



TRENDY TIMES

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MARCH 22, 2022 VOLUME 13, NUMBER 12

PSU & Littleton School District Launch Innovative Graduate Residency Program for Students Pursuing Master's Degrees in Special Education



Plymouth, N.H. – Plymouth State University (PSU) has been educating and training teachers since its founding as Plymouth Normal School in 1871. Throughout its history, PSU has continuously evolved and innovated its educator training programs to best serve the needs of present day schools and their students, but always with an eye to the future. Today, Plymouth State University and the Littleton, New Hampshire, school district (NH SAU 84) announce an innovative fellowship program for students who are pursuing their master's degrees in special education. Part of PSU's one-year intensive master's degree program, its new Graduate Residency Program will immerse students in the district's K-12 schools for the 2022-2023 school year,

where they will work and learn under the guidance of a licensed special education mentor and general education teacher.

Four to six students will be accepted into the Graduate Residency Program, and will receive full tuition, a living stipend of \$1,000 per month for 10 months, and local housing for the duration of the program, a feature that is unique to this fellowship. Thanks to the district's partnership with a local developer, students will be housed in studio apartments in Rail Trail Village, a new, upscale apartment complex located on the former Hitchiner Manufacturing property on Beacon Street in Littleton. The unfurnished apartments include heat and hot water, and they are situated within walking distance to all Littleton schools.

"We are excited to partner with the Littleton School District in this unique program," said Ann McClellan, Ph.D., provost and vice president for academic affairs, Plymouth State University. "This fellowship is a natural fit for our intensive one-year master's program, and a tremendous opportunity for students who are not only looking to transition into special education, but who hope to deepen their understanding of rural education communities and are passionate about helping kids learn and grow."

Students in the Graduate Residency Program will work four days per week in the classroom and will complete their coursework over the course of three semesters: summer and fall 2022 and spring 2023.

"Our district's rural location

creates challenges in hiring staff, but also in attracting student teachers and graduate-level interns for specialty areas such as special education," said William Hart, Ed.D., superintendent, SAU 84. "This program is unique in that it will provide students housing right here in our community, as well as a monthly stipend and it will cover their tuition. I am not aware of any other program in the state like this, and I believe it can be a model for other rural districts."

Students who are interested in applying for PSU's Graduate Residency Program must submit an application by April 1, 2022. Applicants must meet admission requirements and will interview with representatives of the PSU special education graduate program and the Lit-

tleton School District. Those who are selected will begin the program with orientation in August 2022, prior to the start of the school year. Students who complete the program will graduate with a master's degree in education (M.Ed.) and New Hampshire certification to teach special education.

Plymouth State's general special education certification programs are accredited by the Council for the Accreditation of Educator Preparation (CAEP) and aligned with the national Council for Exceptional Children (CEC) standards.

For information about PSU's Graduate Residency Program, and to apply, visit www.plymouth.edu/academics/graduate-academic-programs/masters/special-education.

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TRENDY Dining Guide

Tuttle's Family Diner

by Gary Scruton

Like most people I do not have any problem sitting down to a good meal. Yes, I like to eat, therefore I enjoy going to an eatery. The biggest challenge I have after visiting one of our Trendy Dining Guide participants is just how to pass along the experience that Janice and I had while there.

It came to me (with help from a phone call with my brother) that two of the things I remember the most about our recent visit to Tuttle's Family Diner happened near the end of our experience.

One part was that as we were leaving the diner we saw a couple of friends that we have not seen in quite some time. COVID has put a damper on many enjoyable

outings so seeing old friends has become harder. But they did notice us and we had a chance to catch up somewhat and enjoy a few minutes while still trying to stay out of the way of the busy staff.

The other notable part of the meal was actually dessert. I had asked about pies earlier in the ordering process and was told that they



were out of fruit pies, but there was some Reese's peanut butter pie. At the time I said that I would have to wait and see. I won't hold you in suspense any longer, I did order the pie and was somewhat surprised. First was that the piece of pie was bigger than I had expected. The second was that the crust was not a Graham cracker crust, but a dough crust. But I was still more than happy to dig in. There was also a dab of whipped cream on the side. I don't need to tell you that I cleaned that plate as well.

Now that dessert is finished, I can go back and tell you about our main meals. Janice ordered the fried haddock. For sides she got mashed potatoes and the hot vegetable of the day was broccoli. For me I was undecided between a burger or a

western sandwich. Our waitress (and owner) was also stumped with the question, so I went to the western served on homemade wheat bread. On the side was a nice helping of french fries. This evening, as we often do, we just asked for water

nut butter pie.

For my meal there was a good taste of onions in my western. I really like cooked onions so there can really never be too many. As you can tell by the photo there was a good batch of french fries as well.

It seems that most of this article has been written in reverse so I will add, here toward the end, that when you walk into Tuttle's Family Diner you generally have two choices, you can either sit at the old fashioned style counter with stools, or you can sit at one of a number of tables. As Janice and I often do, we grabbed a table as we find the chairs more comfortable. Where we were seated was right next to the large blackboard that carries many of the day's specials as well as some other available items. We noticed that the blackboard had been updated during the day as some items had already sold out.

The total cost for our two meals and the dessert was \$34. As per normal we pulled out a credit card and laid it on the table with the slip. Jennifer took it up front to ring out our tab. Meanwhile we left a cash tip on the table.



to drink.

For the regular readers of this column I can tell you that Janice has continued on her new eating plan and has now lost 20 pounds. As part of her new eating plan she does count all her calories and will make some decisions at each meal that affect that count. With this meal she asked to not have any gravy on the potato, and she took off some of the breading on the haddock. I must also say that she did try just a taste from my pea-

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For More Details
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NH Division of Historical Resources Summer Archaeology Field School

Accepting Applications

The N.H. Division of Historical Resources' State Conservation and Rescue Archaeology Program is currently accepting applications for its 2022 field school at Bear Brook State Park in Allenstown.

In addition to continuing the excavation of a pre-contact archaeological deposit identified during the 2021 season, this year's field school will also focus on several additional areas that exhibit the potential to contain pre-contact deposits.

Each SCRAP field school session is two weeks long, June 6-17 and June 20-July 1, with fieldwork taking place on weekdays from 8 a.m. to 4 p.m. Due to the precise nature of archaeological work, each session is limited to 20 participants.

Individuals 18 years of age and older who are inter-

ested in learning professional archaeological survey and excavation techniques, including artifact identification and excavation documentation, are welcome to apply; parent or guardian participation is required for individuals 16 or 17 years of age.

A nominal fee, used to defray the cost of equipment and supplies, is charged to both volunteers and to students applying for academic credit through Plymouth State University.

SCRAP field schools conform to the standards for archaeology set forth by the National Parks Service. This year's sessions will again be directed by Mark Doperalski, New Hampshire state archaeologist.

Registration for the NHDHR 2022 SCRAP field schools closes April 30. For

more information, including how to register, visit nh.gov/nhdhr/SCRAP.htm and click on "Upcoming Events & Opportunities" or contact the NHDHR at 603-271-6433.

New Hampshire's Division of Historical Resources, the "State Historic Preservation Office," was established in 1974. The historical, archaeological, architectural and cultural resources of New Hampshire are among its most important environmental assets. Historic preservation promotes the use, understanding and conservation of such resources for the education, inspiration, pleasure and enrichment of New Hampshire's citizens. For more information, visit nh.gov/nhdhr or call 603-271-3483.

A Month in Italy - 6

by Elinor Mawson

In Venice we went on to the Rialto Bridge, an international landmark, and a tourist trap to beat them all. We had a great time shopping for Murano glass, Italian leather and Venetian lace. Needless to say we came back with a lot more than we went with.

Our hotel was called the Galleria and was right on the Grand Canal, next to the Academia bridge. The bathroom was around 3-1/2 by 5 feet with the smallest shower you ever saw. The room came with a continental breakfast which was served on a table in front of our window and consisted of croissants, rolls and jam, juice, melba toast and cheese. The coffee was so strong it made mine seem weak. We watched little kids going to school; all of the adults going to work had their boots in a shopping bag in case they needed them. There were scalpers everywhere selling boots--real ones, not the "throw-away" kind which defy description. No wonder the guy was wearing trash bags!

When I was in Venice in 1999 we went to St. Mark's square where the prices were marked up 100%. We took a gondola ride and then got back on the bus. This Venice was totally different for me and much more wonderful. For 2 nights the garage where we left the car was \$55. and the 3-day vaporetto pass was \$18. Our

room on the Grand Canal was \$104.

Martine did all the driving to and from Venice. Right outside the city is very industrialized. Then you go through a tourist area similar to Salisbury Beach that goes on for miles and miles. Then you come to a level valley (between the Appenines and the Dolomites) where everything is lush and beautiful and every inch is cultivated into orchards (with espaliered trees) and gardens full of squash, radichio and other veggies. We went through 14 tunnels in all. Eventually you get back to Umbertide.

