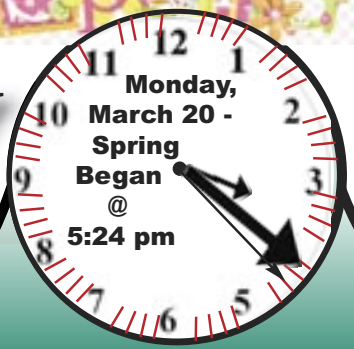


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Next Issue: Tuesday, APRIL 4  
Deadline: Thursday, March 30

# TRENDY TIMES



20 Pine Street, Woodsville, NH 03785  
Phone: 603-747-2887

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

MARCH 21, 2023 VOLUME 14, NUMBER 12

## Kingdom Maple Festival Planned for Downtown St. Johnsbury

St. Johnsbury, Vermont - After a three year hiatus, downtown St. Johnsbury will once again host activities celebrating the town's status as the "Maple Center of the World". Under a new title, the Kingdom Maple Festival will take place on Saturday, April 22 with a pancake breakfast at United Community Church (1325 Main Street), a sweet street fair along Railroad Street featuring 40+ vendors, and other activities around town. Full event details can be found at [www.discoverstjohnsbury.com/maple-fest](http://www.discoverstjohnsbury.com/maple-fest), or by calling the Welcome Center at 802-748-8575.

"St. Johnsbury's place in the maple sugaring industry is unique," says Gil-

lian Sewake, Director of Discover St. Johnsbury. "As the historic home of several innovative maple manufacturing processes, as well as Maple Grove Farms of Vermont—which retains the status of the largest packager of maple products in the U.S.A.—we take our title as the Maple Center of the World to heart."

"But, it's not just about the past. With so many delicious products made here in town that use locally-produced pure Vermont maple syrup, we're excited about the variety of delicious treats, handmade crafts, and family-friendly activities that we can showcase at the festival."

The day of the festival starts off with a traditional

pancake breakfast at the United Community Church Fellowship Hall (1325 Main Street) from 8:30am - 11am. Featuring all you can eat pancakes, sausages, juice, coffee, and pure maple syrup donated by Maple Grove Farms of Vermont, the breakfast costs \$7.00 per person in support of the church's capital projects.

The activities continue with a street fair from 10am - 3pm featuring 40+ vendors arrayed along Railroad Street, including Maple Grove Farms of Vermont, Eddie's Bakery, St. Johnsbury Distillery, Sweet Seasons Farm & Artisan Confections, Cary & Main Co., Goodwin Family Maple, Gadapee's Family Sugarhouse, sugar on



snow from Kiwanis Club of St. Johnsbury, Farmers Daughter Fudge, Kingdom Kettle Corn, NEK Grains, a kid fun zone area featuring a bouncy house by Union Baptist Church, live music from the Maple Leaf 7 and the Bel Aires, and lots, lots more.

And, in case there isn't enough delicious maple to sample at the street fair,

eateries around town will be participating in a Maple Menu Takeover that showcases products made with local maple on their menus all weekend long.

The full list of activities, vendor list, and links for more information can be found at [www.discoverstjohnsbury.com/maple-fest](http://www.discoverstjohnsbury.com/maple-fest).

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# TRENDY Dining Guide

## The Hungry Bear Pub & Grill

by Janice Scruton

The eve of St. Patrick's Day found us heading to the Lower Plain in Bradford to enjoy the tasty goodies that the Hungry Bear Pub & Grill has to offer. The drive south gave my feet a chance to dry, I had parked the car in the middle of what had become a small pond during the day and I had to wade through the water to get to the car. I'll be glad when the ground starts absorbing more of the snow melt.

How enjoyable it was to make the drive at 6:30pm and still have it light out. Noticed on the drive that we aren't the only ones with wet and muddy driveways. Makes me glad that we live in town and not on a dirt road.

The Hungry Bear welcomed us with a nice dry and solid place to park. We walked in and seated ourselves as the posted sign requested. In the back dining area there is a mixture of high top and regular height tables. I

prefer sitting with my feet touching the floor so we chose a low table, sat down and settled in. We were quickly provided with menus and asked if we wanted anything to drink. Gary and I both chose water to start with.

There were some delightful daily specials, but we both opted for meals on the regular menu. I had planned ahead and had looked at their menu online and had pre-decided on a Turkey Club Sandwich with Onion Straws. But while we were waiting to give our order, I saw 2 orders of Fish and Chips being served. The fish fillets were large atop a mound of hand cut French Fries. I quickly changed my mind (a woman's prerogative after all), ordered the Fish and Chips, and was glad I did. The fish was coated in panko and deep fried. Unlike some batters that create a "doughy" type crust, panko creates a crispy coating with nothing between it and the fish. The fish itself was perfect.

Tender and flaky, it almost melted in my mouth. The fries were done well also, nice and crunchy, but not dried out. Along with tartar sauce and a lemon wedge, this meal also came with a small dish of coleslaw which was creamy and also delicious.

After much deliberation, Gary decided on the Smoky Mac N Cheese. He added the option of Steak Tips, cooked medium and to drink, ordered



a Guinness Beer in honor of St. Patrick's Day. His Mac and Cheese was served in a large shallow bowl with the Steak Tips adorning the top of it. He said it was very good, it certainly looked taste tempting. As Gary ate away, I could actually see the cheeses melding together with the elbows pasta on his fork. The steak tips were a good add-on choice. They were

cooked well, tasted great, and were nice and tender.

I wondered if either one of us would earn a "clean plate" award for this meal. If nothing else, we both tend to be persistent in our endeavors, and we both managed to eat "the whole thing". When our friendly waitress asked if we were interested in dessert, we both declined saying there was just no room left.

All totaled, our bill came to \$50.39 and that included a slight charge for using a credit card for payment. As usual, we left a cash tip for our waitress. I'm already looking forward to my next trip to the Hungry Bear.



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# Party Like It's 1776!

The Woodsville Wells River 4th of July Committee has been busy planning this annual celebration for several months. As the date draws closer it became time to ask for and then look over all the suggestions that were sent in for this year's parade theme. At the March monthly meeting the committee made the decision to go with "Party Like It's 1776!" The theme is one of the main features of so many floats and walking entries in the grand parade that marches down Woodsville's Central Street and onto Bridge and Main Streets in Wells River. The judges who volunteer to look over all the entries and award prizes have a set of criteria that they use. One big portion is the relationship to the theme. So Party on float builders and walkers.

As big and grand as the parade is, there is much more to this annual event. After the parade everyone is invited to travel just a bit south of Woodsville village on Route 135 (South court Street) to the Community Field. There you will be entertained with some live music as well as some sounds from DJ Mike. There will also be plenty of food available from a number of vendors. Or you can browse at the flea market. Spaces are still available for both of these areas. You can contact Gary Scruton at 603-348-4563 for pricing and availability.

If you prefer to play a game of BINGO there will be a tent set up where anyone can play for their choice of prizes. Or show off your throwing skill at the dunk tank. A list of those riding the seat will be posted just before July 4.

To entertain the younger crowd there are also the inflatables from Vertical Attractions. You can buy one ticket or get a wrist band for the whole day.

The day's activities are topped off by a Gigantic Fireworks Display, this year being directed by NorthStar Fireworks. As in past years the show will start at 10:00 PM and the best place to watch is from the Community Field. Bring your blanket or folding chair and pick out your

piece of grass to watch this great show.

There is no charge for anyone to get onto the Community Field or to park in the area just south of the field.

