & Woodstock area with such an important service, a Local Telephone Number for those who wish or need to contact Service Facility would be nice to have. All the Local Telephone Number Listed on the Front Doors of The Building. One could write it down as they go by.

Travelers who come to our Community would love to Call any of the Businesses as well as ALL of our Emergency Services, as the Police Dept. Fire Dept. Ambulance /EMT,

Nancy,

Publicity for any business or government entity can be a tricky thing. Of course advertising in local publications is one method. But also signage, and of course there is the internet. But no matter how hard any of these entities try, they are bound to miss some. So they must keep getting the word out and perhaps they will eventually reach everyone.
Gary Scruton, Editor

Pharmacy, Highway Dept., Town Clerks, Town Offices, Schools, Churches, PO. Senior Center, Community Center, Visitors Center, National Forest Center, Recycle Center, Location, Library, Historical Museum and any others one would consider or needed in an Emergency, as 911 so simple. "A Local Telephone Number" Problem Solved. Or one just interested in it. Maybe the 2 Business Communities and Towns could get together and print up a "Welcome to Our Community"

I would like to know, and I have lived here for 82 years.

Nancy Leclerc.
North Woodstock



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Can you reduce the Medicare surcharge?

Before you turn 65, you'll want to become familiar with Medicare's rules and features. And if you're a high earner, you'll want to be especially aware of the Medicare premium surcharge — because, over time, it can add up to some significant dollars.

The premium surcharge — known as the income related monthly adjustment amount, or IRMAA — is assessed on premiums for Medicare Parts B and D, and generally is based on an individual's modified adjusted gross income (MAGI) of two years ago. So, the IRMAA for 2023 would be based on one's MAGI from 2021.

For someone who's married and files taxes jointly, and whose MAGI for 2021 was \$194,000 or less, the Part B premium for 2023 will be \$164.90 per month, and the Part D premium will be whatever amount is charged by their Medicare plan. But if their 2021 MAGI was between \$194,000 and \$246,000, they'll pay \$230.80 (a surcharge of \$65.90) for Part B and an additional \$12.20 for Part D. And the IRMAA rises at different income levels, reaching a maximum of \$560.50 (a surcharge of \$395.60) for Part B and an additional \$76.40 for Part D for a

MAGI of \$750,000 or more.

If you're unprepared for the IRMAA, it can be an unpleasant surprise. So, if you've still got a few years until you enroll in Medicare, you may want to look for ways to control your MAGI and possibly limit the surcharge.

Here are a few suggestions:

- Contribute to a Health Savings Account (HSA). If you have access to a Health Savings Account (HSA), your contributions will reduce your taxable income, helping you on the IRMAA issue. Furthermore, any investment growth within your HSA is tax free, as are withdrawals for qualified medical expenses, which can include Medicare premiums, deductibles and copays.
- Contribute to a Roth IRA. Roth IRA withdrawals are tax free, provided you don't start taking them until you're 59½ and you've had your account at least five years. These tax-free withdrawals can enable you to avoid taking taxable withdrawals from other accounts, which may help you avoid an increase in your IRMAA.
- Consider a Roth IRA conversion. You could convert some, or perhaps all, the assets of a traditional IRA into a Roth IRA. But you'll need to consider the impact of taxes — any deductible contributions to

your traditional IRA and the earnings generated by these contributions will be fully taxable the year of the conversion, so you'll want to have funds outside your IRA available to pay these taxes. Also, timing is important — to be on the safe side, you might want to complete the Roth conversion three or more years before you enroll in Medicare, so the conversion and the likely increase in your MAGI won't increase the IRMAA.

- Manage your withdrawal rate — Taking large withdrawals from your retirement accounts can bump up your MAGI bracket and your IRMAA. So, as you near retirement, you'll want to establish a sustainable withdrawal rate — one that provides you the income you need but without going overboard.

While these moves could potentially help you control the Medicare surcharge, they still must make sense for your overall financial strategy. It's obviously desirable to keep the surcharge as low as you can — but it's even more important to take the steps necessary to reach your financial goals.