When we got back to La

Torre we ate supper and then I put the dishwasher and the washer on at the same time and BOOM! all the lights went off. The heater shut down and we all went to bed at 8:00 in the dark. When we got up in the morning Nancy found the fuse box and fixed us up. Being the only married one in the group, I was amazed at what the 3 others knew and were able to cope with.

My next-to-last column will be about our day-trips in the car to other walled towns. I will also tell about some of the wonderful food we enjoyed. My last column will be about our last 2 days in Italy -- Rome.

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Jumpstart to Farm Food Safety Program

NH produce growers (especially small and medium-sized farms) are invited to apply for a free new program from UNH Extension in conjunction with UMaine called Jumpstart to Farm Food Safety.

If you are interested in working on your farm food safety plan but don't know where to start? We can help!

Participants in Jumpstart have the opportunity to work on your farm food safety plan with an Extension educator, trained in Produce Safety.

We can provide one-to-one, individualized assistance with

- starting or continuing work on your farm food safety plan
- suggestions on designing a safer and more efficient wash/pack area
- writing, reviewing, or im-

proving SOPs (Standard Operating Procedures)

- staff training in health and hygiene
- drawing a farm map or irrigation map
- other farm food safety concerns you may have

For more information and to apply to participate in the Jumpstart program, click here: <https://bit.ly/jumpstart-farm> there are still a few slots available for 2022, and lots of openings for 2023 and 2024.

To view an introductory webinar that explains the Jumpstart program in detail click here: <https://bit.ly/webinar-jump-start>

For questions, contact: Mary Saucier Choate, Food Safety Field Specialist, UNH Extension Email: mary.choate@unh.edu Phone: 603-787-6944

Oxbow HS Senior Wins Good Citizen Awards

The Oxbow Chapter of the National Society Daughters of the American Revolution (NSDAR), based in Newbury, Vermont, is proud to announce that Alexa Kosakowski, a senior at Oxbow High School, has been chosen as the Chapter winner of the 2022 DAR Good Citizen Scholarship Essay Contest. Additionally, it was announced on Friday, March 11, that Alexa's essay has earned her second place at the Vermont State

Society level competition among entries from high school seniors around the state. Alexa has been invited to receive her State Good Citizen award on May 14, 2022, at the Langevin House in Randolph Center, Vermont.

Alexa, who lives in Bradford, Vermont, was assisted in the submission of her entry by Oxbow HS School Counseling Coordinator, Lomond Richardson.

Congratulations, Alexa!

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Crossover in the NH General Court

There are certain deadlines in which the New Hampshire House of Representatives must comply when acting upon proposals. March 17 was the last day to act on House Bills not in a second committee.

To comply with the March 17 crossover deadline, the House met in a three day marathon session, to address 359 bills. After some contentious debates, the General Court adjourned late Thursday evening. All approved bills will now move to the Senate for that body's consideration. Several bills that received the green light to move forward are listed as follows:

1. HB 1530 – providing a student possessing an associate's degree to continue his or her goal of attaining a 4-year degree as an enrolled university level junior without loss of previously

earned coursework.

2. HB 1671 – providing that music and the visual arts, personal finance literacy, technology applications, and the five primary subjects within social studies (history, government, civics, economics and geography) be content learning areas of an adequate education.

3. HB 1153 – clarifying that absentee ballots may not be mailed to absentee voters before an absentee ballot application has been received and approved.

4. HB 1210 – requiring public employers, private employers, and postsecondary education institutions that receive public funds and mandate a vaccination or other inoculation procedure to accept an employee's or student's request for a medical, religious, or right of conscientious exemption.

5. HB 1221 – reduces the rate of the business profits tax for years ending on or after December 31, 2023. At a new rate of 7.5%, NH will compare favorably with neighbors in Massachusetts at 8.0% and Vermont at between 6 and 8.5%, where any business making over \$25,000 (a low bar) is taxed at 8.5%.

Another bill, HB 1264, that was designed to establish ranked-choice voting for state party primary elections and municipal elections, was found inexpedient to legislate, and will not occur in New Hampshire. In a nutshell, ranked-choice methodology changes voting from selecting a winner that receives the most votes to a winner that receives 50% or more of the votes, if you combine voter's preferences when all candidates are counted. Having lived in two states that currently allow ranked-choice voting, Maine and Alaska, I am not in support of this voting methodology. The proposed system would require reprogramming or replacing new machines and secondly, the process to count votes would need to be completed in a central location, and leaving significantly questions regarding how moderators will remain in charge. Lastly, states with this counting methodology have left citizens confused in the process and final voting results are slower in being announced than the current, traditional system.

These are just a few legislative items resulting from session this previous week. Further information regarding all proposed legislation can be found at the General Court website, www.gencourt.state.nh.us.

Respectfully submitted,
NH Rep Rick Ladd
Chair, House Education

Chuck Morse - NH Republican Candidate for the US Senate

Have you seen New Hampshire's latest budget revenue numbers? They're good. Really good.

Over the past few years, New Hampshire's Republican-led state legislature has taken a pro-business, pro-growth, low tax approach – much to the chagrin of our Democratic friends on the other side of the aisle – and it has worked. We've sought to empower our small business owners to grow and prosper, rather than tax them to death like our neighboring states.

And the results? The state is reporting record revenue growth, a massive budget surplus, over \$200 million dollars in the Rainy-Day Fund and the lowest unemployment rate of any state in the northeast. New Hampshire is proof that when state government gives their small businesses a chance to grow, they will. And we all benefit.

We have always been a state that appreciates hard work and stands by those that take a chance and open a small business. In fact, New Hampshire has over 130,000 small businesses, with about 300,000 employees. There is a good chance that if you are reading this, that you work for (or own) a small business yourself.

I started my very first business when I was in High School. It was a lawn care business that I ran out of my mom's old Malibu. We didn't have a lot of money growing up, so I learned early on that if I wanted to join the school hockey team, I had to roll up my sleeves and earn the money to buy new skates.

That work ethic stuck with me. I worked my way through college. While my friends were at football games and parties on the weekends, I was working double-shifts at Market Basket, K-Mart or Delahunty's Nursery. When I finally earned my business degree from Plymouth State, it was more than just a diploma on the wall. It was the recognition of years of sweat equity and an opportunity to make a better life for my wife and new daughter.

Today, I own Freshwater Farms in Atkinson. We started our business with a few

dollars in our pocket, a few mounds of dirt and big dreams. We now have 50 employees and over 13 acres. It didn't happen by accident. We stretched every penny and were lucky enough to live in a state that didn't clobber us with red tape, useless regulations and burdensome taxes.


Our state legislature is full of stories like mine, and that's what makes our state so successful. While most state houses are full of silver-spoon, Ivy League lawyers, New Hampshire's is different. We vote for people with dirt under their fingernails and grease on their shirts. We elect people that know how to balance a budget, not people that use the taxpayers as an ATM.

I still wake up at 4am every morning to chore around the farm. Most mornings I'm taking my very first call while sitting on a tractor. I've never lost the perspective of a struggling small business owner and as State Senate President, I've done everything within my power to give other small businesses the same opportunities that I had when I was first hanging out my shingle. Balancing an operating budget and making payroll is tough enough without your elected "leaders" standing in your way.

Over the past year, the Biden Administration and the Democrats in charge in Washington have taken our country in the opposite direction and we've seen what's happened – the highest inflation rate in 40 years, gas and grocery prices on the rise, supply chain issues and a generally pessimistic view of the direction our country is headed in.

New Hampshire is lucky to have enough decision makers in our state government that understand the need to work with our small businesses and not against them. It's time for Washington to get a real dose of New Hampshire common sense. November can't come fast enough.

Chuck Morse is the owner of Freshwater Farms, the New Hampshire Senate President and Republican candidate for the US Senate.



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Bonanno Is Candidate for Mtn. Lakes Commissioner

To all the residents of Mtn. Lakes. My name is Mike Bonanno and I am declaring my candidacy for Commissioner of Mtn. Lakes. I've lived in Mtn. Lakes for a little over 17 years. I've served on the Recreation Committee and Planning Board. I am presently the Chairman of the Planning Board. I've been involved with the Town of Haverhill serving as a Se-

lectboard member and for a year I was the Vice-Chairman of the Selectboard. Presently I am serving as the Deputy Director of Emergency Management and currently Chairman of the Zoning Board of Adjustment. Please attend the annual meeting on March 26 at 10:30 at the Mountain Lakes Lodge and consider me for your next Commissioner.

NEK Chamber Legislative Zoom Forum To Be Held March 28

The Northeast Kingdom Chamber of Commerce will hold its third legislative update of the year, by Zoom, on Monday, March 28, from 8 to 9 a.m. The program starts with a short update from the chamber, continues with legislator reports addressing key issues and concludes with a question-and-answer period at the end of the event.

Expected issues to be discussed include Covid-19 and its impact, health care, labor and economic development issues, taxes and fiscal policies, not to mention the many issues that arise during the session. Laural Ruggles will serve as co-host of the online meeting along with NEK Chamber Director Darcie McCann.

