

A FREE PUBLICATION

# TRENDY



Next Issue: Tuesday, February 16  
Deadline: Thursday, February 11

# TIMES

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## Super Bowl History Lesson

The following was taken directly from Wikipedia, the free encyclopedia.

The Super Bowl is the annual championship game of the National Football League (NFL). Since 2004, the game has been played on the first Sunday in February. It is the culmination of a regular season that begins in the late summer of the previous year.

The game was created as part of a 1966 merger agreement between the NFL and its rival the American Football League (AFL). It was agreed that the two champion teams would begin playing in an annual AFL–NFL World Championship Game until the merger was completed in 1970. The first game was played on January 15, 1967, after both leagues had completed their respective 1966

seasons. After the merger, each league was re-designated as a "conference", and the game has since been played between the conference champions to determine the NFL's league champion. The NFL restricts the use of its "Super Bowl" trademark, and it is frequently referred to as the "big game" or other generic terms by non-sponsoring corporations.

The New England Patriots and the Pittsburgh Steelers have the most Super Bowl championship titles with six each. The Patriots have the most Super Bowl appearances with 11. The National Football Conference (NFC) and the American Football Conference (AFC) are tied with 27 Super Bowl wins each.

The Super Bowl is the second-largest day for U.S. food consumption, after Thanksgiv-

ing Day.[1] In addition, the Super Bowl has frequently been the most-watched American television broadcast of the year; the seven most-watched broadcasts in American television history are Super Bowls.[2] In 2015, Super Bowl XLIX became the most-watched American television program in history with an audience of 114.4 million viewers, the fifth time in six years that the game had set a record.[3][4][5] The Super Bowl is also among the most-watched sporting events in the world, and is second only to the UEFA Champions League final as the most watched annual sporting event worldwide.[6]

Commercial airtime during the Super Bowl broadcast is the most expensive of the year because of the high viewer-

ship, leading to companies regularly developing their most expensive advertisements for this broadcast. Watching and discussing the broadcast's commercials has become a significant aspect of the event.[7] In addition, popular singers and musicians have performed during the event's pre-game and halftime ceremonies.

### Past Winners:

- 1967 GREEN BAY PACKERS
- 1968 GREEN BAY PACKERS
- 1969 NEW YORK JETS
- 1970 KANSAS CITY CHIEFS
- 1971 BALTIMORE COLTS
- 1972 DALLAS COWBOYS
- 1973 MIAMI DOLPHINS
- 1974 MIAMI DOLPHINS
- 1975 PITTSBURGH STEELERS
- 1976 PITTSBURGH STEELERS
- 1977 OAKLAND RAIDERS
- 1978 DALLAS COWBOYS
- 1979 PITTSBURGH STEELERS
- 1980 PITTSBURGH STEELERS
- 1981 OAKLAND RAIDERS
- 1982 SAN FRANCISCO 49ERS
- 1983 WASHINGTON REDSKINS
- 1984 LOS ANGELES RAIDERS

- 1985 SAN FRANCISCO 49ERS
- 1986 CHICAGO BEARS
- 1987 NEW YORK GIANTS
- 1988 WASHINGTON REDSKINS
- 1989 SAN FRANCISCO 49ERS
- 1990 SAN FRANCISCO 49ERS
- 1991 NEW YORK GIANTS
- 1992 WASHINGTON REDSKINS
- 1993 DALLAS COWBOYS
- 1994 DALLAS COWBOYS
- 1995 SAN FRANCISCO 49ERS
- 1996 DALLAS COWBOYS
- 1997 GREEN BAY PACKERS
- 1998 DENVER BRONCOS
- 1999 DENVER BRONCOS
- 2000 ST. LOUIS RAMS
- 2001 BALTIMORE RAVENS
- 2002 NEW ENGLAND PATRIOTS
- 2003 TAMPA BAY BUCCANEERS
- 2004 NEW ENGLAND PATRIOTS
- 2005 NEW ENGLAND PATRIOTS
- 2006 PITTSBURGH STEELERS
- 2007 INDIANAPOLIS COLTS
- 2008 NEW YORK GIANTS
- 2009 PITTSBURGH STEELERS
- 2010 NEW ORLEANS SAINTS
- 2011 GREEN BAY PACKERS
- 2012 NEW YORK GIANTS
- 2013 BALTIMORE RAVENS
- 2014 SEATTLE SEAHAWKS
- 2015 NEW ENGLAND PATRIOTS
- 2016 DENVER BRONCOS
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- 2018 PHILADELPHIA EAGLES
- 2019 NEW ENGLAND PATRIOTS
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# Forty-four Students Awarded \$1,671 Each, On Average, In Program's Inaugural Year

PLYMOUTH, NH (January 22, 2021) - Just over a year after the launch of its North Woods Connection tuition program, Plymouth State University (PSU) has awarded a total of \$73,540 to 44 students from Maine and Vermont. The North Woods Connection program grants funds to students from these neighboring states. Participating students are eligible to receive program funding throughout their four years at PSU as they pursue their passions and work toward undergraduate degrees.

The North Woods Connection program allows PSU to reach a broader network of prospective students, offering an alternative to those who reside in northern New Eng-

land by reducing the financial burden of attending from out-of-state.

"This program is a real win for students and the University. Anytime we can support our incoming first-year students, we jump at the opportunity," said Matthew Wallace, director of admissions at Plymouth State University. "The numbers speak for themselves. This program opened doors for students from Maine and Vermont who might not otherwise have considered PSU, and we are excited about the opportunity to continue serving students by providing an education that will prepare them for career success."

PSU's North Woods Connection program combines

federal, state and institutional grants and scholarships (including merit awards, need-based awards and tuition waivers) to ensure out-of-pocket direct-billed costs do not exceed PSU's in-state direct-billed costs. The program is open to incoming first-year students from Maine and Vermont who are enrolled full-time in an undergraduate program for both the fall and spring semesters and who have submitted the Federal Application for Federal Student Aid (FAFSA). Students are eligible for an award renewal for up to four years as long as they remain enrolled as a full-time undergraduate student, remain a resident of Vermont or Maine, file and complete all FAFSA require-

ments each year and make satisfactory progress toward an undergraduate degree as defined in PSU's academic catalog.

For more information about Plymouth State University's North Woods Connection program, visit [plymouth.edu/north-woods-connection](http://plymouth.edu/north-woods-connection).

About Plymouth State University: Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates, and by providing graduate education that deepens and advances knowledge and

enhances professional development. The "Plymouth State Learning Model" is organized around seven dynamic, theme-based hubs called "Integrated Clusters," which emphasize open, integrative, and project-based experiences. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire. To learn more about Plymouth State University, visit [www.plymouth.edu](http://www.plymouth.edu).



# NEK Young Professionals Network Elects New Leadership

Northeast Kingdom - The Northeast Kingdom Young Professionals Network (NEK YPN) celebrates the impact of the most recent leadership team and looks forward to continuing to develop a strategic plan under a new leadership team in 2021.

The Northeast Kingdom Young Professionals Network, which also manages the NEK Chapter of the Vermont Welcome Wagon Project, has voted in a new Chair, Trisha Morley, following the end of Maire Folan's term as Chair of the group. The NEK YPN steering committee, made up of over two dozen young professionals, voted in the new officers to guide the direction of the group in 2021 and beyond.

Maire Folan, chair of the NEK YPN from 2017-2020, said, "I am so proud of the YPN steering committee. The enthusiasm and dedication to supporting our YP and business community is inspiring. I am thrilled to congratulate two new leaders in our group, Trisha Morley, who is taking the role of Chair, and Avery Williams as Vice Chair. While my tenure as Chair has come to a close, I will continue to support this group and its efforts. I know we will accomplish great things under Trisha, Avery and standing Treasurer Sarah Chadburn's leadership!"

During Folan's tenure as

Chair, Morley had been serving as Vice Chair for the group. Steering committee member Avery Williams was voted in to assume the position as Vice Chair under Morley. Sarah Chadburn will remain in her position as Treasurer.

New chair, Morley, said of the personal impact of NEK YPN, "I have made community connections, learned about resources in the community I never knew existed, enhanced project management skills, teambuilding and leadership. Most important of all, I've made friends. This group has a lot to offer and I certainly look forward to being part of its leadership for the next 3 years!"

Under Morley's leadership, the NEK YPN plans to move forward with a new strategic plan for 2021-2023, thanks to a Spark Connecting Community grant from the Vermont Community Foundation. The strategic plan includes goals for the group to accomplish in the coming 3 years, like expanded marketing efforts, partnerships, and community building. The NEK Collaborative also continues to support the efforts of the NEK YPN in welcoming new Vermonters through the Vermont Welcome Wagon Project and funding a part-time administrative staff member to facilitate communications from the group.

The NEK YPN is open and free to join, and typically hosts in-person events, educational opportunities and social mixers. Due to COVID-19, in-person events are on pause, though the group has remained active in virtual settings.

To learn more or to join the NEK YPN as a member, please visit: [www.facebook.com/NEKYoungProfessionals/](http://www.facebook.com/NEKYoungProfessionals/) and click the blue "Sign Up" button to join for free and receive newsletter updates. You can also email the group to sign up at [nekypg@nekchamber.com](mailto:nekypg@nekchamber.com).