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

Adopt a Valentine Program

Dear Community Members, Business Owners, and Local Schools,

My name is Laura Marsh and I am writing on behalf of "Adopt an Elderly Valentine." In 2021 I had a vision of bringing smiles and hope to the elderly in our communities in the wake of covid. I put my idea on social media and it blew up. I was able to collect donations and cards and the with the help of a few close friends, we were able to put together 100+ Valentine bags with things like socks, snacks, personal care items, blankets, puzzles, word searches, and other various things. We were able to donate bags to The Atkinson House, Montebello Hill Apart-

ments, Spear House in Wells River and several personal residences in Newbury, West Newbury, Wells River, Bradford, and even one in Topsham.

This year I am hoping to do the same thing, but am reaching out to more people in hopes of collecting even more items, so that we can potentially expand to even more seniors. I have created an amazon wish list, which I will attach the link below. If you order an item off of the amazon wish list, just make sure the registry address is selected when you check out, that way it will be shipped directly to me.

www.amazon.com/registries/custom/2GA-ZUWQAFH023/guest-view

I will also have drop off

boxes at the Newbury Village Store, and Vittles in Bradford to collect donations. I plan on collecting all donations by Friday February 10th, as I will be dispersing the Valentines gifts on Monday Feb 13th.

I am reaching out to all local businesses. If you participate, I will make a public social media post recognizing your business. I can come directly to you to pick up any donations. Attached to this email, you will find a flier that you may send home with students and/or hang for employees to view.

Thank you so much for considering donating. It truly is heart warming to see the smiles when someone receives a bag.

Sincerely,
Laura Marsh

BEEZWAX By John Martin



Joe

by Elinor Mawson

We met Joe when we moved into the group antique shop about 15 years ago. He worked there part time and was friendly and helpful.

As time went on, we found him funny and full of information. He came from Massachusetts originally and we learned about the things he'd done there, like working in a florist shop and doing shows and flea markets in the area. He was very knowledgeable about antiques.

Joe also knew a lot about plants and flowers. He had a lot of gardens that he loved working in. He shared some seeds for our gardens. We would talk about different plants, especially as winter turned to spring.

When I would go into the shop, I would sing, "Who's that sitting in my chair, who's that sitting in my chair?" which he got a kick out of. Every Sunday morning we would hang out at the shop, and chat. Joe would bring me something that he thought I would like; I'd buy it! He sure knew my taste in antiques. And there was always some gossip or interesting information we would discuss while we were there. I loved our Sunday mornings.

And then there was Covid. In 2020 we learned that the building was being sold and that we would have to move out. There didn't seem to be another venue for our antiques and Covid was breathing down our necks. We had to go.

In the years since, Joe and I would talk on the phone whenever one or the other of us had some newsy news. When I'd call, I'd sing "Who's that sitting in my chair?" instead of saying "Hello", and Joe would do the same when he called me.

One day when Joe called, he told me that he had some health issues and had sold his truck. I was sorry to hear both announcements. It meant he would have to rely on the Senior bus to get places; besides, he really didn't feel like going places anyway. I was concerned.

And more recently, I heard from a mutual friend that Joe had been taken to the hospital. A couple of days later, I went to visit him. As I went in the door of his room, I sang, "Who's that sitting in my chair?" and I looked at a stranger! His hair was white and he was so thin! I wondered if I had sung my song to someone else! But it was Joe and he wasn't well.

We chatted for about 15 minutes. We talked about the shop and how much fun we'd had there. I held his hand and told him that we loved him. There were a few giggles. I teased him because he was watching Fox news.

I didn't say "Goodbye"-- I said "So long". Joe left this life a few days later. He left his house and gardens waiting for Spring, and the things he loved. He took with him his sense of humor, his compassion for the underdog and his gentle, helpful nature.

I will miss him.

Letter to the Editor: The truth is out!

To the Editor,

I always believed that saving lives was a good thing. The grey area in this belief is of course the lives of children in the womb, the pre-born. The big question: Should the government regulate one's personal choice to end the life of their baby or not? The left chants "My body my choice", of course a different story from these folks however when it comes to government mandated vaccines. Reminder: mandated vaccinations contradict the notion of my body, my choice. Be that as it may, the right says ok we'll agree, to a point, and allow "choice" in the earliest stages of life. This compromise has abortion being legal in New Hampshire through 24 weeks, with exceptions in cases involving a fetal anomaly or where the life or health of the mother is at risk. Notably, NH also requires minors to obtain written consent from a parent or guardian at least 48 hours prior to them receiving the procedure. Public funding is available for abortion in cases of rape, incest, or life endangerment. So, upon inspection, NH abortion laws are not as draconian as the left would have us believe.

