A FREE PUBLICATION 10 Winter Arrives

20 Pine Street, Woodsville, NH 03785 Phone: 603-747-2887

Next Issue: Tuesday, January

Deadline: Thursday, December 30

Email: Gary@TrendyTimes.com Website: www.TrendyTimes.com

**DECEMBER 21, 2021** 

**VOLUME 13, NUMBER 6** 

# Second Chance & Littleton Co-op Make A Great Team

Tuesday,

December 21,

.10:59 A.M.

The Littleton Food Co-op is delighted to host Second Chance Animal Rescue as our December Partner of the Month! All proceeds from rounding up your grocery tab in December will benefit the kittens and cats at this important institution in our community. Jackie Allison serves as the President of their Board of Directors. She shares the history of Second Chance Animal Rescue:

"Eleven years! That's how long it has been since Second Chance opened its doors to abandoned, forgotten, and abused cats and kittens in the North Country. It was November, 2020 that we began our critically important work bringing together needed resources plus the knowledgeable skills for saving the lives of animals at risk and giving them the second chances urgently they needed. Though the years have brought many challenges, we have seen countless heartwarming adoptions, families reunited with lost pets, and an outpouring of compassionate support that reminded us why we embarked on this journey.

In preparation for the next decade and beyond, our Board of Directors made the decision to secure a permanent home in our present location at 1517 Meadow Street in Littleton. Our building has been the beneficiary and the victim of alterations over the years. We are excited to announce the launch of much needed shelter renovations that will better fit our needs. The aim is to keep the building safe and energy efficient while retaining the home-like quality the cats now experience.

We are pleased to have helped so many people and the animals in their lives. The line of people outside our shelter on clinic days and the number of phone calls we receive on a daily basis is testament to how much our services are needed. The smiles and thanks show how much we are appreciated. All of this was possible because of supporters with caring hearts for the most vulnerable. Grateful thanks to all of you"

Second Chance is located at 1517 Meadow St. in Littleton. Their motto, "We care when there is no one there", can be seen in everything they accomplish. They also have a wish list just in case the Santa in you feels extra giving this year. The wish list and other information about Second Chance can be found at http://www.secondchancear.

org/.

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 intersec-

tion 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.littletoncoop.com, 603-444-2800 or just stop by!









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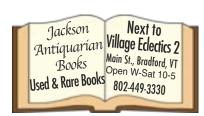
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# Woodsville Village Pizza

by Gary Scruton

It was a dark and stormy night. Well, actually, it had stormed the night before and by supper time most everywhere was cleaned up. Anyhow it was a good night to travel not far from home and get a hot meal from the newest Trendy Dining Guide advertiser, Woodsville Village Pizza.

Village Pizza has been around for quite some time now, but it recently changed owners and the new staff has made some changes. . One is that they are doing more foods from scratch right there in the kitchen. But this article is about our recent dining experience, so here goes.

Janice and I made the short trip over to 179 Central Street to the large paved parking area of Woodsville

Village Pizza. When we pulled in (shortly after 6 pm) there were a good number of vehicles taking up spots already. We came to learn that many of these folks were there to pick up takeout orders. We did see at least two other groups taking advantage of the warm dining area to settle into a booth or a table and enjoy a meal.

When going in the double front doors you are immediately in front of the order counter which easily shows off the kitchen and prep area. We were quickly greeted by one of the new owners and as we had both already decided what to eat, stepped right up to order. (I can mention here that even though our ordering process was quick, the phone managed to ring twice while we were standing there. Janice ordered a meal of spaghetti and sausage. Her meal came with a salad (ranch dressing, please) toasted garlic bread and she got a beverage out of the cooler (unsweetened iced tea). I went with a large steak grinder with American cheese, and fried onions, peppers and mushrooms. A little mayo and mustard for condiments and a bottle of lemonade from the cooler made my meal. With our order placed and our beverages picked up from the cooler we headed over to one of the booths for a seat.

We had barely even gotten seated when someone from the kitchen came out with Janice's salad in hand. And she was only really getting started on the salad when the same lady came out again with our two meals in hand. She asked Janice if she wanted some shredded Parmesan cheese to go with her spaghetti and with an affirmative answer she quickly returned with a small white, covered container of cheese for use. I should mention that the salad was in a good sized bowl and the spaghetti was served on a large deep white solid plate. My grinder meanwhile was served adequately in a hard paper container.



I probably do not need to say, but I will, that we both very much enjoyed our choices. I managed to finish my grinder. Janice had asked me after ordering if I didn't want fries or onion rings to go with my sandwich, but if I had ordered a side dish I never would have finished it. The steak was

nicely cooked with plenty of the vegetables to add to the taste. The roll was toasted. but not baked so much that it was hard.



Janice told me that her spaghetti had some spice to it, but not so much to be overwhelming, and it was loaded with sausage. Her salad was very tasty as well. And the garlic bread was very "garlicy". I can also mention that some of that spaghetti came home in my grinder container. Once home it did get transferred into another dish, and there is still most of a meal left to enjoy.

The total cost of our two meals and beverages was \$31.08 including the tax. We paid for the meals at the time of the order with a credit card. When we were finished with our meal, and we were heading out the door we dropped a cash tip in the jar at the front counter. So nice to be served by smiling faces.





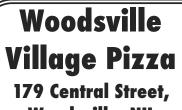




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# 7rendy Dining Guide Ads This Size Ad: \$125 for 6 Issues, Or 13 Issues for \$225. Plus You Get a Restaurant Review For More Details Contact Gary @ 603-747-2887 or Email: Gary@TrendyTimes.com



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# **Infamy Day**

by Elinor Mawson

I'm old enough to remember the day that the Japanese bombed Pearl Harbor.

We were living in Connecticut at the time. Besides my parents and me, my aunt was living with us and working nearby. And just to round out the family, my uncle was living with us too, along with his friend Roger. They were working at Pratt and Whitney making airplane parts. My uncle worked the night shift and Roger worked days. They shared a room; when my uncle came home from work, Roger got up and went to his job.

On December 7, 1941, a Sunday, my father took me ice skating. I had a cute little pair of double runner skates, and my mother dressed me in every warm piece of clothing I owned. We brought my father's friend Charlie with us. Dad and Charlie skated off, leaving me to shuffle myself around the pond, trying to stay upright. Soon Dad came by and took me by the hands, and off we went--he skating backwards and me going frontwards. Somehow, he didn't know he was skat-

**Authorized Milwaukee** 

ing close to shore where the ice was paper thin, and into the water we went. I was soaked up to my knees, and my father decided we'd better go home.

I remember sitting in between Dad and Charlie with my wet feet out straight. The radio was on and they kept saying "Shush" when I tried to tell them something. I didn't understand what was going on, but when we got home and my father told my mother what was on the radio, she reacted with horror. I still didn't understand but I knew the news wasn't good.

It was only days before things began to happen at home. My father had joined the Army and they'd sold the house. My aunt moved to a neighbor's, my uncle and Roger went home and joined the Navy. and everyone was packing up.

I really didn't understand the concept of moving. My mother explained that we were going to live with my grandparents, and I would have to leave my cat Gidigan, but I could take my imaginary friend, Slacks

shore where the Becker with me. er thin, and into We were to

We were to live with my grandparents for 44 months, all the time my father was in Europe. During that time, I got a baby sister, I learned to read, went to school and skipped the second grade, and lived a calm, laid-back life. When I look back, it was one of the best experiences I ever had. By the way, Slacks Becker stayed in Connecticut.

I was too young to realize our country was at war, although it was a subject of conversation every day. When it was all over the town exploded in celebration and I saw fireworks for the first time.

Of course, it all meant that my father came home and we moved away from my grandparents which made a huge difference in our lifestyle.

But that's another story.

# Resurgence of COVID Causes Haverhill Library to Close Public Hours

Starting Thursday December 16th, 2021 the Haverhill Library will be temporarily going back to curbside service with masked visits by appointment only. We'll be reevaluating these necessary measures monthly. Cases are rising in our area and we have had a lot of children and elderly together in a relatively small space. With the holidays upon us it is possible these COVID cases will temporarily increase. We want to do our part to keep our patrons safe.

We apologize for any inconvenience.

What you need to know:

Nanci, our Librarian, will continue to be at the library from 10:00 AM until 2:00 PM on Tuesdays and Saturdays; and from 3:00 until 7:00 PM on Wednesdays and Thurs-

days. Call 989-5578, or email Nanci at mail@haver-hilllibrary.org with your orders and she will provide curbside service by placing your items in a bag labeled with your name. These bags will be placed in a weather-proof tote outside the library for a previously arranged pick up time.

You are still welcome to come in and browse! But these visits will be by appointment only. Call or email Nanci to arrange your visit.



### The Who, What, and Why of District Taxes:

Districts in the State of New Hampshire can be rather confusing; we often get questions about how District's work, as well as how and why District residents are taxed.

Residents of a Town may also be residents of a District; however, most NH residents do not live in a District.

Here in Haverhill, forty percent (40%) of Haverhill residents live within one of the Town's four (4) Districts and sixty percent (60%) of residents do not live in a District.

Districts are an area of a Town designated for a special purpose; there are four Districts within the Town of Haverhill:

- 1. Haverhill Corner is a Water District w/water & streetlights
- 2. North Haverhill is a Water District w/water, streetlights, & sidewalks
- 3. Mountain Lakes is a Water District w/water, recreational lands, & facilities
- 4. Woodsville is a Fire District w/water, sewer, electric, ambulance, sidewalks, street-lights, highways, and fire service

The Town provides services throughout all of Haverhill, to all its residents, except for the special services allowed to be provided by a District within the District's boundaries. It is important to note, that if a District is not allowed to provide a special service then it is the Town's responsibility to do so.

Every resident of Haverhill is equally responsible for the Town's tax burden, meaning that each property owner within the Town of Haverhill pays a Town tax. The tax burden is the Town's budget less its revenues.

