

A FREE PUBLICATION

TRENDY



Next Issue: Tuesday, January 25
Deadline: Thursday, January 20

PLEASE NOTE

TIMES

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JANUARY 4, 2022 VOLUME 13, NUMBER 7

Big-Block Super Modifieds Ready to Rocket the Barre Highbanks

Barre, VT — We all sat in awe as Barre's own Nick Sweet took down a blistering 12.107-second time during Booth Bros/HP Hood Time Trials as part of the 59th annual Vermont Milk Bowl presented by Northfield Savings Bank. Now, in 2022, fans both trackside and around the world on FloRacing will be given a new definition of speed on the iconic Thunder Road high-banks.

Officials are excited to announce that the newly founded NE Big-Block Super Modified Series (NEBSMS) will make their Thunder Road debut for two special events in 2022.

In an effort to save a nearly extinct format of racing, Pro All Stars Series (PASS) president Tom Mayberry stepped up

and offered Northeast drivers and owners a closer-to-home alternative to the far reaching International Super Modified Association (ISMA) schedule on non-conflicting dates. These custom-built chassis are designed to hold together under amazing stress with the big-block engine sitting beside the driver, who is also surrounded by four open wheels and covered by a giant wing that aids in slowing these rockets through the corners.

The Big-Block Super Modifieds will make their Thunder Road debut as part of the annual Friday Night weekly series opener on June 10th. Joining the headlining first leg of the Myers Container Service Flying Tiger Triple Crown Series, NEBSMS will also share the track with the Ma-

plewood/Irving Oil Late Models, rk Miles Street Stocks and Burnett Scrap Metal Road Warriors.

The 'Supers' will also headline the other annual Friday night card as part of the Leny's Shoe and Apparel Milk Bowl Friday. A stellar opening for the 60th Vermont Milk Bowl presented by Northfield Savings Bank weekend also features the PASS Super Late Model 150, PASS Modifieds, and North East Mini Stock Tour (NEMST).

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



Racing, visit www.FloRacing.com.

For technical information concerning all PASS divisions, and for media or marketing questions, please contact passracing@roadrunner.com

or visit www.proallstars-series.com. Don't forget to "Like" the Pro All Stars Series on Facebook or follow on Twitter @PASSML14 to keep up with breaking news as it happens.

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TRENDY Dining Guide

Iron Rail Pub + Grill

by Gary Scruton

The week between Christmas and New Year's can be a very hectic time, or a very quiet time. Like so many times of year it depends on your own lifestyle. It also depends on gatherings with friends and family.

In our case, at least this year, it was a quiet time for Janice and I. So we took advantage of that and on a Wednesday evening decided to make the short trip over to the Iron Rail Pub & Grill in Woodsville. As we had heard regarding many local establishments we were a bit worried about their staffing situation and how that might affect their serving capabilities. So I called to be sure they were open, and to see if reserva-

tions were needed. The person answering the phone offered that it was a good idea to have a reservation and was happy to take it. (I called at six for a reservation at seven).

We arrived just before seven and stood in line for just a few minutes as a party of four was seated just in front of us. When we were shown to a booth it was obvious that it was a busy night at the Iron Rail. Even with that said it was not long before our waiter appeared to take our beverage orders. Janice asked for a Coke while I went with a Sam Adams draft. I was offered a choice of a 16 or 22 oz. glass and stayed with the smaller vessel. We also told our waiter that we were ready with meal orders as well. So he pulled out his

POS (Point Of Sale) hand held implement and got ready to enter our requests.

Janice asked for a cup of Clam chowder and an entree of Chicken Alfredo with Broccoli. My choices were for a cup of the Seafood chowder (listed as the soup of the day) and an order of Fish & Chips.

I must say that our beverages arrived very quickly to our booth. And then our two cups of chowder followed very quickly thereafter. One thing I must mention about the chowders was that our cups were actually bowls served on top of a plate. The broths were well seasoned and very creamy. We were both very pleased with the taste and the amount of non broth ingredients. We did ask a different waiter later in regards to

how big the bowls were. He told us there are about 3 oz. larger. Our chowders also came with a bag of oyster crackers on the side.



The timing was just fine for our meals to arrive a few minutes after we had finished the chowders. Janice's meal also included a pair of garlic bread pieces on the side of her dish. There was a large piece of tender grilled chicken breast that was sliced and served on top of the entree. She enjoyed the meal, but was unable to finish it and we asked, and received a covered dish to put the re-

mainder in so that we could take it home and she got to enjoy the meal again the next day.

My fish and chips featured a single large piece of flakey breaded fish. It covered a good portion of the plate that also had a serving of nicely cooked french fries. On the side was a paper cup of tartar sauce and a solid metal cup for the cole slaw. Though I was able to finish the entire meal, it was a bit of a challenge to get around it all.

One more note about the goings on at the Iron Rail during the week between Christmas and New Year's is that we noted on our way out of the building that the outside Corn Hole court was in use. Apparently the temperature was warm enough for some die hard players to keep their arms in shape.

The total cost for our two meals and beverages was \$53.17 which we were able to pay right at our table with the help of our waiter and his portable POS equipment. As normal we left a cash tip on the table before we left.



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January 4, 2022

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2022 Trendy Times Publication Schedule

For 2022 Trendy Times will continue to publish on an every other week schedule, with the exception of the very first month of the year. Please note that the second issue of Trendy Times will have a publish date of Tuesday, January 25, 2022. Deadline for that issue will be Thursday, January 20. After that the deadline will continue to be the Thursday prior to each publication date. Please note that Trendy Times is printed late Sunday night/early Monday

morning at Upper Valley Press in North Haverhill (as it has been since its founding in 2009).

The regular business hours at Trendy Times are 9 am to 5 pm Tuesday thru Friday. Again, the exception will be the time period of Thursday, January 6 thru Monday, January 17 when the office will be closed for a short, but well earned vacation.

Here is hoping that '22 is a much higher caliber year.

