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Rain Contributes to Concerns About River Cleanliness

Brattleboro, VT – As we enter the heat of the summer season, one of the most asked questions the Connecticut River Conservancy (CRC) gets is if rivers are clean enough for swimming, boating, and other recreation. There are two ways to know if rivers are likely clean. The first is to think about the recent weather. Rain picks up all sorts of pollutants as it flows across roads and parking lots, which are then flushed into rivers via storm drains. Additionally, heavy rain overwhelms our aging sewer and stormwater infrastructure, causing sewage and polluted stormwater to flow directly into rivers rather than back up into homes. For these reasons, CRC recommends river users stay out of the river for 24 to 48 hours after a heavy rain because

bacteria levels could be high. “It’s difficult to reduce stormwater runoff from roads and parking lots, but cities and towns along rivers are making significant investments to separate the outdated combined sewer overflows (CSOs) into separate sewer and stormwater systems that can better handle all the water,” says CRC Communications Director, Angela Chaffee. “These investments have made a tremendous difference in improving the health of rivers and protecting river users. Rivers are certainly much cleaner than they used to be.”

The second way to know if rivers are clean is to visit CRC’s “Is It Clean?” website located at www.ctriver.org/IsItClean to find bacteria test results for nearly 200 river

access and recreation sites in Vermont, New Hampshire, Massachusetts, and Connecticut. The site is also available in Spanish at www.ctriver.org/EstaLimpio. “It’s smart for river users to visit the ‘Is It Clean?’ website and pay attention to the bacteria test results so they know when it’s clean for swimming or boating,” notes Chaffee.

Each summer, CRC and more than 20 partner organizations deploy trained volunteers to collect water samples from popular boat launches and swimming holes. The samples are tested for E. coli bacteria, which could potentially make you sick and may suggest the presence of other waterborne illness-causing pathogens. Samples are typically collected at each site

weekly or bi-weekly and test results are posted online 24-hours later. Water samples are collected from June through early October. Water sample results are color-coded and map-based so users can easily see where bacteria levels are high.

This information gives river users information they can use to make informed decisions and keep from getting sick. Yet, river conditions are constantly changing. That means a change in weather since the bacteria samples were collected will result in different bacteria levels at any site at a given time – rain tends to cause bacteria levels to increase while dry weather results in lower bacteria levels. The website provides bacteria data for the Connecticut River and more than 20 tributaries, including the Chico-



CRC Water Quality Monitoring Coordinator Ryan O'Donnell collects a water sample. Photo Credit: Sam Masinter

pee River and Deerfield Rivers in MA, the Scantic and Farmington Rivers in CT, the West and Black Rivers in VT, the Ashuelot River in NH, and many more.

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TRENDY Dining Guide

Juniper's at the Wildflower Inn

by Gary Scruton

By the time we had the ability and the time to make the trip up to Lyndonville it was a Tuesday evening. But as requested we make reservations ahead of time, and it was probably good that we did. Juniper's, which is the eatery at the Wildflower Inn, had a good number of people partaking of their food offerings. The inside area was probably a bit more crowded because the weather outside was damp and therefore no one was able to eat on the nice deck located just outside of the enclosed porch section.

The hostess at Juniper's knew us and welcomed us back as she grabbed some menus and showed us to our table for two on that enclosed porch. It was no small feat to grab one of

each of the menus. There was a dinner menu. A drink menu. A dessert menu. And I believe a fourth one for the two of us.

Our waitress soon appeared and offered us a chance to order beverages. We declined until we had made our choices for a meal. She did bring us both a glass of water.

For meals Janice decided to take Juniper's up on one of their "daily specials" which was baked haddock with a crab meat stuffing. Her meal also came with coconut flavored rice and a spicy coleslaw that included broccoli. She added a soda for her beverage.

I took a different special. Mine was the Tuesday night Burger and Beer Combo. The burger was a hearty size and came with lettuce,

tomato, onion and cheddar cheese. It also included an order of regular fries which I upgraded to sweet potato fries. For the beer portion of the combo, I asked for a dark beer and was offered a Switchback which complimented the burger and my palate well.

While our order was being prepared the waitress first came with our beverages, followed shortly with a tray of various chips and a dish of their own french onion dip. That certainly kept us occupied and satisfied as we waited for our main entrees..

There are only eight tables on the enclosed porch at Juniper's, but I know there are at least two other rooms, and yet we saw at least three waitresses working the porch area. I

must also mention that our waitress was quite attentive as well as polite. And it appeared from our vantage point that the others were the same. You are always treated well when you dine at Junipers.

Our wait was not long before our meals came out. Janice commented that there certainly was a coconut flavor to her rice. The coleslaw was of a blend she had never experienced before. The haddock was cooked to melt in your mouth perfection and the crabmeat stuffing/sauce was delightful.

My burger was all there. The helping of sweet potato fries was also quite ample. On the side of my dish was a container of ketchup as well as a container of a spicy horseradish sauce. I used

some of both for my fries.

We had mentioned early on to our waitress that we were hoping to have enough room to try one of the listed desserts. As it turned out we did indeed save some room. After looking over the dessert options, we settled on a maple creme brulee, with two spoons. It topped off both of our meals nicely and we were quite successful in getting every last bit of that tasty dessert transported to our mouths.

We've never felt rushed while dining at Juniper's and finished our meals and were back out the door in just over an hour. The total cost for our two meals, including tax, was \$59.47. As per normal I dug out my credit card which the waitress took "out front" to ring thru. We then left a cash tip on the table.



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Al-Anon... Welcome, Help and Hope

By Marianne L. Kelly

The face of Al-Anon

Al-Anon, founded in 1951, has become instrumental in supporting people coping with an alcoholic spouse, family member or friend. Through regularly attended meetings, members find understanding, support and spiritual fortitude using the Twelve step program that embodies universal principles available to everyone. At meetings, new members especially, take away the assurance that no situation is unique, all have suffered the effects of coping with family and/or friends' alcoholism. By coming together, they learn there is support, help, a solution, and most importantly, one is never alone.

Everyone coping with an alcoholic relative or friend is welcome to join a Family Group; that is each person has a family member or friend with a drinking problem that affects the health and well being of their own lives.

Al-Anon is not a religious, but a spiritual organization. People of all faiths, as well as those with no particular faith are welcome to attend.

Meetings

Al-Anon insists on complete anonymity at all their

meetings. No exceptions! Members cannot reveal to anyone what or whom they see or hear to relatives, friends and anyone else. Free expression depends on members being able to feel secure that "What happens in Al-Anon meetings stays in Al-Anon meetings."

A designated member leads meetings in their area. Al-Anon meetings take place all over the world. Some offer "beginners" meetings to help new members become familiar and comfortable with the program. They suggest that new members attend six meetings in different locations to help them find the most comfortable and best fit for them.

Many people, not familiar with AA, and Al-Anon see them as organizations shrouded in mystery. However many first time newcomers to Al-Anon meetings found many of these myths dispelled.

Newcomers learned that sobriety does not equal "happily ever after." Sobriety is a life long commitment, and the road is not easy. Many are driven to attend their first meeting to find relief from the shear pain inflicted upon them by another's drinking, and realize that they cannot live a

normal life under these circumstances. All members learn that they are not responsible for someone else's drinking problem. Each person is responsible for his or her own behavior and in dealing with his or her own pain.

Al-Anon, a spiritual rather than a religious organization, actively encourages members to place their trust in a Higher Power, regardless of what name they call this Power. Reciting the Serenity Prayer at the start of each meeting affirms the existence and available help from their Higher Power by simply leaning on it in times of stress.

After reciting the Serenity Prayer, members read aloud the Twelve Steps, that are the heart of the program, and the Twelve Traditions that are its backbone. They might share how these affect their everyday lives, and a topic might be gleaned and discussed at the meeting. The leader, who ultimately chooses that meeting's topic, asks if anyone has a concern for a topic to discuss. Members share their experiences, strengths and hopes concerning that topic.

Meetings are group oriented, and members do not discuss specific problems such as family finances, legal matters, medical issues, sex, psychiatric issues, etc. Meetings concentrate on what has been helpful in various situations and use specific affirmations, along with the Twelve Steps and Twelve Traditions. Members listen to each other, support each other, offer friendship and encourage each other in learning to help themselves,

and avoid giving advice.

Sponsorship is important, and offers individuals to safely unburden themselves in a constructive and personal manner. Members calling other members in between meetings, helps them to consistently apply the program to their personal situations, by reaffirming positive attitudes and the assurance that no one travels this road alone.

