

A FREE PUBLICATION

TRENDY

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TIMES

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Dar Williams Live at The Colonial Last show of the Season!

Dar Williams Live at The Colonial on October 21st

The Colonial Theater in Bethlehem, New Hampshire welcomes singer, songwriter Dar Williams, Live! on Saturday, October 21st at 8:00 PM for the final concert of the 2023 season.

Dar Williams' lyrics contain bouquets of optimism, delivered on melodies alternating between beguiling lightness and understated gravity. Always in the right place at the right time for the success she's had over a 25+ year career, Dar Williams rose out of the vibrant mid-90's Boston scene, inspired by the eclectic influences of alt-

rockers, Berklee jazz musicians, slam poets, and folk artists, like Patty Griffith, Melissa Ferrick, the Throwing Muses, Vance Gilbert, and Jonatha Brooke. After a year of touring non-stop with her first album, *The Honesty Room*, in 1994, she was invited by Joan Baez to tour in Europe and The United States. Williams strongly believes that all of us possess our own power and ability to achieve, and she rejects the exceptionalism that encourages us to "admire that yonder star," while making us feel small and insignificant; unworthy of shining on our own but hoping to catch enough distant light to inspire some tiny accomplishment. Williams has always been very interested in how to control our future and her latest album has to do with the fact that at some point, you just can't.

Dar Williams Live! at The Colonial is brought to you by Presenting Sponsor Tami Nason. Doors and patio open at The Colonial Theatre in Bethlehem at 7:00 PM, and the show starts at 8:00 PM. General Admission tickets are \$39, Members General Admission

tickets are \$28, and Front and Center Tickets are \$48. Tickets are available online at www.BethlehemColonial.org.

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 offering a vision of small-town revitalization based on the arts.

To learn more about upcoming movies and events, purchase tickets, or become a member or volunteer please visit www.BethlehemColonial.org. While you are there, sign up for regular email updates or follow The Colonial on Instagram (@bethlehemcolonial), or Facebook (Facebook.com /BethlehemColonial)

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TRENDY Dining Guide

Tuttles Family Diner

By April Scruton



This issue I decided to go to Tuttles Family Diner in Wells River, VT. I had to do laundry and it was close to the laundry mat.

I got there and was greeted by Jen, the owner, as she was hustling and bustling around as usual. She asked me how the paper was going, so we had a small conversation about that. I decided to sit at the counter as it was only me this time.

I was immediately asked what I wanted to drink which I chose a

Coke and a menu. I was told that breakfast was still on for 15 minutes or I could put an order in for lunch but it would be after 11 o'clock before he began to cook it, which was fine with me. I decided on a Chicken Cordon Bleu Burger which was on the special that came with chips and pickles. Because I had some time I decided to work a little bit on the paper.

It was pretty busy, which is true any time I've ever gone. It usually is. I love that they haven't

changed it too much, and that when I go in there, there are usually people in there that I don't know which is abnormal for me as I pretty much know everyone. But it's nice to see that people come from out of town and go to this quaint little restaurant. In the past I have gotten their seafood and loved it.

I decided to get the bill and it came to \$16.41. I paid and left a tip. Definitely a place to check out. Also they have a great Bakery that you need to check out.



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For More Details
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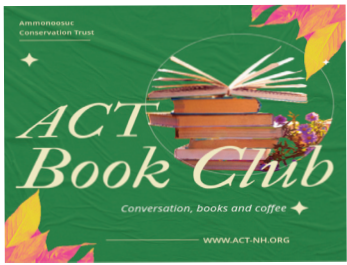
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Join the Ammonoosuc Conservation Trust (ACT) for our first book club. We will be reading and discussing *The World Without Us* by Alan Weisman, a book on what would happen to the natural and built environment if humans suddenly disappeared. There will be a list of questions to discuss, however you are also encouraged to bring questions and talking points for the group. The meeting will be held on Wednesday, October 25th from 12:30pm-1:30pm at the Bethlehem Library.

This time is for us to share thoughts and opinions about the book, as well as get to know one another better within our ACT community. We will provide coffee and maybe a treat or two! To sign up for this new event, please go to <https://conta.cc/3Q8D560>



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Poem By AI from ChatGPT

In the shadow of Old Glory's might,
Where valor blooms in freedom's light.
A legion stands with hearts aglow,
The American spirit, they proudly show.

Born from trenches, World War's embrace,
A fellowship forged, a sacred space.
In 1919, they took their stand,
The American Legion, a steadfast band.

From sea to shining sea, they tread,
Where veterans' stories quietly spread.
Their emblem bold, a symbol true,
Of service, honor, the red, white, and blue.

In halls adorned with history's tale,
They rally 'neath the star-strewn trail.
A brotherhood, a sisterhood strong,
In unity, where they belong.

Advocates for those who served,
Their mission, steadfastly preserved.
Veterans' champions, through and through,
The American Legion, red, white, and blue.

Through wars and peacetime, side by side,
They march with purpose, never to hide.
A legacy written in sacrifice's ink,
The American Legion, where heroes link.

In service, in duty, they find their song,
For liberty's chorus, they march along.
In the heart of the nation, a steadfast legion,
An ode to them, in poetic region.

Unique Educational Journey for select WHS Students



Select members of the WHS Chorus and WHS Music Elective Strings History classes, under the guidance of Ms. Zampieri, recently embarked on a unique educational journey outside of their regular classroom settings. They visited the recording studio of Patrick Ross, a multi-talented artist and educator, to gain practical insights into the world of music.

This immersive visit included:

Live performances by Patrick Ross, showcasing his musical prowess.