Of course all these activities do take money to make them happen. The committee raises much of their funds from the generous donations of local businesses who place their ad in the annual souvenir booklet. The booklet becomes a great way to look up local places to shop, hire a service, or just stop in to say thank you.

Individuals are also able to contribute to the souvenir booklet. A special "In Memory of" section will list your loved one along with a short line or two for a donation of just \$5.00. The deadline to be part of the souvenir booklet is the end of May.

The committee also holds an annual cash raffle. Top prize is \$1,000, second prize is \$500, 3rd & 4th prizes are \$250



each plus another four \$100 winners. Tickets are just \$10. each and available from most committee members and several stores in the area. The drawing is held on the field about 9:00 PM on July 4.

You can also be part of the celebration by offering a suggestion for either the Grand Marshal or the Parade Marshal. These nominations need to be submitted before April 4.

If you would like to volunteer, or just want information about this year's celebration check out our Facebook page or visit the website [www.wvr4th.org](http://www.wvr4th.org) or contact committee President Gary Scruton at 603-348-4563. And remember to "Party Like It's 1776!"

## Blue Mountain Grange to Host Locally Produced Book Discussion

A most unusual, locally produced book will be the focus of discussion at Blue Mountain Grange on Witherspoon Road in Ryegate Corner on Tuesday, March 28 at 7:00 pm.

This year's VERMONT READS book selection, "The Most Costly Journey", features the autobiographical stories of 19 migrant farm workers in Vermont as illustrated by New England cartoonists. The Baldwin Library in Wells River and Blue Mountain Grange of Ryegate will host this discussion which will also include conversation with local farmers Paul Knox, Bob Gray, and employees. An additional special guest will be Jesse Cote, Regional Coordinator for UVM's Migrant Education Program. This event

offers an opportunity to learn a bit more about the lives, the journeys, and the importance of Vermont's "invisible" farmworkers.

Each year, the VT Humanities Council chooses a book for state-wide community reading and discussion. Courtesy of the VT Humanities Council, copies of the book are freely available at the library and the Grange. For more information about this event, call 802-757-2693 or e-mail [Melissa@baldwinlibraryvt.org](mailto:Melissa@baldwinlibraryvt.org). For more information about VT READS, explore the following link: <https://www.vermonthumanities.org/programs/book-a-program/vermont-reads/vermont-reads-2022/>

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March 21, 2023

Volume 14 Number 12



### Teach Cursive and Multiplication Tables

On Thursday, March 10, the NH General Court took action on another 60 bills. Thirty-three bills appeared on the consent calendar with remaining 27 bills hotly debated on the House floor. One of those bills dealt with requiring student learning of cursive writing and the multiplication tables by the end of fifth grade. The following report explaining HB170 was placed by Representative Ladd in the House Calendar.

"This bill as amended. requires that instruction in NH public schools shall be provided in cursive handwriting and multiplication by the end of the fifth grade. An exception to accommodate, modify or waive this requirement due to a student's IEP or 504 plan may be made. The importance of cursive handwriting should not be understated. From an early age, children should be exposed to handwriting and drawing activities in school. There's a significant amount of research stating that writing in cursive is better for the brain.

When young brains encounter new information, they create new neural

paths and with practice, those learning paths become permanently. Overwhelming research shows that learning by hand writing is a key to good spelling and composition skills. In addition, a problem known to plague students with dyslexia is that many printed letters look similar or make mirror images of one another. Cursive helps an individual to better deal with this issue. There are well over 20 states in the United States that do require the teaching of cursive. Neighboring Massachusetts is one. There are so many good benefits to teaching cursive writing that no student should finish school without learning it. Elementary teachers are trained in this skill and there are no additional costs associated with cursive instruction, as there are not additional costs associated with teaching this skill. This is not an unfunded mandate.

Regarding the multiplication tables, there is overwhelming information and general consensus that knowing math facts is essential to students progressing successfully in

mathematics. Along with memorization of the multiplication tables, students must be taught number sense, concepts and how to figure out math problems. Multiplication facts are a stepping stone in mathematics, memorization is a confidence booster, and knowing multiplication facts helps one stay engaged while solving problems. Over the past years, mathematics proficiency has declined; a return to providing instruction in the multiplication tables is needed.

House Bill 170 was passed by the House, 199 to 174. This has been an extremely busy year while chairing House Education and working closely with House Finance and Governor's staff in resolving matters regarding education funding support for communities having low property values and low median family incomes. A revised education funding formula addressing education adequacy will be submitted in HB2 in the upcoming week.

Respectfully,  
Rep Rick Ladd  
Chair, NH House of Representatives

### Waterford's History Season Starts March 22

New and returning members of the Waterford, VT Historical Society are warmly invited to the "Welcome Back" gathering on Wednesday, March 22, at 6:30 p.m. in the Davies Memorial Library in Lower Waterford. Membership and hospitality tables will be set up. Paid members may be asked to vote on amendments to the By-Laws.

New for 2023 will be opportunities to sign-up for such short-term projects as:

- Restoration of historic Charles Hill Cemetery on Higgins Hill Road, Saturday morning, May 13; partnership program with the Vermont Old Cemetery Association and DAR's St. Johnsbury Chapter; suitable for ages 10 and up.
- New archaeological dig on site of one-time Gaskell/Gaskill Schoolhouse that may have doubled as the house of worship for the Methodist-Episcopal Society, as a meetinghouse for which the Select Board paid rent to the society, and possibly a post office.
- Love horses? The

town once maintained a Stallion Book found in the Town Vault. Why? Who were these Waterford farmers?

• New framed displays of historical images for the Town Office Lobby: Women's Day magazine cover for 12/1949 and Ernest Skinner B&W photos of early 20th century scenes; plus help us further identify framed wallpaper from an Upper Waterford house.

The historical society is also establishing teams for community-building and long-term growth:

- Team Rhubarb for outreach and fundraising.
- Progressive Supper Team for rotation of neighborhoods based on historic school districts' names still used today.
- WHS 10th Anniversary Team to host a party in 2025
- America 250 Committee for a Waterford-focused celebration of America's 250th Birthday in 2026

Questions? Please send email to: [waterfordvthistoricalsociety@gmail.com](mailto:waterfordvthistoricalsociety@gmail.com)

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# 2023 Haverhill Annual Meetings

by Gary Scruton

In the Town of Haverhill both Annual School and Town Meetings were scheduled for Saturday, March 18. In 2023 neither meeting really got started on time. In both cases voters were still coming into the Haverhill Cooperative School Gymnasium at the appointed starting time and the Moderator was forced to start the meeting and immediately postpone it until all were checked in and seated.

School meeting started about 20 minutes late with 63 registered voters. There were no contests for any elected seats. It was reported that there is a vacant school board seat as one member resigned at a time too late to have it added to the ballot.

All articles on the warrant were passed with either little or no discussion. Regular business was concluded about 10:15 but was followed by an update regarding renovations and/or consolidation of schools in the district. Even with that the meeting was adjourned by about 10:30.

Haverhill Town meeting saw an announced number of 314 in attendance. It was close to 30 minutes late in starting. Results of March 14 balloting was announced with Joe Longacre & Phil Blanchard elected as new Select Board members. The Flood Prone Area Ordinance was adopted 406 to 226, and the Airport Zoning Regulations were also adopted 383 to 318.

Article 5 was the election of a Cemetery Commissioner and for the first time in years there was more than one name of-

ferred in nomination. Richard Clifford was elected by a voice vote.