Additionally, Haverhill residents who live within one of the four Districts, also pay a tax to the District in which they live. Residents of a District are responsible for the District's tax burden, meaning that each property owner within the District pays a District tax, in addition to the Town tax. The District tax burden is the District's budget less its revenues.

Haverhill has a Board of Selectmen and Town Manager, and each District has a set of District Commissioners. The Town's Select Board and Town Manager are responsible for the Town's operation to include its budget, spending, and revenues. Likewise, each District's Commissioners are responsible for the operation of their District to include their budgets, spending, and revenues.

All Town residents can participate in Town Meeting and vote on the Town's budget. However, only residents of a District may participate in District meetings and vote on District budgets.

The Town can set the Town's tax rate only after each District sets their District's tax rate. Once all tax rates are set and approved by the Department of Revenue Administration (DRA) the Town then produces a tax bill for each property. All tax bills include the Town, County, and Education taxes; and properties that reside within one of the four Districts will also include a District tax.

Below are tax rates that were applied to bills in the fall of 2020 and spring of 2021:

| All Tax Bills                   |       |  |  |  |
|---------------------------------|-------|--|--|--|
| Town                            | 7.89  |  |  |  |
| County                          | 1.83  |  |  |  |
| Local School                    | 16.68 |  |  |  |
| Local School<br>State Education | 2.01  |  |  |  |
| Total Tax                       | 28.41 |  |  |  |
|                                 |       |  |  |  |

|               | Total Tax Plus       |
|---------------|----------------------|
| District Rate | District Tax         |
| 4.84          | 33.25                |
| 3.51          | 31.92                |
| 0.98          | 29.39                |
| 1.14          | 29.55                |
|               | 4.84<br>3.51<br>0.98 |

The Town collects all taxes and distributes those taxes to the appropriate municipal entity once collected.

Should you have questions regarding the Who, What, or Why of Town or District taxes please feel free to contact the Town Administration Office, we are happy to help.



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# Merry Christmas and Happy New Year to ALL

The NH House of Representatives will convene on Wednesday, January 2022, in the Exposition Center at the DoubleTree by Hilton in Downtown Manchester to act on the Governor's vetoes and retained bills from the 2021 session. It is the intent of the Speaker to conclude action on the vetoes and retained bills by Thursday, January 6; however, January 7 is being held in the event that scheduled work cannot be accomplished in the first two days. Governor Sununu has sent veto messages on four bills: HB 98 - changing the current September primary date to the first Tuesday in August, HB 239 - extending the statute of limitations for juvenile prosecutions to a victim's 24th birthday, HB 242 - defining the content of an adequate education, and HB 334 - relative to prohibitions on carrying a firearm on an OHRV or snowmobile and relative to the procedure for conducting background checks.

In regard to HB334, the Governor supports the provisions in this bill that would apply our constitutional right to carry a firearm to OHRVs and snowmobiles, hopes to sign such a bill next year. Governor Sununu's veto message states, "It is unfortunate that the legislature chose to tack on unrelated legislation that will cause those provisions to not move forward. I have consistently defended the 2nd amendment rights of New Hampshire's citizens and I remain committed to do so. New Hampshire's

laws are well-crafted and fit our culture of responsible gun ownership and individual freedom. The background check provisions are not about firearms rights, they are about government administrative processes. New Hampshire has taken steps to improve technology, processes, and staffing in order to address this issue without legislation. This bill would create substantial unintended negative sequences by ceding control of our state process to the Federal Government. Groups as diverse as the New Hampshire Firearms Coalition, the New Hampshire Coalition against Domestic and Sexual Violence. the Attorney General's Office, and the Judicial Branch all join me in raising significant concerns with this legislation."

On a different matter, I have been working with Regional Career Technical **Education Center directors** during the past several weeks in an effort to improve needed funding for this most valuable aspect of public education. NH manufacturers and businesses of all sizes are shouting for welltrained personnel with specific skill certifications. New Hampshire has 25 career and technical centers including the 5 centers located in Vermont (Canaan, Bradford, White River Junction, Springfield, and Brattleboro). New Hampshire statute states provides transportation and tuition cost assistance in the amount of \$9M each year. Approximately 9700 high school

students participate in the program. To better support and grow this program, the legislature needs to address the funding issue. For example, in FY20, centers did not receive full state funding. In accordance with the funding formula, Haverhill should have received 75% of tuition costs or \$221,813. In actuality, the cooperative district was allocated only \$123,502. There is also a formula that allocates funds for transporting students to and from regional centers that needs "full" funding reimbursement. That part of the law was addressed this previous session. During the upcoming session, legislation is being put forward to increase the state's annual CTE appropriation from \$9M to \$12M. This legislation is absolutely needed to better support our workforce demands.

Respectfully Submitted, Rep Rick Ladd

# Walk-In COVID Vaccine Clinic To Be Held in Orford

There will be a Walk-in COVID vaccine clinic at the United Congregational Church of Orford UCC (Route 10) on Monday, December 27, from 11 am to 3 pm.

- Walk-in clinic. No appointment needed. Limited to 200 people, first come first served. Please expect a wait.
- Offering Pfizer, Moderna, and Johnson and Johnson vaccines.
- · For anyone ages 5 and older for 1st, 2nd, 3rd, or booster doses. Not limited to NH residents.
- · Children 18 and under will need a parent or guardian present to sign consent forms.
- · Please bring a form of identification. If you have a vaccine card from prior doses, please bring it.

Clinic is operated by the NH Mobile Vaccine Program with volunteer support of local organizations.



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## **Lieutenant Governor Molly Gray Announces Campaign for U.S.** House of Representatives

Burlington, VT — Today, Lieutenant Governor Molly Grav announced her campaign to represent Vermont in the U.S. House of Representatives.

"While serving as Lieutenant Governor, I've met hundreds of Vermonters and I know firsthand the challenges we face," said Gray. "Our workforce is shrinking, housing is unaffordable, families are forced to choose between caring for loved ones and paying the bills, and our next generation is struggling to make it work. From affordable, quality child care to workforce development, I'm committed to working hard to bring real solutions to Vermont families. As Vermont's Congresswoman I'll fight for every corner of Vermont."

A lifelong Vermonter, Gray, 37, was born and raised in South Newbury, Vermont, on a vegetable and dairy farm still operated by her family today. She has served Vermont in Washington as an aide to Congressman Welch, statewide as an Assistant Attorney General and now as Lieutenant Governor. Before entering public office, Gray spent her career advocating for human rights and humanitarian assistance in Vermont, Washington, and around the globe. She is the first candidate to announce her campaign for the open seat vacated by Congressman Peter Welch, who announced on Monday, November 15 his run for the U.S. Senate to replace Senator Patrick Leahy, who will not be seeking reelection.

"Senator Leahy has set a strong example by always working together to get things done for Vermont, and that is exactly what I will



bring to our delegation. I will strive to serve as he has, by bringing the values and voices of Vermonters to Washington," said Grav. "Our Vermont leadership on climate action, reproductive rights, voting rights, and human rights can be a model for the nation."

In her 2020 bid for Lieutenant Governor, Gray prevailed in a crowded Democratic primary field, besting her three opponents with 44% of the vote. In her general election race against self-funded four-time Republican candidate Scott Milne and three Independents, Gray won with more than 50% of the vote. She was sworn in as Vermont's 82nd Lieutenant Governor on January 7, 2020. If elected to the U.S. House of Representatives in 2022, she will be the first woman in Vermont history to hold federal office.

More information about Gray's campaign and the campaign's launch video released today can be found at www.mollyforvermont.com.

## **Vermont Senate President Becca Balint Announces** Candidacy for United States Representative

MONTPELIER, VT - On a faction of the Republican Monday, Vermont Senate President Becca Balint (D-Windham) announced that she is running for Vermont At-Large seat in the U.S. House of Representatives. Balint is the first woman to serve as President of the Vermont State Senate in the history of the state, and she is also the first openly gay person in that position. She would also be the first woman and openly gay person to serve in DC on behalf of Vermonters, if elected.

Balint said: "I'm running because I believe that, even with the challenges of today, we cannot back away from fighting for each other. We have to deliver on some big promises for Vermont working families and that is going to take courage and kindness" Balint said. "Today, the pandemic is raging on, and people are struggling to balance childcare and work. Workers are looking for good paying jobs, and businesses are trying to survive. The divisions in Washington are stark - one party is trying to fight for our most vulnerable, and the other is willing to use violence to win. The threat to our democracy is real and it is now. This is the fight of our generation. I'm ready for this fight."

Balint continued: "I know change is possible. We can refuse to accept the division and hate that is dividing our nation, our communities and even our families. We can protect our democracy from

party that is willing to undermine the will of the American people. We can give all people the dignity and safety they deserve through investment in our communities and reforms of the systems that impact our daily lives. And we can save our planet for our children and future generations. To do this, we need leadership from someone who isn't afraid of these tough fights, who won't stop showing up - even when it is difficult - and who can bring people together even in the face of stark difference. That's what I've done as a teacher, as a mom and community member, and it's what I've done in the Senate. If Vermonters elect me to serve them in Washington, that's what I'll do for them in Congress."

Curtiss Reed, Executive Director of Vermont Partnership for Fairness & Diversity. and President and CEO of CRJ Consulting Group, said: "In the constellation of Vermont public servants, Becca Balint's star shines brightly. Becca has a track record of getting important things done for all Vermonters. She has my unqualified support to serve as our next representative in Congress. Becca leads with courage, empathy, clarity of purpose, and creative problem-solving skills that transcend her lived experience. Join with me to send Becca to Washington!"

Former Burlington State



Representative Mary Sullivan said: "When Becca first arrived at the legislature, she stood out immediately for her skills, her ability to work with others and her passion for issues that really help working people. Becca is a true leader. She knows we are in a perilous moment for our country where turning away from each other will only strengthen what divides us. She will hit the ground running in DC and she'll be fabulous for Vermont."

