

TRENDY TIMES



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Sugar Hill Museum Open For Season

By Eileen Regen

History of the Sugar Hill Willing Workers will fascinate visitors this season at the Sugar Hill Historical Museum, Fridays and Saturdays, June 11 through October 11. The exhibit showcases treasures of everyday life created by the Sugar Hill Willing Workers to raise money to support the church and the pastor's salary.

Ladies of the Willing Workers produced colorful aprons, and delicately bordered baby clothes, hand towels, and pillow cases, as well as travel bags and other household items for sale to townspeople and visitors.

Every Sugar Hill bride received a handmade quilt from the Willing Workers. Some of the brightly colored quilts featured signature blocks of local relatives and friends. In addition to signing

the quilt, the signers also contributed to the coffers of the Willing Workers. Several of these specially designed quilts are on display this year.

During war years, the Willing Workers supported the Red Cross by producing bandage rolls for use at military field hospitals.

An artifact of special interest is the detailed Sugar Hill Community Church scrapbook designed and compiled by Nancy Aldrich. This scrapbook includes the history of these energetic town ladies who created beautiful, useful items during the early 20th century.

The Willing Workers took time to relax and share stories at weekly tea parties, dress-up affairs for information exchanges as each lady enjoyed tea poured from their sparkling silver tea serv-

ice into delicate hand-painted bone china cups. Nowadays, these elegant items remain behind glass in highlighted showcases as we enjoy our hot beverages brewed in stainless steel electric pots and poured into solid clay mugs.

The back room of the Carriage Barn is devoted to memories of the battle fought against the proposed Northern Pass project requests beginning in 2012. Residents won the battle in 2018 when the project proposal was defeated. Anti-Northern Project signs and t-shirts are on display along with unique Northern Pass-inspired art by Lynette Emerson.

Also on the museum campus, visitors are invited to visit the newly refurbished garden shed and chicken coop on their way to the beautifully furnished 1930s-era Reid-Burpee House.

Displays have been designed and arranged by Museum Director Kitty Bigelow with the help of Wendy Cole, Joan Hannah, Nancy Martland, and Susan Shubinoff. Museum displays and exhibit themes change every year.

No museum is complete without a gift shop, and the Sugar Hill Historical Museum's gift shop is filled with found and donated treasures for all ages, to take home and for gift-giving, thanks to the imagination and dedicated work of Ann Hartmann.

The museum is located at 1401 Route 117, in the center of Sugar Hill. Hours are from 11 a.m. to 3 p.m., Fridays and Saturdays, from Friday, June 11 through Columbus Day, October 11. Admission is free. Donations are gratefully accepted, and museum memberships are available.

Special group tours can be arranged. Masks are required.

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TRENDY Dining Guide

Hungry Bear Pub & Grill

by Gary Scruton

Have you had a chance to get outside and enjoy what has turned out to be the beginning of summer? With the official date not until June 20 perhaps we should look more at the meteorological date of June 1. Either way things seem to be opening again from not only the weather, but the restrictions of the past year.

Whatever the source, we found the opportunity to enjoy a meal outside, under a tent, on a recent Friday evening. The day looked good enough for us to even invite another couple to join Janice and me. The four of us met at a picnic table under one of two tents in front of the Hungry Bear Pub & Grill. It was also one of the first nights that they have been providing live music. I did not catch the name of the group, but did hear them say that it was their first gig in many months. Their covers of several well known country tunes were just fine for listening while still enjoying a good meal.

Regarding the meals, our waitress took little time finding us once we were all seated. First order of business was to ask about beverages. The two ladies both went with Diet Coke. My friend, after asking for an on tap listing, settled on a Long Trail Blackberry Wheat while I took the Fiddlehead IPA.

Mac was impressed with his Long Trail and mentioned that normally the blackberry does not come through, but this one gave him the taste he was looking for. My IPA (one of two) had a nice unique taste that I could not quite diagnose.

Next was our choice for meals. The Hungry Bear was offering a number of Friday night specials. Mac went with a Turkey Apple Cheddar Melt. His side was sweet potato fries. Carolyn chose the Mushroom Swiss Burger. She chose coleslaw as her included side. Janice settled on the Fish n' Chips which came with hand cut fries and coleslaw. And I took the chance to order the Prime Rib which came with a baked potato (sour cream on the side please) and broccoli.

This was the time for our conversations to keep going as we waited for the meals to arrive. Though the place did appear to be filling up we did not wait too long.

Carolyn's comment about her burger was that "it was probably more than I should eat, but I ate it all."

Mac mentioned that the apple flavor certainly added to his turkey burger. He also noted that the fries appeared to be hand cut.

Janice really enjoyed her fish n' chips. She commented that the panko coated haddock was deep fried to perfection. The coleslaw had just a touch of onion flavor for a change. A very enjoyable meal.

Not to brag, but my meal was the most interesting. As mentioned I ordered prime

rib, not a meal I ever order no matter where we go, but it was one of the specials so I wanted to give it a go. On my plate was the prime rib, the baked potato and in a small dish, the broccoli. All nicely arranged and well presented. The plate even had a steak knife and a solid fork to replace the plastic ones that were originally on the table. There was a small bowl of au jus. Plus there were also two little white cups with white sauce which I assumed were both the sour cream I asked for. Woops, my mistake. The one that was not covered was the first that I picked up and spread out on my potato. It turned out to be a horseradish sauce. Now that woke up my taste buds! But in all honesty it was not bad. Neither was the prime rib. I

that offering into the au jus and that did not hurt the flavor either.

I have heard it said before that many great discoveries come from mistakes. Horseradish on baked potato may be one of them. As Mikey would say "Try it, you'll like it".

We finished our meals and as there were still some tables available under the tent and we felt no rush to depart quickly, we therefore enjoyed each other's company and stayed at our seats for over two hours total.

The total cost for the four meals and beverages along with tax came to \$96.11. As normal a nice cash tip was left on the table for our waitress.



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Good Day To Our Friends in Barnet

The NEK Council on Aging is requesting your help to spread the word on an immediate need. The West Barnet meal site is in need of two volunteers for kitchen help. They need 1 - 2 volunteers who can help with packaging meals and washing. The 90 meals are prepared on Wednesdays and Fridays (before noon). If you can help, please contact Karen Budde at (802) 751-0431 or email kbudde@nekcouncil.org.

Long May It Wave

by Maggie Anderson
From her home in Oregon

I knew a woman who was married eight times, which meant she had eight chances, besides the one she was born with, to use any last name she wanted.

Still each time she married she took the last name of her latest catch. Hers was a pre-enlightened generation so, though it was legal, she never used the last name she shared with her father when she married the eight successive Misterys Right.

Neither did she line her last names up like a string of going-out-of-business pennants flapping to attract somebody's attention.

Each time she answered yes to a new proposal I have no doubt she expected it to last, probably gave herself

pep talks "this one's gonna' last." I believe she meant to be Mrs. Right, or Wrong, or Blackburn till one of them died so she never needed to drag eight new last names around every day to remind her of who she was.

I read of a heated school board meeting last week, the boiling give and take of the conversations were the result of a proposal to display a veritable cornucopia of flags alongside Old Glory in every classroom in the school.

I don't know about anyone else but I do not need a vast array of flags in every hue to remind me that I am an American. And there is not another flag than The Red White and Blue that would make me prouder to say so.

I am an American. Period.

Littleton Food Co-op Presentsr Check To Ammonoosuc Community Health Care Services

Becky Colpitts, Littleton Food Co-op's Community Outreach Coordinator and Jill Kimball, Community Relations Director at Ammonoosuc Community Health Care Services (ACHS) hold the Big Check presented to ACHS on June 2, 2021.

