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Deadline: Thursday, September 1

# TRENDY TIMES



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AUGUST 23, 2022 VOLUME 13, NUMBER 23

## So Long Summer - Hello Fall Festival Celebrates 10 Years

WRAP's So Long Summer - Hello Fall Festival is celebrating its tenth year on September 3 in "downtown" Wells River from 9am - 2pm. The festival has grown from 8 vendors the first year to over 40 vendor and information booths last year. Richard Roderick, the festival chairperson said he expects there will be over 40 this year too.

Wells River Chevrolet's Classic Tractor Show was a big hit last year and will be returning this year with more antique tractors than last year. The tractors will leave P&H Truck Stop and drive down to Wells River Chevrolet passing through downtown Wells River about 11am. The tractors will remain at Wells River Chevrolet until 1pm.

The perennial favorites, the Giant Zucchini Contest, the WRAP Bake Sale at the Welcome Center, and the Baldwin Memorial Library Book Sale are all returning.

The judging of the zucchinis will take place at high noon in front of LC Designs

Both sides of Main Street will be lined with booths selling a wide variety of items including antiques, handmade crafts, knitted items and linens, quilted products and wooded signs, wreaths, and center pieces, 2023 calendars with local pictures, yard sale and household items, men's grooming products, and toys, plus many more items.

Feeling Lucky? A

number of free drawings will be available. Festival goers will have a chance to win a gift certificate to Tuttle's Family Diner at Tuttle's and also at LC Designs, a power tool and a car battery booster pack from Dads 4By Tool and Supply plus WRAP will have several free drawings for apparel donated by Green Mountain Monogram.

There will be plenty of food, Tuttle's and Hatchbox will be offering breakfast and lunch. Lila and Lucas will be offering gluten free baked goods and lemonade and A Spice of Life will have vegetarian wraps and chili. Lady's Heart and Soul Catering and the School House bakery are also offering food items. Looking for

dessert? "Big Cones is having an ice cream special - A red, white and blue parfait, plus the WRAP bake sale will have many sweet things.

The Newbury Historical Society, Newbury Conservation Commission, Friends of Tucker Mountain, 302 Cares, Tri-Valley Transit and the Bradford Teen Center and Little Rivers Health Care will all have information booths.

For more information about the Festival or to reserve a booth contact Richard M. Roderick at wrapwr@gmail.com or call 802 757 2708. For more information about the Tractor Show contact Grace at Wells River Chevy on Facebook, email grace@wrchevy.com or call 802 757 2311.



This is Dustin Putnam II of Newbury 2021 Giant Zucchini winner and will be returning in 2022 to defend his title.

Courtesy Photo from WRAP

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# TRENDY Dining Guide

## Peyton Place Restaurant

by Gary Scruton

Readers of this column know that I like to eat. I also like to partake of new experiences. And most importantly I like to spend time with friends and family. I found the opportunity recently to not only catch up with an old friend (yes, emphasis on old) but to also partake of some wonderful food and experience something new.

I took the opportunity to invite my friend Bob to go with me to Peyton Place in Orford. This was not the first time either of us had dined at this fine dining establishment. But before we even stepped inside I informed Bob that I needed a favor. I wanted him to order my food and beverage for the evening. Part of the reason for this was that knowing his

past experience as a waiter, wine steward and even a manager, I felt comfortable in turning over my taste buds to a person I could trust. As so the new adventure began.

I had made a phone call earlier in the day to reserve a table for the two of us, even though it was a Thursday and I presumed that it would be slow. However, Heidi, one of the owners and the head waitress, informed us during one of our conversations that Thursday is indeed their busiest day. In fact she had been forced to turn some potential diners, who had not made reservations, away that evening due to simply not enough staff to handle more that they seated. Heidi even men-

tioned that some of her friends and regular customers have even pitched in to help keep the doors open and the food coming out.