For more information about the NEK Chapter of the Vermont Welcome Wagon Project, visit: [www.vtwelcomewagon.org](http://www.vtwelcomewagon.org) and sign up to become a host or participant with the free program.

To contact the NEK YPN to share information, ideas, or to honor/celebrate young professionals in the area, send an email to: [nekypg@nekchamber.com](mailto:nekypg@nekchamber.com).

# Shannon Vera, Business Development Manager Joins NHPCO's Next Generation Leadership Council

White River Jct., V.T. – Visiting Nurse and Hospice for Vermont and New Hampshire (VNH) is pleased to announce that Shannon Vera, Business Development Manager, will join the National Hospice and Palliative Care Organization's (NHPCO) Next Generation Leadership Council, with a two-year term that began on January 1.

This council provides the opportunity for young leaders that are employees of a provider, palliative care, state or associate member of NHPCO to have an impact at the national level to shape the hospice and palliative care field. As the Business Development Manager for VNH, Shannon is uniquely positioned to bring the perspective of rural hospice care and how it is different than urban hospice care to the council.

Over 300 people applied to be a part of the council this year and 13 were nominated. "I am so honored to be part of the Next Generation Leadership Council with the NHPCO," said Shannon. "Providing quality end of life care has been my passion for over a decade and it is a privilege to work with people who commit themselves to bring that care to our friends and neighbors. I am thrilled to represent VNH and our community at a national level."

As part of this council, Shannon will bring her expertise in community relations and the needs of our community to the national stage. In turn, she will bring back the work the council does to the Upper Valley to make a difference within our community.

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# Hearings in Concord

Various legislative committees are now engaged in scheduling and conducting public hearings to address a total of 733 submitted bills. In previous years, legislative committees met as early as December. Due to COVID, this year's committee hearing process began on January 25. According to House adopted rules, all bills containing financial notes, must be reported from policy committees by February 18. For the education committee, this means that 8 critical bills dealing with education funding must be acted upon in several short weeks with the remaining 42 bills several weeks later. This is a tall task, especially when most research and support services are provided by legislative staff from remote locations.

Legislators have the option to attend hearings either remotely or in person at the

legislative office building. The four available hearing rooms contain the same air handling equipment as used by the Massachusetts legislature. Representatives attending in-person hearings at the Legislative Office Building, must wear protective masks and sit six feet apart. Public members wishing to testify on a bill, can do so remotely from homes or their places of business. For those wanting to testify on a particular bill, hearing dates and times are published each week in the House and Senate Calendars. The House Calendar can be found at the following website: <http://www.gencourt.state.nh.us> This address is the main page for the NH General Court. Part way down the opening page, one will find the link for public testimony:

House Legislative Schedule  
HOUSE REMOTE TES-

## TIMONY

House Remote Testimony and Sign in Directions This link provides the public the opportunity to register a position on a bill scheduled for hearing. Public members will be asked to identify a position either supporting, opposing, or remaining neutral on a given bill. The legislative portal can also be used to submit written testimony or to speak directly to the committee as an attendee.

One bill of note to be heard by the Education Committee will be scheduled for the week of February 8, is HB608, relative to the formula for determining K-12 funding formula. In addition to a number of bills addressing education policy and funding, the NH Department of Education recently received approximately \$156,000,000 of ESSER funds made available through the CARES Act. Grant amounts to districts will be based on their proportional share of Elementary and Secondary Education Act Title I-A funds. Among a number of possible uses, these funds will be made available to districts to address student learning loss due to COVID, the purchase of educational technology, and the improvement of school facilities and infrastructure to reduce the risk of transmitting the coronavirus. In contrast to many

federal funding acts, the funds may be used to supplant various aspects of instruction and curriculum as long as received funds are applied to a COVID related

need or outcome. Respectfully Submitted, Rep Rick Ladd Chair, House Education

**MEMBERS and the PUBLIC INVITED to ZOOM-IN to the WELLS RIVER ACTION PROGRAM ANNUAL MEETING**  
**Sunday, February 7, 2021 @ 1:00pm**  
**Guest Speakers: 2 New Businesses in Wells River**  
*Tina Gilson – Sacred Spirit Wellness Center and Shop*  
*Lauren Nelson – LC Design Concepts*  
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 Call 802 757 2708 or use the email if you have any questions

# PUBLIC NOTICE

**The Town of Haverhill Board of Selectmen Shall hold their 2021 Budget Hearing on February 8, 2021 at 6:00 pm at the Clifford Memorial Building & over Zoom**

Meeting ID: 993 9619 8128 Passcode: 994161

Volume 12 Number 9 February 2, 2021

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

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## HAVERHILL CANDIDATES' PLATFORM

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**Positions to be voted on during balloting on: Saturday, March 13, 2021 include:**

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 Currently held by Howard Thayer & Matthew Taylor  
**Trustee of Trust Funds (3 year term) Currently held by Kristi Garafalo**  
**Three At Large School Board Seats (Three Year Terms)**  
 Currently held by Sabrina Brown, Dylan Farr & Chuck Fenn  
**School Moderator (1 year term) Currently held by Jay Holden**

This Platform is Sponsored by Trendy Times as a Public Service.  
 For more information contact Gary @ 747-2887 or email [Gary@TrendyTimes.com](mailto:Gary@TrendyTimes.com)

## Letter to the Editor: Yes, Virginia, the days really are getting longer!

Dear Editor,

Meteorologists have started to point out that "the days are getting longer," but few ever prove their methodology. Perhaps, they won't because the TV station has to reserve more time for making money through advertising commercials! Or, they can't!!

But, yes, the days are getting longer. Each day since approximately January 1st, daylight is getting longer in the Northern Hemisphere (that half of the earth north of the Equator), and shorter in the Southern Hemisphere (that half of the earth south of the Equator). Each day we are gaining about a minute more sunlight in the Northern Hemisphere, and they are losing about a minute more sunlight in the Southern Hemisphere. We, in the Northern Hemisphere are heading towards "Summer" (longest days with lots of heat!). The Southern Hemisphere is heading towards "Winter" (shortest days with lots of cold!). Because of the earth's tilt of 23 1/2 degrees from a perpendicular, we Earthlings experience a reversal of "seasons" in each hemisphere, and varying lengths of daylight and nighttime on particular places of the earth.

One of the most fascinating and enlightening aspects of Science to teach youngsters (and adults!) is "day/night and seasons." Many are ... "in the dark!"

As we all learned in elementary school, the sun dominates our solar system because of its location in the center of the solar system and its size causing a gravitational pull on the planets. This gravitational pull keeps the planets in their unique orbits around the sun. The sun IS the boss, and we think we are! (Ha!). So, our "solar system" is our "sun

system." All the planets "revolve" around the sun resulting in a "year." Each planet "revolves" around the sun at different speeds and because of their different respective distances of orbit. Mercury has the shortest "year" because it is closest to the sun with the shortest distance to travel around the sun...kind of like a short race track!!! A year on Mercury equals 88 Earth DAYS! Neptune has the longest "year" because it has a greater distance in which to travel around the sun....a really long race track!!! One year on Neptune is equal to 165 Earth YEARS! "Day" and "night" is different on each planet because of each planet's size and the speed it needs to maintain its orbit.

Since sunlight can only travel in a straight line, only the side of each planet facing the sun receives sunlight/heat which we call "daytime." The opposite side of the planet not facing the sunlight, is dark, or in the shadow of the sun, and we call that side "nighttime" which is usually colder.

Each planet "rotates" around itself causing a "day/night" cycle. It takes the earth 24 hours to "spin" or "rotate" around itself. While the earth is "rotating" around itself, resulting in "day/night," it is moving through space, spinning or "revolving" around the sun...so, it is spinning, or rotating around itself, and, AT THE SAME TIME, spinning or revolving around the sun, thus traveling through space and time. So, "day" and "night" is one complete spin or "rotation" of the earth/any planet around itself, comprising "one full day." Again, on earth, that's 24 hours!

A "revolution" is one complete trip of any planet around the sun. It takes earth 365 1/4 days to make

one complete spin or "revolution" around the sun. We call that trip, a "year." So, each "birthday" a human celebrates is one trip around the sun! So, if you're 10 years old, you've taken 10 trips around the sun, and if you're 50 years old, you've taken 50 trips around the sun! Cool, huh? More and more humans are traveling 100 times around the sun, making each of them 100 years old!! That's good health!!

The 1/4 day left over is added up, and every 4 years, it makes another full day, or 366 days, and we call that, a "leap" year, which usually occurs the year we in the USA elect the President, every 4 years. So, 2020 was a "leap year" with the next "leap year" occurring in 2024, then 2028, and so on.

If you want to compute the length of sunlight in your particular area, you must know the time of sunrise and the time of sunset. You can get that from a TV weather program, the internet, or a set of tables. Remember, each day is 24 hours. You must use the 24-hour clock like the one used in the military. So, 1 o'clock in the afternoon is 1300 hours, 2 pm is 1400 hours, 3pm is 1500 hours, 4 pm is 1600 hours, and so on. So, midnight is 2400 hours. And, 1 am is 0100 hours, while 2 am is 0200 hours, etc.

