A FREE PUBLICATION

Po Box 43, South Ryegate, VT 05069 Phone: 802-461-9886

VOLUME 15, NUMBER 21

July 30, 2024 Building Bridges: The 36th Annual West Newbury Summer Festival

bridge destined for a Tucker Mtn. trail and photos, mementos, and talks on the Bedell and other Newbury bridges.

Festival favorites are back: a walloping Silent Auction, the White Elephant Sale (pick your price), live music, a tasty and bountiful picnic under the tent, and the Festival parade led by the VFW Color Guard and the Summertime Marching Band. Even if you haven't been bad you can get your Just Desserts, the finest of local bakers' offerings, to top off your day.

Anticipating good eat-

ing to come, start the day with the 5K Fun Run, sponsored by the Friends of Tucker Mountain. Register at the East parking lot ahead of the 8:30 sharp start. The run summits at the meadows with spectacular views of the Whites in NH. Lots of runner categories means lots of prizes! Trails are also open for hiking and

Parade participants are welcome. Please observe the theme and req-

the Storywalk, a favorite

Sheep's Eyes, Shepherd-

ing in the 21st Century,

features Tunbridge-based

butcher, shearer, and

shepherd Mary Lake.

She'll describe how her

help feed her community,

improve the soil, and

maintain a happy, healthy

shepherd and spinner

Marianne Dube will give a

history of sheep-raising in

West Newbury

practices

At 1:00, Through a

for children.

shepherding

our community.

ister ahead with ckidder28@gmail.com.

Next Issue: Tuesday, August 13,

Deadline: Thursday, August 8,

Email: April@TrendyTimes.com

Website: www.TrendyTimes.com

Lineup is at 10:15 at Tyler The Summer Festival

is organized by the West Newbury Hall Committee. All proceeds support the Hall and its projects. It's all happening around the Hall, 219 Tyler Farm Road, West Newbury VT. Information at westnewburyhall@gmail.com or 802 505-5281. For the 5K folks, same email or 703 608-1827.



bury is again honoring life in the hills of Vermont and on the rivers as well. A Halloween four-person Bedell costume, the Bridge, inspired theme, Building Bridges, bridges being the great between connectors places and people. The Bedell Bridge will put in a cameo appearance at the parade (10:30). This year's exhibit, Bedell and Beyond: The Bridges of Newbury Town, features a sizable model of a new

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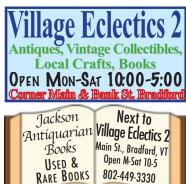














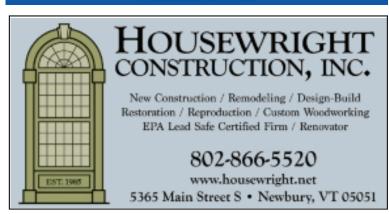




Dicks









AF45 w/Chey M/W/F @ 5 am

AF45 w/Louisa W @ 5 & 6 pm • Sa @ 7 & 8 am Spin w/Janeen W/Th @ 6:30 pm Sat @ 8:15 am Come check out our new Spin studio!





Celebrate Summer's End with Art, Music, and Food at the Final First Friday of the Season!

summer with an evening filled with art, music, and community spirit at the final First Friday of the season on August 2nd!

From 5:00 to 9:00 pm, stroll down Main Street and Porter Street/Mill

Celebrate the end of Street in downtown Littleton and experience a vibrant showcase of local talent. Live music will fill the air on Main Street and Porter Street as you explore art pop-ups and more!

> This month Cata-

Trendy Dining Guide Ads

This size is \$200 for 6 Issues

Plus A Restaurant Review

Or \$400 for 13 Issues

Plus Two restaurant Reviews

Or choose the Smaller Size:

\$125 for 6 Issues,

Or 13 Issues for \$225.

Plus You Get a Restaurant Review

For More Details

Contact Gary @ 603-747-2887

or Email: Gary@TrendyTimes.com

>>>>>>>>>>

mount Arts Main Stage will feature Mal Maiz and Flores. Pablo Porter Street will be a bustling pop-up art walk featuring local artists and a delectable selection of food trucks. Don't miss the exciting opportunity to contribute to the NoCo Mural Project by participating in their community mural painting happening near the Main Stage!

For more information, including event details, maps, and parking options, visit www.littletonculturalarts.org.

Join us for a delightful summer send-off and celebrate the vibrancy of Littleton!

A special thanks to Woodsville Guaranty Bank for their unwavering support of the arts in our community.

Bakery

Gift Certificates Available

Breakfast

All Day



tonculturalarts

Event Details: Date: August 2nd, 2024 Time: 5:00pm-9:00pm Location: Downtown Littleton, Main St./Riverwalk District, Porter St.

Admission: Free open to the public

For more information about the Littleton Cultural Arts Commission its First Friday

SAT. 6:00 AM - 2:00 PM

SUNDAY 7:00 AM - NOON

802-757-3333

Daily Specials

on Facebook

Find us on Facebook

please events, www.littletonculturalarts.o rg or find us on social media @littletonculturalarts



Route 5, Fairlee, VT 802-333-3569

Open for Breakfast 6:30 - 11:00 AM Serving lunch

See us on









Scan for Daily Specials Menu * Live Music *

Drink Specials

PRIME RIB

DINNERS

Friday Nights Starting @ 5pm \$28.





Horse Meadow Senior Center Menu for August Congregate Dining & Take Out are available from 11:30-12:30

All meals include bread, milk & juice

Coffee Bar is open from 8:00-3:00

8/1 Spaghetti w/meat sauce, green beans, garlic bread

8/2 Cheeseburger with bun, French fries, black bean salad, fruit

8/5 Broccoli, mushroom & cheese strata, sweet potato, cauliflower, fruit

8/6 Chicken penne pasta, green beans, milk

8/7 Assorted Pizza, tossed salad, spinach, fruit

8/8 Pork chops, baked potato, carrots, oatmeal muffin

8/9 Meatball sandwich on WG roll, mixed veggies, French fries, fruit

8/10 Saturday/Open Mic food at 5:30 music at 6:00

8/12 7:30 Men's breakfast ~ 11:30 lunch: Chicken parm, orzo pasta, peas, garlic toast, fruit

8/13 Tacos, lettuce, tomato, cheese, rice & beans

8/14 Chef's choice entrée, potato, Brussel sprouts, fruit (Music by The BOYZ @11AM)

8/15 Hot dogs, beans, summer squash, corn bread

8/16 Baked fish, arroz con queso

8/19 Chicken curry casserole, rice, broccoli, fruit

8/20 Ravioli, zucchini, tossed salad

8/21 HMSC 24th Anniversary BBQ Lunch

8/22 Chili w/beans, carrots, banana oat muffin

8/23 Chef's salad, meat, cheese, eggs, Aztec grain salad, fruit

8/26 7:30 Men's breakfast ~ 11:30 Lunch: Breakfast sandwich, meat, egg,

cheese & veggies, hash browns, fruit

8/27 Ranch cous-cous with veggie, spinach

8/28 Shepherd's pie, beets, blueberry oat muffin

8/29 BBQ pork chop, bread stuffing, green beans w/red peppers (special entertainment by Craig Calkins @11AM)

