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FEBRUARY 16, 2021 VOLUME 12, NUMBER 10

VNH Partners with Rescue Inc. to Deliver COVID-19 Vaccines to Home-

White River Jct., V.T. – Starting in February, Visiting Nurse and Hospice for Vermont and New Hampshire has provided homebound patients 75+ the opportunity to get their COVID-19 vaccine where they are most comfortable and safest — at home. By partnering with local emergency medical service, Rescue Inc., the vaccine is able to be stored correctly and delivered to patients in the most rural areas of Vermont.

“There is a natural partnership between VNH and Rescue Inc.,” said Director of External Relations, Hilary Davis “We both work in the same environment, serving many of the same people. VNH has the expertise of care delivery in the home and know this population well. Rescue Inc. supports this

population with their emergent medical needs. With the scarcity of workforce in rural areas, community health providers need to be creative and work together, this is just one of many success stories to come.”

The older population and those with underlying health condition are some of the most vulnerable to COVID-19. According to the health policy think tank, Commonwealth Fund, there are 1.9 million adults over 65 who are home bound and another 5.3 million that have a health condition that makes it hard to leave home.

Rosemarie Duffy (pictured) was just one of over 200 homebound patients living in Windham, Windsor, and Orange Counties who received their first dose of the COVID-19 vaccine in the last

week. Without the service from VNH and Rescue, Inc. Duffy would not have had access to the vaccine due to the difficulty and risk of leaving her home. “Oh my god this is incredible, I am so happy to get this shot today. I will finally get to see my great-grandson again, it has been a long 11 months,” said Duffy.

Delivering vaccine to home bound patients is not new, but due to workforce scarcity, strict storage and transportation requirements of this vaccine, and the extreme rural geography of VNH’s 4,000 square mile service region, VNH clinical staff could not have provided this service without help.

“VNH is deeply rooted in the community, the ability to offer this service to our most vulnerable population is criti-

cal in our effort to stop the pandemic,” said President and CEO, Johanna Beliveau. “I am grateful for our community provider partners, Rescue, Inc. for their commitment to our patients and our community”.

ABOUT VNH –Visiting Nurse and Hospice for Vermont and New Hampshire (VNH) is a non-profit organization that has provided home health and hospice care services in Vermont and New Hampshire since 1907. The agency is dedicated to delivering outstanding home and community-based health and hospice services that enrich the lives of the people they serve. VNH makes home visits to people of all ages and all stages of life –



regardless of ability to pay – and also provides communities with education and wellness programs.

Currently, VNH serves more than 140 towns in Vermont and New Hampshire and covers 4,000 square miles. VNH caregivers provide services for more than 5,000 people each year and makes more than 150,000 home visits to people of all ages and at all stages of life. Visit www.vnhcare.org for more information.

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Residents Encouraged to Support Local Restaurants, Lodging Properties, and Retailers

CONCORD, N.H. – New Hampshire's Governor along with economic development and tourism officials are launching a statewide marketing campaign in an effort to boost the state's local businesses as they navigate through the devastating economic toll of the COVID-19 pandemic. Entitled "Support Local: Go the Extra Mile," the integrated campaign launched this month and will run through March via advertisements on billboards, television spots, and social media.

The campaign stresses the importance of shopping, dining, and staying locally and encourages residents to patronize small businesses. A dedicated website with

comprehensive listings of New Hampshire businesses as well as other resources will be available upon the launch.

"Now, more than ever, our small businesses need our support," said Governor Chris Sununu. "We're calling on New Hampshire residents to support their community, and other communities around the state in this effort. So many restaurants and retailers have gone above and beyond to stay open, and now it's time for us to do what we can to support them."

With no sales tax and seven distinct regions in the state that are all easily accessible, residents and visitors can take advantage of

the variety within proximity found in New Hampshire.

"We are fortunate to live in a state that has a diverse collection of independent businesses from world-class restaurants, boutiques and inns, to breweries and service providers," said Commissioner Taylor Caswell of the Department of Business and Economic Affairs. "The New Hampshire way is to support our neighbors. In this case, these neighbors are local business owners, and they need our help now more than ever. When you can help support them by eating, shopping and staying locally."

"Because we don't have a sales tax, retail sales in our state are so much more im-



portant and so much larger per capita than in other states," said Nancy Kyle, president and CEO of the New Hampshire Retail Association. "These places have made a commitment to our communities, they are brick and mortar, they're contributing to your Little League team, and they're there for you. And it's time for us to be there for them."

According to Mike Somers, president/CEO of the New Hampshire Lodging & Restaurant Association, the "Support Local; Go the Extra

Mile" initiative comes at a crucial time for the industry.

"While the resiliency, resourcefulness, and fierce determination of our industry has been on full display during these challenging times, we need the support of everyone in the state right now," said Somers. "The people of New Hampshire are hard-working, generous and caring, and we need that spirit more than ever so we can continue to offer the great dining, lodging and services they've come to love and depend on."

NH State Register of Historic Places New Listings Commemorate Caddies, Farm Life, Rail Travel, More

The New Hampshire Division of Historical Resources is pleased to announce that the State Historical Resources Council has added six properties to the New Hampshire State Register of Historic Places.

Built in 1958 to memorialize generations of golf caddies who attended caddy camps in New England, the Lady of the Fairways Shrine in Bethlehem is both a symbol and a cultural expression of the importance the camps had in the state; it is one of the only remaining physical reminders of them. The shrine's design includes a marble Madonna statue set in a brick grotto, reflecting the campers' Italian and Irish Catholic heritage.

The Old Academy Building at Pinkerton Academy in Derry was the school's first building when it opened in 1815 and was one of the first secondary schools in the state. The well-preserved example of Federal-style architecture was altered in 1828, when a Greek Revival-style front pavilion and a cupola were added. The building's interior, especially the second floor, retains the look of a Pinkerton Academy classroom from 100 years ago.

The Lee Library began serving the town's educational needs in 1897, when it was built as a schoolhouse after the Lee consolidated its seven school districts into four. One of the town's earliest preservation efforts, the building was moved a half-mile from Lee Hook Road to the town center in April 1962 and since then has served in a new educational role: as the town library and community meeting space.

Plymouth's Lower Intervale Grange #321, built by local farmers in 1912, is part of the grange movement that blossomed in the late 19th and early 20th cen-

turies. Granges not only increased educational opportunities and economic profitability by fostering cooperation between local farmers, but they also served as social centers for members and their families. Fifty-seven granges still operate in New Hampshire, eight of them in Grafton County.

The Second Empire-style Old Stratham Town Hall was built in 1877 specifically to provide space for both government functions and social use. The site of town meetings at the turn of the 20th century, it was consistently used for events hosted by local organizations into the 1990s. Indicative of the building's status as a social center, Stratham's town report for several years included a line item for the expense of tuning the building's piano.

Prior to the arrival of the railroad, boats and stagecoaches were the only ways that both freight and people could arrive in Wolfeboro. The Wolfeboro Freight Shed, a single-story gabled warehouse built in 1871-72, played an important role in the development of the town's industrial and tourism

sectors. Its elevated design allowed boxcars to pull up alongside the shed's sliding freight doors, allowing for easy loading and unloading of luggage, goods and manufacturing materials.

Anyone wishing to nominate a property to the New Hampshire State Register of Historic Places must research the history of the nominated property and document it on an individual inventory form from the New Hampshire Division of Historical Resources. Having a property listed in the Register does not impose restrictions on property owners. For more information, visit nh.gov/nhdhr.

New Hampshire's Division of Historical Resources, the State Historic Preservation Office, was established in 1974 and is part of the NH Department of Natural and Cultural Resources. NHDHR's mission is to preserve and celebrate New Hampshire's irreplaceable historic resources through programs and services that provide education, stewardship and protection. For more information, visit us online at nh.gov/nhdhr or by calling 603-271-3483.

Acceptance

Topics
Disability and Aging
by Cyndy Wellman



Move to your Grove!

This is not a New Year's resolution and fake magazines gotta look alike. This is to stay and feel healthy all year round. "Exercise" I will never be a fan of this word. But I find other ways! Vacuum like the Mrs. Doubtfire movie. Play with the dog outside, take an adventurous walk and join an exercise group. So how can we make life easier? You must think outside of your job and chores.

What makes you happy? Some like golfing, hunting, and gardening. Winter months skiing, snowshoeing or making a snow sculpture. Do Not Let this Covid virus and whatever is next prevent you from enjoying life. You do not need to stimulate the economy too much. Dance to the beat of your music.

Another way of looking at Exercise!

Stay away from the scale. Personally, I do not own one. Whenever I go to the Dr.'s I get weighed. Wish they could change it to Metric, LOL

"Let's get Physical" like Olivia Newton John sings. Ever since we started walking, we tend to be active. (Even if you were/are limited in mobility. Someone tries to keep you ac-

tive.) Hopefully, you have a role model in your life. Perhaps your family likes sports and encourages you to play basketball/baseball. Or the whole family cross country ski on the old railroad tracks. How about walking? So much to see in four seasons.

