

A FREE PUBLICATION

Breast Cancer Awareness Day

Next Issue: Tuesday, October 22, Deadline: Thursday, October 17

TRENDY TIMES



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October 08, 2024 VOLUME 16, NUMBER 01

UNDERSTANDING MENTAL HEALTH

Mental health includes emotional, psychological and social well-being. It affects how we think, feel, and act. It also helps affect how we handle stress, relate to others, and make choices. A mental health disorder is a diagnosed change in thinking, mood, and/or behavior. Mental health disorders are common. In fact, 1 in 5 U.S. adults experience mental illness each year. Many factors contribute to mental health disorders, including genes and life experiences.

UNSURE IF YOU OR SOMEONE YOU KNOW IS LIVING WITH A MENTAL HEALTH DISORDER?

Screenings can help find a disorder and lead you to treatment before the condition gets worse. Below are feelings and behaviors we all experience, but having one or more over a long period of time could be a warning sign:

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family and friends
- Experiencing severe mood swings that cause problems in relationships
- Having persistent or obsessive thoughts and memories you can't get out of your head
- Hearing voices or believing things that are not true
- Thinking of harming yourself or others
- Inability to perform daily tasks like taking care of your kids or getting to work or school

For more on screening and specific mental health disorders, visit: <https://screening.mhanational.org/screening-tools/>



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For More Details
Contact Gary @ 603-747-2887
or Email: Gary@TrendyTimes.com

OCTOBER	
10/1 Shepard's Pie Coleslaw Roll Apple Crisp. <i>The Boyz</i>	10/8 Potato Soup Egg Salad Sandwich Roll Raspberry Bars
10/15 American Chop Svey Tossed Salad Roll Pumpkin Custard <i>Brian & Bloody</i>	10/22 Baked Chicken mashed Potato, Winter Squash Roll Tropical fruit. 10/29 Chili Cornbread Peaches



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OBITUARY: Michael P. Thompson,

Michael P. Thompson, 58, Wells River, died at Dartmouth Hitchcock Medical Center in Lebanon, NH, on Sunday September 29, 2024, after a period of failing health. He was born in Waterbury, CT on March 17, 1966 to Richard and June (Finkle) Thompson.

He grew up in Thomaston, CT and graduated from Thomaston High School. In Connecticut he worked as an arborist and later as an auto mechanic before moving to Wells River in 2000 with

Barbara Venezia, whom he married in their shared home on October 19, 2002. He worked as an equipment operator for the town of Newbury Vermont for several years, retiring when his health no longer allowed him to work.

Michael enjoyed hunting and fishing in his free time. He raced late models at Lebanon Valley Speedway in NY when he was younger. He was an avid snowmobiler and served at President of the Newbury

Boarder Riders snowmachine club.

Calling hours will be on Saturday October 5, 2024, from 10AM to Noon at Ricker Funeral Home & Cremation Care of Woodsville, 1 Birch St. Woodsville, NH.

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

Paintings of Dominique Gustin at the Northeast Kingdom Artisans Guild

Dominique Gustin is a multi-disciplinary artist working in photography, digital and mixed-media, encaustic, poetry, contemporary collage, video and sound. Dominique attended the School of the Art Institute of Chicago, and has worked as an artist and arts professional for over thirty years. She currently resides in St. Johnsbury, Vermont with her family.

Dominique's visual art and poetry traverse the mysterious and familiar. Drawing inspiration from nature, myth and culture, she creates visual narratives that weave together elements of magical realism, humor, the ordinary and the profound.

Each piece begins as a daydream: considering what is beautiful, compelling, impossible, or absurd. Using a multi-layered process that combines contemporary digital collage with traditional artistic media and encaustic painting, the end result is both textural and luminous - inviting the viewer to step into a world where reality and imagination intertwine.

The Northeast Kingdom Artisans Guild's Backroom Gallery will feature Dominique Gustin's paintings October 1 – November 9. The opening reception will be October 5, from 4pm – 6pm with a 15% discount off her work throughout the day.



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Trendy Times reserves the right to accept or reject publication of any letter to the editor or submission of any nature for any reason. *Of course you will need to be really out there for us to turn you down.* We also reserve the right to make slight changes to submissions for readability purposes. Please limit submissions to 600 words or less.



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If you work for a mid-size or large company, you may soon be able to review your employee benefits package, as we are entering the open enrollment season. So, consider your options carefully, with an eye toward making changes appropriate for your needs.

Here are some of the key areas to look at:

Retirement plan – Depending on your employer, you could change your 401(k) or similar retirement plan at any time of the year, but you might want to use the open enrollment season to review your contribution amounts. If your salary has gone up over the past year, you might want to boost your pre-tax contributions (including catch-up contributions beginning at age 50). At a minimum, try to put in at least enough to earn your employer's match, if one is offered. At the same time, look over how your contributions are allocated among the various investment options in your plan. You'll want your investment mix to reflect your goals, risk tolerance and time horizon.

Life insurance – If your employer offers group life insurance at no cost as an employee benefit, you may want to take it – but be aware that it might not be enough to fully protect your family should anything happen to you. You may have heard that you need about seven to 10 times your annual income as a life insurance death bene-

fit, but there's really no one right answer for everyone. Instead, you should evaluate various factors – including your mortgage, your income, your spouse's income (if applicable), your liabilities, the number of years until your retirement, number of children and their future educational needs – to determine how much insurance you need. If your employer's group policy seems insufficient, you may want to consider adding some outside coverage.

Disability insurance – Your employer may offer no-cost group disability insurance, but as is the case with life insurance, it might not be sufficient to adequately protect your income in case you become temporarily or permanently disabled. In fact, many employer-sponsored disability plans only cover a short period, such as five years, so to gain longer coverage up to age 65, you may want to look for a separate personal policy. Disability policies vary widely in premium costs and benefits, so you'll want to do some comparison shopping with several insurance companies.

Flexible spending account – A flexible spending account (FSA) lets you contribute up to \$3,200 pre-tax dollars to pay for some out-of-pocket medical costs, such as prescriptions and insurance copayments and deductibles. You decide how much you want to put into your FSA, up to the 2025 limit. You generally must use up the funds in your FSA by the end of the calendar year, but your employer may grant you an extension of 2½ months or allow you to carry over up to \$640.