"Although the March legislative meeting will be held online, we are hoping we will be able to meet in person at the St. Johnsbury House in April," said McCann. "Until then, this format will continue to allow constituents to receive up-

dates from legislators and ask questions of their elected representatives."

McCann noted that the format of the gatherings will remain the same, despite the online component of the forum, including the question-and-answer period.

Questions from constituents will be taken in the comment section of Zoom. To receive a link to the online forum, the chamber suggests checking out the chamber's Facebook page, Northeast Kingdom Vermont Chamber of Commerce, where the Zoom link will be pinned to the top of the page for easy access. People may also contact the chamber at director@nek-chamber.com to get the link.

The forums are held the last Monday of each month from January to May, from 8 to 9 a.m. Please mark your calendars for the remaining 2022 dates of April 25 and May 23. The forums will be recorded, with video links provided on the chamber Facebook page following the event.

Mark Johanson Announces Candidacy for Mtn. Lakes Commissioner

Residents and Voters in Mountain Lakes District,

I hereby announce my intention to run for re-election to my current position as Commissioner and humbly ask for your support. In the past 3 years the District has seen tremendous growth and tremendous challenges. Our paramount challenge as Commissioners is to manage both, without favoritism or agenda, for the benefit of all MTL residents. I believe I have met that challenge.

Our largest investment is our water system (which was started in the '70's). As the ex-officio member of the Water Committee I have worked hard to keep water delivery to all residents up to standards and downtime at a minimum.

We have kept the water rate steady and at or below the NH State average;

We have installed and updated the SCADA monitoring system for daily updates and efficient troubleshooting;

We have contracted Hood Plumbing and Heating as our emergency repair contractor for rapid response to leaks and breaks in the system, minimizing downtime;

We have actively looked for additional sources of water (so far unsuccessfully) within the district as a way to supplement or eliminate our dependency on Woodsville

Water and Light to cover water supply shortfalls;

We completed the rebuilding of the dam spillway on time and under budget;

And we recently hired a new Facility and Water Manager, John Mitchell, who has taken on the monumental task of learning our system, our equipment, and our day-to-day operations all the while implementing an asset management program to better monitor what we have, what we regularly use, what we need, and what we need to plan for. All with an eye to keeping costs down and efficiency up. I have been involved in all these decisions.

A brief summary of my experience with local government:

2014-2016: member of ZBA committee, Pembroke, NH

2016-present: member of MTL Water Committee (Ex-Officio 2019-present)

2016-2017: MTL master Plan Committee

2016-2019: MTL Planning Board (Chair and Co-

Chair 2018)

2019-present: MTL Commissioner

2019-present: VLAP (Volunteer Lake Assessment Program) coordinator for MTL

2017-present: Budget Committee

Finally, being a Commissioner is more than a title, it demands your time and effort. In 2021 alone I attended 47 official meetings (in person and by ZOOM) of Mountain Lakes Boards and Committees, plus another 12 meetings elsewhere in the region. Add to that the prep time required before these meetings and follow-up tasks noted afterwards and there is a sizeable time commitment. But I'm ready to do it again if you'll let me.

Linda and I bought land here in 2005, built our home in 2007, and moved up here permanently in 2016. Why? Because we love it...and want to make it even better! Please come out to vote at our annual meeting on Saturday, March 26 at 10:30.

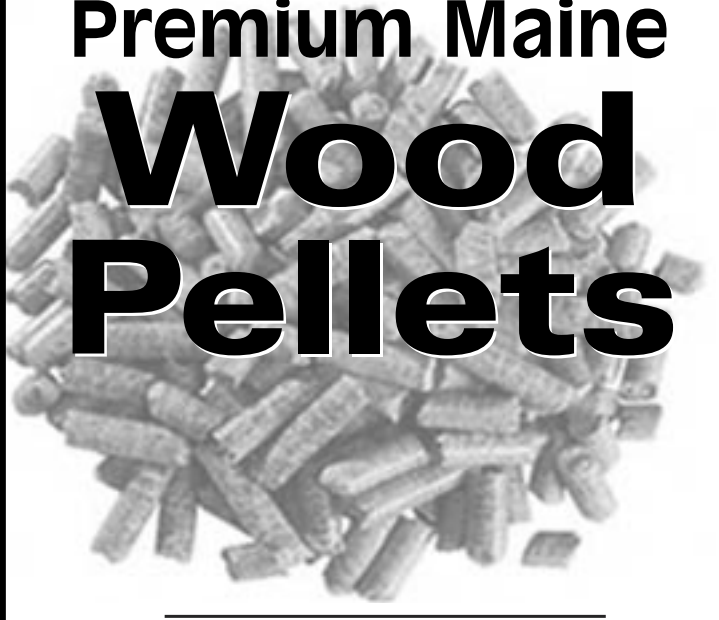
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Not all Times are Trendy, but there will always be Trendy Times
March 22, 2022
Volume 13 Number 12

Calendar of Events

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

WEDNESDAY, MARCH 23

CASA VIRTUAL VOLUNTEER INFO SESSION
12:30 PM
www.casanh.org/virtual-info-sessions

SATURDAY, MARCH 26

mt. lakes district annual meeting
10:30 AM
Mountain Lakes Lodge

MONDAY, MARCH 28

NEK CHAMBER LEGISLATIVE ZOOM SESSION
8:00 - 9:00 AM
See Article on Page 5

HAVERHILL SELECT BOARD MEETING

6:00 PM
Clifford Memorial Building, Woodsville

THURSDAY, MARCH 31

PERSPECTIVES ON UKRAINE
7:00 PM See Article on Page 6
Alumni Hall, Court St., Haverhill

FRIDAY & SATURDAY, APRIL 1 & 2

LOVE LETTERS by Old Church Theater
7:00 PM See Ad on Page 8
Bradford Academy Building

SATURDAY, APRIL 2

TED STONE BENEFIT SUPPER
5:00 PM
American Legion Home, Woodsville

SUNDAY, APRIL 3

TED STONE BENEFIT CRIBBAGE TOURNAMENT
10:00 AM See Ad on Page 7
American Legion Home, Woodsville

LOVE LETTERS by Old Church Theater

3:00 PM See Ad on Page 8
Bradford Academy Building

TUESDAY, APRIL 5

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

FRIDAY & SATURDAY, APRIL 8 & 9

LOVE LETTERS by Old Church Theater
7:00 PM See Ad on Page 8
Bradford Academy Building

SATURDAY, APRIL 9

PEACHAM LIBRARY COFFEE HOUR
7:00 PM
Via Zoom

SUNDAY, APRIL 10

BENEFIT TEXAS HOLD 'EM POKER
10:00AM-5:00 PM Cash Games All Day
Moose Lodge 1779, St. Johnsbury

LOVE LETTERS by Old Church Theater

3:00 PM See Ad on Page 8
Bradford Academy Building

MONDAY, APRIL 11

UNIT #20 AUXILIARY MONTHLY MEETING
6:00 PM
4 Ammonoosuc Street, Woodsville

HAVERHILL SELECT BOARD MEETING

6:00 PM
Clifford Memorial Building, Woodsville

HAVERHILL LIBRARY ANNUAL MEETING

6:30 PM See Article on Page 5
Haverhill Library, Court St., Haverhill Corner

WEDNESDAY, APRIL 13

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

THURSDAY, APRIL 21

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

EVERY SUNDAY

BETHANY CHURCH WORSHIP SERVICES
9:00 AM "the church set apart on the hill"
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WEEKLY EVENTS AT CLIFFORD MEMORIAL BUILDING

South Court Street, Woodsville Antique
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

ATTENTION All Non-Profit Groups, Schools & Towns

Your notice of upcoming meetings, fund raisers or other gatherings can be listed **FREE** in our Calendar of Events. Just send us the date, name of event, time, and location. You are also welcomed to send along a Press Release for possible inclusion in Trendy Times.

*Best of all there is no charge
for either of these services.*

Horse Meadow Senior Center Activities for April 2022

Please register in advance for ALL activities

April 1: Zoom: 9:30 Tai Chi

April 4: 1:00 Drums Alive,
Zoom: 1:00 Exercise Your Brain

April 5: 8:00 Nifty Needlers,
9:30 Bone Builders, 10:00 Basics of Quilting, Zoom:

10:00 Pocket Song singers,
Zoom: 11:00 Gentle Yoga

April 6: 1:00 Bingo, 1:00 Drums Alive

April 7: 9:30 Bone Builders

April 8: Zoom: 9:30 Tai Chi,
1:00 Shelf Stable Food Pick Up by Appointment

April 11: 10:00 Interfaith Chat,
1:00 Drums Alive, Haircuts by Marshall (Call 787-2539 for appt.)

