

A FREE PUBLICATION

# TRENDY



Next Issue: Tuesday, December 7  
Deadline: Thursday, December 2

# TIMES

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NOVEMBER 23, 2021 VOLUME 13, NUMBER 4

## Cohase Region Winter Decorating Contest Announced

The Cohase Chamber of Commerce is happy to announce the first ever Cohase Winter Decorating Contest for the entire Cohase region. With the help of main sponsor Woodsville Guaranty Savings Bank and the support of Stifel Investment Services and Wells River Savings Bank we welcome both businesses and

individuals to decorate for the season and enter in this fun contest.

Any business that is a member of the Cohase Chamber of Commerce or is located within the Chamber area (Orford, Piermont or Haverhill, NH and Newbury, Bradford or Fairlee, VT) can enter the contest at no charge.

We do need any business that plans to enter to sign up either on our website (cohase.org) or on our Facebook page. The winning business will receive a trophy proclaiming their decorating superiority.

We also encourage any or all residents who wish to enter to also register and take part. Again the only requirement is

that the property be within the six towns of the Cohase Chamber of Commerce area. Again there is no entry fee. For the residence getting the most votes a cash prize of \$200.00 will be awarded along with a trophy. Second place will be \$100.00 and third prize is \$75.00.

For both business and residential divisions votes will be cast by members of the general public. We ask both local and visiting persons to go to our website to download the map of registered locations, then make a tour around the area to view as many sites as you can, and then cast your ballot. We do ask that voters rank their top three choices in each division. Ballots are due by Wednesday, December 29 and can be cast at

cohase.org, on our Facebook page. The announcement of the winners will occur in early January, 2022.



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# TRENDY Dining Guide

## American Legion Senior Citizen Thanksgiving Dinner

by Gary Scruton

Once again I am straying from the normal content of the Trendy Dining Guide. But on Sunday, November 21st it was my honor to be a small part of a long standing holiday meal tradition.

For the 46th consecutive year a full Thanksgiving meal was prepared mostly in the kitchen of Ross-Wood Post #20 American Legion in Woodsville. I say mostly because many of the turkeys as well as some of the pies and other items were actually prepared, or at the very least prepped off site by a huge number of volunteers. That volunteer theme continued on Sunday as

many hands made light work of the 286 take out meals that were boxed, put on trays, and loaded into cars, trucks and vans to be distributed. On top of those meals another group of volunteers took care of the 53 (or more) who showed up to enjoy the food as it was served in the upstairs hall of the American Legion home.

My small part, as Commander of the Legion, was to act as the emcee for the upstairs event. It started with Welcoming some of those who attended. Then I introduce some special guests (see article on page 12). Next was the opening prayer by our acting Chaplin and the Pledge of Allegiance. At

that point I found a seat with some friends and got my portion of food which was being served family style. And there was plenty of food to be chosen from. Each table had mashed potato, turkey, stuffing, squash, onions, peas, rolls, butter and cole slaw. Plus each setting had a cup of trail mix. Beverages were provided by servers who came around with water, coffee and apple cider.

Before desert was served I got back up and was happy to hand out five \$25 gift cards to the oldest woman (85) and man (90). Plus two as door prizes, and one to the married couple with the most years (67).

When finished with that task I headed over to the



No pool being played on Senior Citizen Dinner morning. Every flat surface was needed. dessert table myself to get a piece of pie. (The others who were seated had already been served their choice of apple, pumpkin, pecan and I believe one more type of pie.)



The production line to fill 286 take out containers is not a one person job.

unteers who helped make this event happen. Leave it to say "THANK YOU" to each and every one of you.



Rita (l) and Sarah (r) will both say that it's more than a two person job. But they are two of the three main coordinators. Lesa was too busy to get in this shot.

Volume 13 Number 4

November 23, 2021

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# Winter's Pest

by Tom Lally

Living here in Vermont, I find that a small creature, such as the famous field mouse, can just about drive you nuts over the winter months.

I've awoken to the sounds of little feet running across my ceiling and the crunching of massive jaws chewing on the two by four inch structure of my mobile home at 2 or 3 in the morning.

There have been times when I've heard them in the kitchen picking up some dry dog food, one piece at a time, and scurrying behind the refrigerator, then the stove to stash it somewhere under the sink.

The little critters ate the arm off a wing back chair that I had stored in my shed.

I've caught so many in a mouse trap on the kitchen counter that I've drawn little mice on my calendar to see what kind of total I come up with in the course of a month. Twenty-three in December, twenty in January.

In the fall of 1989, when it started to get cold enough to put the heat on, I would get a foul odor in the trailer when the furnace would come on.

At this time, I started my long and tedious search for the smell. I first started with the heating duct work. I had my wife put a flashlight into one of the floor vents while I would hold a mirror in another, and see if anything was between the two. Then I would vacuum them out. Of course I found about four of

the critters in there. But they were too old to smell. Just small little gray skeletons.

I then filled up the plumbing trap in the wall with water from where the washing machine used to be, that wasn't the problem either.

My search then took me under the trailer, where I pulled down the insulation around the bottom of the furnace. Lying on my back in a two and a half foot space in the dirt, getting all that fiberglass in my face. And of course I found some more of the little creatures. But, these too, were of an age gone by.

That's it, I decided that they must be in the walls of the trailer, somewhere near the furnace.

I started tearing off the paneling and removing all the CHEWED up fiberglass insulation. In the sixteen inches between the studs I would find 4 or 5 more little gray skeletons. I found it truly amazing that these little guys could also eat glass. Let alone, just how many of them there were.

I was beginning to think that I had all the mice living in Vermont living in my yard or better yet in my house, at one time or another.

Everywhere I looked I would find some of them.

Then a plumber friend of mine suggested that I go up on the roof, and pour water down into the bathroom vent. Maybe it was a sewage smell instead of a dead mouse.

I did this one Friday afternoon after work.

I put a ladder up against the side of my trailer (I also have a pitched metal roof on my trailer) and started up it with a pitcher full of water. Well wouldnt you know it, I slipped and down I came.

It was only a ten foot drop. I had it all figured out, just a tuck and a roll and I'd be going back up the ladder with another pitcher of water.

Well, I have a five year old son, who just happened to be standing at the foot of the ladder. So much for my tuck and roll plan. I had to jump over him and when I landed I had broken my thigh bone about 3 inches above my knee.

At this time I was getting discouraged. I had no insurance, winter was coming and here I sat against my old rusty oil tank thinking about these little winter pests, and still I had an odor in my home.

The following fall I had a friend come over to clean the furnace, getting it ready for the oncoming winter. Well when he took the furnace motor apart, inside was an old, dead, gray mouse. We couldn't figure out how he had managed to get into the motor. But he sure was there. My quest was finally at an end, or so I thought.

I guess my story ends where it began. Except that, that little gray mouse left me 1 1/2 inches shorter on my right leg, seventeen thousand dollars in debt, 7 months out of work, and mice are still in my trailer.

# Lisbon Lions Club's 2021 Holiday Events

The Lisbon Lions Club is once again celebrating the Christmas season with special events. Starting November 27th, Christmas trees will be on sale Saturdays and Sundays at the New England Wire Technologies parking lot on Main Street from 9:00 am to 3:00 pm, while the supply lasts. As always, a portion of the proceeds will be donated to area food banks. Don't miss this opportunity to purchase a beautiful tree and support your local food pantries.