Take advantage of open enrollment

Health savings account – Like an FSA, a health savings account (HSA) lets you use pre-tax dollars to pay out-of-pocket medical costs. Unlike an FSA, though, your unused HSA contributions will carry over to the next year. Also, an HSA allows you take withdrawals, though they may be assessed a 10% penalty. To contribute to an HSA, you need to participate in a high-deductible health insurance plan.

Make the most of your benefits package – it can be a big part of your overall financial picture.

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

Edward Jones, Member SIPC

Be sure to tune in on 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.

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ACCIDENTAL ENTERTAINING

Sugar Hill Willing Workers to Host Fall Country Market

Sugar Hill, NH - The Sugar Hill Willing Workers will host the annual Fall Country Market on Saturday, October 12, 2024 from 10 am - 2 pm. This special annual event will be held at the Sugar Hill Meeting House on Route 117 in Sugar Hill.

Participants will be able to purchase a wide selection of homemade breads, pies and cookies to enjoy. In addition to baked goods, the Fall Country Market will feature a variety of hand-crafted items made by the Willing Workers. Lastly, participants should bring their appetites as there will be homemade soup and warm apple crisp to enjoy during this special event.

Grandma's Attic will be open and is located upstairs at the Meeting House and holds many, many treasures including glassware, jewelry, books, puzzles, handbags and much more. Proceeds from all sales benefit the Willing Workers.

Willing Worker Chair of the Fall Country Market Committee, Djuwita Carney encourages everyone to come early on the day of the event to get the best selection of baked goods and handmade items.

The Fall Country Market event raises money for the Willing Workers' general funds. The Milk Program is just one way the Willing Workers utilize funds on an annual basis. The Willing Workers purchase milk products from Hatchland Farms in North Haverhill and deliver them to the Littleton and Franconia Food Pantry and Artisans With A Mission. The cost to fund this program is \$4,300 annually.

The Sugar Hill Willing Workers is a not for profit 501(c)3 organization. In addition to annual scholarships, the Sugar Hill Willing Workers provide support to local charitable organizations. In 2023,

donations exceeded \$30,000 given to Hospice, Bancroft House, All Saint's Episcopal Church Food Cupboard, Franconia Community Church Food Pantry, Littleton Food Pantry and Above the Notch Humane Society.

For additional information about the Fall Country Market or to learn about becoming a member, please email SugarHillWillingWorkers@gmail.com.

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OBITUARY: Patricia "Pat" E. Wyman,

Patricia "Pat" E. Wyman, 84, North Haverhill, NH, died peacefully surrounded by her family on September 21, 2024, at her home. She was born on August 16, 1940, to Velma H. Horn.

Pat worked as a housekeeper for several years, then went to Lincoln to work in laundry, ending up at Grafton County Nursing home in the laundry department working until she retired.

She is survived by her daughter Debra McKean and husband Shawn; grandchildren Chris Wyman and wife Willie, David Wyman and partner Pam, Chad Wyman and wife Danielle, Todd Wyman, Seth McKean and wife Allison, Chelsea McKean-Horan and husband Travis; stepdaughter Arlene Horton and husband John, stepson Chester Wyman Jr.

and wife Debbie, and many step grandchildren; sister Sally Mitchell; and good friend and caregiver, Richard Harnett; many great grandchildren and one great, great grandchild; several nieces and nephews. She is predeceased by her husband Chester T. Wyman Sr.; her son Craig T. Wyman; her mother Velma Horn Mathew, two brothers William Hall Sr., Willis Hall Sr. one sister Florence Frost, great grandson Owen McKean, partner for many years Warren Huntington.

A private graveside service will be held for family.

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



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Calendar of Events

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

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For more info or to confirm date contact (library) 802-684-2256 or (Vicki) 802-535-6069.

Upcoming Events

Dad Guild Playground Takeover

Burlington-based nonprofit Dad Guild comes to Elizabeth's Park on Sat., Oct. 12 for its third annual "Playground Takeover" from 10 a.m.-noon.

Fathers in the area are encouraged to bring their kiddos and meet staff from Dad Guild, whose mission is to enhance the experience

of fatherhood through community engagement, playgroups and programming. Free baked goods, apples, coffee and hot chocolate, plus plenty of dad jokes. Visit dadguild.org or contact jpendak@gmail.com for more info.

Friday, October 11th - Juston McKinney 7:30pm Alumni Hall

Saturday, October 26th ANTIQUE SHOW 10-4pm - Alumni Hall

Sunday, November 3rd Guitar Showcase 4pm Alumni Hall, Haverhill

Friday, November 8th - Tom DiMeena Sings songs of the 70's. 7:30pm Alumni Hall, Haverhill

St. Johnsbury Athenaeum

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Oct. 27

2 pm

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OBITUARY: Gail Irene (Cook) Rehm

Gail Irene (Cook) Rehm, 84, a longtime resident of Arlington and Rockport, MA, passed away on the morning of September 27, 2024.

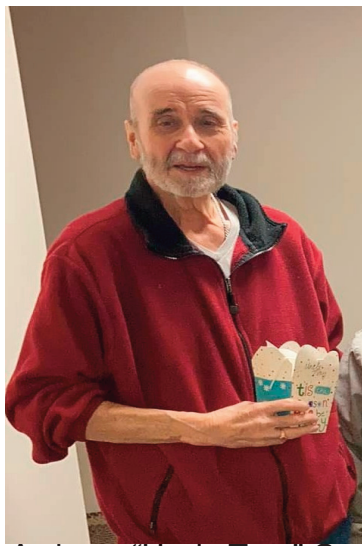
She was born in Boston, Massachusetts and was the daughter of William Cook and Irene Slater. After graduating high school, she married Robert Rehm. Gail was a school administrative assistant and retired from the Lexington School system after a long career.

Gail and her husband enjoyed a retirement on the small ocean town of Rockport Massachusetts where she was active in the local arts scene often volunteering and attending performances at the Shalin Liu Performance Center. Gail is survived by her only daughter

Gayle-Ann Rust and her husband David of Bath, NH, his grandchildren Derek and Todd, along with many friends and relatives. She was predeceased by her husband Robert.