But why prohibit late

term (greater than six months) abortion at all?

New Hampshire legislators evidently understand that current medical technology frequently sees baby's surviving to live full productive lives at 6 months maturity or greater. The rules of logic find no alternative other than to say: if a human baby can survive outside the womb at 6 months, then abortion after 6 months is a procedure that ends a life. PERIOD.

I heard a Democrat, an admitted Catholic, say in a political debate recently that life begins at first breath. I assume abortion at any point prior to the slap on the bum would be ok with her. She and her Democrat supporters in the room were perfectly ok with her belief: "life begins at first breath". Very puzzling as this contradicts facts, and quite disturbing as seen where it counts; in current US House votes.

As recently as January 2023, we saw US House Democrats (all but two) voting to deny life support for fellow human beings. NH Dems Kuster and Pappas were among the radical Democrats who voted to deny life support to a baby born alive after a botched abortion. Botched meaning the doc-

tor or abortionist did not properly deliver the Coup de grâce (death blow) to the baby and it now lies gasping for life on the birthing table. To me, by any definition we now have a life on that birthing table.

These two people who supposedly represent all citizens of New Hampshire as US Congress members as always voted with their puppet masters, not with their constituents. Rather than looking to Granite Staters they looked to their leaders for direction. Of course, we know minority House leader Nancy P's position. Ms. Pelosi (a Catholic) commenting on the issue went on to accuse GOP Congress people of pushing an extreme anti-choice agenda. Apparently in her mind saving lives is extreme.

By consistently denying life support for a living, breathing human baby; no loving attention, no life support efforts, the left has defined itself as the party of death.

Yes, whoever said; "The truth will out." was a wise person indeed.

The truth is out and it reveals the evil living among us.

So sad.
David Rivers,
Thornton NH.

site sides of the abortion issue have a calm, logical, and informative discussion of the issue. Both parties came away with a bit more knowledge than they had going into the conversation. But more importantly they both went away still having respect for the other. There was no yelling, calling of names, or being disgusted with the other.

As the relatively modern saying goes "Truth is in the eye of the beholder". This means that we all should be open to listen to, and respect, the views of others.

Gary Scruton, Editor

David,

The issue of abortion is, without a doubt, a very touchy issue. Many would say that it was one of, if not the, top issue during the most recent election. But it was not the only issue. In the end a majority of those voting, voted for our two current US Representatives. That, in itself, does not mean that every voter agrees with every decision those elected officials make. In fact there is no way that every vote can agree with every voter.

As an added note I will report that recently I heard two people who are on oppo-



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Not all Times are Trendy, but there will always be Trendy Times February 7, 2023 Volume 14 Number 9



What About Ma?

by Kellie Quackenbush

All About Those Golden Years

When Pa died, Ma found herself in a very unfamiliar situation, Ma was living alone. Ma had been the most beloved wife of Pa and she had depended upon Pa for the business parts of life. She did not know how to handle her finances or what to do about the bills. Fortunately, she had Auntie to walk her through some of the finance issues and her beloved son was on hand for many questions that came up.

The lessons we have learned, from Ma, is not to be afraid of learning new things. It is a sad truth that if you do not preplan your funeral and the final disposition of your remains-- someone may take advantage of your relatives in their grief. Another sad note, if you do not create a will, your family could be driven apart by the details of handling your possessions. The really big thing is what happens when the "what ifs: become "and now what?"

Thinking about your funeral is not fun. "The national median cost for a funeral with burial in 2021 is \$7,848, according to the NFDA. You need to treat it like any other large purchase." per www.aarp.org,

You don't have to buy everything from the funeral home, either. You may save money by buying flowers, an urn or grave site elsewhere. You can even buy a casket somewhere else." The goal is to have a plan and perhaps prepay for it to help your family in their time of grief.