The Lisbon Lions Club and the Lisbon Public Library are again working together to help Santa deliver books to area children on Christmas Eve. Due to continuing coronavirus concerns, we are gratefully accepting cash donations to purchase books rather than having individuals drop books off at the library or bank as we have done in the past. Checks may be sent to the Lisbon Lions Club at PO Box 57, Lisbon NH 03585. Please contact Librarian Karla Houston at 603-838-6615 or Mrs. Claus at 603-838-5043 for more information.

The Lisbon Lions Club is also looking for folks to knit or crochet hats, mittens and scarves for Santa to deliver to local children on Christmas Eve. While the kids are always happy to see Santa and receive a stocking of goodies and a book, a handmade hat, scarf or pair of mittens is a personal and lasting gift that brings big smiles to their faces. Please call Mrs. Claus at 603-838-5043 if you would like to help.

Beginning Sunday, December 12th through Thursday, December 16th, between the hours of 6:00 pm to 8:00 pm, Santa Claus will be taking calls from children living in Lisbon, Lyman and Landaff. If you would like Santa to visit your home on Christmas Eve, please be sure to call him at this special Santa number, 603-838-5043! This year's Christmas Eve visits from Santa will be socially distanced.

Thank you, as always, for your generous support of Lisbon Lions Club events throughout the year. We wish you all a Safe and Happy Holiday Season!

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November 23, 2021

Volume 13 Number 4

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## Thursday, November 25 11:00 am - 8:00 pm

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*Come and support your local business people.*



## Prohibition: Vaccine Mandates

Several weeks ago, the University of New Hampshire was informed by the National Aeronautics and Space Administration (NASA) that all existing active contracts over the threshold of \$250,000 would immediately be modified to enforce President Biden's Executive Order 14092 relative to vaccine requirements. It should be noted, that without a vaccine requirement of all employees, UNH has a voluntary disclosed vaccination rate of over 90%. In spite of the in-

stitution's successful, voluntary COVID vaccination rate, the federal government was very clear, either mandate that all contractors, including university personnel and students involved in federally funded research, comply and be vaccinated, or federal funding would discontinue by December 8, 2021. UNH requested a delay to review the possibility of a potential conflict with state law and to gain some time to clearly understand the nature of UNH's obligation to execute contract modifications. That request was immediately rejected by NASA.

As communicated by UNH President Jim Dean to Governor Sununu, UNH was "concerned about jeopardizing our relationship (UNH) with our most valuable federal research partner if we did not comply with the emergency requirements. For context, the University System currently has \$377 million in existing federal research contracts and cooperative agreements. Of that current figure, \$126 million is related to NASA and subject to this contract modification. Additionally, we are in the late stages of active competition for more than \$190 million in future contracts that could be at risk, if we (UNH) were not to agree to the contract modifications." The university opted to comply and not "unnecessarily "risk the loss of \$300 NASA research funds.

I have taken the COVID vaccination shots. That was my personal choice and right; however, it is also this legislator's opinion that mandating an individual to take the COVID vaccination by any entity is contrary to

the truths and beliefs that this country was founded. It's that simple. UNH has a 90% voluntary vaccination rate which is commendable. In looking at President Biden's decision requiring vaccinations for all employees in businesses employing 100 or more employees, many legal and constitutional questions arise. The President's executive order will impact 1/2 of NH's workforce. This state desperately needs more skilled, dedicated employees, not less. There are certainly other precautionary options that businesses can implement to protect the safety of all, without forcing good employees who don't want to take the vaccination to leave.

On Tuesday (November 16), I am putting forth an amendment in the House Education Committee that will amend HB255 to read as follows: "No entity in New Hampshire shall compel receipt of a COVID-19 vaccine by any individual who objects to such vaccination for any reason of personal conscience, a religious belief, or for medical reasons, including prior recovery from COVID-19." If passed, this amendment will establish a prohibition relative to vaccine mandates by New Hampshire employers.

Lastly, I want to take this opportunity to thank proud members of VFW Post 5245 (North Haverhill), members of Ross-Wood Post #20 American Legion (Woodsville), Guest Speaker Gary Moore (VFW Post 5245) and all those attending and supporting the Veterans Day parade and ceremony at the Central Street Flagpole. We should always remember and be thankful for those who served duty, honor and country.

Respectfully Submitted,  
NH Rep Rick Ladd  
Chair, House Education,  
VFW Member

November 23, 2021 Volume 13 Number 4 Not all Times are Trendy, but there will always be Trendy Times

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 Open Wednesday, 9:30 am to Noon. Closed Thanksgiving Day.  
 Open Sun., Nov 28 - 10 am to Noon, Closed Mon.-Tue., Nov 29-30



## Northeast Kingdom Artisans Guild Annual Holiday Show



"Peace" by Mary Simpson

Guest artisans are highlighted in the Back Room Gallery with our own members to present an array of special handmade wares. Patrons will find ornaments to decorate their homes for the Holiday Season (and all year) as well as gifts, from paintings to pottery, jewelry of all kinds, hats, mittens and scarves to keep you warm, wood works from furniture to kitchenware, sculptures large and small, stained glass to brighten up your windows, and hand blown glass for your décor or dining table.

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We are located in the heart of St. Johnsbury at 430 Railroad Street. Celebrating our 25th Year as an Artisan Cooperative.

## Women with Disabilities: Vermont Commission on Women's New (Un)Equal Pay Podcast Conversation

5

(Montpelier) - Sarah Launderville, Executive Director of the Vermont Center for Independent Living, moderates this dialogue with guests Deborah Lisi-Baker, Winnie Looby, Cara Sachs, and Laura Siegel in the new podcast in the Vermont Commission on Women's (Un)Equal Pay Day series.

Introduced by VCW's Executive Director Cary Brown, this episode explores equity and employment through the lens of women with disabilities. In addition to sharing personal experiences, each of the guests is engaged professionally in disability rights in Vermont and brings that expertise to this discussion. Deborah Lisi-Baker was in leadership positions at UVM's Center for Disability and Community Inclusion and as Executive Director for the Vermont Center for Independent Living. Winnie Looby, Ph.D. is a UVM faculty member at the Center

on Disability and Community Inclusion in the College of Education and Social Services. Cara Sachs is a Vermont Center for Independent Living Americans with Disabilities Act Advocate and a personal life coach. Laura Siegel is the Vermont State Director of Deaf, Hard of Hearing, and Deafblind Services.

Equal Pay Day is a symbolic day chosen to illustrate the point into the current year to which women must work to earn as much money as men made in the year before, due to the gender wage gap. With

these video podcast conversations, VCW hopes to raise awareness about pay equity, and the ways racism, sexism, homophobia, and ableism intersect, creating much larger wage gaps for women of color, women living with disabilities, and members of the LGBTQ+ community. Another goal of the project is to listen to women about their experiences with pay inequity, how it impacts them, and what they think could help.

Watch this video podcast on YouTube, or listen on SoundCloud or Apple Podcasts.