A firsthand look at the recording process and the equipment used in profes-

sional studios. An exciting opportunity for students to try their hand at playing Patrick's cello. Pictured left to right: Chelsea Baker, Nicholas Thomas, Korina Lhereux, Anthony Mencia, Patrick Ross, Riley Fagnant

This experience allowed Woodsville High School students to expand their musical horizons and deepen their appreciation for the art of music. Ms. Zampieri's commitment to providing innovative musical education experiences for her students continues to enhance their learning journey.



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When Should You Sell Investments?

If you're a long-term investor, your portfolio may stay fairly stable over time. However, that doesn't mean you will never sell any investments. But when should you sell — and why?

Here are some scenarios to consider:

If an investment has consistently underperformed — For one reason or another, some investments may not live up to your expectations. Rather than holding these investments in the hope that they will eventually show consistently positive returns, you might be better off selling them and using the proceeds to buy other investments that could help you make progress toward your goals. Keep in mind, though, that short-term price swings are inevitable for virtually all investments, so you may not want to sell an investment after just a few price drops, as it may still have strong fundamentals and good prospects.

If the investment itself has changed — The nature of some investments, such as stocks, can change over time. Stocks represent companies, and companies can evolve and adapt — or not. So, you may own shares in a company whose management has changed or whose products are less competitive than they once were. If

this company no longer seems like a sound investment, you may consider selling your shares and moving on.

If an investment is "redundant" — Over time, you may have added investments that are similar to others you already own. If you do have too many investments that are alike, you risk not having a fully diversified portfolio, and while diversification can't always protect against all losses or guarantee profits, it can help reduce the impact of market volatility on your holdings. Consequently, you might want to sell an investment that may now be "redundant" to your portfolio and replace it with another one that could boost your diversification efforts.

If an investment takes up too much space in your portfolio — If you bought an investment years ago, and it's grown substantially in value, it could eventually take up more space in your portfolio than you had intended, which could expose you to more risk than you'd like — because too much of any single investment may leave you more vulnerable to market downturns. Of course, if the investment is still appropriate for your needs, and still has a good outlook, you may not want to totally liqui-

date it, but you could consider scaling back on the shares you own.

If your own needs have changed — You originally created your investment mix to help you reach certain goals, such as a comfortable retirement. And during much of your working life, you could possibly afford to invest primarily for growth, accepting the risk that comes along with that approach, as you knew you'd have time to potentially overcome the short-term volatility that's part of investing. But as you near retirement, you may want to lower your risk level. Consequently, you could decide to sell some of your growth-oriented investments and move the money into income-producing ones. However, even during retirement, you'll still need your portfolio to provide some growth opportunities to help you ahead of inflation.

Generally speaking, you may not want to do a lot of selling (or buying) of investments once you've built a portfolio that's appropriate for your goals, risk tolerance and time horizon. But if you are going to sell investments, make sure you do so for the right reasons.

This article was written by Edward Jones for use by your local Edward Jones Fi-

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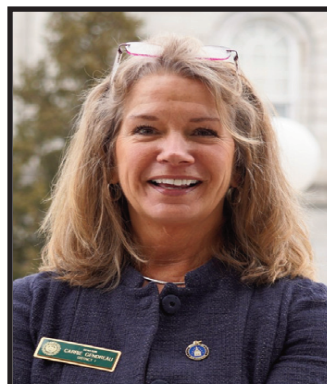
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LEGISLATIVE WRAP-UP

From the Desk of
NH State Senator - District 1
Carrie L. Gendreau
(R) Littleton

Gendreau:

Our North Country stands as a gem within our Granite State, one I am honored to represent in the New Hampshire Senate.

Our recent budget for FY24-25 reflects our objectives toward reducing property taxes, encouraging economic development, and boosting education choice. We directed an unprecedented level of revenue-sharing and education funding back into our cities and towns which empowers local leaders to take action towards property tax reduction. Additionally, we

thwarted efforts to raise county property taxes and safeguarded the business tax cuts that continue to fuel the growth of the New Hampshire economy.

I also led efforts to secure funding for crucial local projects, including \$18 million designated for the reconstruction of our iconic Cannon Mountain Tramway, a cornerstone of our tourism industry. Further, we directed \$1.5 million for protecting the paper industry in the north country.

As Vice Chair of the Education Committee, I focused on expanding education opportunities

for every child, regardless of zip code or household income. We increased per-pupil state aid by 31% and provided \$100 million for Building Aid, including \$49 million for new school building aid projects. Having not only protected but expanded Education Freedom Accounts for low-income students, I'm proud to have helped secure a better learning experience for every child.

As we conclude this Senate Session, I am happy to report on these legislative accomplishments and look forward to continuing to serve you in 2024!



Museum of the White Mountains at Plymouth State University

Museum of the White Mountains at Plymouth State University Fall 2023 Exhibition and Speaker Series

Featuring work by New York-based artist Rita Leduc and ecologist Rich Blundell

Plymouth, N.H. (October 12, 2023) – The Museum of the White Mountains (MWM) at Plymouth State University (PSU) debuted its fall 2023 exhibition, *Extending Ecology: Making Meaning with the White Mountains*, on Saturday, October 7. The exhibition is the result of a two-year collaboration between ecologist and cultural communicator, Rich Blundell, Ph.D., artist, Rita Leduc and the Hubbard Brook Experimental Forest. They combine natural sciences and artistic expression to create multimedia interpretations and visual artwork.

Prior to the exhibition opening, Leduc, Blundell and Museum of the White Mountains Director Meghan Doherty hosted a panel discussion where they discussed the exhibition and answered questions. A recording of this event is available on the museum's YouTube channel.