So, let's say, sunrise in your area is 7:00 am and sunset is 4:00 pm. You have to do a subtraction math problem, by putting sunset time, 4:00 pm in the top position in military time, thus 16:00, and put sunrise time, 07:00 in the bottom position, and subtract. So, 7 from 16 = 9:00 hours of sunlight in your area!

The confusion arises when there are more and

more minutes. For example, if sunrise in your area is 6:48 am, and sunset is 5:05 pm, you must subtract 0648 from 1705, but you can't because 05 minutes is less than 48 minutes. Solution: you must borrow 1 hour from the 06 hours, making that, in effect, 05 hours. You add the 1 hour that you borrowed and convert to 60 minutes (1 hour = 60 minutes!), and you get 1665 (looks different, but same as 1705, in hours and minutes!). Now you can subtract 16:65-06:48 = 10:14, or 10 hours and 14 minutes of sunlight on that particular day in your particular area!

In Northern NH, January is about a 9-hour month; February is a 10-hour month; March is an 11-12 hour month when March 23rd is the Equinox (equal day and night all over the earth because the sun's direct rays are directly on the Equator!). We continue gaining minutes of more and more sunlight until we reach June 22nd. We seem to level out at that point, and begin losing sunlight around July 1st.

If you add about 1/2 hour to each part of the day, you acquire "first light" and "last light." "First light" occurs when you see brightness from over the other side of the horizon (where earth and sky meet), but the sun has not risen yet. "Sunrise" is when the sun sits at the meeting place of the earth and sky...the horizon! Similarly, "last light" occurs when you still see brightness after the sun has set. You usually still see brightness after the sun has dropped below the horizon! That's "last light."

Nick,

*Thank you for the lesson in daylight and darkness, also for some information about years on other planets. I hope some of our readers have been able to learn something from this informative letter.*

Gary Scruton, Editor

In Northern NH, "last light" usually occurs at about 9:00pm, or slightly later.

This happens daily, each and every day, each and every year!

In the Northern Hemisphere, our shortest day is Dec. 21st with approximately 8 1/2 hours of sunlight while our longest day is June 22nd with approximately 15 hours of sunlight, here in Northern NH. From January of each year to June of each year, we acquire 1 minute or so of additional sunlight. Some days, 2 or 3 minutes of additional sunlight. But usually, we, in Northern NH, have a 9 hour spread from the shortest day (Winter Solstice) to the longest day (Summer Solstice). So, 8 1/2 hours of sunlight around Christmas time to 15 hours of sunlight around the 4th of July! Then from July to December, we lose about a minute or so of sunlight a day until Dec. 21st. So, we go in the opposite direction, losing a minute or so of sunlight a day until about January 1st of each year, when we start, again, gaining a minute or so of sunlight until about early July. Then we start losing, again, about a minute or so a day of sunlight. So goes our "year"... each and every year, year after year after year!

Happens precisely every year!!

All you have to do is be disciplined, and document it for yourself! It requires a little bit of work, a calendar, a calculator, and some of your time. But it's really fun!!

Nick De Mayo, M. Ed.  
Sugar Hill, NH

## Capitol Steps On Inauguration Day

*I was inspired to write something when I saw  
Amanda Gorman on inauguration day reading her poem.  
by Duane Baxter*

The morning breaks with splendorous relief  
The day will be better  
The Past will have a chance to be left in the twilight of a lesson learned  
A lesson that should not be forgotten when we raise our voices in thanksgiving for this new day  
What is a young black girl, strong and resolute doing here today?  
What is a capitol that has been violated doing in this bright wintery day?  
We are celebrating the better spirit of what being an American can be  
A country that turns a blind eye to what makes us different and a clear eye to what makes us the same  
I am here because we are Americans  
Americans, who despite our past and our present know that tomorrow is only here if we live as Americans  
Knowing that we are a melting pot of people of different races, backgrounds and ideas  
This is what has made America possible and this is what will make our democracy survive for our time, our children's time and for all time.  
God Bless our New President and God Bless America.



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# Calendar of Events

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

## FRIDAY, JANUARY 15 -

### SATURDAY, MARCH 6

ROBERT J. CAPLA, ART PILGRIM  
11:00 AM - 5:30 PM Tuesday - Saturday  
430 Railroad Street. St. Johnsbury  
See Article at Bottom of this Page

## SUNDAY, FEBRUARY 7

WELLS RIVER ACTION PROGRAM  
ANNUAL MEETING  
1:00 PM via Zoom  
See Ad on Page 4 & Article on Page 7

## MONDAY, FEBRUARY 8

HAVERHILL TOWN BUDGET HEARING  
6:00 PM in person or online  
Clifford Memorial Building, Woodsville  
See Ad on Page 4

## ROSS-WOOD UNIT #20 AMERICAN LEGION AUXILIARY MONTHLY MEETING

6:00 PM  
Post Home, 4 Ammonoosuc Street, Woodsville

## WEDNESDAY, FEBRUARY 10

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

## THURSDAY, FEBRUARY 11

HAVERHILL FIRE DEPARTMENT PRESENTATION  
6:00 PM See Ad on Page 7  
Clifford Memorial Building, Woodsville

## SATURDAY, FEBRUARY 13

VALENTINE'S DAY PIE & BAKE SALE  
9:00 AM - Noon (or Sell Out)  
United Congregational Church UCC  
Masks & social distance (everything will be wrapped)

## SUNDAY, FEBRUARY 14

ACCOUSTI MUSIC JAM  
12:00 NOON - 3:00 PM  
Clifford Memorial Building, Woodsville

## VALENTINE'S DAY

All Day  
A Sweetheart Near You (or far away)

## TUESDAY, FEBRUARY 16

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

## THURSDAY, FEBRUARY 18

VFW POST #5245 MONTHLY MEETING  
7:00 PM  
VFW Hall, North Haverhill

## SUNDAY, FEBRUARY 28

ACCOUSTI MUSIC JAM  
12:00 NOON - 3:00 PM  
Clifford Memorial Building, Woodsville

## SUNDAY, JANUARY 31

ACOUSTIC MUSIC JAM  
12:00 NOON - 3:00 PM See Ad on Page 4  
Clifford Memorial Building, Woodsville

## SATURDAY, MARCH 6

HAVERHILL CANDIDATE PLATFORM  
1:00 PM  
Clifford Memorial Building, Woodsville  
See Ad on Page 4

## DAILY WALKING

11:00 am - 12:00 noon  
Clifford Memorial Building, Woodsville

## PICKLEBALL

Monday & Friday 9:00 - 10:30 AM  
Wednesday 6:00 - 7:30 PM  
Clifford Memorial Building, Woodsville

## MOVEMENT & STRETCH CLASS

Tuesday & Thursday 1:00 - 2:00 pm  
Clifford Memorial Building, Woodsville

## Northeast Kingdom Artisans Guild Exhibit Extended Until March 6, 2021

Robert Chapla is a noted teacher and painter of landscapes, with his works often painted "in the field", the plein-air style of impressionism. Moving from the West Coast to Vermont 12 years ago, Robert felt he had returned 'to my painting roots' and to the seasonal changes and scenes that are so important to my paintings."

These roots have taken hold and Robert has progressed to a more expressive style capturing the image built equally of spirit and form. In the three paintings here, we view El Cap, Mid Morn, from his days working in Yosemite Valley, followed by a similar Vermont image, Quarried Out #1, and a recent work, Quar-

ried Out #3.

Robert Chapla's paintings range from realistic to abstract, emotionally expressive, stating "Lately I have added more fluid acrylic effects — an attempt to achieve an interactive unity to my work."

Seeing his realistic older works alongside the new, the viewer follows his pilgrimage to embellish his established style with newfound inner vision and color. Among the subject matter chosen to illustrate these changes are urban visions of parking garages and freeways which join rural settings of cows, flowers, mountains and quarries. Robert grew up in Lorain, Ohio and graduated from

Columbia College in New York City with a degree in Art History. He has taken numerous graduate classes in fine art at several institutions including Cleveland Art Institute, Washington Univ., St. Louis, SF Academy of Art and others. He has exhibited widely and taught extensively over the years, including 6 years in Yosemite Valley and locally at SPA Gallery in Barre, Vt., as well as the summer adult program at Putney School, Putney, Vt.

The Gallery is located at 430 Railroad St. in St. Johnsbury, VT 05819 and is open from 11:00 to 5:00 Tuesday through Saturday. We follow all Covid-19 Quarantine Guidelines, and mask wearing is mandatory in the gallery.

Follow us on Facebook, and on our website at [www.nekartisansguild.com](http://www.nekartisansguild.com)

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Article by James M. Frase-White, Curator, Back Room Gallery



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# WRAP Annual Meeting Goes Virtual

## On February 7, 2021

The Wells River Action Program's (WRAP) annual meeting will be a virtual meeting as so many other area meetings have been because of the COVID -19 pandemic. The meeting will be held on February 7, 2021 at 1:00pm and will be held via ZOOM.