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# Calendar of Events

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

## FRIDAY, NOVEMBER 26

SMALL BUSINESS WEEKEND HOLIDAY SALE  
10:00 AM - 2:30 PM See Ad on Page 4  
Masonic Hall, Rt. 25, Bradford

LITTLETON CHRISTMAS PARADE  
12:00 Noon See Ad on Page 9  
Main Street, Littleton

## SATURDAY, NOVEMBER 27

CHRISTMAS TREES ON SALE BY LIONS  
Saturdays and Sundays 9:00 AM - 3:00 PM  
New England Wire Technologies parking lot  
See Article on Page 3

SMALL BUSINESS WEEKEND HOLIDAY SALE  
10:00 AM - 2:30 PM See Ad on Page 4  
Masonic Hall, Rt. 25, Bradford

## WEDNESDAY, DECEMBER 1

COHASE REGION WINTER DECORATING  
CONTEST DEADLINE  
See Article on Page 1

## SATURDAY, DECEMBER 4

WINTER CLOTHING GIVEAWAY  
10:00 AM - 1:00 PM  
North Haverhill United Methodist Church  
See Ad on Page 9

## SUNDAY, DECEMBER 5

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

## MONDAY, DECEMBER 6

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

## WEDNESDAY, DECEMBER 8

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

## FRIDAY, DECEMBER 10

ST. J SPARKLES! HOLIDAY WEEKEND  
5:00 PM - 8:00 PM  
See Article on Page 6

## SATURDAY, DECEMBER 11

ST. J SPARKLES! HOLIDAY WEEKEND  
9:00 AM - All Day Long  
See Article on Page 6

## SUNDAY, DECEMBER 12

BENEFIT TEXAS HOLD 'EM POKER  
11:00AM-1:15 PM Cash 1:45 Tournament  
Moose Lodge 1779, St. Johnsbury

## MONDAY, DECEMBER 13

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

## THURSDAY, DECEMBER 16

VFW POST #5245 MONTHLY MEETING  
7:00 PM  
VFW HALL, NORTH HAVERHILL

## SUNDAY, DECEMBER 19

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

## WEEKLY EVENTS AT

### CLIFFORD MEMORIAL BUILDING

South Court Street, Woodsville

### ANTIQUÉ STROLLERS WALKING PROGRAM

Monday – Friday from 11:00-12:00

### MOVEMENT AND STRETCH CLASSES

Tuesday and Thursday afternoons

1:00 – 2:00 PM

### PICKLEBALL

Tuesday & Thursday evenings at 6:00 PM

Saturday mornings at 9:00-10:30 AM

LINE DANCING every Wednesday evening

6:00 - 7:00 PM

CORNHOLE LEAGUE. October 27 at 7:00

& 29 at 6:30. November 1 & 5 at 6:30,

10 at 7:00, 12, 15 & 20 at 6:30. 24 at 7:00,

26 & 29 at 6:30.

*All listings in our  
Calendar of Events are  
free of charge. Check out  
[www.trendytimes.com](http://www.trendytimes.com)  
for an easy way to submit your  
upcoming event, fundraiser,  
or performance.*

## St. J Sparkles! Holiday Weekend

St. Johnsbury, Vermont - Experience St. Johnsbury sparkle and shine this winter with St. J Sparkles! Holiday Weekend, December 10 & 11, 2021. Friday, December 10 the event will run from 5pm - 8pm, with many businesses staying open late and a nightlife feel in the downtown shopping district. On Saturday, December 11, family fun activities will start at 9am and run all day long, all around town. The St. Johnsbury Chamber of Commerce is pleased to announce the event dates and an event preview at [DiscoverStJohnsbury.com/StJSparkles](http://DiscoverStJohnsbury.com/StJSparkles).

A full event schedule will be released closer to the date of the event, but will include the perennial favorite model train display at the St. Johnsbury Welcome Center, organized by Dr. Tom Turek; horse-drawn wagon rides along Railroad Street from Rainbow's Edge Farm; a farm animal petting zoo from Morrison's Feed Bag; 'Light Remedy' lantern decorating workshops at the St. Johnsbury Community Hub; a huge variety of kids

crafts & activities all around town; shopping incentives and dining promotions; warm beverages and fire pits along Railroad Street; live music; free admission and holiday-themed planetarium shows at the Fairbanks Museum & Planetarium; holiday performances; light displays; the St. J Art on the Street 'Winter Lights' exhibition from Cata-mount Arts; holiday food & toy drives; and much, much more. Once finalized, all event times, locations, and details will be available online at [DiscoverStJohnsbury.com/StJSparkles](http://DiscoverStJohnsbury.com/StJSparkles) and at the St. Johnsbury Welcome Center (51 Depot Square, St. Johnsbury, VT 05819, phone (802) 748-8575). Businesses and organizations who want to host activities during the event should contact [Director@DiscoverStJohnsbury.com](mailto:Director@DiscoverStJohnsbury.com).

"We want this event to bring our community together to celebrate the wonders of the winter season," says Gillian Sewake, Director of the St. Johnsbury Chamber of Commerce. "St. Johnsbury is so beautiful during the holidays, due to

the efforts of our town's Beautification Committee, our businesses, and our neighbors, who all work to make the town sparkle. This event will share the delight we feel during the holidays with fun activities all throughout town." To further beautify the town, a Light Up St. J holiday light display competition for residents and business owners—based on last year's competition organized by a group of community members—will be launched later in the season, with entry details and prizes to be announced in early December via social media on Discover St. Johnsbury's Facebook & Instagram pages.

Additionally, the Find Your Sparkle in St. J shop local rewards program will launch on Small Business Saturday, which is Saturday, November 27. Between the launch and December 31, shoppers are encouraged to pick up rewards cards at local merchants, and get the card validated when they shop at any combination of eight eateries, shops, the Farmers Market, a hardware



store, or other St. Johnsbury business. Turn in the completed rewards card at the St. Johnsbury Welcome Center (51 Depot Square, St. Johnsbury, Vermont 05819) to receive a free limited-edition insulated St. J camping mug.

But wait, there are even MORE reasons to explore St. Johnsbury this season! Those who participate in the St. J Sparkles! Holiday Weekend are also encouraged to take part in the Discover St. Johnsbury Downtown Scavenger Hunt. All entries submitted before December 10 will be entered in a special one-time raffle drawing to be held on Saturday, December 11 during St. J Sparkles. Raffle items include a Grade A refurb-

ished laptop courtesy of Flipped VT, a goodie bag of St. J swag, and more. More information about entering the scavenger hunt: [www.DiscoverStJohnsbury.com/ScavengerHunt](http://www.DiscoverStJohnsbury.com/ScavengerHunt).

St. J Sparkles! Holiday Weekend is partially funded with generous sponsorships from Dead River Company, Flek, Little Dipper's Doodle Childcare Center, Moose River Lake & Lodge Store, Morrison's Feed Bag, Passumpsic Bank, Union Bank, The White Market, Weidmann, and other business sponsors of the St. Johnsbury Chamber of Commerce: [www.DiscoverStJohnsbury.com/Sponsor-the-Chamber](http://www.DiscoverStJohnsbury.com/Sponsor-the-Chamber).



# NEK Council On Aging Welcomes Bryan Bennett As Options Counselor

Newport, VT - The NEK Council on Aging is pleased to announce that Bryan Bennett has been hired as an Options Counselor working in the Newport office. This position supports clients by evaluating needs and providing person-centered and life-style options that inform, encourage, inspire, and support older and disabled adults.

"Bryan brings extensive experience in a variety of occupations," said Meg Burmeister, Executive Director. "As a former lawyer, consultant, teacher, and EMT, he has demonstrated a unique ability to guide others through complex decisions and programs. He will be well suited to research and provide options to our clients that allow them to age well independently. We eagerly welcome him to our team."