Bob started us off with what he referred to as a Rose glass of wine for us each. He told me that rose goes with most anything you eat so this was a good start. When Heidi was at our table to get that order she also gave us a very clear and complete description of the specials for the day (which on this day happened to be seafood). The description included the ingredients, how the dish was prepared and even the price. After returning with our wine Heidi took Bob's order. I was to dine on oysters (and I will not even try to give the full description

here as I know I would not get it right), while he was going with a pair of appetizers, crab cakes and Vietnamese spring rolls.



While we sat back to await our meals Bob and I continued to catch up on a wide variety of subjects. But quite often the subject came back to the establishment where we were sitting. He commented more than once how efficient and professional Heidi was in her mannerisms as well as the entire set up of the Historic Tavern House. He was a professional who recognized and respected the work of another professional.

Our meals arrived and as expected there was style and great taste involved

here as well. My education and adventure continued when Bob cut off a piece of a spring roll, poured a touch of the sauce on it and put it on my plate. (If I didn't thank you enough at that time I thank you again here).

Sometime during this timeframe Bob ordered a second glass of wine and Heidi, again as expected, quickly refilled the glass and returned to serve it.

Come dessert time a new menu came to our table and again Heidi was very efficient in explaining which for her included the unfortunate news that the blueberry tarts were gone for the evening. Instead our desserts became maple cheesecake. An interesting twist on the conventional cheesecake and there were even a few blueberries scattered on each plate to add that dash of color.

As I have done with virtually all other visits to our local eateries I paid for our meal with my credit card, the total was \$110.67, and my dining companion left a cash tip on the table.

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August 23, 2022

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# Haverhill Broadband Committee Makes Recommendations

While high speed internet access is a modern day necessity for businesses, schools, employees and families, such access is sorely lacking in most of Haverhill. The Haverhill Broadband Committee (HBC) was appointed by Town Manager Brigitte Codling in December 2021, to help the Town prepare for a local build-out of the "last-mile" of high-speed internet fiber to households throughout Haverhill. The committee is advisory and is meant to assist the town manager with developing options for bringing better broadband to Haverhill. "Broadband" is defined as a minimum download speed of 25 megabits per second (Mbps) and a minimum upload speed of 3 Mbps.

At its meeting Wednesday evening, August 10th the Haverhill Broadband Committee adopted eleven recommendations to help bring the opportunity for high-speed broadband connection to every resident of Haverhill, and to do it as quickly as possible with as little impact as possible on Haverhill taxpayers.

Recommendations:

1. The HBC recommends the town obtain data from each internet provider (ISP) currently serving Haverhill detailing the streets and lots served and current plans for expanding their service area and improving internet service (this is complete).

2. The HBC recommends from this data the town should produce a map showing areas served as well as areas unserved (this is complete).

3. The HBC recommends the town continue applying for grants to improve and expand broadband access in Haverhill, using the assistance and resources offered by the state, county, and any other made available including ISPs.

4. The HBC recommends that any option the town pursues for improving broadband expansion must not increase the burden on local taxpayers unless all other options have been exhausted and a public dialog process results in strong support.

5. The HBC recommends the town issue a Request for Proposals (RFP) for the purpose of securing an ISP with whom the town would enter into a public / private partnership to extend broadband access to the unserved areas of Haverhill, with the understanding that it would be necessary for the ISP to invest its own private capital as part of the partnership and assist the town with securing grant dollars.

6. The HBC recommends the town expand its free public Wi-Fi access via hotspots. This recommendation recognizes that some households may not have the resources to purchase broadband tie-ins, it is important for the town to provide Wi-Fi access to the internet at public sites throughout the town. This is also important for visitors to Haverhill. Current hotspots include downtown Woodsville and the libraries at Haverhill Corner, North Haverhill, and Woodsville. "Guest Wi-Fi" is also available at Town Hall and local schools. These hotspots should be maintained, publicized, and expanded.

7. The HBC recommends the town continue to closely follow the work of the Grafton County Broadband Committee and their consultant to assure that we have a back-up plan if the private sector options don't pan out or leave areas in town unserved, and possibly to offer Haverhill residents competitive options.