Services will be held privately. In remembrance, the family requests that memorial gifts be donated to the Rockport Music, Inc. 16 Main Street. Rockport, MA 01966 or rockportmusic.org/ways-to-give/

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



OBITUARY: Anthony "Uncle Tony" Cataldo,

Anthony "Uncle Tony" Cataldo, 80, of St. Johnsbury, VT, passed away peacefully at Portsmouth Medical Center after a short illness, with his niece Pamela Smith and her husband Brent by his side on Thursday, October 3, 2024. He was born on January 8, 1944, in Malden, MA, Tony was the beloved only child of Anthony and Dorothy (Moreno) Cataldo.

Tony began his career at John Hancock, where he met the love of his life, Clayre Gaskill. The couple married on October 15, 1966, at St. Peter's Catholic Church in Malden, beginning a lifelong partnership filled with love and adven-

ture. Together, they cherished weekends in Atlantic City and spent summers at Harvey's Lake in West Barnet, VT, making memories that would last a lifetime.

A pioneer of sorts, Tony spent much of his working life in the emerging world of computers—back when these machines filled entire rooms! He never quite embraced the ever-changing technology with enthusiasm. When Clayre's health began to decline, Tony retired early to care for her, devoting his time and love to her until her passing in 2017.

In the years following Clayre's passing, Tony moved to Vermont, settling in at Brightlook Apartments in St. Johnsbury. Here, he not only found a home but also discovered a new family within the Brightlook community, forming lasting

friendships and connections.

Tony is predeceased by his parents, his wife, Clayre Cataldo, and a great-nephew Jordan Smith. He is survived by his loving niece Pamela Smith and her husband Brent, three great-nephews, two great-nieces, several great-great nieces and nephews, and cherished friends from his Brightlook family. He will be remembered for his gentle spirit, his quick wit, and his generous heart.

There will be a graveside service on Friday, October 11, 2024, at the West Barnet Cemetery at 3 PM. To offer the family an online condolence, please visit www.rickerfh.com Ricker Funeral Home & Cremation Care of Woodsville is assisting the family with arrangements.

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NEW: Omelet and Waffle Stations
\$20 for ages 12 and older; \$10 for kids under 12; Kids under 3 eat for free!

Guest Bartender & Trivia Night
Thursday, October 10th
Time: 6:00 - 9:00 PM
Theme: "Always the Bridesmaid ..."

Bake Sale
Sunday, September 22nd - 9:00 AM - 1:00 PM @ Shaw's
October 12th - 14th @ the 99 Restaurant

Bucket Raffle
September 30th - October 13th
Buy tickets at the restaurant for chances to win prizes on display

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October is Co-op Month!

Suzette Snow-Cobb, Associate Director Neighboring Food Co-op Association Tel: 401-419-0381
E - m a i l : Suzette@nfca.coop
FOR IMMEDIATE RELEASE – October 1, 2024:

This October, Littleton Food Co-op is joining over 65,000 co-operatives and credit unions across the United States in celebrating Co-op Month, observed nationally since 1964. The theme for 2024, "The Future is Cooperative," was chosen by the National Cooperative Business Association (NCBA CLUSA) as an opportunity to engage co-op members, customers, employees, and policy makers about what makes co-operative enterprise unique. As businesses that are owned and controlled by the people who use them to meet their shared needs, co-ops offer an alternative vision for a more inclusive economy that puts people and the future of our planet before profit.

For example, a recent survey by the Neighboring Food Co-op Association (NFCA) found that grocery co-ops across New England and New York State play a key role in supporting our regional economy, selling more than \$121 million in local products annually — or more than 25% of sales on average. Taken together, the NFCA includes more than 40 food co-ops and start-ups that are locally owned by 185,000 members and provide employment for over 2,545 people, more than 60% of whom are also members, sharing in the ownership of their local grocery store. From farmer co-ops to worker co-ops, credit unions to mutual insurance, and housing co-ops to energy co-ops, co-operative businesses thrive across the U.S. economy, where 1 in three people are co-op members.

Chris Whiton, Littleton Food Co-op Operations manager, and NFCA board member, submitted a pro-

clamation to Governor Chris Sununu. On Saturday, Chris received a signed proclamation from Governor Sununu to help celebrate here in New Hampshire, designating October as Co-op Month, noting that co-ops "play a key role in New Hampshire's economy through initiatives like affordable housing, healthcare, and sustainable agriculture, improving the lives of many." The document goes on to "salute co-operatives credit unions and their members for their commitment to our communities and the role they play in serving all of our citizens."

Locally, Littleton Food Co-op will be celebrating with fun events, and sales on cooperatively owned products, and the Partner of the Month is LFC Community Fund, which is invested in cooperatives throughout our region. For more information, please visit www.littletoncoop.com, Littleton Food Co-op's Facebook page, or Instagram.

"Co-operatives make a big difference in our local communities," said Erbin Crowell, NFCA Executive Director and a member of the Board of Directors of NCBA CLUSA. "But many people are surprised by how our movement and business model is also recognized around the world." For example, the United Nations General Assembly recently declared 2025 the second International Year of Co-operatives, acknowledging the contribution of the movement to the Sustainable Development Goals (SDGs) and the urgent need to build a more inclusive, resilient, and

global economy. Around the world, around 1 billion people are co-op members, and 10% of the world's population is employed by co-operatives. Because they are controlled by the people who use them to meet their needs, co-operatives are rooted in their communities.

"The decision by the General Assembly could not be timelier. The innovative contributions of co-operatives for sustainable development will be crucial for accelerating progress in achieving the Sustainable Development Goals as we approach 2030," said Li Junhua, Under-Secretary-General of the United Nations Department of Economic and Social Affairs. "The second International Year of Co-operatives will be an opportunity to mobilize all stakeholders to support and expand co-operatives everywhere, strengthening their contributions for a better world."