Our maturity changes as we get older. Teenage years – worry about appearance. Fitting in clothes! Now, 20's and 30's you might be a parent. Or have a demanding job. Exercise keeps moving somehow and makes it stressless. Do not be afraid to try new things as you age. 40's, 50's, 60's and so on! Such as kayaking and rollerblading! You could join a team sport, walk alone to make it your hobby. Listen to your body, stay strong and let it be your outlet. Just think you could make friends, be healthier and it makes you feel good. Best part is no Dr. visits!

Start today with your mindset. Set a goal. My goal is to help combat aging. Always remember being gentle and listen to your body. Overdoing it is painful. No more Doozy days.

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Education Efficiencies or Unsustainable Costs?

One of the realities brought on by COVID-19, is that the business of educating our children must continue and school doors throughout the country must be kept open. I applaud those NH schools that have moved forward throughout this pandemic while struggling to retool instruction and curriculum. There is no question, however, that COVID-19 has resulted in seismic changes that will impact the future delivery of public education. Perhaps even more significant, the pandemic has hastened and brought to the forefront certain unsustainable trends or questions that have been for years.

For decades, the NH Department of Education and other organizations have warned that the average annual cost for educating a public-school student cannot be sustained. That cost has climbed to a level approximating \$17,000 while per pupil achievement and academic growth remains flat. In addition, many parents are losing faith in the traditional public school system, and expressing this position by pulling their children out. Since 2000, the

statewide public-school population has declined from 226,963 to 167,000 students. That decline is projected to continue throughout the next 10 years. Further, the average cost for educating a public-school student has increased from \$11,000 in FY 08 to \$17,000 in FY 20. Moving forward, the recent funding commission study has recommended that educational aid must increase by close to one billion dollars each year. To help plug increased funding costs resulting from COVID-19, the department of education has received approximately \$190,000,000 of one-time ESSER funds due to the CARES Act. In short, our system for managing and costing education is limping along in an unsustainable manner.

During the past three weeks, the education committee has heard a number of bills that have the potential for making our educational system more efficient and that will continue to offer educational opportunity for all students. In regard to post-secondary education, the Governor offered a constructive pathway to im-

provement operational and management efficiencies by combining the community college and university systems into one organization. We are a small state, with a declining student population that cannot maintain 11 separate colleges and universities. In regard to K-12 education, many public schools can and will function more cost efficiently if expensive and unfunded rules and regulations are removed. Our charter public schools have become successful primarily due to statute providing waivers from over regulation and rules. Of the 10 top public high schools in the country, three of the schools are charters, and within these charters, student bodies are comprised of 80% black and Hispanic children, and some 2/3's of the kids qualified for free and reduced meals. Charters function without local tax dollars while receiving only state adequacy funding as regular public schools. Without having to comply with all the regulations and negotiated labor agreements, these schools are very successful. Much of the legislation being heard by the education committee will afford innovation in our schools, educational choice for parents, and as demonstrated by the afore mentioned high schools, learning environments without racial inequities.

Respectfully Submitted,
Rep Rick Ladd, Chairman,
House Education

Who's On First?

by Maggie Anderson

Here in Oregon with the redundancy of a BE PREPARED TO STOP SIGN posted in a highway work zone the latest covid vaccines are now being administered to those people 80 years of age and older. I am not a math wizard but last month vaccines were being given to those residents 75 years of age and older which, correct me if I'm wrong, includes those 80 and above.

Then right after the governor had announced all of Oregon's teachers would be inoculated ASAP, a judge stepped in and issued a ruling that the thousands of inmates residing in the state's prisons will be next - in order to calm the anxieties of their worried family members.

This left the officials in charge of all these life-saving decisions with the question of who will be chosen as soon as the fears of the prisoners and their families have been squelched.

After much careful and conscientious deliberation these officials have decided the next tier of recipients for the vaccines here in Oregon will be chosen according to their race.

So at this moment here's where my aging husband,

tethered 24/7 to an oxygen concentrator with only half of his remaining lung showing up for work each day, and a bum ticker to boot, fits into the plan devised by this conglomeration of brilliant minds.

Hank was born in middle America, literally in its middle, a wink and a cuddle just under 75 years ago, so of course that means he's not quite old enough to step in line yet. He has not worked the front lines as so many brave, hard-working heroes have, month after month, neither is he a teacher.

He has not gotten drunk and run anybody down on some dark highway after getting behind the wheel blinded by booze or drugs, he hasn't killed anyone, or even knocked over a liquor store, and now we learn he's not even the right color to qualify for protection from this nasty little foreign invader.

How does that add up to any sort of common sense?

I've got a few anxieties myself and this tap dancing, one potato, two potato, one-upping has got to stop before I lose somebody else to this intruder while those in charge figure out what it is they're supposed to be doing and find a way to do it.

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

February 16, 2021

Volume 12 Number 10

HAVERHILL CANDIDATES' PLATFORM

Saturday, March 6

1:00 - 3:00 PM

Clifford Memorial Building
Route 135, South Court St., Woodsville
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This Platform is being held to allow all Candidates for Haverhill Town Offices a chance to answer questions from voters about current issues, future plans or whatever issues may concern them.

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

- One Selectboard Seat (3 year term)
Two Candidates: Incumbant Darwin Clogston & Mike Graham
- Town Clerk (3 year term) Incumbant Christine Hebert)
- Trustee of Trust Funds (3 year term) Incumbant Kristi Garafalo
- Three School Board Seats (Three Year Terms)
Incumbant Dylan Farr, Inclumbant Sabrina Brown, & Alexandra Keeler
- School Moderator (2 year term) Incumbant Jay Holden

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The Windham Incident Deception

by State Senator Bob Giuda
(R-Warren)

Seeking to quell the growing political clamor resulting from its refusal to look into the Windham Incident, the Attorney General's office has now publicly claimed that it is "investigating" the matter. This is a misleading half-truth. From my experience as a former FBI Agent, they are NOT doing an investigation; they are doing what is known as a document review. They have no intention of doing what's actually necessary to get to the heart of the issue: rerun the ballots through the machines, and perform a hand count to determine the actual number of ballots that were cast. Interestingly, Great Britain, Australia and Canada count all election ballots by hand. They don't even use machines, in order to avoid the problems manifesting themselves in our election process.

To be clear, five State Senators, the Senate legal counsel, and the Assistant Secretary of State were all on the February 5th Zoom call in which assistant AG Edwards and Election Law Chief Chong Yen stated categorically that they are not going to investigate the machines or the total ballot count – the only two actions that can provide the answer

to what exactly happened. Their document review will do nothing to determine whether there was a machine error or a recount error.

So instead of doing the right thing, as requested by the entire spectrum of those involved in the incident, the AG's office is performing "damage control" to camouflage its refusal to investigate the machines and the ballots that produced the largest unexplained recount error in NH history.

It bears mentioning that Windham officials have done everything possible to get the AG to investigate this matter. They bear no responsibility for the AG's failure. Every party to this issue has asked the AG to check the machines and the ballots. And, having been called to task for its continuing refusal to do so, the office is now attempting to deceive the public into thinking their document review is sufficient.

It is deeply troubling when an agency willfully refuses to act in a matter as critical as the integrity of our elections. It is even more disturbing when the agency attempts to deceive the public. What could have been considered an excusable error in judgment is now beginning to look like malfeasance.

The Windham Incident

by State Senator Bob Giuda
(R-Warren)

After November's general election, Democrat candidate Kristi St. Laurent requested a recount of the Windham State Representative race. The November 12 hand recount produced a 300-vote increase for all 4 Republican candidates, and a 99-vote decrease for her.

The recount didn't change the outcome, but no one could explain the huge 6% increase in Republican votes, or the 2% decrease in St. Laurent's.

On November 16th, St. Laurent appealed the recount, asking the Ballot Law Commission for an investigation into the machine count error.

On November 19th, the Attorney General received a letter from Windham town counsel Bernard Campbell requesting an investigation into the machine count error. The AG never replied to that request.

At its November 23rd meeting, the Ballot Law Commission "...voted unanimously to request the Attorney General to look into the functioning of the voting machines on election day, and to join in the request of the town for a general review and investigation of the circumstances involved."

During a December 10th conference call with Secretary of State Gardner, he stated that he didn't know what happened, that NH didn't use Dominion machines,

and expressed his support for an investigation into the machine count error.

On December 13th, the Attorney General received a 9-page email from Dr. David Strang of Gilmanton asking for an investigation into the machine count error.

On December 15th, I emailed the Attorney General a letter expressing my serious concern about the Windham machine count error, and we agreed to meet with Dr. Strang via WebEx to discuss his letter.

During the January 4, 2021, WebEx discussion, Attorney General (now Chief Justice) Gordon MacDonald stated that he "didn't have the statutory authority to investigate." However, on January 6th, under increasing scrutiny, his Election Law office requested and subsequently received town documents, but continued to assert that they didn't have the authority to check the ballots or investigate the machines despite the language in RSA 7:6(c) which specifically gives them that authority.