Jill Kimball stopped by the Littleton Food Co-op (LFC) on Wednesday, June 2 and happily picked up the funds raised through the LFC Partner of the Month Round-Up program in April. All of the money raised will go directly to help offset the cost of care for those in need of medical or dental care at ACHS. They are a non-profit Community Health Center providing primary health care to all regardless of ability to pay. Thank you to all the member/owners and shoppers who willingly rounded up to help fulfill the vital mission of our local



Community Health Center! And thank you to ACHS for keeping our community in good health!

Member-owned Littleton Food Co-op serves the community by providing high quality food, offered at a fair price, with outstanding service. Everyone is welcome to shop and anyone is welcome to join. Located at the

intersection of Cottage Street and Route 302 (exit 41 off I-93), the Littleton Food Co-op is open daily from 7 am - 9 p.m. For more information or to become a member, please visit www.littletoncoop.com, call 603-444-2800 or just stop by! See ya at the Co-op!

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

June 8, 2021

Volume 12 Number 18

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Educational Choice in New Hampshire

During the past several years, parents have encouraged state law makers to move forward in providing children with challenging educational choice opportunities that work best for them and better prepares children for success later in life. It is a well-known fact that all children do not fit or learn in the same mold as often found in the local public education system. Education Freedom Accounts are one answer to the need for other educational choice options.

What Education Freedom Accounts will do for NH Families

Education Freedom Account (EFA) legislation will empower families with greater freedom and flexibility to customize their children's education to meet their individual learning needs. According to a recent nationwide survey, 76% of parents of school-age children expressed support for an EFA policy in which parents and children are provided choice while only 11% were opposed.

With Freedom of Choice Comes Savings

According to a new fiscal analysis by the New Hampshire Department of Education, EFA's would generate between \$360M to \$390M in savings for New Hampshire taxpayers over the next decade.

Sources of revenue used to fund NH's public schools come from State, Local and Federal dollars. Total State contributions approximate 31% of education funding. The average total cost to educate a public school student in New Hampshire is approximately \$20,000. The per pupil cost for an EFA that would be derived from state adequacy approximates \$4,597. On average, this is the amount in which a qualifying student's Education Freedom Account would receive; a significantly less amount than the \$20,000 to educate that same child in the traditional school system. It has been estimated that if 2% of the current state K-12 student population participates in the scholarship program, the cost would approximate \$15.4M.

Why Do EFA's Matter?

These views matter because others suggest a huge increase to generate dollars necessary for all children to receive the opportunity for an adequate education. If we adopt last November's Funding Commission's recommendations the cost of education will certainly go up, with a paralleling increase on local prop-

erty taxes. Then what happens? An income tax? A sales tax?

House Republicans stand united against an income tax or sales tax, as identified in my minority response to the Commission Funding Study dated November 30, 2020 and as shown by votes to bring a constitutional prohibition on an income or sales tax to the voters. Hopefully, legislative committees will soon start meeting face to face in work sessions this fall where difficult issues such as school funding can be discussed openly whereby legislators can fix funding disparities and distribution issues among some communities. It needs to be noted; however, that when adjusted for inflation, total expenditures in NH public schools increased by 66% between FY95 and FY18 while enrollment fell by 9% and the number of teachers increased by 23%. This data, published by NH's Bartlett Center for Public Policy is startling and requires legislative focus. Studies throughout the country indicate that education doesn't necessarily become better by spending more. Difficult variables such as school leadership, parental support, teacher quality, community aspiration, availability of facilities, curricular opportunity and student engagement must be considered when discussing school funding while addressing that called an "adequate" education.

In conclusion, education choice programs are a win for NH tax payers, a win for NH's future workforce, and a definite win for all the children who will benefit from the opportunity to engage in a best fit learning environment.

Respectfully Submitted,
Rep Rick Ladd
NH House Education

Haverhill Historical Society's Summer Speaker Series

Haverhill, NH – The Haverhill Historical Society has received a grant from New Hampshire Humanities to offer an illustrated talk "The History of Agriculture as Told by Barns", presented by John Porter. This presentation will take place on Tuesday June 22 at 7:00 PM at Alumni Hall, 75 Court St. in Haverhill Corner. Admission is free and open to the public and the venue is handicapped accessible. COVID protocols will be followed – masks, distancing, etc.

Barns can tell us a great deal about the history of agriculture in New Hampshire. In the colonial period, New Hampshire was a rural, agrarian state and small subsistence farms dotted the landscape. An important part of these farmsteads was the barn, which housed animals and stored crops. Early barns used traditional building methods and followed the English barn style, with a low-pitched roof and doors under the eaves. As time went on, the farms expanded to accommodate changes in agriculture. This presentation will follow the progression of barn styles that evolved to handle the increased productivity required to meet the needs of a growing population and respond to changes in society caused by the railroad and the Industrial Revolution. John C. Porter, author of Preserving Old Barns: Pre-

venting the Loss of a Valuable Resource, will demonstrate how these majestic barn structures represent Yankee ingenuity, hard work, and skilled craftsmanship, as well as providing a link to our past that adds to the state's scenic beauty.

John Porter was raised on a dairy farm in Lebanon, New Hampshire. He graduated from the University of New Hampshire with a B.S. Degree in Animal Science, and then went on to get a master's degree from Cornell University in Animal Nutrition and Farm Management. In 2005, he earned a master's degree in Education Administration from Bob Jones University. He served as a Dairy Specialist for the UNH Cooperative Extension from 1974 until his retirement in 2006. He still works part-time for UNH, specializing in structures and farmstead planning. In 2001, he co-authored the book Preserving Old Barns; in 2007, he was editor and contributing author of "The History and Economics of the New Hampshire Dairy Industry"; in 2011 was a contributing author of Crosscurrents of Change, an updated history of Concord, NH; and in 2019 he is publishing the new edition of Preserving Old Barns.

For more information contact Roger Warren 606 787-2446 or wroger825@gmail.com

NGCRC To Hold Meeting & Flag Day Event

The Northern Grafton County Republican Committee will be holding its monthly meeting on Monday, June 14, 2021 at the Elks Club, Lodge #1831, 42 Main Street, Route 302, Bethlehem, NH. There will be a Social Half Hour at 6:00 P.M. and the meeting will begin promptly at 6:30 P.M. The guest speaker will be Ed Naile, Chairman of the Coalition for New Hampshire Tax Payers and the topic will be "Voter Fraud in New Hampshire". Fellow Republicans, Like-Minded Conservatives, and New

Members are Welcome. Help to Keep New Hampshire RED!

Also we will be celebrating Flag Day by having a Flag Waving on Monday, June 14th across from the Littleton Opera House next to the Mascoma Bank from 12:00 P.M.-2:00 P.M. Bring a Flag to wave and/or an appropriate sign. Persons may park their car in the laundry mat parking lot.

For both events interested person may contact janicenovak@myfairpoint.net or call 603-823-5011

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Attention Young Filmmakers!

The Colonial Theater in Bethlehem, NH will offer a one-week filmmaking intensive White Mountain Cinema Camp: Script to Screen August 9 – 13 from 10am to 4pm. High School students ages 14 – 18 will work with industry professionals to learn and experience the cinematic process from script to screen. Students will learn how to build a story, use tools in pre-production, work with professional equipment (cameras, lighting and audio) and standard editing practices to create a polished product. Students will work alongside the instructors to create a group film while learning tools on set and take what they have learned to create their own films with their classmates. The final films will be premiered in a public showcase at the Colonial Theater where students will host a Q&A. Students will leave the camp with a short portfolio that includes their completed films and knowledge to continue their own visual storytelling.

