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TRENDY TIMES



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New App Launches: Aids Connecticut River Paddlers

Greenfield, MA – A new smartphone app was launched on World Water Day, March 22, to help paddlers navigate the Connecticut River, particularly for multi-day paddles. The Connecticut River Paddlers' Trail (CRPT) is a unique, water-based trail that includes a series of primitive campsites and river access points spanning 400+ miles of the Connecticut River through NH, VT, MA and CT. CRPT is managed by a collaborative of more than 30 nonprofit organizations and state agencies, including the Connecticut River Conservancy (CRC), the Appalachian Mountain Club, and the Vermont River Conservancy. Those interested in down-

loading the app can find it in CRC's online store at www.ctriver.org/shop, or search "Guthook Guides" in your smartphone app store.

"We chose to launch this new app on World Water Day, a day where people around the world recognize the importance of water in our lives," says Gabriel Chevalier, CRPT Coordinator. "The Connecticut River is the longest river in New England and enriches our lives in many ways. It offers many recreational opportunities that promote healthy communities and boost local economies. This new app offers paddlers an easy-to use digital paddling guide to navigate the CRPT campgrounds, access points, rapids and other resources

along the Connecticut River."

Proceeds from the \$9.99 app and waterproof printed maps are used to fund trail stewardship projects. The app was developed in partnership with Atlas/Guthook Guides, who offer similar app-based guides for other well-known trails like the Long Trail and the Appalachian Trail. The Connecticut River Paddlers' Trail map is available as an in-app purchase in the Guthook Guides app, a free download from the Apple App Store or the Google Play Store.

The Connecticut River Paddlers' Trail is managed by a collaborative of organizations, guided by a shared vision. Partners assist with trail planning and development,



building and stewarding primitive campsites, improving access points and portage trails, and disseminating information to visitors. Campsite development, as well as ongoing stewardship, is carried

out by volunteers, scout troops, and youth stewardship corps who work together to mitigate the impacts of recreation use. To learn more, visit www.connecticutriverpaddlerstrail.org

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TRENDY Dining Guide

Iron Rail Pub + Grill

by Gary Scruton

As regular readers will know Janice and I have not "gone out to eat" very often during this time of pandemic. Reasons are both personal and social.

But we did make a decision to dine out recently when we had two guests for dinner. The four of us just traveled a very short distance to the Iron Rail Pub + Grill on Railroad Street here in Woodsville. Though I have written a column about this establishment before (a take out order) this was our first time actually walking in to dine.

There was a front podium and the waitress manning it took us to a booth in the dining area. One member of our party asked if we could instead sit at a table with chairs and she quickly allowed us to do just that. The table we picked looked out one of the big windows on the front of the building looking toward Central Street. Our plastic coated menus then became our subject of discussion.

When our waitress came back to our table she mentioned a couple of specials and then went around the table taking orders. First was a simple steak and cheese wrap (provolone cheese please) with a glass of water. Next was an order of Chicken Alfredo with broccoli and an unsweetened glass of iced tea. The third order was for a bacon cheeseburger (Cheddar

cheese and cook that burger medium please) and a coke with a side order of macaroni and cheese. The last order was for a cup of clam chowder, a pulled pork sandwich and a Sam Adams Boston Lager.

The clam chowder was my order and when asked I did request it to be served before the meal. The first return to the table by our waitress was with the beverages ordered. My Sam Adams was in a bottle and again our waitress was quick to ask if I wanted a glass, which she brought back out quickly.

The next trip to our table was my chowder. It was hot, full of clams and other chowder ingredients and quite tasty. No doubt that it was well enjoyed.

There was a bit of a wait before our four meals ar-

rived. But it was certainly worth the wait and we had some great conversation in the meantime.

Again, going in order around the table. The steak and cheese wrap got a simple "It was great" rating. No complaints and it was fully finished.

The chicken alfredo was also welcomed with good words. Very tasty with lots of chicken. This meal included garlic bread on the side. This meal did not get fully finished and enough was taken home for another meal.

Third was the mac & cheese with the bacon burger and french fries. I got a little more from this meal. The menu states that the burger is cooked to perfection and there was a comment that that statement could not be disputed. Again,

some of the burger was put in a box to go home for later.

As stated my chowder came early so I had a chance to finish it and catch my breath before working on the pulled pork sandwich that also came with fries on the side. This meal is traditionally a bit messy and I must admit that I had to ask for more napkins in order to keep up with myself. I'm not sure just how much the pork weighed, but suffice it to say there was plenty and I also did not quite finish my meal. I did not request a box to

take the small remnants home. No one saved room for dessert although the options were very tempting.

One more item I want to mention is that our waitress had a portable unit with her that took our order and when I asked for the bill she was able to print out the slip with a full accounting of what we had ordered. The same unit also took my credit card which was charged a total of \$78.48 for all four meals and beverages. As is our normal habit we also left a cash tip on the table.

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

Old Church Theater Acquires "Old Church"

BRADFORD, VT: Old Church Theater (OCT) announce they are now owners of the historical "old church" at 137 North Main Street in Bradford, Vermont.

Old Church Theater has been a Bradford institution since 1985 and until 2017 presented nearly all its productions at the North Main Street location under a rental agreement with the property's owner and neighbor, the Congregational Church.

OCT's acquisition of this building has been in the works for years but was made more urgent in 2016 when the theater's board voted to cease productions in the "old church" because of safety issues in the 226 year-old building.

In 2017 OCT entered into an agreement with Bradford Community Development Corporation to allow a temporary theater to be established at 176 Waits River Road while preparations were in process to renovate and repair "the old church". Simultaneously, fund-raising, grant-writing, and structural repairs have been accom-



Shown in a recent photo, Bradford's 226 year-old "old church" is now owned by Old Church Theater Inc, a non-profit community theater organization. Plans are underway to renovate it into a year-round performance center.

plished to prevent further deterioration.

OCT has received much support from local donors and the Town of Bradford to help save the historic building, which engineers have examined and given assurances the structure is sound.

Additionally, architects have prepared plans for its conservation and restoration.

The Board of Old Church Theater envisions a year-round center for community groups to use for drama, dance, music, and other events. This project will take some years to complete but Bradford is on its way to having a new performance center in the town's oldest building.

For more information email president@oldchurch-theater.org

Bear Brook State Park Management Plan Available for Public Review and Comment

After an extensive two-year planning process, New Hampshire Department of Natural and Cultural Resources is releasing the updated "Bear Brook State Park Management Plan" for public review and comment.

The plan can be viewed at www.nhstateparks.org/about-us/commissions-committees/bear-brook-state-park-management-plan-committee.

The Bear Brook State Park management plan steering committee will hold a virtual listening session on April 22, 2021 at 5:30 p.m. to receive public comment on the plan. The public can also provide written comment via email to [BearBrookPlan@dncr.nh.gov](mailto: BearBrookPlan@dncr.nh.gov)

or via letter to Bear Brook Plan, 172 Pembroke Road, Concord NH 03301. Written public comment may be submitted from Friday March 26, 2021 through the close of business at 4 p.m. on Friday April 30, 2021.

A technical team of natural resource professionals from the various state agencies charged with managing the resources at Bear Brook State Park drafted the updated plan and was advised by a steering committee of members of the public who represented the various recreational uses and environmental interests of the

park. The agencies periodically presented the individual draft chapters to the steering committee at public meetings and received and incorporated comments throughout the planning process.