On January 8th, I emailed a letter cosigned by Sen. Birdsell (Windham is in her district) to the AG asking for a planned completion date for the investigation, including the machines. We never received a reply.

Also that same day, AG MacDonald stepped down from his position, preparing to be confirmed as NH's next Chief Justice.

During the most recent

conference call on February 5th, associate AG Ann Edwards and Election Law chief Nicholas Chong Yen reiterated the department's refusal to test the voting machines or count the ballots. They also refused to consider obtaining a court order to alleviate their concerns about statutory authority under RSA 7:6(c).

This isn't a partisan issue; it's a matter of election integrity. The town, the Secretary of State, the Democrat candidate, the Ballot Law Commission, a concerned citizen, and a Republican State Senator asked the NH Department of Justice to investigate the largest machine count error in NH history. The department refused.

This refusal by those charged with ensuring the integrity of our elections is inexcusable. Absent legal action – which would probably wind up in a Supreme Court led by Chief Justice MacDonald – we will never know what happened in Windham, or if any machine count errors occurred in the nearly 200 other towns that use those machines today.

In choosing not to investigate the Windham incident, the Department of Justice failed our state and her citizens, both of whom had every right to expect a prompt, thorough investigation into the still-unexplained largest recount error in state history.

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- B.A. or B.S in police science or related field plus (6) years of progressively responsible law enforcement experience with (3) years in a supervisor position.
- Approachable, with a proven ability to cultivate a positive working environment.
- Has exhibited supportive, effective leadership.
- Strong interpersonal skills, with a demonstrated ability to build trust and maintain visibility and accessibility to staff, Haverhill citizens, and the business community.
- Track record of establishing and fostering positive professional relationships.
- Exhibits exemplary ethics and honesty.
- Has shown to have a community-oriented philosophy.
- Knowledge of effective organizational and departmental management.
- Knowledge of preparing and managing a capital budget.

Final Candidate will undergo a complete background investigation as well as psychological testing; must be either a NH Certified Officer or can become certified with the State of NH within 1 year of hire. Annual salary negotiable based on experience, qualifications, and budget.

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Town of Haverhill
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North Haverhill, NH 03774

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

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

TUESDAY, MARCH 2
VERMONT TOWN MEETING DAY
Locations & Times May Vary this year

SATURDAY, MARCH 6
HAVERHILL CANDIDATE PLATFORM
1:00 PM
Clifford Memorial Building, Woodsville
See Ad on Page 4

MONDAY, MARCH 8
ROSS-WOOD UNIT #20 AMERICAN LEGION
AUXILIARY MONTHLY MEETING
6:00 PM
Post Home, 4 Ammonoosuc Street, Woodsville

WEDNESDAY, MARCH 10
ROSS-WOOD POST #20 AMERICAN LEGION
MONTHLY MEETING
6:00 PM
4 Ammonoosuc Street, Woodsville

SATURDAY, MARCH 13
HAVERHILL TOWN & SCHOOL MEETING
8:00 AM - 7:00 PM VOTING
Haverhill Cooperative Middle School

SUNDAY, MARCH 14
ACCOUSTI MUSIC JAM
12:00 NOON - 3:00 PM
Clifford Memorial Building, Woodsville

TUESDAY, MARCH 16
WELLS RIVER VILLAGE MEETING

SUNDAY, MARCH 14
ACCOUSTI MUSIC JAM
12:00 NOON - 3:00 PM
Clifford Memorial Building, Woodsville

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
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Books

by Elinor P. Mawson

I have always loved books. I remember my fifth birthday when I awoke and saw a pillowcase of books suspended from the ceiling. It was a treasure trove that I still have: Heidi, Anderson's Fairy Tales, Black Beauty, Under the Lilacs. I already knew how to read, but these were a little difficult; my mother had to read them to me, but I loved each one.

When I was about 7 or 8 I was allowed to walk to the Library each Saturday. I would wander down the mile and a half and be in Heaven for about an hour until I walked home again. The road was mostly deserted--no homes along the way, and very little traffic. I shudder whenever I think of it happening now, but you couldn't keep me away at the time. I would pick out seven books and nearly dance my way home so I could start in reading.

I was given several book collections by an aunt: Nancy Drew, the Five Little Peppers, Honey Bunch, Bobsey Twins, Uncle Wiggily. I treated them like gold! Somehow I acquired a bookcase for them, and sat in front of them for hours at a time. When my parents moved, books and bookcase disappeared unbeknownst to me and it was like a death in the family.

When I got to college, I met a girl who had read almost everything I hadn't heard of. I began to read all the books she recommended. I also took a course in American Lit. and read everything that was discussed in class. It was like being born again.

Later on in life when money wasn't so tight I began visiting bookstores. By this time I was reading non-fiction. My friends always knew where I would be

when we were together in a bookstore. This is when I would buy biographies, best sellers, and books on quilting and antiques. I remember that my husband built a large bookcase for my collections and called the place "a bookcase with a room in it."

When I was getting my Master's degree, I didn't read anything except textbooks. If I read the newspaper I felt guilty. If someone gave me a book they liked, I would put it away until I was finished with my degree. It was a tough 3 years.

When our camp burned, it took my books too. These were random books that I had bought at yard sales and read voraciously. Thank heavens I had my collections at home, unscathed, but I still grieved the loss of my books at camp, and the bookcases that contained them.

Now we have books in every room. We even have a bookcase with a room in it. Once in awhile I go through them and even find something I haven't read. We have run out of space for a new bookcase and we have piles of books on the floor. To make up for lack of space I have a Kindle in which is stored many volumes. I love being able to press a few buttons and receive another book, especially during the pandemic.

These days, I continue to read happily and often. In between times, I look at all my books and wonder what will become of them. Nobody else in my family reads. Books are very difficult to carry or move. If they're given to a library, they mostly go into a book sale during the summer. And nobody who gets them knows how I have loved each one, and what they have meant to me.

Letter to the Editor

To the Editor:

Wells River voters have three elections coming up in the next few weeks and apparently Wells River's voters will have to wait 8 days after the February 8th deadline for candidates to turn in their consent form to find out who will be on the March 16th ballot. The list of candidates will not be available until February 16th.

I do not know why the village clerk is not available to let voters know who will be on the ballot. The notice on the office door indicates the hours are on Monday, Tuesday and Wednesday. I emailed the Village clerk on Tuesday February 9 to inquire who would be on the ballot. "I'm out of the office till Tuesday" was the entire response. While it may not be legally required to provide the names of candi-

Richard,

For full disclosure, Richard works as an independent contractor selling ads for Trendy Times. His thoughts are his.

With that said I must certainly very much agree with his last statement, "Let Democracy Win". The question always is which is the right path to get to that desired end?

Wells River voters will be busy, as will voters in almost all other local towns as Town Meeting and Village or Precinct meetings come our way in both states and most towns over the next few

dates the day after the consent forms were due, it is not good governance to make candidates and voters wait eight days to know who will be on the ballot especially when there are 2 open Trustee seats.

The March 16th election is not the only election Wells River voters have coming up. On March 2nd traditional town meeting day, Wells River voters have to go to two polling places to fully vote. The Village Hall at the Newbury Elementary School is the polling place for Wells River voters to elect Newbury town officers: a Town Moderator - 1 year, one Selectperson - 3 years, one Town Clerk - 3 years, one Lister - 3 years, one Auditor - 3 years plus 5 ballot items.

The town website (www.newburyvt.org) has a

full sample ballot and it is also posted at various places around town. All town officers are untested. The polling hours are 10AM - 7PM according to the warning.

Wells River voters if they want to vote on the BMU School budget will also need to go to the Wells River Village Clerk's Office on March 2nd between 10AM to 7PM to vote on the school budget.

Two weeks later on March 16th Wells Rivers voters will return to the polls to elect village officers but who the candidates are apparently will not be available until February 16th. Traditional ballot items will also be on the ballot.

Again I say "Let Democracy Win"

Richard M Roderick
Wells River, Vt

weeks. As always I ask that you, as a member of the general public, get involved and take the time to vote. Of course before you vote you also need to be aware of the issues you are being asked to vote on. This year will certainly be different, especially when it comes to getting that needed information. Very few "in person" meetings will take place, but all the same votes need to be taken. So be informed and take the time to (or as it says on an old sticker in my office), "Vote or Shut Up"

Gary Scruton, Editor

Letter to the Editor: Trump's Teachings On Tyranny

Ex-President Trump is gone but not forgotten. Nor should he be - he taught us all how tyranny works, how it has always worked, and how it will work again if we enable it.

With destructive demonstration, Trump proved he's a specialist in tyranny and he shares that distinction with other experts, one named Timothy Snyder.

Big difference between Trump and Snyder is that Snyder is a respected professor at one of our nation's finest universities who warns us all away from tyranny, while Trump is the unhappy little boy-old man who reveres the clenched-fist and camouflage crowd of mobocracy and who tried to drag America into it, kicking and screaming, and sadly, with some few cheering.