January 2022 thru December 2022	
DEADLINE	PUBLISH DATE
Thursday @ 5 PM	EVERY OTHER TUESDAY
December 30	JANUARY 4
January 20	JANUARY 25
February 3	FEBRUARY 8
February 17	FEBRUARY 22
March 3	MARCH 8
March 17	MARCH 22
March 31	APRIL 5
April 14	APRIL 19
April 28	MAY 3
May 12	MAY 17
May 26	MAY 31
June 9	JUNE 14
June 23	JUNE 28
July 7	JULY 12
July 21	JULY 26
August 4	AUGUST 9
August 18	AUGUST 23
September 1	SEPTEMBER 6
September 15	SEPTEMBER 19
September 29	OCTOBER 4
October 13	OCTOBER 18
October 27	NOVEMBER 1
November 10	NOVEMBER 15
November 24	NOVEMBER 29
December 8	DECEMBER 13
December 22	DECEMBER 27

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The Rocking Chair

by Elinor Mawson

We had just bought our house and were furnishing it slowly when we received a welcome Income Tax refund. The first thing we bought was a vacuum cleaner. We had lived in several apartments without one, and it was a must-have in our new home.

With the money left over we purchased a maple rocking chair for \$30. I really don't know why we thought we needed it, but I guess the fact that it was affordable helped make up our minds.

It sat in our living room for years without much use. But when I went back to teaching, I brought it with me, and it was a very popular item in my classroom. I always sat in it after noon recess when I read aloud to the students. I told them it was my favorite time of the day, and soon they started asking if they could sit in my lap.

I shudder now when I think how times have

changed in the Education world. For one thing, the chair in a classroom would be a no-no; to say nothing about lap-sitting. I would be terminated before I even started, but at the time I felt that it was a good thing to do.

As soon as I would sit down there would be a chorus of "Can I sit in your lap?" and I would give each child 5 minutes on the clock (one that had hands) and they would comply. I always noticed the children who would ask every day, and the ones that never did.

I remember one girl whose sister had been involved in a murder plot. She was in the room across the hall, but one day she came crying into my room. The sister was going to testify in court that day, and her home life must have been chaotic. I told my class "Don't say a word", and turned my chair around. The girl sat in my lap for several minutes and then got up and left. I thanked my

class for understanding what had gone on, and I am sure they did.

As my chair began to show signs of wear; my husband would bring glue and clamps to school and put it back together more than once. Another time, a large girl stepped on one of the rockers and broke it, but my husband fixed that too.

When I retired, I brought my rocking chair home. We have lived in 5 or 6 places since that time, and it has followed us to every one. Now, I notice that our older friends prefer to sit in it when they visit because it is easier to get out of when they leave. Our friend Father Dan used to sit at the table in it when he came to dinner.

I am sure if my chair could talk, it would have quite a bit to say. We may not have had a purpose in mind when we bought it, but it has fulfilled many a purpose since.

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

January 4, 2022

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Racist or Realist

by Maggie Anderson

Last week Kamala Harris, in answer to the question of what her biggest failure in office so far is, said "not getting out of DC more."

She went on to say it had much to do with not being able to travel, what with the restrictions, etc. The woman can back peddle in quick time, I'll give her that, of course she's had lots of practice in her long career.

From my perspective Ms Harris has given a perfect imitation of Waldo the world over since she took the office of Vice President of the USA.

According to my fumbling count, she made appearances in at least 6 countries and has shown up to bolster the campaigns of Biden-friendly candidates and cheer for the BBB and her pet Voter Rights Bills in at least five different states.

One of those visits was to New Jersey on the day other Biden officials were in Mexico meeting with their Mexican counterparts who were discussing our border crises - the first and most important job the president charged HER with I might add.

This last year Ms Harris certainly seems to have racked up a lot of sky miles, what with being trapped in DC as it were.

Our VP has said "anything she handles is because it's a tough issue and it couldn't be handled at some other level."

I'm not sure she believes that or that she's trying to get us to, either way it still leaves an awful lot undone and unanswered for.

At the moment she's drawn a bead on the pressing issue of the Voter Rights Bill, a bill that has so many holes it could be mistaken for Swiss cheese. I mean

seriously, I can't rent a car, an apartment, or even a lousy television set without photo ID.

None of us can board a plane, get a drivers license, buy booze or cigarettes, even have our ears pierced, or any one of literally dozens of other things requiring photo ID but she thinks it discriminatory if we expect folks voting for some of the most pressing issues of our generation to show their photo ID before they cast a ballot. That's only one of this bill's holes.

Our Ms Harris has made it clear if I don't agree with her or her handling of these important issues it is merely because I am a racist.

Let me clear that up, I believe if my house is on fire the best remedy is to gather the forces who can work together to squelch the conflagration, not cross the street to ask the neighbors how the fire got started while my home goes up in flames.

And yet Ms Harris has asked the question about root causes of everybody but those directly affected by the border crisis and the border crises flames grow still higher.

Stating that doesn't make me a racist, it makes me a realist.

Brigadier General Donald Bolduc To Speak To NGCRC

The Northern Grafton County Republican Committee will hold its monthly meeting on Monday, January 10, 2022 at the Littleton Elks Club, Lodge #1831 located at 42 Main Street, Route 302, Bethlehem, NH. The Socialization half hour will be at 6:00 PM and coffee and snacks will be served. The meeting will begin at 6:30 PM.

Brigadier General Donald Bolduc, NH Candidate for the U.S. Senate in 2022, will be the guest speaker for the evening. General Bolduc served 10 tours in Afghanistan, lead the 1st Battalion in 2006 in the 3rd Special Forces Group during Opera-

tion Medusa, and commanded Combined Joint Special Operations Component in organizing Village Stability Operation Program.

Republicans and Like-Minded Conservatives are Welcome to attend. Interested persons may contact janice-novak@myfairpoint.net or call 603-823-5011. Keep New Hampshire RED!

Haverhill Candidate Platform Presented by Trendy Times

For the fourth year Trendy Times will be presenting a Candidate Platform for elected officials in the town of Haverhill.