As usual the meeting will include a guest presentation as well as a short business meeting, election of board members and a brief review of the WRAP Annual Report.

In a year that saw a pandemic hit Wells River, the downtown area experienced a lot of change. One of the 2 barbers retired, 2 businesses relocated within Wells River and two businesses moved into Wells River.

Having two businesses open during a pandemic seemed pretty unusual so we have asked Tina Gilson to tell us about Sacred Spirit Wellness Center and Shop and Lauren Nelsen to tell us about LC Design Concepts.

Tina Gilson is a native of the area, having grown up in South Newbury and returning in her early 20s to raise her own family in Newbury as well.

Tina is the owner of Sacred Spirit Wellness Center and Shop, and is a lifelong psychic and medium who has had experiences

since childhood. She offers a variety of services including divination using runes, pendulums and dowsing rods plus offers spirit communication and house clearings. Tina is also a Reiki master, a licensed therapist and certified life coach. She offers all of these services in her wellness center and does distant work and at other locations as well. Tina teaches a variety of workshops and classes in addition to the services she offers. Her wellness center also has a small shop with a variety of items for sale, and she has other practitioners offering services and classes, including tarot and astrology readings, hypnosis and more.

Lauren Nelson is the owner of LC Design Concepts and she started in the kitchen and bath business back in 2001 in Braintree, MA. After working for several showrooms in Massachusetts, an opportunity to move to Vermont came up in 2008, and Lauren made the leap. LC Design Concepts has actually been in business since 2009. Shortly after moving to Ryegate, she met her now husband, Andrew Nelson. They live in Ryegate Corner, surrounded by one of the Nelson dairies.

The new office and showroom space is the first time

that the company will have more of a retail type presence. The main focus of LC Design Concepts is to help homeowners with their kitchen and bathroom designs, both new construction and remodels but Lauren can also help you create a new mudroom, laundry room, home office, man cave and more.

WRAP invites you to Zoom into our annual meeting and learn about these two fascinating new businesses in Wells River.

For more information and to register for the annual meeting to receive the ZOOM information email WRAP at wrapwr@gmail.com. The meeting is open to all. You do not have to be a member of WRAP to attend.

The mission of WRAP is to enhance the quality of life in Wells River Village and its immediately surrounding villages and towns by providing affordable and accessible housing, supporting and developing business and economic development, preserving the rural and historic character and ambiance of Wells River Village and establishing avenues of cooperation with other organizations and governmental agencies. Membership in WRAP is open to all who are interested in improving and preserving Wells River Area whether or not they reside in Wells River. Annual Dues are only \$5.00 and may be sent to WRAP at Post Office Box 538, Wells River, Vermont 05081.

# Progression

by Maggie Anderson

I have an old black and white photograph of me standing next to my big brother when I was about 2 years old and John was a smidge over 4. We are holding hands and grinning, no doubt responding to our mother's prompting us to smile. She had just put us in new jodhpurs, exactly what we needed if we'd only had a pony to go with them, and she whipped out her Brownie camera to record the moment.

John's smile was as broad as my own and he gave no indication yet of knowing that girls carried cooties. For a long time after this photo was taken he allowed me to hold his hand and I reached for it whenever I was scared, or tired, or just wanting to be near him. To say I thought him the world's best big brother is clearly understating it. My feeling for him bordered on hero worship.

As we got older, and he discovered girls did in fact have cooties, he began to pull away from me whenever his buddies were around. He tolerated my presence as long as I gave him and his pals a wide berth but guys just didn't let their kid sisters hang out when their friends dropped by, it simply wasn't done.

By the time we were in high school we hung around together a lot more often. We shared the same circle of friends and whenever the gang wanted to go someplace, we all scrounged in our pockets, filled John's palm with gas money, pushed his useless 57 Chevy to start the stupid thing and headed for the river or out for a burger, or to Denny's where we drove the waitresses batty trying to confuse them by getting our buddy Joe to stash the check between his knee and the under side of the table in the big back booth, then innocently asking if we might have our check so we could hit the road. I think the record was six checks before one of them finally caught on.

When John graduated, and when he was married both, I cried as if life would never be the same without him in close proximity. Life has a way of pushing forward; families came along and responsibilities gave us each a new focus, we had more to do and less time to dwell on what had been forever altered between us.

In the wee hours of last Thursday morning my big brother John succumbed to covid-19 and now life will truly never be the same.



**The Town of Haverhill invites the public to join us for a presentation on the new Town Fire Department.**

The presentation will take place on February 11, 2021 at 6:00pm at the Clifford Memorial Building.

*The presentation will also be offered over Zoom and broadcast live on Facebook.*

**Masks must be worn and social distancing shall be observed.**

**WE HOPE YOU CAN JOIN US!**

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## Family Farm and Important Bird Habitat Protected in Whitefield

WHITEFIELD – On a bright morning in late December, Butch and Marion Rexford fulfilled a long-time dream to protect their family farm and surrounding woods from development by donating an easement to the Ammonoosuc Conservation Trust (ACT). An easement donation means that though the family continues to hold ownership of the property, the land is forever protected from development by ACT. So, no matter who owns it in the future, the Rexford Conservation Area, will stay farmland with beautiful forests surrounding it for the people and wildlife that call it home.

The newly named Rexford Conservation Area preserves the farm fields and adjoining woods enjoyed for nearly a century by the Rexfords, as well as the wildlife that calls it home. It has rolling hayfields and mature forests and beautifully represents New England's heritage land uses, like agriculture and forestry. The conservation of the property protects these uses as well as vital bird habitat and the drinking water supply in Whitefield.

The Rexford family farm was bought by Butch's grandfather Carl, in the early 1900s. Butch and his brother grew up farming the land—raising cattle and hay, mostly—with their dad and extended family, before eventually farming the land themselves. While the farm and herd are now much smaller, Butch, Marion, and much of the extended family still live there.

"This land is where my grandfather made a living...he loved it, and I love it. We have to preserve property so that others can enjoy its beauty," Butch said as he looked over a hayfield his grandfather once farmed for corn. "We have to ask ourselves, what is it that we like about this place? We like the openness, we like the woods...and if we develop every piece of property, we're going to lose



that."

The fields and surrounding forests have supported more than just people - generations of declining and priority bird species have depended on this land too. The Rexford Conservation Area sits just outside of the Pondicherry Basin, a globally recognized lowland area for birds and overall prime bird habitat. Its open fields are home to ground-nesting grassland birds like bobolink and savannah sparrow. In the spring and summer, the forested area hosts tremendous breeding bird diversity. The Basin is on the southern edge of many more northerly species. Species more typical of the boreal forest, like the black-backed woodpecker, are rare in New Hampshire but frequent and breed in the Pondicherry Basin.

The Rexford Conservation Area's forests include a mix of northern hardwood forest, white pine forest, and more northerly spruce-fir forest important for both birds and timber. The Rexfords have been active stewards of the forest for as long as they've worked the land. The forests they maintain have some of the most productive forestry soils in the state. This conservation project ensures these soils and forests remain available for wildlife and forestry for generations to come.

"In addition to the conservation of land, our work is about people, relationships

and the deep connections we have to the land and each other" said Rosalind Page, ACT's Interim Executive Director. "The Rexford's ties to the land through a long family history, and a deep love and respect for all it gives, made this project special. We are honored that Butch & Marion chose to work with ACT to preserve their family farm and forests."

The project could not have been completed without the patience and perseverance of the Rexfords and their family, ACT's members and supporters, and our funders. This project was supported by NH State Conservation Committee Conservation Grant Program, with funds made possible by the sale of NH Conservation and Heritage License "Moose" Plates. The project was also supported by the Randolph Area Conservation Opportunity Fund.

Ammonoosuc Conservation Trust works with individuals and communities to conserve land for the future well-being and vitality of the North Country. You can find more information at [act-nh.org](http://act-nh.org) or call ACT's office in Franconia at (603) 823-7777.

## Littleton Food Coop Artist of the Month(s)

The Littleton Food Co-op (LFC) is pleased to announce our January/February Artist, Maisie Gilman, owner and photographer at May I See Photography! Maisie's eye for capturing the beauty of our region reveals the glory of our place in the world. Her artwork is available to view in our art gallery, next to the Health and Beauty section in our store, as well as online at our website <https://littletoncoop.com/cafe-art/>. All of the artists featured in our cafe receive 95% of the sale of their artwork as our way of supporting North Country and Northeast Kingdom artists. The LFC mission is to support local and our vision is to cultivate a vibrant community and regional economy. Our Co-op Art Gallery is one of the ways we fulfill this mission and vision.

Maisie was born and raised in the Northeast Kingdom of Vermont. Photography has been a long time passion. She finally decided to share her work and we are very pleased she did. If you would like to learn more about Maisie please visit her Facebook page at <https://www.facebook.com/Ditzie-Mom> or her website at <http://www.mayiseephoto.com/>. We also inter-



Maisie Gilman, May I See Photography

viewed Maisie on January 9th in lieu of an artist's reception that LFC usually hosts. You can view the video at Littleton Food Co-op Facebook page under videos.