The first of a number of close voice votes and a resulting hand count was the vote on the town's operating budget. An amendment to cut about \$500,000 from the budget failed 180 to 108 before the budget was passed on a voice vote.

Article 9 was a petitioned, non-binding, article requesting the Select Board to "immediately terminate" the Town Manager. A hand vote to stop discussion passed 180 to 108 before a secret ballot vote defeated the article 169 to 135.

Next was an article, also by petition, to fund the Woodsville Highway Department. This article had plenty of discussion including a reduction in the amount to \$191,095. But the article was still defeated 174 to 130.

A second article also pertaining to send money to Woodsville, this time for the highway department was also voted down. This article amount was first reduced to \$20,123 by a hand count of 133 to 87. The ballot vote then defeated the article 160 to 108.

Articles 12 thru 16 all passed putting money into various Capital Reserve Funds.

Article 17 and 18 pertaining to the change in status from a class V to class VI of two short roads in Haverhill were both defeated after discussion., thus leaving their status

as is. At this point the voters seemed to fall into a pattern and with sometimes no discussion, and sometimes very little, Articles 19 thru 29 were all passed on voice votes.

Article 30 got the remaining voters back into a contentious mode. The article to make a donation of \$4,585 to the Good Shepherd Ecumenical Food Pantry was amended to an amount of \$9,170 to make up for the lost revenue due to the vote at the 2021 Haverhill Town Meeting. A close voice vote on the amendment again warranted a hand count of 48 for and 38 opposed. The article then passed on a voice vote.

The annual article for a donation to Court Street Arts passed with little discussion.

Article 32 saw a request from Cottage Hospital, the first time in many years such a request has been made. Again there was discussion, both for and against the article. However this article passed on a voice vote.

Article 33 pertaining to the collection of taxes by the precincts also saw much discussion with the final decision by the voters to not act on the article at all, but to indefinitely postpone.

The final article of the day saw the meeting adjourned at approximately 6:30 PM.

Want to Connect to Other Readers? 5

## Join the Bath Book Club!

The Bath Library Book Club will be discussing "American Dirt," by Jeanine Cummins on Monday, April 10, 2023 at 4:30 pm at the Bath Public Library.

"American Dirt" is the fourth book by bestselling author Jeanine Cummins. It was an Oprah's Book Club and a Barnes & Noble Book Club selection. Lydia, Sebastian and their son, Luca, lead a comfortable life in Acapulco. But after Sebastian publishes a tell-all profile of the newest drug lord, Lydia and Luca are forced to flee, joining the countless people trying to reach

the United States. Everyone on this risky migration path is running from something, but what are they running to?

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

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# Calendar of Events

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

## TUESDAY, MARCH 21

NGCRC MONTHLY MEETING  
6:00 PM  
Littleton Senior Center

## WEDNESDAY, MARCH 22

WELCOME BACK GATHERING  
6:30 PM See Article on Page 4  
Davies Memorial Library, Lower Waterford

## THURSDAY, MARCH 24

SWEET ON MAPLE  
2:00 - 4:00 PM  
Mount Cabot Maple Farm, Lancaster

## BROOKS HUBBARD

7:30 PM See Article on Page 9  
Alumni Hall, Haverhill

## SATURDAY, MARCH 25

DUSTIN PUTNAM SUGAR HOUSE  
1:00 - 3:00 PM See Ad on Page 7  
Newbury Center See Article on Page 8

## TUESDAY, MARCH 28

BLACK BEARS & HUMANS  
7:00 - 8:30 PM See Article on Page 1  
Fox Forest's Environmental Crr., Hillsborough.

## LOCALLY PRODUCED BOOK DISCUSSION

7:00 PM See Article on Page 3  
Blue Mountain Grange, Ryegate Corner

## FRI. & SAT., MARCH 31 & APRIL 1

RIVER BEND EXPO  
See Ad on Page 9

## MONDAY, MARCH 27

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

## SUNDAY, APRIL 2

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

## ACOUSTIC MUSIC JAM

12:00 - 3:00 PM  
Clifford Memorial Building, Woodsville

## TUESDAY, APRIL 4

WOODSVILLE WELLS RIVER 4TH OF JULY  
COMMITTEE MEETING  
7:00 PM  
Baldwin Memorial Library, Wells River

## PORCUPINES

7:00 - 8:30 PM  
Fox Forest's Environmental Crr., Hillsborough.

## SATURDAY, APRIL 8

OPEN MIC NIGHT  
6:30 - 9:00 PM  
Horse Meadow Senior Center, No. Haverhill

## MONDAY, APRIL 10

"AMERICAN DIRT " BOOK DISCUSSION  
4:30 PM See Article on Page 5  
Bath Public Library

## ROSS-WOOD AUXILIARY UNIT #20 MEETING

6:00 PM  
4 Ammonoosuc Street, Woodsville

## TUESDAY, APRIL 11

THIS LAND WAS SAVED FOR YOU AND ME  
7:00 - 8:30 PM  
Fox Forest's Environmental Crr., Hillsborough.

## WEDNESDAY, APRIL 12

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

## FRIDAY, APRIL 14

MIGHTY MYSTIC (Jamaican Reggae)  
6:00 PM  
Fairlee Town Hall

## SATURDAY, APRIL 15

SPRING FLING DANCE  
8:00 PM - Midnight See Ad on Page 7  
American Legion Post #20, Woodsville

## COVERED BRIDGES OF NH

7:00 - 8:30 PM  
Fox Forest's Environmental Crr., Hillsborough.

## Connecticut River Conservancy to Host 3 River Steward Meet & Greet Events in Vermont & New Hampshire

Connecticut River Conservancy (CRC) invites you to meet your River Stewards throughout the watershed and learn about upcoming priorities in support of a healthier, cleaner Connecticut River in 2023. The organization has several new staff on board who are eager to connect with the community, address questions, and strengthen local relationships.

The next three events will be held in Bellows Falls, VT, and West Lebanon & Littleton, NH.

CRC's River Stewards engage in public advocacy in support of the organization's mission and collaborate with partners across the four watershed states of NH, VT, MA, and CT to protect and serve the River. Each event will include a presentation of CRC's history and future efforts, a conversation with your local River Steward, and an opportunity to share your thoughts and get involved in river conservation. We invite participants to make connections with CRC staff and

your neighbors and community members who also care about rivers. Light refreshments will be served with additional fun activities. Previous events in this series have recently been held in Middletown, CT, and Holyoke, MA.

"Being a River Steward at CRC provides the opportunity to have a positive impact on the Connecticut River valley environment and communities in a way that's really meaningful to me personally. I'm excited to be able to learn from and give back to the people and places encompassed by the watershed" - Kate Buckman, River Steward at Connecticut River Conservancy

Kate Buckman is the River Steward in New Hampshire.

Kate joined the CRC team as the River Steward for NH in Sep 2022. She spent much of the 25 years before that involved in marine and freshwater ecological research. She received her bachelor's degree in Biological Sciences from Smith Col-

lege and her PhD from the MIT/WHOI Joint Program in Oceanography. Kate worked at Dartmouth College as a member of the Toxic Metals Superfund Research Program studying trophic transfer of mercury and assisting with community science programs in Maine, New Hampshire, and Vermont for over a decade before joining CRC. Kate is excited to combine her extensive aquatic ecology experience and love of New Hampshire in advocating for river health and sustainability at CRC.

Kathy Urffer is the River Steward in Vermont.