Stop in at your local food co-op during Co-op Month to learn more about what makes co-operatives different. And while you're there, look for the "Go Co-op" signs on the shelves that identify co-op made products. You may be surprised by what you can find, including dairy products from Cabot Creamery Co-op and Organic Valley, fresh produce from Deep Root Organic Co-op, fairly traded coffee, tea, and chocolate from Equal Exchange, La Riojana wines, seeds and bulbs from FEDCO, naturally fermented vegetables from Real Pickles — and many others!

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OBITUARY:
James N. Locke,

Lyman, NH – James N. Locke, 88, passed away peacefully at his home with his loving wife Loretta at his side.

He was born October 12, 1935, in Monroe, NH, the son of Kathleen (Somers) and Harvey Earl Locke. When he was about 7 years old, they moved to Lyman where he attended grade school and then went on to graduate from Lisbon High School. Right out of high school he joined the Army National Guard. In 1953, during the Korean Conflict, he enlisted in the United State Army and was honorably discharged in 1956. On June 11, 1957, he married Loretta Russell.

During Jim's younger years in the 50s and 60s he and his brother Donald would pick up their cousin Joseph Richards and go coon hunting until late into the night. Loretta and Barbara (Jim's sister-in-law) would stay home and practice on their guitars waiting patiently for them to come home. He also liked to go fishing quite a bit in his younger years, and he said that he had fished most all of the small brooks and lakes around Lyman.

He worked with his father on the family farm, and he would also help drive the school bus for his father, he took over his father's route

when he retired, and continued to drive bus until he too retired in the early 2000's. In 1966 he and Loretta bought the Parker Hill Farm, alongside his wife he said that his best helpers were his children, Scott, Tracy and Lisa, and later his grandchildren Heidi and Robbie.

Jim served on the first Planning Board for the Town of Lyman and served several terms on the Selectboard. He held the office of Grange Master for many years and said that he and Loretta made many life-long friends through the Grange. Jim was also a deacon for the Lyman Church and in the early 1960's he was on the committee that remodeled the church.

He was a family man and loved to be with his children and their families; he had a special relationship with his grandchildren, and they all made trips home to New Hampshire to see him and Loretta as often as they could. He enjoyed family dinners around the holidays and always helped with the preparations. When he finally retired, he decided to take up bread making, and he used that skill to make many of the homemade rolls that were served at those special holiday dinners.

Jim was predeceased by his father and mother, Harvey E. and Kathleen Locke;

his siblings, Cora and husband Paul Marcotte, Donald and wife Barbara Locke, Richard and wife Carma Locke; and his brothers-in-laws Rodney and wife Dorothy Russell and Clarence Russell.

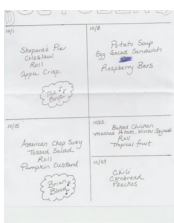
He is survived by his wife Loretta B. (Russell) Locke; his sons, Scott Locke and wife Valerie, and Tracy Locke and wife Sylvie; his daughter, Lisa Locke and her husband Robert Mackenzie; his grandchildren Heidi, Barry, Brandy, Molly, Emily, Rob, Allison, Alicia, Samantha and Noah; his great-grandchildren, Xavier, Zachery, Kyleigh, Benjamin, Emma, Emilia, Joshua, Claire, Jackson, Margo and Daphne; his sisters-in-law Lorraine Jurado and her husband Gilbert, and Lynn Russell; many nieces, nephews, and cousins; and special family friends Angel Parkin, Bo Presby, Lynwood Veilleux and Terri Scott.

There will be a private family service, as he requested, to honor his life at a later date for those members of his family that have to travel.

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

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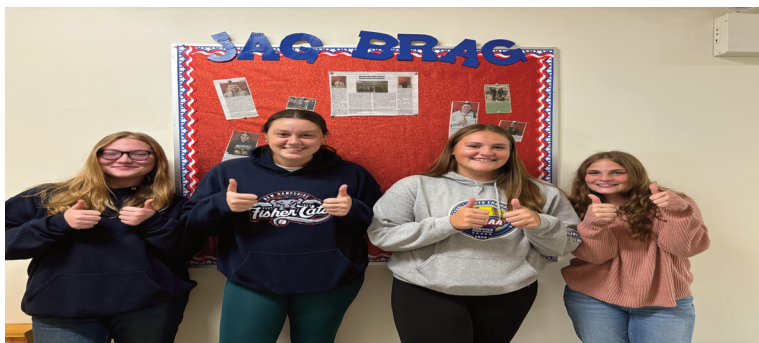
Woodville High School Engineering Excellence



Woodville High School is excited to introduce Katie Houston and Gabe Roy as the new Masters of Ceremonies for our weekly assemblies. Both students will bring enthusiasm and leadership to each assembly, fostering community and engagement among the WHS student body.

Principal Hayden Coon expressed his excitement about the new MCs: "Katie and Gabe are excellent choices for this role. Their leadership and positive attitudes will help bring the school community together each week, making our assemblies an even more engaging experience for everyone."

Katie and Gabe are set to lead the assemblies with energy, ensuring that each event is fun and memorable for students and staff.



Woodville High School is proud to announce that four students have been elected to key leadership roles in the JAG NH State Career Association. These students have demonstrated exceptional leadership and commitment, securing 4 of the 5 available state leadership positions.

The elected officers are:

- President: Paige Royer
- Secretary: Faith Griswold
- Parliamentarian: Aubrie Knights
- Social Media Manager: Taylor Wright

This is an outstanding achievement for Woodville High, and we couldn't be prouder of these students and their dedication

to the JAG program.

Mrs. Jill Nichols shared, "I am incredibly proud of our JAG students for stepping up and taking on these state leadership roles. They have worked hard, and their leadership will help shape the future of the JAG program in New Hampshire."

Principal Hayden Coon added, "We are thrilled to see our students leading at the state level. Their hard work and leadership skills are a testament to the strength of the JAG program at Woodville High School."

Special Note: Students are pictured left to right- Taylor Wright, Paige Royer, Faith Griswold, and Aubrie Knights



Woodville, NH — Ivory Hermosillo, a dedicated and rising leader at Woodville High School, has been recognized as the JAG Student of the Week. Despite only joining the JAG (Jobs for America's Graduates) program a month ago, Ivory has already demonstrated remarkable leadership skills and a strong commitment to community service.