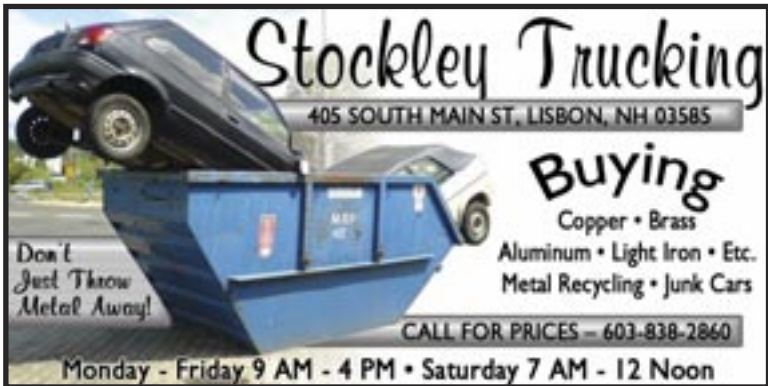
The first of these two platforms will take place on Wednesday, January 26 from 6 to 8 pm at the Clifford Memorial Building, 65 South Court Street in Woodsville. This platform may seem early when looking at the calendar and the actual election. However, this platform is planned for this date as it is two days before the close of registering to be on the ballot for the town and school meetings. This allows for voters to talk with the declared candidates and still have time to register for one of the many positions available if they feel the desire to step up and serve.

This year there will be a large number of positions up for election. As in most years there will be two Selectboard seats, each for a three year term, to be elected. This is also the year to elect a moderator for a two year term. Three year terms are set to be filled for the position of Treasurer

and one of three Trustees of Trust Funds. Plus one six year seat for the Supervisors of the Checklist.

The elections in 2022 for the Haverhill Cooperative School District will possibly have a major affect on the course the school board takes in the next year. Like on the town side the normal if for two three year seats to be up for election. In addition this year two other unexpired seats will be up for election. One is for a one year term and the other for two years. As usual a moderator will also be elected for one year.

These candidate platforms are set to allow any person who has signed up for any of these positions to be allowed to address the gathered voters, as well as answer questions from those same voters. With assistance from the Haverhill town administration there will also be the opportunity to ask questions or just watch via the internet. Actual links will be published at a later date for those wishing to participate in that manner.



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6:00 - 8:00 PM

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Saturday, March 5

1:00 - 3:00 PM

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ALSO AVAILABLE ON ZOOM & FACEBOOK

These Platforms are being held to allow all Candidates for Haverhill Town Offices a chance to answer questions from voters about current issues, future plans or whatever questions may concern them.

In order to be on the ballot for the 2022 election a candidate must sign up with the Town Clerk for Town offices, or with the SAU 23 office for Haverhill Cooperative School District offices, between Wednesday, January 19 and Friday, January 28.

Positions to be voted on during balloting on:

Town Meeting Day 2022 include:

Two Selectboard Seats (3 year term)

Current members are Howard Hatch and Matthew Buelobrk

Moderator (2 year term) Currently held by Alfred (Jay) Holden

Trustee of the Trust Funds (3 year term) Currently held by Scott Horne

Supervisor of the Checklist (6 year term) Currently held by Regis Roy

Treasurer (3 year term) Currently held by Evelyn Elms

Two School Board Seats (Three Year Terms)

Currently held by Richard Guy, John Rutherford

School Board Seat (Two Year Term) Unexpired term of Nate Swain

School Board Seat (One Year Term) Unexpired Term of Dylan Farr

School Moderator (1 year term) Currently held by Alfred (Jay) Holden

This Platform is Sponsored by Trendy Times as a Public Service.

For more information contact Gary @ 747-2887 or email Gary@TrendyTimes.com

Thanks to the Haverhill Town Administration Staff for Assistance with these presentations.

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Democratic Candidate for Congress Molly Gray Announces Campaign Team

Burlington, VT — Today, Democratic Candidate for Congress Molly Gray announced her first campaign hires and key advisors. Samantha Sheehan will serve as Campaign Manager and Liz Brown will serve as Deputy Campaign Manager. Owen Milne will serve as Finance Chair, and Dr. Sefakor G.M.A. Komabu-Pomeyie joins the team as a Special Advisor to the campaign on Diversity, Equity, and Inclusion.

“Our campaign has continued to build strength and momentum,” said Gray, “that is in large part thanks to the hard work of this incredible team. I’m so proud to introduce this talented group of Vermonters who are committed to using their skills and experience to build a brighter future for our state. Together, we’ll build a bold and inclusive campaign that reaches every corner of Vermont.”

Campaign Manager Samantha Sheehan of Hancock ran Gray’s successful 2020 campaign for Lieutenant Governor where she prevailed in a crowded Democratic primary field and against self-funded four-time Republican candidate Scott Milne. Sheehan went on to manage Democrat Miro Weinberger’s recent campaign, winning him a fourth term as Burlington’s Mayor. Before entering electoral politics, she ran communications for Vermont Businesses for Social Responsibility, a progressive statewide business association that advocates for “triple bottom line” policy. She currently serves as Vice-Chair of the Hancock-Granville Unified School Board and on the Executive Committee of the Vermont Democratic Party and is a 2020 graduate of the Emerge Vermont Signature Training Program.

“Our campaign is all about bringing people together to get tough things done,” said Sheehan, “We’ll work hard to reach every community in Vermont because our team knows that makes for a stronger, more representative democracy that delivers for the people of Vermont.”