The new plan updates the 1994 "Bear Brook State Park Management Plan" and sets the management vision for the next 15 years. Documented in this plan is the future management for forestry, wildlife, cultural, ecological and recreational resources in the park. The technical team used the latest science and practices across all disciplines to produce this integrated plan.

The Division of Parks and Recreation is comprised of the Bureau of Park Operations, Bureau of Historic Sites, Bureau of Trails, and Cannon Mountain. The Division manages 93 properties, including state parks, beaches, campgrounds, historic sites, trails, waysides, and natural areas. The Division of Parks and Recreation is one of five divisions of the NH Department of Natural and Cultural Resources. To learn more, visit www.nhstateparks.org, follow NH State Parks on Facebook, Twitter and Instagram, or call 603-271-3556.

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

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Sen. Hennessey Checks In With North Country Snowmobile Clubs On How CARES Act Money Helped Fill Gaps With Fundraising

CONCORD, NH -- Sen. Erin Hennessey (R-Littleton) visited Northern Coös recently getting an update on how the \$250,000 in CARES Act Coronavirus Relief Funds authorized by Gov. Sununu helped provide economic support for the snowmobile clubs that suffered fund raising interruptions as a result of the pandemic.

"Snowmobiling adds \$586 million to New Hampshire's economy each year," said Hennessey. "The thirty clubs being helped with these grants, six of which are out of the North Country, ensure that the vast majority of the 7,000 miles of snowmobile trails in the state are groomed for all snowmobilers to enjoy. Without this strong network of local clubs, the trail system in New Hampshire would simply falter. I know their ability to raise money has been hurt by the pandemic, so these funds could not have come at a better time."

Sen. Hennessey visited

with Gail Hanson of the Colebrook Ski-Bee's and Trevor Covell of the Swift Diamond Riders. "We discussed the grants and the positive impact that snowmobiling has on Coös County's economy. Spending a few hours on a groomer with Trevor reminded me of the beauty of our North Woods and why so many people want to visit. But we need to remember it's the local snowmobile clubs that make all those great visits possible. I think the CARES Act grants let the clubs and all of their dedicated volunteers know just how much we value the work they put into maintaining our snowmobile trails."

The six North Country snowmobile clubs receiving CARES Act grants included: Colebrook SkiBees, Dalton Ridge Runners, Lancaster Snow Drifters, Littleton Off Road Riders, Umbagog Snowmobile Association and the White Mountain Snowmobile Club.



NH's Post-Secondary Merger? And Woodsville Roads

As in past years, fiscal and policy considerations for the next state budget are placed in three bills. HB1 will contain appropriations for the expenses of certain departments of the state for FY22 and FY23. HB2 will identify policies associated with state fees, funds, revenues, and expenditures, and HB25 will contain appropriations for capital improvements. Due to COVID and a compressed legislative timeline, HB2 will most likely contain many non-budget-oriented items. With this understanding, greater attention and focus should be given to these bills as they move through the legislative process. The capital bill did pass from committee by unanimous vote.

One of the components of HB2 is the proposed merger of the University System of New Hampshire (USNH) and the Community College System of New Hampshire (CCSNH). Upon receiving the Governor's proposed budget to merge the two systems, I was asked to establish a committee to consider and identify relevant information pertaining to the merger. The Final Study Report was issued on March

19, 2021, after receiving testimony and gathering information from numerous sources. The committee heard from Dr. Ed MacKay, prior Chancellor of the USNH, who highlighted how both systems have been successful while emphasizing the importance of clearly identifying desired outcomes of a merger before jumping and ending with unintended consequences. Dr. Donald Bix, Plymouth State President, shared his thoughts on the possible opportunities for growth that may arise through a merger of the two systems but with potential challenges that need to be resolved. Others such as Dr. Susan Huard, Chancellor of the Community College System offered concern that a future joining of the two systems may overshadow the current CCSNH mission. Dr. Joe Morone, USNH Board of Trustees Chair, discussed external threats facing institutions of higher education and all the planning that must be undertaken to manage issues like shrinking enrollment, over-built campuses, and the long-term impact of pandemic-era expenses.

In conclusion, the study group agreed that: sufficient preparation time is essential to attain a successful merger outcome, it is necessary to go slow to get it right, transferability of courses between institutions needs resolve, tuition costs for 2 and 4 year programs requires discussion, program and department duplication needs attention, that the new singular board have a strong CEO to whom presidents are accountable, along with a number of revenue and debt issues. An electronic copy of this report can be obtained at: http://www.genecourt.state.nh.us/LBA/Budget/House_Finance_Division_II/3.19.21.Final.Report.Study.Group.Higher.Education.pdf

In other closer to home business, SB26, relative to roads within the Woodsville Fire District, has made its way to the House and has been assigned to the Public Works and Highway Committee for hearing. Although not yet scheduled; I expect the bill to be heard in mid-April. The bill modifies the law on the operation and funding of the Woodsville fire district and directs that appropriations to the Woodsville district shall be by warrant articles duly voted at each annual Haverhill town meeting.

Respectfully Submitted,
Rep Rick Ladd
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Sen. Erin Hennessey with Trevor Covell of the Swift Diamond Riders and the club's groomer.

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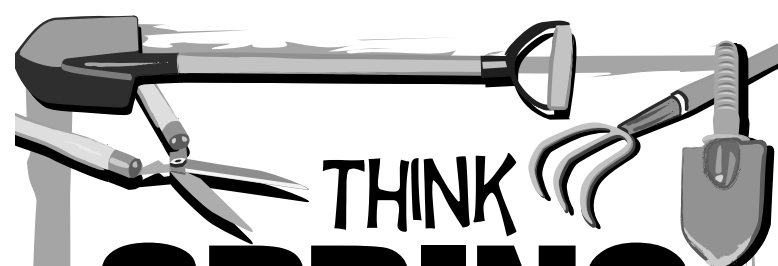


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Thunder Road Joins FloRacing in Multi-Year Live Streaming Agreement

Barre, VT — Thunder Road event broadcasts will have a new home in 2021. Track officials and FloRacing announced today they have signed a multi-year contract to stream all Thunder Road auto racing events both live and on-demand.

As part of the FloSports Network, FloRacing is one of the world's leading motorsports broadcasters. They now partner with one of North America's most acclaimed short tracks, giving fans even more opportunities to enjoy and discover the action at the high-banked oval. The agreement is a major milestone for the "Nation's Site of Excitement" as it enters its 62nd season of competition.

Northeast Sports Network, who aired Thunder Road events in 2020, will produce the broadcasts for FloRacing. Events will be streamed live on the FloRacing website, their mobile app, and smart TV platforms such as Roku and Apple TV.

All 19 scheduled Thunder Road auto racing events in 2021 can be seen on FloRacing. This includes the season-opening Community Bank N.A. 150 for the American-Canadian Tour on May 2, the 59th Vermont Milk Bowl on October 3, and all the weekly racing and special events in-between.

An annual FloSports subscription is \$150, which comes out to \$12.50 per month. For this flat fee, users can watch more than 300,000 hours of content, including the network's full FloRacing catalog plus coverage of more than 25 other sports. Visit www.floracing.com/signup to create an account.

"We truly are very excited to begin this relationship with Thunder Road," FloRacing General Manager Michael Rigsby said. "Their six-decade-plus history speaks for itself, and as we continue to grow our pavement short track offerings, Thunder Road was right near the top of the list of places we wanted to partner with. Their fans will find enormous value in the Flo subscription, and we can't wait to get the season rolling!"