April 12: 8:00 Nifty Needlers,
9:30 Bone Builders, 10:00 Basics of Quilting, Zoom: 10:00 Pocket Song Singers,
Zoom: 11:00 Gentle Yoga

April 13: 1:00 Bingo,
1:00 Drums Alive

April 14: 9:30 Bone Builders,
10:00 Writers Group, 10:00 Floral with Jane

April 15: Zoom: 9:30 Tai Chi

April 18: Drums Alive,
Zoom: 1:00 Exercise Your Brain

April 19: 8:00 Nifty Needlers,
9:30 Bone Builders, 10:00 Basics of Quilting, Zoom: 10:00 Pocket Song singers,
Zoom: 11:00 Gentle Yoga

April 20: 1:00 Bingo, 1:00 Drums Alive,
Zoom or in person @ HMSC: 11:00 Book Discussion,

April 21: 9:30 Bone Builders

April 22: 1:00 Shelf Stable Food Pick Up by Appointment,
Zoom: 9:30 Tai Chi

April 25: 10:00 Interfaith Chat,
1:00 Drums Alive, Haircuts by Marshall by appointment/call 787-2539

April 26: 8:00 Nifty Needlers,
9:30 Bone Builders, 10:00 Basic of Quilting, Zoom: 10:00 Pocket Song Singers,
Zoom: 11:00 Gentle Yoga

April 27: 1:00 Bingo, 1:00 Drums Alive

April 28: 9:30 Bone Builders,
10:30 Writers Group

“Perspectives on Ukraine from a Haverhill Resident Who Lived There”

The Haverhill Library Association is pleased to host Pike's Douglass Teschner who served as country director for the Peace Corps in Ukraine from 2010 to 2014. Doug was responsible for about a thousand volunteers while in Ukraine and came to know that beautiful country through their eyes as well as his own.

Peace Corps Volunteers taught English, developed communities, and supported youth organizations. Doug traveled throughout the country and found Ukrainians to be warm, welcoming and ready to embrace a better, post-Soviet, future.

In Doug's last year, he oversaw the evacuation of all American Peace Corp Volunteers before the Rus-

sians invaded Crimea and areas of eastern Ukraine. This was a blow to the Peace Corps Volunteers as they left this nation they had come to love, leaving behind so many friends and colleagues.

Doug returned to Ukraine in 2019 as part of an international election observer team under the auspices of the Organization for Security and Cooperation in Europe. The election of President Zelensky was free and fair and totally consistent with the will of the Ukrainian people.

Dr. Teschner also served in West Africa including leading a community educa-

tion effort to end the Ebola epidemic. Currently, he offers guidance to developing leaders and for building effective teams and organizations and authors the Growing Leadership column in the New Hampshire Business Review. He also volunteers with Braver Angels (<https://braverangels.org/>), a national organization that brings Americans together to bridge the partisan divide and strengthen our democratic republic.

Join us at Alumni Hall at 7:00 on Thursday, March 31, as we gain a valuable and nuanced perspective on the promise of Ukraine!



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Both Rural and Urban Vermonters Seek Better Protections for Wildlife

Op-ed by Brenna Galdenzi, Stowe VT - President Protect Our Wildlife POW

It's an exciting time in Vermont for wildlife! Between the 2021 and 2022 legislative sessions, four bills were introduced that would positively impact Vermont's wildlife. Thousands of Vermonters and a handful of wildlife protection groups, including Protect Our Wildlife, worked hard to bring these bills to the forefront. Bills S.201 and S.281 prohibit the most gratuitously cruel practices, leghold trapping and coyote hounding, respectively; H.411 bans wanton waste by requiring that hunters and trappers utilize the animals they kill, and the fourth, S.129, changes the insular Fish & Wildlife Board's composition and authority to increase inclusion and addresses concerns that the regulated (e.g. hunters, trappers and anglers) have been largely regulating themselves.

The legislature has offered multiple opportunities for both sides to be heard, however paid lobbyists for trappers and hounders are claiming that the public hearing process was biased towards "affluent urbanites" versus rural Vermonters. Testimony proves otherwise. There has been a tremendous outpouring of support for the pro-wildlife bills from all kinds of people, including rural residents, farmers, small business owners, and hunters.

When the lobbyists cannot win on the merits of their positions, they seek to blame the process. It speaks to how these lobbyists are so accustomed to having the exclusive ear of the Fish & Wildlife Board, that when required to engage in real democracy via the legislature,

they view it as unfair. If trappers and hounders chose not to sign up or speak up, then that's their decision. A trapper from Fairfax signed up but when his name was called to testify, he hung up. That is not the fault of the legislators.

Many of the people who testified in support of all four bills are in fact rural Vermonters. Anyone with a landline or cell phone could call in to testify over Zoom. Supporters from Eden, Shoreham, Derby and other rural towns with spotty internet service testified in high numbers because they are tired of abusive practices passed off as "tradition" or "recreation." The courage that these citizens displayed is admirable. Some are now suffering intimidation from hounders.

All sides might have criticisms of how the virtual public hearing process was handled, including our supporters who were concerned that a hounding and trapping lobbyist from Massachusetts was allowed to testify opposing all of the pro-wildlife bills. We had numerous people who registered to testify who were later told it was full. However, at the end of the day, the current process allowed for greater participation because people were able to do so remotely.

Additionally, the legislature took great care to make the process equitable. In fact, I fault them for deferring

too much to a constituency that has been unfairly critical and has engaged in spreading misinformation. Even worse are the personal attacks, including sharing distasteful posters on social media mocking a Senator who has been a courageous leader in advancing wildlife protection efforts. A Vermont hounding and trapping supporter created a poster of me, a volunteer who runs a grassroots nonprofit, using my photo, labeling me as an "invasive species." This poster, the epitome of nativism, has been circulated on Facebook. The fact that I wasn't born in Vermont reduces me to a Zebra mussel, I guess.

Hounding and the use of leghold traps on our public lands impacts all Vermonters and diminishes people's quality of life and places us and our pets at risk. These are "recreational" activities that are enjoyed by a privileged few. Vermont's wildlife, by law, is considered held in the public trust. For too long, too many of us have felt helpless when faced with environmentally toxic and cruel practices that have persisted under a good ol' boys club way of doing business. Vermonters from Bloomfield to Brattleboro, driving Broncos to BMWs, are ready for change and won't be stymied by attempts to divide us. Like the Zebra mussel I am, I will cling on to the hope that change is coming.

Haverhill Library Now Fully Reopen

The Board of Directors of the Haverhill Library Association (HLA) is pleased to announce that we are now fully reopened. We encourage visits to our library during our open hours: Tuesdays and Saturdays from ten until two and on Wednesdays and Thursdays from three until seven. If you have cold or flu symptoms, please wear a mask while inside as a courtesy to other patrons.

We recently opened a new website for our library where residents can access the books and resources we offer on loan for no cost. The website is also a gateway to free access to downloadable books and Creative Bug—services you can access at your home computer. We encourage the public to visit us at HaverhillLibraryNH.org. Please let us know what you think! Of course, we'll continue our Facebook

page at Haverhill Library Association NH. HLA is looking for a bookkeeper to assist with payment of monthly bills using QuickBooks and to prepare state and federal quarterly and annual reports. Those interested should inquire via email at mail@haverhilllibrary.org. The Library is also recruiting a new Treasurer to serve on our volunteer Board of Trustees.

Haverhill Library Association Annual Meeting After the pandemic postponement in January, our association will hold its annual meeting at Haverhill Library on Monday, April 11, 2022 at 6:30 p.m. The public is invited.

For more information about the Haverhill Library Association visit <https://haverhilllibrarynh.org/> or call (603) 989-5578

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Not all Times are Trendy, but there will always be Trendy Times March 22, 2022 Volume 13 Number 12

An Improved Peace Corps for the Next Generation

by Richard M Roderick

You may not be aware that in 2020 nearly 7,000 Americans were serving in Peace Corps in some 60 countries (including in Ukraine). They came home in March 2020. The Peace Corps, like much of the world, has been grounded by COVID-19, for the past two years with no volunteers currently serving abroad. This is about to change, and as the Peace Corps gets ready to re-launch, it's my hope, as a Returned Peace Corps Volunteer who served in Jamaica, that it does so even better than before.

The good news is that this is possible. The 240,000 Americans who served since the agency's founding in 1961 didn't sit still. Our community's voices were organized by our returned volunteer membership organization — National Peace Corps Association — to ensure that America's most iconic service agency lives up to President Kennedy's grand vision of bringing the world together in peace. This vision is more urgent today due to global threats

we all face, from the pandemic to climate change, to the retreat of democracy around the world and the invasion of Ukraine.

I went into the Peace Corps as a bright eyed 20 year old without really knowing what to expect and what impact if any I might have. I didn't think about what impact Peace Corps and my host country neighbors and students would have on me. My neighbors wanted food on their tables, a nice house to live in, steady work, good healthcare and good education for their children, just like my neighbors did back home. The students had hopes and dreams of having a better life than their parents. I came home and realized that people wherever they were from were more alike than different. Seven times I have returned to where I lived and taught and each time I am overwhelmed by how warmly my former students and neighbors welcome me. They all seem to have a story to share about the 3 years I was part of their community.