8/30 Mac & Cheese, carrots, pumpkin muffin, fruit

HMSC Activities for August

Every Monday: 9:30 Chair Yoga, 1:00 Drums Alive, 1:00 Cards & Cribbage Other Mondays: 8/5 & 8/19 @ 10:00 Grief & Loss Support, 8/12 & 8/26 @ 7:30 Men's Breakfast,

@ 10:30 Candy Bar Bingo, 8/26 @ 1:00 Dementia Support,

Every Tuesday: 9:00 Plastic Canvas, 9:30 Bone Builders, 9:30 Interfaith Chat, 12:30 Discovery Bible Group, 1:00 Food Pantry, 1:00 Popcorn & Movie, Music by Jane Wilcox from 10:30-11:30

Other Tuesdays: 8/6 @ 10:30 Woodsville Eyecare will be here to check & clean glasses,

Every Wednesday: 9:30 Chair Yoga, 10:00 Food Pantry, 10:30 Games & Puzzles, 1:00 Bingo,

1:00 Drums Alive.

Other Wednesdays: 8/14 @ 10:00 Veterans Coffee & 8/14 at 10:30 Ask a Nurse

8/21 @ 10:00 Book Discussion

Entertainment on 8/14 by The BOYZ from 10:30-12:00

Every Thursday: 9:30 Bone Builders, 10:00 Color Doodles, 1:00 Food Pantry,

Music by Phyllis Vogel from 11:30-12:30

Other Thursdays: 8/8 @ 12:30 Hymn Sing with Byron

8/8 @ 10:00 Craft Group making Teacup Fairy Gardens & 8/22 at 10:00 making Pressed Flower Candle Holders, 8/8 & 8/22 @ 12:30 Herbal with Elaine and at 12:00 Karaoke

Special Music/Thursday, 8/29 Senior Musical Trivia with Craig Calkins

Every Friday: 12:30 Mahjongg, 1:00 Popcorn & Movie

Other Fridays: 8/9 Floral with Jane at 12:00



The Barnet Good Neighbor Fund ALL **SEASON CLOTHING DRIVE**

All proceeds benefit the Barnet Good Neighbor Fund. Location: The Church Street Meetinghouse (formerly Barnet Village Church) at 100 Church Street in Barnet.

Donations dates: Now through August 7th

If no one is at the Meetinghouse, please leave your donations by the front door. Please do not leave if it is raining.

Take what you need; donate what you can!

*Friday, August 9th Noon to 7:00 p.m.

For Barnet residents ONLY*

Saturday, August 10th 10-4

Sunday, August 11th 11-3

Monday, August 12th CLEAN UP

We are accepting clean, year-round gently used clothing, bedding, towels, curtains, footwear and winter gear. No toys, books, electronics. These items are not for resale. If you have any questions or would like to volunteer, please contact Joyce at 802-748-1374.







BGCNC is seeking Group Leaders for our After-School Program

Counselors are responsible for supervising Club members in a variety of creative and physical activities and assisting with homework.

Applicants must be 16 years of age or older. Starting wages \$10.30-17.47/hour

Based on age and experience.

Hours are Monday – Friday, 2:00* - 6:00 PM (* starting time flexible ~ between 2 and 3 pm)

BGCNC is also seeking a Van Driver

who will be responsible for transporting children from school to the Club in our shuttle van.

Applicants must be 21+ years of age and hold a valid driver's license with a clean driving record.

Starting wage \$20/hour

Hours are Monday – Friday, beginning at 1:45PM

Apply today! Contact Sandy Brackett at 603-838-5954 or sbrackett@nhyouth.org

The movement of the financial markets can seem mysterious - and yet, if we look back over long periods, we can see definite patterns that consistently repeat themselves. As an investor, how should you respond to these market cycles? To begin with, it's useful to know something about the nature of a market cycle and its connection to the business or economic cycle, which describes the fluctuations of the economy between periods of growth and contraction. Issues such employment, consumer spending, interest rates and inflation can determine the stage of the business cycle. On the other hand, the market cycle refers to what's happening in the financial markets - that is, the performance of all the different types of investments.

market cycle The often anticipates the business cycle. In other words, the stock market may peak, or hit bottom, before the business cycle does the same. That's partially because the financial markets are always looking ahead. If they foresee an event that could boost the business cycle and help the economy, such as the Federal Reserve lowering interest rates, they may become more "bullish" on stocks, thus driving the market up. Conversely, if the markets think the business cycle will slow down and the economy will contract,

How should you respond to market cycles?

they may project a decline in corporate earnings and become more "bearish" on stocks, leading to a market drop.

Once you're familiar with the nature of market cycles, you

won't be surprised when they occur. But does that mean you should base your investment strategy on these cycles?

Some people do. If they believe the market cycle is moving through a downward phase, they may try to cut their perceived losses by selling stocks - even those with strong fundamentals and good prospects - and buying lower-risk investments. While these "safer" investments may offer more price stability and a greater degree of preservation of principal, they also won't provide much in the way of growth potential. And you'll need this growth capacity to help reach your long-term goals, including a comfortable retirement.

On the other hand, when investors think the market cycle is moving upward, they may keep investing in stocks that have become overpriced. In extreme cases, unwarranted investor enthusiasm can lead to events such as the dotcom bubble, which led to a sharp market decline from 2000 through 2002.

Rather than trying to "time" the market, you may well be better off by looking past its cycles and following a long-term, "allweather" strategy that's appropriate for your goals, risk tolerance, time horizon and need for liquidity. And it's also a good idea to build a diversified portfolio containing U.S. and foreign stocks, mutual funds, corporate bonds, U.S. Treasury securities and other investments While diversification can't protect against all losses, it can help protect you from market volatility that might

primarily affect just one asset class. Market cycles often draw a lot of attention, and they are relevant to investors in the sense that they can explain what's happening in the markets. Yet, when it comes to investing, it's best not to think of cycles but rather of a long journey - one

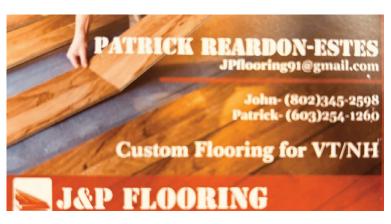
that, when traveled care-

fully, can lead to the des-

tinations you seek.













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Adam W. Smith





OBITUARY: Francese A. (Chamberlain) **Powers**

Woodsville, NH - Francese A. (Chamberlain) Powers, 87, passed away at her home with family by her side, on Wednesday, July 24, 2024. She was born on December 31, 1936, in Barre, VT, to Eula (Boardman) and Herbert Chamberlain, Sr.

She spent her childhood in Wells River in the apartment house beside St. Johnsbury Trucking, where her father worked as a manager. She graduated from Wells River High School in 1956. She married Dale Powers on January 27, 1956, and was soon blessed with twins with three more little ones to follow giving her "five under five" as she would often sav.