Balint said, if elected, her priorities would be to invest in infrastructure that will create jobs and opportunity in rural communities, pass a Green New Deal, protect reproductive rights. lower healthcare costs and work towards a Medicare for All system, expand childcare and pass a national paid leave plan, tackle income inequality through fighting or pandemic support and a living wage, pass comprehensive voting rights legislation and legislation that would prevent election theft, and  $\tilde{\mathbb{S}}$ prioritize criminal justice reform policies aimed at reducing recidivism and creating a more fair justice system.

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### The Town of Haverhill seeks bids for the maintenance of the Town's seven (7) cemeteries.

The initial contract shall be for one (1) year, however, with successful completion of the first year the bidder can be considered for up to a three (3) year contract extension.

Questions may be directed to Robert J. Rutherford, Haverhill Cemetery Commissioner (603) 787-6067.

All bids must be in a sealed envelope, clearly marked as "Cemetery Bid", and must be received at the Town Administration Office at 2975 Dartmouth College Highway North Haverhill, NH 03774 no later than 12:00 noon on December 29, 2021.

> Bid specifications can be found on the Town's website under "Announcements".

The Town of Haverhill and the Cemetery Commission reserve the right to accept or reject any and all bids.



# Calendar of Events

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

### **WEDNESDAY, DECEMBER 15 -THURSDAY, DECEMBER 23**

CHRISTMAS VILLAGE DISPLAY 4:00 - 9:00 PM - Free Admission Warren Town Hall

### **TUESDAY, DECEMBER 21**

WOODSVILLE WINTER WONDERLAND 1:00 - 3:00 PM Woodsville High School

### **SATURDAY, DECEMBER 25**

**CHRISTMAS DAY** Merry Christmas To All

### **MONDAY, DECEMBER 27**

WALK-IN COVID VACCINE CLINIC 11:00 AM - 3:00 PM Orford Congregational Church See Article on Page 4

### **WEDNESDAY, DECEMBER 29**

WINTER DECORATING CONTEST LAST DAY TO CAST BALLOT www.cohase.org See Ad on Page 6

### **SATURDAY, JANUARY 1**

**NEW YEAR'S DAY** Happy New Year To All

### **MONDAY, JANUARY 3**

HAVERHILL SELECT BOARD MEETING 6:00 PM

### **WEDNESDAY, JANUARY 12**

**ROSS-WOOD POST #20 AMERICAN LEGION** MONTHLY MEETING 6:00 PM

4 Ammonoosuc Street, Woodsville

### **SUNDAY, JANUARY 16**

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

### FRIDAY, JANUARY 14 -**SATURDAY, FEBRUARY 26**

**NEK ARTISANS GUILD** 10:30 AM - 5:30 PM (Tues.- Sat) Back Room Gallery, St. Johnsbur See Article on Page 10

### **THURSDAY, JANUARY 20**

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

### **TUESDAY, FEBRUARY 1**

WOODSVILLE WELLS RIVER 4TH OF JULY 7:00 PM Baldwin Memorial Library, Wells River

### **WEEKLY EVENTS AT CLIFFORD MEMORIAL BUILDING**

South Court Street, WoodsvilleANTIQUE 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** 

# ww.trendytimes.com

for an easy way to submit your upcoming event, fundraisser, or performance.



Holiday Hours

Friday, Dec. 24: Closing at 1:00 pm All offices will open at their regular time

Saturday, Dec. 25 (Christmas Day): Closed

Sunday, Dec. 26: Closed Walmart Office will be closed

Friday, Dec. 31: Closing at 3:00 pm

All offices will open at their regular time

Saturday, Jan. 1 (New Year's Day): Closed



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Adam W. Smith





### **NH Tourism Officials Forecasting Robust Winter Visitation Numbers Expected to Rebound to Pre-Pandemic Levels**

Concord, N.H. - (December 18, 2021) - The New Hampshire Division of Travel and Tourism Development (DTTD) is projecting a strong winter season with more than three million visitors expected to travel to the state, spending approximately \$1.2 billion. DTTD announced the travel forecast during a virtual event kicking off the winter season, hosted by Ski New Hampshire.

"We're optimistic heading into winter," said Taylor Caswell, commissioner of the New Hampshire Department of Business and Economic Affairs. "We know the outdoor recreation assets in New Hampshire like our ski resorts and winter trail networks are among the largest drivers of our state's economy. They bring tourists to

spend a weekend but also increasingly more new residents seeking to restore their work/life balance."

DTTD will launch its winter advertising campaign in January in its core New England markets. With the US -Canada land border open non-essential again to travel; the state has returned to marketing in the Quebec and Ontario provinces. The winter campaign highlights skiing, snowboarding, snowmobiling and snowshoeing as well as various off-slope activities, such as shopping, dining and lodging. Similar to summer and fall, this winter New Hampshire will continue to target distant drive markets - states within a 600-mile radius of New Hampshire.

"We're looking forward to welcoming visitors to enjoy our state during winter," said NH Travel and Tourism Director Lori Harnois. "As we enter a second winter season amid an ongoing pandemic, we continue education efforts around preparing for your trip before you leave home, and about the importance of being kind and understanding to each other. Both are elements of our Granite State Promise and Leave No Trace initiatives that promote sustainable tourism."

Explore www.visitnh.gov for New Hampshire winter road trip inspiration.

Stay connected with New Hampshire tourism on Facebook, Twitter, Instagram, Pinterest and YouTube, and be sure to follow #LiveFreeNH to see what other people are saying about winter in New Hampshire.

# **Eenie Meenie**

by Maggie Anderson

Some days I actually wish I had trouble finding something to write about. There are so many things happening around the world the noise in my head often sounds like an over-loaded washer on the spin cycle slamming itself into

The big problem is scanning my horizon and choosing from the myriad moments vying for attention. Between the political lunacy, which is always at hand, stories of crime and lack of punishment that fill every newsstand's headlines screaming for their fair share of notice, man's ability to harm humiliate, neighbors pitted against neighbor, every possible vile hurt that could be inflicted on another, right down to the latest weather reports.

I never have a lack of topics to wade through, a different sort of swamp, one I'd like to rise above today.

Having recently returned to our little house in Oregon we are getting settled in for the long winter again.

Friends drove us over from Portland giving us the freedom to take in the view and to see how the landscape, so scarred when we left, has been transformed. The changes remind me of a grandchild not seen for six months, the difference is so remarkable I barely recognize the little bundle of joy.

Our mountain looks a lot like an anthill at the moment, neighbors busily planting

lawns, decking halls, and erecting houses where only ashes used to dwell.

We've seen homes nearly finished on lots that looked like lunar landscapes before we left. The whole neighborhood is beginning to look like a polished version of its former self, beautiful to see, wonderful to be a part of.

Folks have stopped to say welcome back, some to check in and ask if we have all we need, others just wave and smile as they pass.

I've been hugged by so many folks all over town my ribs ache. One friend lifted me right off the ground and a woman who observed the encounter ran into me at the dollar store later and said she wondered if I was going to get the same reception from them. I'm not sure my ribs could have taken it.

The community that stepped up to help from the moment the fire erased so many dreams, has continued to offer support while the survivors dreamed new dreams.

We on the mountain have been embraced by a group of single-minded people wanting to do whatever they can for those who lost everything they had. They seem determined to stay, maybe not till all our dreams come true, but at least until all our needs are met.

We are not only grateful for the care and concern from neighbors and the larger community, but we are also happy to be here again they make here hard to beat.

# Latina (Un)Equal Pay Podcast Conversation Released by Vermont Commission on Women

(Montpelier) - The Ver-Commission mont Women has just released Latina (Un)Equal Pay, the fifth in a series of podcast conversations examining the ways sexism, racism, homophobia, and ableism intersect, creating larger wage gaps for women of color, women living with disabilities, and members of our LGBTQ+ community.

This conversation features Marita Canedo, the Milk with Dignity Program Coordinator at Migrant Justice; Amanda Garcés, the Director of Policy. Education and Outreach at Vermont Human Rights Commission; and Drea Tremols, business

owner of Soul Vibration Therapy. Massage guests contribute not only personal experience and reflection to this discussion but perspective from their work in justice, healing, and equity. The conversation is introduced by VCW Executive Director Cary Brown and moderated by VCW Cochair Lisa Senecal.

Based on median earnings for full-time, year-round workers, Latina women are paid 57 cents for every dollar paid to white non-Hispanic men. Latina Equal Pay Day fell on October 21st of this year, a symbolic day illustrating the point into the current year, an extra 10 months, to which Latina women must work to earn as much money as white non-Hispanic men made in the year before, due to the gender wage gap. While Latinas are the group with the largest gender wage gap, they are far from monolithic: they are from a myriad of cultures and identities and can be of any race.

Watch this video podcast on YouTube with Spanish or English subtitles, or listen on Spotify or Apple Podcasts.





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by Eli Heath
Paige Computer Services

The Holidays are here and some people are getting new computers for Christmas. Here are some suggestions for your old computer;

Setup a Media Center: depending on its specifications you can move your old computer next to your television and use it as a media center or Digital Video Recorder. With a decent size hard drive you can use it to store everything from music, pictures and video. There is a free version of a Media Center you can download from www.teammediaportal.com, it contains all the same features as Windows Media Center plus a few extras. To take full advantage of the media center you will also need a TV Tuner device such as the ATI All in Wonder video card. a remote comes with the card so, you will be able to record, pause and rewind live TV.

Create a Digital Photo Frame: today you can purchase a picture frame that

# Tek Talk with Eli

will display you digital photos. Most picture frames will connect to a computer with a USB Cable. Your computer can store thousands of digital photographs; with the cable you can stream them to your digital picture frame. Some picture frames are wireless, so having a wireless card on your computer you can stream the pictures to any frame in your house

MP3 Jukebox: store all your music files and connect your PC to your stereo set, play all your MP3's from your computer through your stereo set. You will still need the media center software, if you have wireless in your house you can stream your music into every room, you will also be able to listen to internet radio.