Instructors include Bethlehem local, Alex Shea and Midnight Industries. Alex, who teaches filmmaking full-time at St. Johnsbury Academy and has a passion for telling stories. He has worked on several documentary and narrative films, as well as commer-



cial. Alex has worked alongside directors Alma Har'el, Jamie Yerkes and Bess O'Brien. Most recently, he directed a short film shot right here in the White Mountains and continues his work as a freelance filmmaker. Alex has a well-rounded experience behind the camera, editing and directing; which he is particularly drawn to.

Midnight Industries, (Philip Renton & Austin Pellegrino), is a video production studio based out of Littleton, New Hampshire. Austin is a young professional who has found a passion in video editing. Phillip has dedicated his career path at Midnight Industries as the in-house cinematographer. Midnight has a deep and extensive background working in different fields of the entertainment industry.

Austin worked alongside Vermont director Jay Craven in the spring of 2019 on the set of Martin Eden- a feature length adaptation of Jack London's famous novella. Phillip has been working on set of an up and coming short film written and directed by John Thorson. Midnight Industries is a firm believer that stories need to be told but recognize that not everyone has the tools to make it happen. This passion has moved them to produce narrative content in New England.

Class size is limited to 15 students on a first-come, first-served basis. An enrollment fee of \$25 is required.

White Mountain Cinema Camp is sponsored by Nancy and Julian Czary and The Art Ventures Fund of the New Hampshire Charitable Foundation.

Waterford Rhubarb Festival Goes Roadside in 2021

WATERFORD – The Waterford Historical Society's annual rhubarb dessert fundraiser moves to the grounds of the historic White Birch Farm on Route 18 in Waterford Hollow on Saturday, June 19, from 11 a.m. to 2 p.m.

Available by pre-order and payment is a wide variety of homemade rhubarb desserts from traditional 9" strawberry-rhubarb pies and cakes (gluten-free available) to cupcakes, crisps, macaroons, tarts, jams, marmalades and jellies.

This year's fundraiser includes the sale of "Waterford's World: Time and Change in the North Country" by the town's late historian David J. Carpenter. At 194 pages with text, photos and footnotes, this long-awaited book looks at the founding of Waterford. It was completed by his daughter, Betsy Carpenter, and is being launched at the outdoor festival with special-event pricing.

In the event of rain, all desserts and books will be available June 19 from the carport attached to the dis-

tinctive Second Empire-styled farmhouse, built circa 1881. It is located just before the southbound entrance to I-93 and Route 18 North. Road signs will be posted.

WHS orders forms can be downloaded from waterford-

vt-history.blogspot.com. All orders and payments due June 8. Printed order forms can be picked up at the Davies Memorial Library in Lower Waterford or by calling WHS treasurer Roberta Smith: 802-748-0923.

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Dog Mountain Founders Celebration Dog Party is Back!

ST. JOHNSBURY, VT – On Saturday, June 19th, Dog Mountain, Home of Stephen Huneck Gallery, is hosting the 2021 Founders Celebration Dog Party in honor of the lives and loves of Dog Mountain's visionaries, Stephen and Gwen Huneck. Come and celebrate with us! If you have dogs, bring them. If you don't, come anyway!

The Dog Mountain Dog Parties have been beloved events, held several times a year, for more than a decade. In 2020, due to COVID-19, Dog Mountain had to cancel all in-person events. Well, we're excited to announce that our Dog Mountain Dog Parties are back -- and face-to-face (snout-to-snout) -- in 2021!

The Dog Mountain Founders Celebration Dog Party promises to be a dog-gone good time. Boogie to live music by Gulf Coast Blues artist, Shrimp Tunes. Indulge in some sweet treats from local vendors Makin Maple and Sweet Seasons. Participate in a variety of activities such as the fun-filled

dog contests, lawn games, doggie agility course, and raffle. Bring a picnic lunch and come for the day to enjoy Dog Mountain's 150 acres of doggie mountaintop paradise. Covered with green fields and meadows, dog ponds, hiking trails, and breathtaking views, Dog Mountain is an enchanting location to run, romp, and play. Visiting families and their dogs will have a ball exploring the vast grounds, heartwarming Dog Chapel, and whimsical Stephen Huneck Gallery. With hundreds of guests and dogs expected, this is an event that you don't want to miss.

The Founders Celebration Dog Party is free to the public and will be held rain or shine.

We want to give a special thanks to our Title Sponsor: The Orange Rind, offering smoothies, cocktails, and more from East Burke Vermont. Other sponsors include: Community National Bank, Northeastern Vermont Regional Hospital, and Morrison's Feed Bag.

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Not all Times are Trendy, but there will always be Trendy Times June 8, 2021 Volume 12 Number 18

Calendar of Events

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

SATURDAY, MAY 1 - SATURDAY, JUNE 12
"4 VISIONS: PAPER AS A MEDIUM"
11:00 AM - 5:30 PM Tuesday - Saturday
430 Railroad Street. St. Johnsbury
Boch Park, next to the waterfall in Bradford

WEDNESDAY, JUNE 9
ROSS-WOOD POST #20 AMERICAN LEGION
MONTHLY MEETING
6:00 PM
4 Ammonoosuc Street, Woodsville

THURSDAY, JUNE 10
THE SCIENCE BEHIND A RIVER RUNS
THROUGH IT
8:00 PM See Article on Page 7
White Mountain School, Ruhl Family Amphitheatre

FRIDAY, JUNE 11
AMERICAN LEGION RIDERS MEETING
6:00 PM
Post Home, 4 Ammonoosuc St., Woodsville

MONDAY, JUNE 14
FLAG WAVING EVENT
12:00 NOON - 2:00 PM See Article on Page 4
Littleton Opera House

FLAG DAY CEREMONY
6:00 PM
American Legion Post, Woodsville

NGCRC MONTHLY MEETING
6:30 PM See Article on Page 4
Elks Club, Littleton

ROSS-WOOD UNIT #20 AMERICAN LEGION
AUXILIARY MONTHLY MEETING
Following Flag Day Ceremony Post Home, 4
Ammonoosuc St., Woodsville

THURSDAY, JUNE 17
VFW POST #5245 MONTHLY MEETING
7:00 PM
VFW Hall, North Haverhill

FRIDAY, JUNE 18
OLD CHURCH THEATER AUDITIONS
5:30-7:30 PM See Article on Page 6
Elizabeth's Park, Bradford, Vermont

SATURDAY & SUNDAY, JUNE 19 & 20
OLD CHURCH THEATER AUDITIONS
2:00-4:00 PM See Article on Page 6
Elizabeth's Park, Bradford, Vermont

SATURDAY, JUNE 19
FATHER'S DAY WEEKEND OXEN PULL
10:00 AM
North Haverhill Fairgrounds

RHUBARB DESSERT FUNDRAISER
11:00 am - 2:00 PM See Article on Page 5
White Birch Farm, Route 18, Waterford Hollow

2021 FOUNDERS CELEBRATION DOG PARTY
See Article on Page 3
Dog Mountain, St. Johnsbury

SUNDAY, JUNE 20
FATHER'S DAY HORSE PULL
10:00 AM
North Haverhill Fairgrounds

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

MONDAY, JUNE 21
HAVERHILL SELECT BOARD MEETING
6:00 PM
Clifford Memorial Building, Woodsville

TUESDAY, JUNE 22
THE HISTORY OF AGRICULTURE AS TOLD
BY BARNS
7:00 PM See Article on Page 4
Alumni Hall, 75 Court St. in Haverhill Corner.

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

PICKLEBALL
Wednesday 6:00 - 7:30 PM
Saturday 9:00 AM
Clifford Memorial Building, Woodsville

MOVEMENT & STRETCH CLASS
Tuesday & Thursday 1:00 - 2:00 pm
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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@TrendyTimes.com

Old Church Theater Auditions Two Summer Plays

Old Church Theater will hold auditions for two plays June 18, 19 and 20 at Elizabeth's Park in Bradford Vermont; 5:30-7:30pm on Friday and 2- 4pm on Saturday and Sunday. Auditions are open to all (see specifics below). The performance venue is still being negotiated, but may be indoors or outdoors dependent upon state restrictions.