The choice of a sponsor is personal. There are no requirements. However, members agree that it is helpful to choose someone who is committed to consistently applying the program in their own life as a result of practicing the Twelve Steps. Al-Anon is called a program of "attraction vs. promotion."

Many newcomers choose to listen only in a few meetings before choosing a sponsor. They tend to choose someone they feel comfortable with and can relate to via similar experiences.

Having the close personal support of a sponsor helps newcomers learn how to apply Al-Anon principles in their own lives. Everyone is encouraged to "take one day at a time." Developing this personal rapport is strictly the responsibility of both members.

Meetings sometimes conclude with a prayer or the Al-Anon Declaration.

Finding a meeting

Al-Anon helps millions of people worldwide cope with the scourge of family alcoholism. For complete information on finding a live or virtual meeting visit:

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Right to Freedom from Discrimination in Public Workplaces and Education

The Department of Education, Commission for Human Rights, and the Department of Justice has issued a 'white paper' answering many frequently asked questions by the public, school employees and parents.

House Bill 2 was passed by both bodies of the legislature and signed into law by the Governor on June 25, 2021. Included in HB 2 are sections 297 and 298, Right to Freedom from Discrimination in Public Workplaces and Education.

There has been much discussion about this law and what prohibitions it imposes on public employers, government programs, and schools. The State of New Hampshire and its political subdivisions recognize that they have a duty to ensure that they treat all residents and visitors equally. This means that all employees or individuals who work to provide or administer programs and services on behalf of the

State of New Hampshire, including teachers in an educational setting, must continually strive to treat all of those with whom they may come into contact equally and with dignity and respect. The purpose of these FAQs is to provide guidance to public employers, government program administrators, and school systems as they review their compliance with this new law.

This FAQ document addresses questions that may arise regarding the changes to schools and educational programs contained in RSA chapter 193.

Changes Regarding Schools and Educational Programming

1. What are schools prohibited from teaching students? Schools are prohibited from teaching that one identified group (a group based upon: age, sex, gender identity, sexual orientation, race, creed, color, marital status, familial

status, mental or physical disability, religion or national origin) is:

Inherently superior or inferior to people of another identified group;

Inherently racist, sexist, or oppressive, whether consciously or unconsciously;

Should be discriminated against or receive adverse treatment; or

Should not treat members of other identified groups equally.

In short, do not teach that a person or a group is inherently oppressive, superior, inferior, racist, or sexist. Teach and treat all equally and without discrimination.

2. What do the phrases "inherently superior or inferior" or "inherently racist, sexist, or oppressive" mean?

"Inherent" means characteristics that are natural, biological, or innate, as opposed to characteristics that are merely apparent, accidental, or based on external factors.

1 House Bill 2, Sections 297 and 298, Right to Freedom from Discrimination in Public Workplaces and Education; Legal Reference: RSA 354-A:29; RSA 354-A:30; RSA 354-A:31; RSA 354-A:32; RSA 354-A:33; RSA 354-A:34; RSA 193:40.

This new law makes it illegal to teach, train or advocate that a person, because of their membership in one or more identified group(s), is inherently either: (1) racist, sexist, or oppressive, consciously or unconsciously or (2) superior or inferior to people of another identified group.

3. Does the law prohibit teachers from teaching U.S. history? No. Nothing prohibits the teaching of historical subjects including, but not limited to: slavery, treatment of the Native American population, Jim Crow laws, segregation, treatment of women, treatment of LGBTQ+ people, treatment of people with disabilities, treatment of people based on their religion, or the Civil Rights movement. Nor does anything prohibit discussions related to current events including, but not limited to: the Black Lives

Matter movement, efforts to promote equality and inclusion, or other contemporary events that impact certain identified groups.

4. Are schools allowed to teach students historical concepts related to discrimination? Yes. Schools are allowed to discuss "as part of a larger course of academic instruction, the historical existence of ideas and subjected identified" in the new law. Nothing prohibits schools from teaching about discrimination, including the historical existence of these ideas.

5. A parent or student has complained that certain lessons, subjects, or areas of discussion related to racism have made them uncomfortable. Has the school district violated the Prohibition on Teaching Discrimination? No. It is important to note that education related to racism, sexism, and other practices or beliefs that have harmed or continue to harm certain identified groups may make students, faculty, or parents uncomfortable. These lessons may encourage or prompt students to reflect upon whether and how racism, sexism, or other practices have or have not affected their lives. Even discussion of historical practices and their lingering impact upon different identified groups can cause this discomfort. The mere fact that a lesson may make students, faculty or parents uncomfortable does not mean that the school has violated the Prohibition on Teaching Discrimination.

6. Can parents or guardians refuse to allow their children to participate in specific course material? Yes. Where parents or guardians object to specific course materials, they are encouraged to follow school policies related to RSA 186:11, IX-c dealing with objectionable education material.

7. Does the law apply to public schools? Yes. All K-12 public schools are subject to this law. This includes charter schools and public academies.

8. Does this law apply to all school activities or just

teaching? The prohibitions apply to all activities carried out by public schools in their role as public schools, including extra-curricular activities that are part of the public school's work. The law does not apply to all activities that may occur on a public school's property and does not prohibit public schools or school districts from making physical space available to third parties for events or activities, i.e. a voluntary after-school program but is administered by a third-party organization.

9. Does this law apply to instruction in colleges, universities, or other postsecondary educational institutions? No for teaching students, yes for staff and volunteer training. The prohibitions detailed above apply only to instruction of students in K-12 programs. However, this law does apply to trainings for staff and volunteers at colleges, universities, or other postsecondary educational institutions, because these institutions are considered public employers and/or government programs. For questions regarding restrictions on training staff and volunteers by public employers and government programs.

10. Does this law apply to trainings for post-secondary school employees or volunteers? Yes. For questions regarding restrictions on training staff and volunteers in all educational programs,

11. What remedies are available to students or parents who believe that a school has violated the Prohibition on Teaching Discrimination? A student or parent who believes that they have been subject to discrimination may file a complaint with the New Hampshire Commission for Human Rights; a complaint with the New Hampshire Office of the Attorney General; or may file a civil claim in superior court to seek damages or declaratory or injunctive relief.

12. Can an educator's credential be disciplined for teaching these prohibited subjects? Yes. If an educator is found to have discriminated against an individual or identified group, it is a violation of the educator code of conduct and may result in disciplinary sanction by the state board of education.

13. Can a student or parent file a claim based upon instruction or other conduct that occurred in 2020? No. Complaints alleging a violation of the new law may only be considered for conduct that occurred after the enactment of that law on June 25, 2021

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Disaster! The Musical Comes To The Weathervane

WHITEFIELD, NH - Earthquakes, tidal waves, infernos, and rampant wild-life can't stop an outrageous cast of characters from dancing, gambling and singing the night away aboard New York's first floating casino and discothèque in Disaster!, playing now through August 27 in alternating repertory at the Weathervane Theatre.

Paying homage to classic 1970's disaster movies (The Poseidon Adventure, Airport, Earthquake, Towering Inferno), this high-spirited parody features over 30 hit 1970s tunes ("Knock on Wood," "Sky High," "I Am Woman," "I Will Survive," and "Hot Stuff"). Disaster! is created by Broadway personality, three-time Emmy nominee and Sirius XM radio host Seth Rudetsky and Jack Plotnick and achieved cult status during its off Broadway run and limited Broadway run in 2016.

Patrons of Weathervane may recall the wide variety of farces performed on the Weathervane stage. Disaster! calls back to that type of theatre.

"For years Weathervane was known for its production of farces," said Weathervane Theatre Marketing Director Carrie Greenberg. "To be able to present a new musical comedy filled with hit music that satiates that comedic longing and nostalgia for our patrons is really exciting."

Directing this gleeful ensemble comedy is Broadway's Chad Burris (Frozen, Mean Girls) who makes his

Weathervane debut:

"I was very much inspired by the work of Christopher Guest," said Burris. "The comedy really comes from how seriously these people are taking it. They're not in on the joke, so the audience ultimately gets to enjoy it more. I really challenged the actors in our show to do the same—this may be a silly show, but perform it like it's Shakespeare. They've taken this very specific style on quickly and I think audiences will love it."

A true ensemble piece, the cast of Disaster! includes Ira Kramer (Tony), Reanne Acasio (Marianne), Robert H. Fowler (Maury, Dance Captain), Mickey White (Chad), Shinnerrie Jackson (Shirley), Marisa Kirby (Jackie), Nasir Panjwani (Scott), Jorge Donoso (Ben/Lisa), Jewell Noel (Levora), Ethan Paulini (Professor Ted Scheider), and Carrie Greenberg (Sister Mary Downy). The ensemble includes Nicholas Cooper, Grace Livingston Kramer, Ricky Moyer, Sunayna Smith, and Kinza Surani.