One of Snyder's most respected books is "On Tyr-

anny - Twenty Lessons From The Twentieth Century". He writes, "Believe in truth - to abandon facts is to abandon freedom. If nothing is true than no one can criticize power, because there is no basis on which to do so. The biggest wallet pays for the most blinding lights. Plato believed that demagogues exploited free speech to install themselves as tyrants".

Bells ringing?

I think of tyranny teacher Trump as a lumbering old tanker truck spewing liquified manure over a barren brown field, except he's not fertilizing for healthy green growth - the dump truck Trump has been feeding the grotesque grown of tiny-minded big mouthologists spewing qAnon conspiracy theories like Marjorie Taylor Green, who just got slapped down good in the U.S. House.

Green was one sign that Trump is not forgotten - ignorance feeds on itself and these days, there's lots to snarf down in the trough. Snyder continues - "Be calm when the unthinkable arrives. Modern tyranny is terror management. When the terrorist attack comes, remember that authoritarians exploit such events in order to consolidate power. The sudden disaster that requires the end of checks and balances, the suspension of freedom of expression, the right to a fair trial and so on, is the oldest trick in the Hitlerian book. Do not fall for it."

Bells ringing? These recent lessons from Inciter-In-Chief Trump convince me that "On Tyranny" is a book of truth. Truth likes light, and tyranny loves the darkness.

Robert Roudebush
North Haverhill, NH

Robert,

History is an important teacher. Whether we are referring to old history, or something very new, history is a teacher. And this is true whether we are talking about big political issues, or small lessons of life.

Those of us who grew up with a wood stove, or really any kind of heating appliance, probably learned very early not to touch the surface, because it is hot, and it will burn. That is history teaching us a lesson. Of course some learned more quickly than others, and in many cases a

refresher course needs to take place form time to time.

The same is also true with big political issues. Sure, as a whole, we learn big lessons But a refresher course is needed from time to time. This is true whether we speak of tyranny or oppression of any kind. It also is true for the other side of the coin.

Of course the trick is to know just what you are looking at and then what history has taught us about that situation. Hence history moves on.
Gary Scruton, Editor



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A Walk in the Woods – Looking for Aspen

By Jim Frohn, UNH
Cooperative Extension,
Grafton County Forester



A Colorado ski town is named after it, and Fishlake National Forest in Utah boasts the largest and oldest grove of it, which is also one of the world's largest organisms. Aspen, known in New England as popple or poplar, is a well-known tree. Its bright yellow leaves in fall are often among the last colors to paint the graying hillsides. It provides important habitat for wildlife and plays a strong role in North America's forest industry.

Description

Aspen is in the genus *Populus*, hence the common name popple or poplar. It is not to be confused with yellow or tulip poplar, which is a different genus and species and generally found further south. The two main species of aspen in New Hampshire are quaking and bigtooth. Quaking aspen has small, almost round leaves one to three inches across with serrated edges and a flat stem, or petiole, connecting the leaf to the twig. This petiole is what causes the leaves to twist rapidly in a mild breeze, giving the tree its name. Bigtooth aspen leaves are larger than quaking, at two to five inches across. The leaf edges are large serrations, hence the name "big tooth".

Range

Quaking aspen grows from Labrador through New England to New Jersey. It is found across the Lake States and Canada, up to



Photo taken by Jim Frohn

the tundra, and northwest into interior Alaska, then down through the inland northwest. In the southwest, it grows in higher elevations, its southernmost population found in central Mexico. Bigtooth aspen has a smaller range, from the Great Lakes region east to Maine and the Maritimes.

Both species have smooth, light gray or white bark when young, and sometimes immature trees have green bark. As trees mature, the bark develops vertical grooves, especially on bigtooth aspen. Bark on a mature bigtooth's lower trunk can sometimes look like other trees such as sugar maple. The smooth white bark on the tree's upper stem confirms its identity.

A Pioneer

Aspens are pioneer species, the first to occupy a heavily disturbed site, whether from fire, logging, or landslide. They have very small, light seeds carried by wind, enabling the seed to find disturbed mineral soil

far from the parent tree. The main reproductive strategy, however, is through root sprouts or suckers. If aspen was present on a site prior to the grove's removal, the root system will quickly send up suckers, which become the next stand of trees. Trees that develop from the root system of one tree are clones. The aspen grove in Utah is a single clone, which is why, at 106 acres, this stand is considered one of the largest single organisms in the world. Named Pando, Latin for "I spread", it weighs an estimated thirteen million tons.

With an average lifespan of 50 to 70 years, aspen trees are relatively short lived. Some trees on excellent sites, live to one hundred or older, and bigtooth aspen tends to live longer than quaking aspen. The root system, by contrast, can live hundreds of years.

Wildlife Habitat

Aspen provides important habitat for numerous species associated with young forest. Dense sapling

and poletimber stands provide breeding and nesting cover for ruffed grouse and woodcock, and aspen flower buds on mature trees provide important winter food for grouse. Aspen buds, twigs, and bark are favored foods of beaver, moose, snowshoe hares, and cottontail rabbits.

The soft, easily excavated wood makes larger aspen a favorite of woodpeckers, which excavate nesting cavities. Chickadees, tufted titmice, and yellow-bellied sapsuckers also create nesting cavities in aspen. After woodpeckers stop using them, cavities are often occupied by eastern kingbirds.

An overlooked factor of aspen is the genus' importance as a caterpillar host. According to UNH Extension Wildlife Specialist Matt Tarr, aspen "serves as a host plant to about 367 species of moth and butterfly caterpillars...this makes it the fifth ranked genus in the list of plants that support the greatest number of caterpillar species in the eastern US (#1-5 are: oak, cherry, willow, birch, aspen)". These caterpillars are food for numerous bird species.

Products

Aspen is used for a variety of products, primarily pulp for papermaking. Others include plywood, oriented strand board, and furniture applications where the soft wood will not receive a lot of wear. An interesting use is for sauna benches because the wood doesn't splinter.

Aspen markets in New England are mainly for pulpwood, with occasional demand for sawlogs or veneer. Aspen is not a desired firewood because it has low heat per cord compared to red oak or sugar maple. It does have an advantage because it dries in six months, while sugar maple and oak take up to two years. In my

experience it burns quickly and is useful for getting a fire going.

Management

Aspen is easily regenerated, but it is shade intolerant, so it needs large openings of at least an acre to thrive. A decline in fires and clearcutting has led to a decline in the amount of aspen on the landscape, except along fields, roads, and powerline rights-of-way. Larger blocks of five to twenty acres that are important for grouse and other birds are less prevalent. Periodic disturbance is necessary to maintain aspen in the woods because uncut or partially cut stands will prevent or inhibit aspen growth. Without disturbance, the species will gradually fade out of the forest. Patch clearcutting is the easiest way to regenerate aspen.

When managing for grouse, three age classes of aspen are needed: sapling stage from four to fifteen years old for brood cover; sapling and pole stands from fifteen to twenty-five years old for fall and spring cover, and mature aspen over twenty-five years old to provide buds for food. Newly cut patches make a fourth age class. Managing aspen for ruffed grouse also benefits woodcock and other species.

A forester can help design and implement a harvest schedule to perpetuate aspen for grouse and other wildlife. Like all tree species, aspen should be grown and regenerated where it fits the site, the landowner's goals, and the surrounding landscape.

Aspen is an important tree species and forest type in New Hampshire, providing habitat, aesthetic appeal, and wood products. It is easy to regenerate, but it needs to be managed purposefully in order to ensure it remains a component of our forest.

Now Accepting New Patients Carey Brodzinski, Wells River



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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Weathervane Theatre Receives \$20,000 from New Hampshire Charitable Foundation

WHITEFIELD, NH - New Hampshire's award-winning Weathervane Theatre is pleased to announce it has received a \$20,000 grant from the Local Grants Program of the Neil and Louise Tillotson Fund through The New Hampshire Charitable Foundation.

The Neil and Louise Tillotson Fund supports projects in Coös County, NH and bordering communities in the U.S. and Canada focusing on community revitalization. The purpose of the grant is to provide current and rising high school seniors in Coös County a pair of tickets to a production of their choice at the Weathervane Theatre, and to revamp Windsock, Weathervane's summer day camp program. The overall goal is to increase the next generation's exposure to live professional theatre as well as participation in the performing arts.

Since 1966 Weathervane has been bringing live theatre to the North Country, promoting a message of acceptance, diversity, and inquiry through its varied programming designed to reach the diverse, and often underserved, population of the region.

"At the core of our mission is the belief everyone should have access to quality live theatre and education," said Jorge Donoso, Weathervane Theatre's Director of Development. "Studies show curricular and extracurricular art studies and activities help keep high-risk dropout students in school. Coös County has an 11% dropout rate between ages 15-24, twice the national average of 5.4% making the arts in this county vital. While we believe the Theatre has had a positive impact on the region, there is still work to be done."

Students eligible for this program must be graduating from a high school in Coös County in 2021 or 2022. To claim tickets students must show proof via school ID. Students may start claiming tickets as early as May 15, 2021. For more details or to be included on a mailing list with additional info regarding this program, please contact Weathervane's Box Office at boxoffice@weathervanenh.org



weathervanenh.org or Jorge Donoso at jorge@weathervanenh.org.