"Bethel Park Falls" by Jason Pizzarello will be presented July 23 - 25 and July 30 - August 1st, and will be directed by Scott Johnson. This is a comedy/drama with 2 men and 2 women plus 1 extra (male or female), with nine interconnected vi-

gnettes where the actors portray sixteen complex, fascinating and funny people grappling with losses, finding love and friendship in the process.

"Alice in Wonderland" by William Glennon will be presented August 13 - 15 and August 20 - 22. In this unique adaptation, a theater group wants to perform the play but lacks an "Alice", when a young girl (coincidentally named Alice) appears! This show is fast-paced and fun and has all the familiar and beloved characters from Lewis Carroll's "Alice in Wonderland". Needed are 15 actors (ages 10 and up) with roles for chil-



dren, teenagers, and adults.

Old Church Theater has been dormant since March of 2020; these productions mark their first offerings since the pandemic began. For more information, or if not able to make the audition dates, contact scott.johnson@oldchurch-theater.org or melissa.mann@oldchurchtheater.org.

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I KNEW A GUY WHO WOULD ALWAYS GIVE YOU THE TIME OF DAY!
HE WAS A WATCH MAKER!

Not all Times are Trendy, but there will always be Trendy Times
June 8, 2021
Volume 12 Number 18

Colonial Theatre Presents Science on Screen

The Colonial Theatre in Bethlehem, NH will offer the first in a series of Science on Screen events, The Science Behind A River Runs Through It, Thursday, June 10, 8PM at The White Mountain School – Ruhl Family Amphitheatre. Science on Screen promotes science education at nonprofit art house theaters by fostering creative pairings of current, classic, cult, and documentary films with lively presentations by notable figures from the world of science, technology, and medicine. In partnership with White Mountain Science, Inc. (WMSI), The Colonial has developed an exciting slate of outdoor Science on Screen events in June and July!

The movie "A River Runs Through It" is about life, but the river becomes the thread that ties most of it together. It is in some ways analogous to another movie, "Field of Dreams", which is about life and believing, with baseball tying it all together. One does not need to understand baseball to appreciate that movie, but knowing the sport can improve the experience. In "A River Runs Through It" the father and brothers fly-fish in a beloved Montana stream not unlike many in New Hampshire, matching flies to hatches of insects, "reading" the water, and casting to where they expect fish to be. It isn't random, and many of the scenes have solid scientific roots. We will talk about the web of life in a river, from algae to bugs to fish, and the factors that affect them. Management of river quality in New Hampshire is no different than in Montana or any other place, and success hinges on understanding the influence of watershed features like land use and climate, which have been changing in observable ways over the last half century.

The evenings presenter, Dr. Ken Wagner holds degrees from Dartmouth College and Cornell University, with his Ph.D. earned in Natural Resource Management in 1985. He has over 40 years of experience working on a variety of water resources assessment and management projects, including lake, reservoir, river and watershed assessment, rehabilitation, and manage-



ment. In 2010 he started Water Resource Services, a small company with a focus on lake management, but he remains involved in stream and river habitat enhancement programs. He is a former President of the North American Lake Management Society and former Editor in Chief of Lake and Reservoir Management, a peer-reviewed journal. Specialties: Phytoplankton, other biological components of aquatic systems, water chemistry, water quality management techniques, quantitative analysis, environmental management systems.

Upcoming events in this series include:

- Universal Truth: Expect the Unexpected, Thursday, June 17 with Zibi Turtle Ph.D., planetary scientist at the Johns Hopkins Applied Physics Lab will discuss expecting the unexpected when endeavoring in space exploration, followed by a screening of the film Galaxy Quest.

- Searching for Cyber Security, Thursday, June 24 with Tendai Gomo, Information Security Specialist at Twitter, in a discussion about security techniques you and your family can apply to protect yourselves, followed by a screening of the film Searching. (Disclaimer: Tendai is speaking in his personal capacity and not as a representative of Twitter. All opinions are his own.)

- Terraforming Mars: Can It Be Done? Thursday, July 8 with Dr. James Kasting, geoscientist and Evan Pugh Professor of Geosciences at Penn State University. A discussion and screening of about the classic 90's film Total Recall and what would it take to terraform Mars with. Dr. Kasting is active in NASA's search for habitable extrasolar planets.

The Colonial's Science on Screen programs are presented in partnership

with White Mountain Science, Inc. (WMSI). Visit WMSI's website whitemountain-science.org to learn more about its mission to excite kids and teachers about STEM knowledge and skills and help them grow as creative problem solvers.

Science on Screen is an initiative of the COOLIDGE CORNER THEATRE with major support from the ALFRED P. SLOAN FOUNDATION. Special thanks to our hospitality sponsor The Hampton Inn Littleton and to our host The White Mountain School.

This event is free and open to the public, however space is limited, tickets are first come first served. Register early to ensure your spot at these events! To register visit The Colonial's website at www.Bethlehem-Colonial.org.

Warren (Glenclyff), \$10,000 to the Willing Workers Society for the Willing Workers Hall (1915). Located in a tiny village in the White Mountains, this early 20th-century social hall was a place for the community to gather and support each other through hard times. Volunteers are spearheading an effort to revive it for community events after decades of disuse and deferred maintenance. It was recently listed to the NH State Register and was named a Seven to Save in 2019. A condition assessment report completed last year will guide rehabilitation. This grant will help fund initial steps including a new roof, trim repair and exterior painting. From Deborah Dickmann, Willing Workers Society: "The Willing Workers Society is currently involved in sponsoring a Red Cross blood drive, reforestation of the Town of Warren forest by creating a memorial tree section, providing food to seniors during the pandemic as well as other community related events. We are grateful to

Preservation Alliance Awards Grants to Thirteen Community Landmark Projects in NH

the NH Preservation Alliance for believing and supporting our Hall restoration project from inception and the 1772 Foundation for providing the funding by granting our request of \$10,000 so that we may continue and increase our thumbprint in our community and surrounding areas."

To date we have raised \$74,000 through grants and donations from generous individuals. The cost of Phase I of the restoration is \$94,000 so we have some fundraising ahead. If you would like to donate to the restoration project or become a member of the Willing Workers Society, please contact us. Our webpage: willingworkers1915.org. Our email: willingworkers1915@gmail.com. Our mailing address: Willing Workers Society, PO Box 13, Glenclyff, NH 03238



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June 8, 2021

Volume 12 Number 18

FATHER'S DAY GIFT IDEAS



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WRAP Welcome Center Opens

Spring and Summer events for WRAP began with the Welcome Center in Wells River greeting visitors on Memorial Day weekend after not being able to open last year because of COVID-19. The first travelers of the season were from Vermont, Connecticut, New Jersey and Massachusetts.

The Welcome Center and the grounds got a complete cleaning and grooming to prepare for the 2021 Season opening thanks to seven BMU students. Emma Gray, a WRAP board member recruited four of her fellow BMU high students, Ian Fraser, Coco Huang, Andrew Hoang, and Zoey Zhong to spruce up the center inside and out on May 22. They were not the only BMU students working. Elementary students Lila and Lucas Winchester, and their mom & dad Kelsey Root-Winchester and Jason Winchester along with community members Sandy Boyce and Richard Roderick rounded out the work crew. The windows were washed inside and out, the picnic tables scrubbed, the grass raked, the flower beds weeded and the driveway swept and the sand and debris removed. In less than two hours all the work was completed.