Member-owned Littleton Food Co-op serves the community by providing high quality food, offered at a fair price, with outstanding service. Everyone is welcome to shop and anyone is welcome to join. Located at the intersection of Cottage Street and Route 302 (exit 41 off I-93), the Littleton Food Co-op is open daily from 7 am - 8 p.m. For more information or to become a member, please visit [www.littletoncoop.com](http://www.littletoncoop.com), call 603-444-2800 or just stop by! See ya at the Co-op!

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# Cohase Rotary Collects Over 1000 Pounds of Pet Food

The Cohase Rotary eClub recently sponsored a pet food drive to assist pet owners facing economic challenges and to help support organizations committed to animal welfare. The event was held on Saturday, January 9, 2021 from 10 AM to 1 PM at Hannaford Supermarket in Bradford, Vermont. The response from the community was overwhelming with over 1000 pounds of pet food and supplies donated by over 200 families and individuals. Many community members also made cash contributions which were used to purchase additional food and supplies. Not only did people donate supplies for cats and dogs, but the club also received food and supplies for fish, hamsters, birds and other pets. The donations were distributed to area veterinary clinic pet food shelves, animal welfare organizations, food banks, senior centers and other organizations who work to address the needs of the economically disadvantaged. The Cohase Rotary eClub works to provide service to others, promote integrity, and advance world understanding and goodwill. The club seeks to sponsor one project each month to benefit our regional community with a focus on the Vermont and New Hampshire communities that make up the Cohase region. To become involved in the Cohase Rotary eClub or for more information, you can contact the club by email at [cohaserotary@gmail.com](mailto:cohaserotary@gmail.com); visit them on Facebook and Instagram; visit their WEB site at [cohaserotary.org](http://cohaserotary.org) or contact Monique Priestley, Club President at (802) 222-1909.



# Littleton Food Coop Hands Out Big Check

Littleton Food Co-op (LFC) greeted Marsha Gingue representing PRKR Mountain Trails, Matthew and Asa Toms representing Bethlehem Trail Association with a big check from LFC's Partner of the Month program in December. Member/ owners and customers rounded up at the register throughout December to support these two non-profits that bring much joy and outdoor fun to our community. The money was split equally and each organization plans on using the money for trail improvements. Happy trails for all!

Member-owned Littleton Food Co-op serves the community by providing high quality food, offered at a fair price, with outstanding

service. Everyone is welcome to shop and anyone is welcome to join. Located at the intersection of Cottage Street and Route 302 (exit 41 off I-93), the Littleton Food Co-op is open daily

from 7 am - 8 p.m. For more information or to become a member, please visit [www.littletoncoop.com](http://www.littletoncoop.com), call 603-444-2800 or just stop by! See ya at the Co-op!



Marsha Gingue for PRKR Mountain Trails, Asa Toms and Matthew Toms of Bethlehem Trails hold the Big Check at the Littleton Food Co-op

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

February 2, 2021

Volume 12 Number 9

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*Valentine's Day is Thursday, February 14!*

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### Letter to the Editor: How Do We Heal?

In 1858, Abraham Lincoln said, "A house divided against itself cannot stand." In today's world of opinion masquerading as news, our national house has never been so divided. America has become a nation of black and white, right and wrong, liberal and conservative. Lies are passed off as truth, rhetoric is inflammatory, and conspiracy theories abound. It's time to find a way to heal and come together as Americans once more.

We must throw away toxic stereotypes. Liberals believe all Conservatives are racists, religious fanatics, and uncaring xenophobes. Conservatives believe all Liberals are pro-abortion, anti-police, and willing to let all immigrants enter our country illegally.

None of this is true.

Rachael,  
Nicely said (or rather, written).

It does appear that true "truth tellers" are hard to find. Everyone has an opinion. Which is just fine as long as it is offered as an opinion and not "the truth, the whole truth, and nothing but the truth". After all differing opinions is what drives compromise which usually spells progress, even though one side may see it as regression.

News outlets make money by luring people to watch their programs, telling viewers what they want to hear rather than what is really going on. They play into stereotypes and fears just for profit. And we fall for it.

It didn't use to be this way. In the days of Walter Cronkite, it was unheard of for a reporter to offer their own opinion about something in the news. It was only "X happened", not "X happened because THESE people did THAT". Today we're told "our news is the only real news. Everything else is fake". Network executives and their sponsors win, laughing all the way to the bank. America loses.

We need to return to the Fairness Act where one side of a news item had to be balanced by any other sides. That way people had

to listen to both views and make up their own minds. President Reagan ended this, setting the stage for the enormous division we see today.

Until we can restore balance in the news, we must find ways to start talking to people from the "other side". Learn that stereotypes aren't real; that the people you've been told are bad aren't; that we're all Americans trying to make our country the best it can be.

Ignore the pundits who spout only one side as truth. Listen to everyone; watch and learn from each other. We must if we want to save this country from further descent into tribalism, dividing our house against itself to the point of ruin.

Rachael Booth  
Landaff, NH

*So please keep talking to others. And keep listening as well. The more information you have the better your chances of coming to a conclusion that makes the most sense to you. That is true, I believe, in politics and in the world in general.*

*So please stay safe, stay health, and keep listening and writing.*

Gary Scruton, Editor

### Letter to the Editor: In Response

To the Editor,

I read the letters from Roudebush, Morrison, Leclerc and Nickles in the Jan. 19, 2021 issue of the Trendy Times. There is a lot of hate and outrage in those letters, aside from many inaccuracies about what actually took place in Washington, DC on Jan. 6, 2021. I only have one question: where was their out-

rage over the summer riots in Portland, Seattle, Minneapolis and elsewhere where the riots lasted 7 months, not hours; 23 shot dead; 700 police officers injured; 150 federal buildings damaged; innumerable small businesses destroyed. Outrage: Thy name is hypocrisy.

Robert Peraino  
Franconia

Robert,

*I have said this before and I will say it again, The freedom of speech is one of the cornerstones of the United States. Without it we have no chance for discussion and eventually progress. Whether or not I agree with what someone says I will fight to be sure they have the right to say it.*

*Regarding the more specific issue of riots, please remember that absence of comment does not always mean agreement with the actions taken.*

Gary Scruton, Editor

### Letter to the Editor

To the editor,

Is it just me? Or does everyone have this problem, aggravating as it is. With all the technology these company's have, you would think they would have a "real live person to answer the phone.!"

Would save time, aggravation and "losing a sale". Customers can only do this for so long without.....

What is the problem.?

You call or email for info you received in the mail of a Great Deal from Cable, internet, phone services/ Spectrum or Consolidated and all you get is; "is this your number that you are calling from?"

Nancy,

*It was not funny, but, I had an issue with a service provider of mine in the past couple of weeks. My issue was not the automation I first spoke to, I got thru that and spoke with a real person. My issue was that person was unable to handle my issue and passed me on to another person who passed me on, who passed me on, etc. etc., etc.*

*The final outcome was that I wasted two full days before finally going back to the original service. Now I need to undo equipment changes and return all the new equipment that had been sent to me.*

*On the good side is that I was given a discount on my service for at least this month, and presumably for some months to come. Time will tell the end of that story.*

Gary Scruton, Editor

Would you like service, etc. HOW about a Real live person you could tell what you want to PURCHASE or have fixed or by the time you run out of patience you just want to Cancel.

\$100.00 month for nothing but frustration and repeated Reruns!! or Sports!

Either the Cable is out in the middle of a Show you haven't seen or the Klicker doesn't work.

Alright people, should we Picket, to get attention?? Or we all cancel all at the same time.

NO this is not APRIL 1st. or Covid.

Nancy Leclerc  
No. Woodstock, NH

### Letter to the Editor

Dear Editor:

Whether you voted for Joe Biden or Donald Trump, I hope you agree that it is important to keep our great country together. These challenging times require us to lower the temperature of nastiness and vitriol that is permeating our nation. A wise person once said, "It is impossible to solve problems if you view someone as an enemy."

Because someone doesn't agree with you, that doesn't mean they are evil, that doesn't mean they are unworthy. Everyone is worthy. It is up to each of us to model how we treat each other, to do so with respect and dignity.

Given concerns about this national crisis, I volunteer with Braver Angels

Douglas,  
Another letter suggesting, and showing a manner to, cooperate with others. What a great sentiment. I applaud you and your organization

(<https://braverangels.org/>), a national citizens movement that is uniting Americans from across the political spectrum to depolarize our country. Embracing core values of respect, humility, honesty, and responsible citizenship, we bring people together to listen and better understand those with whom they disagree. We offer online workshops, including one on Families and Politics that teaches skills to successfully manage political conflict with family members. Our next workshop is on Saturday Feb. 6, and there is no cost!

I also welcome you to join our online regional alliance meeting on Tuesday Feb. 16 at 7 pm. You will meet some wonderful

people from NH, VT and ME who are committed to listening to each other and finding ways to unite our country. I encourage interested people to reach out to me at [dteschner@braverangels.org](mailto:dteschner@braverangels.org)

As Braver Angels co-founder Bill Doherty recently observed: "I think people are starting to realize that we can't go on this way. I have hope that we are going to wake up and see divisiveness and polarization as our enemy, not people on the other political side."