In addition to the new student ticket program, grant funds will go to the touring leg of Weathervane's children's theatre programming - Patchwork Players - to make it more accessible to North Country communities. On average, Weathervane's Patchwork Players will tour each of their five productions to six different locations within 2 hours of the Weathervane, reaching an additional 2,200+ North Country residents. The remaining funds will go to Weathervane's Windsock Theatre Camp, running August 2 - 21. Under new leadership, camp programming will offer a greater variety of educational and performance opportunities for young artists throughout the region.

Weathervane's 56th season will run June 26 - October 10, 2021 featuring 11 Mainstage productions, 4 children's theatre productions, and special events. Productions include Hello, Dolly!, Buyer & Cellar, The Addams Family, Kinky Boots, Amadeus, Disaster!, American Idiot, Pippin, She Loves Me, The Mountaintop, and Always...Patsy Cline. Ticket subscriptions and packages are currently on sale at weathervanenh.org. They're also available via email (boxoffice@weathervanenh.org) or phone (603-837-9322).

The Weathervane Theatre was founded in 1965 by Gibbs Murray and the late Tom Haas and is under the leadership of Producing Artistic Director Ethan Paulini. For over half a century, it has presented high quality pro-

fessional productions of plays and musicals. One of the few remaining alternating rep companies in the United States, the Weathervane is recognized as a historical institution nationwide, boasting among its alumni Elizabeth Stanley, Tally Sessions, four-time Tony nominee Judy Kuhn and recent Tony Award Winner Ari'el Stachel.

Weathervane can be found on Facebook at [/weathervanetheatre](https://www.facebook.com/weathervanetheatre) and all other social media platforms @weathervanenh.

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Volume 12 Number 10 February 16, 2021

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

Letter to the Editor: Regarding Candidate Platform

To the Editor,
 I attended the "Meet The Candidates Meeting" 01/28/2020.
 Gary, thank you for your role in providing an "open" meeting regarding the upcoming town meeting. I think you did a very good job with regard to this meeting.
 I think it was unfortunate that only one candidate was available to present himself to the few in the audience

and those connected by "zoom" and/or "Facebook". I know that you were contacted by several candidates indicating that they had other commitments preventing their attendance.
 I do not think that is necessary to present a "Meet the Candidates Meeting" twice next year. I suggest that there be one meeting after all candidates have filed their candidacy.
 The candidates can

present themselves at that time and they can make their decision to attend or not attend.
 I do not think two meeting dates are necessary. One meeting can serve the candidates and registered voters well.
 Thank you for considering my input.
 Respectfully submitted,
 Robert L. Hatch
 Woodsville, NH

*Mr. Hatch,
 First let me not to the observant readers that I address you as Mr. Hatch rather than Bob. That is because you were a member of the school administration when I was a student at Woodsville High School. Therefore I still refer to you as "Mr. Hatch".
 In regards to the Candidate Platform, this is the third year that Trendy Times has sponsored this event. I am happy to invite the candidates to this Platform to give them a chance to speak to the voters.
 As of the date of the Platform there were two candidates who had signed up for the one Selectboard seat. Current seat holder Darwin Clogston, and James Graham. Mr. Graham was unable to attend while Mr. Clogston did attend and faced almost 9- minutes for questions from myself and those in attendance and on line. Both of these candidates have promised to attend the March 6 Platform.*

*In regards to the School Board Seats, at the time that I checked in with the SAU to find out who was signed up for the three, three year seats, I was told that no one had yet signed up. Therefore no candidates were in attendance. The other positions that will be elected this year on the town side of things all have only one candidate signed up.
 Now to address the issue of not having this first platform. It is held this early so that potential candidates can still sign up to be on the ballot if they feel those who have signed up will not be someone they can support. This year three candidates stepped up to run for School Board. Two years ago one person stepped up to run for Selectboard after the platform was held.
 I thank you Mr. Hatch for your feedback and suggestion. But I feel that having two platforms is still the best plan going forward.*
 Gary Scruton, Editor

Letter to the Editor: Thanks to the Editor

To the Editor,
 Thank you, Gary for publishing my letter in Feb. 2, 2021 issue. You made the comment that silence of those I commented on does not imply that they agreed with the riots in the mentioned cities. I would argue that silence speaks volumes, as did that of the politicians in those locales who did not attempt to deter violence and property destruction. I believe those I commented on would not have been silent if somehow Trump was implicated in those riots.
 You liked the letter of Rachel Booth, calling for unity, fruitful engagement by opposing entities. Seems she is echoing King Joe's very elegant speech which has yet to be purposefully implemented. You may be unaware of Ms Booth's scathing and divisive commentary published elsewhere when Trump was

in office. I am sure any critique of King Joe and Queen Nancy will elicit the same response from her. Mr. Teschner seems to infer that we are in for a new era of unity because well, that's the way it should be. I would argue that's wishful thinking given the first 15 days of the Biden administration which seems to have great difficulty hearing the American people. He seems to still be in campaign mode trying to garner votes.
 From my biased perspective the mainstream media and many of the DC Democrat liars and unintelligentsia have excerpted verbiage to incite anger and outrage. Even when their BS is proven inaccurate, no apology or correction is deemed necessary, required for journalistic integrity nor would have made any difference to those with a priori opinions whatever the issue. It is abundantly

clear that Democrats still have a great fear of Trump and his 75 million allies, or should I say fear of the people whom government is supposed to serve, rather than the other way around which King Joe and Queen Nancy have clearly sent the message that they are in charge.
 I suppose dialogue about divisiveness may serve to educate and enlighten, the continued outrage and hunt and destroy statements by politicians and "journalists" against Republicans and former known Trump allies notwithstanding.
 I laud your approach to and belief in the First Amendment; sadly an approach and belief not shared by other North Country publications.
 Thanks for your time.
 Regards,
 Robert A Peraino, MD (ret)
 Franconia, NH

*Robert,
 I can not, nor should I, comment on what other publication say or do. I, like every other voter in this country, can only (or at least should only) command my own vote and opinion.
 I have seen and read many opinions from both sides of the aisle. I hope and trust that both sides continue to speak out with their opinions, comments, and suggestions. I will be happy to offer space for all of those.
 I also ask for a certain amount of honesty as well as courtesy. I made a comment in a response some time ago which some readers felt lacked the proper respect needed for then Pres-*

*ident Trump. Since that time, I believe, I have altered my way of referring to any politician with the hope of offering proper respect. I ask the same from you and the rest of our readers.
 Along with First Amendment right I also firmly believe in decency and giving respect when and where needed. Whether or not I believe in the views and positions of an elected official I will continue to show respect for the office they hold. President Biden and House Speaker Pelosi have both been elected to their positions and deserve the respect of all Americans.*
 Gary Scruton, Editor

Letter to the Editor

To the Editor,
 This letter is in response to the letter of Kim Carpenter who wrote in response to Rachael Booth's letter about rude, unmasked customers in stories such as Walmart in Woodsville. Carpenter states, "I guess we all have opinions and here is mine... It is really nobody's business as to who wears a mask or not. Perhaps the person Ms. Booth harassed in Walmart had a condition where she could not wear a mask. Whether she did or not, it is HER business, NO ONE ELSE'S."

a deadly, raging pandemic. It is a civic and moral duty for citizens to abide by rules such as mask wearing in this situation. This is not a matter of opinion but a matter of fact. There is nothing political about it, except the foolish "opinions" of people like Carpenter who feel they are exhibiting individual rights by violating their Governor's mandate to wear face masks to help prevent the spread of disease.

Carpenter displays her ignorance here, as well as her obvious political inclination by her parroting of Donald Trump's illiterate writing style (the use of upper-case letters to indicate emphasis). We are in the midst of a public health emergency,

Walmart offers online ordering of food and parking lot delivery. Customers who are not able to wear a mask inside stores during a public health emergency and deadly pandemic should make alternative arrangements in order to purchase necessities.

Alice Morrison
 Newbury, VT

*Alice,
 As I have said before and will state here again, everyone has a right to their opinion. Whether or not I, you, or anyone else agrees with that opinion is up to each individual. But mandates from the Governor, or any other governing body are just that, mandates, which means "you must do." Not, if you choose, or if*

*you would like to, but must.
 Of course there are exceptions to any rule most notably medical exceptions, but in those cases, as you state, other arrangements are quite often available.
 I believe that if we all work together, we can get past this pandemic and once again begin to live "normal" lives.*
 Gary Scruton, Editor

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MAKING SENSE OF INVESTING

Member SIPC

Now that we're a few weeks removed from 2020, it's a good time to reflect on such a momentous year. We can think about developments in the social and political spheres, but we also learned – or perhaps re-learned – some valuable lessons about investing.