"This is a great opportu-

nity for the track and its fans," Thunder Road managing partner Cris Michaud added. "FloRacing and FloSports have everything auto racing fans could want: lots of great content, high-quality broadcasts, and an affordable price to watch it all. We're also pleased to still have NSN involved as the producer. Together, they're going to take Thunder Road live-streaming to new heights."

As part of the new agreement, Thunder Road and FloRacing have announced two "double-purse" events in 2021. The Mid-Season Championships on July 22 and Vermont Tire & Service Night on August 19 will pay twice the normal prize money for all divisions. This adds up to nearly \$30,000 in posted bonus awards spread throughout the Maplewood/Irving Oil Late Model, Lenny's Shoe & Apparel Flying Tiger, RK Miles Street Stock, and Burnett Scrap Metals Road Warrior fields.

"The double-purse nights will be huge for teams," Michaud said. "Paying double the money at the Mid-Season Championships helps teams get ready for the second half of the season. Having another double-purse night in late August gives them an extra cash boost to prepare for big end-of-year events."

"We thought it was important to reward as many teams as possible with this bonus money instead of just a few top finishers," Michaud continued. "Every dollar counts in racing, and we think this will help more teams run the full season who might not have been able to otherwise."

FloSports is an international leader in live event streaming and on-demand video. It offers exclusive coverage and original pro-

gramming for more than two dozen sports. Their content library includes live events, shows, commentary, movies, and documentaries. FloSports has partnered with numerous major sports organizations and college conferences, including the NCAA, Tour de France, Big 10, USA Wrestling, Professional Bowlers Association, and USAC Racing.

FloRacing is the primary motorsports platform on FloSports. They broadcast events live and on-demand from dozens of race tracks and series across North America, including stock car racing, open-wheel racing, drag racing, and motocross. You can also watch classic auto racing events, motorsports-themed films, expert analysis, and more 24/7. To learn more about FloRacing and the FloSports Network, visit www.floracing.com or www.flosports.tv.

Thunder Road opens its 2021 season with the Community Bank N.A. 150 on Sunday, May 2 at 1:30pm. The stars of the ACT Late Model Tour and Maplewood/Irving Oil Late Models will go at it for 150 green-flag laps in front of an international audience on FloRacing. The Lenny's Shoe & Apparel Flying Tigers, RK Miles Street Stocks, and Burnett Scrap Metals Road Warriors have a full card of racing to open their seasons. The annual Car Show and an open practice are scheduled for Saturday, May 1 followed by the 2020 ACT/Thunder Road Banquet of Champions.

For more information, contact the Thunder Road offices at (802) 244-6963, media@thunderroadvt.com, or visit www.thunderroadvt.com. You can also follow us on Facebook and Twitter at @ThunderroadVT.

Living with Little Critters

by Elinor P. Mawson

Most of us have dealt with little wild things during our lifetime. No matter whether we like it or not, we've dealt with mice and ants; our pets have brought in other objects of their interest from time to time that have to be caught and disposed of, but since we have lived where we do, it's been a different experience entirely.

When we bought our camp, it was open to the elements and of course it had been visited by little animals who occupied the forest floor outside. We calmly managed to keep them out when we battened the place down, but they had other ideas. We were regularly visited by mice and ants and the biggest water spiders we had ever seen. Coming across one of those was almost scary, but we disposed of them by enticing them into a paper cup and releasing them back into the wild.

When we built our house we were certain that the place would be critter-free, but have found out otherwise. The man who washes our windows discovered a place where mice could come in. It has been dealt with but we still see an occasional mouse for which we set a trap. But mice aren't our only visitors! Oh no!! There have been others.

We have transom windows in which we display colored glass pieces. One night I was awoken by the sound of breaking glass and jumped up to discover shattered fragments on the floor. On the sill of the transom sat a creature that I'd never seen before. It turned out to be a flying squirrel which managed to evade my husband when he tried to catch it. We spent quite a time trying to figure out how it got in the

house, while bemoaning the loss of some of our better glass objects

Another time, while watching TV I was visited by a silent dark flying creature. I made a loud exclamation which my husband recognized immediately. He knew I had just seen a bat. It swooped in and out of my room and I exclaimed each time. We'd had bats at other places where we'd lived and knew what to do. Opening all our outside doors, we sat and waited for our visitor to go out. Sometimes it worked. Other times my husband would get up on a chair and wave an object at it to get it motivated. The language that accompanied his efforts would curl your hair. Of course with the doors opened we took a chance on other creatures flying in, but so far it hasn't happened.

One summer day when I went into the living room I found a hummingbird trying to get out the window which was closed. I was surprised that it was peeping--a sound that I couldn't believe such a small creature could make. My husband had good luck gently catching it and releasing it out the window--having better luck than he usually did getting rid of visitors.

And finally there was the year we were visited by a cat that had been dropped off near our camp. She always appeared when we drove into the yard, and sat forlornly when we left. She was such a nice cat that we ended up feeding her and noticed that she buried some of the food under leaves until she was hungry again. She seemed to feel comfortable with us and we got to love her. We hated to leave her here alone, so one day we took her home. She was a wonderful cat.

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Calendar of Events

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

FRIDAY, MARCH 12 - SATURDAY, APRIL 24
ALICE KITCHEL. EXHIBIT
11:00 AM - 5:30 PM Tuesday - Saturday
430 Railroad Street. St. Johnsbury
See Article on Page 7

WEDNESDAY, MARCH 31
RED CROSS BLOOD DRIVE
11:30 AM - 4:30 PM
American Legion Home, Woodsville
See Ad on Page 9

SATURDAY, APRIL 3
EASTER EGG DROP
9:15 AM INFANT - 5 YEARS
11:00 AM AGES 6-12
Haverhill Commons, Haverhill corner
See Ad on Page 9

HOMEMADE PIES FOR EASTER DINNER
9:00 AM - Noon (or until sold out)
United Congregational Church of Orford UCC

SUNDAY, APRIL 4
EASTER SUNDAY

WEDNESDAY, APRIL 7
PSU TO HOST LECTURE ON
RESPONDING TO SOCIAL DISRUPTIONS
See Article on Page 14

SATURDAY, APRIL 10
LISBON LIONS SENIOR CITIZEN DINNER
About Noon
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See Article on Page 13

SUNDAY, APRIL 11
ACOUSTIC MUSIC JAM
12:00 NOON - 3:00 PM
Clifford Memorial Building, Woodsville

Bethlehem Hebrew Congregation will host its
ANNUAL HOLOCAUST REMEMBRANCE
SERVICE
2:00 PM
Bethlehem Hebrew Congregation will host its
See Article on Page 7

MONDAY, APRIL 12
HAVERHILL SELECT BOARD MEETING
6:00 PM
Clifford Memorial Building, Woodsville

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

WEDNESDAY, APRIL 14
ROSS-WOOD POST #20 AMERICAN LEGION
MONTHLY MEETING & NOMINATIONS
6:00 PM
4 Ammonoosuc Street, Woodsville

THURSDAY, APRIL 15
VFW POST #5245 MONTHLY MEETING
7:00 PM
VFW Hall, North Haverhill

SUNDAY, APRIL 25
ACOUSTIC MUSIC JAM
12:00 NOON - 3:00 PM
Clifford Memorial Building, Woodsville

MONDAY, APRIL 26
HAVERHILL SELECT BOARD MEETING
6:00 PM
Clifford Memorial Building, Woodsville

ATTENTION

All Non-Profit Organizations, Churches,
Schools, Towns & Other Municipalities,
Your event can be placed in our
FREE Calendar of events.