Ivory recently completed the staining of the school's outdoor classroom, a project that showcases her initiative and willingness to step up wherever needed. Whether volunteering for tasks or lending a hand to fellow students, Ivory consistently goes above and beyond, making her a true role model for her peers.

Mrs. Nichols, JAG Senior Career Specialist, praised Ivory's exceptional dedication: "Ivory has shown tremendous leadership and initiative in such a short time. Her enthusiasm and willingness to contribute wherever she is needed has been inspiring. I have no doubt she will continue to excel in everything she does."

Her leadership, dedication, and enthusiasm make her a standout student, and Woodville High School is excited to see her continue to grow and achieve great things.



Woodville High School is proud to highlight Shub Suthar, an 11th-grade student originally from India, in this week's Student Success Spotlight. Shub is a talented, multilingual student who speaks English, Hindi, and Gujarati. He is currently attending the Riverbend Career and Technical Center, where he is enrolled in a cybersecurity course.

Shub has ambitious plans for his future. He wants to work in network security and threat intelligence, with aspirations of helping the U.S. Government fight cybercrime and protect citizens from scam artists. His dedication to cybersecurity, language skills, and passion for making a positive impact make him a stand-out student at Woodville High School.

Mrs. Nickles, who nominated Shub for this spotlight, shared: "Shub's dedication to his studies and passion for making a difference is truly inspiring. He's a shining example of determination and global perspective."

Woodville High School is proud of Shub's achievements and looks forward to his continued success in network security.



Woodville High School is proud to announce that senior Jacob Putnam has committed to playing baseball at St. Anselm College, where he will also pursue a major in Education. Jacob's dedication to both academics and athletics has been a source of pride for the entire school community.

Principal Mr. Hayden Coon shared his excitement for Jacob's future, stating, "Jacob's commitment to excellence, both in academics and athletics, has been truly inspiring. We're excited to see him continue to grow and achieve great things at St. Anselm."

Jacob's journey at Woodville High School has been marked by hard work, perseverance, and a passion for learning and sports. As he embarks on this new chapter, his WHS family is confident he will continue to succeed both in the classroom and on the field.

Congratulations to Jacob on this outstanding achievement! The Woodville community will be cheering him on as he begins his college career

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Woodsville High School proudly announces that Aubrie Knights has been named the JAG Student of the Week. A fellow officer in the JAG (Jobs for America's Graduates) program nominated Aubrie and recognized her outstanding leadership and commitment. Whenever Mrs. Nichols, the JAG Senior Career Specialist, asks for volunteers, Aubrie is consistently the first to

raise her hand, showing her dedication to helping others and the program. Aubrie's hard work and willingness to lead by example have made her a standout in the Woodsville JAG program.

"Aubrie consistently shows initiative and a strong work ethic. She is a true leader and an incredible role model for her peers," said Mrs. Nichols.

The JAG program at Woodsville High School focuses on empowering students to develop leadership skills, build career readiness, and succeed in their academic and professional pursuits. Aubrie exemplifies these qualities and continues to inspire her fellow stud



SAU 23 is excited to announce the launch of its Student Radio Voices program on WYKR FM 101.3, featuring students from across the district. To kick off this initiative, WHS students (from left to right) Savannah Murray, Aubrie Knights, Leon Alcalá, and Hank Williams will be some of the first voices to highlight the exciting activities and achievements at SAU 23 schools. Throughout the school year, students of all ages from across the district will have the opportunity to participate and share updates with the community.

Scott Nichols, Communications Director, shared his excitement: "We are proud to showcase the talents of our students on WYKR FM. It's a fantastic opportunity for them to engage with the community and develop important communication skills while highlighting the great things happening across SAU 23."

In addition to the student voices program, SAU 23 is eager to con-

tinue developing relationships with more community partners. By expanding these connections, the district hopes to engage the broader community and strengthen partnerships that benefit students and residents.

If your organization is interested in working with our students, please contact Scott Nichols at snichols@sau23.org to learn more.



GREAT FUTURES START HERE.

BGCNC is seeking a Program Director
 Director is responsible for creating and implementing a variety of creative, physical, and artistic program activities. Director will also supervise club members and communicate with parents.

Applicants must be 20+ years of age
Starting wage \$21-22/hour

Full time. Hours are Monday - Friday, 10 – 6 pm.
 Schedule may be flexible during vacation weeks.

BGCNC is also seeking a Van Driver
 Driver is 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



An Inspirational Conference for Everyone! Debby Davis, international Bible teacher, author, singer, and missionary, Invited to Speak locally.

On Saturday, October 19th, a one-day conference sponsored by Trinity Church of the Nazarene, No. Haverhill, NH, Abundant Grace Fellowship of Newbury, Vt., and Bethany Church of Pike, NH, will be held at the Trinity Nazarene Church located next to the Court House off route 10 in North Haverhill. The all-day conference will commence at 9:00 a.m. with a light breakfast served at 8:30 a.m. and a lunch late morning. To make reservations for conference/meals, please RSVP Carol Reed at 603-787-6236.

On Sunday, October 20th, Debby will be sharing at Bethany Church in Pike at the 9:00 a.m. service. Free-will offerings will be received at both events.

Debby is a native of Western New York. She is the daughter of a pastor, attended Elim Bible Institute and, with her husband Fred, pastored in Pennsylvania for 15 years. Debby and Fred have been married since 1978 and have a son and daughter-in-law and one daughter. Currently they travel as missionaries throughout the USA, Canada, Africa and the Philippines. Debby is a singer, conference speaker and author. She is the author of several books, Suddenly, Keepers of Salt, Keepers of Salt Study Guide, The Only Way Out Is In, Peace, Poems To Live By-Dog Of Blue, Poems To Live By Any Old Bush, Creatures Of The Forest, The Storm Walker, and Because God Said So. You can find more information about Debby and Fred at Davismission.org.

CAN YOU SAY RECIPROCITY

By: Maggie Anderson

I was exchanging emails recently with an old friend who says, though he's striving for objectivity, he could hardly be less thrilled with either of our current presidential candidates.