Visitors will also notice the information kiosk and the bell housing are getting new cedar shingle roofs and the window trim is being painted. A new water heater has also been installed. "The Welcome Center is not just for visitors" remarked Sandy Boyce, the WRAP member who keeps the center running smoothly, she continued saying, "we are not a State of Vermont center, and we don't get any State funding, so we are able to offer information from both sides of the river. We even have New York and Maine Highway maps." Local residents are invited to



Ian Fraser of Ryegate was one of many who helped get the Welcome Center in Wells River ready for the season.

stop by and see what we have to offer and business owners are encouraged to bring their brochures and business cards to the center. The Village of Wells River owns the Welcome Center and WRAP operates it, with local and summer residents volunteers staffing the center seven days a week. The Welcome Center will open full time for the season beginning on Friday, June 18th – Father's Day weekend. The hours are Monday – Saturday 9AM to 5PM and Sunday 10AM - 4PM. The center ends its season on Monday October 11th Indigenous People's Day,

It was decided not to have the community picnic this year because the vast majority of participants are students and preschoolers who come for the Library Sponsored entertainment. With students over 12 years just becoming eligible for vaccination and those under 12 not yet eligible the Board thought it was best to wait another year. In place of the picnic, it was decided to have a downtown "spruce-up and clean-up day" on June 26th, the day the picnic would have been held. With the 4th of July parade coming back the board wanted the downtown area "spick and span". Anyone who wishes to help should meet outside the Baldwin Memorial Library at 9AM. For more

information contact Kelsey Root-Winchester at kelsey-rootwc@gmail.com or 802 626 8992.

WRAP members have filled the barrels with brightly colored flowers and it is also time to plant your zucchini for the Giant Zucchini contest. The contest will be held on September 4th during the So Long Summer Hello Fall festival. The festival returns this year after not being held last summer due to the pandemic. The zucchini contest however was held with a record number of entries. WRAP is happy to have a full schedule again this spring and summer

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



From April 1st to April 15, 2021, Woodsville High School's National Honor Society held a non-perishable food drive as a competitive event during our Winter Carnival. Collectively Woodsville High School raised \$350 in food and \$150 in cash.

Shown above is senior Ava Boudreault (left) and junior Sammy Sarkis (right) after dropping off all the boxes from the food drive.

Talent Sought For North Haverhill's Got Talent

The North Haverhill Fair Association will once again be staging North Haverhill's Got Talent on the second night of the 77th Annual North Haverhill Fair. The date will be Thursday, July 29. The show starts at 6:00 PM.

As has been for the past several years a group of knowledgeable judges will be seated in front of the stage in order to give comments, critiques and even praise to those wishing to vie for the \$200 first place cash prize. Second prize will be \$100 and the third place finisher receives \$50 cash.

This contest has often featured some great singers, some of whom have gone on to other great things. But the contest is not limited to singers. Magicians, comedians or even trick bike riders would be welcomed to sign up, perhaps offer an audition, and then get an invitation to compete for the top prize.

In order to register, or to get more information please contact Gary Scruton at garyscruton@yahoo.com or call at 603-348-4563 for details. See you all at the fair!

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Littleton Food Co-op Partner of the Month - June Boys and Girls Club of the North Country

The Littleton Food Co-op is proud to host this fine organization in June! Their mission is to provide a Fun, Safe, Positive place for all children of the North Country, under the guidance of caring adults. The Boys & Girls Club of the North Country (BGCNC) was founded in 2005 in response to the pressing need for affordable, high-quality, after school programming in the North Country.

Because it is their policy to remain affordable, BGCNC is one of the only afterschool options for most low-income families in our community. They have been able to enrich the lives of youth who often fall between the cracks of other agencies. By ensuring affordable access, the Club provides a critical support system and safety net for low-income families.

"Our children are the next generations of this country. Being chosen as Partner of the Month and receiving Partner Funds will significantly help us sustain our mission of providing at-risk children a mentoring program that will instill values to assist in their adult lives. Properly arming youth with resiliency and life skills, and helping youth to fully understand right from wrong, will allow our BGCNC kids to become promising members of society. Partner funds will be used to support the BGCNC financial aid fund for our Afterschool and Vacation



Camp Programs. The Club's goal is to ensure that area children and teens have a reliable place to go after school and during school vacations, as well as access to high-quality, evidence-based programs and services that will enhance their lives and shape their futures as productive, caring, and responsible citizens. At BGCNC, no child is turned away, regardless of ability to pay." - Sara Shovlin, Executive Director Member-owned Littleton Food Co-op serves the community by providing high quality food, offered at a fair price, with outstanding service. Everyone is welcome to shop and anyone is welcome to join. Located at the intersection of Cottage Street and Route 302 (exit 41 off I-93), the Littleton

Food Co-op is open daily from 7 am - 9 p.m.

For more information or to become a member, please visit www.littleton-coop.com call 603-444-2800 or just stop by! See ya at the Co-op!

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Dr. Stratton from Woodsville Eye Care Center presented the Cohase Lions Club a check for \$1000 to support the clubs scholarship fund. The Cohase Lions Club has awarded several scholarships to students who are pursuing a higher education. President Joe Fiore commented, "This generous gift will allow us to continue to support those students in achieving their lifetime goal. The pandemic has certainly restricted the Lions Club from the numerous fund raisers that we usually engage in throughout the year".

(l.-r) King Lion Joe Fiore, Dr. Stratton and Lions Club member Cindy Fagnant.

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Capt. Douglas Miner to Receive National 2021 Smokey Bear Award ¹¹

Capt. Douglas Miner of the N.H. Forest Protection Bureau has been named a Smokey Bear Award winner, bronze category, by the National Association of State Foresters and the USDA Forest Service.

Smokey Bear Awards are the highest honor given to individuals, teams and organizations for outstanding service with significant and sustained program impact in wildfire prevention. The bronze award is for impact within a state over at least a two-year period; silver and gold awards are for regional and national impact, respectively.

Although as many as 18 awards may be distributed annually, only five winners were named in 2021.

During Smokey Bear's year-long 75th Birthday celebration in 2019, Miner

coordinated dozens of events in New Hampshire, including visits by Smokey to public libraries and the N.H. Veterans Home, Smokey throwing out the first pitch at a New Hampshire Fisher Cats' game, tethered rides in the official Smokey Bear balloon for attendees at New Hampshire's official party for Smokey at Franconia Notch State Park and more.

An estimated 12,000 people attended 61 events, and posts on the Bureau's Twitter account, @NHForestryRangers, had 81,699 impressions during the campaign.

Miner was nominated for the award by Brad Simpkins of the U.S. Forest Service. While New Hampshire State Forester and director of the N.H. Division of Forests and Lands, Simpkins observed

Miner's wildfire prevention work firsthand.

In nominating Miner, Simpkins noted that "Doug's efforts, while above and beyond his normally busy ranger duties, are equal to or rival those that could be accomplished with a fulltime prevention coordinator."

As was noted in a letter supporting Miner's nomination, "Doug is a tremendous leader, [who] takes the time to educate people and will go out of his way to help them succeed. He leads with a humble nature that gives confidence and pride to those he guides, teaches and promotes."

Another letter of support stated his impact simply: "He is such a credit to forest protection."

Miner will receive a bronze statue of Smokey Bear, special lapel pin and

certificate noting his accomplishment. He and the other winners have been invited to attend the National Association of State Foresters meeting in Pittsburgh, Penn., in September.

The New Hampshire Forest Protection Bureau, part of the N.H. Division of Forests and Lands, is responsible for protecting 4.5 million acres of both public and private New Hampshire forestlands from the threat of wildland fire and crimes against the forest resource. This is accomplished by forest rangers, fire patrolmen, fire tower personnel and support staff as well as the forest fire wardens and dep-

uty wardens serving in each community.