Here are four of them:

A long-term perspective is essential. Volatility in the financial markets is nothing new, but, even so, 2020 was one for the books. Of course, the COVID-19 outbreak was the driving force behind most of the wild price swings. Soon after the pandemic's effects were first felt, the S&P 500, a common index of U.S. large-cap stocks, fell 34% but gained 67% by the end of the year. Consequently, investors who stuck with their investment portfolios and kept their eyes on their long-term goals, rather than on

opportunities are always available. The pandemic drove down the prices of many stocks – but it didn't necessarily harm the long-term fundamentals of these companies. In other words, they may still have had strong management, still produced desirable products and services, and still had good prospects for growth. In short, they may still have been good investment opportunities – and when their prices were depressed, they may also have been "bargains" for smart investors. And this is the case with virtually any market downturn – some high-quality stocks will be available at favorable prices.

Diversification pays off. Bond prices often move in a different direction from stocks. So, during a period of volatility when stock prices are falling, such as we saw in the weeks after the pandemic hit in March, the presence of bonds in your portfolio can lessen the impact of the downturn and stabilize your overall returns. And this, in essence, is the value of maintaining a balanced and diversified portfolio. (Keep in mind, though, that diversification can't guarantee profits or prevent all losses.)

The market looks ahead. The pandemic-driven market plunge

may have been stunning, but it made a kind of intrinsic sense – after all, the sudden arrival of a pandemic that threatened lives, closed businesses and cost millions of jobs doesn't sound like a positive event for the financial markets. But the strong rally that followed the initial drop and continued into 2021 has surprised many people. After all, the pandemic's effects were felt throughout the rest of 2020, and are still being felt now, so why did stock prices rise? The answer is pretty straightforward: The financial markets always look ahead, not behind. And for a variety of reasons – including widespread vaccinations, anticipated economic stimulus measures from Congress and the Biden administration, and the Federal Reserve's continued steps to keep interest rates low – the markets are anticipating much stronger economic growth, possibly starting in the second half of 2021.

All of us are probably glad to have 2020 behind us. Yet, the year taught us some investment lessons that we can put to work in 2021 – and beyond.

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

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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.

Thank you for your understanding.



TRENDY TIMES

A FREE PUBLICATION

shocking headlines, ended up doing well. And while 2020 was obviously an unusual year, the long-term approach will always be valuable to investors.

Investment

Compounded Chinese Astragalus Root

by Melanie Osborne

ASTRAGALUS ROOT: (Astragalus Membranaeus), "Huang Qi" An organ toning and balancing herb, particularly stimulating to the immune system. Primary Uses: as a specific in immune/resistance building formulas. Secondary Uses: as a toning diuretic herb in kidney inflammation formulas. Nutrients: Calcium, choline, copper, essential fatty acids, iron, magnesium, manganese, potassium & zinc.

ELDER BERRIES &

FLOWERS: (Sambucus Nigra), A plant high in vitamin C and flavonoids, used chiefly as a "spring tonic" agent for detoxification from winter's chronic colds and flu; an effective expectorant and sweating herb for respiratory problems. Primary Uses: as a specific detoxificant for colds, flu and upper respiratory congestion as part of a skin cleansing formula. Secondary Uses: to relieve stopped up ears due to upper respiratory congestion; as part of a combination to relieve rheumatic congestion; as an ointment for tumors; the ointment or oil for burns, cuts, scratches and chapping. Nutrients: Calcium, essential fatty acids. Vitamins A, B1, B2, B3 & C.

CHINESE SCULLCAP ROOT: (Scutellaria Baicalensis) "HuangQin", An aromatic powerful nervine, with wide ranging sedative, anti-spasmodic and calming use. Primary Uses: as a specific for every nervous system problem, including D.T.'s, insomnia, hysteria, convulsions, tremor and palsy, muscle tics and twitching, neuralgia, Parkinson's disease, vertigo and many others; for nervous tension and emotional upset; an excellent herb for a formula to break alcohol and drug addiction; as an anti-spasmodic for menstrual pain and cramping; as part of

a formula for epilepsy, petit mal and seizures; as part of a high blood pressure combination; used as part of a treatment for bedwetting; as part of a tonic for promoting focused meditation; to relieve hiccups. Nutrients: calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc, vitamins B1, B2, B3, C.

NETTLES ROOT (Urtica Dioica), It is a good blood purifier as well as blood-invigorating. Nettles root has been mainly used for arthritis, gout, anemia, skin disorders, eczema and for nourishment. Nettle Root has been used for prostate complaints and irritable bladder. Nutrients: calcium, copper, fatty acids, folate, iron, magnesium, manganese, phosphorus, potassium, selenium, sulfur, zinc. Vitamins B1, B2, B3, B5, C, D, E.

Melanie Osborne is the owner of Thyme to Heal herbals and has a private practice 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, MA. Much of her work is personalized health consultations, teaching herbal apprenticeships and intensive herbal workshops, Reiki I, II, & III into mastership.

Nathan Lee Keenan, OBITUARY

Woodsville, NH - Nathan Lee Keenan, 97, a long-time Woodsville resident, died following a stroke on Monday, February 1, 2021 at the New Hampshire Veterans Home in Tilton where he had resided since 2019.

Lee was born in Topsham, VT on June 30, 1923 to Louis E. and Hattie (Eastman) Keenan.

He was a proud veteran of the US Army from January 12, 1944 until his honorable discharge on January 28, 1946. He served in the 82nd Airborne Division, Company K 325th Glider Infantry Regiment in Rhineland and Central Europe. He was awarded the Purple Heart for wounds received in action in Holland on October 2, 1944.

Upon his discharge, Lee spent much of his working career as a truck driver for various companies, including Whiting Dairy. Over his lifetime, he earned the million-mile safety award. Locally, he worked for Butson's Supermarket for many years. With his love of people, he delivered meals-



on-wheels and later drove the Horse Meadow Senior Center van, retiring in 2003.

Following his retirement, Lee and his wife Gloria enjoyed camping and spending time with friends at the Senior Center.

Lee was a charter member of the 82nd Airborne division and of its James Gavin Chapter. Locally, he was a member of both the VFW Post # 5245 in North Haverhill, NH and the Ross-Wood American Legion Post # 20 of Woodsville. He served as a deacon in his church.

He is survived by several

step-children and grandchildren; a niece; and his devoted neighbors, Dianne and Spencer.

Lee was predeceased by his wives, Thelma, Dorothy, Marjorie, Rita, and Gloria. He was also predeceased by two brothers, Albert and Walter Keenan; an infant sister; and a nephew, James Allen Keenan.

A graveside service will be in the spring in the Grotton Village Cemetery, Grotton, VT with Pastor Candace Ricker, officiating.

Memorial contributions may be made to either the Horse Meadow Senior Center, 91 Horsemeadow Road, North Haverhill, NH 03774 or to the New Hampshire Veterans Home, 139 Winter Street, Tilton, NH 03276.

For more information or to offer an online condolence, please visit www.rickerfh.com

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

Newell Wallace Murray: OBITUARY ¹³

North Haverhill, NH - Newell Wallace Murray, 78, of Briar Hill Road, died on Sunday, January 31, 2021 at Cottage Hospital, Woodsville, NH.

Newell was born in Littleton, NH on May 7, 1942 to Kenneth L. and Henrietta (Nichols) Murray. Newell farmed his entire life, beginning in Sugar Hill, NH and then locally for Swampy Lane Farm in North Haverhill. He also worked for Pete's Rubbish Removal.

He was a man who could repair anything. He loved being on his tractors and tending cattle. He enjoyed his vegetable garden and sold produce from his truck. Over the years, Newell enjoyed going for Sunday rides with his sister. He was always there to help others.

Newell was predeceased by his wife Beverly (Edwards) Murray; two sisters, Aner Spaulding and Iona Bowles; and three brothers, Robert Nichols, Harold Murray and Newton Murray.

He is survived by two



sisters, Annie Howard of Bennington, VT and Irene Bixby of Bethlehem, NH; a brother, Kenneth Murray of Killeen, TX; nieces, nephews, and cousins including his special nephew, Gordy Howard; and his close friend, Russell Keniston.

No services are being planned at this time.

For more information or to offer an online condolence, please visit www.rickerfh.com

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

Carol Ann Riggie: OBITUARY

Woodsville, NH - Carol Ann Riggie, 79, of Terrace Street, died on Wednesday, February 3, 2021 at her home.

Carol was born on November 12, 1941 in Woodsville, NH to Harry and Margaret Elizabeth (Douse) Adams.

Over the years, Carol worked for the Coach and Paddock and TJ's Lunch Counter as a waitress.

Like many women of her era, in her younger days, Carol enjoyed dancing.

She was predeceased by three brothers Bob Adams, Jon Adams and Bart Adams; and two sisters, Sandra Riggie and Susan Osmer.

She is survived by her husband Douglas Riggie Sr; two sons, Patrick Riggie and Doug Riggie; a daughter Shauna Walker and husband Jamie; three grandchildren, Brendan, Ryan, and Makayla Walker; a sister, Arbie; and many loving nieces, nephews and their families.

Private services are being planned for the spring.

In lieu of flowers, donations may be made to the



Woodsville Area Booster Club (WABC), 9 High Street, Woodsville, NH 03785.