Kathy joined CRC in 2017 as River Steward in both VT and NH. She is so glad that Kate joined our team to increase our capacity in the northern part of the watershed. In her role as river steward over the past six years, in addition to actively advocating for a good deal for the river during the relicensing of the Wilder, Bellows Falls, and Vernon dams, Kathy has conducted community engagement



events, managed river restoration projects, and worked with partners on State-wide advocacy efforts to protect our waters. Kathy is currently the Natural Resources Commissioner for the Windham Regional Commission and serves as a Town Meeting Representative in Brattleboro.

Kathy holds a M.S. in Natural Resource Management from Antioch New England University, a B.A. in Psychology from Rutgers, and is a former Vermont Leadership Institute Fellow from the Snelling Center for Government. She is a self-taught amateur botanist and herbalist and enjoys re-learning about the natural world through the eyes of

her two children.

Details and RSVP:

- 3/23 - West Lebanon, NH
- 4/4 - Bellows Falls, VT
- 4/26 - Littleton, NH

These and other upcoming events from Connecticut River Conservancy are available for RSVP here: [ctriver.org/events](http://ctriver.org/events).

The agenda includes an introduction by interim Executive Director, Ron Rhodes, followed by a presentation by the River Stewards, a campaign celebration from CRC's Development Director, Brett Morrison, and interactive ways for folks to share their ideas and ask questions.



The Partner of the Month program at the Littleton Food Co-op is featuring Affordable Housing Education and Development (AHEAD) during the month of March. AHEAD creates pathways to safe, affordable housing which strengthens and revitalizes rural communities. The vision is healthy communities where residents choose to live, work, invest and grow.

Established in 1991, Affordable Housing Education and Development (AHEAD) Inc. is a community-based, non-profit housing development organization dedicated to strengthening families throughout northern New Hampshire by helping them build and preserve assets for the future. The organization's heartbeat is fighting homelessness and generational poverty in the rural communities in North Country through developing and providing safe, quality affordable

apartments, financial literacy to all ages, counseling services for credit, home buying and ownership, reverse mortgages and foreclosure.

Partner of the Month funds will be used to support all aspects of AHEAD's programs necessary to sustain its mission to strengthen and revitalize our North Country communities.

Together we March AHEAD!

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](http://www.littletoncoop.com), call 603-444-2800 or just stop by!

by Maggie Anderson

I read the weather report for New Hampshire yesterday and felt so lucky to be away from all the snow at that moment. I was feeling elated because the sun was shining on us as I read it, and was keenly aware of the blessed news that I would not have to shovel any of it.

Sadly I also realized it would be St. Patrick's Day on Friday. That pleased a bit less. What the 17th of March means to me is a couple of days after St. Pat's the youngest of my 4 children will be a 50 year-old man.

I am not sure I will be able to take the strain, not entirely sure I won't be hunting for a therapist by the time his birthday rolls around. How could this

happen? Last week he was constantly trying my patience one minute and the next bringing me a handful of half-choked dandelions in desperate need of CPR.

I'm glad we took lots of photos because his childhood flew past with the speed of a hummingbird, if there were no pictures I am not certain I could recall the years that are now behind us. Thank goodness for Kodak and Polaroid, how would we remember so many important moments without their help.

I know St. Pat's is a serious day for imbibing, I'm glad I don't drink because the realization my baby's all grown up would create a desperate need of numbing elixir.

Happy St. Pat's to the rest of you, though.



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*The Newbury Historical Society invites you*  
**Saturday, March 25th**  
**1pm - 3pm**

**Open House at Dustin Putnam's  
Sugar House, Newbury Center**  
 Junction of Newbury Center, Crusher Hill  
 and Corey Hill Roads

*Boiling demonstration from sap to syrup  
 Photo and artifact display  
 Aroline Putnam on  
 "How sugaring has changed over the years"*



Parking at the Putnam home  
at 74 Corey Hill Road.  
Accessibility Parking  
at the sugarhouse.



**Maple syrup tasting and raised doughnuts**  
**Maple syrup available for purchase.**

Check the Newbury Listserve Saturday morning to confirm if we are able to boil,  
*the event will be canceled, if not.*

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**SPRING FLING**

**Saturday, April 15**

**8:00 PM - Midnight**



**Upstairs Hall at  
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4 Ammonoosuc Street,  
Woodsville**

**\$15/person • \$25/couple**

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Not all Times are Trendy, but there will always be Trendy Times  
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## Open House at Dustin Putnam's Sugar House, Newbury Center

The Newbury Historical Society will celebrate our heritage of maple sugaring at an Open House at Dustin Putnam's sugarhouse in Newbury Center on March 25th, between 1 and 3 pm.

Dustin comes from a long line of maple sugar producers. He is the 4th generation to tap the Putnam sugar bush, and has been making maple sugar on his own for the past ten years. While Dustin has slightly modernized the practice, he generally follows traditional practices, including using a wood-fired evaporator. As he says, he "makes maple syrup the old-fashioned way."

At the Open House, Dustin will demonstrate how maple sap becomes delectable



maple syrup. His wife Valerie has prepared a display to show how the process has changed over time, and his grandmother Aroline Putnam will be there to share her recollections and provide historical information about sugar-making.

Over the years, raised doughnuts dunked in hot maple syrup have kept sugar makers content during their many hours of tending the boiling sap. You will be able to sample this treat during Dustin's Open House. Jugs of

maple syrup will be available for purchase and after the event by calling 802-274-6471.

Dustin's sugar house is located at the junction of Newbury Center, Crusher Hill, and Corey Hill Roads. Parking is at Dustin's home at 74 Corey Hill Road. Those needing accessibility may park at the sugarhouse.

NOTE: In the Saturday, March 25 listservs, we will confirm that Dustin has adequate sap to boil. If he is not able to boil, the event will be canceled.

Volume 14 Number 12

March 21, 2023

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## Books Hubbard to Perform at Court Street Arts at Alumni Hall

Enfield NH Native, BROOKS HUBBARD will take to the stage at Court Street Arts at Alumni Hall, Haverhill. Friday, March 24th at 7:30pm. Brooks Hubbard is a national touring independent artist. Since the age of three, his connection in music has led him on a path of continuous growth, both as an artist and a human being. From writing songs about the Iraq war at age fifteen, to recording with members of Jackson Browne and James Taylor's bands, countless house shows and concerts to opening up for artists like KT Tunstall, Stephen Kellogg, Robert



Cray, less Kelly Rand Matt Mays. Books has put in his 10,000 hours to become a powerful singer, songwriter and entertainer.

For tickets go to [www.courtstreetarts.org](http://www.courtstreetarts.org)

It won't be long until people/golfers an relax in this Gazebo in N. Haverhill, NH

For copies contact Cyndi: [cnb.pics07@gmail.com](mailto:cnb.pics07@gmail.com)



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# RIVER BEND EXPO

Friday, March 31 - 3 pm - 8 pm

*Followed by fireworks*

Saturday, April 1 - 9 am - 3 pm

*The following Businesses and Organizations are participating and look forward to meeting with you and answering your questions.*



The Expo is sponsored by:  
 River Bend Career & Technical Center  
 and the  
 Cohase Chamber of Commerce