From 2016-2020, New Hampshire experienced an average of 119 wildfires, impacting 276 acres annually.

The N.H. Forest Protection Bureau is part of the Department of Natural and Cultural Resources' Division of Forests and Lands, which protects and promotes the value provided by trees, forests and natural communities. For more information about the Division of Forests and Lands and the work of its Forest Protection Bureau, visit nh.gov/nhdf or call 603-271-2214.

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

June 8, 2021

Volume 12 Number 18




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Seeking an energetic, enthusiastic individual to work with youth in The Hub, the home of Bradford Teen Center in Bradford, VT. This is a 10 hr/wk, year-round position paying \$12/hr. and reporting to the Director. Weekend availability is a must. Duties include opening and closing the Hub, overseeing teen activity, tracking attendance, supporting compliance with Hub policies, and fostering a culture of inclusion and respect.

The Hub supports youth and families by providing a safe, enjoyable environment where teenage youth are heard, encouraged, & empowered. After-school and out of school programs promote creativity, self-esteem, and development of leadership skills.

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HELP WANTED: Director, Bradford Teen Center

Bradford Teen Center, Inc. in Bradford, Vermont seeks a part-time (20 hr./wk) Director, responsible for all day-to-day operations of The Hub, a person experienced and enthusiastic about working with young people, dedicated to their positive development and wellbeing.

Duties: The Director plans and implements day-to-day activities, including programs that engage teens socially, culturally, and intellectually and that focus on service, leadership, and education; maintains a culture of inclusion and respect; monitors, evaluates, and reports on quality of programs; keeps complete records and collaborates with board members and/or publicity coordinator to promote participation in teen center programs; participates in all Board meetings and special events; recruits, trains, and manages volunteers and staff; participates in annual Mandated Reporter and other relevant trainings; and serves as the public face of the Bradford Teen Center.

Qualifications: Higher education preferred, in social services, education, human development or related field; experience working with a non-profit organization, preferably a youth development organization; excellent planning and organizational skills; familiarity with the principles of youth development; ability to work collaboratively with diverse communities and groups; ability to define outcomes and work towards positive outcomes; excellent written and oral communication skills; facility with social media platforms.

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A typical class schedule is Tuesdays, Wednesdays, and Thursdays from 8:30 a.m. to 2:30 p.m. however this is subject to change.

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Discuss Financial Goals with Your Family

June is Effective Communications Month. And it's a good idea to recognize the importance of good communications, because it plays a role in almost every aspect of living – including your finances. You'll want to clearly communicate your financial goals to your loved ones – and you'll want to hear theirs, too.

Let's look at some of the communications you might have with family members:

• **Your spouse** – You and your spouse may have different thoughts about a range of financial topics – how much to save, how much to spend, the level of debt with which you're comfortable and so on. Try to reach some type of consensus on these issues. However, in regard to investing, you don't necessarily have to act in unison all the time. You each may have different investment styles – one of you may be more aggressive,

willing to take on more risk in exchange for potentially higher returns, while the other would rather invest with an eye toward mitigating risk, even it means accepting a lower return. Of course, there's nothing stopping each of you from pursuing your individual investment strategies in your own accounts – IRA, 401(k) and so on. Still, if you are going to work toward common goals – especially toward a shared vision of your retirement lifestyle – you each may want to compromise in your investment choices. And this accommodation is even more necessary in your joint accounts.

• **Your parents** – If you may someday be involved with your parents' financial plans – which is highly likely – you should know in advance what to expect. This may not be the easiest conversation to have, but it's an important one. So, for example, ask your parents if they have a durable power of attorney, which allows them to designate someone to manage their financial affairs if they become physically or mentally incapacitated. You might also inquire if they have protected themselves against the potentially enormous costs of long-term care, such as an extended nursing home stay. If not, you

might suggest that they contact a financial advisor, who can offer solutions. Once you begin communicating about these issues, you may well want to go further into your parents' estate plans to determine what other arrangements, if any, they have made. If it seems that their plans are not fully developed, you may want to encourage them to contact an attorney specializing in estate planning.

• **Your grown children** – Just as you talk to your parents about their estate plans, you'll want to discuss the same topic with your own grown children. Let them know who you have named as a durable power of attorney, what's in your last will and testament and whether you've established a living trust. If you're already working with a financial advisor and an estate planning professional, make sure your children know how to contact these individuals. Of course, you don't have to confine your communications to estate plans – if you want to help your children financially, such as loaning them money for a down payment on a home, let them know.

By talking with your loved ones about key financial matters, everyone benefits. So, keep those lines of communication open.

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

Edward Jones, Member SIPC

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Thank you for your understanding.



TRENDY TIMES

A FREE PUBLICATION

Colonial Receives \$10K Matching Gift Towards New HVAC Systems

The Colonial Theater in Bethlehem, NH received an anonymous pledge to match gifts dollar for dollar up to \$10,000 in support of implementing a new heating, cooling, and ventilation system at the Theater. A revitalized Colonial has, for two decades, provided the North Country with outstanding music, films, community and family events. The Colonial is happy to announce it is moving forward with this critical infrastructure improvement, which is key to re-opening safely in 2021.

In recognition of this important project, one generous donor has asked community members to join them in support of The Colonial on NH Gives on June 8. This \$10,000 matching challenge is a galvanizing call to The Colonial's community, to help the institution reopen in the wake of the pandemic and continue its long history of contributing to the prosperity and growth of North Country communities.

"This matching gift challenge supports a special project for The Colonial Theater," Executive Director, Christine Kelly explained. "This HVAC installation includes an iWave commercial air purification system and

will also provide heating and cooling in the auditorium." She added, "This project is critical for The Colonial to re-open its doors with confidence for the 2021 Season, and in the longer-term, it creates the opportunity for The Colonial to extend its presenting season."

NH Gives is a statewide 24-hour online fundraising event that is designed to build community, connect donors to local nonprofits, and generate excitement about the nonprofit sector. "In challenging times like these, we rely on the continued support of our community," said Kelly. "For those who are interested in supporting the arts and community in the North Country, mark your calendars for 5pm on June 8. Your doubled gift will help The Colonial continue to enrich lives, inspire minds, celebrate diverse perspectives, and emerge from this pandemic stronger than ever."

Those who are interested in joining The Colonial's NH Gives initiative can visit the Theater's website at www.BethlehemColonial.org for more information. While you are there sign up for The Colonial's regular e-blasts so you won't miss a beat!

U.S. Fish and Wildlife Service Seeks Public Comment on Hunting and Fishing Plan for Vermont's Only National Wildlife Refuge

Op-ed by
Protect Our Wildlife

STOWE, Vermont— The Silvio O. Conte National Wildlife Refuge is seeking public comment on its recreational hunting and fishing plan. This plan impacts the Nulhegan Basin Division and the Putney Mountain Unit in Putney. Currently, no areas of the Vermont portion of the Refuge are closed to hunting.

"The use of radio-collared hounds to run down bobcats, bears, coyotes, and other wildlife is a cruel and disruptive practice," said John Aberth, POW Board member and licensed Vermont volunteer wildlife rehabilitator. Hounding occurs not only during the legal hunting seasons, but throughout the year during the hound training season. Aberth added, "The hounds chase the animals for miles through the woods until the animal climbs a tree where they're then often shot or decides to stand its ground and fight back."

While the USFWS states that one of their objectives is to "implement a hunting and fishing program that is safe for all refuge users," Protect Our Wildlife states that the use of unsupervised hounds that are released on Refuge lands presents a risk to the 29,000 Refuge visitors who are not hunters. Aberth said, "It is common practice for hounders to track their radio-collared hounds—who may be miles away pursuing wildlife—with only their handheld GPS devices." A retired couple and their leashed puppy were attacked by unsupervised bear hounds in Ripton, VT in Oct 2019 on public land.