It is the sentiment I've heard from many friends and acquaintances. It reminds me of the old pin from the 60's, the "None of the Above" choice of candidates, which signaled the country's apathy and total disdain for politics at the time .

I have the same one vote that every American is granted. I am careful about whom I cast it for.

Anyone, left of Bernie Sanders (who himself is so far left one hand can't reach the other anymore) who gets a pass because, as Bernie says "She's doing what she has to to win this election" is not a person I want representing my interests.

I want somebody who tells me what they actually think, even when it makes

me want to smack them, not somebody who thinks like the little old lady I met in the washroom before Hank and I were married.

She saw my engagement ring and asked about the wedding date. When I gave her the details, she said to me " Well, tell him whatever he wants to hear, honey, because once you're married you don't have to do any of it."

I found that disturbing advice, even at 17. I'm sure not going to embrace it when I choose a candidate for the most important job in the country, perhaps the world.

Were I choosing a boyfriend, Trump wouldn't even be on my radar, but when I choose a leader, I want one who doesn't play the game by the old set of rules, just because they are the old set of rules. I want somebody who steps up and says," You know that hasn't worked so well so far, maybe let's try something different."

And I'd want somebody who's been in the public spotlight for so long, there is not a rock in their gardens, that has not been upended to see what they're hiding underneath.

Nor do I want to be spoken to as though I were a child who can't understand what I'm being told. It annoys me to the same degree a neighbor once did when I went to retrieve a project he had helped me finish.

He met me at the door, handed me the finished design and said "That's called reciprocity, can you say reciprocity?" I barely kept my cool - after all he had helped me with my project - I told him, not only could I pronounce it, but I could spell it as well.

Jackass, I wouldn't want him in the White House either.

also voted to further attacks on reproductive rights, refused to provide women "plan B" medication at his pharmacy for religious reasons, and voted to divert more public school funding to private and religious schools through vouchers.

Rochefort is Gendreau's rooster, who is never going to lay any eggs for us.

Local businessman, firefighter, and Search and Rescue captain Rusty Talbot is Rochefort's Democratic opponent. Rusty is committed to uniting the North Country by including and listening to everyone. He will ensure that the residents of Senate District 1 are getting the respect they deserve from Concord. I know Rusty will not allow this Senate seat to be used for hidden religious agendas.

I'll be voting for Rusty Talbot on November 5th.

One last thing. Despite her misapplied priorities, Ms. Gendreau, soon returning to private life, will still be one of "us," deserving of the same basic respect and inclusion as any other member of our democracy. She may not be there yet, nor we, but sometimes these stories go on longer than we can foresee, and end in forgiveness.

Katharine Terrie Littleton, NH

315 Elm St, Littleton 603-991-3063

Dear Editor.

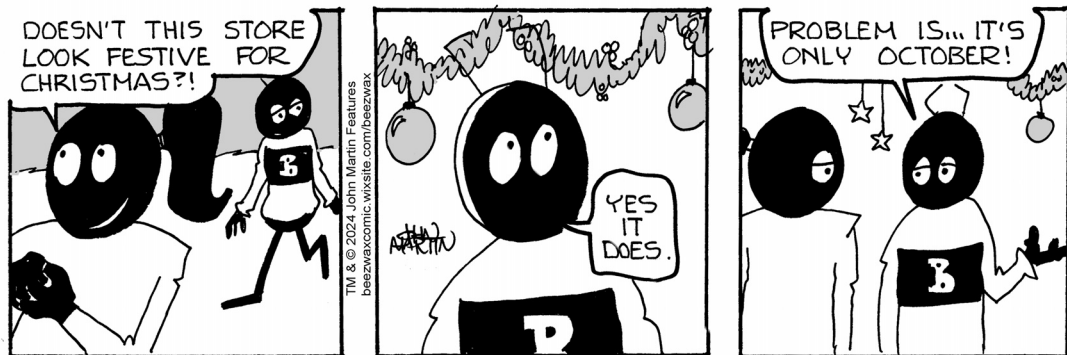
Everyone is entitled to their religious beliefs. Religious freedom is a cornerstone of American democracy. State Senator Carrie Gendreau's recent letter, "Roosters don't lay eggs," confirms her religious beliefs are still her priority. That is her right. But it isn't her job.

To lead in a democracy requires a leader to respect everyone, include everyone, and encourage all of us to participate fully in our shared civic responsibilities.

Last year's public meltdown of our state senator, whose beliefs led her to spark divisiveness, is only a small part of the story. The bigger story is the greater North Country community coming together in response, to defend the principles of respect and belonging. Gendreau is not running again. The current race to replace her in State Senate District 1 will be a declaration of how we want our democracy to treat people in the future. What are our choices?

As a Littleton house member at the time of the unpleasantness, David Rochefort, who is the Republican candidate running to fill Ms. Gendreau's seat, was silent, conspicuously silent, when a public statement of inclusiveness would have been helpful and expected. Rochefort

BEEZWAX By John Martin



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Letters To The Editor:

**“The Editor is on vacation.
He will return in time to answer your
Letters to the editor”
in the October 22 issue.
He might also have a story or two to
tell about his great adventures. “**

To The Editor

A SHIP SINKING, A TRAINWRECK FOR TRUMP

Were you one of the seventy million folks who watched the most recent Presidential candidate debate between Kamala Harris and Donald Trump?

What a trainwreck for the x-president.

Did you ever see a real trainwreck? Ever see an ocean liner go down with great loss of life? Yup, as in the Titanic sinking beneath the icy water.

I hope you never view such tragedies - God forbid - but watching that one-sided debate comes pretty damn close. Especially if you were paying attention to the left-hand side of your TV screen, Trump's position.

Dear Editor:

District 1 State Senate candidate David Rochefort recently sent out a campaign mailer attacking “corporate giants” and “hedge fund types” and “the Wall Street crowd” for abusing local resources for out-of-state profits. What he didn't mention is that he is now one of them.

In 2022 Rochefort sold his Littleton pharmacy to the “hedge fund types” at Osceola Capital Management in Florida. This private equity firm is buying up independent pharmacies across the country to combine them into a “corporate giant.” In addition to whatever cash and shares he got, they put him on the payroll as their Senior Director of Regulatory Affairs. Then this “Wall Street crowd” donated most of the

In contrast to the blather, BS and spewing bunkum from Trump, I welcomed the confidence, competence and courage from Harris. He displayed all those B- words, and she demonstrated all the C- words.