For more information or to offer an online condolence, please visit www.rickerfh.com

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

Nominations Sought for Conservation Legacy Awards

Orford, NH – In honor of the 75th anniversary for Conservation Districts in the State of NH the Grafton County Conservation District (GCCD) seeks nominations for the Conservation Legacy Award. This award seeks to honor the nominees sustained commitment to the stewardship of natural resources in Grafton County.

For 75 years the County Conservation Districts have worked tirelessly with landowners and communities to promote the conservation and responsible use of natural and agricultural resources. The Legacy Award endeavors to shine a spotlight on those who embody this mission. Businesses, organizations, individuals, and families are eligible for the award if they live in or are based in the County, have a minimum of 5 years experience of sustained commitment to conservation and stewardship.

Nominations should be no more than two pages and include a summary of why the nominee is deserving of this honor. Nominations could include information on the nominee's property stewardship, overall impact of the County's environmental health, activism on behalf of conservation and agriculture, education and outreach in the community, their

willingness to share natural resource information with the public, service as a mentor for others, service to conservation organizations, and/or any notable accomplishments or awards.

Nominations are due to the GCCD no later than March 31, 2021 and can be submitted digitally or by hard copy in the mail. Nominations can be mailed to Conservation Legacy Awards, Grafton County Conservation District, 19 Archertown Road, Suite A, Orford, NH 03777 or emailed to: pamela.gilbert@nh.nacdnet.net. The Conservation District Board of Supervisors in each NH County will be responsible for the review and the selection of one Conservation Legacy Award for each County. Statewide there will be ten awardees honored. These awardees will be announced in June 2021.

New Hampshire Conservation Districts are celebrating their 75th year of conservation in 2021! Conservation Districts were established in NH in 1946, except for the Cheshire County Conservation District established in 1945.

To celebrate this momentous occasion, all 10 districts in partnership with the NH Association of Conservation Districts, will spend 2021

looking back on conservation successes throughout the years. The NH Conservation Districts have planned a number of engaging activities for Granite Staters to join in on throughout the year, including:

Legacy Awards: Every Conservation District in NH will present an organization, farm, family, individual, family forest, business, etc. with a 75th Anniversary Legacy Award. That's 10 awards across the state to honor those who have had a sustained commitment to and practice of conservation over time.

Podcasts: Interviews with conservation leaders from across the state will be recorded, produced, and shared with the public to enjoy. Look for frequent updates on podcasts and other 75th anniversary activities at: www.nhconservationhistory.com

For 75 years the County Conservation Districts have worked tirelessly with landowners and communities to promote the conservation and responsible use of natural and agricultural resources. Join us in wishing the NH Conservation Districts a very happy 75th Anniversary!

14 **Plymouth State University's
Drew Guay Named to "40 Under
Forty" Leadership List**

PLYMOUTH, NH (February 4, 2021) - Plymouth State University (PSU) Director of Campus Recreation Drew Guay has been named to the New Hampshire Union Leader's 40 Under Forty. Since 2002, this annual award has honored Granite Staters for making a difference in their communities and professions.

Guay was born and raised in Concord, New Hampshire, and has been a force for good and for change at PSU. He has expanded campus recreation offerings and mentoring to include students who might otherwise feel marginalized.

"This award is special to me because it has the support of so many students and it's moments like these that show you just how much of an impact our program can have," said Guay. "The support of current and former students has been incredibly touching and we can all take pride in this award."

Guay enjoys making an impact on students' lives at such a transformational time and truly values the relationships he forms. His department's theme is 'You Matter Here' and Guay emphasizes helping students find their fit on campus. For Guay, campus recreation is about more than just managing a gym, it is about building a community where people belong. Guay finds his motivation in the ripple effect created by helping others at PSU, and he also models the inclusive attitude as a father to two young sons, Braden and Austin.

"My experience at PSU would not have been the same without Drew," said Allyson Schwab, PSU class of 2020. "He always set a precedent for kindness, inclusion and caring, and that rubbed-off on everyone around him. He genuinely wants to see every single

student succeed at PSU."

When Guay began his tenure at PSU in 2012, the campus recreation program had roughly 13,000 check-ins per semester, but in the months before COVID-19 the program was seeing 35,000 to 40,000 check-ins. Guay believes that gyms are places for everyone, regardless of their prior experiences, and offers dedicated time slots for beginners and women so everyone feels comfortable in the space.

As a professional, Guay has served as a member of the National Intramural & Recreational Sports Association (NIRSA) since 2004, is the former NIRSA state director for NH, ME and VT, a member of the NIRSA professional mentor program and serves as the NIRSA Region 1 Student Development Committee Chair, and he has facilitated numerous workshops for small colleges and universities in the region. He is currently working with a team of researchers on creating a NIRSA Toolkit on Transgender Allyship in Collegiate Recreation.

"Drew is a bright young leader not just at Plymouth State University, but in the community and the state," said Marlin Collingwood, Interim Vice President for Communications, Enrollment & Student Life at PSU. "He is a role model for emerging leaders and a bright light of what you can make of your life by focusing on others."

Guay also serves on the Board of Directors for Lakes Region Flag Football, and his latest achievement was organizing a safe and healthy fall season in 2020 for more than 250 kids, ages 4 to 15 years in his community. His region developed strong COVID-19 guidelines to keep players and families safe and became a model for other youth sports programs.



What About Ma?

by Kellie Quackenbush

All About Advocating for Your Family

Since the onset of the COVID-19 Pandemic the role of family care for a family member in the hospital has changed. People who are admitted to the hospital are not allowed visitors. There are strict limits on attending doctor visits with aging parents and spouses. Nursing homes and skilled care facilities are closed to visitors or limit in person visits. What can you do to support your loved one?

Starting with your aged parent or family member in a Nursing Home or Skilled Care Facility, pick one person to be point on keeping up with changing information. How to Be an Effective Advocate for Aging Parents by Amy Goyer, AARP, September 24, 2020 (www.aarp.org)

1. Powers of observation: Take notes on your observations about your loved ones so you can track changes over time. Try a remote monitoring system to track their movements at home and detect changes in routine, such as staying in bed longer.

2. Organizational skills: Make digital copies of key documents, such as medication lists, medical history, powers of attorney and living wills, so you can access them on the go from your phone or tablet.

3. Communication skills: This is key for building relationships with those who

help care for our loved ones, from family members to lawyers, doctors and more. Be respectful. Remember that to communicate effectively, listening is just as important as speaking.

Do your homework before meetings with lawyers, medical professionals and other providers, and have notes ready. Be clear, concise and get to the point. Always express appreciation.

4. Asking questions: Educate yourself about your loved one's health conditions, finances and legal affairs.

Be prepared with a list of questions for phone calls or meetings with facilities staff, doctors and other professionals. Never assume; always clarify.

5. Tenacity: Be clear about goals and believe that there are solutions. Focus on the end result you want. Have a positive mindset. When caregiving knocks you down, get back up again."

For Ma, who went to a skilled nursing facility before the Pandemic took hold of the world, not being able to see her has been very difficult. We make calls to her care team and to Ma, making sure that we are talking with Ma every other day. We ask questions about her health and changes in her health. Calling at different times of the day to speak with different staff members

so that we have a better "over-all" picture of how she is doing and what she needs.

Ma is at a very good facility with a truly kind and caring staff, however, with staffing shortages and people being overworked - it is good to be vigilant. One week, Ma lost a shoe - just one. As the shoes Ma wears are special orthopedic shoes, she was hesitant to walk in other shoes. We had a complete search done and ended up ordering new shoes for her. Another time, we called and she could not hear anything. Wax build up in her ears had made her deaf. Fortunately, cleaning her ears solved that issue.

Knowing Ma's health issues and history made finding the solutions to these simple problems somewhat easy. We did make several phone calls to get the missing shoe issue resolved. It also took several phone calls to Ma's medical team to address the ear wax issue. Time and persistence, not too much for someone you love. We are her loving family and have worked through many a health crisis over the years.

With social distancing, facility lock-downs and quarantine conditions - it is a different world. Using a telephone, your best listening skills and persistence - this too shall pass. Remember, sending cards and letters will go a long way to making another day in isolation not so bad. February is the month of love, send some flowers or balloons to your loved ones to remind them you remember them and care. We do care, from a healthy distance, hoping to get a hug real soon.

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Ocala, FL - John Melvin Claflin, age 90, passed away on January 25, 2021 after years of declining health. John was born December 1, 1930 to Fred and Vera (Munroe) Claflin and grew up in Corinth, VT.

On July 20, 1956, John married Juanita Spooner and they lived in East Topsham, VT until 1987 when they moved to Ben Dexter Road in Topsham and built a new home. In 2006 they moved to Ocala, FL to accommodate John's declining health.

John served as Corporal in the US Army 57th Field Hospital in Korea from January 1953 thru December 1954. He was employed at Washington Creamery, the Town of Topsham Highway Department, Kelley Construction, Cooley's, Pike Industries, Bond Auto, and assisted Juanita at the Topsham town clerk's office where she was the town clerk from 2000-2004.