Francese devoted herself to keeping a loving home for her family but had plenty of hobbies to occupy her as well. She was an avid reader, especially of Danielle Steel novels. She liked to cro-

chet, bake, work on her puzzle books, antiquing, and was always on the lookout for nesting hens to add to her collection, she enjoyed snowmobiling in the winter and working in her vegetable garden in the summer.

She and Dale loved to Together travel. roamed the countryside in their motorhome and managed to make it to 49 states, and all of the Canadian providences. They liked to visit casinos whenever they could. There were several years they spent winters together in the sunny warmth of Flor-

Francese was predeceased by Dale on June 22, 2018, after 62 years of marriage; her son Alan Powers on June 3, 1978; her parents, Eula and Herbert Chamberlain, Sr.; her siblings, Herbert Chamberlain, Jr., Marion Darby, Irene Chamberlain, and Merlene Chamberlain.



July 30, 2024

Her memory will be cherished by; her children, Gary Powers of North Haverhill, Debra Millay and Roger of Union, ME, Anita Locke of Newbury, and Mary Fitchett and Christopher of Grafton; seven grandchildren, nine greatgrandchildren, and two great-great-grandchildren; her sister, E. Ida Colburn of Mississippi, as well as many nieces, nephews, cousins and close friends.

Calling hours will be Saturday, July 27, 2024, from 1 - 3 PM at Ricker Funeral Home in Woodsville, NH, with a funeral service to follow at 3 PM, followed by interment at the Bath Village Cemetery.

To offer the family an online condolence on the life of Francese, please visit www.rickerfh.com

Ricker Funeral Home & Cremation Care of Woodsville is assisting the family with arrangements.







Located: 1148 Clark Pond Rd., N. Haverhill, NH

603-787-2517 ask for Winston





Be sure to tune in at 7:03 am the Friday before **Trendy Times** hits the news stands as April will be giving an update on what you can expect to see in the next issue on WYKR.

Calendar of Events

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

EVERY FRIDAY

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

EVERY SUNDAY

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

2nd Wednesday monthly

NEKCA Mobile Food Shelf, Groton Free Public Library

3rd Friday Monthly

NEKCA Mobile Food Shelf, Baldwin Memorial Library, Wells River

WEEKLY EVENTS AT:

CLIFFORD MEMORIAL BUILDING

South Court Street, Woodsville

PICKLEBALL

Tuesday & Thursday evenings at 6:00 PM Saturday mornings at 9:00-10:30 AM

LINE DANCING every Wednesday evening 6:00 - 7:00 PM

ANTIQUE STROLLERS WALKING PROGRAM

Monday – Friday from 11:00-12:30 Clifford Building, North Haverhill

FOLK MUSIC JAM - 1st and 3rd Saturdays at 10am, Pope Library (Community Center) in Danville, VT. "Back porch style", sit in a circle and take turns choosing a tune/song. Listeners welcome. For more info or to confirm date contact (library) 802-684-2256 or (Vicki) 802-535-6069.

Upcoming Events

Event Details:

Date: August 2nd, 2024 Time: 5:00pm-9:00pm

Location: Downtown Littleton, Main St./Riverwalk District, Porter St.

Admission: Free and open to the public

For more information about the Littleton Cultural Arts Commission and its First Friday events, please visit www.littletonculturalarts.org

or find us on social media @littletonculturalarts

Lisbon Area Historical Society
Robert Frost - The Franconia Years 1915-1920
August 1st
7pm
9 Depot St

South Ryegate Senior Meals August 6: Ham "Boyz" will be playing Mash Potato California Vegetables Roll Éclair Cake August 13: Lasagna Tossed Salad Garlic Bread Tropical Fruit August 20: Judy's Fancy Chicken Brian playing Coleslaw Roll Watermelon August 27: Fish Sandwich Potato Vegetable Salad V-8 Juice Cantalope Wedge

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

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WWW.TRENDYTIMES.COM

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TRENDY TIMES

A FREE PUBLICATION





Mark Roberts to present Robert Frost the Franconia Years 1915-1920 at the Lisbon Area Historical Society Museum on August 1 at 7pm.



Lisbon Area Historical Society Presents: Robert Frost - The Franconia Years (1915-1920)

Lisbon, NH – Join us for an engaging presentation by Mark Roberts on August 1st at 7:00 pm at 9 Depot St, Lisbon as he delves into the life and work of the renowned poet Robert Frost during Frost's time in Franconia, NH. From 1915 to 1920, Frost lived in a charming farmhouse in Franconia, where he found inspiration in the serene landscapes and rural life of the White Mountains. This period was pivotal in Frost's career, as he wrote some of his most celebrated poems and solidified his place in American literature.

Mark Roberts will explore Frost's daily life, his creative process, and the profound impact Franconia had on his poetry. Attendees will gain insights into Frost's personal experiences, his connection to the local community, and the themes that permeate his work from this era. This presentation promises to be a captivating journey into the world of one of America's greatest poets.

Mark Roberts, a retired Littleton, NH school teacher, is not just an educator but also a passionate poet and author. During the summer, he brings his enthusiasm to The Frost Place Museum and Poetry Center as a docent. "I am thrilled to share my love for poetry and provide insights on the life of Robert Frost during his Franconia years at the LAHS event," Mark Roberts exclaimed.

LAHS is dedicated to preserving and sharing the history of Lisbon, Lyman, and Landaff, NH. Our mission is to make a positive impact on the community by promoting local history, organizing events, and maintaining our museum and research center. For more information, visit www.lisbonareahistory.org or follow us on Facebook or Instagram @ Lisbon Area Historical Society.

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ria Jean Darling (81) of South Ryegate, Vermont, died surrounded by family at Cottage Hospital on July 11, 2024. Gloria was born January 6, 1943, to Delton Dwight Darling and Luvia "Irene" Emerson Darling. Gloria was the firstborn of seven children. Although born with disabilities, she outlived the doctor who proclaimed she wouldn't make it to age 7.

Gloria learned to walk at 5 years of age because her sister Ina was determined to have Gloria join in all her adventures. Although unable to speak or hear Gloria always had a way of letting her feelings be known. She was famous for handing people their jackets when she felt it was time for them to be on their way. And when Gloria gave you her beautiful smile, you knew you had gained

OBITUARY: Gloria Jean Darling

her approval.

Gloria was well taken care of by her mother until Irene's own health began failing. At which time family and one spectacular caretaker, Betty Lackie, began taking turns caring for them both. Gloria was able to stay at home until the final year of her life when she moved to the Grafton County Nursing Home. There she was loved by residents and the staff, who gave her kind and special care. And Gloria blossomed in her new home where she was happy and content. She was often seen wheeling herself to her cherished spot by the nursing station where she could sit and watch people work, one of her favorite things to do.

Gloria loved red and if given a choice would always choose a blouse or a dress in that color. She loved to wear jewelry or a pretty clip in her hair and would often draw your attention to a necklace or bracelet until you acknowledged how pretty it looked.