Simply send us the Date, Name, Time and Location of your event.

Deadline is always the Thursday before Tuesday's Publication date.

Send to: Gary@Trendy Times.com
or mail to: Trendy Times, 20 Pine Street,
Woodsville, NH 03785

Volume 12 Number 13
March 30, 2021

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

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Bethlehem Hebrew Congregation Hosts Annual Interfaith Holocaust Remembrance Service April 11

By David Goldstone & Eileen Regen

Bethlehem Hebrew Congregation will host its Annual Holocaust Remembrance Service at 2 p.m., Sunday, April 11. This annual program, usually presented in the sanctuary of our synagogue on Strawberry Hill Street in Bethlehem, will be accessible to members and friends in the community this year as a Zoom presentation.

The Holocaust was the state-sponsored systematic persecution and annihilation of European Jewry by Nazi Germany and its collaborators between 1933 and 1945. The Jewish people were the primary victims – six million were murdered along with Sinti and Roma (Gypsies), people with mental and physical disabilities, and other citizens targeted for decimation for racial, ethnic, or national reasons. Included were homosexuals, Jehovah's Witnesses, Soviet prisoners of war, and political dissidents.

To honor the past and to remember the victims and harsh lessons of the Holocaust, the service also pays tribute to the heroes and rescuers who risked their own lives to save men, women, and children in peril. The program recalls the tragic losses of the Jewish people during the Holocaust, and includes stories of survivors within the congregation and North Country community, along with poetry and music. The program reminds us of our ongoing struggle to end the genocide and terrorism that continues throughout the world.

The service will be led by Dr. Judith Felsen and her husband Jack Karp, both children of Holocaust survivors, and includes the following guest artists:

Marjan Kiepura, acclaimed pianist and author, will play the "Mazurka in A Minor, Op. 17, No. 4" by Frederic Chopin and speak about his famous parents, Martha Eggerth and Jan Kiepura, the dream couple of movies, opera, and operetta, and superstars of the mid-20th century. The Hungarian soprano and the Polish tenor were forced to leave Austria following its annexation by Nazi Germany in 1938. Marjan Kiepura is also a published author and has written about and extensively performed works by Chopin. He lives with his wife Jane Knox-Kiepura in Littleton, New Hampshire and New York City.

Michel Adler is a member of the BHC Board and an avid skier. A child of Holocaust survivors, he has translated and published his father's novel "I Am a Refugee." This memoir portrays the harsh experiences of his father Camillo Adler and his family as Austrian refugees in France following the outbreak of WWII. Michel will introduce the work of his famous cousin Otakar Kraus (10 December 1909-28 July 1980) who was a Czech and later British operatic baritone and teacher.

Marjorie Agosin is a Chilean-American writer. She has gained notability for her outspoken support for women's rights in Chile. In the video "Braided Memories," Agosin and photographer Samuel Shats pay homage to her great-grandmother who escaped Nazi-dominated Vienna and made her way to Chile.

BHC Rabbi Donna Kirshbaum will join us from Omer, Israel, to sing "Ani Ma'amim" (I Believe). The lyrics, set to a haunting melody, are attributed to Azriel David Fastag,

a Modzitzer Hasid. He reportedly composed the tune in a cattle car while being taken to Treblinka.

We will also present a video recording of Noam Wolf singing "Rivkele di Shabesdike" (The Sabbath Widow) accompanied by pianist Elizabeth Borowsky at the 2018 Holocaust Memorial Service in Hanover, NH.

Borowsky will accompany Lithuanian violinist Borisas Traubas who will perform the haunting musical theme of "Schindler's List."

BHC member Eileen Regen will read two poems from the moving personal poetry collection of Dr. Felsen, and candles will be lit in memory of the Six Million as well as in honor of personal memories of loved ones and friends.

In today's world, daily reports of tyranny, brutality, and anti-Semitism are on the rise. Remembrance ceremonies around the globe take on even greater importance as communities strive to move forward in unity to combat atrocities and all acts of aggression and terror.

This service is open to our members, friends in the community. Registration is required. Please contact BHC at bhcsynagogue1920@gmail.com to request a registration form.

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NIK Council On Aging Joins In Month Long March for Meals

St. Johnsbury, Vermont – The NEK Council on Aging announced that it will be participating in the 19th Annual March for Meals – a month-long, nationwide celebration of Meal on Wheels and elder neighbors who rely on this essential service to remain healthy and independent at home, now even more so amid the COVID-19 pandemic.

“In the last year, we have experienced, in certain areas, a doubling in the demand for our services across the NEK,” said Meg Burmeister, Executive Director for the NEKCOA. “We have been in awe of the outpouring of support, and there’s still more we can do to ensure everyone in need of our vital lifeline can benefit from being well-nourished and more connected to our community through this challenging time and beyond.”

During the last fiscal year, the NEKCOA’s partner meal sites, 16 across the NEK, served 2,184 people with over 212,289 take home or home-delivered meals.

The annual March for Meals celebration commemorates the historic day in

March of 1972 when President Nixon signed into law a measure that amended the Older Americans Act of 1965 to include a national nutrition program for seniors 60 years and older. Since 2002, community-based Meals on Wheels programs from across the country have joined forces for the annual awareness campaign to celebrate this successful public-private partnership and garner the support needed to fill the gap between the seniors served and those still in need.

“Even before the pandemic, the staff and volunteers who support our 16 meals sites demonstrated tremendous dedication to our elder friends and neighbors. The meal sites serve as a friendly gathering place for social engagement and we are looking forward to welcoming folks back for congregate meals in the not-too-distant future,” said Burmeister.

Alice Blair is a longtime Danville senior meals client who greatly appreciates receiving meals through home delivery. She gained her cu-



Alice Blair, a recipient of home-delivered meals from the Danville Senior Meal Site, joins the NEK Council on Aging in celebrating March for Meals across the NEK. “I highly recommend the meals from home-delivered meals, I like practically everything and eat well!”

linary expertise while studying at the University of Maine at Farmington. She taught home economics for many years at the Danville and Concord Schools.

Among her favorite foods from the Danville Meal Site are meats and fish. “The fish is VERY good,” she says. “They cook it just right! I like the portion sizes and can create two meals out of one packaged meal. I like practically everything and eat well!”

For more information on how you can volunteer at a meal site or serve as a home-delivered meals driver, please contact the NEKCOA at (800) 642-5119. Information can also be found at www.nekcouncil.org.

Celebrating Birthdays on Mt. Washington

For about the last 25 years the New England Antique Snowmobile Club has participated in a reenactment of the first snowmobile ascent of Mt. Washington that happened in 1963. Many years the group is not lucky enough to make it to the summit due to inclement weather conditions.

In 2021 the group was scheduled to attempt the ascent on the weekend of March 14 but snowfall, 80mph winds and visibility issues made it impossible.

The delay did not keep two members of the club, Littleton president of the New England Antique Snowmobile Club (Roger Emerson) and Mike Lavoie of Haverhill Corner from making the attempt the following weekend.

It just so happened that the weekend of March 21 also marked birthdays for both Mike, and his daughter Michele Campbell. So arrangements were made to let Michele join the two man group.

The trio was successful in



reaching the summit of the 6,288 foot peak. Upon which the following quote was given by Michele,

“This event is something my dad looks forward to every year. One year, the snowmobilers were lucky to make it to the summit on his birthday. He had called me while at the top describing how beautiful it was, so it was really special this year to experience that with him and something I will always treasure as a memory with my dad.”