March 1st marked the an-

niversary of President Kennedy's 1961 executive order establishing the Peace Corps, volunteers will soon return to service overseas. At least eight countries have met revised health, safety, and security standards for volunteers to return, while more nations are close to meeting those standards. Volunteers are expected to return to Zambia and Dominican Republic this month.

We have also seen Washington take to heart the views of the Peace Corps community. Reforms to programs are being adopted. New ideas about incorporating racial justice and equity into agency activities are being advanced.

Yet more needs to be done. The first step toward completing an overhaul of Peace Corps operations is new authorizing legislation. The Peace Corps Reauthorization Act (H.R. 1456) includes provisions to improve in-service and post-service health care; extend the critical mission of a Sexual Assault Advisory Council; enhance several volunteer financial benefits; expedite applications for volunteers wishing to return to service after COVID brought them home; and raise opportunities and respect for Peace Corps service.

While it's been over 20 years since Congress reauthorized the original Peace



Corps Act, last September Democrats and Republicans on the House Foreign Affairs Committee came together and passed H.R.1456 by a vote of 44 to 4. The rest of the Congress should follow their lead. Vermont and New Hampshire, have been lucky as our Congressional delegations have a history of strong support for Peace Corps. As volunteers again prepare for service, Vermonters, please thank Representative Peter Welch for co-sponsoring the Peace Corps Reauthorization Act (H.R. 1456) and ask that he help bring the legislation to final house vote as soon as possible. Also urge Senators Patrick Leahy and Bernie Sanders to actively join the House in supporting bipartisan passage of this legislation when it comes before the Senate. In New Hampshire please urge Represent-

tative Ann Kuster to vote to pass the Peace Corps Reauthorization Act (H.R. 1456) in the House as soon as possible and urge Senators Jeanne Shaheen and Maggie Hassan to actively join the House in supporting bipartisan passage of this legislation when it comes before the Senate. Since 1961 Vermont has sent 1,629 volunteers and New Hampshire, 1,822 including 46 and 47 respectively, that were evacuated in 2020, to serve in the name of peace around the world with the Peace Corps.

Richard M Roderick served in the Peace Corps in Jamaica from 1974-77 teaching agriculture to 8 - 11 grade students, and lives in Wells River, Vermont.

Volume 13 Number 12

March 22, 2022

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250th Anniversary of The Pine Tree Riot “The spark that led to the Revolutionary War”

by Tom Thomson

Tree Farmer, Orford, NH

The Pine Tree Riot happened 250 years ago on April 14, 1772, in the town of Weare, NH on the site where the Quimby Inn once stood, today a large millstone with a plaque marks the site on Rte. 114 where the Riot took place.

In the early 1700's more and more people were leaving England and coming to the American Colonies for a new life and hoping for less control from King George III. Forestry was an important industry in the new colonies and continues to be in NH today.

As early settlements grew and moved from the NH coast inland, the plentiful and valuable resource, our trees, became more important for landowners.

In the late 1600's, England realized they had over logged their own forests to the point they were unable to provide large trees for masts used on the wooden sailing ships of King George III's Royal Navy. So the King claimed all the white pine trees in the new colonies which exceeded 24 inches in diameter belonged to the King of England. However, in 1722 the British Parliament and the King passed a law to reduce the size of the white pine trees, they would call their own, from 24 inches to 12 inches in diameter, to be sure they would have a continuous supply of white pine tree masts for future Royal Navy ships.

To understand what a loss of value this change of tree diameter to all who owned forest land, to sawmills, and everyone dependent on valuable white pine lumber, is to understand the following: A 16 foot log with a 24 inch diameter produces a total of 425 board feet of lumber- compared to a 12 inch diameter white pine 16 feet long log which would produce only 95 board feet of lumber (one board foot of lumber is 1 inch thick by 1 foot long by 1 foot wide). If that wasn't enough to get folks worked up, the King had his surveyors go out and mark with the King's "Broad Arrow Mark" on all white pine trees 12 inches and larger, which they wanted to save for the King's Royal Navy, and notified the settlers that if they wanted the pine trees left, they first had to pay for a royal license in order to cut any of the remaining white pine trees, on



Caption: L to R - Tom Thomson owner of the Thomson Family Tree Farm with grandson Jaden Thomson. Tom is holding a 24" diameter cross section of a White Pine Tree which in 1690 the King claimed were Mast Trees for his Royal Navy, then in 1722 a law was passed which claimed any White Pine Tree 12" diameter (which Jaden is holding) and up became the King's for further Mast Trees for the Royal Navy. Note a 24" pine log, 16 feet long would produce 425 board feet of lumber and a 12" pine log, 16 feet long would only produce 95 board feet of lumber, a huge taking by the King, which led to the Revolutionary War.

the colonist's land.

When Benning Wentworth was Governor of NH he did very little to enforce the King's pine tree laws, but in 1766 John Wentworth (Benning's nephew) became Governor and began to enforce the King's pine tree laws by sending out Surveyors to check the sawmills in Goffstown and Weare and measure the diameter of white pine logs. They found pine logs from 15" to 36" in diameter and claimed they were the property of the King's, which the mill owners were fined for and were ordered to pay fines on February 7, 1772.

The Sawmill owners of Goffstown paid their fines to get the logs back, but the sawmill owners in Weare did not. On April 13th, Sheriff Whiting and Deputy Quigly rode into South Weare with a warrant to arrest sawmill owner Ebenezer Mudgett who was the leader of the Weare mill owners. By the time they found Mudgett, it was dark and Mudgett agreed to meet the Sheriff and Deputy the following morning - who were staying at the Quimby Inn.

Mudgett and others planned throughout the night how they would respond to the King's representatives at the morning meeting - with the sheriff and deputy. They decided enough is enough of the King's taking more and more and that they would take a stand by not paying the fines and that they would run both representatives out of town.

Early in the morning Mudgett and others surprised Sheriff Whiting and Deputy Quigly in their rooms and pulled them out of bed, whipped them, took them outside where their horses were waiting with their manes and tails sheared off and both were forced onto their horses and run out of the town of Weare.

Sheriff Whiting didn't give up his efforts to collect fines and later in the spring captured one of rioters, so the others involved agreed to pay the bail money and appear in court. That September eight men from Weare appeared in Superior Court in Amherst and the Judge fined each man 20 shillings, which was a very light punishment for their crimes. The Judge and many other citizens of New Hampshire thought the pine tree laws were oppressive and unfair.

Ebenezer Mudgett and other loggers and sawmill owners stood up and rebelled against the King's "Pine Tree Laws" which encouraged others to stand up and push back. This became the spark that one year later fueled the Tea Party in 1773 and then the Revolutionary War against Great Britain in 1775, also known as the American War of Independence. The rebellion started in Weare, New Hampshire by a few proud, hardworking folks like Ebenezer Mudgett and others who decided to rebel against the King's outrageous laws.



Maple Tree

What do people see,
When looking at a maple tree?
Could be soft green leaves in June;
Maybe it's shade on a July afternoon.
Perchance a golden kitchen table;
Or a hardwood floor, strong and stable.
Perhaps it's sap for maple syrup.
Some might see a tree to climb up.
Images of dazzling red Autumn leaves;
Fuel for a fire on a frigid eve.
All of these, I do believe;
Are gifts of a maple tree.

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March 22, 2022

Volume 13 Number 12

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Volume 13 Number 12
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 Not all Times are Trendy, but there will always be Trendy Times

Letter to the Editor: "Sugar Hill's 'Big Dig' ...the Enduring Crane Hill Bridge Project"

To the Editor,

As a new resident in Sugar Hill, I attended my first Annual Town Budget Hearing on Tuesday, March 8th, where I learned of this on-going bridge project. These are my thoughts.

It's \$4.5 million and counting for the replacement of one small, lightly used bridge in the far corner of Sugar Hill. For those with memory of the Boston Big Dig, we know that the costs for a government-run civil engineering project always double – at least! A bridge that probably services no more than 20 townspeople a day – 50 passes over that bridge is not 50 homeowners - will cost \$7.5 million by the time it's done, due in part to the unexpected and the coming economic nightmare caused by national policies and international events, namely the Ukraine War and its ramifications on the US economy. We are All intertwined, and little Sugar Hill and its residents are all part of the big economic picture.

The "adults" in Washington are getting us into another war (after already putting us on a two-year war footing with their corrupt Covid policies), and working in tandem with the One World Klaus Schwab Crowd

to cripple our economy. One fallout is our begging those classified as enemies of our country, for \$5, \$6, \$7, \$8, \$9... a gallon gas instead of pumping it ourselves!? These gas prices in tandem with all the other corrupt behavior will translate into an inflation rate of 12 to 15%. For sure, the overall cost-of-living increase will quite likely bankrupt all but those with "old money," trust fund recipients, and / or those with big portfolios.