- |                       |                        |                          |                    |                       |
|-----------------------|------------------------|--------------------------|--------------------|-----------------------|
| Alarmco               | Coventry Log Homes     | Journal Opinion          | Pampered Chef/     | Upper Valley          |
| Antique Junction      | Dartmouth College      | JW Nails                 | Spice of Life      | Ambulance             |
| Blacktop              | Early Care Education   | Lincoln Tech             | Red Tea Kettle     | Vermont Army          |
| Bradford Conservation | Association            | Little Rivers            | Floral Designs     | National Guard        |
| Commission            | Farmhouse Flower Co.   | Health Care              | River Bend         | Vermont Department of |
| Bradford Historical   | Four Seasons Sotheby's | Margaret Pratt           | Adult Education    | Corrections           |
| Society               | International Realty   | Residence                | River Valley       | Vermont DOT           |
| Bradford Teen Center  | Frances Atkinson       | Mentoring Project of the | Community College  | Vermont State Police  |
| Cohase Rotary eClub   | Residence              | Upper Valley             | Running Water      | VHV Company           |
| Colby Insurance Group | Friends of Tucker      | Mountainside Wellness    | Recreation Center  | Vinny Bag O Donuts    |
| Community Bank        | Mountain               | Center                   | Space on Main      | Wells River Bank      |
| Connections Early     | Grafton County D.O.C.  | NEK Photograph           | The Box Food Truck | Wells River Chevrolet |
| Childhood Providers   | Green Mountain         | Old Church Theater       | United Ag and Turf | Woodsville Bank       |
| Cottage Hospital      | Monogram               | Pike Industries          | Valley Floors      | WRAP                  |

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 Face painting  
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 Various food opportunities

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 Bradford and Newbury Elementary music programs  
 Student vocal performances  
 Old Church Theater mini performance  
 Joe Letter Band Performance

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## SERVICES

TDL WASTE SERVICE & trash drop. Jct. Route 302 and Wallace Hill Road, Wells River. Wed. 5-7 pm. Sat. 8 am - 1 pm, Sun. 9 am - 1 pm. Phone 802-584-3287 and 802-272-7019 5.30

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KAWASAKI VN2000LT, excellent condition, blue & black, 18,000 miles, one owner, lots of extras. \$6,700. Call after 5:00 PM 603-838-5177 and ask for Mike. 04.04

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Letter to the Editor:

Misinformation is destroying our country.

To the Editor,
When I was growing up, Walter Cronkite gave us our news every night - news that was unembellished, without opinion - just the statement of what had happened. Today we have an entire channel - Fox "News" - that feeds their viewers the news they want them to have. It contains just enough real news to make it seem legitimate, filling the rest with the propaganda an entire political party wants them to believe. And they're very successful at it.
Case in point is the Chinese balloon that just flew over the United States. The government knew it was there and was monitoring it. They knew that if it was, in fact, collecting secrets, Chinese satellites in space were infinitely more able to do that than this slowly floating low-tech behemoth. The government did not want to shoot

it down because 1) they weren't worried about it's capabilities, and 2) it was huge and the falling debris could have caused a great deal of damage to populated areas, including the potential loss of American lives. They chose to shoot it down the second it was over shallow water on the coast so the risk to lives was minimal and ability to retrieve and study it maximal.
Yet Fox "News" chose to make this a political thing, rallying their followers, as evidenced by Landaff resident Alex Foryan's recent letter to the editor, to believe the president was weak, allowing the whole thing to happen with reckless and possibly criminal disregard to our nation. They said it wouldn't really matter if it had been shot down over sparsely populated areas. Imagine the uproar if Biden had ordered it shot down and Americans

were killed. It was a lose-lose situation all around for him in the face of a withering disinformation campaign. All this serves to do is split our country apart even more.
While serving in the Navy during Vietnam, I worked in the highly classified fields of communications and signal intelligence, and I know through experience how these things work. Mr. Foryan knows firsthand what Fox "News" wants him to know and he looks no further than that. It is a testament to the ability of Rupert Murdoch to manipulate his viewers to believe what he wants them to believe when nearly all other real news channels report exactly the opposite. Truly astounding.
We need more Walter Cronkites and fewer Tucker Carlsons.
Rachael Booth Landaff, NH

Rachael,
I also fondly remember Walter Cronkite. Of course during my early years we only got one TV station and it was a CBS affiliate, so our choices were CBS or nothing.
In today's world there are so many news channels to choose from that there is bound to be a large disparity between the two extremes. This leaves it up to us, the citizens of this great country, to decipher what is being

offered and to make intelligent decisions on what to believe and what to not believe.
As an editor, and a citizen, I will always stand for Freedom of the press and freedom of speech. At the same time I do shake my head when I hear some facts turned sideways and offered in a manner that distorts the truth. Again, it is up to us to decide which is which. Good luck to us all!
Gary Scruton, Editor

Letter to the Editor

To the Editor,
Carrie Gendreau has shown herself to be arrogant and self righteous early on in her freshman term in the NH Senate. For background, abortion is legal in New Hampshire but not protected. That means that terminating a pregnancy is a right afforded to the women of New Hampshire under certain conditions. A bill discussed in the senate this past week would codify or protect that right. Gendreau, no surprise here, is voting to take that right away from New Hampshire's women. In her mind, her personal religion cancels out the right of any woman to choose her own reproductive health care. In August of 2022 a poll of nearly 2,000 registered voters showed that when asked for their personal position on abortion, 71% identified as pro-choice, 25% described themselves as pro-life and 3% were unsure. "I have a higher

authority, and my constituents are not my higher authority in this case," State Sen. Carrie Gendreau, R-Littleton, said. "This is a moral and a biblical issue, it's not a political issue." In two sentences Carrie discounts her constituents and reveals that she comes with her own agenda, to legislate morality. She was sent to Concord to represent fairly the wishes of her constituents. It's a political process. She apparently sees some legislative issues as political and some as biblical. Make no mistake, Carrie is at the state house to promote and to make into law her religious values.
She is forcing her religion on all of us whether we believe as she does or not. It does not bode well for her constituents who are hoping for life affirming medical care and protection from discrimination going forward.
Betsey Phillips Bethlehem, NH

Betsy,
There is no doubt that the subject of abortion is a hot button issue for many people. It is also true that our elected officials can never make everyone happy with their votes. It takes a certain person to be willing to step up and have the voters decide if they should represent them. Almost none of these votes are unanimous.
At the same time I very strongly uphold your right to offer a different opinion. Not only is it your right, but some would say it is your duty to offer an alternative.
Please continue to speak up for your views.
Gary Scruton, Editor

New Performance Dates Set For St. Johnsbury Platers "The Country Wife"

"The Country Wife" are announced after last weekend's weather cancellations!
We are pleased to announce that "The Country Wife" will be performed at Fuller Hall at St. Johnsbury Academy at 7:30 PM on Friday and Saturday, March 24 and 25, and 2 PM on Sunday, March 26. Tickets are \$5 and can be bought in advance at Catamount Arts or at the door on performance nights. We hope to see you there for this very funny SHOW!



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## Should Investors 'Go It Alone'?

If you're going to enjoy a comfortable retirement, you should know, among other things, how much money you'll need. And you may have a much better chance of knowing this if you get some professional help.

Consider these findings from a 2021 study by Dalbar, a financial services market research firm:

- Investors who worked with a financial advisor were three times more likely to estimate what they would have saved at retirement than "do-it-yourself" investors.

- More than two-thirds of investors with a financial advisor were satisfied with the amount they would have saved at retirement, compared to about 27% of the do-it-yourselfers.

How do financial professionals help their clients in these ways?

First, consider the issue of determining how much money will be needed for retirement. It's not always easy for individuals to estimate this amount. But financial professionals can help clients like you arrive at this figure by exploring your hopes and goals. How long do you plan to work? What kind of lifestyle do you anticipate enjoy-

ing in retirement? Where would you like to live? How much would you like to travel? Are you open to pursuing earned income opportunities, such as consulting or working part time?