8. The HBC recommends the town explore with the University of New Hamp-

shire how their iBeam NH fiber network, which currently extends through Haverhill and serves Grafton County government, can be leveraged to better meet Haverhill's broadband needs.

9. The HBC recommends that as part of the town's periodic cable franchise renewal process that the providers be asked to provide information on the extent and quality of the cable network, and any plans the provider has for improving the service. The town should consider requiring the provider to offer free or low-cost cable service to libraries and schools in town.

10. The HBC recommends the town reexamine its "pole agreements" with utilities to see if changes can be made to help facilitate expansion of broadband access to all points in the town and to foster competitive options for residents.

11. The HBC recommends the town explore developing a program to subsidize subscription of low-income households to high-speed internet services.

Haverhill Broadband Committee,  
Stephanie Marston, Chair  
Joe Kirkpatrick, Vice Chair  
Greg Mathieson, Member  
Brigitte Codling,  
Town Manager

# Weeks State Park Association Annual Meeting and Summer Program: The Canadian Lynx

Linda Scherf for Weeks State Park Association

Jillain Kilborn is a wildlife biologist for NH Fish and Game in the Lancaster office. Much of Jill's time is spent managing the Department's largest property, the Connecticut Lakes Natural Area, in Pittsburg and Clarksville. She also works with a variety of wildlife and landowners throughout Coos County but has a focus on non-game species found in the northern part of the state including American marten and Canada lynx. Jill grew up in Coos County and enjoys a variety of outdoor activities including hunting, hiking, camping and canoeing.

Jill will be speaking about the historic and current distribution of lynx in New Hampshire and recent New Hampshire research which is being used to better understand lynx population dynamics in the state.

Prior to the program, the Weeks State Park Association will hold its annual meeting at 6:30 pm. All association members are encouraged to attend.

This free program will be in the Great Room of the Summit Lodge of Weeks State Park and will begin at 7pm on Thursday, August 25, 2022. Come early and bring a picnic supper, or climb the Fire Tower for one of the best views north of the notches. Weeks State Park is located on the east side of Route 3, approximately 2 miles south of Lancaster, NH. Carpooling is strongly suggested if possible for the events.

The summer programs are sponsored by the Weeks State Park Association, NH Division of Parks, and UNH Cooperative Extension. "Thank You" to our local business supporters who help make the summer program series possible.

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# Legislative Update: Redistricting and Veto Day

Based upon Federal law, congressional and state legislative district boundaries are drawn by the state legislature every 10 years. State law requires that legislative districts "be contiguous, and maintain the boundaries of towns, wards or unincorporated places." In doing so, the legislature must use the most recent census data (2020 census) and districts must have nearly equal populations and must not discriminate on the basis of race or ethnicity.

Due to the 10 year requirement, NH's districts have been changed. For the upcoming 10 years, Grafton District 5 will include: Haverhill (population 4585), Warren (population 825, Piermont (population 769), Landaff (population 446) and Benton (population 374). Grafton 5 will elect 2

members to the House of Representatives.

The NH House of Representatives will meet in full session on Thursday, September 15, 2022 at 1:00 p.m. to act on the Governor's vetoes from the 2022 session. Seven bills that originated in the House of Representatives have been returned to the House. To be overturned, each bill must have a two-thirds roll call vote in the House and Senate. If both legislative bodies provide the two-thirds vote, then the bill becomes law without the Governor's signature. Vetoes bills include:

HB52, relative to apportioning congressional districts. This issue has since been resolved.

HB275, relative to the Governor's Emergency Powers. The Governor has communicated that, "It is ir-

responsible to further bind a future Governor's ability to address and respond in a crisis, especially when the Legislature already has the power to suspend a State of Emergency at any time."

HB319, requires students in NH's post-secondary systems to successfully pass the US Citizenship and Immigration Services Test to graduate. In his veto message, the Governor mentioned that passing the test is already a requirement in NH's high schools; therefore, not needed.

HB1022 would permit pharmacists to dispense the drug Ivermectin. Ivermectin remains available for individuals if prescribed by their doctor.