And here are some D- words. Damaged, deranged, diminished, and delusional, the old white man called Trump was painful to watch. He was the mad prophet predicting doom for our failing country - everybody was wrong, every institution was dangerously run, every outcome was a disaster.

And he was the only one who could fix everything on day one.

Harris also displayed a healthy sense of humor. Trump derides her for laughing out loud, says it's the sign of a crazy person.

money he used to run for a House seat. Now in the House, Rochefort sponsored HB 1042, which eliminated important safety regulations for pharmacies. That's very good for cutting costs and responsibilities for the “hedge fund types” buying up pharmacies. Not so good for patients.

Pretending to be against the Wall Street crowd, and the hedge fund types, when he's one of them, is a textbook example of political hypocrisy and cynicism. Being on the payroll of a private equity firm that is buying pharmacy regulations in the House, is a textbook example of conflict of interest. Being on the NH Board of Pharmacy, tasked with enforcing pharmacy regulations, at the same time as all the

I've lived nearly eighty years and I know that anyone who has an honest sense of humor and a genuine good-natured laugh is a well-balanced person - one who is comfortable with themselves and the trials of this world.

Trump never laughs, instead he sneers, bullies, belittles and makes crude comments. Marks of a scared and insecure coward.

Trump was so out-matched on stage, he did not have the ability to blunder around for a lifeboat to bully his way into as the freezing water swirled around him.

Robert Roudebush
North Haverhill, NH

603 787 6549

rest, raises it to regulatory capture. About the only defense he'll have is that his private equity firm is not literally on “Wall Street.” It is, ironically, on Boy Scout Blvd. in Tampa.

The only real Boy Scout in this story is his opponent, Senate candidate Rusty Talbot, whose business is a big indoor climbing gym and outdoor guide service in Lisbon, NH. Rusty's payroll goes to local workers, his expenses go to local businesses, and their shared future depends on their ability to grow a thriving outdoor recreation industry right here in NH.

We'll be voting for Rusty Talbot for State Senate on November 5th.

Signed,
Chuck and Betsey Phillips
Bethlehem, N

Grafton County District 5 voters, ask yourselves – are you angry that your two current elected representatives:

1. Have created the failed school voucher system to take money away from our public schools, having all that money managed out of state without oversight, and causing your property taxes to go up to cover your school's shrinking income and growing needs?
2. Are restricting a personal woman's reproductive rights?
3. Allowing religious doctrine to be insinuated into our laws more and more every day?
4. Turning a blind eye to the growing catastrophe of our children being massacred by people with weapons of war at record numbers?
5. Cherry picking what our kids can and cannot be taught in schools under the guise of “preventing indoctrination” (which is ironically the only real indoctrination)?
6. Doing nothing to ensure that every citizen of New Hampshire is treated equally and with respect, especially here in the “Live and Let Live” state?
7. Have only listened to you to get your vote and then treated you like

you don't exist?

YOU HAVE A REAL CHOICE TO REALLY CHANGE THINGS ON NOVEMBER 5th.

Vote for Rachael Booth and Dustin Vigneault as your two District 5 representatives in Concord. We will represent you and your views in Concord regardless of your party affiliation.

We will work MAKE SURE women's reproductive rights are added into our state constitution. We will FIX the broken school voucher system. We will STOP the slow creep of religion into our laws, and we will MOVE HEAVEN AND HELL to enact common sense laws to protect our children from growing gun violence. We will DEMAND our children are taught all American history and culture and ENSURE that all people of New Hampshire are treated equally, regardless of sexual orientation or gender identity. And most importantly, we will listen to YOU. We will be open to your comments, concerns, problems, and needs – ALWAYS.

Rachael Booth
177 Cemetery Rd.
Landaff, NH 03585
(603) 838-2835

UPNORTH HANDYMAN SERVICES

It is with great sadness that my wife and I are letting you know that by the end of September we are moving back to Rhode Island due to family matters.


It has been a pleasure serving all of our loyal customers over these last 5 years. We want to thank you all for your kindness and generosity you all have shown us.

And we will forever keep you in our prayers. God bless you all.

Sincerely, Jimmy & Jeannie

POLITICAL ADVERTISEMENT

POLITICAL ADVERTISEMENT



VOTE

NICK DE MAYO

Grafton County Commissioner
District 2

*“What do you
have to lose...but
higher taxes!”*

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New HAMPSHIRE HOUSE UPDATE

By Rick Ladd – Haverhill

Rep Ladd Legislative Report NH's "Moose on the Loose" Wins National Award

To better support the development of a new K-12 civics curriculum in New Hampshire's public schools, the Commission on NH Civics in cooperation with Discovery Education is in the process of developing curriculum content and age appropriate lessons for elementary, middle and high school students. I would also like to take this opportunity to recognize the New Hampshire Historical Society's contributions and collaborative work with the Commission. Just this month, the NH Historical Society received a national award for the development and implementation of a social studies curriculum called "Moose on the Loose." The program toughly

explores the Granite State's history, economics, geography, and civic life while introducing students to the state's rich and cultural heritage.

The program was designed in 2019 for kids in the upper elementary grades (Grades 3-6), but much of the material is adaptable for students in other grades. House Bill 2 was signed into law by Governor Sununu. The bill secured \$1M in appropriations for a new "civics textbook" for development in fiscal year 2024. The bill also provides professional development programs and supportive curricula materials for implementation in NH's public schools. Senate Bill 216 was also signed into law requiring:

- Dedicated class time for civics education in the elementary grades,
- A half-year civics course or equivalent civics instruction in the middle school, and
- A one-year course on the history, government and constitutions of the US and NH to graduate from high school.

In order to provide well developed, age-appropriate curriculum and supportive instruction, the "Moose on the Loose" program is a proven resource to the Civics Commission. "The "Moose on the Loose" program provides many ways for kids to connect what they learn about the past to current, statewide issues. It also provides a foundation for lifelong learning about New Hampshire,

America and the democratic traditions that unite us all." Elizabeth Dubrulle, Director of Education and Public Programs at NH Historical Society and also a Commission member, came up with the program's title, calling the moose "Mason." 400 years ago, John Mason named our state, New Hampshire.