If you have not developed a budget for your finances, now is the time. Make a list of your monthly bills and expenses and how much you pay for each. If

you are not taking advantage of the "auto-pay" function your bank has, now is the time to get into it. Utility bills, mortgage payments and car loans are a few of the items that can be set up with your bank to get paid on a specified date, it saves you a stamp and you are not dealing with a slow mail service. Per www.ramseysolutions.com/budgeting, "And know this: You don't need a degree in finance to be good with finances. You just have to be willing to do what it takes. And you've got what it takes to get your money, and your life, in order." (9 ways to be more organized with your money in 2023).

Living alone, after spending a lifetime with your spouse, can be devastating. Before that moment comes and shakes the foundation of your world, reach out to friends and family and make a plan. In grief, we seldom make good decisions. Work out a plan that will provide support and protect you and your loved ones from predators that pop up after a funeral to take advantage. Changing your phone number, making an extended visit with family or friends, downsizing or hiring a helper are all within the realm of possibilities. Online there are a number of listings under "Senior Helpers". Inform your family and friends so they can help you with an informed choice.

Ma had her beloved son visit her everyday while she was living alone. With conversation and reviewing what her needs had become, we merged our homes and Ma was never lonely again. That was our solution, what is yours?

by Maggie Anderson

With a swish of her long, black ponytail, Bertha left all stereotypes behind the way. Hank used to round the corners at a blinding speed in his Austin Healey. Bertha was tan and slender, with gorgeous dark brown eyes, and hair the color of a midnight sky.

They met at a summer Bible camp a couple of years before Hank and I had found each other.

Apparently the week they shared at camp was not enough time for Hank so, as soon as he got home he made up his mind to drive up from his place in southern Oregon to meet her family and spend some more time in her presence at her home in Idaho.

He had no ready cash, but what they say about necessity being the mother of invention saved him. He gathered all the cans and bottles from under his mother's cabinets, some from his favorite Auntie, cashed them in, filled his Austin Healey's gas tank, and headed north.

When he arrived, Bertha wasn't to be home from school for another hour so Hank had a little

time to check out the town and make some decisions about where they might go once she got off the bus.

The first meal he shared with the family squeezed him into a corner he barely got out of. When Bertha's dad turned to him and asked what he did for work Hank, clearly not thinking it through, possibly not thinking at all, blurted out that he was in the bottle business.

He told me he couldn't understand why the old guy's eyes lit up when he heard that. He said he found out shortly after the table was cleared, when her dad asked him to join him in the basement so he could show off his winter project.

Winter's are harsh in that part of Idaho, work difficult to get, money even more so. Bertha's dad ran a still in his basement, and Hank soon realized that the sparkle in the old man's eyes must have seen their pairing as a match made in moonshine heaven. With his booze and Hank's bottles, they could build an empire.

While Bertha spent the next day at school, her father took Hank along while he made deliveries.

Hank says every time they pulled into somebody's driveway and buzzed for entry, he knew he was going to be arrested.

He said he began to get more nervous when Bertha's pa started calling him son. But the final fear hit its mark the following morning when he told Bertha's folks he planned to take Bertha out on the Snake River for the day. As they were wedging their picnic lunch into the crack between the seats, her mom came running out with a blanket she said - in case they planned to spend the night.

Hank said he made it clear they would be back before dark, and once he got her home from their river cruise, he said he spun that little car around and headed south as fast as he could wind it.

He didn't seem interested in building an empire, the man simply had no ambition.

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Letter to the Editor: The Tax Rate was a close call

To the Editor,

The Town of Haverhill narrowly averted a real disaster last week. All Town services were about to run out of funds including the roads and the schools as the NH DRA refused to set the Town tax rate. This tangled web of events started nearly a year ago as Town manager Codling saw that the fair-minded citizens of Haverhill might try to assist one of its village districts with 2 warrant articles at the annual meeting. How dare the citizens try to go around her control of Town matters and decide how things are done! She started her campaign before the people passed the articles by sending statements to the DRA that had half-truths (minus the truth parts) designed to prejudice them against the articles. I have copies of her correspondence for display.