Gloria attended meetings of Jehovah's Witnesses along with her family from the time she was a young child. Although she could not hear what was being said she always wanted a personal copy of the program and had a smile for those who greeted her.

Everyone who knew Gloria has a story to tell of how she seemed to know more than she might be given credit for; and her family and friends look forward to the day when she can tell us her life story in her own voice.

Gloria was predeceased by her father, Delton Darling, and is survived by her mother Irene Darling. She is also survived by her 5 sisters, Ina Desorcy and husband Alan, Donna Pelletier, Linda Richardson, Virginia Shevlin, Marilyn Wysocki, and her brother Malcolm Darling and wife Caroline. She is also survived by 14 nephews and nieces who all loved and treasured her and by many great nephews and nieces.

The services for Gloria will be held at the Kingdom Hall of Jehovah's Witnesses, 431 Rum Hill Road, Bath, NH on July 27th, 2024, at 11 am.

To offer the family an online condolence for Gloria can visit www.rickerfh.com

Ricker Funeral Home & Care Cremation Woodsville is assisting the family with arrangements.

YAHOOS BY ANY OTHER **NAME**

Maggie Anderson

I am in Kansas City at they did not want. the moment busily packing, hoping to get to the airport early tomorrow morning for my flight home - instead of another five and a half hour delay like the one I was treated to on my way over here.

I was hoping to change my focus for a few days, keep myself from thinking about what awaits me upon my return - and what we were greeted by when we got back from our winter digs.

We had uninvited visitors while we were away for the winter. Brutes. Yahoos with no regard for anything or anybody. They were not bears this time, just brutes - with less intelligence than bears, and far less empathy as well.

They sneaked up from behind the house and used the woods to hide their movements. When they gained entrance, they knew our neighbors would wonder why there were lights on in our empty house, and not wanting to be stopped before they finished what they came for, they covered the front window with a large black plastic garbage bag.

Evil works best in the dark, and anyone who destroys another's home in such a manner is the epitome of evil.

They did not just hunt for things they thought had value, they literally trashed every single thing in the house. There was not a hat box, a tool box, or a bookshelf they did not dump onto any surface nearby in their efforts to rummage through everything and toss aside all

They took all of my vintage clip-on earrings, I'm assuming they plan to take them to the Orford Flea Mart, or auction them off on ebay. I have collected them for years. Not a single pair will bring more than four or five dollars, but I wore a pair every day and it was a shock to discover not a single pair was left in either of my trays, though their greed made them sloppy and they dropped one single earring on the

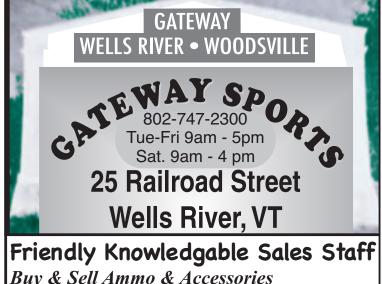
They stole things that did have value, things we cannot replace, but in all the shock and sadness as if having lost our little place in Oregon to the forest fire was not enough they took one thing from me that has absolutely no monetary value, but the sentimental value cannot be measured.

About 50 years ago, when Hank's folks were living way out in the country, his dad took a slab of old barn board about four inches thick and fashioned it into a cutting board for me. He rounded the corners, sanded it down to a mirror smoothness, oiled it and attached four legs, made from the Mediterranean spindles from the mill he and Hank were working in at the time.

It was a present for my birthday.

Now evil. self-absorbed, pond scum have stolen my late father in law's gift from me.

Who does that? And



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Welcome Consignments We sell on "Gunbroker" as Grizzly10



Vote Todd Eck for Grafton County Sheriff Time to sign up for

Vote Todd Eck for Grafton County Sheriff! Todd brings a wealth of experience, knowledge and a long distinguished record as a law enforcement officer and truly epitomizes the principle of "service before self". His career includes being a Haverhill police officer. Grafton County Sheriff's Department Deputy, SWAT team member, Dept. of Correc-Supervisor tions and Training Sgt,. and, after retirement, serving as a part time officer in the surrounding area towns. He currently is the Chief of Police in Bath.

Todd bases his life in and out of his uniform on truth, integrity and community.

Todd states that "The truth is the chief corner stone of the foundation in which all other values will be set upon. The truth leads the way to continuous success. Any endeavor that does not recognize and abide in the truth will fail".

integrity defined, means "Doing the right thing even when no one is looking". Now police officers are held to a higher standard. Even though everyone should live by this principle, police officers are held accountable to this and must lead by example. But more than that ,this principle must be "woven in the fabric of their soul". Todd's record, accomplishments and who he is as a person, are DEFI-NITELY evidence of him being a man of integrity.

Todd puts his love for his fellow man above everything. By choosing to protect the community law officers put their lives on the line on a daily basis. Something as simple as a traffic stop can turn deadly and tragic in a second, depending on who is in the vehicle. Todd chose to put his life on the line for the majority of his life when he entered this profession.

Todd actually retired in 2017 and chose to continue to work in a part time capacity. Soon after he was asked to be the Chief of Police in Bath where he is serving. And now, Todd was asked to run for Grafton County Sheriff by his colleagues. Being called out of semi-retirement to be the Chief of police and now for the position of Sheriff speaks VOLUMES of who Todd is and what the law enforcement community thinks of him!

Lastly, Todd has a strong faith in God. This is the foundation for everything in his life. All you have to do is to talk to Todd or meet his family and you will see God's love, warmth, strength and a genuine sincerity that radiates from all of them.

Todd is truly a dedicated law enforcement professional who will benefit the citizens as well as the law enforcement community of Grafton County. Vote for Todd!

Alex 298 Foryan Moses Clark Road Lan-03585 daff, NH 6038382065

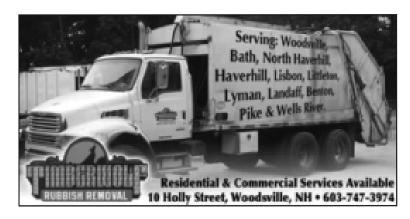
So Long Summer -Hello Fall Festival

The 2024 So Long Summer - Hello Fall Festival is fast approaching and if you haven't registered for you booth space, now is the time. This year's festival will be held rain or shine on August 31, from 9am - 2pm along Main and Railroad Streets in Wells River.

Spaces are \$10 retail for-profit spaces, and \$5.00 for non-profit groups raising money and free for non-profit groups only providing information. Deadline to register is August 15th, After August 15th the price is \$15.00 if space is available.

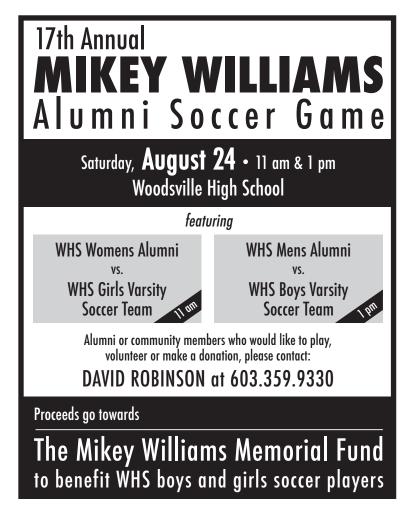
The Giant Zucchini Contest judging will be at high noon in front of LC Design Concepts.