His legal and consultant work included, but was not limited to, supporting the International Baccalaureate Examiners Global Center in Cardiff Wales, UK as an International Politics Baccalaureate Examiner; assisting in risk assessment and budget oversight for a VT municipal water improvement project; offering assistance to the Winnebago and other Sioux Tribes in connection with alcohol bans in White Clay, NE; and working with the non-profit organization Para Los BriBri as the lead researcher on environmental, economic, and cultural challenges faced by the Talamanca BriBri Tribe of Costa Rica.

As Assistant Professor of Political Science for Fort



Hays State University (FHSU), he supported online instruction for ESL students across the globe, and taught courses in law, multiculturalism, professional writing, research methods, philosophy and ethics. He has lectured at the University of Costa Rica and the Sias University in Zhengzhou, China. He was awarded the FHSU Pilot Award for teaching, the FHSU Distinguished Service Award, Mortar Board Top Professor, and attended the Vermont Law School Summer Scholars Program.

His dedication to community service extends across a myriad of non-profit and service organizations including the Fort Hays State University Food Bank and Community Garden, Habitat for Humanity, Boy Scouts of America, and several libraries, legal community

service boards, and elder care organizations, including Meals on Wheels.

"Problem solving and active listening have been an essential part of my work in many roles, perhaps most notably as a consultant," said Bennett. "Over time, I found that diligence is often a key factor in overcoming what appears at first to be a problem. I am looking forward to applying my experience to serve the clients of the Council. The services that the Council provides are essential lifelines to our aging population. My experience with Meals on Wheels taught me that often you may be the only positive contact in an elderly person's life that day. Thus, I understand the essential nature of such connections."

He received his Juris Doctorate from the University of Virginia, in Charlottesville and a B.A. cum laude in English from Fort Hays State University in Hays, KS.

Bennett lives in Barton with his wife, Sarah, and their menagerie of rescue animals, including 4 dogs, 1 cat, 4 rabbits and 19 chickens. Bryan enjoys listening to NPR and BBC, tea, coffee, cooking, reading, languages, and music.

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# Getting Engaged

by Elinor Mawson

both their families have been invited. It goes like this:

When my father asked my mother's father for her hand in marriage, my grandfather replied, "Wellllll, let's wait til we see how the eagle flies next year". I guess that meant whether the Republicans or the Democrats won the election, which had nothing to do with getting married.

They got married anyway. My husband never asked my father for my hand. My father wasn't even pleased that I had a boyfriend. I remember asking Dad, "If it doesn't cost you any money, is it OK if I get married?"

He replied, "It's going to cost you a lot more after you get married," and we tied the knot.

Times certainly have changed.

A near relative and his ladyfriend have been together almost 3 years. They live together and both have good jobs. She has been waiting patiently for a ring, but he has remained silent and non-committal.

We got a phone call from him the other day, asking for both of us to be on the line. It seems that he has stopped being non-committal and has made plans of Cecil B. Demille proportions, and

He and the girl will go to North Conway and go for a sleigh ride. Partway through the ride, they will come to a bridge, where they will stop and get out for a photo op. After the picture-taking, he will get down on one knee and propose.

Following this momentous occasion, they will go to a restaurant, where the family will shout "SURPRISE!" when they enter the dining room. There will be congratulations all around, with hugs and high fives.

Because it is far from home, the families will stay in the same motel for the night. I suspect that everyone will be upbeat and happy for the couple, and talk about the upcoming wedding date, which, up to now, has not been decided upon.

It's a happy time that everyone is looking forward to (except for the bride-to-be who has no idea what's in store). Compared to the last year and a half, there haven't been an awful lot of happy times, and it is something we are all anticipating.

And Republicans and Democrats notwithstanding, I like these plans so much better.

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# Linda Guyer Named NEK Council On Aging 2021 Humanitarian Hero

St. Johnsbury, VT – Every year, during their Annual Meeting in November, the NEK Council on Aging recognizes a special volunteer or organization with the Humanitarian Hero award in honor of their dedication to the Council's mission and the impact they have on the community at large. This year, the Council is pleased to announce Linda Guyer as their 2021 Humanitarian Hero.

Guyer has been a volunteer with the Council since 2015 but her history as a caregiver and volunteer started long before.

"We have colleagues at the Council who have to manage Estate Planning, Choices for Care, and funeral planning, but imagine a volunteer coming forward to help with all that," said Karen Budde, the Council's Senior AmeriCorps coordinator. "Linda has tremendous knowledge of caregiving, having to assist her father's grandmother, his mother, and her husband through their end-of-life journeys."

Guyer works directly with case managers to help clients understand their financial footing and to review



Photo Caption: Linda Guyer (center with sunglasses and surrounded by family), is the recipient of the NEK Council on Aging's 2021 Humanitarian Hero award for her dedication to community service.

the support systems that are available to them. She researches court-appointed Guardians, life insurance policies, and a myriad of arrangements that need to be completed as one nears the end of life. She understands the nuances of programs and relays information seamlessly to clients.

"Most people don't understand there are layers of support systems that are available for people at this stage of their life's journey, and we are grateful that she serves as a trusted advocate," said Budde.

"Linda provides kind and gentle support for those who may be feeling overwhelmed and alone. She works with the case managers and the family and acts as a guide during a very difficult transition, one that she has experienced several times before," said Meg Burmeister. "We are very grateful for the dedication and compassion she shares with not only her friends and family, but with others throughout her community, especially those that are most vulnerable."

She benefits from her very own support system of friends and family. She has

two daughters, four grandsons, one granddaughter, and three great-granddaughters. Her prayer group strengthens her, and her gardens rejuvenate her.

"Her garden does for her what she provides to our clients," said Budde. "She was humble in accepting the award and noted that she does not deserve this recognition – and yet, if not for her, who would be helping?"

Her friend Freddie Orr agrees. "Linda is a very dear friend, and she helps so many people. When she moved her husband to a nursing home, my husband was already there and we became very good friends, supporting each other during a difficult transition. We have remained friends ever since. We enjoy our faith group and her work with the grief share program at the Union Baptist Church is very important to her. She is blessed with wonderful friends and family."

The 2021 Annual Meeting for the NEK Council on Aging will take place on Monday, November 29th at 2 p.m. via Zoom. Visit [www.nekcouncil.org](http://www.nekcouncil.org) for the Zoom link.

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Picture taken from Moore Dam in Littleton NH, looking into Waterford VT

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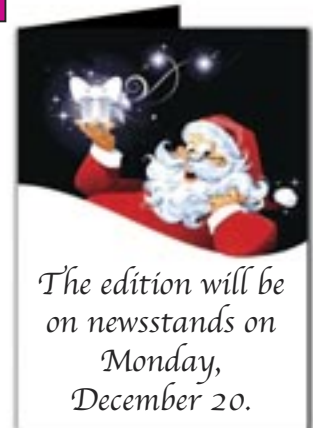
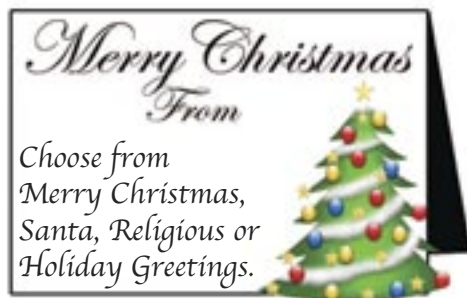
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by Eli Heath

Paige Computer Services

This is part one of a series of articles, this week we will cover some of the ways you can protect your privacy on the internet. As technology gets more advanced we lose our privacy on our cell phones, computers and on some home appliances. Everyone wants your information to include the bad guys. How do we protect our identities while we are using this technology? I am going to talk about a few ways we can do this.