Setup a test machine: if you purchase or download new computer software and you want to test it before you install the program on your main computer, than use it as a test machine. That way if there is a bug or flaw in the program you can find out before you use it on your main system. You can also install multiple operating systems such as Linux, and learn new programs under those operating systems.

Learn a new operating system: if your old computer is running Windows 7 or

Windows 10, reload the computer with Linux. This is a free open source operating system that is based on the UNIX kernel. Many older computers will work on Linux without any modifications. Linux comes loaded with all the applications you need to operate your computer from e-mail to photo editing programs, practice with it and in time when you are ready just use Linux for your operating system, it is more secure and less likely to crash your computer than the other operating systems. You can download Linux at https://ubuntu.com/download/desktop . You will need a high speed connection to download the ISO disk image to make a bootable CD, they will also send you the Linux CD free of charge, or if you are in the area you can stop by my shop and I will give you a copy of the CD. Other sites where you can get other versions of this operating system www.debian.org. I recently installed a version of Linux called ChaletOS you can download and install both x64 and x32 bit versions. What is amazing about this version of Linux is it looks and acts like Windows and

many of the functions are

windows based, so if you

want to run Linux but like the

feel of Windows this version is for you. You can download ChaletOS at https://archiveos.org/chaletos

Make a Network Storage Backup Device (NAS): If you have a home network and you want to store all your music files, documents or other files that can be accessed on your home network then make your old computer into a network storage device. Some network (NAS) storage devices cost hundreds of dollars but with a little time you can make one for free. You can download a free program called Freenas www.freenas.org. After downloading the cd image burn the image to cd using your cd burning software, boot from the cd on your old computer follow the instructions (download instructions from website), connect your old computer to your network, tweak the settings and soon you will be up and running.

Donate your old computer: contact your local school or senior center. There may be a child or senior that cannot afford a computer. This will help the environment plus you may write it off your taxes as a charitable donation, just make sure you get a receipt from the organization that you donate it to. If you should buy a computer from a manufacturer such as Dell they will

recycle your old computer and donate to a charitable organization. There are also recycling centers that may give you cash for your old computer and some you have to pay a fee to recycle your old computer, one locally is www.wincycle.org they are located in Windsor, VT

Sell it for parts: you can advertise in the local classifieds or on e-bay. There could be someone who has a computer like yours that just needs the parts to repair a computer, or someone who is looking for a low cost computer. You can go to your local computer store to see if they will sell it for you, here at Paige Computer we offer that service.

Make sure all your personal information is removed from the computer when you dispose of it. I recommend a free program called Darik's Boot & Nuke you can get it here at https://sourceforge.net/projects/dban/. This program boots from a CD or 3.5" disk or thumb drive and will over write your computers hard drive. This will wipe out any data on the drive.

So I hope this information is helpful. Be sure to visit us on the internet at www.paige computerservices.com. You may call at 603-747-2201 or e-mail at paigecs@gmail. com. So until next time Happy Computing.



# From Everyone at **Trendy Times**

May Your Holídays Be Safe and Happy, and May 2022 be a Better Year



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For Questions Call 603-747-9296



























A Community of Christians





# Northeast Kingdom Artisans Guild **Presents First Exhibit of 2022**

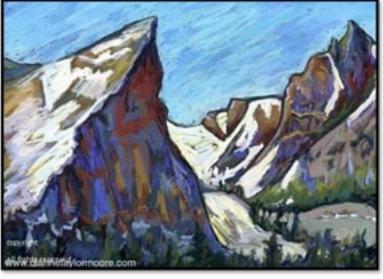
Our Back Room Gallery would like our patrons to take a warm vacation in Let Us Fly Away (to vibrant painted lands). The art of artist Dianne Taylor Moore.

The exhibit opens on Friday January 14th, running to February 26th, 2022, Tuesday through Saturdays from 10:30 AM to 5:30 PM.

Dianne states "The heart of my painting is the natural world and the sould is vivid color. Bringing images of landscapes and animals to my canvases allows me to relive the joy of discovering them for the first time." People often purchase her commemorate work to places they have seen. The brilliant colors, and sharp edges of her work seem to captivate the emotional rapport that they feel deeply about, what as been described as the "exaggerated reality" of her work. These are locales that are personal, that they love.

This exhibit takes the viewers out of New England to areas of the country. We hope to relieve unwelcome frigid winter air of Vermont-the part we tire of, not the beauty of the season that we love. With Diane we will fly away to the Southwest, to Colorado and The Florida Keys, taking a bit of a vacation, for our eyes and soul, bringing the far outside inside.

Dianne is a master of pastel painting, many of which are in numerous private collections, museums and galleries throughout the United States and Canada.



She is originally from Chapel Hill, North Carolina, and received a classic art education from Maryland Institute College of Art, The Art Institute of Chicago and the University of Illinois. After receiving a Bachelor of Fine Arts from The Portland School of Art, she began her Studio Art career. Travel and studying, demonstrated in this exhibit, is an ongoing progression as an artist. Dianne has won numerous award, and shown her work throughout the States and Canada, with many articles written about her and was featured on NH Artist television series.

Dianne recently moved to Vermont, from neighboring New Hampshire, and has also lived in Maine. An 1880 Barn serves as her studio. So chase away those winter blues with the brilliant color and the warmth of Dianne Taylor Moore's "fresh air" art in downtown Saint Johnsbury. We are located at 430 Railroad St. NEK Artisans

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and artisan now celebrating their 25th year. Visit the Guild at www.nekartisanguild.com, on Instagram and Facebook, or call during open hours at 802-748-0158.

Press release written and submitted by James M. Frase-White, Curator, Back Room Gallery



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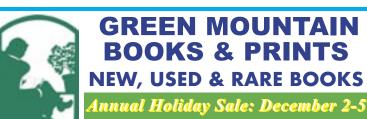


There are so many Fabulous Christmas light displays in both NH and VT. Feels great to have the Spirit back. It was difficult to decide which one to share. Here is one from Groton VT.



Cottage Hospital recently gave a generous food donation to the WHS JAG Pantry Pack Program along with a cash donation. Many thanks to those who made this donation possible for our stu-

Pictured below from L-R Tyler T. Mrs. Darling, Beya S, Megan C.



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# Op Ed, "Americans – wake up!"

Let's stop blaming everything on COVID! True, it was the start of things going wrong...people dying, loss of jobs, mask mandates, etc. Thank you, China. Then, Joe Biden came into office.

Look at what is going on. We are being overrun by illegal immigrants. Our borders have been eliminated. The drug cartels are getting richer by the minute, and the drugs here in America have exploded with thousands upon thousands of drug deaths.

Let the immigrants come, however, but let them come LEGALLY! We have enough drug problems, money problems, and stealing and killings, now. Do we need more?

You can say what you want, and vou can ignore the problems by "burying your head in the sand," but it is here! Do we want Socialism? NO! Let's all get together, and fight this. I know many of you did not like President Donald Trump. However, he DID the job. He loves America!!

Democrats and Republicans look around. Is what President Biden doing OK? His approval rating is 28%!

We NEED TERM LIMITS! Should we continue to give these career politicians all that power? Take Nancy Pelosi, for example, she is a dedicated dictator by being in power for almost 50 years! They make so much money in politics, and then we give them, or should I say, they TAKE a great benefits package - for the rest of their lives!

Republicans should wake up! You say you are upset about what is going on, and then do nothing. In the next election, we need to get rid of the RINO's! They are NO help to the Republican Party!

Democrats should wake up. Look around you. The stores are empty. No one is stocking the shelves in many of our stores. Many restaurants need servers, and good, experienced professionals as nurses, police, fire, and teachers are quitting because we are giving lots of money at the start of the COVID epidemic, and it's still going on now! FREE everything! STOP IT!

Why are the Democrats allowing a President (in name only!) to run the country who is incapable of running it by himself! So, who is really "pulling the strings"? It's all done "behind closed doors"! The Vice President isn't any better with an approval rating LOWER than

the President's! In addition. many of her staff members are leaving her staff. All she does is laugh at what is going on. Where is she, anyway?

It is sad that the Republicans and the Democrats cannot civilly debate the issues, clearly and understandably so we can all grasp the issues and their positions....for the BETTER-MENT of our great country! The Democrats have closed minds. They just don't want to debate. As Dr. Phil says, "How's that working for you?!"

The drug cartels have taken over. They are getting extremely rich with open borders. Drugs are destroying our youth! Look around you. We now have a country of Zombies! All they do is sit around, shoot up, and get high.

There are some good Democrats in office who need to speak up, and stop being puppets! Otherwise, we can say "Good-bye" to the country that we have all known. I cannot believe that the Democrats, as smart as they think they are, can really approve of what is going on. Wake up, Demo-

Why are we thinking of giving illegals \$450,000.00 per child of our tax money? I know many Americans who could use that money, themselves, to pay for their skyhigh heating bills this winter. That scares me!

President Biden is thinking of shutting down another pipeline. Is this crazy, or what? America has vast reserves of oil, coal (2nd only to China!), and natural gas, and we are begging Saudi Arabia and Russia to pump more oil in order to lower gas prices. Does that make sense? Last year, we were energy independent; now we are begging for help. Democrats are in lock-step with the Biden Administration on this, and many issues. Why? Aren't they independent thinkers?

We have young people going into stores, stealing whatever they want, and all the owners can do is watch it happen. What are we doing? "Defund the police" has taken over, and the police officers' hands are tied instead of trying to protect the people they swore an oath to serve. If they try to arrest someone for breaking

the law, they are told they are racists, and the criminals are allowed to go free. Take the guy who drove into the Christmas parade marchers in Wisconsin. If his bail were set higher, he wouldn't have been able to drive through that parade, killing all those innocent people.