Hounds cannot distinguish between threatened or endangered species versus target species (e.g. distinguishing a bobcat from a Canada Lynx, a threatened species). A Refuge biologist shared her concern about lynx being disturbed by hunting hounds in a 2014 email to VT Fish & Wildlife (FWD), but FWD took no action. Other non-target animals who are at risk of being injured or killed include ground-nesting birds, deer fawn, and moose calves.

POW is also petitioning to ban the use of lead ammunition on the Refuge. Holly Tippet, Vice President of Protect Our Wildlife, said "The Refuge's own plan states: 'Lead is a well-known toxin to people and wildlife and even small amounts can have adverse health effects,' yet the plan does not ban its use."

The American Bird Conservancy reports, "An estimated 10 million to 20 million birds and other animals

die each year from lead poisoning in the United States. This occurs when animals scavenge on carcasses shot and contaminated with lead bullet fragments or pick up and eat spent lead-shot pellets or lost fishing weights, mistaking them for food or grit. Some animals die a painful death from lead poisoning while others suffer for years from its debilitating effects."

Tippet said, "Protect Our Wildlife urges anyone who is interested in protecting Vermont's wildlife from the cruel and indiscriminate use of hounds and lead ammunition on our Refuge to please sign our petition." People may also submit written comment to USFWS directly at: HuntFishRuleComments@fws.gov

Protect Our Wildlife is the largest grassroots advocacy nonprofit in Vermont dedicated to protecting Vermont's wildlife. To get involved or learn more go to ProtectOurWildlifeVT.org.

Bruce K. Ordway Sr. OBITUARY 13

Bruce K. Ordway Sr. passed from life on May 26, 2021 at his home. Bruce was born December 15, 1953 to Franklin Ordway and Betty Huntley. He was predeceased by his father and stepmother Frank and Sue Ordway and by his mother and stepfather Betty and Larry Fairbrother. Bruce's brother Mike Ordway and by nephew Jacob Conrad also left this life before him.



Bruce attended Fairlee School, East Topsham School, and Thetford Academy. He married Beverly Smith on May 13, 1995 and celebrated their 26th anniversary shortly before his passing.

Bruce is survived by siblings Alan Ordway of Fairlee, VT; Marie Lackey of Newbury, VT; Tracy (and Jennifer) Ordway of Wichita, KS; Kerri Ordway of Wichita, KS and Robin Sleeper of Wichita, KS. He is also survived by his children Tina Ordway and Wendell Downing of E. Topsham, VT and Bruce Ordway Jr. "Butch" and Jodi Dube of Topsham, VT and his stepchildren: Kyle French (and Dara Evans) of Berea, KY; Richard (and Amanda) French of E. Barre, VT; Curt French of

Barre, VT; and Cheryl (and Gregg) Swartzenberg of Sasebo, Japan. He had ten grandchildren and five great grandchildren that were always foremost in his mind.

Bruce enjoyed hunting, fishing, gardening, raising livestock, playing with his grandchildren, and spending time with his beloved animals including Sadie Girl. He began working on the family farm and started working in the carpentry industry at 16 becoming a Master Carpenter before retiring, yet still boasting that he could "work any of you young fellas into the ground". He will be greatly missed by many. Rest in Peace "Dad", "Grandpa", and "Poppa". Arrangements are by Hale Funeral Home in Bradford, VT.



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What About Ma?

by Kellie Quackenbush

All About Moving Forward



We have passed the year 2020 and are seeing the aftermath of being separated from friends and loved ones. We feel the results of not having work for many months. We see the struggles of children not being in school to learn. We have felt the hunger from diminished grocery shelves. We have lost friends and family, yet we live on.

Graduation ceremonies are being held for high school seniors all over the country this month. COVID-19 is showing a final hit on our pride. By stripping our joy in the accomplishments of the high school graduates with social distancing, limited celebrations and a quiet passing of youth, we continue to lose to the pandemic. Drive through events where diplomas are handed out like cheeseburgers at a fast food restaurant seem to minimize the efforts given by these young adults.

In our area, June 12, 2021 is the day that a great many high schools are having the celebration of a Graduation for the students passing on to the adult

world. They have studied, played sports, performed community service and worked part time jobs. These graduating seniors will no longer be seen as children but will pass into the world of working adults. A few, very special young people, will have an opportunity to continue learning in college or military careers but most will join the working world of adults.

The pandemic has cost these young adults a year of the special educational benefits that students receive in that last year of high school. Online, isolated from social contact, unable to participate in social events, they have been robbed of the emotional growth that would have helped with this transition into adulthood. They have suffered a loss.

"Grief is a natural response to loss. It's the emotional suffering you feel when something or someone you love is taken away. Often, the pain of loss can feel overwhelming. You may experience all kinds of difficult and unexpected emotions, from shock or anger to

disbelief, guilt, and profound sadness. The pain of grief can also disrupt your physical health, making it difficult to sleep, eat, or even think straight. These are normal reactions to loss—and the more significant the loss, the more intense your grief will be." by <https://www.help-guide.org>

When you think of these young adults, be kind. They will be giving their best efforts and entering a new world to them. Being an adult is hard. Even those with the best families and training struggle in the transition from child to adult. In an instance, they go from being a guided child to an adult that is expected to make important decisions. Someone made the quote, "It takes a village to raise a child" famous. Let me add, it takes even more to help a young adult find their path.

Congratulations to the graduating students. For every bump in the road, be strong and know that help is always available to those that ask. True growth comes when you realize that you do not have to have all of the answers. When in doubt, ask for help, there is no shame in asking, it is the brave thing to do. The trick is to know who to ask and for what. Be fearless, seek out knowledge, the people you once saw as old are now the people with the most to give. I wish you well.

Acceptance

Topics

Disability and Aging

by Cyndy Wellman

Living Shores Aquarium
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fish. Impressive, clean and easy walking. I just know you will enjoy it. I saw people in wheelchairs, a scooter and all ages.

Plan your trip today!
Cyndi Wellman



VNH Announces Inaugural Non-Profit Tuck Fellow to Board of Trustees

White River Jct., V.T. - Visiting Nurse and Hospice for Vermont and New Hampshire (VNH) announces the inaugural appointment of Tuck Non-Profit Board Fellow to its Board of Trustees. The purpose of Tuck Fellows Program is to bring second-year students together with local nonprofits and have them involved in the local community to apply their business skills and learn about organizational governance.

Joining the VNH Board as the inaugural fellow is Megan Bohannon. "I'm excited to have Megan take part in our board as part of an experiential learning program," said VNH President and CEO Johanna Beliveau. "This program will help Megan learn about VNH's social and economic challenges and also have her working on ways to address these for our patients."

VNH's board is comprised of people with industry knowledge in a variety of

areas including workforce, state government structures, and meeting the healthcare needs of older adults. When presented with the opportunity to have a Tuck student on the board, VNH eagerly accepted. Tuck students are smart, curious and engaged, ready to connect to the world's diversity, energy and innovation. With the healthcare landscape evolving at a rapid pace, VNH is invested in building relationships that help support innovation in delivering care to our patients and community.

Megan Bohannon is currently a graduate student at the Tuck School of Business at Dartmouth College. Prior to her full-time graduate studies, Ms. Bohannon worked for Gartner, specializing in Strategy, Supply Chain, and Quality Research. She holds a Bachelor of Arts in Political Science and Business Studies. Below are all VNH Board of Trustees members

for 2021:

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Letter to the Editor: Confirmation Letters

To the Editor,

I would be remiss if I didn't acknowledge the two confirming letters written by JP Watson of Fairlee, VT and Lisy Meyers of North Haverhill, NH that appeared in your May 25, 2021 edition. It is a pleasure to know that intelligent, clear thinking, and rational individuals still exist and are not swayed by the biased leftist media and the propaganda being spewed by the Socialists and Marxists who have infiltrated the Democrat Party. Sadly, former President John F. Kennedy must be rolling over in his grave regarding what has happened to his party.