"This is an exhibition about relationships; the relationship between collaborators Rita Leduc and Rich Blundell, the relationship between their research and our museum at PSU, and the relationship between all of us and the White Mountains," said Doherty. "We're at an

exciting crossroads of the collaborative efforts of science, art and creative meaning-making at the Museum of the White Mountains, and we're investigating the ways in which we can shift our understanding of our place within the context of the White Mountains."

The exhibition, which is partly funded by a grant from the National Endowment for the Humanities, is the product of observations and studies conducted at a long-term ecological research forest located in the White Mountain National Forest in New Hampshire. It emphasizes how deep, intimate engagement with natural science and our relationship with the land can offer insights into more ecological ways of being in the world. Along with artwork created in the forest, Leduc created a temporary graphite drawing on a curved wall inside the museum during the first week of October. PSU art, English, journalism and composition students had the opportunity to interact with Leduc and observe the creation of the temporary art piece.

The variety of artwork is grouped into clusters and organized using large text infographic display panels written by Blundell and designed by PSU senior graphic design student and Museum of the White Mountains 2023 McLane Family Fellow Emma Wilbur of Barre, Massachusetts. The panels include photos by Leduc and Blundell that

provide viewers insights into their conversations related to each section of the exhibition.

The exhibition is open to the public and will run until Friday, December 15, 2023.

The museum's 2023-2024 Mountain Voices lecture series is focused on conservation in the White Mountains; the monthly series runs Thursday, October 12, 2023, to Thursday, April 11, 2024, as follows:

- Thursday, October 12 – Nathaniel Scrimshaw, chair of The World Trails Network
 - Thursday, November 9 – Dave Anderson, senior director of education for the Society of Protection of NH Forests
 - Thursday, December 14 – Staff from Ammonoosuc Conservation Trust and Upper Saco Valley Land Trust
 - Thursday, January 11 – (Zoom Only) Coös, Carroll, and Grafton County Conservation District managers
 - Thursday, February 8 – David Govatski, president of Friends of Pondicherry
 - Thursday, April 11 – Sarah Garlick, director of conservation at The Nature Conservancy
- The Mountain Voices lectures are free and open to the public but pre-registration is required. For information about the museum, current exhibits, and to register for the current lecture, visit www.plymouth.edu/mwm.

Caption: The Museum of the White Mountains at Plymouth State University's fall 2023 exhibition, *Extending Ecology: Making Meaning with the White Mountains*, is the result of a two-year collaboration between ecologist and cultural communicator Rich Blundell, Ph.D., artist Rita Leduc and the Hubbard Brook Experimental Forest.

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| SUNTUF 12' SOLAR GRAY POLYCARBONATE | 46 PCS \$33.83 ea |
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Calendar of Events

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

Thursday, October 19

MARGO BURNS
Presenter
The Capital Crimes of Witchcraft:
6:30 pm
Easton Town Hall
1060 Easton Valley Rd, Easton NH

SATURDAY, OCTOBER 21 HAVERHILL HISTORICAL SOCIETY EVENT:

LADD STREET SCHOOL OPEN HOUSE
10AM
880 DARTMOUTH COLLEGE HWY,
HAVERHILL, NH 03774

Dar Williams

8pm see page 1 & 3
Colonial Theater
Bethlehem, NH

Chicken and Biscuit Dinner

5pm - 7pm
First Congregational Church Of Haverhill
Haverhill, NH see page 8

Wednesday, October 25th

“ACT’s First Book Club!”
from 12:30-1:30pm see page 3
Bethlehem Library.
Information and registration at act-nh.org/education-events or call (603) 823-7777.

THURSDAY, OCTOBER 26

NEK Open Meeting
5:30 - 7pm
Do North Coworking,
930 Broad Street in Lyndon, Vermont
see page 11

FRIDAY, OCTOBER 27

**Cottage Hospital Fundraising Gala
120th Birthday Celebration**
Mountain View Grand Reort
Whitefield, NH 6 PM
See page 8 for more details

SATURDAY, OCTOBER 28

Loon Mtn Hiring Fair
9am - 12pm see page 7
Governor Adams Lodge

Haverhill Public Auction

10 am see page 7
Clifford Building

Haunted Happenings

7 pm - 10 pm
Hazen Park, North Haverhill, NH
see page 12

SUNDAY, OCTOBER 29

The Secrets of Cellar Holes
3PM see page 8
Barnet Elementary School

TUESDAY, OCTOBER 31

**North Country Fruit and Veggie
Seminar & Tradeshow**
9 am - 3:30 pm
see page 11

SATURDAY, NOVEMBER 4

LISBON LIONS CLUB TO HOST
**26th ANNUAL
SENIOR CITIZENS HOLIDAY DINNER**
see page 7

SUNDAY, NOVEMBER 5

KRIS DELMHORST
Court Street Arts
Haverhill, NH 7:30 pm
see page 7

EVERY THURSDAY

WORKING ON WELLNESS
6:00 PM
Monroe Public Library

EVERY FRIDAY

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

EVERY SUNDAY

BETHANY CHURCH WORSHIP SERVICES
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Court Street Arts

KRIS DELMHORST



American singer/songwriter **KRIS DELMHORST** comes to Court Street Arts in Haverhill on **Sunday, November 5th** at 7:30 pm.

Called "bold and brilliant" by the Boston Globe and "transcendent" by the LA Times, Delmhorst is a veteran of the indie Americana world, with vivid songwriting, soulful delivery, and intricate arrangements that stretch the limits of genre. She's been compared to artists as various as Anais Mitchell, Lucinda Williams, and Juana Molina - though she cites Rickie Lee Jones, in all her fearless joy and complexity, as a north star.