Deputy Campaign Manager Liz Brown of Burlington previously served as Gray’s Political Advisor. Before moving back to Vermont, she worked for Abby Finkner for Congress in Cedar Rapids, Iowa where she served as Finance Assistant and raised nearly \$6 million

for a Frontline member of Congress in one of the most competitive races of the 2020 cycle. Brown has also worked on the finance team of Senator Claire McCaskill’s 2018 re-election campaign in Saint Louis, Missouri and in the Senate offices of Senators Bernie Sanders and Kristen Gillibrand as well as at Precision Strategies, a top public relations and consulting firm in Washington. Brown was a 2021 EMILY’s List Ignite the Change Fellow and has completed the finance track of Arena Academy, a campaign training program. A graduate of Burlington High School and Mount Holyoke College, Brown currently serves on the Executive Committee of the Vermont Democratic Party.

“Since a young age, I have been committed to public service and to electing women to office, however, like many young Vermonters, my career took me away from home,” said Brown, “I’m thrilled to be back in my home state, using my skills and experience to help to lead Molly’s campaign and to elect her as Vermont’s first Congresswoman.”

Finance Chair Owen Milne of Burlington has served as the Executive Director for the Community Sailing Center since 2017. Before his work at the Community Sailing Center, Milne worked as a Workplace Consultant for Red Thread and as the Director of Development for Vermont Businesses For Social Responsibility. Since 2008, he has played an active role in the community through service with a variety of nonprofits and government commissions. Owen has served on the board of Directors for Northeast Disabled Athletic Association, Vermont Green Building Network, Leadership Champlain, Lake Champlain Chamber of Commerce, United Way of Northwest Vermont, Generator Burlington, Spectrum Youth and Family Services, and currently serves on the board of Vermont State Employees Credit Union. He has also served on the Governors’ Committee for Employment of People with Disabilities, SerVermont, and was a co-chair for Burlington/Winooski school districts’ Partnership for Change. In 2011, Owen was awarded the Rising Star award by Vermont Business Magazine, and in 2019 he

was awarded the Peter Clavelle Award for Community Service.

Milne said, “As a father, I’ve always found it troubling that the role models for our daughters and granddaughters always seem to be athletes, pop stars, or actors. It’s imperative that there be Vermont women serving at the highest levels of government that are also accessible and genuinely care for the interests of all people, especially youth, in our communities. I sincerely believe Molly to have the audacity and tenacity to succeed in Washington, and the humility to remain connected locally in our towns and neighborhoods.”

Campaign Special Advisor, Dr. Sefakor G.M.A. Komabu-Pomeyie of Colchester is an international disability rights advocate and policy analyst as well as the Founder and Managing Director of Enlightening and Empowering People With Disabilities, where she concentrates on the United Nations Convention on the Rights of People with Disabilities (UNCRPD). Dr. Komabu-Pomeyie earned her P.h.D. from the University of Vermont in 2020. As a Special Advisor to the campaign, Dr. Komabu-Pomeyie will advise the campaign on Diversity, Equity, and Inclusion, helping to uphold the campaign’s commitment to accessibility and inclusively in all operations, communications, and engagement.

“My personal experience as a woman of color with a physical disability has shaped my journey as an international advocate for the underrepresented, especially people with disabilities from around the globe. I look forward to working with Molly to remove all types of barriers confronting people with disabilities including attitudinal and cultural barriers in Vermont. I share Molly’s commitment to working to make Vermont an accessible and inclusive place for all.”

More information about Gray’s campaign for congress can be found at www.mollyforvermont.com.

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Horse Meadow Senior Center Activities for January 2022

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January 3: 1:00 Drums Alive, Haircuts by Marshall (call for appointment)

January 4: 8:00 Nifty Needlers, 9:30 Bone Builders

January 5: 1:00 Drums Alive, 1:00 Bingo

January 6: 9:30 Bone Builders

January 7: 9:30 ZOOM Tai Chi

January 10: 10:00 Interfaith Chat, 1:00 Drums Alive

January 11: 8:00 Nifty Needlers, 9:30 Bone Builders, 10:30 Grief Support Group, 11:00 ZOOM Walk with Ease

January 12: 1:00 Drums Alive, 1:00 Bingo

January 13: 9:30 Bone Builders, 10:00 Floral with Jane, 10:30 Writers Group

January 14: 9:30 ZOOM Tai Chi

January 17: CLOSED MLK Day

January 18: 8:00 Nifty Needlers, 9:30 Bone Builders, 11:00 ZOOM Walk with Ease

January 19: 11:00 ZOOM Book Discussion (Hamnet), 1:00 Drums Alive

January 20: 9:30 Bone Builders

January 21: 9:30 ZOOM Tai Chi, Commodities pick-up 11:15-12:30

January 24: 10:00 Interfaith Chat, Haircuts by Marshall, 1:00 Drums Alive

January 25: 8:00 Nifty Needlers, 9:30 Bone Builders, 10:30 Grief Support, 11:00 ZOOM Walk with Ease

January 26: 1:00 Drums Alive, 1:00 Bingo

January 27: 9:30 Bone Builders, 10:30 Writers Group

January 28: 9:30 ZOOM Tai Chi, Foot Clinic by Appointment

January 31: 1:00 Drums Alive

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Calendar of Events

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

MONDAY, JANUARY 10

NGCRC MONTHLY MEETING
6:00 Social / 6:30 Meeting
Littleton Elks Club, 42 Main Street, Bethlehem, NH.
See Article on Page 4

WEDNESDAY, JANUARY 12

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

FRIDAY, JANUARY 14 - SATURDAY, FEBRUARY 26

NEK ARTISANS GUILD
10:30 AM - 5:30 PM (Tues.- Sat)
Back Room Gallery, St. Johnsbury

SUNDAY, JANUARY 16

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

MONDAY, JANUARY 17

MARTIN LUTHER KING, JR. DAY
aka Civil Rights Day

TUESDAY, JANUARY 18

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

THURSDAY, JANUARY 20

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

WEDNESDAY, JANUARY 26

HAVERRHILL CANDIDATE PLATFORM
6:00 PM
Clifford Memorial Building, Woodsville
See Ad and Article on Page 4

TUESDAY, FEBRUARY 1

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

EVERY SUNDAY

BETHANY CHURCH WORSHIP SERVICES
9:00 AM "the church set apart on the hill"
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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.