Making "value judgments," and exercising prudence in a time of crisis is what real adults do in an encroaching time of danger. Sugar Hill is a lovely town, and like all other folks, I want a reasonable return on investment should I sell my home one day. So, to keep our town lovely in light of what's on the horizon in the next 12-18 months, basic operating costs will increase anywhere between 12 – 20%. (Those increases are the opinions of the experts.) That means my taxes will go up at least \$2-3,000.00, and the cost of my chicken wings, French fries and gas, etc. will certainly rob another \$15,000 or more dollars from my pocket!

That Crane Hill Bridge connecting Crane Hill Road

to Streeter Pond Road over the Gale River is not considered essential access, and it has already been decertified for anything as heavy as a firetruck. If that bridge is finally condemned, and even, "never replaced," so be it! A "value judgment" is what our little slice of society must make to keep 99% of the town in good running order.

The money currently in the bridge fund will become essential in the coming 18 months in order to defray ballooning costs, as well as keeping essential employees from leaving for greener pastures, and ensuring that taxes are leveled at their current rate. Taxes must not be increased at this critical juncture in history.

Proper and intelligent "decision-making" by elected officials sometimes involves putting a stop to digging the wrong hole!

Of course, those with the trust funds and fat bank accounts could always be responsible loving citizens, and pony-up the money for their neighbors. What a nice heritage that would be! We can have a plaque, a ceremony and put the newspaper honoring their philanthropy in the time capsule.

Ken Leavitt
Sugar Hill

Ken,

The job of being a member of a Select Board, or any small town committee or commission is not an easy task. There is much research that as well as listening that must be part of each and every decision that is made. Sometimes a representative must vote against their own initial thought because the facts show something different. Sometime they must even vote against a

previous vote of the towns people due to a major change in circumstances.

I see our job, as citizens and taxpayers, to be sure we calmly and reasonably tell our elected and appointed officials what we are thinking so that they are better equipped to make the right call when it comes to our tax dollars.

Gary Scruton, Editor

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Thank you for your understanding.



TRENDY TIMES

A FREE PUBLICATION

Letter to the Editor: Haverhill Voters Embrace Change -- Again

To the Editor:

With votes for new select board members and Woodsville funding, Haverhill voters sent a clear message for change and better town leadership. This has a déjà vu feeling from last year's town election. The citizens of Haverhill want more trust and teamwork. Will our leaders listen this time?

It is time for our town manager and select board to step back, show some humility, and look for ways to resolve this divisive conflict with Woodsville. While I personally support the concept of unifying our road crews and fire departments, these initiatives have been poorly implemented and fostered division.

As for the Woodsville leaders, we need more from you, too! There are better ways to resolve conflict than running up bills from lawyers. Folks on both sides need to sit down in good

faith and find solutions that work for all of us.

Taking our town fights to the state legislature, as proposed in some of the rejected warrant articles, is hardly a good solution. We need to solve our own problems, not pass them off to Concord!

Despite our challenges, Haverhill has many outstanding qualities and wonderful people. We can get past this division by treating each other better, with dignity and respect. By working together, we can create a better future for our children and future generations.

I also want to give a shout out to our retiring town moderator Jay Holden. A bedrock of democracy is people stepping up to manage the election process, and he did so with grace and dignity.

Sincerely,
Doug Teschner
Pike, NH

Doug,

There is not much I can add to your comments above. As a resident and taxpayer in Woodsville I only know that I will both win and lose this lawsuit as my tax money is paying for both sides. So I would loudly agree that something needs to be done to end this disagreement and allow the town and precinct to move on.

Gary Scruton, Editor

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When you're driving these days, it's pretty hard to get lost because your smartphone's Global Positioning System (GPS) can get you just about anywhere. And as an investor, you can have a similar experience by employing another directional tool – a personalized financial strategy.

Let's look at the parallels between your GPS and this type of strategy.

To begin with, your GPS pinpoints your exact location at the start of your trip – in other words, it tells you where you are. And when you create a financial strategy, your first step is to evaluate your current situation by answering these types of questions: What are your assets? How much do you earn? How much do you owe? How much are you contributing to your IRA, 401(k) or other retirement accounts? Once you've got a clear picture of your finances, you'll be ready to begin your journey toward your long-term goals.

Once your GPS has identified your starting point, it will then show you where you want

to go and the routes to help you get there. And it's the same with your financial strategy – you want it to help lead you to a particular place in your life. In fact, a well-designed strategy can show you the steps you need to take to help reach more than one destination – to a place where you can send your children to college, a place where you can retire comfortably, a place where you can leave the type of legacy you want, and so on.

Here's another element of your GPS that applies to your financial strategy – the warnings. You're certainly familiar with those thick red lines your GPS shows to indicate traffic slowdowns ahead. And while they're annoying, they're also useful in cautioning you that you may arrive at your destination later than you had originally planned. Your financial strategy can also express "warnings" about events that could hinder you from reaching your goals. These obstacles might include an illness or disability that could keep you out of work for a while, or the need for some type of long-term care, such as a nursing home stay or the services of a home health aide. Your financial strategy can not only identify these

threats, but with the guidance of a financial professional, suggest potential solutions.

In addition to providing warnings about things such as heavy traffic and road construction, your GPS can change your route if you miss a turn or if you decide, for whatever reason, to go a slightly different way. Your financial strategy can also show you alternatives, if it's comprehensive and overseen by a financial professional, who, using specialized software, can create hypotheticals – illustrations that provide alternative outcomes for different steps, such as retiring at various ages, investing different amounts each year or earning different rates of return. These hypotheticals can be quite helpful to you as you chart your course toward your goals, especially if you need to change your plans along the way.

Your GPS and your financial strategy are two great tools for helping get you where you want to go.

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

Edward Jones, Member SIPC

Federal Grant Money Available for Recreational Projects

The New Hampshire Division of Parks and Recreation announces Grant Round 33 of the Land and Water Conservation Fund (LWCF) is now open.

The LWCF State and Local Assistance Program of the National Park Service (NPS) is intended to preserve and enhance opportunities for public outdoor

recreation. Various levels of local government including cities, towns, counties, and school districts are eligible to sponsor projects and apply for financial assistance. Awarded grant funds are available on a reimbursement basis and may be used for the development of facilities and/or acquisition of land for public outdoor recreation use. Project sponsors are required to commit to a minimum 50 percent matching share of total project costs and maintain funded sites as public outdoor recreation areas in perpetuity. The New Hampshire Division of Parks and Recreation administers the program within the State.

Project sponsors seeking assistance must submit an "Intent to Apply" form to the Division of Parks and Recreation by 4 p.m. on April 29, 2022. Forms and instructions are available at www.nhstateparks.org/about-us/community-recreation/land-water-conservation-fund-grant.

Following receipt and review of completed forms, program staff will conduct project site inspections to verify eligibility. Sponsors of eligible projects will subsequently be offered an invitation to apply with further instructions and forms.

Since passage of the Fed-

eral LWCF Act of 1965 New Hampshire has been apportioned more than \$47,000,000.00 in program funding for state and local projects.

"Over the years these grants through The Land and Water Conservation Fund have become such an important part in promoting public access to recreation in our New Hampshire communities," said Phil Bryce, Director NH Division of Parks and Recreation. "NH State Parks is proud to continue to work with the National Parks Service, continuing this legacy of promoting recreation projects in New Hampshire."

The Division of Parks and Recreation is comprised of the Bureau of Park Operations, Bureau of Historic Sites, Bureau of Trails, and Cannon Mountain. The Division manages 93 properties, including state parks, beaches, campgrounds, historic sites, trails, waysides, and natural areas. The Division of Parks and Recreation is one of five divisions of the NH Department of Natural and Cultural Resources. To learn more, visit www.nhstateparks.org, follow NH State Parks on Facebook, Twitter, and Instagram, or call 603-271-3556.

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Littleton Food Co-op Continues To Share With Community

The Littleton Food Co-op is proud to announce the March Partners of the Month - NH Farm to School and the Women's Rural entrepreneurial Network (WREN).



The NH Farm to School Program was established in 2003 as a pilot program to introduce local apples and cider into NH K-12 schools. Within three years, over half the K-12 schools in the state were purchasing them for their cafeterias! In addition to continuing with this successful program integrating apples and cider, the NHFTS is working to expand local food procurement. In 2006, NHFTS initiated a new pilot program — the Get Smart Eat Local 10 District Project — to work with school districts and a wholesale farm in the sea-coast region of the state to introduce new local foods in the schools. Since then, NHFTS has been working to establish new farm-to-school connections with growers and schools in

other parts of the state.



WREN was founded 28 years ago, powered by rural women committed to the mission of supporting better lives and livelihoods, enhancing the vitality of Bethlehem's Main Street and practicing and promoting innovation in rural economic development. Through the years, WREN's work has impacted thousands of people across New Hampshire's North Country by providing technical assistance training and market access for local entrepreneurs and artists and providing educational, cultural and social events for the entire community. These funds will be used towards WREN's new initiative - Women's Work- Pathways to a Strong Economic Future for Women and Children in Northern New Hampshire.