First have a second e-mail address for websites that ask for an e-mail address. Do not give out your primary e-mail address except to friends and relatives. Open a free e-mail account with Outlook, Yahoo or Gmail. When you are on a website they ask for an e-mail address give them your alternate address. There may be a third party that looks at the website you are on and records any e-mail address that is typed onto the website, they get that address you will get junk e-mail and phishing scams. If a family member or friend wants to send you an e-card have them use your alternate e-mail address so you won't be subject to so much junk e-mail. Eventually you will get it. Spammers can find any e-mail address but hopefully this will slow down that process.

Here is some other suggestions from the Electronic Frontier Foundation at <http://www.eff.org/wp/effs-top-12-ways-protect-your-online-privacy>

1) Do not reveal personal information inadvertently. You may be "shedding" personal details,

# Tek Talk with Eli

including e-mail addresses and other contact information, without even knowing it unless you properly configure your Web browser. In your browser's "Setup", "Options" or "Preferences" menus, you may wish to use a pseudonym instead of your real name, and not enter an e-mail address, nor provide other personally identifiable information that you don't wish to share. When visiting a site you trust you can choose to give them your info, in forms on their site; there is no need for your browser to potentially make this information available to all comers. Also be on the lookout for system-wide "Internet defaults" programs on your computer (some examples include Window's Internet Control Panel, and MacOS's Configuration Manager, and the third-party Mac utility named Internet Config). While they are useful for various things, like keeping multiple Web browsers and other Internet tools consistent in how they treat downloaded files and such, they should probably also be anonymized just like your browser itself, if they contain any fields for personal information. Households with children may have an additional "security problem" - have you set clear rules for your kids, so that they know not to reveal personal information unless you OK it on a site-by-site basis?

2) Turn on cookie notices in your Web browser. "Cookies" are tidbits of information that Web sites store on your computer, temporarily or more-or-less permanently. In many cases cookies are useful and innocuous. They may be passwords and user IDs, so that you do not have to keep retying them every time you load a new page at the site that issued the cookie. Other cookies however, can

be used for "data mining" purposes, to track your motions through a Web site, the time you spend there, what links you click on and other details that the company wants to record, usually for marketing purposes. Most cookies can only be read by the party that created them. However, some companies that manage online banner advertising are, in essence, cookie sharing rings. The one program I recommend is Ccleaner you can find it at (<http://www.piriform.com/ccleaner>). There are also numerous "cookie eater" applications, some which run on a schedule or in the background, that delete cookie files for you. As with turning off cookies entirely, you may have trouble accessing sites that require certain cookies (though in most cases the worst that will happen is that you'll have to re-enter a login ID and password you thought were saved.) "Eating" the cookies periodically still permits sites to track what you're doing for a short time (i.e., the time between successive deletion of your cookie file), but thwarts attempts to discern and record your actions over time.

I Hope this is helpful, any questions e-mail me at [pai-gecs@gmail.com](mailto:pai-gecs@gmail.com) or call 603-747-2201, I hope to hear from my readers on ideas for future articles. My shop hours are Mon-Wed-Fri-Sat 9:00 am- 5:00 pm



# Love In Action <sup>11</sup>

by Maggie Anderson

Much has been written about love being all you need, though the light company doesn't seem to get it yet. And I doubt I'd get to leave a store with any merchandise if all I gave the guy at the register was a juicy kiss and a warm hug instead of cold hard cash or its equivalent. I'm not even sure I want to test the theory.

On the other hand I believe love is a verb, something you do, not something you say. If I come to you for help please don't tell me you hope I'll find something to eat and a place to stay - hobo or homeless - are all hoping that very thing.

Loving me involves whipping up a sandwich and putting me in touch with somebody who can offer me a place to lay my head. Love requires action.

I remember the day we lost our precious little black cat, Cry Baby. Our neighbor happened by on the way to checking her mail and in passing learned of our loss.

Later as Hank and I were sharing our usual afternoon coffee on the porch of the little cabin in the yard our neighbor delivered a plate of warm-from-the-oven muffins and sweet butter. She said it was just a little something to go with our coffee.

What we heard was "I love you, I see your pain, and I want you to know I feel for you."

Not long ago Hank and I

discovered we had a flat tire, luckily it had lost its luster while sitting in the driveway. I was dealing with the pain from a herniated disc so Hank called a neighbor to see if he could help with it.

The two of them wrangled the wheel off and got the spare on in its place. When Hank took it to a local business he was told there was not enough tread to allow them to plug the hole in the tire.

Then they told him, not only would he need to purchase a new tire, but that he would have to buy two as they could not let him leave their premises with two different tires on the back of the car.

Can you imagine the mountain of tires the world would be climbing if car owners had to chuck two or three tires every time they had a flat one?

Since the money for two new tires was neither in the cards or the bank for us at the time, we sought out a place our mechanic told us might have an answer.

Not only did the crew plug the hole, they also pulled the spare off, packed it into the trunk, and put the newly-patched tire back on the car, all for a surprisingly comfortable price.

The place has recently opened for business in North Haverhill in the garage next to DMS. It's part of a program called LOVE - Lifting Others Valuing Everyone.

Love in action, I like that.

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

November 23, 2021

Volume 13 Number 4

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While you're working, you may be contributing to an individual retirement account (IRA), which can provide a tax-advantaged way to save for your future. So, is it ever a good idea to tap into your IRA before you retire?

Ideally, you should leave this account intact until your retirement. After all, you could spend two or more decades in retirement, so you'll need a lot of financial resources. Still, life is unpredictable, so there may be times you'll consider taking money from your IRA. You'll need to be aware, though, that if you withdraw funds before you turn 59½, you will generally trigger a 10% penalty. Plus, you'll be taxed on whatever you take out, thereby losing, at least in part, the benefits of tax-deferred earnings offered by a traditional IRA. (With a Roth IRA, you can withdraw your contributions free of taxes and penalties, but the earnings may be taxed and penalized if you take them out before you're 59½.)

If you need to withdraw funds from your IRA before you're 59½, you

may be able to avoid the 10% early withdrawal penalty if you meet an exception, such as one of these:

- **Paying for college** – You are allowed to take penalty-free withdrawals to pay for tuition and other qualified higher education expenses for you, your spouse, children or grandchildren. However, since the withdrawals may be considered taxable income, they could reduce the student's eligibility for financial aid.

- **Buying a first home** – You and your spouse can each withdraw up to \$10,000 from your respective IRAs to buy your first home. To qualify as a first-time homebuyer, you (and your spouse) need to have not owned a home for the two years preceding your home purchase.

- **Having a child** – Following the birth or adoption of a child, you and your coparent can each withdraw up to \$5,000 from your respective IRA without paying the 10% penalty.

- **Covering medical expenses** – You may be able to avoid the early withdrawal penalty if you use the money to pay for unreimbursed medical expenses (for you, your spouse or dependents) that exceed 7.5% of your adjusted gross income. You may also qualify to take a withdrawal without penalty to pay

for health insurance premiums if you are unemployed. In the case of a disability, the 10% early withdrawal penalty also may not apply.

These aren't the only exceptions to the 10% withdrawal penalty, but they do cover many of the common reasons that people may consider an early withdrawal from their IRAs. And if you do need to take an early withdrawal, consult with your tax advisor to determine your eligibility for avoiding the 10% penalty.