Next comes the other key question: How much money will be available for retirement? This big question leads to many others: How much do you need to save and invest each year until you retire? About what sort of investment return will you need to reach your retirement income goals? What level of risk are you willing to take to achieve that return? What is the role of other income sources such as Social Security or any pensions you might have?

Having a financial professional help you gain a clear idea of your retirement income picture can certainly be reassuring. But there may be other reasons why "going it alone" as an investor might not be desirable.

For example, when the financial markets are down, as was the case for much of 2022, some investors make decisions based on short-term volatility, such as selling investments to "cut their losses," even if these same investments still have solid business fundamentals and good prospects for growth.

But if you work with a financial professional, you might decide to stick with these investments, especially if they're still appropriate for your long-term strategy. Other times, of course, the advice may be different — but it will always be advice based on your goals, needs and time horizon.

Furthermore, if you're investing on your own, you may always be measuring your results against the major market indexes, such as the S&P 500 or the Dow Jones Industrial Average. But in reality, your portfolio should contain a wide range of investments, some of which aren't contained in these indexes, so you might not be assessing your performance appropriately. A financial professional can help you develop your own, more meaningful benchmarks that can show the progress you're actually making toward your goals.

In some areas of life, going it alone can be exciting — but when it comes to investing for your future, you may benefit from some company on the journey.

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

## NEK Council on Aging Joins in Month-long

### March for Meals Celebration with Communities Nationwide

St. Johnsbury, Vermont — The NEK Council on Aging announced that it will be participating in the 21st Annual March for Meals — a month-long, nationwide celebration of Meal on Wheels and elder neighbors who rely on this essential service to remain healthy and independent at home.

"This month-long celebration draws awareness to the incredible work of the staff and volunteers at our 14 meal site partners throughout the Northeast Kingdom," said Meg Burmeister, Executive Director for the NEKCOA. "The pandemic brought unique challenges to our nutrition program. Some of our meal sites experienced an increase in meal delivery of over 100%. The pandemic may be winding down, but the increased costs of food and gas continue to concern our dedicated team as they focus on providing this critical service."

During the last fiscal year, the NEKCOA's 14 partner meal sites across the NEK, served over take home, congregate, or home-delivered meals.



*Staff and volunteers from the West Barnet Senior Meal Site help to prepare meals for older friends and neighbors. Pictured left to right are, Jan Warner (Manager), Winston Curries, Michael Tillotson, Lauren Gibson, Marilyn Dickinson, Alice Fracer, Edith Craig, Gloria Tillotson, and Margurite Curries.*

The annual March for Meals celebration commemorates the historic day in March of 1972 when President Nixon signed into law a measure that amended the Older Americans Act of 1965 to include a national nutrition program for seniors 60 years and older. Since 2002, community-based Meals on Wheels programs from across the country have joined forces for the annual awareness campaign to celebrate this successful public-private partnership and garner the support needed to fill the gap between the seniors served and those still

in need.

"The meal sites serve as a friendly gathering place for social engagement," said Burmeister. "Many of our volunteers speak to the reward they receive by helping others in the community."

Barb Matott, a volunteer at the Groton Lunches With Friends meal site enjoys the time shared with friends. "It's a great social benefit. I enjoy the socialization as much as those that come in to enjoy the meal."

Michele Eynon, a home-delivered meals driver for the Lyndon Area Senior Meal Program

(Darling Inn) enjoys checking in and providing a safety check to meal recipients on her weekly route. "I volunteer because some of the folks we deliver to only see one person a day and that's us."

In addition to serving meals, the meal sites also provide additional fun, such as wellness classes, bingo, online educational programs via LetsGetFit®, the free e-learning platform provided by the NEKCOA, and live music.

Dolly Johnson, a Bone

Builders wellness leader for the Burke Senior Meal Site since 2015 states, "I enjoy exercising and sharing that joy. I volunteer wherever and whenever I can." Bone Builders is a wellness class that combines weight bearing and stretching exercises to improve strength and balance.

For information on how to volunteer at a meal site or serve as a home-delivered meals driver, please contact the NEKCOA at (800) 642-5

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# Community Partners Create 13 Blizzard Bags For Older NEK Residents



Staff from Passumpsic Bank are joined by Herb Will, Director of Nutrition and Meg Burmeister, Executive Director of the NEKCOA as they prepare to stuff blizzard bags containing shelf stable food. The bags are being delivered to older residents throughout the Northeast Kingdom. The annual project is supported by a partnership with the NEK Council on Aging, Northeastern Vermont Regional Hospital, North Country Hospital, and Passumpsic Bank.

St. Johnsbury, VT – Hundreds of elder Northeast Kingdom residents are receiving emergency blizzard bags of shelf stable-food and beverages thanks to a joint project from the NEK Council on Aging (NEKCOA), Passumpsic Bank, Northeastern Vermont Regional Hospital (NVRH), and North Country Hospital. Each “Blizzard Bag” is filled with a one-day supply of emergency food and beverage. The Passumpsic Bank coordinated funding of the project with their hospital partners and the bags are distributed to NEK Council on Aging home delivered meal recipients.

The Blizzard Bag partnership with the NEK Council on Aging and Passumpsic Bank started in 2017 when the existing Council’s emergency food bag program was threatened due to budgetary constraints. Passumpsic Bank reached out to the Council to help. They partnered with NVRH to coordinate the first Blizzard Bag packing party. It was held at the hospital with volunteers from Passumpsic Bank, NVRH, and the NEKCOA.

“The Blizzard Bag project is a wonderful example of what local organizations working together in collaboration for a common goal can accomplish,” said Mary Cote, Senior Vice President, Head of Retail Banking & Customer Support for Passumpsic Bank. “Supporting our communities is the cornerstone of Passumpsic Bank. We are proud to be a partner in this project to provide a

solution that ensures seniors receive food in the event weather prevents a hot meal from being delivered.”

This year, food and beverages were delivered to two locations for packing, 300 bags were packed in Derby at the Cornucopia/Umbrella meal site and 300 bags at the St. Johnsbury office of the NEK Council on Aging. The packed bags were distributed to 14 senior meal sites that partner with the NEKCOA.

“NVRH has a long history of supporting our community, and we know that food access is a growing need for families and individuals in the NEK,” states Diana Gibbs, VP of Marketing and Community Health Improvement. “We are grateful for collaborations such as the Blizzard Bag effort with Passumpsic Bank and the NEK Council on Aging to ensure emergency food access for our most vulnerable residents.”

The program has grown to include North Country Hospital and meal site partners in the northern NEK.

“We remain grateful for the assistance from our loyal community partners,” said Meg Burmeister, Executive Director of the NEKCOA. “Our older NEK residents need our support and its reassuring to know that we have such dedicated people in our communities who can help. When we address the needs of older Vermonters, we improve the lives of all Vermonters.”

## Lawrence Leslie Hart : OBITUARY

Lawrence Leslie Hart passed away at the age of 80 on March 6th, 2023, at his home, with his grandchildren and their spouses by his side after a short battle with pneumonia. He was the oldest son of Ernest and Lillian (Moses) Hart. He was born on April 20, 1942, at a friend of his parent’s home in Groton, Vermont. Lawrence and his siblings grew up in Topsham Vermont on what is known Hart’s Mountain. They farmed and logged for a living. Lawrence went to school in East Topsham and Newbury. In 1959 he joined the United States Marine Corps. While home on leave he met Gertrude Murphy, and they were married in 1963. They raised three sons in their home in Topsham. After leaving the Marine Corps, he worked at the Capacity Plant in Barre and then on to other jobs. He worked for Danny Beams as a carpenter in New York City and then went into the firewood business. He and his youngest son Patrick bought a John Deere 440-B log skidder and went into business for themselves. Once that job got to be too much, he worked with his friends Eddie, Nannetta, and Donald Downing doing handyman work.