Thank you and please join us to make a difference for our children and future generations!

Douglass Teschner  
Pike, NH

*for working to bring sides together in our country. It is together that we can move forward.*

Gary Scruton, Editor

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## Financial Gifts for Your Valentine

For many of us, the COVID-19 pandemic may be putting a hold on dinner at the charming local bistro, but the spirit of Valentine's Day cannot be extinguished. This year, perhaps more so than in the past, you may want to make your Valentine's Day gifts even more meaningful. So, for example, what can you give your loved ones to help them along on the road to financial security?

Here are a few possibilities:

- Contribute (indirectly) to an IRA

Virtually anyone with earned income can contribute to an IRA, which offers tax benefits and an almost unlimited array of investment options. Yet, most people never contribute the maximum amount allowable each year, which, in 2021, is \$6,000, or \$7,000 for those 50 and older. You can't contribute to another person's IRA, but you can give that person the money for that purpose. However, an individual can't contribute more to an IRA than he or she earned during that year. So, if you were to give someone \$1,000 to be placed in an IRA, that individual must have at least \$1,000 in earnings. Be aware,

though, that the recipient can use the money for any purpose.

Give shares of stock

- You probably are already familiar with the products your loved ones use – so why not give them shares of stock in the companies that make those goods or services? Most people enjoy being “owners” of businesses whose products they use. Furthermore, owning stocks for the long term can be a valuable component of anyone's financial strategy. If you are unsure of how to give stocks, you may want to consult with a financial professional.

Stay protected

- If your valentine also happens to be your spouse, you can give a gift of tremendous value by simply working to protect what you have. For example, if something happened to you, would your spouse be able to maintain the household, educate children, pay the mortgage and so on? A financial professional can help you find the protection you need, as well as suggest ways to defend yourself against the devastating costs of long-term care. A private room in a nursing home can

cost \$100,000 or more each year, according to the insurance company Genworth, and Medicare typically pays few of these expenses, so you'll want to be prepared.

Create (or revise) your estate plans

- It doesn't sound very romantic but making sure your estate plans are in order is one of the best gifts you can give to all your loved ones. If you haven't created your plan yet, contact an attorney who specializes in estate planning. You may also want to involve your tax and financial advisors. And if it's been a while since you looked at your existing plan, take the time to review it – this is especially important if you've had changes in your family situation.

On Valentine's Day, the chocolate hearts and flowers are certainly always appreciated. But financial gifts can help you make a truly lasting impact on your loved ones' lives.

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

*Edward Jones, Member SIPC*

## Open Letter to Vermont Press Corps on Gender Bias

To: The Vermont Press Corps

Vermont is the only state in the nation which has never elected a woman to Congress. Only one woman has served as governor. We have never elected a woman of color to any legislative leadership position or statewide office. This is our story and it casts a long shadow on our nationally perceived status as a leader on issues of equality. This month, three legislative leaders were sworn into office: our lieutenant governor, speaker of the house, and president pro tempore of the senate. The lieutenant governor and speaker are the fourth women to hold their respective offices and the president pro tempore is the very first woman. This is cause for celebration.

Yet, the success of these women is not because the Vermont political system has eliminated sexism and misogyny. They succeeded in spite of the persistence of prejudice, harmful stereotypes and biased thinking that permeates most aspects of women's lives.

There are many factors that contribute to the race and gender disparity at the highest levels of power. The past few years have brought a reckoning on issues of racism and sexism. In many of our lives we are having conversations with our families, co-workers and friends about the impact of these systemic issues. We know this – to achieve a more equitable political system, we must examine all factors that contribute to inequitable power dynamics. The press

is but one factor and we write this letter in the hope of starting a dialogue about this important issue.

News organizations play an essential role in shaping the way the public perceives issues, state agencies, elected officials and candidates. As traditional news sources continue to diminish in Vermont, the remaining organizations are all the more influential in shaping Vermonters' ideas and understanding of government and politics. The public relies on reporters and editors to distill massive amounts of information the average citizen can never hope to collect or digest. With its ability to mold public perception, the press serves just as important a function in our democracy as representative government.

This year an unprecedented number of women ran for president, forcing a discussion on the degree to which racism, sexism and misogyny continue to block women from reaching the highest levels of elected office. Despite the fact that the issue of gender bias has recently been prominently acknowledged, gendered tropes and prejudices continue to permeate coverage of women public figures. Just last month, in the story on Dr. Jill Biden, we saw an example of the way the national press diminishes professional women's accomplishments, questions their competence and legitimacy as leaders.

Throughout the last election cycle the national press wrote extensively on women's “electability” — a

mythic, unmeasurable, subjective quality. This has perpetuated a pervasive and false narrative that women cannot serve in higher elective offices and perhaps should not aspire to those positions.

We are fortunate in Vermont to have a trustworthy and ethical press corps — many of whom continue in this work out of a true commitment to fairness and public education, and our democracy is stronger because of your work. That being said, we respectfully invite you to consider the following:

- Vermont's full-time political reporters and columnists are almost all male and all white. A more diverse press corps leads to more inclusive reporting. A broader range of lived experiences in the press corps can influence how the news is reported: who is interviewed, what questions are asked, and what perspective is missing.

- Who is quoted matters. While women outnumber men among those who serve as chairs of house and senate committees, in news stories quoting legislators, male legislators are quoted 56% of the time while women legislators are quoted 44% of the time. Outside political “experts” quoted in stories are almost always former male politicians or male political science professors.

- It is no longer acceptable to focus on women's appearances. Women candidates' appearances are discussed at length, including their height, weight and

clothing style. This year, a series of candidate profiles highlighted a woman candidate's “youthful and petite appearance” and her “bulbous cheek bones and shockingly flawless skin.” Her male opponent, in contrast, was described with dignity as a “classic northern New England Politician.”

- Women candidates for higher office have been described as “too aggressive,” “too shrill” while their male counterparts are described as “bold,” and there is no mention of tone of voice.

- Disagreements between women have been described as “catfights.” This is a demeaning description of a disagreement between professional adult policy makers or political candidates.

- An elected leader supported the paid family leave bill and a columnist wrote that she supported this policy because she was “entirely female” and the bill assisted Vermont women. This reductive story intimated the policy agenda of this official was nothing more than a whim based on her gender.

This year, for the first time in the history of our state, women hold all three top legislative leadership positions. There is one woman of color in the senate, and the very first trans woman state representative. Continuing to allow outdated evaluations of their success and worth in terms of stereotypes and casual bias no longer serves as credible coverage.

This historic legislative session gives an opportunity to reflect on how we can ad-

dress gender bias now and in the future. Women will continue to run for office at all levels in Vermont. The first woman elected to federal office in Vermont will be a pioneer. As we approach the breaking of that glass ceiling, we have the opportunity to discuss these issues without the context of any specific candidate.

Stereotypes, bias, and prejudice are always more than the isolated experience of women alone. Press coverage that uses, often unintentionally, dated stereotypical language similarly harms other marginalized groups. As leaders and activists in our own communities, we are committed to fostering a truly equitable political system that is much more diverse and inclusive.

We hope you will engage in internal conversations within your organizations about the issues of sexism, gender bias and racism in reporting, and commit to the challenging work of reckoning with the unconscious biases that affect our public narratives every day. We have the greatest respect for your work, your dedication to factual and ethical reporting, and hope to work with you toward this goal.

Thank you.

From:

Michele Asch – VP Leadership and Organizational Development, Twincraft Skincare

Julia Barnes – Founder, JPBK Consulting

Rhoni Basden – Executive Director, Vermont Works for Women

AND OTHERS



## Cynthia M. Eastman: OBITUARY

Corinth, VT - Cynthia M. Eastman, 69, of Thurston Hollow, passed away January 25, 2021 with her family by her side, after losing her 4 year-long courageous battle with cancer.

Cynthia enjoyed her childhood growing up in Topsham and Corinth. She was the first of three daughters to her father John Peterson and mother Ivis (Emerson) Peterson. Cynthia attended school at Cookeville Elementary and Bradford Academy.

It was in 1966, at the age of 15, when she met her high school sweetheart and love of her life, Larry Eastman Sr. Cynthia lived her life to the fullest with her husband by her side. You rarely saw Larry and Cynthia separated but when they were, it wasn't for long. Cynthia had a passion for motorcycle riding with her husband at the wheel, summer camping, her love for black cats and spending time with her children and grandchildren. She enjoyed the simple things in life. She enjoyed finding deals at lawn sales and loved the trinkets she found.

Cynthia worked a number of jobs from Channel Mills in Bradford to a cook for Chimes Restaurant in Bradford. Later in life she worked



as a housecleaner for private citizens. She developed strong relationships with those whom she cleaned for. She was always faithful and thought of them as family.

Cynthia dedicated many years of her life serving the citizens of Corinth and Topsham VT as a first responder and treasurer for the Corinth-Topsham emergency response team and she was known to respond to an emergency call at a moment's notice, even during dinner prep. Larry and Cynthia constantly monitored the coverage for the Corinth-Topsham emergency response team, and at times remained in town solely because there were no other members of the unit that could respond in case of a medical emergency. Cynthia always wanted to be there for others in need and sacri-

ficed her own happiness to help others.