With *Long Day in the Milky Way*, her eighth studio record, Delmhorst

offers the purest distillation yet of her musical sensibilities. What's on offer in *Long Day in the Milky Way* is not an escape from the turmoil but a companion for it, a steady hand reaching through the chaos. Delmhorst invites the listener to look both out and in, to experience the full kaleidoscope of life's contradictions - persistence, frustration, heartbreak, love - and to locate the grace within the struggle, the beauty in the dark.

For more information and tickets go to www.courtstreetarts.org

Lawrence Clark's Barbershop
 Tue.-Fri. 9am - 4:30 pm
 Sat. 8 am - Noon
42 Main St., Wells River!

26th ANNUAL SENIOR CITIZENS HOLIDAY DINNER

SATURDAY NOVEMBER 4, 2023

The Lisbon Lions Club is once again showing their appreciation to local senior citizens by sponsoring the 26th Annual Senior Holiday Dinner, free for all senior citizens living in Lisbon, Lyman and Landaff, on Saturday, November 4th. The dinner menu will include roast turkey, gravy, stuffing, mashed potatoes, vegetables, cranberry sauce, rolls and pie.

This year's dinners will be offered as home deliveries only. Meals will be delivered as close to noon as possible.

To order a dinner to be delivered to your home, please call Donna & Phil Clark at 603-838-5043 by October 31st.



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View Current Openings at LoonMtn.com/jobs

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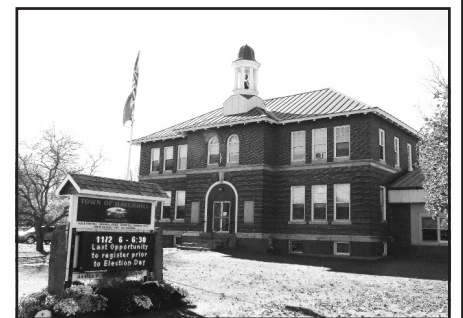
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Saturday, October 28, 2023 at 10:00 AM

Registration begins at 9:00 AM

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This year's foliage is almost at peak on our Tree Farm. Because New Hampshire has 82% Forestland (the 2nd most forested State in the US, Maine is #1) and of the 82%; Private Forest Landowners own 70% of New Hampshire's Forest. Because our State is blessed with a large forest base it has a huge economic impact to New Hampshire's 2nd. largest industry, Tourism. I encourage everyone to get out and enjoy the beautiful foliage. Tom Thomsom

CHICKEN & BISCUIT DINNER

(Eat In - or - Take Out)

~Proceeds go to Benefit the Parish Hall Roof~



DATE: Saturday, October 21st 2023

TIME: 5:00 pm to 7:00 pm

**First Congregational Church of Haverhill
Parish Hall, 120 School Street
On The Common (rt 10)**

MENU: Chicken Pot Pie w/ carrots & peas
ColeSlaw, Cranberry Sauce
& Apple Crisp for dessert

*(Gluten Free Meals available upon request)

**COST: \$15.00 for the first dinner -
(Take out or sit down)**

\$10.00 for the second dinner - (Take Out Only)

\$10.00 for Children < 10 years

Friends of Dog Mountain Announces Construction Plans for the Beloved Dog Chapel



ST. JOHNSBURY, VERMONT – Friends of Dog Mountain is excited to announce that restoration work on the cherished Dog Chapel at Dog Mountain will commence on October 16th. Renovations will repair the severely water-damaged foundation, improve drainage around the building, and add a new accessibility ramp to ensure every visitor can enjoy the unique beauty and serenity the Chapel offers.

"We recognize the vital importance of the Dog Chapel as a sanctuary for many. It's a place of reflection, remembrance, and celebration of our four-legged family members. These renovations are not just about infrastructure

improvement but are a realization of our mission to make the Dog Chapel more welcoming and resilient for generations to come," said Friends of Dog Mountain's Managing Director, Ali Ide.

Friends of Dog Mountain is immensely grateful to the Agency of Commerce and Community Development's Community Recovery and Revitalization Program, the Freeman Foundation, and the Preservation Trust of Vermont. Their generous grants have made this ambitious project possible.

The Dog Mountain team is dedicated to causing minimal disruption during the 6-week renovation phase. Hence, the Dog Chapel

will remain open to visitors during the construction period. Efforts will be made to ensure safety and provide alternative pathways as needed.

Friends of Dog Mountain invites all supporters, local residents, and visitors to witness the transformation. "It's more than just a renovation. It's a testament to the love and connection we share with our furry friends and the community's commitment to preserving Stephen Huneck's visionary body of work," Ide added.

For ongoing updates and more details about the project, please visit www.dogmt.com or follow Dog Mountain on their social media channels.

Scott Borthwick
Manager

Ph: 603.523-9284
Cell: 603.630.8032



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**SUNDAY
OCT. 29th
3:00 pm**

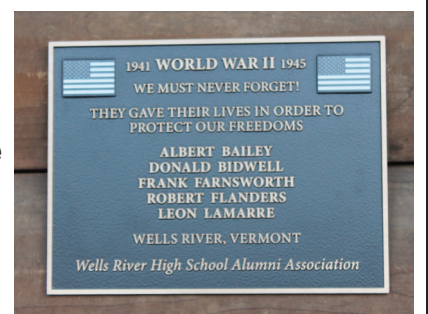
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Thank You for Making the WWII Memorial Dedication a Success

On September 14, 2023 over 60 people from the greater Wells River area gathered at the Wells River Welcome Center for the unveiling of the WWII Memorial Plaque honoring the 5 Wells River men who did not return from WWII.