Mike and Michele made the ascent on Mike’s 1964 antique Polaris Voyager snowmobile.

Volume 12 Number 13
March 30, 2021
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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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Psalm 94:16 The Lord asks His People
“Who will rise up for Me...”
“Who will take his stand for Me...”
If we do not protect the LIFE of the UNBORN or even the BORN
Where will it End?
“I call Heaven & Earth to witness..that I have set before you LIFE & DEATH...
CHOOSE LIFE that you may **LIVE**,
You & Your descendants.” Duet. 30:19

IN THIS SEASON REMEMBER THE ONE WHO CAME TO GIVE US LIFE

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Littleton Food Co-op Artist thru April

The Littleton Food Co-op welcomes local artist, Belinda Emmons, to our Art Gallery for March and April. Belinda's curated collection of Connecticut River wildlife and fauna is titled "My Artful Eye". Belinda grew up in Monroe, NH and has lived across the river in Barnet, Vermont for the last 20+ years. She has a deep love for nature, the outdoors and wildlife so a few years ago she bought herself a camera and just started snapping photos.



Belinda Emmons, Rabbit Run Gallery, Barnet, VT, Littleton Food Co-op Featured Local Artist for March and April

at the Vermont Welcome Center in Brattleboro, Vermont.

Please stop in the Littleton Food Co-op and enjoy the beauty that Belinda sees with her eye and through her camera lens. All artwork may be purchased. Her artwork is available 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.

Belinda captures many of her subjects from her canoe on the Connecticut River. She is known locally as the Eagle lady as many of her photos are of the local eagles in our area as well as raptors, birds, otters, and even our local bears. She has even discovered an Eagle nest in Monroe!

Belinda's gallery, Rabbit Run Gallery (www.rabbitrun-gallery.com), is behind her home on Garland Hill Road in Barnet. The gallery was built originally as a rabbit hutch with a run by her father hence the name "Rabbit Run Gallery". Her work has been exhibited at Dartmouth Hitchcock, NVRH, Littleton Ammonoosuc Community Health Services, and currently, and for the third time,



ACCORDING TO WIKIPEDIA: "Mount Lafayette is the highest point in the Franconia Range, a line of peaks along the east side of Franconia Notch. It is the sixth highest peak in New Hampshire and the highest outside of the Presidential Range. It is the second most prominent peak in the state." Mount Lafayette has an elevation of 5,249 feet and rests in the town of Franconia.

Photo taken by Cyndi Wellman. Contact her at cnb.pics07@gmail.com

Lyman Church for Easter

LYMAN, NH The Lyman Bible Church will be open for Easter service at 10 am on Sunday April 4th. The blessings of the Lord's Salvation for us will be celebrated in the country church's simple manner with scripture, prayer and singing of hymns. All are welcome. Family groups shall enter with spac-

ing, using alternate pews, according to current customs now familiar to us all. Come. Seek comfort in the blessings of the Lord Jesus. May your spirit be reborn in His awesome miracle of transformation and healing. For further information see Lyman Bible Church on FaceBook.



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Easter Egg Drop

Saturday,
April 3, 2021

Historic Haverhill
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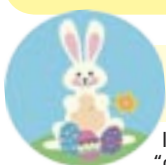
MASKS ENCOURAGED

9:15 AM (Sharp) Infant - 5 years
11:00 AM (Sharp) Ages 6-12

Please arrive 10 minutes early to find a parking spot and to line up around the inside of the fence.

Please bring your own basket!

The Easter Bunny will be there and we will have the "Guess The Jelly Bean" jar and decorate a cookie too!



IF you have more than one child you can choose which "drop" to attend. It does not matter how many eggs you "turn in" as EVERYONE gets a trip to the prize table but please remember we only have enough "gifts" for 1 per child.

When it is time for the drop, children will gather on the inside of the fence and after a short countdown, the Woodsville Fire Departments' ladder truck will drop colored eggs on the common to be collected by the waiting children! Once all the eggs have been collected, the kiddos will be "exchanging" their collected eggs for a one-time trip to the prize table!

Many thanks to the Haverhill Corner Precinct for your support in making this happen and to the Woodsville Fire Department for helping us with this event!

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Volume 12 Number 13

March 30, 2021

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

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Letter to the Editor: NH State Retirement System

Ranks Last in New England in 2020 Annual Investment

Dear Editor,
 During a time when the stock market is booming under the leadership of President Trump, and continuing now, under Biden, it is surprising to learn that the New Hampshire Retirement System has posted the worst results in annual investment returns (ROI's) with relation to other state retirement systems in New England, and elsewhere.

The stock market performance during the Trump years in the White House skyrocketed from 18,000 points to over 32,000 + points, raising all sectors. One has to wonder where the money of New Hampshire retirees and active members like teachers, police, fire, municipal employees, and state employees is being invested by the 'investment experts' of the New Hampshire State Retirement System?

Similarly, the Massachusetts State Retirement System reported a 13.0% Return on Investments (ROI) for 2020; Rhode Island State Retirement System reported an ROI of 11.87%; Maine State Retirement System posted an ROI of 8.0%; the Vermont State

Retirement System earned 4.0% ROI; and the Connecticut State Retirement System boasted a 1.89% ROI. In last place is the New Hampshire State Retirement System with a meager 1.1% ROI?! Even, NY posted a 3.5% ROI and Pennsylvania reveled in posting a remarkable 11.11% return on investments!

Why is this concerning to the taxpayers of New Hampshire? The first place legislators turn to make up for losses is, yes, you got it!, the taxpayer! And, that is exactly what's happening in NH!

Democrat Michael O'Brien (D) Hillsborough-36, (primary sponsor) Democrat Robert Cushing (D) Rockingham - 21, (co-sponsor) and Democrat Lucinda Rosenwald (D) Nashua - 13, (co-sponsor) have introduced legislation (HB 274) to "...require the citizens of New Hampshire to make up for the poor performance of investments by the New Hampshire Retirement Board."

One hundred percent (100%) of the Democrats in the NH House of Representatives voted to support, to

PASS, this incredulous legislation while ninety-one percent (91%) of the Republicans voted to KILL this bill!

During similar situations in other states, benefits to recipients have been cut.... a drastic measure, to be sure! But, you don't ask the average, hard-working, minimum-wage-working citizen to "bail out" the poor performance of 'investment experts' (who represent union members' retirement monies!) when they screw up!

I urge Governor Sununu to veto this legislation should it get to his desk.

The other option is to seek "bail-out" money from the newly-enacted \$1.9 Trillion Biden/ Harris/ Pelosi/ Schumer - Democrat Stimulus/COVID bail-out legislation just passed in Washington by Senators Shaheen and Hassan and Reps Kuster and Pappas as well as all the other Democrats in Washington. It seems we, in Conservative NH, have joined the ranks of "tax-and-spend" California, New York, and Illinois, to name a few!

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

Nick,
 I must admit to not knowing a lot about investments and how to do them. I would expect, and hope, that those investing retirement dollars for union workers, or for anyone, is doing so with the best of intentions. But even then sometimes investments do not go well. It seems that the risk of "not doing well" lays with both the investors and those who hired those investors to

make those tough choices.
 With all that said I would have to agree that asking the general population of taxpayers to make up the difference (and how is that exact difference defined?) seems to not be equitable.