Cynthia was predeceased by her father, John Peterson, her mother, Ivis Peterson, an infant brother, John W. Peterson, and an infant grandson, Michael R. Eastman.

Cynthia leaves behind her childhood neighbor and loving husband of 52 years, Larry E. Eastman Sr. of Corinth, her three children, daughter Amy M. (Eastman) Bingham and her husband Richard C. Bingham of South Corinth, daughter Lisa M. (Eastman) Koch of Concord NH, and her son Larry E Eastman Jr and his wife Angela J. (Miller) Eastman, along with her grandchildren, great grandchildren, nieces and nephews.

There will be no calling hours. There will be a grave site service in the Spring followed by a memorial motorcycle ride at a later date in her name, to commemorate her love for riding.

The family suggests that in lieu of flowers those that wish to show support donate to cancer research in Cynthia's name. This would commemorate Cynthia's compassion towards helping others and work toward ending the horrible disease. Arrangements are by Hale Funeral Home in Bradford, VT.

## William O. Schilke: OBITUARY

Wells River, VT - William O. Schilke, 64, of Water Street, died unexpectedly at his home on Friday, January 15, 2021.

Bill was born in Waterbury, CT on October 31, 1956 to Robert E. and Catherine (Norris) Schilke. He was a graduate of Nagutuck Valley Community College in 1976.

Prior to moving to Vermont, Bill served as a Nagutuck police officer. In the Upper Valley, he had worked in human services.

Currently, he was the head trustee for the Village of Wells River and was instrumental in obtaining funding for their recent water project. He was a member of the Caledonia Forest and Stream Club.

In his spare time, he enjoyed shooting, snowmobiling, and riding his Harley Davidson motorcycle. He was an ardent supporter of BMU sports and loved watching cross country and basketball. Mostly, he and his wife, Mary, were known for walking their dogs through Wells River and Woodsville.



He is survived by his wife, Mary (Furs) Schilke of Wells River; two sons, Frederick Schilke and wife Jessica of South Ryegate, VT and David Schilke and partner Erin Berg of Catskill, NY; three grandchildren, Jacob Schilke, Reese Sanborn, and Addison Sanborn; and his mother, Catherine Norris of Waterbury, CT.

He was predeceased by his father, Robert E. Schilke and his sister, Linda Boucher.

No services are being planned at this time.

For more information or to offer an online condolence, please visit [www.rickerfh.com](http://www.rickerfh.com)

Ricker Funeral Home & Cremation Care of Woodsville is in charge of arrangements.

## 'Horse Dreams: Horsemanship with Heart'

by Karin Matey

My twenty-year journey with my horses has been nothing like I once imagined it might be when I was a little girl growing up on my parents' farm in Germany. Back then I pictured myself riding with my horse to the highest level in dressage and show jumping, but I never once thought about what it would be like to actually care for a horse. I did plenty of chores around the farm as a kid but I never put two and two together in that respect. There is nothing wrong with wanting to be a dressage champion, but it is only part of the picture, and the smaller part at that. In my imagination my horse would never get sick or need food, there were no medical bills, horses' hooves needing trimming, or desperate searches for the highest grade of hay. Dreaming about horses will not teach you the responsibility of having one. Nor will it hint at the joys of building a relationship of unconditional love and trust with your horse. In the last twenty years I have had six horses, four of them foals I raised to adulthood and still have. I

have never parted with a horse I acquired, except when old age and death took it away from me. I have enjoyed giving riding lessons and horse clinics. I have always enjoyed listening to what people have to say about their horses and the relationship they have with them. I have learned to listen deeply to what my horses are telling me about themselves. My horses taught me how to ride, not the other way around; they taught me commitment and trust, how to live life in the present moment, and the right meaning of self-love. Horses don't judge, but they understand. My dream of having horses could never have prepared me for the life I have with my horses today, because all our dreams must evolve and survive many hard knocks along the way. My horses and I have had many happy moments sometimes followed by sadness and even loss that in a miraculous way was turned into triumph. In this book I have recorded some of my experiences with my horses, in part because of all they have meant to me, and also in the hope they may pro-

vide you with some interest, information, and insights on your own journey with your horse or horses. This new book of mine is a bit more advanced or sharply focused on certain subjects than my other books, reflecting my ongoing journey with my horses. I would not trade my adventures with my horses for anything in the world, and in truth that would be impossible, for they have shaped me into the person I am today.'

*New Hampshire resident Karin Matey of Lancaster has been writing about the 'love' of her horses for several years now. Many of these experiences are captured in Karin's books 'My American Horse Family', 'Sebastian's Adventures: Diary of a Champion', and now 'Horse Dreams: Horsemanship with Heart' found on her web site: [www.karinmateybooks.com](http://www.karinmateybooks.com).*

*Karin's most recent book 'Horse Dreams: Horsemanship with Heart' was recently awarded a Firebird Award in the non-fiction category. Please view more information about the Firebird Award and recent winners through the websites below:*

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# What About Ma?

by Kellie Quackenbush

## All About Safety

Early in December, we were able to visit Ma, the facility that Ma is staying at had set up a room that had floor to ceiling plexiglass--separating guests from residents. We were able to talk through the window and if hearing was an issue, there was a phone. The room that Ma was in was decorated with a Holiday style, our side had two folding chairs and a small table that the phone sat on. It was great to actually see her.

Since then, the COVID-19 has infected the facility and visits have been cancelled.

The news had issued warnings about social gatherings for the Holidays, there were public announcements and signs on the road---all saying NOT to have social gatherings and not to get into crowds. But a portion of the population, that have been starved of family time or lived in disbelief, went on family trips and participated in social gatherings. Now, what the doctors and advisories had warned us about has happened, we have upward trending numbers of people infected with the virus and dying from it.

The facility where Ma is staying is now under quarantine. They had stayed in-

fection free until the month of December but since the Holidays, staff members have gotten sick with the COVID-19 and brought it to work with them. Once in the facility, it spread to the residents. The facility has been actively testing and isolating sections of the population. Ma has been in a safe wing of the facility and was never exposed.

We are grateful.

What can we do to be safe?

"To help prevent the spread of COVID-19, everyone should:

Clean your hands often, either with soap and water for 20 seconds or a hand sanitizer that contains at least 60% alcohol.

Avoid close contact with people who are sick.

Put distance between yourself and other people (at least 6 feet).

Avoid indoor spaces that do not offer fresh air from the outdoors as much as possible. If indoors, bring in fresh air by opening windows and doors, if possible.

Cover your mouth and nose with a mask when around others.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Clean and disinfect frequently touched objects

and surfaces daily.

CDC recommends that people wear masks in public settings and when around people outside of their household, especially when other social distancing measures are difficult to maintain.

Masks may help prevent people who have COVID-19 from spreading the virus to others." [www.cdc.gov/coronavirus/2019](http://www.cdc.gov/coronavirus/2019)

What do I do? Like my winter safety box that I carry in my car during the winter, I also have safety items that help me not catch or carry germs from outside sources. In my health safety box I have extra masks (in case mine gets wet), I have gloves that are water proof on the outside but cotton lined on the inside, I also have cotton gloves that can go in the wash, I have hand wipes and disinfecting wipes for hard surfaces. I have cloth wipes and water, should I need to change my mask while I am out, I will wipe my face with a clean wet cloth before putting on a new mask.

After being out -- shopping, working, walking or whatever -- I wash my hands and change my clothes, whatever I have worn is tossed into the laundry. I do have more than usual laundry but I have never been sick. Every door knob, gas pump, stranger in a store, and cash transaction is an opportunity to carry germs that may make you sick.

Now is the time to put your health and safety first. Soap and water are our defense.

# Geoffrey

by Elinor P. Mawson

I don't know how they met, but my sister contacted her newest boyfriend and went to the bus to meet him. He was wearing his late wife's coat which was a little worse for wear, and carried his clothes in a black plastic garbage bag.

She was a little nonplussed but brought him to her house and they sat and had coffee and introduced themselves to each other. It seems that his wife had been ill for quite some time and he had been her caregiver until she passed away.

It also seemed that he had some neurological issues and was taking medication for them. He had to go to the pharmacy to pick them up each week. He needed to sort them out and take a certain amount each day; however he chose to take them all at once so he would have a "normal" day. This worked out for the first day and then he was zombie-like for the rest of the week.

Apparently it worked out and they became fast friends. At the end of the week, Geoffrey got back on the bus and returned home.

One summer day, my sister called and asked if she, her dog, and Geoffrey could come for a visit. Of course I said yes, and they arrived a couple of days later. Geoffrey was a small man, a little nervous and obviously on his meds. He arranged himself on the couch and promptly went to sleep.

When it was time for supper, we went to the table, but Geoffrey announced that he wasn't hungry. I guess it

was a result of his medication, and we chowed down while he remained on the couch. My husband was a little irked, because he liked to sleep on that couch which was on the porch. But Geoffrey prevailed.