HB1131 is relative to facial covering policies for schools. The Governor stated, "The State must remain steadfast in protecting local control as decisions like this are best left to authorities closest to parents and families. The Haverhill Cooperative School District just recently did approve locally developed policy regarding COVID-19.

HB1454 is relative to siting of new landfills. The Governor communicated that if passed, this bill would curtail landfill development in NH and lead to transporting out of state resulting in higher costs and property taxes for citizens.

HB1625 would prohibit remaining on a public way or sidewalk adjacent to a reproductive health care facility. The Governor communicated that since enacting the law 8 years ago, no individual or group has been harmed by it.

Respectfully Submitted,  
NH Rep Rick Ladd

# Christopher Ford Running for State Representative

Christopher Ford of Franconia is running for the vacant district 2 seat in the NH House of Representatives for Grafton County, District 2. This district includes the towns of Franconia and Bethlehem.

If elected, Ford will be the 10th youngest Republican to be elected to the NH House of Representatives, and the only Republican NH State Representative born in this millennium. Ford currently attends Plymouth State University working towards a Bachelor's degree in Political Science. He previously attended University of Delaware to take courses in Astrophysics and Applied Mathematics, and White Mountains Community College to work towards an Associate's degree in Teacher Education.

Ford has worked his entire life to help others. After graduating from Profile High School in 2020, Ford worked at a local elementary school as an Instructional Assistant. He has also served as a camp counselor for multiple summer camps, volunteered 3500+ hours at multiple locations, worked in numerous theatre and music organizations over the last decade, and acted as a lay-preacher at his local church. Ford currently owns and operates his own business, Ford Landscaping.

"The reason I work so vigorously is because I believe that the best way to help yourself is to help others. As a state representative, my main goal will be to bring personal responsibility and business integrity back to New Hampshire. I believe in strength, honesty, trust, re-

spect, and communication, and I will work everyday to exhibit those principles."

As a state representative,



Ford will focus on many important issues, including mental health, energy, transportation, firearm policy, military and first responders, prison improvement, environmental affairs, taxation, small business, election integrity, and especially education. On the topic of Education, Ford stated, "Education is the most important issue because it is the inflection point in every person's life. Whether you go to public school, private, or are homeschooled, everything that you do after you finish school is directly related to what you learned and did during school. Every current issue in our society can be traced back to our education system."

Christopher Ford will be holding an election party on September 2nd, from Noon-4pm at the Franconia Dow Park Pavilion. Everyone is welcome. If you have any questions, comments, or concerns, you can call/text Ford at 603-748-3452 or email him at chrismford1013@yahoo.com. Let's get to work!

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# Haverhill Historical Society's Summer Speaker Series

# Ollie

by Elinor Mawson

Haverhill, NH – The public is invited to the 3rd of our free presentations. Adam Hodges-LeClaire, a new resident of Haverhill Corner, is a professional customized historical interpreter focusing on late 18th century American history. The topic of this presentation will be – “A British Redcoat’s ‘Hot Take’ on the American Revolution”. Please join us on Tuesday August 30th at 7:00 PM at Alumni Hall, 75 Court St. in Haverhill Corner. The venue is handicapped accessible.

Who were the 'redcoats' of 1775, and why and how did they fight so effectively against the American Revolution for eight long years?

Why did the US's battlefield enemy think the American rebellion was not only treasonous, but illegitimate and criminal? What does this human story of personal conviction and loyal service amidst extreme political polarization mean for Americans in 2022? Come along for a 45-minute interactive presentation on the perspective of the British army serving against their fellow American Britons 247 years ago - and appreciate just how close Britain came to winning the American Revolution! Content of this presentation is suitable for all ages and backgrounds and aims to be inclusive of all types of personal identities

and political perspectives.