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by Renee L. Schulze,
MSW, LICSW

Seasonal Affective Disorder (SAD)

Mental Health Matters

Seasonal Affective Disorder (SAD) is a condition characterized by feelings of sadness and depression that occurs when the seasons change. The fall or winter months are usually when

people feel the most symptoms. The symptoms usually subside on their own as the season that affects your mood changes.

Some of the signs and symptoms of Seasonal Affective Disorder include:

- oversleeping (hypersomnia)
- overeating
- craving carbs
- weight gain
- social withdrawal or a desire to "hibernate."

SAD can be treated with psychotherapy, light therapy, medication, self-care and coping strategies. If your doctor recommends "light therapy", some insurances can cover the cost of a light therapy box or you can use broad spectrum light bulbs.

Below is a quote that sums up how it feels to suffer from SAD:

"I'm afraid of the despair that always accompanies this thing, afraid of the hopelessness and sleeplessness and mood shifts and anxiety and inability to connect with

people and create things I love. I'm afraid of eating too much and drinking too much to self-destruct and self-medicate."

— Heather Hogan, The Gift Of Asking: Diary of a SAD Girl #3

If you're experiencing symptoms of seasonal depression, reach out to your Primary Care doctor or a mental health professional.

Your mental health matters and you don't have to struggle with SAD.

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A New Clap of 'Thunder in the Mountains' in 2022

N. Woodstock, NH — A staple of New England touring series' schedules for 30 years, White Mountain Motorsports Park (WMMP) welcomes a rare first-time visit in 2022. The roar of the newly minted NE Big-Block Super Modified Series (NEBSMS) will echo through the foothills along Route 3 during two visits this summer.

In an effort to revitalize the dwindling division of winged, open wheeled rockets, Pro All Stars Series (PASS) president Tom Mayberry stepped in to provide Northeast teams and drivers with events closer to home. By eliminating overnight hotel expenses and 12+ hour round trips normal to the International Super Modified Association (ISMA) schedule, Mayberry and his team hope to catapult the Big-Block 'Supers' back into the mainstream.

NEBSMS will join the Sunday ticket of a jam-packed 30th Opening Weekend at WMMP on May 15th. These Big-Block behemoths will make their anticipated debut alongside the PASS Super Late Model 150, PASS Modifieds, Dad's 4 By Kids Division as well as the first race for the new Ammonoosuc Asphalt Mini Late Models class. The Sunday show bookends an impressive opening weekend with special-distance events for the Foley Oil & Propane Late Models, Wells River Chevrolet Flying Tigers, Woodsville Guaranty Savings



Bank Strictly Stock Minis and Arnolds Wayside Diner Dwarf Cars highlighting the Saturday, May 14th, event. The Annual White Mountain Motorsports Park Car Show will also be Saturday, 10:00am-4:00pm.

The 'Supers' return for a second breath-taking event, a special Friday night show on July 15th. Once again alongside the PASS Super Late Models, this exciting event will allow fans from New Hampshire Motor Speedway a quick and easy trip up Interstate 93 to add some grassroots competition to their NASCAR weekend in Loudon.

For more information, contact the White Mountain Motorsports Park offices at (802) 244-6963, media@acttour.com, or visit www.whitemountainmotorsports.com. You can also follow us on Facebook at @WhiteMtnMotorsports.

For technical information concerning all PASS divisions, and for media or mar-

keting questions, please contact passracing@roadrunner.com or visit www.proallstarsseries.com. Don't forget to "Like" the Pro All Stars Series on Facebook or follow on Twitter @PASSSLM14 to keep up with breaking news as it happens.

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Not all Times are Trendy, but there will always be Trendy Times January 4, 2022 Volume 13 Number 7

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January 4, 2022

Volume 13 Number 7



What About Ma?

by Kellie Quackenbush

All About Winter

We are into January now and there is one fact that we must admit, Winter is here. "For the northern half of Earth (the Northern Hemisphere), the winter solstice occurs annually on December 21 or 22. (For the Southern Hemisphere, the winter solstice occurs on June 20 or 21.) The winter solstice is the day with the fewest hours of sunlight in the whole year, making it the "shortest day" of the year." per The Farmer's Almanac, 12.31.2021(www.almanac.com). However, that is based on the astronomical winter.

The other way to look at it is a meteorological winter, which is defined by months on a calendar. "In terms of the meteorological definition of the seasons, the first day of winter is always 1 December, and ends on 28 February, or 29 February if it's a leap year." per www.nationalworld.com. The difference is that when charting the seasons based on the earth's movements and the relation to the sun, there are variations in actual dates. The Meteorologic view is to divide the seasons into four, three month, periods. This makes it easier to make actual year to year comparisons.

"Meteorologically, the seasons are split into four periods, consisting of three months each:

Spring, which is March, April and May

Summer, which is June, July and August

Autumn, which is September, October and November

Winter, which is December, January and February

"Seasons are split to coincide with our Gregorian calendar," the Met Office says.(www.nationalworld.com), (www.metoffice.gov.uk)

In the winter, we expect snow. We plan for the cold and dress accordingly. Having an extra pair of mittens or gloves in your car is a good thing. Try remembering that ice is slippery and having a bag of the old fashioned kitty litter in your trunk can get your car unstuck from snow or ice. Carry a shaker can of ice-melt in

your car in the event you must get out of your car on an ice patch. Simple acts of preparedness can save you from an injury.

This year we have some snow. Facts about snow that I found interesting, thanks to www.mentalfloss.com-

"1) IT SOMETIMES SNOWS WHERE YOU LEAST EXPECT IT.

You wouldn't be shocked to see snow on the ground of Siberia or Minnesota when traveling to those places during the winter months. But northern areas don't have a monopoly on snowfall—the white stuff has been known to touch down everywhere from the Sahara Desert to Hawaii. Even the driest place on Earth isn't immune. In 2011, the Atacama Desert in Chile received nearly 32 inches of snow thanks to a rare cold front from Antarctica.