California used to be a beautiful state. The governor is incapable of running it. He is one of the Elite, and has shown his people he can do whatever he wants. Who would want to visit California these days? All you see on the streets are tents, drugs, needles everywhere, feces, urination, and panhandling. The homeless have taken over, and are allowed to do whatever they want. No wonder people are leaving California in droves to re-settle in other states!

The protestors don't want to just protest. All they want to do is burn the American flag, destroy buildings and statues, loot, and fight.

Why don't the Elites like Oprah, use her Billions of dollars, and speak up? Why, because they can run away

to one of their many houses, 13 and have a great time behind their gated communities, and not think about what is going on in the lives of the rest of us. Obviously, they do not care! Don't they realize they cannot take their Billions with them when they go? They can give to their many charities, and do good all around the world, but why not start with America? All they would need to do is SPEAK UP! That's what is needed now. When God comes for them, and He will, what will He say? I gave you talents, and you made Billions, but you destroyed America!

Critical race Theory. Why? Let us be who we Who cares what color....we are all children of God!

Let's all try to get along with each other, and pray, pray for America!

Nick De Mayo, M. Ed., Northern Grafton County Republican Committee, (NGCRC), Chairman Sugar Hill, NH



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Bath Village School is a rural K-8 school with approximately 70 students located in the picturesque village of Bath, NH. We are seeking a caring and enthusiastic person to provide instructional support for some of our students during the 2021-2022 school year. This is a full time position; experience is preferred, but we are willing to train the successful candidate.

> To apply please send a cover letter, resume, and references to: Ellen Swain, Principal Bath Village School PO Box 141 Bath, NH 03740

> > Email: eswain@sau23.org

## **BATH VILLAGE SCHOOL LONG-TERM SUBSTITUTE POSITION** FOR THE 2021-2022 SCHOOL YEAR

Bath Village School in Bath, NH has an anticipated opening for a long-term substitute teacher in our primary grades. The anticipated leave will be from February 7, 2022, through the end of the 2021-2022 school year.

Priority will be given to the candidate who holds or has held a K-6 or K-8 Elementary Educator Certification, but others will be given consideration based on education and experience. Experience with GoMath, LLI Benchmarking, and Guided Reading is a plus.

Please send application materials to: Ellen Swain, Principal, PO Box 141, Bath, NH 03740. Email: eswain@sau23.org



# Give Yourself Some 'Paychecks' for Retirement

During your working years, you've probably met the costs of living through your salary. But once you retire, where will the money come from? Is there a way to give yourself a "paycheck" for retire-

There is indeed – but you'll have to do a good job of managing your available income sources. Here are some moves that can help:

 Accept dividends and interest payments. Instead of automatically reinvesting all your dividends and interest payments into your portfolio - which is an excellent strategy for building wealth - you might want to begin receiving these payments as part of your income. Keep in mind, though, that companies can lower or discontinue dividends at any time. However, it's also true that some companies have consistently paid, and even increased, dividends over many

> years, and even decades.

> Choose an appropriate withdrawal rate. Once you're retired, you'll likely need to begin withdrawing from your invest

ment accounts. But you'll need to avoid taking out too much early in your retirement - you don't want to risk outliving your portfolio. For many people in their mid-60s, a 4% annual withdrawal rate is a good starting point, but everyone's situation is different, and your ideal rate will depend on several factors: your age, the size of your portfolio, other sources of income, and so on. Once you turn 72, you'll be required to take at least a minimum amount from your traditional IRA and 401(k), but you can choose to withdraw more, if necessary.

 Maximize your Social Security. You have significant control over the amounts you'll receive from Social Security. You can begin taking these payments at age 62, but they will be much larger if you wait until your full retirement age, which will likely be between 66 and 67. (You will receive the maximum amount if you wait until you reach 70.) So, if you think you have enough income from other sources, you might decide to delay taking Social Security - but if you need the money, you may not be able to wait. And here's something else to think about: If your spouse had considerably higher earnings than you did, you

thousand

may be eligible for spousal benefits.

 Consider an annuity. You might want to consider purchasing an annuity that provides lifetime payments. Some annuities are even indexed for inflation, meaning payments will increase or decrease each year, keeping pace with the Consumer Price Index. Annuities are not suitable for everyone, though, so, before investing in one, you should consult with a financial professional who is familiar with your situation.\*

Finally, don't rule out the possibility of earned income. Just because you've retired from your full-time job doesn't mean you can't work in some capacity, perhaps by doing some part-time work or consulting or even opening your own small business.

Look at all these ideas when thinking about putting together an income plan for your retirement. You may find that your diligence will pay off.

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

name it; the botched Af-

ghanistan withdrawal, the

billions in state-of-the-art

military equipment ceded to

the Taliban, vaccine man-

dates for everyone except

the millions of illegals invad-

ing our country, importing

Edward Jones, Member SIPC

# (and even some real words)

# From The Editor

This issue of Trendy Times is the last one for 2021. This makes it two years in a row where the year has fallen far from fulfilling the hopes and dreams of most people. The year has seen the continuation of a pandemic around the world that has taken far too many lives. An interesting fact I just heard was that to date in the United States the death toll for COVID-19 is around 800,000 people. This number is greater than the entire population of the state of Vermont. Just think about that for a moment.

There has also been a large amount of strife these past twelve months on the political scene. The Republican and Democrats continue to argue on even the smallest of points making it hard if not impossible for the country to move forward in any kind of controlled and united manner. From immigration regulations, to the withdrawal from Afghanistan, to how to combat the pandemic, there has not been a consistent, steady direction for the people of this country to follow.

As readers of Trendy Times know I have continued to answer the Letters to the Editor that are sent to me. As a child I was taught that the polite thing to do was to answer letters sent, so I am trying to continue that habit. Of course this does make it difficult at time for me. As you may guess I do not agree with the viewpoint of every letter writer. I also do not dis-

agree with every letter written. My goal is simply to offer a response to these letters that offers up a different view. As I have often said, every problem or issue has many sides and should be looked at from as many different angles as possible in order to find the best solu-

One thing I have noticed about these letters of late is that, on average, they are getting longer. In this edition of Trendy Times the five Letters to the Editor average about 600 words. Add in the Op-ed and the average goes to almost 670. This average is low because one letter was only 150 words. I obviously do not have a major issue with the length of letters, but I do need to ask all our letter writers to attempt to keep letters to under 600 words each. Believe it or not paper costs money. Meaning when I add four pages to Trendy Times in order to give room for all these lengthy letters, then it costs me more. It also means that on occasion I have to leave a letter out simply because of space, or lack thereof.

So please keep those letters, op-eds, or just your story that you want to tell, coming into my inbox and I will respond to the letters, label the op-eds, and give credit to the story tellers. After all Trendy Times is a "Viewspaper". Meaning your views are what makes it what it is.

Gary Scruton, Editor

### Letter to the Editor: Debacle in D.C.

it. Makes me wonder how

soon one of the new 85

they're hiring will be auditing

us Granite Staters. It's as if

the befuddled cartoon char-

acter Mr. Magoo is running

everything, with Stalin as his

chief of staff! Who can fix

this? The House and Sen-

ate could. But the New

Hampshire DC contingent

won't lift a finger. Why? Our

four elected NH Democrats

serving in DC; Hassan,

Shaheen, Pappas and

Kuster virtually always vote

the way Nancy and Chuck

tell them to. They brag

about delivering \$1.139 bil-

lion for NH Highway pro-

from

Infrastructure bill. Sounds

arams

good right?

Biden's

IRS

agents

To the Editor,

Reading Mr. Bowers' letter in a recent Weirs Times I became furious. Why? Because our socalled leaders here in New Hampshire are not standing up for us. Mr. Bowers wrote an intelligent and factual letter about the failing state of our economy. Every day we hear of proposals and decisions from the Whitehouse that seem incomprehensible! For example, the decision to draw down our STRATEGIC oil reserves for sketchy benefit.

Worse, they're assigning radicles to key governmental positions. Take for example the head of Homeland Security, a rabid advocate for open borders; he's ok with welcoming non vetted, non Covid tested people into America. Worse, he's having hordes of these illegals covertly dumped into red states. Our Energy Secretary doesn't even know our oil consumption rate. Our Transportation Secretary takes TWO MONTHS off while the nation's supply chains crumble. Our President approved a nominee for Comptroller of the Currency who has called for an end to banking as we know

ceived the smallest portion of any State from this immoral largess! Will this liberal quartet from New Hampshire fix inflation? Will they reduce the cost of heating our homes, filling up our cars? No! None of this is on the Dem's agenda. I actually think they don't care. Their alliance is clearly not to us!

Granite Staters have to

wake up to the failure of our

four DC Democrats. You

tens of thousands of Afghanistan refugees with little to no vetting, while leaving behind hundreds of American citizens and loyal friends. Soon we'll not recognize our beautiful State or our Country for that matter if we don't stop voting for destructive, partisan Democrats. Our taxes continue to go up along with inflated costs for everything. Incomes won't sustain the ever increasing costs of essential goods and services. All in all I think this admin-Except when we learn that New Hampshire re- istration is an economic and moral disaster. I'm thankful for our major-

ity Republican control in Concord. Are these people perfect? No. Are they the least-worst alternative? Yes. Want to make things better? Do your homework. Support conservative Republican candidates when you vote. You'll be glad you did.

Marlene Rivers Thornton NH

in the local elections on Town Meeting day that will happen in only about two months. After all the local decisions made at the town, county and even state level, can also affect what happens on the national level.

Gary Scruton, Editor

Marlene, Thank you for your letter. I feel it was well written, concise, and offered your opinion on the events of today's world.