"My favorite thing about the people I've met at the Weathervane is the willingness to collaborate and jump in head first to whatever crazy idea I've come up with," said Burris. "A chandelier that hits someone on the head? Sure. A functioning slot machine? We'll make it happen. A dummy that falls from the ceiling? Give me an hour. This whole team pushes themselves so hard to



create amazing theater in the North Country. I hope you all come and check out this hilarious production."

Performed to in person audiences only, audiences are currently capped at 48% and socially distanced throughout the theatre. The theatre has a new HVAC/Air Purification System that filters the air and provides heat and air conditioning. Masks are required for unvaccinated patrons and complimentary masks available on premises.

The Weathervane Box Office is open by phone (603-837-9322), email (boxoffice@weathervanenh.org), and in person Monday - Saturday. Hours Monday - Wednesday and Friday are 9:30 AM - 12:30 PM and 4:30 PM - 8 PM. Hours Thursday & Saturday are 11 AM - 8 PM. Tickets can be purchased 24/7 on Weathervane's website.

NGCRC Monthly Meeting ⁵

The Northern Grafton County Republican Committee will be holding their monthly meeting on Monday, August 9, 2021 at the Elks Club, Lodge #1831, located at 42 Main Street, Route 302, Bethlehem, NH. We will begin with coffee and dessert at 6:00 P.M. and the meeting will start at 6:30 P.M. Pam Tucker, NH GOP Vice-Chairwoman, will pres-

ent the Republican State Committee Update, and Senator Erin Hennessey will present the NH State Senate Update.

Republicans and Like-Minded Conservatives are Welcome to attend. Interested persons may contact janicenovak@myfairpoint.net or call 603-823-5011. Become a part of Keeping New Hampshire RED!

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

August 3, 2021

Volume 12 Number 22

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Conversation
Today!**

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Calendar of Events

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

AUGUST 1 - SEPTEMBER 7

NORTHERN GRAFTON COUNTY REPUBLICAN COMMITTEE SILENT AUCTION
WWW.NGCRC.ORG

TUESDAY, AUGUST 3

WOODSVILLE ARE 4TH OF JULY MEETING
7:00 PM
Woodsville Community Field, So. Court St.

SATURDAY, AUGUST 7

44TH ANNUAL ORFORD FLEA MARKET
9:00 AM - 5:00 PM See Ad on Page 15
On the Common, Rt. 10, Orford

FALL PREVENTION TAI CHI

10:00 AM
Winter and Main Street Park, St. Johnsbury

DOG MOUNTAIN SUMMER DOG PARTY

12:00 NOON - 4:00 PM See Article on Page 9
Dog Mountain, St. Johnsbury

SUNDAY, AUGUST 8

44TH ANNUAL ORFORD FLEA MARKET
9:00 AM - 4:00 PM See Ad on Page 15
On the Common, Rt. 10, Orford

BENEFIT TEXAS HOLD 'EM POKER

11:00AM-1:15 PM Cash 1:45 Tournament
Moose Lodge 1779, St. Johnsbury

ACOUSTIC MUSIC JAM

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

MONDAY, AUGUST 9

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



ROSS-WOOD POST #20 AMERICAN LEGION



Annual

FAMILY PICNIC Sunday, August 15

Food Ready at 12:00 Noon

Ammonoosuc Valley Fish & Game Club
Route 112, Swiftwater, NH

*There will be a 50/50 raffle
plenty of door prizes &*

Games & Prizes for the Children

CORN HOLE TOURNAMENT @ 12:45 PM

\$1.00 Registration fee by 12:30, Draw for Partners,
All Money to Winning Team

*All members of the Legion, Auxiliary, SAL & Riders
along with their guests are invited to attend & enjoy
the day at no charge.*

NGCRC MONTHLY MEETING

6:30 PM
Littleton Elks Club, Lodge #1831, Bethlehem

WEDNESDAY, AUGUST 11

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

AUGUST 13 - 15 AND AUGUST 20 - 22

ALICE IN WONDERLAND by Old Church Theater
Bradford Academy auditorium, North Main Street
See Ad on Page 8

SATURDAY & SUNDAY, AUGUST 14 & 15

BRADFORD FAIR FLEA MARKET
Carson Lane, Bradford, See Ad on Page 9

SATURDAY, AUGUST 14

FREE FALL PREVENTION TAI CHI,
10:00 - 11:00 AM
Four Seasons Park, 26 Winter Street, St. Johnsbury

SUNDAY, AUGUST 15

ROSS-WOOD POST #20 FAMILY PICNIC
12:00 Noon See Ad on Page 6
Ammonoosuc Valley Fish & Game Club, Swiftwater

MONDAY, AUGUST 16

HAVERTHILL SELECT BOARD MEETING
6:00 PM
Clifford Memorial Building, Woodsville

NH State Forest Nursery Seedling Sales Top Records

As more people connect with the outdoors, sales at the New Hampshire State Forest Nursery continue to grow.

Total nursery sales rose 14.2 percent to \$220,481 over 2020, which itself was a record year. The nursery shipped 238,155 seedlings, an increase of 27,990 from last year.

The percentage of orders totaling \$100 held steady at 66 percent, indicating that consumers continue to work on smaller projects.

Unusual for the 2021 season was how quickly orders

were placed. Christmas tree species, specifically balsam and fraser fir, sold out by the end of December and early January.

By the end of January, more than 1,000 orders had been processed; the previous benchmark was 660 orders. Seventy-seven percent of the species and packages offered were sold out before seedlings began to be removed from seedbeds in the spring and processed for shipping.

Nursery stock is grown on site at the nursery from seed and is not imported or trans-

planted from other sources, ensuring that it is well adapted to the New Hampshire climate. Ninety-four percent of orders in 2021 came from New England customers, with 73 percent from New Hampshire.

Seedlings sold at the State Forest Nursery can be used for wildlife food and habitat, erosion control, reforestation, hedgerows for wind and snow breaks, wetland plantings, site reclamation and as Christmas tree growing stock, as well as for decorative purposes.

Each year, the State Forest Nursery grows three million seedlings on 16 acres of irrigated, outdoor seedbeds; it also has 20 acres dedicated to seed orchards and testing areas. The nursery is located within the 880 acre state forest in Boscaawen.

For more information about New Hampshire's State Forest Nursery, including how to be added to the mailing list to receive the 2022 catalog, visit nhnursery.com.

Established in 1910, the N.H. State Forest Nursery's mission is to grow and distribute quality, bare-root seedlings for forestry, conservation and education purposes. The Nursery facility and program are administered by the N.H. Division of Forests and Lands, which is part of the N.H. Department of Natural and Cultural Resources. For more information about the N.H. Division of Forests and Lands, visit nh.gov/nhdfl.

WE NEED YOUR HELP!

*We are looking for citizens
interested in participating on a..*

*Welfare Program
After Action Review Team.*

*The team will review welfare guidelines,
2020 & 2021 spending, actions taken,
and NH laws and regulations for the
purpose of providing the town with
recommendations.*

*If you are interested in serving on this team please
contact the town administration or welfare office.*

Brigitte M. Codling
Haverhill Town Manager
603-787-6800 (office)
603-728-5192 (cell)

Horse Meadow Senior Center August Activities

AUGUST 19TH from 11:15-12:15 PLEASE COME CELEBRATE OUR 21ST ANNIVERSARY, lunch with all the "fixins" of the holidays since we missed so many last year. BRING A LAWN CHAIR or sit at picnic tables. Grab your meal and sit outside with friends.

Our bus is now available, 3 passengers at a time, Covid restrictions apply. Call to reserve 603-787-2539

GRAB N GO Meals every Tuesday and Thursday from 11:15-12:00

Grab n Stay meals should begin under the tent sometime in August.