Katelyn Krumperman, Mt. Eustis Ski Hill volunteer, holds the Big Check presented by the Littleton Food

Co-op for the funds donated by member/owners and customers of the Littleton Food Co-op. Mt. Eustis Ski Hill opened in 1939 but shut down in the early 1980's. A group of dedicated locals came together to bring back the olden days of skiing at Mt. Eustis. After two years plus of hard work, we opened for the 2016-2017 season in December. We could not have made this happen without our dedicated Board Members, volunteers and the outpouring support from the community. A suggested donation of \$5 is all we ask when you come to ski or ride. Night skiing, terrain park, & glade skiing. No tubing, please. All are welcome! See web for hours. Mt. Eustis Ski Hill is off Mt. Eustis Road, near Birchcroft Drive, in beautiful Littleton, NH.



Got Cookies? Help Us Provide Milk!

Will you support Sugar Hill Willing Worker's Society's Cookies for a Cause? The Society is at it again! Their mixing bowls are clean, the ingredients are on hand and they are waiting for your order of delicious homemade chocolate chip cookies to land in our in box.

At the beginning of the "time of change we wish to forget but cannot", one of the members, was feeling the need to do something for the local economy and to address food insecurity in the North Country. She learned that our local dairy was forced to dump milk due to Covid disruptions of their supply chain. Dolly Mc Phaul, through phone calls, emails, support of other members of the Willing Workers Society and good timing, launched the food pantry Milk Program in May 2020.

The Society members embraced it! Starting the end of May, 2020, every Tuesday members make trips to North Haverhill, purchase fresh milk directly from Hatchland Dairy and donate it to area food pantries in Littleton and Franconia.

Funds were originally raised through a cookie sale by donation in conjunction with Harman's Country Store grocery box program. \$1100.00 was raised, enough to support the first year's Milk Program.

The food pantries reported the milk was greatly appreciated, particularly with family's with children. Numbers of people using

the pantries have increased. The ladies said, "Let's keep going!"

It costs approximately \$ 60.00 per week to supply 2 food pantries with fresh milk. Our hope: to raise enough funds to support the Milk Program for another year.

Order deadline is April 2, 2022.

For a \$10.00 donation, donors can receive a dozen homemade chocolate chip cookies, \$25.00 for two dozen; and \$50.00 for 3 dozen cookies. Donations are accepted year round for the program.

Preorder your homemade chocolate chip cookies by email: sugarhillwillingworkers@gmail.com, calling 603-616-9927, or by mailing your request to Willing Workers, PO Box 535, Franconia, NH 03580.

Please state your name, your email address, your contact phone number and the amount of your donation.

Pick up will be on Saturday, April 9, from 10 a.m. to 12 noon. A drive-up delivery station will be set up at the Sugar Hill Meeting House. Check or cash are acceptable forms of payment.

In addition to the Milk Fund, the Willing Workers supported other non profit services in 2021. See our website for details. <https://thewillingworkers.org>

The Willing Workers Society of Sugar Hill is a 501(c)(3) nonprofit and donations are tax deductible to the extent allowed by the law.

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BEEZWAX By John Martin





What About Ma?

by Kellie Quackenbush

All About Frost Heaves

Spring is here. In New England, the proof of the arrival of spring is evident by the sap buckets hanging from the Maple trees and the frost heaves in the roads. There are many southern and western states that never experience "frost heaves" but here in the northern part of New England we see them as an annual event. Frost heaves, bumps in the road, seem to magically appear in what was once a fine stretch of road.

There is a science that explains the phenomena. Per <https://www.sciencedirect.com>, Julian Murton, in Encyclopedia of Geology (Second Edition), 2021, "Frost heave refers to the upward or outward movement of the ground surface (or objects on, or in, ground) caused by formation of ice in soil. Heave normally occurs in the direction of least resistance and perpendicular to ice lenses and layers and is therefore commonly upwards. The main cause of frost heave is ice segregation, though additional, usually minor causes are

volumetric expansion of water freezing in situ within ground and injection of water under high pressure into frozen ground."

The frost heaves are dangerous bumps in the roads around the region, they appear in unexpected spots on the road. If you are driving too fast over a frost heave, damage can be done to your vehicle and cargo you may carry. If nothing else convinces you to have your seat belt buckled in the car, being bounced around the car after hitting a frost heave will. Big trucks, small trucks, SUVs and cars all experience having their occupants jostled about after hitting a frost heave.

Ma would be so upset after being jostled in the car that she would have to go to her room and rest. Hitting a bump in the road at any speed would cause such a fright. Around here, there are many signs up warning of "bumps" in the road. This is not the time to ignore the signs, go slow, enjoy the view and stay clear of the obvious bumps in the road. I wish you a happy spring.

The Flip Of A Coin

by Maggie Anderson

I want to describe a coin to you, it's a somewhat tarnished coin, but I have hopes of someday being able to polish it to its former luster.

On one side is an image of hoards of people attempting to force their way into a country illegally in spite of laws designed to protect its citizens. Protect them from the sorts of pond scum who would beat, trick, kick, poison, sell, or kill children whose parents sent them into the unknown - with a tyrant who would leave them to die alone in the desert to save his own skin, as many of them have - and then complain about the inhuman treatment their children receive when they're "caged" as the liberal media labels the detention facilities.

It's worth noting detention is meant to detain, to hold until decisions are made, not serve as a vacation destination.

The people on this side of the coin pass through myriad towns and countries in which they are offered food, shelter, jobs, but they press

on. They see a promised land on the horizon and they intend to get in.

Even though they are clearly aware their entry is by illegal means, and though they know they are supposed to follow the steps millions of other immigrants have walked before in their own quest for citizenship, these people behave as though the rules do not apply to them.

The rules are always for somebody else. Like speed limits on the roadway, everyone knows they only apply to the folks who abide by them, they aren't actually meant for those who ignore them.

The scene depicted on the opposite side of this coin is one of desperate people trying to escape the war zones that only last month were home to them. They are trying to flee on routes of promised safety only to have those paths bombed by an enemy devoid of the humanity required not to attack the weak, the aged, the helpless.

What sort of twisted barbarian targets a children's hospital anyway?

Last week one of the morning variety shows pretending to offer the world's news, featured the complaints about how well the Ukrainian refugees were being treated in contrast to how those sneaking across a sovereign nation's border illegally were treated.

I could hardly believe the two groups and what they're facing could not only be on the spokesperson's lips at the same time but also be in the same sentence.

I am quite certain she lives in a home well protected from intrusion, and equally sure if somebody kicked her door in, drugged her child, or dragged them down the front steps, she would consider it a crime. She would without doubt feel justified in having them arrested for their crimes.

I find it unfortunate she does not have the same view of our nation's borders.

I'm telling you right now, if she can't see that the two groups on this coin are as far from each other as a thoroughbred stallion from a horsefly, she should never be allowed near anything resembling a newscast.

V4A Announces New Building Community Mini Grant Program

The Vermont Association of Area Agencies on Aging (V4A) announced today that Vermont's five area agencies on aging, covering all areas of the state, will be accepting applications for funding for aging services community organizations. Funding for these community projects is being provided under the American Rescue Plan Act of 2021 ("ARPA"). To be eligible for funding (ranging from \$500 - \$2000), proposed projects and activities must meet Older American Act requirements that funds be used to support:

- Low-income older individuals,
- Low-income minority older individuals,
- Older individuals with limited English proficiency,
- Older individuals residing in rural areas,

- Focused development of resources to help build greater capacity, and advance the development/implementation of a comprehensive and coordinated system of service to older adults,
- Operational capacity and proven track records,
- Ability to provide data, quality results/outcomes related to the investment to your area agency on aging.

To submit an application, please identify your local area agency on aging based on where your organization is currently operating and submit an inquiry. A list of area agencies on aging, their service areas, and contact information may be found here:

- Age Well (Addison, Franklin, Grand Isle, and Chittenden counties) Tracey Shamberger
- Central Vermont Council on Aging (Lamoille, Orange (except Thetford), and Washington counties as well as Bethel, Hancock, Granville, Pittsfield, Rochester, Royalton, Sharon, and Stockbridge.) Jeanne Kern, jkern@cvcoa.org; (802) 476-2671
- Northeast Kingdom Council on Aging (Caledonia, Essex and Orleans counties) Mel Reis, mreis@nek-council.org; 802-751-2608.
- Senior Solutions (46 towns throughout Windsor, Windham, Bennington and Orange counties.) Sue Dana, SDana@Seniorsolutionsvt.org; 802 885-2655
- Southwestern Vermont Council on Aging (Bennington and Rutland counties) Chris Adams, cadams@svcoa.net; 802.236.1560

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Letter to the Editor: Enough Is enough

To the Editor,

It used to cost me \$26 to fill up my car when on empty, now it's \$56 and rising. There are many different things going on in the world that are terrible and we all have a lot to focus on right now. Ultimately, we have to concentrate on how the policies of the current administration have affected the United States, as well as the rest of the world. Blind to their ambitions, and attempting to cover their faults, they are managing to destroy our country, our livelihoods, and our finances, merely for their own personal ego and financial gain. Everything that is happening right now is surreal. The shutting down of domestic energy to make us reliant on OPEC and other countries (who won't even return phone calls from President Biden as he goes around the world begging for oil from every despot imaginable) has left us in a national security crisis. Not only will the ongoing negotiations of the Iran Nuclear deal, with Russia doing our bidding, allow Iran to start producing nuclear weapons again, but it has also managed to anger Israel as well as Saudi Arabia to the point where they're like "Nope, no more oil for you." While this is happening our own oil production and domestic export of petroleum has been reduced

to suit their objectives. When are they going to put us first you ask? THEY AREN'T!! Yes, there are permits in place to drill for it, but there's no guarantee that there will be fossil fuels in those particular areas. Also, what will be the new guidelines to drill? I'm sure that the Biden Administration has many restrictions, and bans in place in order to propagate their reckless and ill-conceived "Green New Deal", as John Kerry and Nancy Pelosi flutter off in their private jets to God only knows where, and Biden takes the weekends off retiring to his comfy bed in Delaware, while we're on the brink of a world conflict.