For more information and a registration form for Festival contact Richard Roderick wrapwr@gmail.com, call 802 757 2708, WRAP, PO Box 538, Wells River, VT 05081 or pick up an application at the Baldwin Memorial Li-

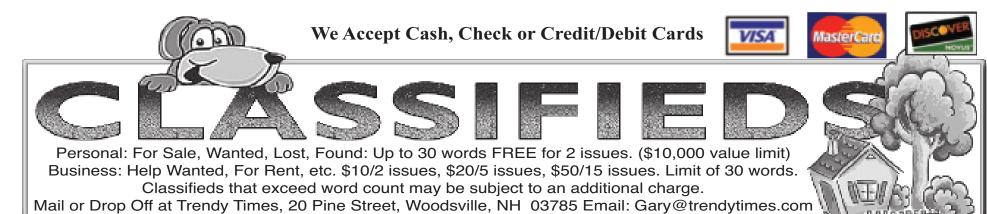












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Brother embroidery machine NQ1400E. runs well. Has 6 X 10 frame, manual, self threading needle and usb port for transferring design from computer to machine. asking \$675.00. 603-991-5414

14 ft Old Town Still Water Canoe with sane seats, oars and backrests included. \$300. 603-616-1205

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20HP Kawasaki V Twin OHV Liquid cooled \$600 Snow blower attachment 45"wide, cut 24" deep shaft driven \$600 Fred: 802-748-8066

20HP Kawasaki V Twin OHV Liquid cooled \$600

Snow blower attachment 45"wide, cut 24" deep shaft driven \$600 Fred: 802-748-8066

Home power for KW dual fuel, portable generator battery parentheses key or pole start \$300. Call 603-444-0232

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Two aluminum planks
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Looking for a four bedroom and three bath home with a three car garage maybe another outbuilding for a workshop. Want to rent to buy in the Bradford, Newbury area. Call 802-449-3155. Ask for Marie or Mike also looking for a car cheap automatic may be an S-10 pick up truck.

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michael.laundry@gmail.com

HELP WANTED

Help Wanted Seeking help in Newbury with housekeeping and errands. 3-5 days a week approximately 4 hours a day July - September. \$17/hr w/ milage. Please email your resume with your contact information to manodnyav@gmail.com or text 702-497-2485

FOR SALE

Tandem Kayak, used Perception Wilderness 135T sit inside w/adjustable seats & foot pegs. Front seat moves up & back for solo or tandem paddling. Sells for \$1,200 new, asking \$600 cash. (802) 424-1188

Motorcycle jacket & pants offering protection and comfort. \$60 each or both for \$100. Call for details (802) 424-1188 (St. Johnsbury) Please leave a message if no answer.

Queen-size sofa/bed, six new cushions, new mattress. \$200 or b.o. 603-823-8232

BARRELS, TOTES & PAILS: 5 gallon - 275 gallon. Plastic or steel. Open and closed top. Call Bicknell Barrels 802-439-5519

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2002 GMC Sanoma 3 door w/jump seat.
4.3L/4WD w/towing pakg PS PB Auto Tinted glass, frame and cab will pass inspectionbed is marginalbut has a liner and chrome rails. Good spare, 4 new summer and 4 new winter tires all on upgraded GMC rims. Stored for years, flushed cooling system many times over the laast 3 years but finally blew head gasket New radiator and heater core still in boxes included new upgraded radio \$950. FIRM Disabled Vet no calls after 6pm Wells River 802-575-0017

1970 340 Duster Real H Code 90,000 miles Pistol grip 4 speed. Needs work but well worth it. Greeen with black buckets from Florida 22,500. FIRM 802-245-4942 Kevin

Rockwell 8" Table Saw needs work \$50. 603-745-3367

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Brand new 100 lb propane tanks \$175. ea Rocker recliner \$40.

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2 Andersen Double Hung Series 400 Windows New Still in box Double low-E Glass 30"w x 53" H Clad Exterior \$398. New Cost \$175. ea or BRO in Newbury 802866-5583 or 802-291-1882 reloading press plus a lot of accessories \$300.00 Academy cabin tent sleeps 4, \$100.00 16' ladder tree stand \$75.00, Charles Daily 3x9 rifle scope \$25.00, Havahart wireless dog fence like new \$50.00.

cell 1 802-461-5848 Home 1-802-584-3627

145 ft Aluminum Boat and Trailor 3.5hp Mercury 4 stroke motor elec motor, Battery Fish finder etc. \$2500.603-787-6729 603-208-7144

A classic white steel frame full size bed with newer 53" by 70" mattress and box spring both in very good condition. \$50.00 603-443-3166

Four 225-70-R16 Arctic Claw snow tires have low mileage and very good tread. \$200.00 603-443-3166

STIHL BATTERY POWERED WEED WACKER. Has new motor. Includes battery & charger. \$160. Also several spools of weed hacker line \$ \$5.00 per spool. Call 802-429-2003 08.13

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Education and Indoctrination To the Editor.

Look around and you'll see lawn signs displayed beside others supporting conservative candidates that say something like "Education – Not Indoctrination". Those signs always make me laugh and shake my head.

The "indoctrination" these people believe is happening is that our public schools teaching slavery existed in this country, that there is still racial bias in our society today, that gay and trans people exist, and that there are more religions here than just Christianity.

Here's a news flash for these people: all of this is called History and Civics, things that our children need to know so they understand how our country has become the nation it is today.

Spanish philosopher George Santayana famously said in 1905, "Those who cannot remember the *Rachael*. past are condemned to repeat it." Teachers today live by that rule.

children is not indoctrination. Creating laws that say our teachers can't teach them IS indoctrination - indoctrination into the neo-conservative belief system that says it might make Caucasian kids feel bad that Caucasian people in our past enslaved human beings because of the color of their skin; that learning that gay and trans people exist might make them gay or trans; and that being anything but Christian is bad. THAT is indoctrination - by omission.

Teaching history to our children is not indoctrination no matter how much conservatives want to skew the truth to make you think it is. They just want our children to be indoctrinated into their belief system and not reality.

Rachael Booth Landaff, NH

Those that are making a career of teaching

/ that rule. Teaching all of this to our HARRIS HURRAH!

To The Editor,
OK, it's a whole new
ballgame now, the presidential race. President
Biden has withdrawn and
there's a new batter leading the Democratic homerun lineup, Vice-President
Kamala Harris.
America had better get

America had better get used to hearing and saying, "Madame President", and "President Harris" because she just might win against disgraced, twice-impeached serial liar Trump.

Sure, there are some folks who will never vote for a woman at the top of the pack just because she is a woman. Just as there are some folks who will never vote for a black woman at the top of the pack just because of her skin color.

Nothing I say or write will ever change the point

of view of people so crippled by ignorance and hate. They are satisfied to quick-sand wallow in racist prejudice and sexual bias by their premeditated stupidity. Those folks are pretty much the way they are for the same reason I am not - it's the way we were raised.