Meals on wheels are available M-F for home delivery. Contact Wanda Peters @ HMSC 787-2539

A variety of Exercise Equipment is available daily in Bertha's room at HMSC. Two people at a time. Call to reserve a time 603-787-2539

August 18TH 2021: at HMSC - Foot Clinic with Beverly Sinclair, Call HMSC for date and appointment times

Zoom - Art Reach 10-11 & 2-3 on 8/6, 8/13, 8/20, 8/27, call 603-787-2539 to sign up or email Wanda - wsawyer@gcsc.org

*Zoom Online Presenta-

tion by the Institute of Natural Science: "Give a Hoot" on Wed. August 18th from 10:30- 11:00

*Zoom Seminar "How to Build your Emotional Pension" 3-4:00pm

*ON-GOING ACTIVITIES OUTSIDE UNDER THE TENT:

BINGO - Outside Under the tent at HMSC Thursdays from 1:00 - 3:00 pm. PLEASE CALL TO MAKE A RESERVATION 603-787-2539

DRUMS ALIVE Outside Under the tent at HMSC Mondays & Wednesdays from 11:00-12:00. PLEASE CALL TO MAKE A RESERVATION 603-787-2539

CRAFTING - Outside Under the tent at HMSC Tuesdays from 10:00-11:00. PLEASE CALL TO MAKE A RESERVATION 603-787-2539

Crafting with Eileen on 8/3, 8/17

Florals with Jane on 8/10 Needlework crafts with Gerri on 8/24

8/31 no crafting class, however we encourage you to bring in a craft you are working on to share BYOC!

*Also, Please think about volunteering here at Horse Meadow or delivering meals!

Be A Part Of The Return Of Live Theatre In Littleton

Upstage Players announces auditions for its fall production of the Stephen Schwartz' musical Children of Eden. Auditions will be held at the Littleton Opera House on Thursday, August 19th from 6 - 8:30 pm and Sunday, August 22nd from 1 - 4 pm. Callbacks to follow on the 22nd as necessary.

Children of Eden tells the story of the Book of Genesis from the Creation to Noah & The Great Flood. This incredible musical tells its wonderful tales in an accessible way and centers on the universal themes of love, loss, betrayal, family, and the struggles we all face as we look to find our place in this world. Children of Eden has music and lyrics written by Stephen Schwartz and book by John Caird. Stephen Schwartz is the creator of Broadway's long running Wicked as well as classic musicals like Pippin and Godspell.

This show is a great opportunity for aspiring actors

of all ages. Upstage is a welcoming and nondiscriminatory organization and Children of Eden in particular is seeking an incredibly diverse and inclusive cast. We encourage community members to attend regardless of age, race, color, religion, sexual orientation, gender identity, disability, and/or experience. This story is told actively by an ensemble of "storytellers" whose speech, song, and movement will create a vibrant world and exciting story. There is so much opportunity.

Interested actors are asked to prepare a short song they know well, preferably from musical theatre repertoire. Please bring sheet music. Singing with accompaniment preferred. An accompanist will be provided. Actors may be asked to do some movement and/or read from the script. Come prepared to move.

Children of Eden will be directed by Andrew Lidestri,

Artistic Director for Upstage Players, choreographed by Madalyn Sheehy & Lidestri, with music direction by Marie Snyder. All roles are open. Full character breakdown is available on our website. The show will rehearse and perform at the Littleton Opera House. Rehearsals begin August 25 and will take place most Wednesday and Thursday evenings as well as Sunday afternoons. Performance dates are October 29,30,31, and November 5,6, & 7.

Any theater lovers not interested in being on stage but interested in working with set crews, prop and tech production or costuming are encouraged to email us at upartistic@gmail.com. Upstage Players is a welcoming community theatre excited to work with people of all levels of experience.

For more information, please visit our Facebook page at www.facebook.com/upstageplayersnh, our website at www.upstageplay-

Bradford Teen Center Receives Couch Foundation Grant

Bradford, VT: The Bradford Teen Center has been awarded a \$10,000 grant by The Couch Family Foundation, in support of the Center's programs to benefit youth from Bradford and surrounding Vermont towns. The Foundation partners with Upper Valley organizations "working to improve children's health and well-being, early learning and development, family resiliency, and community vibrancy."

"We are very grateful for the Couch Family Foundation's recognition and support of the important work we do with local youth," said Patrick Peters, President of the teen center's Board of Directors. "Our teens deserve our best efforts, and

the Foundation's gift will help us continue to provide quality programming and events."

The Hub's mission is to provide a safe, enjoyable environment where teenage youth are heard, encouraged, and empowered. Its after-school and out of school programs are designed to stimulate creativity, enhance self-esteem, and develop social and educational skills; to encourage community awareness through community service projects; to foster leadership skills; and to provide a safe location for social and recreational activities.

For more information: <http://www.bradfordteen-center.org>.

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8 Controlling Invasive Japanese Knotweed

by Emma Erler, UNH Extension Landscape and Greenhouse Field Specialist and Jan Woodbury, Master Gardener



Japanese knotweed (*Reynoutria japonica*) is one of the most noxious invasive plants in the northeast. It spreads readily and is very difficult to eliminate from the landscape once it has become established.

Native to Asia, it was introduced to the United States sometime during the late 1800's as an ornamental plant. Unfortunately, it crowds out native species and can grow at a rate of up to 8 centimeters (3 inches) a day in the spring. It is found in every state except North Dakota, Nevada, Arizona, New Mexico, Texas, Florida and Hawaii.

Identification

Many people mistake Japanese knotweed for bamboo, as the stems are jointed and hollow. Unlike bamboo the plant has large semi-triangular leaves that alternate on the stem. It is a large, fast growing shrub-like plant that can grow through asphalt and concrete and reach 9 feet in height. It has large woody rhizomes that can grow up to 10 feet deep and 40 feet long and remain dormant for years.

Control

No matter which control method is used, knotweed is hard to eradicate, and removal is usually a slow process. For those who do not want to use chemicals, a few techniques have been proven effective. Small, new populations are perhaps easiest to remove by hand-pulling or

digging. Use a shovel or digging fork at any point during the growing season to loosen the soil around the rhizome and extract the plant.

Larger, well-established patches of Japanese knotweed are easier to control by smothering. Smothering is most effective in early summer once the plants have put on a significant amount of growth and have exhausted some of the reserves in their rhizomes. In the beginning of June, cut stems close to the ground and cover them with heavy 7-mil black plastic or non-woven landscape fabric. Put mulch on top of the smothering material to improve its appearance. Smothering can take upwards of five years.

Knotweed should not be mowed, as mowing can result in spread. It can regenerate from rhizome pieces as small as 1/2 inch under the right conditions. If it is cut, any cuttings should be allowed to dry out in the sun before disposal. It should never be composted.

Japanese knotweed can also be effectively controlled with herbicides containing the active ingredient glyphosate, but timing is key. The

flow of nutrients in Japanese knotweed is in one direction. In the spring and throughout the growing season, sugars and nutrients move upward from the roots to the shoots. In the later summer and fall, the flow reverses, and sugars and nutrients are returned to the plants' rhizomes in preparation for winter. As a result, chemical applications have been found to be most effective after flowering, and up until the first killing frost. It may take three to five years of repeated applications to eradicate it.

If you are thinking about controlling Japanese knotweed this fall, it's a good idea to wait until after the plants are done flowering to limit impacts to pollinators. Japanese knotweed is popular among foraging bees. Before applying any herbicide product, make sure to thoroughly read and follow the label instructions.

To learn more about Japanese knotweed and its control, check out Preventing the Spread of Japanese Knotweed, a guide created by the NH Department of Agriculture. Go to <https://bit.ly/KnotweedControl> to view or download a copy.

To sign up for any of our newsletters, including Granite State Gardening, and have information delivered right to your inbox, visit our website <https://extension.unh.edu/about/newsletters>

Got questions? The Ask UNH Extension Infoline offers practical help finding answers for your home, yard, and garden questions. Call toll free at 1-877-398-4769, Monday to Friday, 9 a.m. to 2 p.m., or e-mail answers@unh.edu.



In a rehearsal scene for Old Church Theater's "Alice in Wonderland", Lara van Wyk (as Alice) and Elle Keith (Gryphon) comfort Chris Leary (Mock Turtle). With a cast of 13 adults and youth, this is Old Church Theater's first offering since February of 2020. The play opens August 13th at Bradford Academy for six performances over two weekends, Fridays and Saturdays at 7pm and Sundays at 3pm. Reservations are not required; tickets are sold at the door.



Summer Geese on Lily Pond
Photo by Cyndi Wellman cnb.pics07@gmail.com

Not all Times are Trendy, but there will always be Trendy Times August 3, 2021 Volume 12 Number 22

**At the
Bradford Academy
Auditorium!**
172 N Main St, Bradford, VT



Old Church Theater
PRESENTS

**Alice in
WONDERLAND**

By Lewis Carroll / Adapted by William Glennon

**August 13-14-15
August 20-21-22**

Fri/Sat 7pm & Sun 3pm
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Dog Mountain Summer Dog Party!