Of course there are always two sides to every argument and it is best to hear from, and listen to, both sides before making a final decision.
 Gary Scruton, Editor

Letter to the Editor

To the Editor,

I can usually condone even at times agree with Mr. Roudebush anti-Trump rants but his recent epistle contains what I believe is a falsehood. My issue is with his comment regarding the influx of immigrants to our southern border. It was documented by multiple news sources that caravans from Central America were massing at the southern boarder of Mexico and began pushing north towards the US. The Trump administration did deter some of the flow and was able to reduce illegal crossings into our country. The Biden admin-

istration has lost control of the southern border, restricting if not censoring reporting and is in denial by not calling the situation what it is, a crisis. I had viewed Mr. Roudebush as a sensible individual albeit left of middle. However, his recent missive appears to indicate that he has drunk the Progressive Left Kool-Aid and thus to me has lost credibility. By the way, as in the 2016 election I did not vote for either primary party presidential candidate for neither person presented the qualities needed to be our Nation's leader.
 John Nelepovitz

John,

I would like to begin by applauding you for the ability to offer a measured, clear response to something you have read here in Trendy Times. That is the type of discussion that can help move the entire country in a forward and measured, motion. I, personally, much prefer this method to the name calling and finger pointing that so often is contained in letters.

Plus you finished it with a statement of fact in regards to your own voting record offering a different viewpoint for others to consider. Thank you.

Gary Scruton, Editor

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How Much Risk Should You Take Before Retirement?

If you're planning to retire in just a few years, you may be getting excited about this next phase of your life. However, your ability to enjoy retirement fully will depend, at least partially, on the resources you can draw from your investment portfolio. So, while you still have time to act, ask yourself if you're comfortable with your portfolio's risk level.

Your relationship with risk can change noticeably over time. When you started saving for retirement, you may have been willing to take on more investment risk, which translated into a relatively high percentage of stocks and stock-based mutual funds in your investment portfolio. As you know, stocks offer the potential for greater returns than other assets – such as bonds and certificates of deposit (CDs) – but they are also typically more volatile and carry more risk. But when you were many decades away from retirement, you had sufficient time to recover from market fluctuations. (Of course, there are no guarantees – it's possible that some stocks will lose value and never re-

gain it.)

Now, fast forward to where you are now – closing in on retirement. Even at this stage of your life – and, in fact, even during your retirement – you will need some growth-oriented investments to help stay ahead of inflation. Over time, even a low inflation rate, such as we've had the past several years, can erode your purchasing power.

So, the issue isn't this: "Should I get rid of all my risk?" You shouldn't – and, in fact, you couldn't, because all investments, even the ones considered most "conservative," contain some type of risk, even if it isn't the risk of loss of principal. For instance, some investments run the risk of not keeping up with inflation. Instead, ask yourself these questions: "How much risk should I take within my portfolio?" "How much risk do I actually need to achieve my goals in retirement?"

Of course, there are no one-size-fits-all answers. You'll need to look at your investment portfolio to see if it's positioned to provide you with the income you'll require in your retirement years. You might have initially based your financial strategy on a specific type of retirement lifestyle, but now that you're nearing retirement, perhaps

you've changed your mind. Your anticipated new lifestyle might require either more or less income than you had originally projected – and if that's the case, you may need to adjust the risk level in your portfolio or make other adjustments.

For example, suppose you had initially envisioned a rather quiet retirement, sticking around your home, volunteering and spending time with your grandchildren. But in recent years – and especially since the confinement many of us have felt during the COVID-19 pandemic – you may have thought that you'd now like to travel extensively. To achieve this goal, which will likely cost more than your original one, you may have to work longer, or invest more each year until you retire, or seek a higher return on your investments – which means accepting more risk.

As you can see, managing risk is a balancing act – and you may need to make some tough choices. But as long as you're aware of how much risk you can take, and how much risk you may need to take to reach your goals, you can develop a strategy that aligns with your objectives.

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

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Paul A. Tetreault, Sr.: OBITUARY

North Haverhill, NH - Paul A. Tetreault, Sr., 85, of Dartmouth College Highway, died unexpectedly on Thursday, March 18, 2021 at Cottage Hospital, Woodsville.

Paul was born on April 10, 1935 in North Stratford, NH, the tenth of eleven children of Joseph and Odila (Couture) Tetreault. Following high school graduation, Paul attended New Mode Barber School in Nashua, NH. He briefly returned to the North Country and worked at the veneer mill before relocating in Woodsville and working at the barber shop adjacent to Bagonzi's Restaurant. He eventually owned and operated Paul's Barber Shop next to the old Hovey's Shops and then at 83 Central Street. On October 26, 1957 he married Lorayne Simmons.

Paul served in the NH Army National Guard and was honorably discharged in September 1960.

He was a communicant of St. Joseph Catholic Church in Woodsville. From 1971 through 1982 he served as a representative on the NH State Barber Board, traveling throughout the state performing inspections and offering examinations to new barbers. When he wasn't barbering, he was pitching horseshoes. Paul was a local champion along with winning championships at the state, national, and even at the world level. He was also a great dancer.

He is survived by his four children, Paul A. Tetreault, Jr. and wife Pamela of North Haverhill, Teresa Puffer and husband Stephen of Woodsville, Marie Marvin and husband Bernie of South Berwick, ME, and Stuart Tetreault and wife Mary Ann of North Haverhill; eleven



grandchildren, seventeen great grandchildren, and a great great grandson; a sister, Leona St. Cyr of Milford, NH; two brothers, Roland Tetreault and wife Jackie of Wilton, NH and Lawrence Tetreault and wife Diane of Inverness, FL; a brother in law, Ralph E. Simmons, Jr. and partner Clay Marshia of Waterbury, VT; along with nieces, nephews and cousins.

He was predeceased by his wife, Lorayne Tetreault on August 24, 2008; two grandsons, Taylor and Timothy Tetreault on July 6, 2003; two sisters, Sister Mary

Joanne Tetreault on June 29, 2020 and Rita Fournier on October 3, 2020; three brothers, Joseph "Tracy" Tetreault, Richard Tetreault and Raymond Tetreault on November 28, 2020; and two siblings who died at a very young age.

Calling hours were held on Wednesday, March 24th from 6-7 PM at Ricker Funeral Home, 1 Birch Street, Woodsville.

A Mass of Christian Burial will be held privately.

Burial will be in the spring in Horsemeadow Cemetery, North Haverhill.

Memorial contributions may be made to Haverhill Little League, c/o Jen Paronto, 359 Woodward Road, North Haverhill, NH 03774.

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.

Lisbon Lions To Host 17th Annual Spring Senior Citizens Dinner

The Lisbon Lions Club is once again showing their appreciation to local senior citizens by sponsoring the 17th Annual Spring Senior Dinner, free for all senior citizens living in Lisbon, Lyman and Landaff, on Saturday, April 10th. The meal will include ham, mashed potatoes, vegetables, applesauce, roll and dessert.

Due to Coronavirus concerns, this year's dinners will

be offered as home deliveries only. When you call to order, please provide a location where we may leave your meal outside to avoid close contact. Meals will be delivered as close to noon as possible.

To order a dinner to be delivered to your home, please call Donna & Phil Clark at 838-5043 by April 6th.

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March 30, 2021
Volume 12 Number 13



What About Ma?

by Kellie Quackenbush

All About Comfort

Ma has been in a skilled nursing facility since her stroke. It has been over two years at a lovely facility that truly worked to help her maximize her health potential. It has been over a year now since COVID-19 struck, and as a cautionary measure, the Skilled nursing facility (and every other nursing home) closed it's doors to visitors. Now, we are seeing some relief and families are starting to see their loved ones again.