Without the help of many, the ceremony would not have been possible.



THANK YOU:

- American Legion Ross-Wood Post 20
- Bridge Weekly Sho-Case
- Copies and More
- Journal Opinion
- The Red Tea Kettle Floral Designs
- Trendy Times
- VFW Post 5245
- Village of Wells River Trustees
- Welcome Center Committee
- Wells River Chevrolet
- WRHS Alumni Association members
- WRAP -Board of Directors
- WYKR

- Jim Bidwell
- Sandy Boyce
- Rebecca Farley
- Larry Lamarre
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- Lyndia Melchin
- Rev, James Merriam
- George Murphy
- Steve Puffer
- Richard M Roderick
- Gary Scruton
- Bruce Stevens
- Mabel Symes
- Ronnie Welch
- Jason Winchester

Perfect tree in Pike NH



One of my favorites from last year. And wanted to share again!

For copies: contact Cyndi @ cnb.pics07@gmail.com

Scotland Road Found in Bradford

by Gary Scruton

The most recent presentation by the folks at Old Church Theater was entitled "Scotland Road". For those familiar with the story of the Titanic you had all the background you needed before enjoying this latest project.

The cast was only four actors which allowed the director to choose some names that are probably familiar to regular OCT attendees. John Hunt, who portrayed John, has a booming voice that works well in the temporary home of OCT at the Bradford Academy Building just across the street. It helped as John had a majority of the lines.

Robin Keith, portraying Dr. Halbrech, worked well with John especially in the first act when there were multiple scene changes and a few punch lines.

Another very familiar face was that of Meghan Bullard who played the part of Winnifred. Though Skepticism was the main emotion sent her way, she was able to pull off a

couple of "sit up in your chair" moments that got the audience's attention.

The fourth member of the entourage was Chris Leary, who in the role of Frances Kittle, had to act as though he (or she) was acting. Chris did a fine job even if he did not "stand" up to the role.

Of course this entire production would not have been as enjoyable without the direction of Carrie Anne Quinn who is also serving as the vice president of the OCT Board of Directors.

Though all five of these OCT veterans enjoyed doing this production, they would all love to do their next one back across the street at the renovated Old Church Theater itself. Those renovations continue to move forward with the help of plenty of fund raising, grant writing, and hard work.

If you missed this production, be sure to mark your calendars for December's "The Psychic".

BEEZWAX By John Martin



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| 8x18 | 12x32 | 20x30 | 40x60 |
| 8x20 | 12x36 | 20x40 | 50x50 |
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| 10x20 | 20x25 | 40x60 |
| 12x12 | 20x30 | 50x100 |



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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
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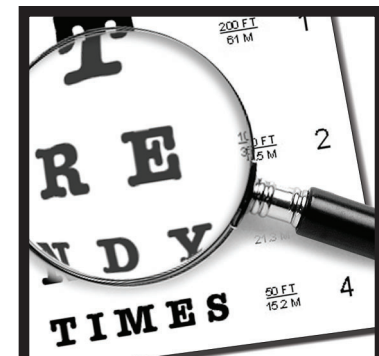
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North Country Fruit and Vegetable Seminar and Tradeshow

Spend Halloween with us at the preeminent event for North Country Farms and the annual farmer social event of the season – the return of the North Country Fruit and Vegetable Seminar and Trade Show at the majestic Mountain View Grand Resort & Spa in Whitefield, NH! This promises to be a day filled with discoveries as we dive into the world of cucurbit breeding, sweet potatoes, soils, pests, pollinators, and weather.

Pre-registration is available at a discounted rate of \$40 per person until October 19 and includes lunch, educational programming, and a tradeshow of commercial vendors and technical service providers, capped off with a raffle for door prizes. Any registration after this date, or walk-ins (if space allows) will be \$50 per person. To reserve your space please go to <https://tinyurl.com/zw8wbw8>.

The event will be held October 31st, 2023, rain or shine from 9:00am to 3:30pm.

3 Pesticide recertification credits are available.

This event is jointly produced by the Coös, Grafton and Carroll County Extension offices.

For more information, please contact Will Hastings at 603-788-4961, Heather Bryant at 603-787-6944, or Olivia Saunders at 603-447-3834.



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NEK Young Professionals Host Open Meeting in Lyndon



Northeast Kingdom - The Northeast Kingdom Young Professionals Network (NEK YPN) will host their semi-annual Open Meeting on Thursday, October 26 from 5:30 - 7pm at Do North Coworking, 930 Broad Street in Lyndon, Vermont.

These meetings are an important tool for the NEK YPN's steering committee to receive input to shape the direction of the network in the years to come, and to recruit new members to help see out that vision.

Young professionals of all kinds are invited to connect and network, enjoy a free dinner, and

participate in building for the future of young professionals in the NEK. Register to attend this free event via Eventbrite: <https://bit.ly/northeastkingdomypn>

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

More information about the event, and the network, can be found on the YPN's Facebook page:

www.facebook.com/NEKYoungProfessionals

West Newbury Old Tyme Country Dance Is Back!
 Simple squares, waltzes, polkas, and two steps.
 A 100 year old tradition.
 Come to dance or just watch.
 All ages can enjoy
 West Newbury Hall
 Saturday, October 28
 7:30 to 10:00 pm
 and the last Saturday each following month.
 Bring refreshments if you can
 802-274-2381 for info
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Ross-Wood Auxiliary Unit #20 of Woodsville recently made a contribution to the VA Hospitals in Manchester, NH and in White River Jct., VT. Both facilities provide healthcare to the many veterans who are members of the post as well as those veterans who do not belong to the American Legion. This is one of many contributions that the Auxiliary makes each year to help out our Veterans and the community at large. Pictured is Lori Thompson (left), president of Ross-Wood Unit #20 American Legion Auxiliary and Susan Pond (right), VA Volunteer Services (VAVS) Associate Representative for White River Jct. VA Hospital.