Saturday, August 7th 2021: 12pm-4pm

ST. JOHNSBURY, VERMONT – On Saturday, August 7th, Dog Mountain, Home of Stephen Huneck Gallery, is hosting the 2021 Summer Dog Party!

If there was ever a day for the dog, this is it! The dog days of summer have arrived and what better way to beat the heat than to bring Fido and Rover to Dog Mountain for a joyous celebration.

Four-legged friends and their two-legged companions are sure to have a rollicking good time. Boogie to live music by Gulf Coast Blues artist, Shrimp Tunes. Snack on delicious eats from the Tacos Del Reino food truck. Satisfy your sweet tooth with local treats from Makin' Maple and Sweet Seasons. Participate in a variety of activities such as the fun-filled dog contests, lawn games, doggie agility course, magic show, and bounce house.

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, iconic 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 Summer Dog Party is free to the public and will be held rain or shine. The Vermont National Guard will be onsite for the day to host a pop-up Covid-19 vaccination clinic.

We want to give a special thanks to our Title Sponsor: The Orange Rind, offering smoothies, cocktails, and more from East Burke Ver-

mont. Other sponsors include: Kingdom Animal Hospital, Community National Bank, Union Bank, and Northeastern Vermont Regional Hospital.

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Business: Help Wanted, For Rent, etc. \$10/2 issues, \$20/5 issues, \$50/15 issues. Limit of 30 words.

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Mail or Drop Off at Trendy Times, 20 Pine Street, Woodsville, NH 03785 Email: Gary@trendytimes.com

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Twin mattress used one year, clean no pets or smoke. free to pick up in Bradford, call Robert 802-439-9044 08.17

APARTMENT SIZE DRYER, electric, used very little. Come and get it 603-747-4140 08.17

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LANDSCAPER/GARDENER WANTED Seeking a reliable person on an on-going basis for light forestry, landscaping and gardening work in the Bradford/Chelsea area. Flexible part-time schedule; above average pay. Please call and leave message (802) 439-3745 08.17

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Letter to the Editor: Letter of Candidacy

To the Men and Women of Grafton County,
My name is Matt Coulon and I live in Pike, New Hampshire. I'm a 36 year old farmer who was drawn to Grafton County in 2019 by it's fertile soils, natural beauty and friendly people. A few months back I was flabbergasted to see that some of the elected state representatives of Grafton County voted against a bill to ban vaccine passports in our great state whose motto is "Live Free or Die". I have felt violated as I'm sure many of you have in the year 2021, which saw great overreach and trespass on the unalienable rights of "We The People" by every branch of government. As our "sovereign" body politicteters on the edge of a strange form of authoritarianism, I figured instead of

writing e-mails to unresponsive representatives, I should just run myself! So, I, Matt Coulon, am writing to announce my candidacy for State Representative of Grafton County. As a state rep. I pledge to vote to uphold the New Hampshire Constitution in Concord, encourage entrepreneurship in Grafton County, stand for freedom in all it's forms and to be transparent with my voting record. I encourage those who have questions, comments or interest in assisting me on my campaign journey to contact me at: MattForStateRep@protonmail.com . Together we can work to Legalize Freedom in Grafton County, New Hampshire and Beyond! Thank You,

Matt Coulon
Pike, NH

Matt,

I understand the need to get your name out in front of the voters in order to allow them to be able to vote for you. I also applaud your willingness to put your name out there as a candidate. But I have two hesitations at the moment.

First is that with redistricting happening this year, we the voters, do not even know what the districts will be in Grafton County. Will Haverhill voters be able to vote for two representatives like past years, or will that change?

Secondly is that the next general election is not for another fifteen months. Of course a primary will happen some time before that, but we do have elected officials who should be concentrating on doing their jobs right now, not campaigning.

Gary Scruton, Editor

Letter to the Editor:

To the editor and NH citizens,
Submitted 7/26/2021

Would you like to voice your opinion of, "January 6 2021 US Capitol Was Attacked"

It's been 6 months since the Capitol was Attacked. January 6 2021 Insurrection.

Many have voiced their thoughts on what they believed happened.

What do you think happened and should there be a Complete Investigation of January 6 Capitol Insurrection?

Do/did you support the Trump Administration and his supporters for the Insurrection?

Should All involved be held accountable.

"The FBI is seeking to identify individuals involved

Nancy,

You touch on a couple of important issues during 2021. First is the January 6 incident in Washington, DC. I would agree that this incident should be fully investigated, as should any attack of any nature, especially when it involves a public establishment such as the US Capital. I do hope that the investigation is carried out in a non-political, law enforcement manner.

In regards to still wearing a mask. That is certainly the choice of every American. As is whether or not to get the vaccination against COVID-19. My one point is that remember wearing a mask or getting a shot affects more than just yourself.

Gary Scruton, Editor

in violent assaults on federal law enforcement officers (AFO) at the U.S. Capitol on January 6, 2021.

Call 1-800-CALL-FBI or submit a tip online at tips.fbi.gov. Reference AFO #123 when calling or submitting information on the individual depicted in this video. More at fbi.gov/capitolviolence."

Voice your opinion to your Favorite Paper, We still have "Freedom of Speech."

And we would like to hear what you have to say.

(July 26, 27 etc) Hearings begin this week/Next week in Washington DC.

Stay safe, 🧐 wear a mask, I believe it's not over yet.

Nancy Leclerc
No. Woodstock, NH

Letter to the Editor: How your local Northern Grafton County representatives voted on GUN CONTROL

In order to help voters in the communities of Northern Grafton County understand more about how their local representatives are voting when down in Concord, the following gives some meaningful explanation and transparency on GUN CONTROL votes. Check recent editions of local newspapers to learn about local reps' votes on TAXES and FEES and EDUCATION.

EGAN, Timothy (Democrat, Sugar Hill) AGAINST: permitting self-defense within a vehicle (HB 197); AGAINST: strengthening the right to keep and bear arms (CACR 8); AGAINST: clarifying that displaying a firearm does not constitute reckless conduct (HB 195); AGAINST: stating that displaying a firearm to warn away a trespasser is not a crime (HB 196); AGAINST: requiring political subdivisions to obey state law regarding firearms regulation (HB 307); AGAINST: making it faster for law-abiding citizens to obtain approval from a background check (SB 141); AGAINST: prohibiting the state from enforcing any federal statute, regulation, or Presidential Executive Order that restricts or regulates the right

Nick,

Thank you for passing along some of the voting records of these three State Representatives on these pieces of legislation. I agree with you that the more voters know about those voting

of the people to keep and bear arms (SB 154).

MASSAMILLA, Linda (Democrat, Littleton) AGAINST: permitting self-defense within a vehicle (HB 197); AGAINST: strengthening the right to keep and bear arms (CACR 8); AGAINST: clarifying that displaying a firearm does not constitute reckless conduct (HB 195); AGAINST: requiring political subdivisions to obey state law regarding firearms regulation (HB 307); AGAINST: allowing law-abiding persons to carry a loaded firearm on an OHRV or snowmobile (HB 334); AGAINST: making it faster for law-abiding citizens to obtain approval from a background check (SB 141); AGAINST: prohibiting the state from enforcing any federal statute, regulation, or Presidential Executive Order that restricts or regulates the right of the people to keep and bear arms (SB 154).

RUPRECHT, Denny (Democrat, Landaff) ABSENT: permitting self-defense within a vehicle (HB 197); ABSENT: strengthening the right to keep and bear arms (CACR 8); ABSENT: clarifying that displaying a firearm does not constitute reckless conduct

(HB 195); ABSENT: stating that displaying a firearm to warn away a trespasser is not a crime (HB 196); ABSENT: requiring political subdivisions to obey state law regarding firearms regulation (HB 307); ABSENT: allowing law-abiding persons to carry a loaded firearm on an OHRV or snowmobile (HB 334); AGAINST: making it faster for law-abiding citizens to obtain approval from a background check (SB 141); AGAINST: prohibiting the state from enforcing any federal statute, regulation, or Presidential Executive Order that restricts or regulates the right of the people to keep and bear arms (SB 154).

In a quote from Beta Metani Marashi one should heed these words of wisdom before voting: "Before you cast your vote, be sure you don't cast your freedom out of the window. Please be sure you do not vote for anyone who is out there after your freedom, after your religion, and after your gun! What they have in common?... Fascist Socialist, Nazist Socialist, Marxist Socialist, Democrat Socialist, Global Socialist."