Keep in mind, though, that you do have ways to potentially reduce the necessity of withdrawing from your IRA early. One proven technique is to build an emergency fund containing at least three to six months' worth of living expenses, with the money kept in a liquid account. You might also consider opening a line of credit. A financial professional can help you explore other options, as well.

Ultimately, if you can leave your IRA intact until you retire, you'll be helping yourself greatly. But if you do need to tap into your account early, at least be familiar with the possible drawbacks – and how you might avoid them.

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

*Edward Jones, Member SIPC*

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## What to know about early IRA withdrawals

## It Started With a Christmas Gift Last Year

by Rita Ames

Sherry Hoover is the youngest daughter of Peter and Rita Stimson, lifetime residents of Woodsville, Bath, and North Haverhill, NH. Sherry and her husband received DNA test kits from their daughter as a Christmas gift in 2020. They completed them and mailed them back. In mid-April of this year, Sherry received an email, from Ancestry.com, so signed in, and saw there was a message from a Diane Kelly. It said, "We are listed as 1st or 2nd cousins. Do you know how we are related?"

Sherry opened Diane's family tree, and there it

was!!! Diane's father and Sherry's father had the same biological father, from Bradford, VT. The two boys never knew of each other. But they knew they had to meet each other now.

Peter Stimson would turn 88 in June, 2021, and Bruce Davis would turn 89 in August, 2021. They met for the very first time, in Woodsville at Shiloh's, in May of this year. They found that they were never very far from each other. Bruce grew up in Bradford, VT, and Peter grew up in Woodsville. As adults, Peter stayed in the Woodsville area and Bruce moved to the Lebanon/Enfield area.

Since May, they have met at various area restaurants

for lunches, and Bruce's daughter, Diane, hosted a luncheon for the family at her home, in Enfield, NH, in October.

While it is a miracle, that they even found each other at all, after almost 90 years. It is beyond a miracle to find each other, both still living.

So it is a special Thanksgiving this year. It is their very 1st Thanksgiving they have ever shared together, as half-brothers, scratch that, brothers. It is our goal, to have them share their 1st Christmas together, in December. Our families have been so blessed, and we hope yours have, too.

Happy Thanksgiving to all!



*The brothers and some members of their families took some extra time after leaving the Senior Citizen meal at the American Legion Post #20 in Woodsville on November 20.*



### Letter to the Editor: Biden's Latest Destructive Acts

To the Editor,

So the latest outrageous anti-American act from Biden is the plan to give illegal immigrants \$450,000 which results in roughly a million dollars per family. So basically, someone who breaks the law gets to become a millionaire. Instead of spending that money on criminals, how about spending that money on our homeless, mentally ill, disabled veterans, orphans, victims of abuse and crime, or people who lost their spouses (military, police, and fire) in the line of duty? Why can't this money be used to build new schools or revitalize the most impoverished parts of our country? Also Biden is looking to cut another oil pipeline. Our gas prices are soaring now. This will cost Americans their jobs as well as possibly increase the cost of the already expensive gas. (Under Trump our gas prices were low and we were just about energy independent). Biden also wants to eliminate cash bail in the name of equity, which makes no sense whatsoever. All this is going to do is set criminals free on our streets. New York does

this under Dibilasio. In February, a subway thief who was arrested for the 139th TIME literally thanked the Democrats and said that "Bail reform, it's lit!" In Biden's 1.75 trillion spending bill, he is repealing the social security number requirement for obtaining child tax credits so the illegal immigrants will be able to receive money for their children who are in the country illegally. Steven Camarota, who is a Center for Immigration Studies researcher, states that this could cost up to 2.3 billion in additional tax credit payouts to illegals.

Recall what else Biden has done so far: The Afghanistan fiasco, his demonization of the police and Border Patrol, his turning a blind eye to the rioters (BLM and Antifa), the promotion of "wokeism" in the military, schools and the workplace and labeling concerned parents who disagree with the ludicrous Critical Race Theory as domestic terrorists! (A mother from Virginia said that her 6 year old daughter came home from school and asked her if she was born evil because she was white.) Biden has also put these parents under

surveillance of the FBI! He calls voter ID laws racist, (what a surprise) and pushes his vaccination mandate and demonizes the un-vaccinated even though he lets thousands pour into our country unvetted and un-vaxxed. And, of course, he is ALWAYS quick to call anyone who disagrees with him a white supremacist.

So who reading this actually thinks that Biden is for America? All this is about is power and control and is right out of the Communist playbook. Create hate, division, chaos and destroy our country from within. (By the way, the NY leader of BLM, Hawke Newsome, threatened more rioting and looting if NY goes back to the strict policing that was utilized before Dibilasio took office). When the bodies of the American soldiers from Afghanistan were being unloaded from the plane, Biden looked apathetic and was caught looking at his watch numerous times. That sickening image basically sums up what his administration and their supporters are all about.

Alex Foryan  
Landaff, NH

Alex,

As you probably know by my past responses to letters, I do my best to stay on the fence, stay neutral, when it comes to political letters. This is certainly one of those political letters. My job is not to sway readers one way or the other, but simply to give space to anyone who wants to pass along their opinion on whatever issue they wish. I will, however, on occasion offer a differing viewpoint in order to make people think. I strongly believe that people need to think about

issues before making a decision. In order to do that one must take in information from both sides of the issue, weigh the source of that information, and come to their own conclusions.

So please, dear readers, keep your letters coming. Keep your mind open to others. And most importantly think about the issues before just taking someone's opinion as the full and unconditional truth.

Gary Scruton, Editor

## 2020 Big Checks to Local Pantries



Littleton Food Co-op's (LFC) November Partners of the Month is local food pantries. LFC will be collecting donations for Littleton Food Pantry, All Saints Food Cupboard, Good Neighbor Food Pantry and Bethlehem Food Pantry, Littleton's Little Free Pantry and Whitefield Free Little Pantry.

Littleton Food Pantry, located 70 Reddington Street in Littleton, is open Monday, Wednesday, and Friday from 10 am - 12 pm.

All Saints' Community Food Cupboard, located at 35 School Street in Littleton, is open Tuesday and Thursday 9 - 10 am and Sunday 9 - 9:45am.

Franconia Community Church of Christ, Good Neighbor Food Pantry is located at 44 Church Street in Franconia. Open Tuesdays 11 - 12 noon.

Bethlehem Food Pantry is located at 2155 Main Street in Bethlehem, right in the Town Hall.

Little Free Pantry is located at 189 Main Street in Littleton.

Whitefield Free Little Pantry is located at 8 Lancaster Road at the Whitefield Public Library.

We all need a little help from our friends at different times in our lives.

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

### Letter to the Editor: Be A CASA

To the Editor:

Attendees at the November 13 meeting with the Haverhill Selectboard were informed that the lawsuit filed by Woodsville Precinct against the Town of Haverhill may come to trial in February. There is no upside to fighting things out in court -- we will ALL end up as losers!

I call on the leaders on both sides to sit down and bring this two-year saga to an end. Please bring some humility, a willingness to listen, and a positive spirit to find practical solutions. Perhaps we could use a professional mediator -- this would be a lot cheaper for taxpayers compared to endlessly paying lawyers!

It is ironic that the Nov. 13 meeting was held in

Woodsville! After all, we need each other: Haverhill cannot function without Woodsville and vice versa.

No matter where we live, we all need to treat each other better. Because someone doesn't agree with you, that doesn't mean they are evil, that doesn't mean they are unworthy. It is up to each of us to treat each other with dignity and respect.