Haverhill School Board Announces Increased Pay Rates for Substitute Positions

Haverhill, October 2023 - The Haverhill Board, under the leadership of School Board Chairperson Dave Robinson, has made a pivotal decision to increase the pay rates for substitute positions across various roles, underscoring its commitment to educational excellence and staff well-being.

The revised pay structure is as follows:
Support Staff: Those in roles such as Instructional Assistants, Custodians, and Office Employees will

now receive \$115 per day, up from the previous rate of \$90.

Teachers: The daily rate for substitute teachers has been increased from \$100 to \$130.

Nurses: Recognizing the crucial role of health professionals, substitute nurses will now earn \$165 per day, a notable increase from the previous \$120.

"These revised rates reflect our appreciation for the indispensable role substitutes play in maintaining the

smooth operation of our schools and ensuring continuity in our students' education," said [Spokesperson's Name, Title]. "It's a tangible demonstration of our commitment to attracting and retaining the best talent to serve our student community."

Individuals interested in substitute positions are encouraged to apply. Applications are available in each school office as well as the SAU office.

Superintendent, Dr. Laurie Melanson.

Haverhill Parks & Recreation Presents

HAUNTED HAPPENINGS

HAUNTED WALKTHROUGH

SATURDAY

10.28.23

7:00-10:00 PM

Hazen Park, North Haverhill, NH

No Reservations Needed This Year!

\$10 per person

Event should take 30 minutes.

Fundraiser for Haverhill Parks & Recreation!

VINNY BAG O DONUTS will be there with Fresh Mini Donuts and other Sweet Treats!

This event will be held regardless of the weather. No flashlights, no drop-offs, no outside containers, or drinks. The safety of our residents and victims is our top priority!

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The Capital Crimes of Witchcraft

Margo Burns,
Presenter

The Capital Crimes of Witchcraft: What The Primary Sources Tell Us
Thursday, October 19th, 6:30 pm
Easton Town Hall
1060 Easton Valley Rd,
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Margo Burns is the 10th generation granddaughter of Rebecca

Nurse, who was hanged in Salem in 1692 on the charge of witchcraft. In this program she will explore an array of prosecutions in 17th century New England, focusing on the Salem Witchcraft trials of 1692 and 1693.

This is a free program, however seating is limited. For additional information and to reserve

your place, please click on the following link.

Eventbrite Link:
<https://www.eventbrite.com/e/the-capital-crime-of-witchcraft-what-the-primary-sources-tell-us-tickets-722132697337?aff=oddtcreator>

For further information contact: Maria Hynes 603-823-5008

BEEZWAX

By John Martin



Letter to the Editor: Everyone Belongs

'Everyone Belongs'
To the Editor,

These signs are all over the place. Let's skip over the rainbow and the group that these signs are trying to include and look at the sign's words more closely.

Belong. Flip it around. It's a long to BE. Isn't that what we call ourselves? We're human Beings.

To be or not to be.' Shakespeare had to have thought on this. We have a longing to BE. So, if we want to be seen as equals, let's change belong to exist.

'Everyone Exists.' Shouldn't that cover it more completely; concentrating on what does make us all the same fundamentally?

How about "Everyone'. Really? What about those who caused the signs to go up in the first place. The 'Carrie Gendrons' out

there who live by a moral code that cannot and will not be compromised.

Democrat vs. Republican. God-fearer vs. atheist. If we look far enough, would we not find SOMETHING in ANYONE we could disagree with?

Also, not everyone 'exists'. What about the unborn in the womb. When do they 'exist'? We measure their existence in days, weeks, months? In some states, they can 'non-exist' even after being born. If you put up one of these signs and are pro-abortion, are you not being a hypocrite?

So, leave the sign up, cover BOTH words and just leave the rest—if you want to be honest about it.

Sincerely,
Greg Darling
Littleton NH

Greg,

I believe that we all have some level of prejudice. It may be down deep, possibly not even something we can realize ourselves. But somewhere it exists. We also, most certainly, will find some topic to disagree on when it comes to another person, even our spouse, child or best friend. In other words, no two people exactly agree on every single topic.

With that said our elected officials must realize that their personal opinion is not the same as every person that they represent. That is the way our system works. We elect a person by majority vote. That means a minority of voters do not agree. Plus virtually all of the majority will disagree on at least one topic. This makes for a difficult role to fill as an elected official.

The bottom line? We are all human. We all have flaws. We all make mistakes. We should all simply do the best we can. Plus we should all strive to get along, and let everyone be part of the big picture. After all the big picture is not in black and white.

Gary Scruton, Editor

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Kari Kastango
became the First Person to Swim
the Entire Length of the Connecticut River

The Connecticut River Conservancy (CRC) is thrilled to announce that Board of Trustees member Kari Kastango is the first person to complete a swim of the entire length of the 410-mile Connecticut River.

The final stretch of the swim will take place on October 15th at the mouth of the Connecticut River in Old Lyme, CT, which spectators and members of the press were invited to watch to cheer Kari on. A Riverside Celebration open to the public was also followed shortly after with speakers including Kari, Connecticut River Conservancy's new Executive Director, Rebecca Todd, and the Director of the Friends of the Silvio O. Conte National Fish and Wildlife Refuge, Markelle Smith. Event details are available here and listed below.