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

for them, the better off we will all be. I invite you to continue to pass along your take. I also invite others to join in the effort to get facts out there in front of the voters.

Gary Scruton, Editor



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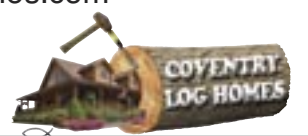
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Review Your IRA, 401(k) Beneficiaries

If you've had an IRA and a 401(k) for many years, you may occasionally ask yourself some questions: "Am I contributing enough?" "Am I still funding these accounts with the right mix of investments for my goals and risk tolerance?" But here's one inquiry you might be overlooking: "Have I used the correct beneficiary designations?" And the answer you get is important.

It wouldn't be surprising if you haven't thought much about the beneficiary designation - after all, it was just something you once signed, possibly a long time ago. Is it really that big a deal?

It could be. For one thing, what if your family circumstances have changed since you named a beneficiary? If you've remarried, you may not want your former spouse to receive your IRA and 401(k) assets or the proceeds of your life insurance policy, for which you also named a beneficiary.

However, upon remarrying, many people do review their estate plans, including their wills, living trusts, durable powers of attorney and health care directives. If you've revised these documents, do you have to worry about the old beneficiary designations? You might be surprised to learn that these previous designations can supersede what's in your updated will and other documents. The end result could be an "accidental" inheritance in which your retirement accounts and insurance proceeds could end up going to someone who is no longer in your life.

Furthermore, your retirement plans and insurance policy may not just require a single beneficiary - you may also be asked to name a contingent beneficiary, to whom assets will pass if the primary beneficiary has already died. As you can imagine, the situation could become quite muddled if stepchildren are involved in a remarriage.

To avoid these potential problems, make sure to review the beneficiary designations on all of your accounts at some point - and especially after a significant change in your family situation. If you see something that is outdated or incorrect, contact your retirement account administrator - or your insurance representative, in the case of life insurance - to request a change-of-beneficiary form.

And if you really

want to be on the safe side, you may want to enlist a legal professional to help you with this review to make sure the beneficiary designations reflect your current family situation and are consistent with what's in your estate plans.

In fact, if you're already working with an experienced estate planning attorney - and you should - you might also pick up some other suggestions for dealing with beneficiaries. Just to name one, it's generally not a good idea to name minor children as beneficiaries. Because children can't control the assets until they become adults, a court would likely have to name a guardian - one that you might not have wanted. Instead, you could either name your own custodian to manage the assets designated to the minor or establish a trust for the benefit of the minor, which can distribute the money in several disbursements over a period of years - which is often a good move, since young adults aren't always the best at managing large lump sums.

If you're like many people, you have a strong desire to leave something behind. But you'll want to do it in the right way. So, pay close attention to your beneficiary designations - when you first create them and throughout your life.

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

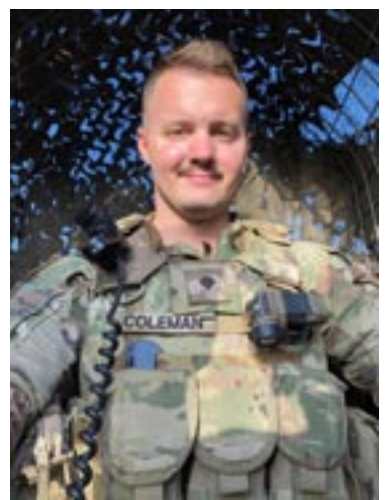
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Edward Jones, Member SIPC.

Army Specialist Andrew P. Coleman Part of Operation Enduring Freedom

Army Specialist (E4) Andrew P. Coleman of Mountain Lakes - Woodsville, NH is a member of the 1-102nd Infantry (Mountain Division) currently deployed along with soldiers from other New England states to the Horn of Africa - Operation Enduring Freedom. There he is assigned to the Dagger Company, 86th Brigade 'Iron Gray' QRF (Quick Reaction Force), Delta heavy weapons unit.

Andrew is a 2013 graduate of Woodsville, NH High School and the heavy equipment program at the River Bend Career and Technical Center in Bradford, VT. Andrew has been with the US Army National Guard continuously since March of 2013. He graduated US Army basic training (11B) at Fort Benning, Georgia on December 6, 2013 and completed Combat Infantry Training at Fort Polk 'the box', Louisiana during June 2014 and May 2020. Before leaving for Africa Andrew was stationed briefly at Fort



Bliss - El Paso, Texas where his unit received pre-deployment training.

Andrew is the son of Philip J. Coleman of Wallingford, CT and Amy Coleman of Mountain Lakes - Woodsville, NH and Wallingford, CT. Andrew has two sisters, Sarah Coleman of Wallingford, CT and Diana Barry of North Haven, CT. Andrew is engaged to Lauren Billings of Moodus, CT. They have a baby daughter Ellie Marie Coleman who eagerly awaits meeting her father for the first time when he returns from deployment.

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

Thank you for your understanding.



TRENDY TIMES

A FREE PUBLICATION

Letter to the Editor: Kudos To All For The Development of the NH State Budget

Dear Editor:

In short, the latest New Hampshire State Budget signed into law by Governor Chris Sununu, and passed by the New Hampshire State Legislature largely with Republican support, focuses on many aspects of everyday life of Granite Staters. Who, in his/her right mind, doesn't like lower taxes and more benefits?

Overall, this 2021 New Hampshire State Budget provides: help for Main Street businesses; property tax reduction; education funding; education improvement; help for working families; improvements in the field of Mental Health Services; improvement in Health Care Services; promotion of safe communities; protec-

tion for our environment; protection for children; promotes homeless shelter programs; improvements to Infrastructure; increased savings for the "Rainy Day Fund;" strengthening anti-discrimination laws; and lastly, protection for life.

This creative NH State Budget provides tax relief to various segments of NH society: families, senior citizens, and small businesses.

Over the next 10 years, for example, Granite Staters will realize over \$1 Billion (with a "B") in tax savings. Some ways in which this is accomplished are: lowering the Rooms and Meals Tax by 5.55% to 8.5%, and reducing taxes on small business with inclusion of reduction in the

BET business tax by 8.33% with a similar reduction in the BPT business tax by 1.30%; fully eliminating the Interest and Dividends Tax for those seniors with IRA's and other Savings Plans; exempting over 30,000 small NH businesses from even filing taxes by raising minimum business tax thresholds; and, by providing \$100 Million to NH small businesses in PPP tax relief. These should all translate into savings for NH businesses, residents and families, and visitors.

Thanks to New Hampshire voters, who, by capturing the Legislative and Executive Trifecta, have made economic policy pay off for New Hampshire!

Nick De Mayo
Sugar Hill, NH

that I say thank you. But there is so much more, and the chances of any average citizen really grasping it all are slim. Of course we all have our own little piece that we may look at, or have more interest in. Again, it takes many, many parts to make up a budget of this size.

I will echo your thanks to all those who worked so hard to get this important piece of legislation passed.

Gary Scruton, Editor

Nick,

Putting together a budget of any nature is not an easy task. Even creating a home budget can be a big accomplishment for the average taxpayer. Putting together a budget in the neighborhood of \$6.5 billion is something that most of us can not even fathom.

Breaking down a budget like this would be the first part of understanding it. You have given our readers some portions of that budget. For

Letter to the Editor:

To the Editor:

Governor Sununu is the most popular governor in the nation, and for good reason. His commonsense approach to the issues crosses party lines. The budget he signed into law brings relief to taxpayers without an income tax.

Senior citizens will see an end to taxing their savings over the next five years by wiping out the interest and dividend tax.

\$100 million in property tax relief will be sent back to our towns.

The budget includes the

Brad,

As I replied to Nick it is great to see that a budget has been passed by both the House and Senate and signed by the Governor. This is normally the single most important piece of legis-

highest levels of public education funding per pupil in our state's history, with increased educational funding opportunities for low-income families. School building aid of \$30 million will be sent to school districts.

A new voluntary paid family medical leave program, run by the private sector, was established without a new income tax.

Many Mom and Pop businesses will receive tax relief by eliminating the need to file taxes by raising the minimum thresholds.

On top of all these accomplishments, money was also put into the Rainy Day Fund.

Governor Sununu's steady and strategic leadership during the pandemic has enabled our economy to come roaring back as evidenced by the lowest jobless rate in the country - 2.5%.

This is a budget that helps everyone in the state, including the North Country.

Sincerely,
Honorable Brad Bailey
Monroe, NH

lation passed each session.

The number of hours and the number of people who must work on this bill is almost as hard to imagine as the total of \$6.5 billion total.