2) A LITTLE WATER CAN ADD UP TO A LOT OF SNOW.

The air doesn't need to be super moist to produce impressive amounts of snow. Unlike plain rainfall, a bank of fluffy snow contains lots of air that adds to its bulk. That's why what would have been an inch of rain in the summer equals about 10 inches of snow in the colder months.

3) SNOW FALLS AT 1 TO 6 FEET PER SECOND.

At least in the case of snowflakes with broad structures, which act as parachutes. Snow that falls in the form of pellet-like graupel travels to Earth at a much faster rate.

4) IT DOESN'T TAKE LONG FOR THE TEMPERATURE TO DROP.

Don't take mild conditions in the middle of January as an excuse to leave home without a jacket. Rapid City, South Dakota's weather records from January 10, 1911, show just how fast temperatures can plummet. The day started out at a pleasant 55°F, then over the course of 15 minutes a wicked cold front brought the temperature down to 8 degrees. That day still holds the record for quickest cold snap in history.

5) MORE THAN 22 MILLION TONS OF SALT ARE

USED ON U.S. ROADS EACH WINTER.

That comes out to about 137 pounds of salt per person.

6) SOMETIMES SNOWBALLS FORM THEMSELVES.

Something strange happened earlier this year in northwest Siberia: Mysterious, giant snowballs began washing up on a beach along the Gulf of Ob. It turns out the ice orbs were formed naturally by the rolling motions of wind and water. With some spheres reaching nearly 3 feet in width, you wouldn't want to use this frozen ammunition in a snowball fight.

7) THERE'S A DIFFERENCE BETWEEN FREEZING RAIN AND SLEET

Freezing rain and sleet can both have scary effects on driving conditions, but their formations differ in some key ways. Both types of precipitation occur when rain formed in warm air in the sky passes through a layer of cold air near the ground. Thicker layers of cold air create sleet, a slushy form of water that's semi-frozen by the time it reaches the Earth. Thinner layers don't give rain enough time to freeze until it hits the surface of the ground — it then forms a thin coat of ice wherever it lands."

Around here, the world is a pristine winter wonderland after it snows. As humans, we get busy and forget the amazing wonder of it all but every Season has its own unique beauty. The next time it snows, take a moment, breath in the crisp air and behold the wonder of it all. Each day we live is a gift, enjoy!

With that thought, happy New Year. Now let's go play in the snow.

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What Should You Know About Investment Risk?

When you invest, you incur risk – there's no avoiding it. But the concept of "risk" may be more expansive than you realized. And by understanding the different types of investment risk and how these risks can be addressed, you can improve your skills as an investor.

The most common perception of investment risk is simply the risk of losing money. When you invest in stocks and stock-based vehicles, such as mutual funds, there are no guarantees that your principal – your initial investment amount – will be preserved. Generally speaking, if you hold stocks or mutual funds over a period of years, and even decades, you can reduce the likelihood of sustaining losses that could send your investments' value to zero. Hopefully, the value of your investments will rise over time. And it's worth noting that, since the Great Depression, U.S. stocks have averaged 9.59% annual returns, according to Morningstar Direct, an investment research service. However, past performance can't guarantee future results.

In any case, this type of risk is real, and it's a factor to consider when making your investment decisions. But you can't avoid all risk by avoiding stocks and putting your

money into other types of investments. Consider bonds, for example. When you purchase a bond, you typically receive regular interest payments and you get back your initial investment when the bond matures, provided the issuer doesn't default. But if interest rates go up and you want to sell your bond before it matures, you'll have to offer it at a "discount," because no one will pay the full price for your bond when they can buy new ones at a higher rate.

You can help manage this type of interest rate risk by owning a variety of bonds with different maturities. When interest rates are rising, you can reinvest your short-term bonds at the new, higher rates. And in a falling-rate environment, you can still benefit from your longer-term bonds, which typically pay higher interest rates.

Foreign or international investments also contain specific risks. When you purchase foreign stocks, you'll find that fluctuations in the value of currencies relative to the U.S. dollar can affect your returns. Also, international investments may carry political risk, since some foreign governments and political systems may change in ways that work against businesses in those

countries. To contain these types of risk, you'll want to maintain an appropriate allocation of international holdings and diversify across regions.

Ultimately, your most broad-based defense against all types of risk is to build a diversified portfolio containing U.S. stocks, international stocks, corporate bonds, mutual funds, government securities and other investments. Diversification works because it helps reduce the impact that market volatility can have on your portfolio if you only own one type of asset, such as domestic stocks. (However, diversification can't guarantee profits or protect against all losses.) And you'll also want your portfolio to reflect your individual tolerance for risk.

By being aware of the different types of risk, and taking steps to mitigate them, you can create a strategy that offers the potential to help you achieve your important goals, such as a comfortable retirement. And by doing so, you'll avoid the greatest risk of all: not investing for your future.

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

Edward Jones, Member SIPC



by Eli Heath
Paige Computer Services

Tek Talk with Eli

Personal computers and laptops have in most cases our personal information and we must take measures to protect that information. Just think what would happen should all your bank and credit card information get into the wrong hands. Here are a few steps you can take to insure your personal information is not compromised.

Password Protect your computer with a strong encrypted password. Many computers offer password protection when you start your computer called Boot up password, this setting is located in the computers BIOS. When you enable this setting the computer will ask for a password before it will continue to load the operating system. Should you use this security feature make sure you write your password down and keep it in a secure location away from the computer. If you forget the password you will need to take your computer to a repair shop to reset your computers BIOS. Which

brings me to another point; do not keep passwords near your computer. You can also encrypt files and folders on your computer by using encryption software; Microsoft Windows XP Professional has file encryption built into the operating system. Do not use the same password for all your computer use. For each account or website, you should use a different password. To make passwords easier to manage I recommend a free program I use called Lastpass. You can get it at www.lastpass.com the program will create a database of your passwords and also includes a password generator, so when you go to let's say your bank online it will enter your password from your lastpass data base. The only password you will need to remember is the administrator password for the lastpass account.