Letters To The Editor:

Besides being vigorous, articulate, and intelligent, what dose the current Veep have going for her? Harris spent years as a potent District Attorney in Alameda County, California. She prosecuted child sexual abuse cases, among others.

She also taught law at Stamford University, professor Harris. Then, for 6 years, she was the elected Attorney General of California - she worked for criminal justice reform, consumer protection, en-

vironmental justice. She went to bat for civil rights, in voting, immigration, and for folks in the LGBTQ plus community.

Then she was elected to the U.S. Senate, and after that of course, to the Vice Presidency of our country. She was one half of the most successful pragmatic executive teams in recent history.

Compare that to poor sorry Trump. He recently backed out of a previously agreed-to debate because now he is a multiple convicted felon who did not want to face an assertive prosecutor on stage. Couldn't handle it.

Harris is the future, Trump the unhappy divisive past. Let that angry old dog lie.

Robert Roudebush Haverhill, NH

our children and grandchildren need to have the support of all of us, whether parents or not. Our children are our future. Our future should be based on the truths of the past, as well as the mistakes of the past. The children, therefore, need to know all the good and the bad of our collective past in order to know what to do, or not to do in the future. Let me liken this to only giving your tax preparer only your income and

Robert.

all your information.

Speaking of information, be informed before you go to the polls either in the primary, or in the general election. Then make your voice heard by casting your ballot.

none of your expenses, or vice versa. The answer will not be nearly as helpful as if you gave

Gary Scruton, Editor

At the time of my writing this reply I have not heard that candidate Harris has chosen a vice-presidential candidate to join the ticket. The election of a president in our day and age includes that vice-presidential election. All or none, one might say. Again, in today's political atmosphere, who that candidate is could well make a difference to some voters. I will say again, what I have been saying. Do your homework, know the candidates, make a sound decision, and cast your ballot. Gary Scruton, Editor

Be the reason Foster Children SMILE

Craft Sale Event

– Backpack items and Bears for Foster Children before going to Foster Homes

Donation Box new or clean little use shoes and coats. All ages needed!

August 11, 2024

11 am – 2 pm

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God. I have faith in Amer-

ica, I have faith in New

Hampshire, and I have faith

in the people of this county

to 'right-the-ship.' I am asking that you put your faith in

me, by selecting me to

serve as your Grafton

faith in Nick. We need a

We all need to put our

County Commissioner."

man like Nick De Mayo.

Alex Foryan

Landaff, NH

Lastly, Nick proudly states that "I have faith in

13

fully.

Letters To The Editor:

Commissioner!

To the Editor,

I believe that Nick De Mayo would make a fantastic county commissioner. Nick is a resident of Sugar Hill (he and his wife have lived there for over 20 years) and is currently the Chairman of the Northern Grafton Republican Committee. During this time as Chairman, he has displayed great leadership, dedication and a commitment to excellence. Nick combines his leadership, communication and organizational skills with a passion and drive to lead our organization in supporting local and national candidates. Nick epitomizes the term "workhorse" and goes above and beyond as the Alex,

It is refreshing to receive a Letter to the Editor that talks about the reasons to vote for a candidate, or talk about the good things a candidate has done. It is much better reading than the negative filled letters that so often

Letter To The Editor

I've had it with the complete ignorance of some people.

If you watched the most watched news network and most trusted, you would educate yourselves enormously. And that's Fox News at 6:00 pm.

So, as I see it, both of you, Rachael B. and Robert R. endorse what the left is for and here are a few examples.

- 1. Open Borders
- 2. Indoctrinating our children in public schools from first grade up about their sexuality, and critical race theory which has done nothing but wholly divide our beautiful Nation.
- 3. Weaponizing our jussystem against tice anyone who disagrees with the way they think on their policies.
 - 4. Pushing their WOKE

truly "leads from the front". He is pro active and stavs very informed on all of the issues. He definitely "has his finger on the political pulse" of New Hampshire and our nation.

Nick is very skilled with budgeting and is very prudent and calculating when it comes to spending money. Nick is appalled by the taxes that Grafton County residents have to increasingly pay due to the frivolous spending going on. As a county commissioner, Nick will fight to stop the unnecessary spending and lower taxes. He will truly be the voice of the people.

Nick's communication with our groups' members is flawless. He disseminates all pertinent infor-

abound in the politics of Representatives, today.

Let me mention that Tuesdav. September 10 is primary day in New Hampshire. Voters will have the first chance to vote on their representatives for offices from US Senate all the way down to local State

agenda into our military, result: young people enlisting in our once great military has drastically reduced resulting in the Dems proposing to restart the draft.

5. Reflecting such a weak persona around the globe only emboldened Iran to enable Hamas to invade Israel and as a result over 1200 innocent men, women, children, and babies raped, tortured and murdered in front of their children and mothers and fathers. Also, with Russia invading Ukraine murdering thousands upon thousands of innocent men, women, and children and including kidnapping well over 5000 Ukrainian children and bringing them into Russia for adoption.

6. Don't be surprised if you see China try to take Taiwan before the No-

Nick De Mayo for County leader of our group. He mation on a timely basis in his town of Sugar Hill and and researches diligently all of the issues, legislation and actions of our government to keep us informed. As County Commissioner he will effectively communicate with the taxpayers and keep them informed of all that is going on. Nick believes strongly that our government is for the people and by the people. It's not something to be conducted in secrecy behind closed doors.

> Nick was an educator for 35 years in Rhode Island teaching in public schools, adult education (for single moms and drop outs) and the prisons. In NH, he was a coordinator of religious education and also served as a Loon Mt. ski instructor.

County government posi-

vember Election.

7. As we can not get our budget under control, the Dems have let well over 15 million Illegals cross our border into our homeland completely unvetted. Of which now we are feeling the consequences with these many murderers, child molesters, thieves, etc.. attacking our police and our citizens.

8. The Democratic Party and especially the puppet masters in the White House which in my opinion are the Extreme Far Left in complete control have pulled the wool over your eyes for 4 years now. Who have been hiding in plain sight that this President has been and is not the acting President of this country right now. He (President Biden) is not mentally capable to tie his own shoes let alone run the most powerful nation

attends all of the town meetings as well as the school meetings in the adjacent towns. He was a member of an ad-hoc budget committee.

Earlier in life, he proudly served his country as a member of the US Navy. It's quite evident that Nick's heart lies in serving his fellow man, community and country. His whole life truly exemplifies this. As County Commissioner he will focus on the benefit and welfare of the Grafton County res-

Nick De Mayo is definitely the man for the job! I truly believe that Nick would not only be a great County Commissioner, but also a great representative Nick is an active participant in government or even the

including courage everyone to be involved enough to know who is on the ballot and to seize vour opportunity to let vour voice be heard at the ballot box.