This maneuvering by her got carried away as the NH Supreme court agreed to get involved. Then the DRA attempted to influence the court process through their heavy-handed refusal to set the tax rate. The result was a real close call for our Town.

Many of us in Haverhill had a big sigh of relief that all of this nonsense would come to an end when we soundly defeated her supporting Select board members Darwin Clog-

ston (again) and Matt Bje-labrck last March. We seemed to send the message that she and the troubles she has created were not wanted anymore. Anyone with any self-respect would just move on at this point. Instead, I'm told that she has doubled down and hired her own lawyer.

Besides all of this disharmony that didn't exist here before Codling and Clogston, the town has also been badly mismanaged. Consider the Town budget. Subtract the half million in ARPA funds that were intended for infrastructure upgrades but after two questionable re-votes were donated to the Town coffers. Consider the \$400K being stolen from the warrant articles above. Without these one-time cash infusions, the Town budget is a wreck.

Also look at the Town office staff. Despite nearly doubling in size over the last three years, they cannot get their work done on time or correctly. Skip through the recently released 2020 Town of Haverhill Audit report on the Town website. Jump over all of the boilerplate up to page 59 and have a look from there on. For starters, the audit team began in September of 2022 and the balance for the year 2020 was not yet in an auditable condition. Seems that the 2020 year-end balance had not

been fully reconciled. Holy smokes! I can see letting it go for a few weeks or maybe a month – let's say two months to be nice. They had all of 2021 and 7 months of 2022 to get it done. 19 months to do a job that should have been done as they go along. Who knows if they would have done it at all if the auditors weren't at the door?

The auditors had to reverse or reduce over \$200K worth of allowances and recordings related to taxes and employee benefits and had to record \$221,387 in deposits that were not properly recorded. Not to mention that the general fund's cash balance is higher than the Town's reconciled balance by \$7,887. Cutting to the chase, the auditors seemed unhappy.

This latest chapter of the TM's foibles seems to have come to a stop for now as members of the select board used a competent trial attorney and Executive Councilor Cinde Warmington to step in for us. This has gotten our funding back on track for a while.

I look forward to the day, soon, when we can have a proactive, non-argumentative Town manager and an efficiently run office again. Imagine the possibilities. Richard Guy, Haverhill

be up for election on March 14. Though not a majority of our five member board, it is a large percentage and can certainly make a difference in how our town moves forward. As always, I urge voters to be informed and to take the time to vote. It is your privilege and right. Don't give it up.

Gary Scruton, Editor

Dick,

I want to thank you for this letter. I also want to thank you for attending our first Candidate Platform for the 2023 Haverhill Selectboard election. I realize that you will not be able to attend our second Platform, and wish you an enjoyable vacation.

In that vein I will remind the voters of Haverhill that again this year two seats will

Letter to the Editor

To the Editor.

In one way it is rather amusing that Nick De Mayo M.Ed thinks there should be a holiday for a man who didn't stop and ask directions, didn't know where he was, and didn't discover anything. And true to form, Mr. De Mayo was able to get new favorite term of the racists on the right into his Op Ed. That term being woke. Just because a person thinks the truth be told about an event doesn't mean they are woke. It means they don't believe in whitewashing. Just because the man, Columbus, got back to Spain after being lost doesn't mean there should have a holiday. If every man who returned home after being lost got a holiday every day would be a holiday several times over. (I know I would have several)

Mr. De Mayo failed to mention the many gifts that Columbus gave the indigenous people like destruction of culture, disease and death and occupation and pushing them off their land. Just because it took the early New England col-

onists 50 years to break the peace with the Wampanoag people, it is not a cause of celebration. And Columbus not being Hitler, Stalin or Putin also is not a reason to celebrate. That is like celebrating the Flu because it isn't COVID-19.

Mr. DeMayo's compromise is what people in power do, they try to dictate how "the other" should act and live. The Wampanoags do not celebrate Thanksgiving but rather consider it a day of mourning.

Perhaps Columbus should be named "Businessman of the year 1492". To quote Mr. De Mayo "He was brave and courageous as well as a great salesman. Time and time 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." The monarchs eventually granted his request for money, men and ships.

Sincerely
Richard M Roderick
Wells River Vermont.