Back Up your files, make a back up copy of all your important financial and document files, keep them in a safe and secure location away from where the computer is located, put a backup copy in a safe deposit box, secure it at work, keep it in a place where should a disaster happen and your computer should get damaged you can recover your files quickly. I rec-

ommend doing a full backup once, then weekly do an incremental backup of files that have changed since the last backup. There are many free backup software available Windows 7 to 10 and Apple OSX has backup software available in the operating system. I recommend using an on line backup service called Carbonite at www.carbonite.com for \$55.00 per month. It works in the background constantly backing up your files.

Firewall your system, insure your computer is protected by a firewall, if you are on a high speed connection either DSL or cable broadband connection, I recommend a hardware firewall that is provided by a router. Dialup connections can be protected by using a software firewall that is provided by the operating system or one that is provided by a third party such as Zone Alarm at www.zone-labs.com. You can download a free version of their firewall. Keep your operating system patched with the latest updates, and most important make sure your anti-virus software is installed and updated

Do Not click on links in e-mail and most important do not open attachments in e-mails from people you do not know. Make sure the

preview pane in your e-mail program is disabled, should you click on a e-mail and it is opened in the preview pane it may launch a virus or malicious program that will be installed in your computer without your knowledge. Should you receive a pop up message that you need to download a program and install it to protect your computer because it is infected with spyware, don't! In many cases the program that you install is malicious and will give you false information so you will purchase their program that will do nothing to protect your computer.

Physically Secure your computer, this is important if you have a laptop. Should you leave it on a desk, secure your laptop with a locking device. There are many devices on the market that will allow you to secure your laptop computer by a cable or chain to a stationary object to keep people from walking off with it. If you are security conscious there are devices also available for securing desktop computers. When traveling do not lose site of your laptop computer. Many thieves wait until a victim is using a pay phone. They put their laptop on the ground while on the phone. A thief will walk up while the victim is busy on the phone then steal the laptop. Never assume your laptop will be safe just sitting

around. Do not use a standard laptop carrying case when you travel, that is what thieves are looking for. Put your laptop in a hand carry luggage or knapsack instead.

Make security a habit. Businesses should have a security policy in place that outlines computer security and procedures to take in case a computer is stolen.

Check your Email Account to see if you email passwords have been compromised by hackers. Go to www.shouldIchangemy-password.com. They will ask for your email address and compare it to a list of stolen email accounts the hackers use. The program will tell you if your email account is on the list, then advise you to change your password.

FREE FILE Truecrypt www.truecrypt.org, a file encryption program that will allow you to create a virtual encrypted disk to store your personal files and documents.

If you have any questions please email me at paige@paige.com or call (603)747-2201 visit my website at www.paigecomputer-service.com I have updated my site by correcting some links and added some content. If you have a QR reader you can scan the code on my home screen for any specials, so until then Happy Computing.

Letter to the Editor:

To the Editor,
Hello. I'm from Olde Eng-
lande, and not New England
– an occasional visitor who,
pandemic willing, tries to
make it over here a couple
of times a year. Trendy
Times, being a free paper,
comes in useful because of
its advertising from local
businesses and listings for
local events. As a 'view-
spaper', necessarily made
up from the content that is
offered locally, is where for
me the problem comes in.
Reading casually through
the last couple of editions
has left me annoyed, de-
pressed and at times almost
physically ill. And I am sure
that is not the point: for
anyone.

Op Eds, letter column or
other accompanying ar-
ticles. But isn't that the point
of a paper such as Trendy
Times? Something free, to
read?

So, my plea is for more
readers, other readers, ev-
eryone else out there – the
silent majority; the sane, the
impartial, the happy and the
curious, the idle and wise
and witty, the brave and
bold as well as the foolish,
whether feeling positive,
fearful, mischievous, lost or
found, whoever you are,
whatever it is that you are
feeling or thinking – to make
better use of such a luxury
as this free resource. I know
this area at least a little well
and interact on an almost-
daily basis with many of the
people in it (when I am

here), and it isn't purely
anger-filled, phobic, down-
trodden by political pundits,
conspiracy-theorists and
haters. But, simply from
reading recent issues of the
Trendy Times, that is most
certainly the impression
being given off. Is that the
takeaway most readers and
indeed advertising local
businesses want for any-
body visiting who reads the
local free 'viewspaper' to
have?

Please, gentle readers,
reclaim your Trendy Times.
Editor Gary Scruton can't be
the only voice working hard,
wishing for balance and rea-
son. Contribute, and make
your own views and voices
heard. Thank you.

Henry Nine, UK

Henry,
Wow, thank you very much for your nice
words to me and for your encouraging words for
other writers. I truly hope it bears fruit by way
of increasing the number of Letters to the Editor
that are received for publication.

I will say again that I purposely try to take
the middle of the road. It is not my job to move

readers of Trendy Times one way or the other. It
is my job to offer as many views on a subject as
I can.

Bottom line, please send in more Letters to
the Editor, Op-eds, or other opinion pieces. I will
continue to answer and we will all see where it
leads us.

Gary Scruton, Editor

Letter to the Editor:

Franconia Selectboard Dictates Masks Are Mandatory

To the Editor,
"Who controls the past
controls the future: who
controls the present con-
trols the past" is a quote
from 1984 by George Or-
well. The Franconia select-
board, in control at present,
decided to control the past,
by ignoring what is currently
known about our experi-
ence with the coronavirus,
aka COVID. The select-
board has chosen to follow
the Washington political
narrative dictated by our
current president who,
through his crystal ball sees
a "winter of sickness and
death". The selectboard has
chosen to control our future
by echoing Washington.
Medical science is more op-
timistic. What is current
about COVID and the Omi-
cron variant is that it is be-
nign compared to the delta
variant. Rather than taking

up residence in the lungs,
Omicron stops in the nose
and throat yielding a head
cold. It is the nature of vi-
ruses to weaken with time.
Omicron being weaker, but
more easily acquired is or
has, displaced Delta, the
stronger yet more difficult to
acquire. Yet we know that
things may change for the
worse in the future. It is the
inherent power of govern-
ment to control its subjects.
Prediction of the future with
or without its dictates is also
the province of government
that wants to retain power.
Our Constitution and Decla-
ration of Independence, our
history, prescribes the re-
verse. We, the people, con-
trol government. We know
what to do come election
time. Vote for the people to
rein in government.