Gary Scruton, Editor

Russell Elmer Pearl: OBITUARY 13

McIndoe Falls, VT - Russell Elmer Pearl, 91, of Academy Lane, died on Sunday, July 18, 2021, at Dartmouth Hitchcock Medical Center, Lebanon, NH.

Russell was born in East Ryegate, VT on August 22, 1929 to Glen William and Mildred (Edmunds) Pearl. He was a graduate of McIndoe Falls Academy in 1947. He then attended the University of Vermont, graduating in 1953. Russell enlisted in the US Air Force, serving from June 13, 1954 through June 12, 1956, having attained the rank of First Lieutenant.

Following his honorable discharge, he worked with Soil Conservation from October 1956 through May 1958. On April 29, 1960, he was appointed as the Postmaster in McIndoe Falls and served until his retirement on April 26, 1996.

Russell enjoyed carpentry and loved cutting wood. Over the years, he raised over 1500 chickens.

On June 26, 1976, he married Hazel Isabelle (Williams) Kendall and she predeceased him on July 17, 2014. He was also predeceased by his mother in law, Ethel Woolson; brother and sister in law, Merwyn and Eva Pearl; brother in law and sister in law, James and Sylvia Patten; brothers in law, James Davidson and Richard Williams; and nephew, Paul Pearl.

Survivors include Hazel's five children, Richard Kendall of Monroe, NH, Linda Peak of St. Johnsbury, VT, Roger Kendall and partner Sheila Dodge of McIndoe Falls, William Kendall and wife Sandy of Wells River, VT, Susan Blaisdell and husband Steven of McIndoe Falls; seven grandchildren, Kathy Kendall and partner Jason Sanville, Bethany Hale and husband Jeff, Kevin Kendall and wife Tiffany, Chris Kendall and wife



Johnna, Nick Kendall and wife Clarissa, Stacy Fadden and husband Tom, and Kim Buxton and husband Levi; sixteen great grandchildren, Paige Hale, Kendall Hale, Alaina Kendall, Alivia Kendall, Kaeson Kendall, Declan Kendall, Kellan Kendall, Ainsley Kendall, Casey Kendall, Elliott Kendall, Bailey Kendall, Cayden Kendall, Brantley Fadden, Blane Fadden, Lila Buxton and Hazel Buxton; a nephew, William Pearl and wife Gwen; two nieces, Elouise Pearl and Jane Burrill and husband Rodney; two sisters in law, Dorothy Davidson and Grace Williams; and many more nieces, nephews, cousins, and their families.

Calling hours were on Thursday, July 22nd from 5-7 PM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH.

A graveside service was on Friday, July 23rd at 2 PM in McIndoe Falls Cemetery with Melissa Gould serving as Funeral Celebrant.

Memorial contributions may be made to Dartmouth Hitchcock Medical Center, Cardiac Care Unit, One Medical Center Drive, Lebanon, NH 03756

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.

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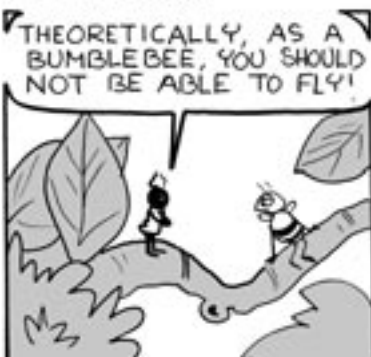
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By John Martin



What About Ma?

by Kellie Quackenbush

All About The Garden Harvest

We are now in August and for most New Hampshire and Vermont gardeners and farmers, this is the time of year when we are very busy picking fruit and vegetables. With that said, we have had the wettest July in history, per the www.unionleader.com/news/weather "July 2021 is now officially the rainiest July on record in New Hampshire. More rounds of rain this week brought Concord's total rainfall for the month to 10.69 inches, which beat the old July record of 10.29 set in 1915."

What that means - the ground is very wet, the sun has not been shining on the plants, it has been a cooler than usual month. What we have in the garden at this moment is a low production of vegetables (except squashes). Tomatoes and cucumbers are not producing very well and corn is stalled in maturity. There are some people who believe this unusual summer weather is the result of climate change.

The National Wildlife Federation, www.nwf.org, has written about and followed what is happening in our world. "Higher average temperatures and shifting precipitation patterns are causing plants to bloom earlier, creating unpredictable growing seasons. Even warm-weather plants like tomatoes can be harmed by increased temperatures.

Climatic shifts also mean that many native and iconic plants may no longer be able to survive in portions of their historic range. In fact, many states across the country may lose their official State

Trees and Flowers.

Important connections between pollinators, breeding birds, insects, and other wildlife and the plants they depend on will be disrupted. Pollinators such as hummingbirds and bees may arrive either too early or too late to feed on the flowers on which they normally rely.

These are major warning signs indicating that we need to take meaningful steps now to curb our carbon emissions. Given the strong relationship between gardens and natural variables such as temperature and rainfall, a changing climate will create some enormous new challenges for gardeners.

Numerous studies show any potential benefits from a longer growing season will be outmatched by a host of problems — from watering restrictions and damaging storms, to the expansion of unruly weeds and garden pests."

This summer, my garden is not producing enough cucumbers for me to pickle. It is my hope to be able to can at least one batch of pickles but there has not been enough sun and heat to push the growth of the cucumbers. My Zucchini are looking very good so now I am researching Zuke relish recipes. I suggest that everybody who has a garden, get creative to can or freeze whatever you grow.

The wild fires in the West have already shared some of the bad air that the fires produce. When you look at the country as a whole, the western half of the United States has had drought and wild fires that have damaged

farming. This will limit the amount of food we receive from the west this winter.

It may be due to "Climate Change" or just a bad weather year. We all know that the drought or "Dust Bowl" was partly to blame for "The Great Depression" from 1929 until 1933. Today, we are seeing a great number of people not working due to COVID-19. Businesses that depend on employees are closing or downsizing because they need help. We know what has happened in the past, let us all fix what we can today.

Individuals can make a difference, per the National Wildlife Federation, "Compost kitchen and garden waste. Composting this waste can significantly reduce your contribution to carbon pollution, especially methane, a highly potent greenhouse gas. It also provides an excellent source of nutrients for your garden, again reducing the need for chemical fertilizers.

Plant lots of trees to absorb carbon dioxide. Trees can absorb and store as much as a ton of carbon pollution (CO₂) from the atmosphere. If every one of America's 85 million gardening households planted just one young shade tree in their backyard or community, those trees would absorb more than 2 million tons of CO₂ each year. Shade trees planted near your home can also reduce energy used for cooling in the summer."

This year, we may have a strange harvest from our garden, we can make the best of it. The good news is that because of the rain we have been getting, now is the perfect time to plant a baby tree. Time to find new ways to appreciate the abundance of squash and to think about what we need to get through the coming winter. Happy harvesting.

The USSR #2

by Elinor P. Mawson

Editor's Note: These articles are being taken directly from Elinor's notebook from her trip to the USSR in 1988.

We were nearly an hour taking off from NYC -- one huge plane after another lined up next to the runway. It wasn't long after takeoff before we realized we were going to a REAL foreign country. All the announcements were in Finnish and the onboard magazine was in 4 languages.

Drinks and earphones are free! We were served a snack between New York and Montreal -- we landed in Montreal in a blinding blizzard, took on 21 more passengers, and took off 50 minutes later. We were the last plane to leave the airport before it closed down. We watched them de-ice the wings.

We had a strange veal and noodle dish for supper - also a strange salad -- but we ate it just the same. We are sleeping fitfully.

Helsinki airport is interesting -- lots of furs for sale, including a polar bear rug. We aren't there very long, and board Aeroflot -- a Russian plane -- for Moscow. Helsinki VANTA (the airport) is a busy place in the middle of nowhere and everything is frozen stiff as we look down on it. By comparison to Finnair, the Aeroflot is plain, and smells like bubble gum. (I am "smelling" my way through Europe.)

We found our luggage minus one identifying kerchief (marked LLBean) -- probably lifted back in Bos-

ton, but everything else seems intact.

We arrived in Moscow and it took a long time to get through customs, but at last it happened. We got to our hotel 24 hours after we left home. It was an interesting ride from the airport -- 40 minutes of passing huge apartment buildings that 85% of Soviet citizens live in.

Our hotel is a high-rise semi-circle with 3500 rooms, called the KOSMOS. It is supposedly deluxe but the more I look, the more it seems that the USSR is 30 years behind the US.