Isn't it interesting that cities across the country have been and continue to be subjected to riots and the burning of businesses; criminal activity is at an all-time high, while at the same time there is movement afoot to defund the police; the southern border is out of control with a twenty year record high of illegal alien crossings; Mexican cartels are smuggling drugs into the country in record quantities; Coyotes are demanding exorbitant sums of money to aid individuals from the Northern Triangle Countries of South America to make it to our southern

border, while women and children are being sexually abused along the way; MS13 members and convicted sex offenders are slipping past the border patrol agents and traveling to parts unknown in our country; there is a movement to federalize the election laws of states and local elections, that if passed, we probably would not have another Republican President; a movement to expand the Supreme Court to thirteen Justices (opposed by the late Ruth Bader Ginsberg) insuring rulings favorable to the Democrats ad infinitum; many cities are overrun by homeless people sleeping and defecating on the streets; the push to indoctrinate our students with critical race theory moves forward; the assault on the first and second amendments continues unabashed; the immoral march towards Socialism and Marxism continues and the beat goes on. And what is the common thread that runs through all of this? You guessed it... the Democrat Party ideologues and the Democrat controlled cities and states.

And what is the Democrat Socialist's answer to all of this? You guessed right again. When they don't

have the facts and issues on their side they resort to hateful, vindictive name calling, claiming it's all Trump's fault; and that all of his accomplishments and successes over the past four years are just more lies perpetrated by Republican politicians and right-wing propaganda networks.

If you leftists still think you are on the right side of the issues, I suggest that you listen to Leo Terrell, a life long Democrat and Civil Rights Attorney, who announced last year that he would be voting for Donald Trump. If you have an open mind, he will clearly explain to you why the Democrat Party left him.

To all those left-wing socialists and Marxists out there, I close my thoughts by leaving you with a few quotes from former President Ronald Reagan: "The national Democratic leadership is going so far left, they've left America. Don't let them bury the American dream in their graveyard of gloom and envy." "The trouble with our Liberal friends is not that they're ignorant; it's just that they know so much that isn't so." "Facts are stubborn things."

Robert Briggaman
Newington, CT

views of either party that are the best path, but rather the path is somewhere in between those views. The key is to find that sweet spot where both sides can agree. For that to happen in any discussion it takes both parties the willingness to talk, listen, and be reasonable. I realize that can be a lot to ask, but it is a goal I believe is worth reaching for.

Gary Scruton, Editor

Robert,,

The discussion between Republicans and Democrats will probably never end. There are times when it seems that is all that ever happens, discussion and no progress. But in reality discussion of issues is how new ideas and even compromise come about. Ideas and compromise are also how this country has moved forward. In most cases it is not the extreme

Send your Letter to the Editor with your opinion on today's world. Either local, state or national items of interest to others. The Editor is sure to have some sort of response.

**Email to: Gary@TrendyTimes.com
or USPS to: 20 Pine Street, Woodsville, NH 03785
All letters must be signed (author noted).**



by Renee L. Schulze,
MSW, LICSW

Mental Health Matters

Self-care Is Never Selfish

So, were you raised to think that self-care is important or selfish? In my childhood, the Italian women did everything and that was culturally accepted as the norm. I grew up with an innate "martyr complex" that the more I did for others and sacrificed, the more I'd be loved and valued. This is NOT the message that I'm passing down to my own daughter.

What have you been raised to believe about taking care of yourself? Are you always running yourself in the ground and always available for the needs of others? Is the only time that you slow down when you are physically sick?

Well, after my own successful individual therapy addressing these cultural beliefs and norms, I've changed my thinking to what is healthy for me. I've learned to start my day taking care of ME first. I like to wake up late (8:30 am is late for me lol) and relax while I have my coffee. By 9:00 am I'm on my exercise bike and then I shower. I feel better equipped for family and seeing my own clients AFTER I take care of me.

How do YOU take care of you? If you're a parent, what message are you teaching your children?

If this is a problem for you, then DO something about it TODAY. Perhaps mark a calendar daily of something you can do for YOU. Go for a walk, move your body somehow in a healthy manner. Sometimes putting on your favorite music and just dance. Or, read some of a really good book and relax.

If you have a cell phone, set a reminder daily with no end, so that during your day you will allow yourself self-care time and you will DO it. If you try to do something new that takes a lot of time, you will probably not keep up with it so start with 30 minutes to an hour. Don't ignore it and say you'll do it later. That "later" never comes. As you get used to practicing self-care with your reminders, you'll begin to see and feel the benefit. So will others around you.

Society teaches us that taking time for ourselves is selfish It's not.

Self-care is never selfish. Practice it daily because your Mental Health Matters.

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Not all Times are Trendy, but there will always be Trendy Times June 8, 2021 Volume 12 Number 18



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

Spinach and Black Olive Calzone

Hello hello my fellow chefs. I hope you are all doing well. I had more stomach issues for two days, I still don't feel good but I'm on the mend. What a terrible sickness. Any way I'm excited to share this recipe with you. It's easy peasy and "Delicioso". Let's get started with today's recipe and how to make it.

Ingredients

- 1 package of pizza dough (in refrigerator section)
- 2 packages frozen chopped spinach 9 oz. (I chose Green Giant plain)
- 1 Can 4oz. Black olives sliced
- 1/4 Cup vegetable oil
- 1/4 cup Parmesan cheese (Fresh grated in refrigerator section of cheeses)
- 1/2 tsp sea salt
- 3 cloves fresh garlic minced

I find that using fresh garlic really makes a big difference. It's much more flavorful and aromatic. Take the dough out of refrigerator and place in deep bowl that you spray with Pam. Cover with a dish towel. Put in warm place. To speed up the raising dough preheat oven to 200 degrees and shut off oven. Place covered bowl in oven. It takes about 4 to 5 hours to rise. In the meantime defrost the frozen



chopped spinach and squeeze the water out by pressing your hand on the spinach in a colander. When ready put spinach in a bowl and mix in the Parmesan cheese, salt and olives. Put the oil in a fry pan and heat on medium to high then add the minced garlic. Fry for 1 minute. Add the seasoned spinach and fry for about 10-15 minutes. Let it cool.

When dough is ready it should triple in size. Remove from bowl and put on pizza stone (I've had mine for years and it is well seasoned) or pizza pan. If using a pizza pan brush a bit of oil on bottom. Punch out the dough. Cut with your hand to form a circle. Spread the spinach mixture in the center

and even out. Pull one side of dough over the spinach, tuck in the sides and bring the other side over to close. Carefully turn seam side down then brush with oil with pastry brush. Finally cut slits through dough with a sharp knife. I formed my Calzone in a curve to fit on the stone. Preheat oven to 400 degrees and bake for 20-24 minutes. Add time if not all browned.

It is wonderful. Let it cool a bit then slice and eat. It can be eaten at room temperature. That's it you are done. When you make it again you can try adding cheese, pep-



Yellow lilies in Franklin NH

Photo by Cyndi Wellman cnb.pics07@gmail.com



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peroni, red pepper flakes anything you love. If you have any questions please contact Gary and I will help you out. I love this Calzone and I hope you love it too.

Well folks that's it for today's recipe. Stay healthy and enjoy sharing this recipe with your friends at a gathering or cook out.

I'm signing off for now.
Sincerely,
Cin Pin

Not all Times are Trendy, but there will always be Trendy Times June 8, 2021 Volume 12 Number 18

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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.