Despite our problems and challenges, Haverhill has many outstanding qualities and wonderful people. By working together, we can create a better future for our children and future generations.

Thank you very much.

Doug Teschner  
Pike, NH

Doug,

My first thought of a response to your letter was a simple round of applause. A little humility and a sense of working together can go a long way at the town level as well as at all levels of democracy.

I have heard some say, in regards to this lawsuit, that once litigation has started then there is no chance to negotiate. I personally find that hard to believe. My thoughts are that most any judge would appreciate the two sides coming to an agreement before going to court and therefore making room for other cases to move forward.

One other quick point is that in this particular case the tax payers in Woodsville are footing both bills for the lawyers. One might say, win or loose, we loose.

As a final note I grew up in Haverhill Corner, but have lived in Woodsville now for a good number of years. I refer to myself as a resident of the town of Haverhill. Therefore I hope for the best for all other Haverhill residents.

Gary Scruton, Editor

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

November 23, 2021

Volume 13 Number 4





# What About Ma?

by Kellie Quackenbush

## All About the First Thanksgiving

Ma, the inspiration of this column, died last spring. Her beloved sister, Auntie, had died about four months earlier. They had wanted to go together, so they were cremated and had their burials together on the same day last spring. That makes this Thanksgiving, the first.

The first Thanksgiving without Ma and Auntie, while the COVID-19 denied our gathering in 2020, we still could call them and send pictures and gifts. This year, we do not even have that small comfort. They have moved beyond our mortal coil and we miss them. Many people, families in our country and around the world, are facing similar losses. Thanksgiving is coming, a time we pause and give thanks, reflecting on the Blessings found this past year.

What are we thankful for? Some people would focus on the loss. There certainly have been many losses, people lost their jobs, businesses have closed, family and friends have died, family

traditions lost (or temporarily put on hold). The losses from the past few years have been great. While we mourn the loss of friends and loved ones, there are moments during the year that brought happiness.

We have gained as a society, a new understanding, perhaps a newly found awareness. What did the protests and the riots mean to us and to our country? Where do start to make amends for the wrongs of the past? We have started a conversation but with Thanksgiving upon us, are we truly remembering all of the wronged People or are we just listening to the loudest?

We have a new President. People have learned about themselves and what "Social Distancing" means. We have had time to reflect on our society. Are we thankful for having the time to reflect?

Being thankful for surviving the sadness and the loss is what we will do. With deep reflection, that is what

Thanksgiving is all about. Reflecting on the obstacles and very hard times suffered. The sad moments and the days that were full of fear, are we looking back, proud to know that we survived. We gather with friends and family and with whatever is available, we feast and give thanks for the good times we had with those that have moved on. We celebrate being alive and having good friends and good food.

The first Thanksgiving deserves to be remembered, "the Native Americans realized that the English were hunting for the harvest celebration. Massasoit (A Native American chief) sent some of his own men to hunt deer for the feast and for three days, the English and native men, women, and children ate together. The meal consisted of deer, corn, shellfish, and roasted meat, different from today's traditional Thanksgiving feast.." per kids.national-geographic.com.

Thank you for giving me a place to share my thoughts. Thank you for caring about the troubles we aging people keep facing. Thank you for understanding that as we age, the things that once were so easy are now quite difficult. Let us give thanks that we are a part of a loving community. Happy Thanksgiving.

# Hanukkah Holiday Begins November 28



A Hanukkah menorah (chanukiyat) with a cluster of nuts, a porcelain dreidel, and gold-wrapped chocolate coins set up for the first night of the holiday. The first candle is on the right – the candles are added from right to left. The shamash (server candle) is in the center.

By Eileen F. Regen

Bundle up and join members of Bethlehem Hebrew Congregation for the annual Bethlehem Hanukkah candle lighting week that begins at 5 p.m., Sunday, November 28 on the Bethlehem Town Hall lawn.

Nine-branched Hanukkah menorahs (candelabras) around the world will shine with the lighting of the candles on each of the nights when another candle is lit on the menorah, bringing the total on the last night to eight glowing tapers, plus the "shamash," the server candle, used to light all the other candles. Traditionally, in homes, the menorah is placed in full view of the street, to share the light and importance of this holiday of religious freedom and rededication to religious ideals.

To all Jewish people, Hanukkah represents the struggle for religious freedom and independence, the battle for survival as a Jewish people, and determined resistance to religious persecution. Hanukkah is a reminder to everyone to stand up for the religious freedom of all people.

Hanukkah's story began over 2100 years ago when the Jewish people stood up to Greek forces that had overrun the land, forced their religious rites and ideology on the Jewish people, and prohibited Jews from study and worship in the Temple. A small military force headed by the Maccabees led the resistance which was ultimately successful. The Hellenists were expelled and the Temple was cleansed and rededicated.

On this holiday everyone enjoys songs, stories, and games with dreidels (little four-sided spinning tops). Originally, coins (pennies,

nickels, dimes) were given to children each night of the holiday. On one night, perhaps the coin would be as much as a silver dollar. These coins could be used in the dreidel games or saved. Many folks still have the stash of coins collected from relatives during their family celebrations of long ago. Other holiday tokens were little bags filled with raisins and nuts or candies.

Christmas holiday preparations in schools and communities encouraged Jewish families to adapt the custom of gift-giving. Some families choose to give a small gift each night, or on the fifth candle night, or only on the eighth candle night. More recently, increasing numbers of families have chosen to participate in social action projects in their communities, to donate to a selected charity, or to participate in local food bank collections to emphasize the concept of charitable acts during this holiday time.

Favorite foods of the holiday vary in Jewish communities around the world, but have a basic similarity – foods are fried in deep oil to recall the miracle of the small bit of oil left to light the candles in the Temple after the Greek attack. In the United States, the most well-known fried treat is the grated potato pancake, fried to crispy crunchy brown and then topped with applesauce, sour cream or a heavy sprinkle of sugar. This custom came to America from Germany. In Israel, the favored fried treat is a platter of jelly doughnuts (sufganiyot).

An added note on spelling. Hanukkah and dreidel may be spelled in a variety of ways. The transliteration of Hebrew to English is the reason for this confusion.

### BEEZWAX



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Thank you for your understanding.



# TRENDY TIMES

A FREE PUBLICATION



# Herbs For Colds & Flue

by Melanie Osborne

Staying healthy in flu season seems to be on everyone's mind. Many are calling and emailing for herbal advice and there are multiple answers. Herbal therapy can be effective in overcoming many kinds of infections. As anti-bacterial agents, herbs contain powerful natural substances to flush and cleanse the lymph glands, allowing the body to process out harmful pathogenic wastes. Herbs are effective internally in overcoming both acute and chronic infections, also effective externally as poultices or compresses, to draw out poisons or infection through the skin.

Herbal anti-biotic compounds are also beneficial when used in conjunction with other therapeutic herbal formulas to increase their potency, especially at the beginning or acute stages of an illness. Success has been particular in cases of oncoming colds and fever, swollen glands, bronchitis, inflamed lung and chest ailments, heavy post-nasal drip, low grade throat and sinus infections and "hanging-on" infective conditions, where the body can't seem to "get over" a problem.

Herbal anti-viral compounds have had notable success against the strong, destructive viruses that cause many of today's serious illnesses. Severe flu and viral infections such as AIDS, HPV and viral warts are becoming increasingly widespread in America as air and soil pollutants, chemical foods and preservatives, over-use of drugs and generally poor nutrition lower our immune defenses. These progressively powerful vi-

ruses do not respond to medical anti-biotics, and many people have been "bedridden" for weeks, unable to overcome them. Herbal anti-viral combinations have been effective when anti-biotic drugs were not.