Congratulations to Commissioner Dubrulle for receiving and winning the national

history award and for her very active collaboration with the Civics Commission. Our elementary students will benefit from Mason. The "Moose on the Loose" program can be found at: <https://moose.nhhistory.org>.

Respectfully Submitted,
NH Rep Rick Ladd, Chair
House Education
Civics Commission Member

Scott Borthwick
Manager

Ph: 603.523-9284
Cell: 603.630.8032



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TODD ECK FOR



GRAFTON COUNTY SHERIFF

With over 27 years of continuous law enforcement experience, Todd Matthew Eck has been making a positive difference for the communities he serves. Working in multiple agencies right here in Grafton County, Todd has served as a local Patrol Officer, a County Deputy Sheriff, a S.W.A.T. team member, a Corrections Training Sergeant, a Corrections Academy Instructor and Proctor, a Patrol Sergeant, a Police Lieutenant, and as Department Prosecutor. Todd Matthew Eck is currently serving as the Chief of Police for the Town of Bath NH. He has established a history of effective leadership and responsible management of resources.

Importantly, Todd Matthew Eck also brings his individual life experience. Prior to his career in law enforcement Todd was a laborer in construction, was employed in the food service industry, and worked on a production line in a factory while also earning an Associate's Degree in Police Science. Todd and his wife Janine have enjoyed raising their two children here in Grafton County.

Todd's diverse criminal justice background and life experience has prepared him to successfully fulfill the duties of the Grafton County Sheriff.

As Grafton County Sheriff, Todd Matthew Eck will –

- Manage the Department budget in the most fiscally responsible way.
- Commit to fulfilling the duties of the Sheriff as the departments first operational priority on day one.
- Collaborate with State and local agencies to share resources and reduce crime.
- Listen to and respond to the law enforcement concerns of the residents of Grafton County.
- Endeavor to meet or exceed realistic expectations.
- Communicate effectively with the County Commissioners and delegates.
- Support investigative programs like the Internet Crimes Against Children investigative unit which currently operates out of the Grafton County Sheriff's Department, and the NH Drug Task Force.
- Preserve and protect our rights granted to us under the New Hampshire, and the United States Constitutions.
- Fairly and impartially enforce the laws of New Hampshire.
- Maintain the highest professional standards.
- Continue to make a positive difference for the community of Grafton County by serving with integrity.

Before casting your vote on November 5th for Grafton County Sheriff, please take the time to research each candidate and the position they are campaigning for. Make an informed decision and vote for the best qualified person to serve the interests of all who live in Grafton County.



Learn more about Todd Matthew Eck by going to his campaign website:
todd-eck-4-sheriff.com



TRENDY KITCHEN

by **Cindy Pinheiro**
to contact **Cindy**
(aka **Cin Pin**)
write to the owner/publisher at
April@trendytimes.com



Vegan Lentil Soup

Hello hello my fellow chefs! How are you all doing today? I'm okay but my heel still isn't feeling great. Plantar Fasciitis I had never heard of it before and now every time I turn around I either see articles about it or I'll talk to someone and everyone seems to know someone or has had it themselves. Who knew!! My friend Polly and I went on a couple of adventures. One day we went to the Burke Fall Festival. It was amazing with all the arts and crafts their work is so creative they are just so talented. Polly found some art pieces and I found some apple cider donuts!!! Then another day we took a ride north in Vermont and explored back roads to see the leaves changing and it was pretty much peak colors. Absolutely breathtaking. So much beauty all around us. We stopped in Greensboro at Miller's Thumb Gallery set in a historic gristmill and enjoyed all the Vermont artists work. Besides art paintings there was jewelry, ceramics, clothing and so much more. My favorite thing was this water window in the floor sometimes called the mill chute with the Greensboro Brook rushing by underneath. It was so cool. It has rails to look over so you

can't step on the glass. It's worth taking a ride to see what a wonderful place it is. We ended our day with a trip to Glover, Vt. and enjoyed a delicious pizza at a well known restaurant called Parker Pie. It was truly a memorable day. Let's get started with today's recipe and how to make it. Lentils are so good for you, not only are they a good source of iron but they are also rich in calcium, potassium and fiber. I used vegetable bouillon cubes for the vegetable broth. I also had to use canned collard greens 1/2-3/4 of a can because I forgot to buy fresh.

Ingredients
 1/4 cup olive oil
 1 medium white or yellow onion chopped
 2 carrots peeled and chopped
 4 cloves of garlic minced
 2 tsp ground cumin
 1 tsp curry powder
 1/2 tsp ground thyme
 1 28oz can diced tomatoes (or 2-14oz cans)
 1 cup of lentils picked over and rinsed (look for little stones or twigs)
 4 cups of vegetable broth
 2 cups of water
 1 tsp salt
 1/2 tsp pepper
 Pinch of red pepper flakes (optional)
 1 1/2 Cups chopped collard

greens ribs removed
 2 Tbsp lemon juice
 Gather all your ingredients because it comes together fast. In large pot heat olive oil over medium heat then add onions and carrots cook for 5 minutes. Add garlic, cumin, curry, and thyme stir 30 seconds just until fragrant. Add tomatoes stir and cook 5 minutes. Add lentils, broth, water, salt, pepper, and red pepper flakes. Stir and bring to a boil then reduce heat and simmer for 25 minutes. Cover with the lid off a bit. Transfer 2 cups of soup to your blender and puree then add back to pan and add the collard greens and cook 5 minutes until greens are tender. Remove from heat add lemon juice and stir. Let sit for 5 minutes then serve hot with some crusty bread. "Delicioso" and easy peasy. You are done and you have made a healthy meal. It lasts 3-4 days in fridge reheats well and you can freeze too. Well folks that's it for today's recipe. Please give it a try and enjoy, I think you will love it.

Until next time my friends stay safe and healthy. Take a ride and go leaf peeping!
 Sincerely,
 Cin Pin

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