Adam Hodges-LeClaire is a new resident of Haverhill Corner NH, and an independent historian who works with the public in Boston tourism as well as in regional civics education and outreach. He studied history at the University of St Andrews in southeastern Scotland, while also apprenticed as a museum tailor replicating circa 1750-1790 era garments for 6 years at Fort Ticonderoga in upstate New York. In addition, in 2015 he crossed the Atlantic under sail aboard the recreated French frigate I 'Hermione, personally using and testing accurate period garments and equipment 24/7 for seven months. He now operates 'AHL Tailor and Naval Clothier', an independent online business which researches and reproduces bespoke 18th century menswear and accurate period accessories, by hand, for display in museums or use at historical sites throughout the East Coast. He is supported in all things whether modern or otherwise by his phenomenal wife Esther and enjoys stacking firewood and playing fetch with his spaniel Atlas on Haverhill's town Common.

For more information contact Roger Warren – 603 787-2446 or wroger825@gmail.com

Ollie was a cat.

She wasn't an ordinary cat.

We didn't know where she came from; someone must have dropped her off near our camp, and suddenly she was there.

She was big for a cat. She had double paws, blue eyes and gray fur. And she was very skittish.

She hung around all the time we were at camp. We didn't know where she went when we were gone, but always showed up when she heard us drive into the yard. We named her Ollie.

It took awhile to decide what to do about her. She always looked hungry, but we didn't feed her because we already had a cat, Lilac, at home and didn't need another one. But Ollie got friendlier and friendlier. She would come onto our deck and visit. When we went home she would sit in the driveway and watch us leave. Our granddaughter would cry when she saw Ollie sitting there.

My husband bought some cat food and left it out. When we came back, she had buried some of it under some leaves and pine needles "for later". We couldn't believe how smart she was..

One day, on our way to camp we had a conference. Lissa, our granddaughter, wanted to keep her. We had sort-of fallen in love with Ollie ourselves. We decided

to bring her home Lilac or no Lilac.

It was a leap of faith, but it turned out to be one of the best leaps we ever made. It took awhile for Lilac to accept her new housemate, but they became best friends. Our Vet told us that Ollie was a "Lynx point" Siamese, and once again we couldn't believe that anyone would give her up so unceremoniously.

When anyone came to the house, Lilac would appear first. The person would say, "What a nice cat!" When Ollie appeared, they would say, "What a WONDERFUL cat!!" (We were so proud).

The only problems we had with our cats was keeping them from going outside. Opening the door was an invitation for them to come running. Once in awhile one of them would get out and it would be a marathon to get them back inside. But for the most part they were happy indoor cats who loved each other and us.

One Halloween night Lilac got out without our realizing it, and a neighbor came to our door to tell us there was a dead cat in the road. Oh yes! It was Lilac. We were devastated, as was Ollie who looked everywhere for her friend. She was never the same again.

When we were in the process of moving, we "loaned" Ollie to our grandchildren for a few days until we got settled. They weren't as careful about their door as we were and Ollie absconded. We thought for a long time about where she might be. We knew she was lonely and confused, and probably disoriented. When she wasn't seen again, we were so sad, but figured she was beginning another life, hopefully with some other people who saw a wonderful cat and took her for their own.

Scott Borthwick  
Manager

Ph: 603.523-9284  
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# Calendar of Events

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

## TUESDAY, AUGUST 23

SUSTAINABILITY: AN AMERICAN LITERARY HISTORY

7:00 PM See Article on Page 9  
Alumni Hall, Court Street, Haverhill Corner

## WEDNESDAY, AUGUST 24

ENHANCING WILDLIFE HABITAT WORKSHOP  
3:00 - 5:00 PM See Article on Page 15  
Swampy Lane Farm, North Haverhill

MONITORING CORN PESTS WITH TRAPPING:  
5:00 - 7:00 PM  
North Woods Gardens, Northumberland, NH

## THURSDAY, AUGUST 25

WEEKS STATE PARK ASSOCIATION ANNUAL MEETING & SUMMER PROGRAM  
7:00 PM See Article on Page 4  
The Great Room, Weeks State Park, Lancaster