Kari's motivation is to raise awareness for the immense significance of the Connecticut River, all the efforts taken to reverse the river's historic water pollution problems, and the ongoing collective action to keep the river clean, healthy, and swimmable for future generations.

While Kari had swum in the river for a few years prior to starting this ambitious endeavor, it was in early 2019 that she firmly set the goal of swimming the entire Connecticut River, starting in New Hampshire and Vermont. She swam a new section of the river each year between Memorial Day and Labor Day, with

the help of her wife, Alison Garvey, a good friend, Julie Paradis, fellow Connecticut River Conservancy Board of Trustees member, Tim Lewis and many others who would follow her in a kayak, canoe or motor boat for safety during each swim. Kari's story was previously covered by NEPM in 2019 at the start of the swim, with additional details shared in a CRC webinar in 2022 when she had surpassed the halfway point in the journey.

Through challenges related to climate, planning logistics, water quality, accessibility and much more, Kari has accomplished this ambitious goal with resilience and dedication.

Kari is what I consider a true adventurer. She was self-funded, took time off work to travel up and down the watershed, providing her own transportation, housing and equipment. She even purchased a used Boston Whaler for safety in the larger sections of the river. It was all on Kari, and she deserves a tremendous amount of credit for completing this monumental task, and for being the first to do so for the Connecticut River! -Tim Lewis, CRC Board of Trustees member and support for Kari's swim

"The river provided me opportunities to practice letting go of misconceptions of myself, others and of the river, and being in the present moment more fully. I am extremely grateful to everyone who has been involved with Con-

necticut River Conservancy since its inception. Their persistent efforts and commitment through the years made this swim possible!" – Kari Kastango, CRC Board of Trustees member and first person to swim the entire length of the Connecticut River

As a unique symbol of connection with her family ancestry, Kari wore 7 Norwegian coins around her neck as she traversed the entirety of the Connecticut River swim journey.

Kari, a resident of South Hadley, MA, began her career as a research exercise physiologist (UMASS, Amherst '89, '92) which then led her to pursue a PhD in Biostatistics (PITT '06). With 19 years in the pharmaceutical industry, Kari currently works as a director of statistical operations at a clinical research organization in addition to serving on CRC's Board. Kari balances these professional and personal commitments through physical pursuits that are meditative in nature.

In addition to a significant personal achievement, this unique swim journey highlights the importance of ongoing commitment to conservation, restoration, and advocacy of the Connecticut River and tributaries. At the start of Kari's swim, she was not aware of the history of pollution in the river, and had immense gratitude for the commitment of many organizations including state and federal agencies, nonprofits, and volunteers who have spent decades working on watershed-wide strategies for cleaner and healthier rivers. We have come a long way since the state of polluted local rivers in the 1950's, which can now be enjoyed for swimming, fishing, and recreation, and yet there is much more still to do in supporting the clean water, healthy habitats, and thriving communities that Connecticut River Conservancy and partners

strive for every day.

Swim Facts:

Total # of swims/outings: 84

Longest distance of any one swim:

11 miles. Turner Falls Dam to Sunderland. That swim only took 2 hours and 8 mins due to a river assist resulting from water released from the dam a few hours prior to the swim start.

Longest duration of any one swim:

3 hrs 50 mins; 10.9 mile swim: Bloomfield Access to Maidstone Bridge Access (swimming in a dry-suit)

Longest duration total of two swims back-to-back:

6 hrs 10 mins. The Bloomfield Access to Maidstone Bridge Access swim (swam in drysuit) on Saturday, followed by Sunday's swim: Johns River Ramp to Gilman Boat Launch (including a

portage, also swam in the drysuit).

Coldest swim:

~47.5 F. Route 2 Bridge, Lancaster, NH to Mount Orne Covered Bridge, Lunenburg, VT on April 29, 2023.

Contact:

For interview requests or media inquiries with Kari, please contact CRC's Communications Director, Diana Chaplin, at dchaplin@ctriver.org or (413) 834-0079.

BULLIES IN THE SCHOOLYARD

By: Maggie Anderson

This morning I woke to the less familiar sound of jets overhead, haven't heard them for quite awhile - saving precious fuel no doubt - but the past week's barbaric behavior on the far side of the Universe has apparently prompted a knee-jerk response to be at the ready. Hence today's early morning maneuvers.

On a day so breathtakingly beautiful it is impossible for those of us so far from the carnage, on a perfect fall day painted in the crimson and golds New England is known for, to imagine what so many on the other side of the world are living with this very day. On our worst day, we could not begin to see what so many half a world away cannot now unsee.

For me an act of war is like poking a sleeping lion with a sharp stick.

Though he's sleeping where he should not be, and it is your job to move him, you know he will be unhappy with such a move, know he will attempt to defend himself against you. You also believe you can either beat him into submission, or move fast enough to outrun him.

In warfare, you plan, you plot, you strategize. The purpose being to defeat an enemy without losing members of your own forces. Bullies and barbarians do not adhere to any rules.

What sort of human being beholds an infant in the name of war? What sort of threat could the child pose? And what sort of barbarian could claim it an act of war?

The bullies in the schoolyard always hunt for the weakest victim, warriors see no victory in crushing those unable to defend themselves.

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Weathervane Theatre to Present Holiday Entertainment this December



For the first time in its 58-year-history Weathervane Theatre will present programming in December

WHITEFIELD, NH - October 16, 2023—Weathervane Theatre is pleased to announce it will be presenting holiday programming this December. Two productions—Who’s Holiday! and Winter Wonderettes— will be presented in alternating rep over the course of one week in three locations. Weathervane’s holiday season is sponsored by Bretton Woods Vacations, Crosstown Motors, and Mountain View Grand Resort & Spa.