I will echo your call for voters to get out and vote. Not only when the state wide elections of 2022 come our way in 8 or 9 months, but also

# Letter to the Editor: The Whole Truth and Nothing But The Truth

To the Editor,

You, the reader, and I can probably remember a time when we got "caught". We broke out in a mild sweat, maybe turned red-faced and... smiled or actually laughed to fein a "who me?" Same happens with ideoloques who deny reality and only deflect their steadfastness in the face of fact. Yes, Biden released 50,000,000 barrels from U.S. oil reserves - the ideologue is supported in his or her "I told you so". But here's the missing fact. In 2020 the U.S. produced 6.66 billion barrels or 18.19 million barrels per day. Therefore Biden's gesture will last 2.75 days. Instead Biden asks OPEC (which provides only 11% of oil imports) and other non-U.S. producers to increase their output. Of course they all refused. If demand is high and supply low simple economics tells us the price will be high. The only way to cut demand is to shut down U.S. productivity and yield to China and the globalists the Biden playbook. As in other Biden initiatives this one clearly demonstrates he is not for our Americanmade economic engine. Biden tries to appease the radical left's fear of climate change with the Build Back Better plan (see below) (they should all seek quality psychological counseling for pre-PTSD.) To pander to the climate ideologues, Biden stopped new oil, gas leases on federal lands. One-quarter of U.S. oil and one-eighth of natural gas production occur on federal lands. That production will continue because of legally bound contracts. Another Biden smokescreen goes up in – well – smoke.

To use solar energy to produce the same output as the Merrimack Station oilfired power plant, 37.3 MW, would require 149 acres of land and 186,000 solar panels, each made of metals that would lead to toxic waste at end of life. Clean energy now means toxic waste in 25 years that must be disposed of. To use solar power to replace the natural gas-fired plant Granite Ridge Energy - output 745 MW - (cleaner burning than oil with much less C02 production), would require 2,980 acres and 3,732,000 solar panels. There would need to be 309 wind turbines to produce the same energy as Seabrook nuclear power plant (57% of NH electricity production of renewable, clean energy) Wind turbines are noisy, depend on the weather (as does solar energy), kill wildlife and have high maintenance costs.

Biden's Build Back Better would, yes, move the U.S. back-ward by adding to national debt and expanding federal government control of our lives. Good old Yankee ingenuity has raised the standard of living, not expanding government control -U.S, poverty continues to decline. (Biden's approval ratings clearly show citizens do not want more federal government interference on their liberty and freedom). Biden and the Democrats wanted this monstrosity enacted into law quickly, to avoid the tedious work of the Congressional Budget Office Analysis. That analysis refuted the Biden claim of no extra cost. Another Anti-American Biden and liberal Democrat initiative.

The anti-American Biden wants to raise business taxes to fund his socialist/communist agenda which, as in the past, drove U.S. jobs out of the country. To try to stop the exodus which would occur with higher taxes, the cognitively impaired Biden asks other countries to raise their taxes. Only a despotic globalist might accede to such an outlandish request.

When Biden and company comes a callin with the usual line "We are here to help you" ask a few questions like: why, what's in it for you and, above all, what do I have to give up.

Robert Peraino Franconia

Your title to this article may, I'm afraid, be a bit misstated. If I am not mistaken there are some opinions woven into your letter. Not to say those opinions are not valid, or even true, but there is a dividing line between a cat, or truth, and one from w

person's opinion on any given matter.

I have no knowledge of, therefore I do not dispute your numbers regarding the number of solar panels, or windmills, needed to take the place of currently running power plants. But some would question you referring to Seabrook as clean" energy.

I feel I must also point out that it is your opin-

ion, not proven fact, that President Biden is pushing a "socialist/communist" agenda. In reality that probably depends on the definition of "socialist/communist" that is being used.

As always I encourage and welcome opinions from whichever side of the aisle one may sit, or from whatever angle one may look at an issue. I simply ask that when something is presented as a "fact" that it is provable as such. And when something is offered as an opinon, it is labeled as such. It seems to be the most fair way to present ideas and commentary to our readers.

Gary Scruton, Editor

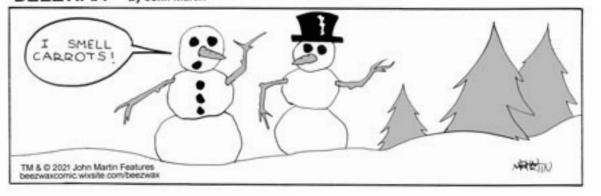


Robert.





BEEZWAX By John Martin



## Letter to the Editor: Rebuttal to your Rebuttal

To the Editor:

Gary, I feel I must respond to your rebuttal of my recent letter. I didn't realize my thoughts and observations were required to be juxtaposed with yours. Far be it from me to have a differing opinion.

Comparing a COVID campaign vaccination within the school to a craft fair is like comparing apples to hand grenades. This is an experimental, highly invasive (penetrates your and potentially cells). deadly concoction of chemicals, a far cry from crochet. But, I'm sure you're aware of the many deaths and injuries caused by it, being a news guy.

As far as your comments on homeschooling my child, it's possible my abilities are hopelessly inadequate. HoTim.

wever, with all the time I'm saving by not teaching critical race theory, vaccine compliance, pseudoscience, leftist political agendas and social indoctrination disguised as social studies, I've found there is much more time to actually provide a classical education... you know math, sciences, reading and language. Considering the continued national trend of declining SAT scores in public schools and the fact that these tests do not ask questions about vaccines, CRT, LGBT identity pronouns etc, I am confident my child is being well served outside the public school system.

Tim Robie Haverhill, NH

I welcome, even encourage, differing opinions. That is often the reason for replying to these letters, to give a differing viewpoint. After all it is discussion that stimulates new, and hopefully better, ideas. So please feel free to offer up any opinion you may have whether it be on eduction or politics, or whatever.

Regarding home schooling, I have no doubt that you have the best intentions of giving your child the best education possible. I also agree that there can be topics taught in school that do not agree with either your or my beliefs or opinions. Again I will say that differences in views are a positive thing. It allows for debate, discussion, and the opportunity to expand ones horizons. That is not to say that we must agree with everything taught. Indeed it is our obligation to question many things we learn, whether in school, in the general public, or even in Letters to the Editor. Gary Scruton, Editor



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### Letter to the Editor: Freed "Em!!

people even noticing. But

To the Editor,

On a planet not far from here, there was a nation called Globalia Orwellia. Globalia Orwellia usurped all political power on that notfar-away planet. A rival good country on the same planet, called You-Ess-Eh, went out of fashion. You-Ess-Eh's heritage had been a remarkreligiously-founded guiding-light ideology called Freed 'em. But the infiltrating agents advocating Globalia's methods contrived to get most citizens really bored by the Freed 'em idea. How they created such boredom was: They managed to get the populace really really soft and marshmallow-like and gave everyone all the stuff they wanted. It was stuff that some people didn't even really deserve. The more people got, the more ungrateful and covetous they became. Even God became passe'. And forgetting God was what really did it in the end. Goofy meaningless doo-wop music was in the air, along with greasy hair and lifestyles even lower than that. Next, Globalia rolled over everything.

control in schools and they taught Free- Dumm instead of Freed 'em there. Free-Dumm is the idea that everything is its exact opposite. Good is evil, evil is good, and so on. This worked really, really well. Under Free-Dumm's domination, technologies that attack Freed 'em were always called "smart". Most of the people now believed that Liberty was completely dumm. Freed 'em was on its way out, essentially. This led to the Demo-Rat system, in which a lemming-mob commission rules everything. Real minority rights be damned.

However, there was a problem that persisted for the Globalia agents. About half or more of the population in You-Ess-Eh still had a kind of vestigial belief in Freed 'em which kept rearing up its ugly head in songs like a particularly unforgettable one about Beautiful Spacious Skies. Yikes, God Himself was mentioned heavily in that song.

This all was a huge thorn in the side of Globalia. They had wanted You-Ess-Eh to disappear without

this was not happening properly. So, they invented NPR (National Propaganda Radio), and also CIA-NN, which were both skewednews-and-communism, also called Meeedia. Why convince everyone when you can COM-vince them? Socialism-Studies was taught in lower grades instead of history. Political "Science" was inculcated heavily in universities: that's politics made to seem as if it ever could be "correct"- Politikkal Korrecktness. The whole population got COM-vinced to stare constantly, hypnotically, at little tablets which entirely took the place of Moses. If anyone wanted to know something they would ask an imposter- someone named Seery. Seery was only a robot that didn't know much of anything.

The Globalia agents had a country that acted as their base while they infiltrated You-Ess-Eh. This country was called EUchh, although at first it had been called The Communist Market. A family called the "Rocky-Fellers", members of the Money Mafia who were secretly

agents of EUchh, farmed out their work to a third very populous country they'd practically created from-theground-up after first wrecking it, called China Bull. Most of the Bull that was manufactured then ended up coming from China Bull. One of the richest members of the Money Mafia was a psychopath with murder tendencies named Bill Bates. who was an ally of the World Stealth and Wealth Organization (WORSAW). He hired a quack Nazi mad scientist (Dr Fausti), who falsely claimed to be a real physician, to re-engineer a virus to infect mainly You-Ess-Eh, and bring the quailing, weakened nation down at last, forgetting their Bill of Rights through sheer fear of Fausti's nasty little bug.

Finally the Globalia agents got a challenged individual who had never played chess, President Gump, to invite half the population of You-Ess-Eh to Our Nations Capitol on a certain January day. The patriots were lured by a belief that Freed 'em might now at last be restored. But protesting "LawBreakers" the

now made the laws) turned out to be a trap. The patriots were so busy staring at their surveillance tablets clowning around at Our Nations Capitol that they did not even know they were being framed. Many of them were put in jail and all were smeared by Meeedia, and called Extreeeeeemists, even though this claim was the exact opposite of the truth. The real truth was, that most who had taken over leadership positions in government were now full believers in Extreeeeeeemism. Not to mention terror-ism, which is use of raw fear against a population, to achieve an otherwise unthinkable, unacceptable political end. And yet the revolting despicable Meeedia, which did the frame-up job on the Freed 'em people, got their lies to stick. No one even seemed to care, and many Freed 'em guys rotted in disgusting, expanding gulag prison camps. The planet, which as you have been informed is not far from here, was deceived.