John was an avid outdoorsman loving hunting, fishing, camping, snowmobiling and racing. He was a member of the Masonic Lodge, and a member of the Topsham Tri-Village Fire Department. He loved to play cribbage and in later years became an avid puzzler. Above all John loved to spend time with his wife, family, friends and community. He was always willing to lend a helping hand. He helped build many houses and built many chimneys.

Preceding John were his parents, Fred and Vera Claflin, a grandson, Shawn Claflin, two brothers, Frank and Duane, three sisters, Olin Thurston, Olin Claflin, and Olive Eggleston, and a son-in-law Bryan Taylor.

At the time of his death, John was survived by his loving wife of 64 years, Juanita, who died February 1, 2021. Other survivors include his four children, Timothy Claflin and companion, Barbara Watters of Williamstown, VT, Tammy Vaughan and husband Steward of Newbury, VT, Terry Claflin and wife, Linda of Topsham, VT, and Tina Taylor of Ocala, FL, 14 grandchildren, 28 great-grandchildren, his brother Ralph Claflin and wife Mary of Orange, VT, sister, Junis Thurston and husband, Malhon of Bradford, VT, a sister-in-law, Diana Claflin of Corinth, VT, 9 of Juanita's brothers and sisters, numerous nieces and nephews, and a large number of friends whose lives have been enriched by knowing John.



A Celebration of Life will be held at a later date. In lieu of flowers, donations may be made to the Topsham Tri-Village Fire Department, in care of Edgar Downing, 16 Powder Spring Road, Topsham, VT 05076. Arrangements are by Hale Funeral Home in Bradford, VT. For more information or to offer online condolences, please visit Hale Funeral Home.

Ocala, FL - Juanita June (Spooner) Claflin, age 82, entered her final journey into eternal life to join her husband of 64 years, John, on February 1, 2021. She passed from "Broken Heart Syndrome" and Covid-19. Juanita was born at home in Fayston, VT on February 12, 1938 the third of 14 children to Alonzo and June (McCullough) Spooner. She lived in Fayston until moving to Topsham, VT.

Juanita attended elementary school in Fayston and Topsham. In order to accommodate transportation needs to high school, Juanita lived with her uncle Fred and aunt Edna Spooner for 4 years, and graduated from Bradford (VT) Academy in 1956. As an adult learner in 1996, Juanita attended Champlain College and graduated with an associate's degree in Tourism and Travel.

On July 20, 1956 Juanita married the love of her life, John Melvin Claflin and their relationship was one of true commitment to each other; setting an example to be admired. They made their home in East Topsham where they raised four children. In 1987 they moved to Ben Dexter Road and built a new home. In 2006 John and Juanita moved to Ocala, FL to accommodate John's declining health.

Juanita was employed in numerous jobs, Vermont Tables in Groton, VT, Cooley Construction, Sprague Electric, Bowen Hunter Bobbin Co., Milne Travel Agency, Americor, the area Office on Aging, Oxbow Senior Independence Project, Maska USA, and the Town of Topsham as town clerk and treasurer from 2000-2004.

Juanita had a strong sense of community and participated in numerous activities. She served on the Topsham School Board at the time of the formation of the Union 36 District and building of the school 1968-1978, and returned to the school board in 1983-1986. She was always available to help with community suppers or any project, which needed volunteer help. For a number of years, she was the leader of the Topsham 4-H Club. She and John were members of the In-Between's Club.

She was a remarkable seamstress making the majority of her and her family's clothes, as well as many a wedding dress. She loved to make the annual Christmas mittens and socks for her grandchildren, and other's she considered her grandchildren. She loved traveling and camping. Juanita was very proud that she had sponsored and accompanied each of her grandchildren to a trip to Disney World in Florida. She was always available to play a game of cribbage or Five Crowns. She loved to learn by reading or by conversation with others. She will be remembered by her willingness to give of herself, to all she came in contact with.

Preceding Juanita were her husband, John by one week, her parents, Alonzo and June Spooner, a grandson, Shawn Claflin, three brothers, Benjamin, Forrest and Alonzo, Jr. Spooner, a

participated in numerous activities. She served on the Topsham School Board at the time of the formation of the Union 36 District and building of the school 1968-1978, and returned to the school board in 1983-1986. She was always available to help with community suppers or any project, which needed volunteer help. For a number of years, she was the leader of the Topsham 4-H Club. She and John were members of the In-Between's Club.

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Preceding Juanita were her husband, John by one week, her parents, Alonzo and June Spooner, a grandson, Shawn Claflin, three brothers, Benjamin, Forrest and Alonzo, Jr. Spooner, a

sister, Ester Phillips, and a son-in-law, Bryan Taylor.

Juanita is survived by four children, Timothy Claflin and companion, Barbara Watters of Williamstown, VT, Tammy Vaughan and husband, Steward of Newbury, VT, Terry Claflin and wife, Linda of Topsham, VT, Tina Taylor of Ocala, FL, 14 grandchildren, 28 great-grandchildren, 3 brothers, James Spooner and wife, Georgiana of Topsham, VT, Anthony Spooner and wife, Cynthia of Topsham, VT, and Thomas Spooner and wife Terry of Orange, VT, 6 sisters, Patricia Johnson of Braintree, VT, Ramona Miller of Ocala, FL, Linda Smith Riddell of Ocala, FL, Victoria Cameron and husband, Bruce of Ocala, FL, Rebecca Spooner of Barre, VT, Maureen Abare of Topsham, VT, a sister-in-law, Leona Spooner of Rowe, MA, her 101 year old uncle, Fred Spooner of Bradford, VT, numerous nieces, nephews, cousins, a multitude of friends, and a community that she thought of as part of her extended family.

A Celebration of Life will be held at a later date. In lieu of flowers, Juanita's family request donations to the Topsham Historical Society, in care of Elaine Smith, 88 East Orange Road, West Topsham, VT 05086. For more information or to offer condolences, please visit Hale Funeral Home in Bradford, VT.

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by Cindy Pinheiro
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Southern Style Pork Ribs and Homemade Coleslaw

Hello hello my fellow chefs. How are you all doing these days? I'm doing good and taking a new medication for my stomach and so far so good. I also have an appointment for sleep apnea. I'm anxious to have that appointment because I have a lot of trouble with my sleeping.

Well snow is in the forecast and it has been cold and windy so I'm looking forward to spring. I have neighbors that are so good to me, I am very lucky that they snow blow my driveway and a path to my front door. So let's get to today's recipe and how to make it.

Preheat oven to 300 degrees

Ingredients

Package of pork Southern Style ribs with or without bone. I like bone in, that's what I used.

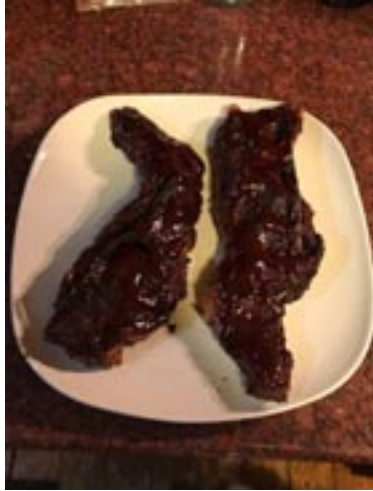
Rubbing seasoning for meat
Barbecue sauce

Ingredients for coleslaw

1 small head of cabbage cut in half
1 cup of carrots. About 3-4 carrots
1/2 cup mayonnaise
1/3 cup white vinegar
1/3 cup white sugar

Rub your ribs with rubbing seasoning on both sides. Use your fingers. I used John Henry's Red River Rub that I bought at Job Lot but you can find a variety of rubs at Shaw's or White Market. After you season your ribs place in a baking pan and cover tightly with aluminum foil. Place in preheated oven for 2 hours.

In the meantime cut your half head of cabbage in



wedges and put in food processor to chop. Easy peasy. Chop carrots the same way and put in large bowl. Whisk mayonnaise, vinegar and sugar in small bowl then pour over cabbage and carrots and mix well. Chill. Toss every half hour.

After the ribs have baked for 2 hours remove aluminum foil, be careful of steam, reduce oven to 275 degrees, brush liberally with barbecue sauce and bake for an additional 1 hour. When time is up check to see if Ribs are fork tender and away from the bone. Let sit for 5-10 minutes and brush more barbecue sauce on top. That's it, Delicioso!

Serve and enjoy. I made Jasmine rice on the side and we had a glass of Chardonnay with dinner. Remember to drink responsibly. You can figure about 1 rib per person or more if your family has a hearty appetite. If you think you will need more coleslaw do the whole head and double the dressing. Also taste the dressing you made and if you think it needs more sugar or vinegar add a little more.

So folks that's it for



Mount Moosilauke NH You can see from both VT and NH surrounding towns. Like Newbury and Ryegate VT. Favorite view is coming from Woodsville, NH. And entering North Haverhill, NH. Photo by Cyndi Wellman cnb.pics07@gmail.com

today's recipe and I hope you enjoy it. Stay warm and healthy and wear your mask if you venture out.



Until next time I am signing off.
Sincerely, Cin Pin

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