Through all this time, Lawrence was part of the Tri-Village Fire Department. He dedicated much



of his life to serving his town on the fire department. He went to his last meeting just 5 days before his pneumonia set in. Although the Tri-Village Fire Department was a big part of his life, his biggest happiness came from the love of his family, friends, and his property on Hart’s Mountain. Lawrence would do anything to help anyone. He would go to yard sales, buy fish poles, and give them to kids that needed them. He always looked for chainsaws. One of his quotes was: “If you’re a man and you bring home a chainsaw... you can carve out a woman”. Lawrence was a collector of many things. He was very musical and could play the harmonica, the Jew’s harp, fiddle, mandolin, tenor banjo, guitars, and both the organ and piano. He said he learned the harmonica by sitting on his father’s shoulders watching him play. Lawrence took pride in entertaining others with his music and humor. He was forever proud to be a Marine. He enjoyed delivering the Bridge Weekly to neighbors and family each

week. Raising chickens and sharing the eggs with family gave him joy. Of all the things he enjoyed in life, spending time with his sons, his grandchildren, and great grandchildren made him the happiest.

Lawrence is predeceased by his parents, his youngest son Patrick Hart, his sister Louise Darling, his granddaughter Tasha Hart, his best friend Edgar Downing, and his ex-wife Gertrude (Murphy) Foster. He is survived by his sons, Larry W. Hart Sr. and wife Emily, David Hart and wife Allison Davis, daughter-in-law Jodi Hart, brothers James Hart and wife Pat, Robert Hart, and sister Mavis Bruleigh. His grandchildren Larry Hart Jr., Daniel Hart, Patrick Hart Jr. and wife Makyra, Courtney Brigante and husband Travis, David Hart Jr., Tamara Hart Thompson and husband Ryan, and Erica Hart. His great-grandchildren Lily, Sophia, Reed, Belle, Patrick Lawrence, Reese, Aurelia, and Aurora. He also leaves behind many nieces and nephews.

At Lawrence’s request there are no calling hours. A celebration of life will be held on Saturday, May 13th at the top of Hart’s Field off Hart’s Road at 1:00pm.

In Lieu of flowers, donations can be made to Tri-Village Fire Department c/o Richard Sampson, 32 James Downing Road, Topsham, VT 05076.

To offer the family an online condolence, please visit [www.rickerfh.com](http://www.rickerfh.com) Ricker Funeral Home & Cremation Care of Woodsville is assisting the family with funeral arrangements

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Not all Times are Trendy, but there will always be Trendy Times March 21, 2023 Volume 14 Number 12



# What About Ma?

by Kellie Quackenbush

## All About the Emergency Room

When Ma had her stroke we called 911 after calling her visiting nurse and doctor. The visiting nurse refused to come, the doctor told us to call 911. A stroke, "A stroke, sometimes called a brain attack, occurs when something blocks blood supply to part of the brain or when a blood vessel in the brain bursts. In either case, parts of the brain become damaged or die. A stroke can cause lasting brain damage, long-term disability, or even death." per [www.cdc.gov](http://www.cdc.gov).

Ma had a subtle drooping on one side of her face, her words, all of a sudden, were mixed up, she couldn't stand. We were very concerned and an ambulance brought her to the Emergency Room. Being with strangers in the ambulance made her more confused. We had to be her voice when she was treated because she could not make any sense. It was a very troubling experience.

"Signs and symptoms of stroke include:

-Trouble speaking and understanding what others are saying.

-Paralysis or numbness of the face, arm or leg. You may develop sudden numbness, weakness or paralysis in the face, arm or leg.

-Problems seeing in one or both eyes.

-Headache. A sudden, severe headache, which may be accompanied by vomiting, dizziness or altered consciousness, may

indicate that you're having a stroke.

-Trouble walking. You may stumble or lose your balance." Per <https://www.mayoclinic.org>.

Of course, what to bring to the Emergency Room is important, "What to bring when you come to the hospital emergency room

-Insurance cards

-The name of your doctor

-A list of all medications and supplements you are currently taking, and how much of each

-A list of any medicines to which you are allergic

-The name and phone number of any pharmacy used for your medications

-A driver's license, state ID card, or passport

-Credit card" per [www.mlkch.org/bring-to-hospital](http://www.mlkch.org/bring-to-hospital).

Having a family member or close friend with the person who is having a medical emergency can make a huge difference in the care and treatment a sick or injured person receives. A sick person may be beyond the ability to use a call light. They may be in the emergency room for several hours before getting any treatment. Having someone who can call a nurse and alert the medical personal of sudden changes in the sick person's condition can make the experience more successful. With anyone who is not feeling well, it is always good to alert their doctors to changes or prolonged

symptoms. However, if symptoms are persisting or getting worse, it may be time to go to the Emergency Room for a higher level of treatment.

When should you go to the emergency room? A short list of symptoms can help:

"-wheezing, shortness of breath or difficulty breathing

• chest pain  
• displaced or open wound fractures

• fainting or dizziness  
• sudden numbness or weakness

• bleeding that cannot be stopped

• abdominal pain - especially intense localized pain

• fever with convulsions or any fever in children under 3 months

• confusion or changes in mental status

• coughing or vomiting blood

• severe headache or head injury, especially if the individual is on aspirin or blood thinners

• blood in the urine, or bloody diarrhea

• sudden inability to speak, see, walk or move"

Per [www.beaumont.org/health-wellness](http://www.beaumont.org/health-wellness), this is not a complete list but one that highlights symptoms that we should not ignore.

It is my hope that you all stay safe and well. In all of our lives there comes a time when we need a little or a lot of help. There is no shame in seeking help when you are suddenly sick or when your sickness becomes worse.

Be safe and be well.

## Littleton Co-op & WREN



Pam Sullivan and Scarlett Moberly hold the Big Check representing donated funds from the community

The Littleton Food Co-op met Pam Sullivan, Women's Rural Entrepreneurial Network (WREN) Executive Director & Arts Administrator and Scarlett Moberly, WREN Marketing & Programs Manager in the produce department of the Co-op last week. They were presented a check for \$4,512.64. The funds were donated by the members/owners and customers of the Littleton Food Co-op in February as part of the Partner of the Month program.

The mission of WREN is to support better lives and livelihoods through education, economic development and community engagement in the North Country. The funds will be used towards developing and expanding programs for teens and adults in our community.

Member-owned Little-

ton 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](http://www.littletoncoop.com), call 603-444-2800 or just stop by!

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at the Weathervane Theatre!

WHITEFIELD, NH - Weathervane Producing Artistic Director Ethan Paulini and Intern Program Director Marisa Kirby are proud to announce the 2023 Patchwork Players Season - Mary Had a Little Ham, The Rainbow Fish Musical, The Old Man and the Old Moon, and The Mystery of the Missing Medallion. Sponsored by Cross-town Motors and New England Wire Technologies, this year's 33rd season will run June 30th through August 29th at the Weathervane and begins touring the North Country July 5th.

For the fourth season in a row, performances at the Weathervane will be held outside as part of the popular Picnic with Patchwork series. Performances are held every Friday at 11 AM. At this pet friendly event bring a blanket and a snack and enjoy a great show for the whole family (even the family dog!). In case of rain, alternate arrangements will be made (check Weathervane's social media for latest updates).