Jay Iselin Lyndonville, VT

Jay,

I also love to work with the American language. Making up new words, or terms can be entertaining. It can also be taken the wrong way by some who read it. Though my head may well be stuck in the proverbial sand, I take your letter to be intented to be fun or at

If instead it is looked at as a means of hammering

on the current status of the United States, then I want to say that US is how I read it. US. You, me, our neighbors, our relatives, our friends and even our enemies that live in this country. It is US. And if we do not pull together as one, then we are sure to pull apart. That option does not seem to offer much hope with US.

So let's see if we can just start getting along with each other. Listen to each other's ideas. Recognize that not everyone looks at a problem in the same way, and therefore sees it differently. That does not mean they are wrong and we are right. It just means the issue has multiple sides and therefore can be addressed in multiple ways. Each method being one that needs to be considered.

Gary Scruton, Editor

# Plymouth State University's 5th Annual "Teddy Bear Toss" Collects Nearly 1,300 Toys and Monetary Donations for Children's Hospital at Dartmouth-Hitchcock

CHaD Ambassador Elliot Perry of Bedford was honored in a pre-game ceremony and performed ceremonial puck drop

The Globalia agents took

Plymouth, NH - The Marketing Association of Plym-State University outh (MAPS, PSU) hosted its 5th annual Teddy Bear Toss event benefitting patients at the Children's Hospital at Dartmouth-Hitchcock (CHaD). The event took place during the men's ice hockey game against Wesleyan University on Friday, December 10, at PSU's Hanaway Ice Rink.

Attendees were invited to

bring new stuffed animals to the game to be tossed onto the ice when PSU scored its first goal. Teddy bears were also available for purchase at the game, with all proceeds from the sales donated to CHaD. The Panthers' first goal came midway through the first period on a blistering wrist shot from freshman Ethan Stuckless prompting the crowd of 655 to shower the ice with nearly 1,300 stuffed

Ten-year-old Elliot Perry of Bedford, New Hampshire, a CHaD ambassador and patient who spent 121 days

animals of all sizes and colors.

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in CHaD's neonatal intensive care unit after being born prematurely, was the Guest of Honor and performed the ceremonial puck drop. Elliot also sat on the bench with PSU's hockey team during warmups, visited the team's locker room and received a signed varsity jersey.

"I am so grateful to PSU and to MAPS for their continued support of the Children's Hospital at Dartmouth-Hitchcock," said Elliot Perry. "All of the stuff animals donated at the toss will help CHaD kids, like me, feel comforted during visits to the hospital. It's an honor to be invited to events like this and to help toss some teddy bears that will make so many kids happy."

Prior to the start of the game, Elliot was honored in a private ceremony at the Savage Welcome Center overlooking the Hanaway Ice Rink. Ceremony guests included his parents, Carrie and BJ Perry, Donald Birx, Ph.D., PSU President, PSU nursing students and pediatric program leaders from CHaD.

PSU's Teddy Bear Toss is the largest event of its kind to collect stuffed animals for pediatric patients at CHaD. The previous four events tion of more than 6,500 stuffed animals. This year's event collected 1,298 stuffed animals, and proceeds from the sale of teddy bears and other items totaled almost \$800.00, which will also be donated to CHaD.

"This was our most successful Teddy Bear Toss to date," said Brad Allen, Ph.D., Director of PSU Business Faculty and faculty advisor for MAPS. "The quality, variety and number of stuffed animals was tremendous - all but a few are brand new and will bring comfort and smiles to children at CHaD. Kudos to

MAPS and to the men's and women's hockey teams who handled the donations carefully as they collected them from the ice. I am very proud of all the students who pitched-in to make this such a wonderful event."

Of the 1,298 stuffed animals collected, only eight have resulted in the dona- had no tags on them. These will be donated to a local non-medical non-profit organization.

> MAPS, an interdisciplinary student group, is a nationally ranked chapter of the American Marketing Association (AMA). The group operates an embroidery shop and created a custom Teddy Bear Toss logo that they embroidered onto hats, jackets and other items that were sold at the hockey game and will be donated to CHaD families.

> For more information about Plymouth State University, visit www.plymouth.

### Letter to the Editor: A Letter to the Parents of Haverhill, NH

Dear Editor,

I am writing today in response to the December 13th Haverhill, NH school board meeting. At this meeting the board voted 3-2 with one abstention to make masks optional in all circumstances, no matter how many Covid-19 cases there are in a school, how many kids are absent or how many staff are also excluded from their classrooms. I feel this decision was irresponsible and ill timed, however, I am not writing to shame or chastise the board. I am instead writing to ask something from our community: I am going to ask you to read my public remarks from Monday's meeting.

One member of our community on Monday stated they were against masks mandates, vaccine clinics, social distancing and even having kids go home when they do not feel well. As they read their statement, they made the bold remarks that they "spoke for the people."

Close to 75% of parents who were asked in a district wide survey, said they supported masking children either full time or in a targeted way as we had been for the last two months. De-

David,

To mask or not to mak has certainly become a question that faces every one of us every day.

When you go shopping and every employee of the store you enter is wearing a mask, do you follow their example and also put on a mask?

How about the store where no employees are wearing a mask. Do you follow their example, or do you do what you feel is best for you and others? Perhaps you only do what you feel is best for yourself?

I realize that you are referring to our schools, not stores. But again the same principal can be applied.

spite this overwhelming response I would never pretend to speak for the people. I only am speaking for myself in this letter. So instead, I will try to speak to the people of this community. As you read this letter and my statement below, please think about how your personal decisions affect others around you.

My public remarks on 12/13/21: I am troubled by the current cultural state of our local area and many parts of our country. I hear the words "freedom" and "liberty" a lot lately, yet what I rarely hear is sacrifice. We do not have the freedoms that we enjoy as a nation without sacrifice. Sacrifices of those who came before us. For example: when our great grandparents wore masks during the Spanish Flu, when our grandparents had meatless Mondays and used rationing cards when going to the grocery store during WW2, when our parents only went to the gas pumps on certain days and never on the weekends due to oil shortages in the 70s. We often hear about the big sacrifices of the past but these smaller sacrifices that are less spoken of were also

an important piece of attaining the freedoms we have today. Fortunately, none of them were met with the level of hate, anger and push back we see today. We live in a time of privilege and most people cannot remember or fail to connect how these sacrifices relate to today.

I have heard a lot about how mental health is the greatest concern surrounding masks. I concede that mental health is a major concern right now however I believe masks are the most minor part of that problem. Isolation, disruption, and change have a lot more to do with it. The more we isolate, disrupt, and change what our children do every day, the more mental health problems we will have. From the beginning of this pandemic, I have supported keeping our kids and families doing what they always did and keeping kids in school and there is a lot of ground to make up as we navigate this.

As we are "done" with this virus even though it is not done with us, we only add to delaying getting back to some level of normalcy we had before this began. For

before this pandemic will never quite be the same. We continue to deny that Covid-19 presents a serious community health risk. This is a virus that right now has patients needing ICU care in our state sitting in holding rooms because there are no beds in the ICU. One that has caused covid patients to sit in emergency rooms on ventilators because there is not space in intensive care and placed with a nurse that has not been trained to care for them. One that has now taken multiple lives of people in our community, people who were healthy before they got covid, and several of which were well known individuals who most of the people in this room would know by name if I said it here today.

some who have lost loved

ones the normal they knew

I do not know what it will take for this anger and hate to go away. We send our kids to school and we ask our children to continue to strive for the highest level of achievement and expertise in whatever it is they choose to do in life. Yet we are denying information from those who have done just that in their field. The CDC rec-

ommends universal masking in schools at this point in the pandemic, the state of NH Dept of Health and human services also does. Why is it every hospital and doctor's office is requiring them if they do not mitigate the risk? If you were a mason for 50 years, it would stand to reason you would have more knowledge of building a fireplace then I do. If you ran an excavator for 30 years, it would also stand to reason you would be able to run one better than me. However today when doctor's and epidemiologists who have similar experience tell you something, your Facebook feed or Google search is worth more somehow. I want everyone to ask themselves one question: what are we teaching our children in this district if we are not teaching them what we do every day is for more than just ourselves? Fear does not need to be part of wearing a mask, we have made it that way. It could be more simply: a temporary act of love and kindness to help others who may not be as healthy or as young as you!

David Robinson Jr Haverhill Resident

having a healthy discussion about an issue is the best means of solving it. Not a quick thought or two, but a real discussion where minds are open to hear others point of view. A time when all voices are heard. A time to look at as many statistics as can be verified. And then after due consideration, make an informed decision that can be orderly put forth and overseen by people willing to be fair and just.

This might all be a dream, but it is the essence of how democracy is supposed to work. Lets try it.

Gary Scruton, Editor

Do you do as those in the facility are doing, or do you just do your own thing?

Now let me turn to mandates. Most people do not like to be told what they MUST do. Some will even not do it simply because they were told they must, regardless of how they feel about the subject. Of course some mandates are necessary, like driving on the right side of the road. The question becomes where is the line for mandates? How far can, or should, any governing body go to make sure it's policy is carried out.

I'm afraid I do not have all the answers to these questions as well as many others. But I do believe that

# NH's Ice Harvesting History Honored With An Historical Highway Marker

The N.H. Division of Historical Resources is pleased to announce that a New Hampshire Historical Highway Marker has been installed on Route 13 in Brookline near Lake Potanipo, a site where ice was harvested by the former Fresh Pond Ice Company.