Gary Scruton, Editor

As I have done before, I enin the world.

tions. For Vermont residents

that date arrives in just a cou-

ple of weeks, August 13 is the

date that the Green Mt. State

will choose their partys' nomi-

support of the Dems inflation since he took office well over 25%. Not to

I gather you are in full

mention first time hopeful homebuyers unable to afford said dream because of interest rates floating at 7% plus. Not to mention with the Dems de valuing the dollar by 25% it also makes many renters that are renting an apartment and those in need of an apartment are finding it unaffordable because of the skyrocketing rents.

In my opinion, if Donald J. Trump were President this never would have happened.

Also, I would like to say there are staunch differences between some Democrats and Republicans and these are just a few in my opinion. I will admit that not all Democrats are ignorant to the

facts and they can see this President and Vice President have done more damage to our

Country Republicans hang our Flag proudly at our homes, businesses, cars, etc. A good many (not all) Democrats chose to tear them down, burn them, and hang Palestinian flags in their place.

Republicans see America as a glass ½ full while Democrats see it as empty and hopeless.

Republicans support Israel and her right to exist. A good many (not all) support Democrats Hamas and Gaza.

Republicans are for a very generous up to a 6month limit for abortions unless rape, incest, or the life of the mother is in danger. Democrats support up to and including after birth abortions.

JD,

Let me make another suggestion for those looking to get their news from TV networks. Watch all three, and then some others. In my humble opinion, every network

has its own way of presenting the news, as well as what news they choose to present. In order to get a full picture of what is happening one needs to get information from more than one source. It's similar be important, but so also will

to getting more than one estimate on a job you want done in your home. You may have your favorite, but it still helps to check around.

The November election will

be the upcoming primaries. Be informed and cast your ballot.

Gary Scruton, Editor



Five-time Grammy Award winner, Ladysmith Black Mambazo, returns to The Colonial Theatre in Bethlehem, New Hampshire, on Sunday, August 4th at 8:00 PM.

For 60 years, South Africa's five-time Grammy Award winner, Ladysmith Black Mambazo has warmed the hearts of audiences worldwide with uplifting vocal harmonies, signature dance moves, and charming onstage banter. It was Paul Simon's 1987 Graceland album that introduced Ladysmith Black Mambazo to the world. The late South African former President Nelson Mandela designated the group "South Africa's cultural ambassadors to the world," а title the members carry with them with the highest honor.

In 2018 the group received not one but two Grammy Award nominations for two separate albums, a first in the history of World Music. These two nominations brought their career total to 19 Grammy Award nominations. One of these albums, Shaka Zulu Revisited, won Best World Music Album. This was the group's fifth Grammy Award win, the most for any World Music group. In 2019, Ladysmith Black Mambazo collaborated for the third time with the famed Steppenwolf Theatre Company on a production entitled Lindiwe and released an album with songs from the show.

"We are so thrilled to welcome this incredible group to Bethlehem," said Susanna Brent, The Colonial Theatre's Director of Programming, "it is such an honor to share this slice of the world with the North Country."

Ladysmith Black Mambazo has performed for millions of people. singing a message of peace, love, and harmony. With their 2024 re-

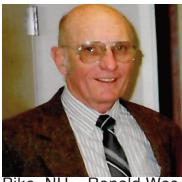
Ladysmith **Black** Mambazo Returns to The **Colonial Theatre**

lease, Soothe My Soul... Songs From Our South African Church, the group puts their own spin on gospel music.

Black Ladysmith Mambazo will take the stage at 8:00 PM, Sunday, August 4th. The Colonial Theatre doors open at 7:00 PM for drinks on the patio. Tickets are \$44 for members of The Colonial, \$52 for non-members, and \$68 for premium Ticketing seats. fees apply for non-member premium seats. Tickets and membership information are available at BethlehemColonial.org. The performance of Ladysmith Black Mambazo at The Colonial Theatre is sponsored by MLK & Company and Co-Sponsored by Persimmon Consulting.

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

To learn more about The Colonial, or to become a member or volplease unteer visit BethlehemColonial.org. While you are there, sign up for regular email updates or follow The Coloon Instagram (@bethlehemcolonial) or Facebook (Facebook.com/BethlehemColonial).



Pike, NH - Ronald Wesley Collins, 88, of Lime Kiln Road passed away on Thursday, July 25, 2024, at the Grafton County Nursing Home.

Ronald was born January 17, 1936, in Providence, RI. Raised Rumford, Ronald graduated from East Providence Senior High School and attended the University of Rhode Island, graduating with a degree in Animal Husbandry. He worked for many years with the Whiting Milk Company as a field representative based in Boston, MA, and Bradford, VT. He and his wife Janet started a local Sunday School in Newbury, VT. and became founding members of the Trinity Nazarene Church in North Haverhill, NH. He served in the US Army during the Korean Conflict, trained as a combat medic, and served at Fort Riley, KS, and Fort Lewis, WA.

He served in many roles within the Christian community including Pastor of the Nazarene Church in Leicester, VT and ran a community outreach center called the Fish House in Brandon, VT. For many years he served as a Sunday School leader, substitute Pastor, church camp organizer, and leader serving God and his Christian community where called. In 1975 he moved his family to Brandon, VT, and worked in the school system, retiring as the District Transportation Coordinator. Having a background in the farming industry, in his retirement years he moved back to New Hampshire and worked with his son on the Collins Family Farm in Bath. He resided in Pike, NH, and continued to serve as a

OBITUARY: Ronald Wesley Collins,

Church Elder with the of Georgia. Grace Assembly of God Church in Woodsville,

He is pre-deceased by his wife Janet, (2021) and daughter Barbara Jean (1962) and he is survived by; two sisters, Marilyn Henck and Priscilla Horton; five sons, Malcolm Collins, and wife Sue, Paul Collins and wife Tammy, Kerry Collins and wife Laurie, Galen Collins, and wife Lorie, and Kyle Collins and wife Kasey; as well as 23 grandchildren and 14 great-grandchildren and numerous nieces and nephews. Their love of children, family and those in need has been embodied by the numerous foster children, foreign exchange students and families that they have accepted into their homes and lives throughout the years, including Ge Wang of Seattle, WA and Irene Moiseeva of the country

The surviving family would like to acknowledge and thank the staff of the Grafton County Nursing Home for their compassion and dedication to their craft. Calling Hours will be Friday, August 2, 2024, from 1 to 2:30 with a memorial service to follow at 2:30 at Ricker Funeral Home & Cremation Care of Woodsville, 1 Birch Street Woodsville, NH, with Reverend Alan Thompson officiating.

Those who wish may make donations in memory of Ronald Collins to Grace Assembly of God, PO Box 25, Woodsville, NH 03785.

To offer the family a condolence on the life of Ronald, please visit www.rickerfh.com Ricker Funeral Home & Cremation Care Woodsville is assisting the family with arrangements.







Legislative Update:

Math Preparation for Career and College

students graduating from high school and entering college is a long standing challenge. Years ago, this routinely resulted in large of students numbers placed in remedial, or developmental math courses in college which functioned more as a barrier than a bridge to postsuccess. secondary While the colleges have evolved their practices and approaches to supporting under-prepared students, the gap from secondary to postsecondary still exists, but with the integration of several math courses that are part of the "NH State Math Learning Communities" program, students are receiving help that strengthens and expands their mathematical knowledge.