Robert Peraino, MD
Franconia

Robert,

The voters of Franconia elected your selectboard members.
According to the current rules in the State of New Hampshire Se-
lectboards have the authority to implement mask mandates if they
so choose. Apparently that is what has happened in Franconia.

I fully agree with you that come election time voters should
vote for the person they feel will best carry out their wishes. Of
course in the meantime all voters should continue to let their
elected officials know how they feel, whether they agree or dis-
agree with the current decision.

Gary Scruton, Editor

Letter to the Editor:

Dear Editor,
I am writing to you and
your readers to inform you
that I have stepped down
from my seat in the N.H.
House of Representatives
effective December 17,
2021. Much has changed
for me personally this year.

I have become engaged to
be married and have moved
to Vermont. I wish your
readers all the best and a
very happy and prosperous
New Year.

Best,
Denny Ruprecht

Denny,

I will first thank you for your service to the people of New
Hampshire as an elected state representative.

Secondly I wish you the best in your future endeavors.

Gary Scruton, Editor

Letter to the Editor: The Mail Must Go Thru

To the Editor,
This year has been trying
for most all our citizens of
NH.
However, we should give
great appreciation to our
RFD Postal Workers. They
have doubled their workload
on parcels, mainly because
it's harder for people to shop
physically in stores, be-
cause of Covid and be-
cause a lot of mailing is
Free Shipping.
Our Postal Drivers travel
through storms, detours,
construction, etc. But, we

don't realize they have the
same time limit everyday to
deliver letters as they do
hundreds of packages.
On their behalf we want
to extend "thank you" to our
USPS workers and our RFD
delivery drivers, Susan Ran-
dall of Warren, and Jackie
Provost Corliss, a Marine
Veteran of Lyman.
So if you receive RFD
mail, especially in Winter, try
and keep mail boxes
cleared out, so they can de-
liver your mail.
Give a Big Thank You to

Sue and Jackie and all other
USPS workers this Holiday
Season.
Never forget our Police,
First Responders, Store
workers, our Medical
Workers, Teachers all those
who do, but are not
Thanked.
Merry Christmas, Happy
Hanukkah, Happy New
Year. 2022
Be Well, Be Safe, Wear a
Mask.
Roland & Nancy Leclerc
North Woodstock, NH

Roland & Nancy,
It could not have been said better. Thank you
for reminding us all that there are plenty of
workers out there that we should appreciate.
Along with your list let me add the highway de-
partment workers, both state and local, who
keep our roads open. We could also add utility
company workers who keep the lights on, the

phone working and the internet humming along.
Let me just thank everyone for what you do
today, for what you did in the past, and for what
you will do in the future. It matters little what the
job is, it is part of the system that makes this
country great.
Gary Scruton, Editor

Trendy Times is your "Viewspaper".

Filled with your opinions, Letters to the Editor,
press releases from area non+profits, statements from
politicians, and a great mix of memories and helpful
hints from our regular contributors.

JOIN THE DISCUSSION WITH YOUR POINT OF VIEW.



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

Blueberry Bars

Editor's Note: It's a tough way to start the year, but once again Cindy has emailed in sick. Not feeling well is never fun and when it continues it can get frustrating. We wish her better health in the new year. In the meantime this recipe comes from about two years ago.

Hello hello my fellow chefs! I hope you are all healthy and tolerating the cold and snow. I don't know about you but Spring can't come fast enough for me. Today's recipe is Delicioso and makes about 20 to 24 bars. I got 24. You can cut them larger or smaller. They are a crowd pleaser. Okay, here's how to make this wonderful dessert.

Preheat oven to 375 degrees.

Grease generously a 9 by 13 pan, I used a glass baking dish but use metal if that's what you have. I used Pam spray for baking.

Ingredients for the bottom crust and topping

1/2 Cup granulated sugar
1/2 Cup of granulated brown sugar.

1 teaspoon baking powder

3 Cups all purpose flour
1 pinch salt

Mix dry ingredients well. Then add 2 sticks of cold butter (cut in half then in half again so when you slice you will have 4 pieces of butter. Mix well.

Scramble 2 eggs and add to dry mix mixing well. I used the whisk to combine. It will be course texture. Pour



half of the crumbly dry ingredients into greased baking dish sides and bottom, press to even out and bake for 7 to 8 minutes.

While that is baking make the blueberry mixture.

Ingredients for blueberry center

4 Cups of fresh or frozen blueberries (I used frozen and let them defrost).

1/2 Cup granulated sugar

4 teaspoons corn starch
1 1/2 teaspoons of

lemon juice

Mix well. When bottom crust is done pour the blueberry mixture over the warm crust and even out. Then pour the remaining flour crust mixture over the blueberries.

The blueberries will bubble through a bit. Bake for 35 to 40 minutes. It should lightly brown and edges will brown too. Remove from oven and let cool on wire rack for 30 minutes or so. Feel the bottom to test for

coolness. They cut easier if cooled.

They are eye appealing and look professional, and everyone will love them. Cut into bars. You can store them in covered container or dish with plastic wrap. They last 4 to 5 days, or refrigerate to last longer. The first ones are the hardest to remove, a couple of mine broke but they still are good. If you refrigerate them leave them out for about 30 minutes or you can microwave for a few seconds. Enjoy with a nice cup of coffee or tea or milk, you can even have with a nice scoop of vanilla ice cream.

I hope you enjoy this recipe and they smell great while baking.

Any questions you can contact Gary and I will help you out.

Well folks until next time I'm signing off, Sincerely Cin Pin.

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