The marker reads:
"FRESH POND ICE COM-PANY

Beginning in 1890, Fresh Pond Ice Company operated on the eastern shore of Lake Potanipo. The first ice harvest was shipped to Boston for local distribution in 1892 on Brookline's newly complete railroad. At its peak of operation, the company employed more than 250 people and harvested more than 100,000 tons of ice annually in 13 icehouses. The advent of electric refrigeration, coupled with a fire that destroyed the extensive complex of icehouses on March 22, 1935, effectively ended commercial ice harvesting at this location "

The marker is located on the west side of Route 13 approximately two-tenths of a mile north of where that highway intersects with Mason and Meetinghouse Hill Roads.

It is the 271st marker in New Hampshire's Historical Highway Marker program.

Any municipality, agency, organization or individual wishing to propose a historical highway marker to commemorate significant New Hampshire places, persons or events must submit a petition of support signed by at least 20 New Hampshire residents. They must also draft the text of the marker and provide footnotes and copies of supporting documentation, as well as a suggested location marker placement.

New Hampshire's historical highway markers illustrate the depth and complexity of our history and the people who made it, from the last Revolutionary War

soldier to contemporary sports figures to poets and painters who used New Hampshire for inspiration; from 18th-century meeting houses to stone arch bridges to long-lost villages; from factories and cemeteries to sites where international history was made.

An interactive map of the state's historical highway markers is available at the N.H. Division of Historical Resources' website, nh.gov/nhdhr.

The New Hampshire Historical Highway Marker program is jointly managed by the N.H. Division of Historical Resources and N.H. Department of Transportation.





# 18 **#** What About Ma?

by Kellie Quackenbush

### All About the Winter Roads

We are in the winter season - freezing temperatures, icing roads, black ice, grumpy drivers and less daylight hours - this means it is time to be mindful of safe driving. There are many tourists and recent newcomers to our area, they may not be aware of how weather conditions change or the risk of winter travel. We, all of us, need to be mindful of the weather and our vehicles condition.

About the vehicle we are traveling the roads in, do you have your winter tires on? At this point in the year, some people are still driving on "All Season" tires. While there is not any snow to speak of, "All Season" tires will get you where you are going. However, once we have some snow build up, "snow tires" are the safe option. The tread on your tire helps with driving safety. "Good tire tread depth will be 6/32 or deeper. If the depth is 4/32, you should start thinking of replacing your tires and getting new ones. 2/32 or less means that you should change your tires ASAP. The amount of tire tread can affect your stopping distance, making a drive in wet or snowy conditions more dangerous." per the December 5, 2021, WWW.consumerreports.org.

Being aware of the weather and the potential changes in weather conditions as you drive can be the difference between a good vacation or a bad travel experience. It is cold outside but your car will be very warm inside. Put your coat, gloves, scarf and hat in the back seat so if you do get stopped or stuck you will be able to have appropriate protective clothing outside. Have at least one safety vest to wear if you have to get out of your car while traveling. You want to be visible to other drivers.

"If you must drive, here are tips to help you stay safe. Stay on main roads and highways, and stick to the flattest roads you can. Avoid hills and roads with

sloping surfaces wherever possible. Drive only during daylight hours, and avoid driving alone if you can." per the Weather Channel, www. weather.com. Have your cell phone charged and be sure to let people know your route and anticipated arrival time. If you get stuck, you will want people to be aware of your travel plans.

Have a cooler with beverages in it and snacks in your back seat, if you do get stuck, good hydration will keep you healthy. Carrying an extra blanket, flashlight, a book and safety matches is good safety for longer road trips. You will also want to check your spare tire, have a travel emergency kit in the trunk along with a basic tool box. Get a map and whatever other helpful tips from your insurance company or road service (like triple A). Be aware of toll booths and what exits would be safe stopping points.

"Every year we hear about the plight of motorists caught on the road during a severe blizzard or storm. The results can be traumatic and/or fatal unless you are prepared. Make sure you check with local authorities such as local Forest Service Offices about local conditions and road conditions BEFORE you set out on your trip!

Most Forest Service roads of Mt. Hood National Forest are covered with deep snow and are not maintained, and are impassable during the winter.

Many people are unaware of the hazards of winter travel. Harsh conditions of wind, cold, snow, or whiteout conditions can have you trapped for extended periods of time." per the U.S. Forest Service, www.fs.usda.gov.

Winter scenery is very lovely, the glistening snow, sparkling trees, snowy mountain tops, we have it all. Please be safe in your travels and take your time going to whatever destination you select. Arrive alive. Happy Holidays.

# Winter's Remedies

It's that thyme of year again, thyme to build your bodies strength & immunity. Herbal therapy can be effective and all-encompassing 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, and 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 formulas to increase their efficacy, 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, pernicious viruses, cause many of today's serious illnesses. Severe flu and viral infections such as AIDS, HPV and viral warts are becoming increasingly prevalent and insidious 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 virulent viruses do not respond to medical anti-biotics, and many people have been prostrated for weeks at a time, unable to overcome them. Herbal anti-viral combinations have been effective when anti-biotic drugs were not.

Do you have a Cold or the Flu? Here are the differ-

Colds and flu are distinct and separate upper respiratory infections, triggered by different viruses. (outdoor environment, drafts, wetness, temperature changes, etc... do not cause either of these illnesses0. The flu is more serious, because it can spread to the lungs, and cause severe bronchitis or Beginning pneumonia. stage symptoms for both can be very similar. Both colds and flu begin when viruses, that (unlike bacteria, cannot reproduce outside host cells) penetrate the body's protective barriers. nose, eyes and mouth are usually the sites of invasion from cold viruses. The most likely entry target for the flu virus is the respiratory tract. Colds and flu respond to different treatment. The following brief SYMPTOM CHART can help identify your particular condition, and formulate for it better.

Α COLD **PROFILE** LOOKS LIKE THIS:

- Slow onset.
- No prostration.
- Rarely accompanied by fever and headache.
- Localized symptoms such as runny nose and sneezing.
- · Mild fatigue and weakness as a result of body

- Mild to moderate chest discomfort, usually with a hacking cough.
  - · Sore throat common.

A FLU PROFILE LOOKS LIKE THIS:

- Swift, severe onset.
- · Early and prominent prostration with flushed, hot moist skin.
- Usually accompanied by high (102-104) fever, headache and sore eyes.
- · General symptoms like chills, depression and body aches.
- · Extreme fatigue, sometimes lasting 2-3 weeks.
- · Acute chest discomfort, with severe hacking cough.
- Sore throat occasionally.

Anti-bacterial herbs include: Elecampane Root, Black Walnut Hulls, Goldenseal Root, Chaparral, Myrrh. Anti-viral herbs include: St. John's Wort, Lomatium Root, Astragalus Root, Osha Root, Comfrey Root.

Anti-inflammatory & Antispasmodic herbs include: Thyme, Hyssop, Cherry Bark, Elder Berry.

Respiratory Health Herbs include: Wild Indigo Root, Fenugreek Seeds, Ginger Root, Thyme.

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

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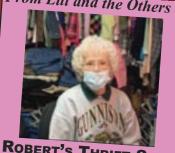
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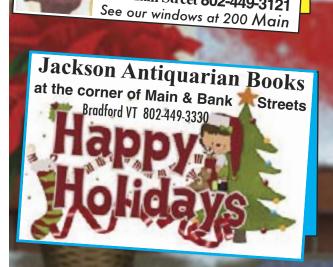
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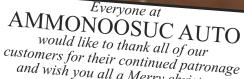
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# **Apple Crisp Cookies**

Hello hello my fellow chefs! How are all of you doing today? I'm doing good and in Rhode Island with my family. Arlo the baby has started to walk and boy does he love getting around. He is such a happy boy. Angelo and Abigail are getting so big so fast. Nick and Tobi are good parents, I am such a proud grandma and mom. Enjoying my Rhode Island favorites and hopefully going to Twin Oaks for some good food and drinks!

Today's recipe is so "Delicioso". It's a cookie everyone will like and they are crunchy and chewy. I used my stand mixer and mini food processor, it made it easy peasy. But you can use a hand mixer if that's what you have. Let's get started with today's recipe and how to make it.

Ingredients 2 1/4 cups rolled oats

- (not instant or fast cooking) 1 cup all purpose flour
  - 1/2 tsp baking soda
  - 1/2 tsp salt
  - 1/4 tsp ground all spice
  - 1 tsp cinnamon
  - 1/2 tsp nutmeg
  - 1/4 cup melted butter
  - 1/4 cup applesauce
- 3/4 cup packed brown

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2/3 cup white sugar

- 1 large egg
- 1 tsp pure vanilla extract
- 1/2 cup Granny Smith apple (I used 1/2 of an

apple and it measured 1/2 cup) cut very small

1/2 cup chopped walnuts (2.25 oz. package)

Preheat oven to 350 degrees. Mix all dry ingredients



in large bowl with a whisk. Set aside. Melt butter in small bowl and put in your mixing bowl. Mix applesauce in with butter add brown and white sugars keep mixing and add egg and vanilla extract and mix. Slowly add the

dry mixture to your mixing bowl until combined. Put apple and walnuts in and mix until combined scraping sides and bottom. The mixture will be sticky. Use your 1 1/2 Tbsp cookie scoop and on 2 cookie sheets lined with parchment paper scoop cookie mixture. The scoop works really well and releases no problem. Put 2" apart and let rest on cookie sheet for 10 minutes then bake for 10-14 minutes until edges are browned. Remove from oven and cool on cookie sheet 10 minutes then carefully remove and finish cooling on wire rack. I got 35 cookies using a third sheet if you need to. That's it!

It's worth investing in a cookie scoop, it will make the iob so much easier. Shaw's or Walmart sell them. They are not that expensive. Store cookies covered or in covered container. Enjoy!!! You will be a star for these scrumptious treats.

Well folks that's it for today's recipe and I hope you will try them. If you have any questions please contact Gary and I will help you out.

Until next time I am signing off. Merry Christmas to all of you. Sincerely,

Cin Pin

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