“For as long as I have been Weathervane’s Producing Artistic Director I have been asked to present holiday programming,” said Ethan Paulini. “I’m so excited to finally be able to give the North Country some high quality holiday entertainment!”

An extremely limited engagement, Weathervane has

partnered with two additional venues to offer a multitude of entertainment experiences. For patrons in the North Country they can choose between a traditional theatre experience and see a show at the Weathervane Theatre or they can go to the Crystal Ballroom at Mountain View Grand Resort & Spa for a dinner theatre experience where the ticket includes a three-course meal. For patrons near Boston, performances will be presented in Plymouth’s Memorial Hall in Plymouth, MA on December 16th and 17th and is hosted by Improper Bostonian Shows. Performances in the North Country (Whitefield, NH) run Sunday, December 10th - Friday, December 15th.

“We are thrilled to partner with the Weathervane Theatre for our upcoming holiday season,” said Mountain View Grand Managing Director Lloyd Van Horn. “So many of our guests are fans of the theatre. It is a big part of the experience here at Mountain View Grand during the summer and we are excited to be able to offer the experience in the winter as well.”

Weathervane’s holiday season will open on December 10th with Who’s Holiday! by Matthew Lombardo, an adults-only comedy about How The Grinch Stole Christmas’ Cindy Lou Who who is now all grown up...and lives in a trailer park. A wildly funny and heartfelt comedy that tells the story of Cindy Lou Who as she recalls that Christmas Eve she first met the Grinch and the twisted turn of events her life has now taken.

Rounding out Weathervane’s holiday season is the family-friendly jukebox musical Winter Wonderettes by Roger Bean opening on December 12th. A sequel to last year’s The Marvelous Wonderettes, join Betty Jean, Cindy Lou, Missy and Suzy for a rockin’ holiday party!! No wrapping is required for this holiday treat for all ages filled with your favorite ‘60s versions of holiday classics like “Santa Claus is Comin’ to Town,” “Jingle Bell Rock,” and “Winter Wonderland.”

The lead sponsor for Weathervane’s holiday season is Bretton Woods Vacations.

“The Weathervane is a true gem of the North Country,” said Alex Foti, president and co-founder of Bretton Woods

Vacations. “The Weathervane is an integral part of our community, and provides us, our families, our neighbors and our visitors alike an unparalleled opportunity to watch memorable performances at rates that everyone can afford. Our support is a very, very small token of appreciation for the smiles that they bring to our faces and the joy that they bring to our community.”

Cast and creative team for Who’s Holiday! and Winter Wonderettes to be announced at a later date. Tickets for all three venues are on sale now at weathervanenh.org. The Weathervane Box Office is currently operating on an off-season schedule. Calls (603-837-9322) and emails (boxoffice@weathervanenh.org) will be responded to within 72 hours. The physical box office is closed until December.

Haunted Flashlight Maze

6pm-10pm
October 20th
October 21st
October 27th
October 28th

collinsfarmllc.com
Route 302 Bath, NH



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

Roasted Zucchini and Pasta Casserole



Hello hello my fellow chefs! How are you all doing today? I am fine enjoying the wonderful weather. Fall has arrived and the leaves on my trees have been changing daily and it's simply beautiful. I'm still loving my car, it's peppy and good on gas. I can't wait to drive down to Rhode Island in it. Maybe in a few weeks. I love my dogs but it gets expensive to board them. It makes me go for only a few days at a time. Oh

well let's get started with today's recipe and how to make it. You can use any pasta you have on hand but I think elbows are too small. I used Penne pasta.
Ingredients
3 small to medium zucchini or yellow squash sliced in small chunks
2 medium onions quartered or sliced
3 Tbsp olive oil
1/2 tsp salt
1/2 tsp black pepper
1/2 tsp garlic powder

16 oz Penne pasta or ziti
28 oz jar of your favorite marinara sauce
1/2+1/4 cup real Parmesan cheese. Splurge on the good stuff available where the specialty cheeses are. Sometimes it's in a bag and sometimes it's a container. I buy grated and sometimes I get shaved. It makes a big difference in this recipe because zucchini needs the great flavor. I have a kitchen tool that grates a chunk of cheese. I always forget about it when I'm shopping.

Ok preheat the oven to 400 degrees. Toss in large bowl the zucchini and onions in the olive oil, salt, pepper and garlic powder. Spread on cookie sheet and bake for 25-30 minutes. In the meantime pour yourself a nice glass of wine and cook your macaroni in salted water for 10-11 minutes until cooked but firm. Drain. In 10x13 baking pan pour marinara sauce in bottom and pour cooked pasta in and toss to coat. Remove zucchini and onions from oven and lower oven temperature to 350 degrees. Sprinkle 1/4 cup Parmesan cheese over macaroni then Pour roasted

veggies over top and sprinkle 1/2 cup Parmesan over top. Bake for about 20-25 minutes until cheese melts and looks bubbly. Remove from oven and let sit for 5 minutes. That's it you are done. It's easy peasy and "Delicioso"! Then serve with the wine you opened earlier! Remember to drink responsibly. It's something different and your family will think you are a star! I hope you give this recipe a try. Enjoy!

Well folks that's it for today's edition of the Trendy Kitchen. If you have any questions

Letter from Publisher,
I apologize for the mishap the last issue. This is the correct recipe this time. She has decided to just have me put this one back in and take a week off. Thank you so much Cin Pin for all of the wonderful recipes. I am a work in progress. I have actually been in the Trendy Times Family for a while now just more behind the scenes. But now am taking over a whole other role. With huge shoes to fill.

April Scruton

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