Anti-bacterial herbs include:

**BLACK WALNUT LEAF & HULLS:** (Juglans Nigra), A manganese-rich herb with broad spectrum activity from many parts of the plant; primarily laxative, astringent, blood cleansing and tonic properties. Nutrients: Calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 & C.

**ECHINACEA PURPUREA, ROOT & WHOLE ROOT:** (Echinacea Purpurea), An anti-microbial infection fighter and blood purifier against staph and strep viruses; an effective anti-biotic lotion to help heal septic cuts, wounds and sores. Calcium, Iron, Magnesium, Manganese, Phosphorus, Potassium, Selenium, Zinc. vitamins B1, B2, B3 & C.

**ECHINACEA ANGUSTIFOLIA, ROOT & WHOLE HERB:** (Echinacea Angustifolia), A powerful immune stimulating and blood purification herb with anti-biotic, anti-septic, anti-inflammatory activity. It is gentle for all ages and health constitutions, yet very effective. Nutrients: Calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 & C.

**ELECAMPANE ROOT:** (Inula Helenium), A bitters and expectorant anti-bacterial used to relieve chronic respiratory congestion and infections.

**PAU DE ARCO BARK:** (Tabebuia Impetiginosa), A primary anti-biotic, anti-viral and anti-fungal herb, effective against many kinds of virally caused cancers and malignancies; a major agent for immune enhancement and overcoming opportunistic diseases as candida albicans yeast overgrowth. It is an effective blood purifier, and successful against many blood toxicity conditions, such as dermatitis and psoriasis and environmentally caused allergies and asthma.

**ACIDOPHILUS :** (Lactobacillus acidophilus and Bifidobacterium bifidum) Probiotics bacteria favorably alter the intestinal microflora balance, inhibit the growth of harmful bacteria, promote good digestion, boost immune function, and increase resistance to infection. Individuals with flourishing intestinal colonies of beneficial bacteria are better equipped to fight the growth of disease-causing bacteria.

**ASTRAGALUS ROOT:** (Astragalus Membranaceus), An organ toning and balancing herb, particularly stimulating to the immune system. A specific in immune/resistance building formulas. Nutrients: Calcium, choline, copper, essential fatty acids, iron, magnesium, manganese, potassium & zinc.

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

# New Hampshire Outdoor Recreation<sup>15</sup> Economy Ranked in Top 10 in 2020

CONCORD, N.H. – The U.S. Bureau of Economic Analysis released numbers this week showing that New Hampshire's outdoor recreation economy ranked among the nation's top 10 of highest value added to the state's GDP. The Granite State's \$2.2 billion outdoor recreation industry employed over 26,500 people and was 2.6% of the state's GDP in 2020.

The report includes non-traditional outdoor sectors such as amusement parks, water parks and festivals, which were negatively impacted by COVID-19. However, conventional outdoor activities like camping, boating, fishing and RVing either increased or stayed the same.

Several of New Hampshire's outdoor sectors showed growth in 2020:

- Boating/Fishing - 41%
- Bicycling – 14%
- RVing - 9%
- OHRVing – 5%

"Despite the global pandemic, New Hampshire's outdoor recreation employers were still significant drivers of the state's economy last year," said BEA Commissioner Taylor Caswell. "People inside and outside the state were drawn to New Hampshire's beauty, natural resources and outdoor activities during COVID-19, particularly in individual and small group sports like skiing, boating and cycling."

The 2020 statistics in-

clude measures of value added by outdoor recreation activity and measures of value added employment and compensation by industry for the outdoor recreation economy of the United States as a whole and for each state and the District of Columbia. The statistics also include data on gross output, essentially sales or receipts, by outdoor recreation activity and industry at the national level.

"Noteworthy is the productive output of the RV, boating, and biking segments, which are likely harbingers of 2021 numbers. Going forward, the New Hampshire outdoor industry is mobilized and well-positioned to improve its meaningful impact through workforce initiatives, community development, and making the outdoors accessible and welcoming to all," said Tyler Ray, of the industry group Granite Outdoor Alliance.

To access the full report from the Bureau of Economic Analysis, click here: <https://www.bea.gov/sites/default/files/2021-11/orsa1121.pdf>.

The Department of Business and Economic Affairs is dedicated to enhancing the economic vitality of the State of New Hampshire while promoting it as a destination for domestic and international visitors. For more information visit [www.nheconomy.com](http://www.nheconomy.com) or [www.choosenh.com](http://www.choosenh.com).



*The fog added to the solemnness of the firing of three rounds to honor our Veterans. This ceremony took place at the Pine Grove Cemetery in Woodsville on the morning of November 11, 2021. The ceremony was conducted by members of the Ross-Wood Post #20 American Legion of Woodsville.*

*Phonto by Joe McQueeney*

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

## Pumpkin Cheesecake

Hello hello my fellow chefs! How is everyone doing today? I'm feeling better but I don't feel 100%. I got so violently ill on Halloween day. I ate a dinner called Chicken Divan that I reheated and ate and ended up with food poisoning. I went to the hospital twice for hydration and nausea medicine through intravenous. There wasn't much else to do but ride out the duration of the bad food through my system. It really took a toll on me because I ended up being so sick for 8 days. I still have some intestinal issues but I'm much better. I hope you are all doing well.

My plan is to go to Rhode Island to spend Thanksgiving with my family and see my son, daughter in law and grandchildren so I'm excited for that.

Let's get started with today's recipe and how to make it. You will need a spring form pan.

### Ingredients

#### Crust

Preheat oven to 350 degrees  
1 1/2 cups graham cracker crumbs  
3/4 Cup melted butter or (6 Tbsp butter)

1 Tbsp white sugar  
1/2 tsp cinnamon

#### Filling

3 - 8 oz (24 oz) cream cheese softened to room temperature  
1 1/2 cups light brown sugar packed

15 oz can pumpkin  
4 large eggs  
1/4 cup sour cream  
2 Tbsp white all purpose flour  
2 tsp pumpkin pie spice  
1/2 tsp salt  
1 Tbsp real vanilla extract  
Whipped cream for topping



In small bowl Mix your crust ingredients till all incorporated. Put in spring form pan and with your hand in a baggie press lightly to even out going up the sides a little. Bake for 8 minutes then remove and let cool.

In large mixing bowl blend the softened cream cheese with light brown

sugar till fluffy. Add can of pumpkin. Let the beater do the work. Mix, and add eggs, sour cream, 2 Tbsp flour, pumpkin pie spice, salt and vanilla extract. Mix well scraping sides often.

Preheat oven to 350 degrees. Pour in the graham crust and bake for 1 hour then shut oven off but leave it in the oven with the door propped open with a wooden spoon for 45 minutes. Remove and cool, cover with plastic wrap and refrigerate overnight I prefer or at least 4 hours. Serve with whipped cream dusted with pumpkin pie spice. It's "Delicioso" and easy peasy. I enjoyed a piece with coffee and I used pumpkin spice creamer. Yum it was good.

I hope you enjoy this wonderful recipe. By the way mine cracked in the center and I don't know why. I'm thinking my spring form pan is a bit loose and time to get a new one. Let me know.

I would like to wish you all a very Happy Thanksgiving. Please try making this for your holiday dessert, you will be a star.

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

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