The next morning, when we went out on the porch, we couldn't believe our eyes. Lined up next to the couch were glasses, bowls and plates where Geoffrey had helped himself to the contents of the refrigerator sometime during the night. He refused breakfast.

The next two days were a repeat of the first. He would be lying there, singing songs from past Broadway shows and seemingly enjoying himself. He never ate a meal with us. One afternoon we decided to go to a restaurant for dinner, but Geoffrey said he would rather stay put, take care of the dog, and study Chinese. We took off without him.

When it was time for him to get his meds, he, my sister and the dog went home. After vacuuming up a bushel of dog hair, we took one look at the couch. We picked up the linens, took the pillowcase off the pillow and threw everything away. My husband never slept on the couch again.

Eventually Geoffrey was replaced by Clifford, an older gentleman, and Geoffrey was heartbroken. He wrote poems about my sister and sent them to me for several months. I decided not to write back to him for my own peace of mind. I sort of felt bad for him but a little of him went a very long way.

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# Weight Control

By Melanie Osborne

Yes, I know I am aware it is the holidays and yes, I love my treats, yet, I know many herbal secrets that I am always open to sharing. Weight control is a strategy of prevention lifestyle – an attitude of keeping weight down. People today are more motivated for health reasons to control their weight. Even though Americans are always looking for the “miracle magic bullet” for slimness and body tone, everyone is slowly realizing that a good nutritional diet has to be front and center for permanent results. Weight control is a component of a sound nutritious eating plan along with nutritional supplementation. Foods alone are not enough to “fill you up,” as the value of our soil is still on the decline.

## The Six Most Common Weight Control Problems

There are almost as many weight loss problems as there are people who have them. Once you make the decision to be a thin person, analyze what your weight loss block really is. Identify your most prominent weight control problem, especially if there seems to be more than one. Best results are achieved by working on the worst problem first. As improvement is realized in the primary area, secondary problems are often overcome in the process. If lingering problems still exist, they may be addressed with additional supplementation after the first program is well underway and producing noticeable results.

After identifying, your personal difficulty, choose the weight loss herbs within that area that most appeal to you. Since natural products work with the body to rebalance gland and hormone functions, productive activity may be subtle and long range for more permanent results. Go slow, stick to it, improve your diet and your daily habits if necessary. Herbal therapy has shown success in treating each of the major weight loss problems.

Here are the six most common weight control problems. Does your weight loss difficulty fit in here?

1) Lazy Metabolism & Thyroid Imbalance: A poorly

functioning thyroid invariably results in sluggish metabolism. Most people with under-active thyroids (hypothyroidism), have a weight problem. Factors that decrease thyroid activity and the rate at which the body burns calories, include certain nutrient deficiencies, thyroid exhaustion because of over-stimulation by caffeine, sugar and other stimulants, and substances that inhibit thyroid function, like alcohol.

2) Cellulite Deposits & Liver Malfunction: Cellulite is a combination of fat, water and wastes. When circulation and elimination become impaired, connective tissue weakens, and un-metabolized fats and wastes become trapped just beneath the skin instead of just being eliminated by the body. Cellulite forms in areas of sluggish circulation, building up where normal cell exchange slows down.

3) Overeating & Eating Too Much Fat: Overeating on empty calories, like junk food, is the downfall of most dieters. Overeaters usually diet by eating one large meal a day and then try to eat nothing the rest of the time. Gnawing hunger for long periods makes the dieter irritable and miserable. This type of so-called diet taxes the willpower to the max and makes the dieter want a food binge.

4) Poor Circulation & Low Body Energy: For some dieters, initial weight loss is quite rapid, but then a plateau is reached and further weight loss becomes difficult, because restricted food intake slows down metabolism, helps convert stored fat to energy, and energizes circulation to help a dieter get over this plateau.

5) Poor Elimination-Detox The Colon, Bowel, Kidney & Bladder: Today, people make rich foods like red meats, rich cheeses, cream, butters and sweets, once reserved for festive occasions, a part of every meal. These foods are poor nutrition providers and difficult to eliminate. The environmental pollutants, pesticides, and chemical by-products in these foods also obstruct body processes. Clogged elimination systems especially impede the weight loss process.

6) Sugar Craving & Body Sugar Imbalance: Sugar provides a temporary “insulin rush”, but is then followed by food cravings caused by low blood sugar levels. After a sugar binge, raised insulin levels mean more calories are transformed into fat. A low glycemic diet is a good answer for sugar cravings. It means fewer calories are turned into fat and more are burned for energy.

Thermagenic Calorie Burning Herbs include: Kola Nut, White Willow Bark, Kelp, Sea Vegetables, Nettles, Parsley Root & Leaf, Sarsaparilla Root, Garcinia Fruit

Appetite Suppressant Herbs include: Chickweed, Barley Grass, Spirulina, Fenugreek Seed, Oats, Oatstraw, Kelp, Sea Vegetables, Chlorella, Fennel Seed, Alfalfa, Flax Seed

Herbal Energizers include: Kola Nut, Bee Pollen, Gotu Kola, Sarsaparilla Root, Siberian Ginseng Root, Hawthorn Berry, Leaf & Flower, Barley Grass, Suma Root, Guarana Seed.

Blood Sugar Stabilizing Herbs include: Licorice Root, Panax Ginseng, Barley Grass, Spirulina, Lecithin, Gotu Kola, Burdock Root, Sarsaparilla Root, Gymnema, Wild Yam Root.

Circulation Stimulating Herbs include: Hawthorn Berry, Leaf & Flower, Safflower, Gotu Kola, Ginkgo Biloba, Turmeric, Kelp, Ginger Root, Capsicum, Siberian Ginseng Root.

Body Cleansing Herbs include: Rhubarb Root, Irish Moss, Cascara Sagrada, Psyllium Husk, Butternut Bark, Apple Pectin, Barberry, Aloe Vera, Black Walnut

*Melanie Osborne is the owner of Thyme to Heal Herbs and practices on Route 302 in Lisbon, NH. She has been in practice since 1991. She is certified in Therapeutic Herbalism through the Blazing Star Herbal School in Shelburne Falls, Massachusetts.*

# Acceptance

Topics

Disability and Aging

by Cyndy Wellman



## Governor of NH

He made NH residence feel less in the bubble. I would like to acknowledge Governor Sununu and his staff have done an exceptional job. Especially with the Covid-19 and pandemic! Currently working on getting the vaccine here for more people. Besides the medical and emergency team!

He cares about other issues that need attention. Such as the horrendous riot at the

Washington DC in January. Authorizes NH National Guardsmen to support the Presidential Inauguration. Another is the Environment Protection Agency Great Bay Total Nitrogen General Permit to improve water quality and restore damaged ecosystems in the Great Bay. Property tax relief by returning \$ to cities, towns for roads, bridges, and safer schools. Lots more has been done for the state of NH. Impressive work!

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

# Venison Neck Roast

Hello hello my fellow chefs. How are you all doing today? I am feeling better and back to share this recipe with you. I was given a venison neck roast. I didn't grow up in a family of hunters so this was my first time having venison. In Rhode Island where I was from it was not popular. But I gave it a try and was pleasantly surprised. To me it tasted a little like beef. It's easy peasy to make and I think you will say it's Delicioso. So let's get to the recipe and how to make it.



- Ingredients**
- 1 venison neck roast
  - 2 Tbsp. Minced garlic
  - 1 Large onion sliced
  - 4-5 potatoes
  - 4-5 carrots
  - 2 Tbsp sea salt
  - 2 tsp black pepper
  - 2 cups of water

If potatoes and carrots are big cut them in half. Put crockpot on high and put roast in. Put the garlic over the roast and add the seasonings. Then add the water. Put the onions, carrots and potatoes in. Cook for 8-10 hours on high.

That's it. The slow cooker cooks perfectly and the meat fell right off the bone. It's flavorful and tender. Add some

of the broth over the meat and serve with the potatoes and carrots and onions. I like to mash my potatoes and carrots together in my dish with some butter and they were good.

I enjoyed this recipe and I hope you will too. Now I can say I've had venison.

So folks if you have the chance to get a venison neck roast try this recipe. I would say it would feed 4 people because surprisingly there was quite a bit of meat. We had a salad on the side. We also had a nice glass of red burgundy wine with our meal. Remember to drink responsibly. If you have any questions please contact Gary and I will help you out. I am signing off for now.

Sincerely, Cin Pin



This Barred owl was recently photographed in Pike, NH by Cyndi Wellman. You can reach her at cnb.pics07@gmail.com

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Carey is both a Family practice and Psychiatric NP, presently concentrating on taking care of patients with mental health concerns. Carey was born in England . She emigrated to Canada with her family in 1966. She has been working in the USA since 1976 ,after graduating from Nightingale school of nursing, in Toronto. She received her BSN from The State of New York University, Regents College in 1997. She obtained her MSN and Family practice certificate from UVM in 2000.

She returned to UVM to get her post graduate certificate in psychiatry, graduating in 2007. She is looking forward to working with the dedicated employees at LRHC. Outside of work she enjoys spending time with her family and friends, travelling, cooking and gardening.



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