Richard

One of the things I recall from my History lessons is that Leaf Erikson was the first to lead a ship to sail to what is now North America. I also like your reference to the word "discover". What Columbus did is sort of like "discovering" a great eatery that is out of the ay. It has been there to many people, but new to you.

Our world and our country are both full of people who should be honored for one reason or another. Not all rise to the point of creating a day in their honor. But it also does not mean we should forget their actions. .

Gary Scruton, Editor

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

Sausage and Cheese Puffs

Hello hello my fellow chefs. How are you all doing today? Well I was in the hospital. I woke up early Tuesday morning and I was having trouble breathing. My neck, tongue, uvula, and tonsils were swollen so much I could hardly open my mouth to see in. I went to ER and they did an MRI and not only was what I saw they found my esophagus, vocal cords and an abscess and there was infection. Holy mackerell!! They admitted me and I was there for three days so that's my news. Never had any problems before. They think it was a side effect of my blood pressure medicine called Lisinopril. I've been on it for a few years and this could happen. So scary.

I went for a follow up appointment and received my final Covid booster the following Tuesday and got so sick Tuesday night through still today but I feel a bit better. Just a splitting headache today. I feel like I've been through the wringer.

Well let's get to today's recipe and how to make it. This is a recipe I had but haven't made it in quite a while. It's easy peasy and "Delicioso"!

- Ingredients**
- 3 Cups Bisquick or biscuit mix
 - 1 lb. Italian pork sausage sweet or hot
 - 16 oz. Shredded



- cheddar cheese
- 1 1/2 tsp parsley flakes or Italian seasonings
- 1 tsp onion powder
- 1 tsp garlic powder
- 1/2 tsp rosemary
- 1/2 - 1 tsp cayenne pepper depending on how spicy you like it.
- 1/2 cup grated Parmesan cheese
- 1/2 cup milk

Squeeze the sausage out of the casing or if you can find seasoned loose

Italian sausage use that. It's pretty easy to squeeze out the meat. Preheat oven to 350 degrees. In large bowl mix biscuit mix, the loose Italian sausage, cheddar cheese, parsley or Italian seasoning, onion and garlic powders, rosemary, cayenne pepper, Parmesan cheese and milk. Mix well squeezing with your hands (use gloves if you want to) if too dry add a tiny bit more milk. Using your cookie scoop 1 1/2 Tbsp and roll into a ball. Line a cookie sheet with parchment or lightly spray Pam and place 1 1/2 inches apart. I got 35 puffs and they fit on one sheet. Bake for 25-30 minutes until they get browned. Serve warm and I made a big salad with it. They are addictive and you can reheat in toaster oven. That's it you are done. Your family will surely love these and I think you will make them again. You can serve with pasta too or just as an appetizer. Please give this recipe a try because you will be a star!!!

Well folks that's it for today's recipe. I hope you enjoy them. Stay safe and healthy. I am signing off for now,
Sincerely,
Cin Pin

Littleton Co-op Writes More Big Checks

The Littleton Food Co-op (LFC) is happy to run a round-up program at the cash register that makes it easy to give. In 2022 this program raised \$73,075.52 with every penny coming from members/owners and customers. Every penny went back into local community nonprofit organizations which were chosen by LFC members/owners. Last years recipients were the North Country Beekeepers Association, Mt. Eustis Ski Hill, Women's Rural Entrepreneurial Network (WREN), NH Farm to School, Littleton Area Senior Center, Adaptive Sports Partners of the North Country, Second Chance Animal Rescue, Boys & Girls Club of the North Country, Above the Notch Humane Society, The Colonial Theater, Littleton Co-op Community Fund, Local Food Pantries and The Bancroft House - A Family Sanctuary. Thank you to all who rounded up!

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



Left to right - Littleton Food Co-op Staff Ashley Wallingford, IT Manager, Chris Whifton, Operations Manager, Minnie Cushing, Finance Manager, Ed King, General Manager, Brian Labonte, Asst. Operations Manager, and Andy Brackett, Facilities Manager hold the BIG CHECK for Littleton Food Co-ops 2022 Partner of the Month Program.

Program, the co-op sponsors a different local nonprofit 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!

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