For residents with Dementia, Alzheimer's or some other memory issue, the extended length of isolation from family has been a hardship. The key to keeping family in a person's mind with a memory issue is to have frequent visits. The longer it is between visits, the harder it will be to reconnect. "New Hampshire Department of Health and Human Services Division of Public Health Services" released guidelines on March 17, 2021 that spoke to this,

"A high proportion of NH LTCF (Long term Care Facility) staff and residents who are 14 days beyond second mRNA COVID-19 vaccine or 14 days beyond single dose of Johnson & Johnson/Janssen vaccine ("fully vaccinated") allows for facilities to lift some restrictions on residents. CMS updated guidance outlines differential treatment for vaccinated and unvaccinated residents in certain circumstances described below.

Compassionate care visits (visits for people that are dying or have memory illnesses) and visits required under federal disability rights law should be allowed at all times for any resident (vaccinated or unvaccinated), whether the facility is in outbreak status or not. Because residents in many of these LTCFs have been without visitation for almost a year, their psychosocial well-being is in jeopardy and a majority, if not all, residents qualify for compas-

sionate care visits. An appropriate plan must be put in place to ensure compassionate care visits are occurring in a way to ensure the health and safety of all residents in the facility. Social and essential support visitation is expected to be allowable under the phases outlined below and should be addressed in the facility plan.

Facilities should notify residents and families that visitation is allowable and share with residents and families the facilities plan to facilitate visitation."

The bottom line, now is the time to resume visiting your loved ones. Too many people have lost precious time with their family members that have been isolated in nursing homes. There is a growing list of people who were denied the right to be with a family member in their last days or hours. We need to be careful and mindful of the safety practices in place but it is time to see our loved ones.

Ma has lost her eyesight and it is taking a while to rekindle her memory of her one and only baby boy. We love her and we are patient--one day it will all be clear again. The love we have is stronger than the months of isolation. We will be happy together--one day soon.

PSU to Host Lecture on Responding to Social Disruptions

April 7 Saul O Sidore lecture to explore attitudinal inoculation in stemming the influence of right-wing extremists

Plymouth, N.H. – The Plymouth State University (PSU) Saul O Sidore Lecture Series, which has been focused on understanding and responding to social disruptions, will host its next installment on Wednesday, April 7 at 7 p.m. with Kurt Braddock, Ph.D., who will present "The Hate Vaccine: Attitudinal Inoculation as Counter-Persuasion for Far-Right Extremist Propaganda."

The Saul O Sidore Lecture Series is being presented virtually and is open to the public. There will be an opportunity for questions following the lecture. Those interested in joining the discussion can access the Zoom session here: <https://plymouthstate.zoom.us/j/86541446474>.

Given the recent testimony by the Director of the FBI and the report by the Office of the Director of National Intelligence that both identified right-wing extremism as the most prominent threat to national security, the Sidore Lecture Series is presenting a speaker whose research focuses on methods that could be used to help prevent people from adopting extremist views and conspiracy theories. Dr. Braddock will discuss attitudinal inoculation, his work in using it to fight right-wing extremists' propaganda and how it might be used moving forward. Right-wing extremists have been reaching out to vulnerable populations online, attempting to influence them to adopt the extremists' ideologies, and have become an increasingly active online presence. According to Dr. Braddock, "Attitudinal inoculation is a method for preventing persuasion, and has gone largely unused in stemming the online reach of far-right extremism."

Kurt Braddock is an assistant professor of public communication at American University (AU) in Washington, D.C., and holds faculty fellowships at AU's Polarization and Extremism Research Innovation Lab, Center for Media and Social Impact and Institute for Immersive Designs, Experiences, Applications, and Stories Lab. He has published dozens of articles and book chapters on the appli-

cation of communication theory to prevent violent extremism. His latest book, *Weaponized Words: The Strategic Role of Persuasion in Violent Radicalization and Counter-Radicalization*, has been adopted by multiple government agencies to inform their counter-radicalization efforts. He has consulted with and advised several national and international organizations, including the US Department of State, US Department of Homeland Security and the United Nations Office of Counter-Terrorism.

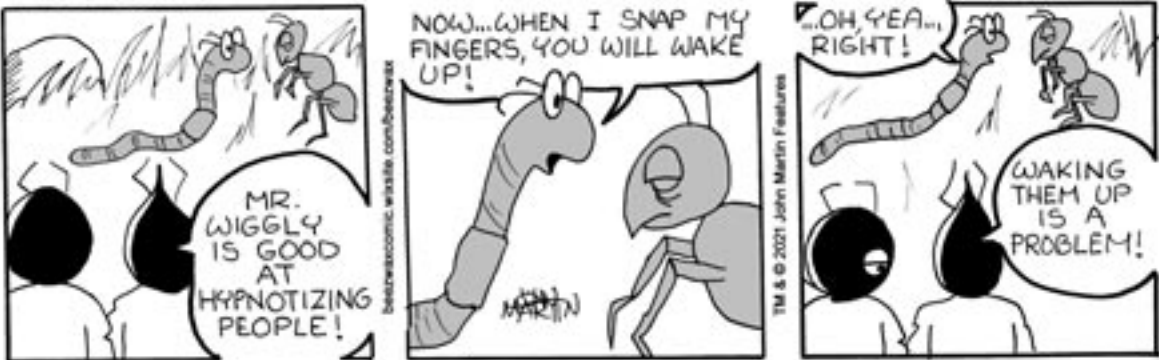
The March 16 Sidore lecture, "Cycles of Hatred and Rage: What Are Right-Wing Extremist Groups Telling Us?" is available to view on the Sidore Lecture Series web page: <https://go.plymouth.edu/sidorespring2021>. Katherine Donahue, Ph.D., an anthropologist and PSU Professor Emeritus, spoke about factors such as immigration, inequality and labor insecurity that might drive people to form right-wing groups in protest of governments and their policies.

Named for humanitarian and New Hampshire businessman Saul O Sidore, the lecture series brings a variety of speakers to PSU to address critical issues and events in politics, society and culture, topics that reflect Sidore's interests. For more information visit: <https://campus.plymouth.edu/sidore/>.



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Thank you for your understanding.



TRENDY TIMES

A FREE PUBLICATION

Hearts and Minds

by Melanie Osborne

To stay sharper longer, it seems obvious that you need to take steps to protect your brain. But there's another organ that anyone who wants to stay in good neurological shape should pay attention to, the heart. Research has shown that developing heart disease may increase the risk of Alzheimer's and dementia, and a 2013 review published in the journal "Clinical Epidemiology" notes a link between ischemic heart disease (the kind caused by restricted blood flow to your heart) and cognitive impairment.

When people hear about heart disease, they tend to focus on the four-chambered organ itself. Indeed, a compromised heart is bad news for the brain, which depends on blood-borne oxygen and nutrients to stay healthy. The less successfully the heart pumps blood, the greater the chance that neurons will die or become dysfunctional, and brain function will suffer.

But it's important to keep in mind that the heart is part of an extensive network of blood vessels – arteries, veins, and capillaries – that circulate blood throughout the body. People diagnosed with heart disease usually have damaged arteries that have been hardened and narrowed by plaque buildup (arteriosclerosis). And such damage in one part of the body indicates a risk for damage in other areas – like inside your brain. There, stiffness in even the tiniest of vessels can reduce the flow of blood through your cognitive command center. Over time, this can lead to cognitive decline and an increased risk for dementia.