During this past legislative session, the New Hampshire Technical Institute (NHTI) received state funding to restart this very successful program, after grant funds had stopped several years ago. Woodsville High School was one of 37 NH schools participating in the initial program.

Math preparedness of dents graduating from h school and entering lege is a long standing allenge. Years ago, this tinely resulted in large mbers of students ced in remedial, or depopmental math pursuant to RSA193-1, provides an alternative pathway toward learning foundational skills nectondary success. The formula of the provided succession of the pathway toward learning foundational skills nectondary success. The provided succession of the pathway toward learning foundational skills nectondary success. The provided succession of the pathway toward learning foundational skills nectondary success.

The Community College System New Hampshire is holding its first professional development reboot event for high school mathematics teachers on Friday, August 16, at NHTI's Grappone Hall in Concord. The program is sponsored by the Math Learning Communities Program. Targeted audience includes teachers of juniors and seniors, math curriculum developers, princiand district pals, administrators who are passionate about improving their students' readiness for the math they will use in college, their careers and life.

In the past, this very successful, statewide, two-tiered program helped students who struggled with mastering mathematical concepts or failed to thrive in math courses using conventional instructional methods. The new Tier One course will continue help students strengthen and expand upon their prior knowledge and abilities in order to apply fundamentals using innovative teaching methods emphasizing discovery modeling, applied reasoning, and practical applications of the skills learned. The Tier Two course, taken as high school seniors, will continue to challenge students with new math emphasizing concepts problem solving and critical thinking. This course will be taught at the secondary level for both high school and college credit through the Community College System of New Hampshire Early College Program.

More information about this program can be found at http://www.ccsnh.edu/mic

Respectfully Submitted, NH Rep Rick Ladd

Notice of Canidacy

I am announcing my candidacy for one of two seats in the NH House of Representatives for Grafton County District 5 consisting of the towns of Landaff (my hometown), Haverhill, Benton, Piermont and Warren. I am running with Dustin Vigneault of Haverhill.

You know me from my occasional Letters to the Editor in this paper and you know how thoughtful I am and how I fact-check everything I say, carefully choosing my words in order to clearly get my point across. Now I need you to get to know me better.

I am a Navy veteran who served as a Chinese and Arabic linguist for 9 years during the Vietnam War, and afterward worked for 30 years as a Computer Scientist programming and designing software systems for the Navy's AEGIS Shipboard Weapons Systems. As part of my job, I also worked closely as a manager with high ranking American and foreign Naval officers, giving me the experience and ability to work with people of differing opinions and backgrounds.

I am an elected member of the Landaff selectboard, giving me small town municipal management experience as well. I am also a teacher, a musician, and the author of three books.

As your representative in Concord, I will be a



strong advocate women's reproductive rights; I will make sure that our children's education is not censored by extremists; and that every New Hampshire resident is treated with respect and dignity no matter their race, religion, sexuality, or gender identity. I will fight to make sure that government and religion remain separate and that not one taxpayer dollar is used to send our children to religious-based schools using the state's school voucher system.

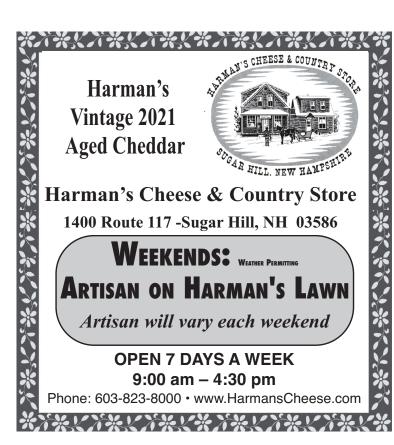
I have the experience and the drive to do the very best job I can working across party lines to get things done for the residents of District 5 and our state, no matter your party affiliation. I will represent everyone.

If you believe in rights, fairness, and equality, please vote for me and my friend Dustin, an Iraq War Army veteran in November. We are both endorsed by VoteVets. We won't let you down and we won't forget about you after the election like most politicians you're used to.

For more information on my stances on the issues, please go to my FB page at https://www.facebook.com/profile.php?id=61559960836420.

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Stovetop Garlic Shrimp

Hello hello my fellow chefs! How are you all doing today? The remnants of Hurricane Beryl hit my area bad. There are so many roads that are washed away and bridges collapsed. It's quite an ordeal to get around. I've been suffering from a toothache and I use Island Pond Dental and the first time I attempted to get there there was a shooting in Burke and the road was closed with no detour. They were very understanding. The second time I attempted to get there a Rt. 2 bridge collapsed and the whole was closed. Again I had to cancel my appointment. Finally for my third at-

tempt I found out a way to get around all the closures, it was by way of China but I made it. Now all the while I was dealing with a toothache and swollen face. When I got there they took me in right away and as soon as the dentist saw my tooth he said it was cracked and infected and it needed to be extracted. I had no time to worry, he numbed me up and pulled it out. I didn't feel anything.

I'm still a bit sore but healing nicely. Thank you Dr. Parenteau and the entire Island Pond Dental staff. So glad it's over.

Let's get started with today's recipe and how to make it. It comes together fast so I recommend gathering all your ingredients first everything is at hand. Just like they do on cooking shows on TV. Ingredients

1 lb large or jumbo shrimp peeled and deveined

2-3 Tbsp olive oil 1/2 tsp salt or to taste 6 cloves of garlic minced finely

1/4 tsp red pepper flakes

3 Tbsp lemon juice 1 Tbsp brine from green olives or capers 2 Tbsp cold butter cut into 4 pieces

1/3 cup chopped flat leaf parsley divided 1-2 tsp water for sauce

When you clean the shrimp also take the tail shell off because it makes it easier to eat. Heat oil in heavy skillet over medium/high heat. Place shrimp in hot oil in one layer on bottom of pan and cook for 1 minute without turning or stirring. Add salt, garlic and red pepper flakes and toss around cooking for 1-2 minutes. Add lemon juice, brine and 1 piece of butter and cook for 1 minute until butter melts. Add remaining butter, lower heat and cook until butter melts sauce is thick and shrimp are

pink and opaque about 2-3 minutes. Remove shrimp with slotted spoon and set more shrimp if you aside. Add slowly 1-2 tsp water to sauce and family. I got 3 dinners mix. If you don't need 2 tsp use just 1. Serve shrimp topped with sauce and remaining parsley. I forgot to tell you to add half of the parsley with the garlic. Sorry.

That's it you are done. It comes together fast and is easy peasy and "Delicioso ". I served mine over Jasmine rice and cooked some carrots sliced and seasoned them with butter and maple syrup. Voila, your family will love it and

you will be a star! I hope you enjoy. You can certainly want to feed a hungry from this recipe.

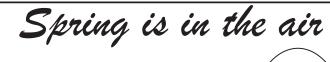
Well folks that's it for today's recipe. Please give this a try and enjoy. Until next time I am signing off.

Sincerely, Cin Pin









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