About the Shows:

MARY HAD A LITTLE HAM

Infused with Broadway showtunes, this musical adaptation of the children's book Mary Had a Little Ham is about a precocious little piggie who trades the barn for Broadway with the dream of playing Hamlet. Plays July 5 - 14.

THE RAINBOW FISH MUSICAL

A bubbly undersea musical adventure based on the award-winning book, The Rainbow Fish, teaching the universal lessons of love, friendship, sharing, and kindness. Plays July 19 - 28.

THE OLD MAN AND THE OLD MOON

The epic tale of an old man who must abandon his duties of filling up the moon with liquid light to cross the seas in search of his missing wife. Plays



August 2 - 11. An enhanced version of this production will play on the Mainstage August 15, 26, and September 1.

THE MYSTERY OF THE MISSING MEDALLION

A missing king. A princess in hiding. A medallion stolen. The future of the kingdom relies on you to help Inspector Cornelius Bumble solve the mystery! Plays August 16 - 25

Performing these productions will be the 2023 Patchwork Players, composed of six college aged individuals placed from the highly competitive William Daniel Mills Theatre Apprentice Program.

All Patchwork performances will be performed utilizing COVID-19 "best practices" policies. In addition to performing at the Weathervane, these productions will also play on the road at Bethlehem's Colonial Theatre, Colebrook's Great North Woods Center for the Arts, and the Lions Club Community Field in Lisbon. To book a Patchwork Players performance please contact Weathervane Producing Artistic Director Ethan Paulini at ethan@weathervanenh.org

Patchwork performances at Weathervane's outdoor stage will be sold at the door for \$8.50 - \$9.50. For touring performances, check with the venue about ticket pricing and ordering. Subscriptions for Weathervane's Mainstage season are now on sale. Single tickets go on sale in May. For more information call 603.837.9322, email boxoffice@weathervanenh.org or visit

www.weathervannh.org. The Patchwork Players are sponsored by Cross-town Motors and New England Wire Technologies. To sponsor the Patchwork Players, please contact Weathervane Development Director Jorge Donoso at jorge@weathervanenh.org

The Weathervane Theatre was founded in 1965 by Gibbs Murray and the late Tom Haas. For over half a century, it has presented high quality professional productions of plays and musicals. One of the few remaining alternating rep companies in the United States, the Weathervane is recognized as a historical institution nationwide, boasting among its alumni 2021 Tony nominee Elizabeth Stanley, Tally Sessions, four-time Tony nominee Judy Kuhn and recent Tony Award Winner Ari'el Stachel.

Weathervane can be found on Facebook at /weathervanetheatre and all other social media platforms @weathervanenh. Patchwork Players can be found on Facebook at /WVPatchwork

by Elinor Mawson

Although it was never verified, my mother's bad hip was either arthritic or the result of an old injury, but I never saw her walk like everyone else.

After Arthur Godfrey had his hip replaced, she decided that she would have hers done too, and searched out a surgeon. The closest one was in Boston and that's where she went.

After putting her household affairs in order she set off for one of the largest hospitals in the Boston area and the deed was done.

When I went to see her a couple of weeks later, I couldn't believe my eyes! There she was in a full body cast, and she was miserable. She announced that she would be like that for 2 more weeks and then she'd be home. She did say that she would be glad to be able to walk without any pain. I wondered.

Sure enough, she

came home in 2 weeks. She hadn't had any Physical Therapy--they'd given her an Australian crutch and sent her on her way. There was no aftercare and no followup exam. She was on her own.

When I look back, I wonder why she wasn't overwhelmed. She had a 16 room house, 3 kids, and the family was due to move in 3 months.

I was prevailed upon to go and help out. We lived 2 hours away, and I had a 2-month old baby, but sure enough, with diaper pail and sterilizer in hand, I went. (My husband was not pleased!) And somehow it worked out.

I never heard my mother complain about pain; she just took her crutch (that she had named Catherine), and went about the business of living --and moving.

2 more moves and a teaching career later, it was time to have that hip replaced. And that story will appear next time.

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

March 21, 2023

Volume 14 Number 12



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

## Veal Scallopini

Hello hello my fellow chefs! How are you all doing today? I'm okay and awaiting warmer weather. Right now there is so much snow that my dogs don't know where to go. My nice neighbors help me out with snow blowing and I am very grateful. I know they read this newspaper so I'd like to give a shout out to Diane and Tina and Kevin. They are very good to me. I'm still without a car and they help me out big time. Being without a vehicle is not fun, it's very frustrating, so the search is still on!!!

Let's get started with today's recipe and how to make it. Veal is a bit pricey but for a special dinner I say go for it once in a while. My package was 3/4 of a lb. and it stated for scallopini. It was enough for 2 meals.

- Ingredients**
- 1/2-3/4 lb. Veal leg cutlets approximately 4-6
  - 1/2 cup all purpose flour
  - 1/2 tsp salt
  - 1/2 tsp pepper
  - 3 Tbsp plus 3 Tbsp (divided) butter
  - 2 Tbsp olive oil



1/2 lb. White mushrooms sliced very thin  
You can get quite a few slices with each mushroom.

1/2 cup white wine or broth

2 tsp minced fresh parsley or dry parsley. I used dry only because I forgot to get fresh parsley at the market. I like the flat leaf kind. Use fresh if you can.

Place each cutlet between plastic wrap and flatten to 1/8". They come pretty flat already but pound lightly, it tenderizes them. In flat bowl mix flour with salt and pepper and whisk to mix. Dredge each cutlet on both sides of seasoned flour. In frying pan melt butter add olive oil over medium heat and fry each cutlet 1-2 minutes

per side. Remove and keep warm. When you are finished frying add remaining butter, melt and fry mushrooms. They cook quick because you sliced them very thin. Remove mushrooms and put on top of the cutlets. Add wine or broth and parsley to pan and with wooden spoon scrape bottom and cook to thicken a bit. Spoon over cutlets. Okay you are done.

I served mine with roasted potatoes, carrots, and onions. "Delicioso "!!! Enjoy a glass of the white wine you used in recipe. Remember to drink responsibly.

So folks that's it for today's recipe. I hope you enjoy this tasty meal. If you have any questions please contact Gary and I will help you out. Happy Cooking and stay safe and healthy my friends. Until next time I am signing off,  
Sincerely,  
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<sup>1</sup>Offer valid 2/1/2023 - 4/28/2023 only. Subject to approved installment credit with John Deere Financial. Package payment based on 10% down and 1.9% APR for 84 months. Taxes, insurance, and fees could increase the monthly payment. Photo for illustrative purposes only, actual equipment may vary. Price and model availability may vary by dealer. Offer and pricing subject to change without notice. Some restrictions apply. See dealer for details. <sup>2</sup>Manufacturer's estimate of power (50) per 97/68/EC. \*\*All Compact Utility Tractors purchased new from an authorized John Deere Dealer come standard with a 6 year/2000 hour (whichever comes first) Power-train Warranty. See the Limited Warranty for New John Deere Turf & Utility Equipment at dealer for details. Optional 6 year Full Coverage Warranty available, some restrictions apply, see dealer for details. <sup>3</sup>Offer valid on qualifying purchases made between March 1, 2023 - April 29, 2023. Receive 15% off the purchase of one or more Home Maintenance Kits. A&I products are not included. In the US savings are applied to the total before shipping/delivery charges and consistent with applicable sales tax and requirements. Not applicable on factory installed attachments/packages and cannot be combined with any other offer.

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

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