Most people have heard of the Mediterranean-style diet and the DASH diet (Dietary Approaches to Stop Hypertension) two brain-beneficial eating plans. Eating the Mediterranean way has been linked to preserving brain volume, while sticking to the DASH diet has been found to improve blood flow to the brain. These two well-rounded, heart-disease-preventative

diets have been modified and combined to form the "new" MIND diet (Mediterranean-DASH Intervention Delay). It emphasizes vegetables and nuts; limits animal products, saturated fat and sugar; and recommends foods that have been shown in research to steady brain health. In a 2015 study published in the journal Alzheimer's & Dementia, people who were most faithful to the MIND diet enjoyed slower cognitive decline—the equivalent of gaining seven and a half healthy brain years. In a second study, the same group was also found to have a 53 percent reduced risk of Alzheimer's compared with those who were least dedicated.

The MIND diet's brain-boosting foods (with minimum recommended amounts):

®Leafy green veggies (six servings per week)

®Other vegetables (one serving daily)

®Nuts (five servings per week)

®Berries (two servings per week)

®Beans (three servings per week)

®Whole grains (three servings per day)

®Fish (one serving per week)

®Poultry (two servings per week)

®Olive oil (your main cooking oil)

Olive oil, nuts, whole grains and leafy greens are rich in vitamin E, which protects against the buildup of toxic amyloid plaques in the brain and safeguards neurons from damaging free radicals. Omega-3s like DHA (in seafood) help improve brain cells' ability to communicate with one another. It's important to get enough B12 (plentiful in poultry, fish, and nutritional yeast) since a deficiency can lead to memory loss. Nowhere on the list: Sweets. That's because a diet high in sugar can lead to obesity and eventually diabetes—both of which increase dementia risk.

This seems like a good time to point out that an estimated 44 million women in the U.S. are affected by cardiovascular disease, and

some of the same risk factors that lead to heart disease and stroke can also contribute to dementia, Alzheimer's, memory loss, and cognitive dysfunction. So it's a no-brainer to start following this advice:

HEART SMARTS: Do Not Smoke. Reduce your blood sugar. Manage your blood pressure.

BRAIN BONUS: It's all about the vessels. Smoking releases harmful chemicals that wear down blood vessel walls. Diabetes is also linked to damage of the vessel walls. And high blood pressure puts undue strain on vessels and can encourage plaque buildup.

HEART SMARTS: Stay Active.

BRAIN BONUS: Regular moderate to vigorous physical activity strengthens your heart muscle so it can efficiently pump blood. It helps your blood vessels stay strong and clear while promoting the formation of new vessels and allowing them to deliver more oxygen to your body and brain and carry away waste.

HEART SMARTS: Control your cholesterol.

BRAIN BONUS: High levels of bad cholesterol can cause plaque buildup in your blood vessels, leading to blockages that may prevent blood from reaching parts of the brain.

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.

A Matter of Convenience

by Maggie Anderson

When the kids were small and I was working long hours hanging wallpaper I remember asking Hank to bring in some kindling for the wood stove while I was getting dinner on the table one night.

He quickly asked me if I didn't realize it was raining outside. Apparently hauling kindling in the rain wasn't convenient for him at the time. I don't guess I have to tell you he got no dessert.

I pointed out to him that the day before he had braved the icy cold, fog-ridden river bank to go fishing with his buddies and didn't seem to have suffered much.

Anything was convenient for him as long as it was something he actually wanted to do. I have seen the man drag himself out of bed in total darkness, stuff his rifle in the car, grab a thermos of coffee, and drive all over dirt trails and dangerous logging roads in search of just the right vantage point when hoping to bring home a deer.

People pay bills, make repairs on their houses, get their tires and brakes

checked, file their taxes, not because those things are convenient at the time but because it makes sense to do what should be done when you know it needs to be. Adults do many things that aren't convenient at the time.

Whenever some necessity arose that Hank didn't really find convenient I suggested he pretend he really wanted to get it done, maybe pretend he was heading for his favorite fishing hole on the first day of steelhead season.

Nobody demands a schedule of convenience for the things they find important, those things they actually want to do.

Few things irk me more than some news anchor discussing what sort of voter turnout we can expect at the polls if it rains, or good grief, what if it snows. I notice folks find their way through a blizzard if they have season lift tickets.

Maybe that is the answer. Next time there's an election how about we all just decide casting our vote is something we want to do as badly as braving a snowstorm in search of perfect powder.

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

Cinnamon Coffee Cookies

Hello hello my fellow chefs! How are you all doing today? I hope you enjoyed the last cookie recipe, the lemon crinkle cookies. Me and Jane enjoyed them with coffee while playing Skip-Bo our favorite game. Today is beautiful and warm but we're not done with the cold weather yet. I still have a sparse covering of snow in my yard. But spring is here and we made it through a long winter.

Let's get started with today's recipe for cinnamon coffee cookies and how to make them.

Ingredients

- 1 Tbsp instant coffee crystals
- 1 Tbsp hot water
- 1 Cup softened butter (2 sticks)
- 3/4 cup white sugar
- 3/4 cup brown sugar packed down
- 2 tsp ground cinnamon
- 1 tsp baking powder
- 1/2 tsp salt
- 1/4 tsp ground cloves (optional)
- 2 large eggs
- 1 tsp vanilla extract
- 2 1/4 cups all purpose flour
- 1/3 cup white sugar (to roll cookies in)
- 1 tsp cinnamon (to roll cookies in)

In small bowl dissolve coffee crystals in hot water. In large bowl beat with elec-

tric mixer beat softened butter till fluffy. Put in the dissolved coffee and mix. Then add the white and brown sugars, the cinnamon, baking powder, salt, cloves, and vanilla. Mix well. Add the



eggs one at a time and mix just until incorporated. Add the flour a little bit at a time and mix until all the flour is mixed scraping the side of the bowl. Cover with plastic wrap and refrigerate for 1-2 hours.

Preheat oven to 325 degrees and line cookie sheet with parchment paper. Mix the 1/3 cup white sugar and 1 tsp cinnamon in small bowl.

When chilled scoop a Tbsp of cookie dough and roll into 1" balls then roll into the sugar and cinnamon mixture and place on parchment paper on your cookie sheet. Place 3" apart and bake for 10-12 minutes on center rack. When done let sit for a

couple of minutes and remove with spatula to a wire rack and cool.

I fit 12 cookies on one sheet and baked second and third cookie sheets when done. The recipe says it makes 3 dozen cookies but I only got 33 cookies.

That's it! Cookies that your family will say these cookies are "Delicioso". They are soft, crunchy chewy and melt in your mouth, easy peasy.

I hope you enjoy this recipe and if you have any questions please contact Gary and I will help you out. Well folks that's it for today's recipe. Give them a try. I enjoy eating them with coffee, tea or milk. Sooo good. Keep wearing your mask and wash your hands.

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



Doug Shearer and Julie Aldrich of the Lancaster Rotary Club wanted to say thank you to both the Morrison Skilled Nursing Facility and Summit by Morrison's staff for their dedication and hard work during the pandemic. The Rotary members delivered a large platter of delicious cookies baked by Rotary member Linda Kane, owner of the Jefferson Inn in Jefferson. The Rotary plans on making two more deliveries over the next few weeks, one from the Culinary Arts Department students at White Mountains Regional High School and the other from Granite Grind in Lancaster. The entire Morrison Communities is very grateful for the ongoing community support from organizations like the Rotary. From left are Jean Niece, representing Summit staff, and Doug Shearer and Julie Aldrich of Lancaster Rotary.

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

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