After dinner, 5 of us and Sean went to Red Square. We took the Metro down and a cab back. It was great! If I live to be 100 I will never forget coming around the corner and seeing St. Basil's sitting there in the snow. The whole Kremlin in a snowstorm is unforgettable, and the experience was certainly worth the effort. We saw the changing of the guard at Lenin's tomb, doing the goose step and everything. One man took a photo of the KGB, and his film was taken away.

Boy am I tired today! And neither of us can wait to buy a fur hat. Everyone in Moscow has one.

The Metro stations are huge, clean, and works of art with great reliefs are behind glass windows, etc. besides marble floors and escalators so high they would make your nose bloody.

We finally got back to the hotel at midnight, looking forward to what awaits us in Moscow.

TO BE CONTINUED

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CLASSICOPIA Returns to Live Concerts with "BROADWAY VIOLIN" on Aug. 13-15

Classicopia, the Upper Valley's award-winning chamber music organization, finally returns to live concerts with "BROADWAY VIOLIN" on the weekend of August 13-15. Violinist Timothy Schwarz and pianist/Artistic Director Daniel Weiser will perform exciting arrangements of some of your favorite Broadway songs from the 1920s to the 1980s, including works by Gershwin, Rodgers, Bernstein, Sondheim, Webber, and many more. Weiser and Schwarz started their professional collaboration as the Upper Valley Duo and served under that name as the 1996 U.S. Artistic Ambassadors with an epic tour to eleven countries in the Middle East and Southeast Asia, including Syria, Paki-

stan, Egypt, Tunisia, Sri Lanka, and Thailand.

There will be three venues to see the show:

1) On Friday, August 13 at 7:30, they perform a special House Concert at the Hanover home of Al and Marilyn Austin-Nelson. Seating is limited and reservations required. \$35pp includes great food and drink as well.

2) On Saturday, August 14 at 7:00, they play at the Fairlee Town Hall in a program sponsored by Fairlee Community Arts along with a gift from Anne and Bruce Taylor. It is the first annual "Bev Hodge Memorial Concert" honoring the amazing woman who helped run Farmer Hodge's Dairy Farm for so many years before she passed away earlier this year. Seats are \$20



for adults and free for children under 18.

3) On Sunday, August 15 at 1:00, the concert is at First Congregational Church of Lebanon with its wonderful acoustics and great Steinway grand piano. Seats are \$20 for general or \$15 for Church members. Free for children 18 and under. Discounts available if you pre-buy seats online.

For more information on the concert and to buy seats for any of the shows, please visit: <https://classicopia.org/concert/broadway-violin/>

"So Long Summer - Hello Fall Festival" Returns, Seeks Vendors

WRAP's So Long Summer - Hello Fall Festival is returning on September 4th in downtown Wells River from 9am- 2pm. This will be 9th year for the Festival; it should be the 10th year, but because of the pandemic, the festival was not held last year.

The old favorites will return, like the Giant Zucchini Contest, the WRAP Bake Sale, the Baldwin Library Book Sale and the Cohase Chamber Rubber Ball River Race on the Wells River. A new addition to the festival

this year is Wells River Chevrolet is sponsoring an Antique Tractor Parade and Show. More information will be available before the festival.

While many of the vendors will be returning, there is still space for additional vendors. The festival has a good mix of vendors selling a variety of items from hand crafted items to flea items and antiques as well as community groups providing information and raising money. The registration fee is \$9.00 to celebrate the 9th

year for retail vendors, who register and pay their fee before August 14th and \$12.00 after as space permits, \$5.00 for non-profit groups raising money and free for non-profit groups that are only providing information.

Application Forms may be obtained by email at wrapwr@gmail.com, by calling 802 757 2708, picking up one at the Baldwin Memorial library. or by mail at SLSHF c/o WRAP - Post Office Box 538; Wells River, Vermont 05081

Littleton Co-op Big Check Presentation

Director of the Boys and Girls Club of the North Country (BGCNC), Sandy Brackett, helps to hold the Big Check with BGCNC participants at the Littleton Food Co-op.

The Littleton Food Co-op (LFC) welcomed a very special group last week. The children from The Boys and Girls Club of the North Country arrived to pick up the Big Check from our July Partner of the Month program. Thanks to member/owners and customers of LFC, BGCNC received \$5,609.96. They plan to use this money for scholarships for members truly in need.



These funds help ensure that children within our community will have a safe, positive, fun place to go when school is not in session.

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Not So Far From Home ¹⁵

by Maggie Anderson

While waiting for the bus from Logan Thursday afternoon I was reminded yet again of how small the world has become.

A vintage Olds pulled up and when the driver in an impressive handlebar mustache jumped out to help his waiting passengers with their luggage, the conversations began.

Lots of murmured oohs and ahs rippled through the crowd, comments about what a beauty she was, whose uncle had one when they first hit the highways, even offers of cash to take it off his hands.

Never having enough cash for the toys I fall in love with, I told him I'd trade him straight across for my 1974 Honda 90. That's when the man behind me stepped up and said "That thing has enough room to hide five bodies in the trunk." There must have been a couple already in there because the guy had to rearrange everything to squeeze all his passengers' luggage in far

enough to close the lid.

When he pulled away the man behind me continued to talk with me and before his bus arrived we learned where each had been, where we were headed, how his wife could get herself a pair of magenta-colored eyeglass frames on the cheap, all about Hank's grandfather having purchased a car from Al Capone only to finally give it up because he could never get where he needed to be without being stopped by the police and having it thoroughly searched from backseat to bullet holes.

But the most surprising thing we learned was that he lived in a tiny town in the Oregon mountains where half the kids in my high school graduating class were bused in from. And before that he lived in the town where Hank and I bought our first house and where our four children were born.

Travel can broaden your horizons but it can also take you home while simply standing at a curb waiting for a bus from the airport.

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

Sesame Cookies

Hello hello my fellow chefs! How are you all doing today? I'm not feeling well I'm having another stomach problem yet again. I'm so tired of being sick. I traveled to Rhode Island for the 4th of July and had a wonderful time. It was so good to see my son and grandchildren and enjoy all my favorites. My favorite restaurant was unfortunately closed for the holiday.



So anyway, I would like to share this recipe with you. They are not a super sweet cookie but different and good to have for a snack with a nice cup of coffee or tea. If you like sesame you will like them. They are easy peasy and come together nicely. Let's get started with today's recipe and how to make them.

Ingredients
2 Cups white flour
1 and 1/3 sticks of butter cut in cubes and soften

1/2 cup white sugar
1 tsp baking powder
1/2 tsp real vanilla extract
1 Large egg
1/2 cup sesame seeds
toasted

Preheat oven to 350 degrees. Line a cookie sheet with parchment paper. Toast the sesame seeds in a small pan and over a low heat toast until light golden brown and fragrant moving them constantly so as not to burn. It takes just a few minutes. Set aside in small bowl re-

moving from pan. Mix flour with baking powder and mix with a whisk and set aside. Beat the softened butter until creamy. Add the sugar and egg and vanilla extract and beat well. Slowly add the flour mixture beating until incorporated scraping sides often. Roll dough into 1" balls then flatten lightly with the palms of your hands then press into the sesame seeds on both sides and place on your cookie sheet.

The recipe makes 22 cookies so adjust the size of the balls. I ended up with only 19 cookies so I should have made mine a bit smaller. Bake in preheated oven for 15-18 minutes. The bottoms should be light golden brown. Remove from oven and leave on cookie sheet for 20 minutes, then remove to a dish. That's it.

They are a little crispy and very tasty so enjoy! Cover with plastic wrap when completely cool. I hope

you enjoy these little treats. The only ingredient I had to purchase was the sesame seeds so you probably have what you need in your cupboard.

Have a great August and stay healthy. It seems like we

will have to keep using our masks for now so keep them handy.

I am signing off for today's edition.

Sincerely,
Cin Pin

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Now Accepting New Patients
Carey Brodzinski, Wells River
Carey is both a Family practice and Psychiatric NP, presently concentrating on taking care of patients with mental health concerns. Carey was born in England . She emigrated to Canada with her family in 1966. She has been working in the USA since 1976 ,after graduating from Nightingale school of nursing, in Toronto. She received her BSN from The State of New York University, Regents College in 1997.
She obtained her MSN and Family practice certificate from UVM in 2000. She returned to UVM to get her post graduate certificate in psychiatry, graduating in 2007. She is looking forward to working with the dedicated employees at LRHC. Outside of work she enjoys spending time with her family and friends, travelling, cooking and gardening.

Volume 12 Number 22 August 3, 2021 Not all Times are Trendy, but there will always be Trendy Times