There are some MAJOR special concerns at play here, none of which are in our best interests. The State of the Union address essentially had Biden speaking through a teleprompter saying that he was going to reimplement many of the policies that Trump put in place and that he had signed executive orders to eliminate (I'm guessing the lowest approval rating at 37% prompted him to do that.) He had the audacity to make it sound like it was his idea (unbelievable how stupid they think we are and they must think we have the memory of a snail.) Biden signed a waiver to allow Putin to regain production of the Nord Stream 2 pipeline,

while drastically reducing our production away, along with the accompanying jobs. The ban on the Nord Stream 2 pipeline has subsequently been restored due to political pressure from both parties, while implementing various financial sanctions and banning Russian oil (for good reason perhaps but it's not in any way beneficial to us, in fact EVERYTHING is going to get a lot more expensive). Economics, domestic and foreign policy are apparently NOT this Administration's forte. Covid was a segue to our economic downturn and suddenly the threat doesn't really play a part any longer. 600,000 jobs were not created during 2021, business began to reopen and people went back to work. We all learned (at least I did) that the vaccine didn't work nor did masks and now Dr. Fauci is nonexistent. Everything is one distraction from another distraction and we have to learn to pay attention to what is happening in this Administration. If you're a critical thinker, you must realize that everything is a means to the end. One way or another we have to get our country back. If you aren't educated on what is happening, then you should be. Enough is enough.

Stacey Cramer
Lisbon, NH

At the same time I want to be sure to express my solid belief that everyone is entitled to their own opinion. It is one of our fundamental freedoms, the freedom of speech. It does not matter whether or not I agree with your opinion. I stand up for your right to express it.

Gary Scruton, Editor

Stacey,

I do agree with you that there are way too many distractions being put forward by too many politicians in today's world. Rather than being straight forward and telling the American people the facts, and only the facts. There are way too many half-truths, opinions, and speculation that are presented as facts.

NEK Council On Aging Celebrates March For Meals

St. Johnsbury, Vermont – The NEK Council on Aging (NEKCOA) is participating in "March for Meals," the month-long, nationwide celebration of Meal on Wheels, an important nutrition program that allows elder residents to remain healthy and independent at home.

The March for Meals 2022 celebration commemorates the 50th anniversary of the historic day in March of 1972 when President Nixon signed into law a measure that amended the Older Americans Act of 1965 to include a national nutrition program for seniors 60 years and older. Since 2002, community-based Meals on Wheels programs from across the country have joined forces for the annual awareness campaign to celebrate this successful public-private partnership and garner the support needed to fill the gap between the seniors served and those still in need.

"The nutrition program at the NEKCOA embodies what is best about the Northeast Kingdom--a commitment to caring for elders in our communities. Of course the meal providers and volunteer drivers deserve all the credit for their dedication, compassion, and commitment and we honor them during this month. They are all champions!" said Meg Burmeister, Executive Director.

During the last fiscal year, the NEKCOA's partner meal sites, 14 across the Northeast Kingdom of Vermont, served over 234,616 take home or home-delivered meals.

"I'm pleased to celebrate March for Meals and honor two of our employees, Ashley Coburn, our Chef, and her assistant Amy Garfield," said Diane Coburn, manager of the St. Johnsbury Nutrition Center. "These busy ladies go the extra mile to prepare daily meals for hundreds of people. Ashley is creative in her meal preparation and helps to save us money and ingredients and Amy is very dedicated—they work well together. I'm very proud of them."

In addition to meal preparation, there is a vast network of volunteer drivers that extends across the NEK to help deliver meals to residents in their homes.



Janney and Ken Johnston of Greensboro have been Meals on Wheels volunteer drivers for 14 years.

Every week, over 150 drivers help to deliver meals across the NEK.

"Home-delivered meals are of critical importance to those who wish to remain living independently in their homes for as long as possible. We learned very quickly how important this need was during the pandemic when our communities were locked down and folks remained at home to be safe," said Herb Will, NEKCOA Nutrition Director. "The volume of home-delivered meals significantly increased and our systems were stretched but thanks to the dedication of meal site staff, volunteer drivers, and community partners, we were able to support the need."

Janney and Ken Johnston live in Greensboro and have been home-delivered meals drivers since 2008.

"My husband and I have been delivering Meals on Wheels in our area communities for 14 years. Our recipients greatly appreciate the nutritious meals they receive. As volunteers, though, we also find doing this important community service to be tremendously rewarding," said Janney Johnston. "It is not just the food we provide, but also a smiling face and time to talk with the recipients, some of whom are very isolated. We also check on the person's well-being. And many times, we may be the first ones to identify when a person needs additional support which NEK Council on Aging can coordinate."

For more information on how you can volunteer at a meal site or serve as a home-delivered meals driver, please contact the NEKCOA at (800) 642-5119. Information can also be found at www.nekcouncil.org.

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

Banana Cookies

Hello hello my fellow chefs. How are you all doing today? I'm having my bedroom painted so I'm kinda in a big mess. Everything from the bedroom is in other areas of the house. Total disarray but it will be worth it when they are done. The weather here has been very nice. Spring will begin Sunday, March 20th and I'm excited so Happy Spring to you. I don't know about you but the older I get the less I like the cold and snow. Did you all cook a corned beef for St. Patrick's day? I did and it was delicious, Jane came over and Mike and I really enjoyed it.

Well let's get started with today's recipe and how to make it. This is easy peasy and you probably have the ingredients in your pantry. It's like having a bite of banana bread. So "Delicioso".

Ingredients

- 1 stick butter at room temperature
 - 1 cup sugar
 - 2 large bananas mashed
 - 1 tsp baking soda
 - 1 large egg at room temperature
 - 2 cups all purpose flour
 - 1/2 tsp salt
 - 1/2 tsp cinnamon
 - 1/2 tsp nutmeg
- Preheat oven to 350 degrees.

Cream butter and sugar until fluffy. Add egg and mix. Mash bananas and sprinkle the baking soda on and mix through and let sit for at least

2-5 minutes. This let's the baking soda and the acid in the bananas react to make cookies rise when baking. In separate bowl mix with a whisk the flour, salt, cinnamon and nutmeg. Add the mashed bananas to the creamed butter, sugar and egg, and mix. Add the flour mixture to the mixing bowl a little at a time and scraping sides and bottom often. Mix until all combined. Don't over mix but just until combined.

Line 2 cookie sheets with parchment paper. Using your cookie scoop (I used my 1 1/2 Tbsp size purchased at Walmart) it makes making cookies so easy. It's worth the money. Drop cookies on each sheet. They spread a little bit and raise nicely. I ended up with 32 cookies. Bake for 11-13 minutes until

edges start to brown. In the picture I turned one cookie over so you could see the golden brown on the bottom. Be careful not to over bake. Bake one sheet at a time and remove carefully to a wire rack and cool.

That's it! You just made a great snack. Enjoy these cake like treats with a nice cup of coffee, tea or a cold glass of milk, yummy. Share some with your friends.



Well folks that's it for today's recipe. Give them a try they are good for school lunches or anytime. If you have any questions or comments please contact Gary and I will help you out. Also if there is something different you want me to try let me know. Have a great day, I am signing off for now. Sincerely, Cin Pin

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Now Accepting New Patients Dr. Patty Pratt, East Corinth



Little Rivers Health Care welcomes Dr. Patty Pratt, Internal Medicine, at our East Corinth Clinic.

Patty worked in Woodsville for the past 34 years, first in private practice for 25 years, and then as a member of ACHS - Woodsville since 2013. She was also on the staff of Cottage Hospital as an attending physician at Cottage Hospital for 30 years, until 2017.

Patty has three grown children, and three grandchildren. Eight years ago, Patty and her husband bought the old MacDonald Farm in Topsham, and, with their daughter, are in the process of building a small house using primarily reclaimed materials.

When not practicing medicine, Patty loves to garden, cook and spend time with her grandchildren.



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