## FRIDAY, AUGUST 26

ST. JOHNSBURY FINAL FRIDAY EVENT  
4:00 PM See Article on Page 8  
Railroad Street, St. Johnsbury

GABY MORENO LIVE IN CONCERT  
7:00 PM See Article & Ad on Page 7  
Colonial Theater, Bethlehem

## SATURDAY, AUGUST 27

ACT CLASS ON COLLECTABLES  
9:00 AM - 3:00 PM  
Brighton Post #80 American Legion, Island Pond

OLD TYME COUNTRY DANCE  
7:30 - 10:00 PM  
West Newbury Hall

## MONDAY, AUGUST 29

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

## TUESDAY, AUGUST 30

A BRITISH REDCOAT'S 'HOT TAKE' ON THE AMERICAN REVOLUTION  
7:00 PM See Article on Page 5  
Alumni Hall, Haverhill Corner

## SATURDAY, SEPTEMBER 3

SO LONG SUMMER - HELLO FALL FESTIVAL  
9:00 AM - 2:00 PM  
Main Street, Wells River  
See Article on Page 1 & Ad on Page 9

## SUNDAY, SEPTEMBER 4

AN AFTERNOON OF MUSIC IN THE VILLE'  
2:00 PM See Article on Page 14  
Orfordville Church  
ORFORD HISTORICAL SOCIETY OPEN HOUSE  
Heritage Center following the concert

## TUESDAY, SEPTEMBER 6

ANNUAL MEETING WOODSVILLE WELLS RIVER 4TH OF JULY COMMITTEE  
7:00 PM See Article on Page 6  
Baldwin Memorial Library, Wells River

## SATURDAY, SEPTEMBER 10

OMELETS TO ORDER BY BRUCE BALCH  
8:00-9:30 AM See Article on Page 15  
United Congregational Church of Orford UCC

## SUNDAY, SEPTEMBER 11

WORSHIP RETURNS TO THE MAIN ST. BUILDING  
10:30 AM See Article on Page 15  
United Congregational Church of Orford UCC

## ACOUSTIC MUSIC JAM

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

## MONDAY, SEPTEMBER 12

ROSS-WOOD AUXILIARY UNIT #20 MEETING  
6:00 PM  
4 Ammonoosuc Street, Woodsville

## TUESDAY, SEPTEMBER 13

NEW HAMPSHIRE PRIMARY DAY  
A Ballot Box in Your Home town

## WEDNESDAY, SEPTEMBER 14

DIAGNOSING PLANT DISEASES ON THE FARM  
4:00 - 6:00 PM  
Meadowstone Farm, Bethlehem, NH

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

## THURSDAY, SEPTEMBER 15

NHARNG RETIREE LUNCHEON  
See Article on Page 3  
Joint Force Headquarters, , Concord

## SUNDAY, SEPTEMBER 18

BENEFIT TEXAS HOLD 'EM POKER  
10:00AM-7:00 PM Cash 1:00 PM Tournament  
Moose Lodge 1779, St. Johnsbury

## SATURDAY, SEPTEMBER 24

LITTLETON ART FESTIVAL  
9:00 AM - 4:00 PM  
Main Street Littleton NH

## EVERY THURSDAY

WORKING ON WELLNESS  
6:00 PM  
Monroe Public Library

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## WEEKLY EVENTS AT CLIFFORD MEMORIAL BUILDING

South Court Street, Woodsville  
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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

## Woodsville Wells River 4th of July Annual Meeting & Call for Volunteers

The month of July may now be in our rear view mirror, but another July is not that far in the distance. That is especially true for a dedicated group of volunteers that put on the Woodsville Wells River Fourth of July Celebration. This is a small group but they would love to add many others to their number.

No special skills are needed to be a member of this committee. Just a desire to help plan for the upcoming celebration, and help to get some "day of event" volunteers to help out as well. Planning includes such tasks as deciding on a theme, picking Parade and Grand Marshals, choosing what events as well as entertainers to have on the

Woodsville Community Field, and getting people and groups to join the annual parade. Meetings are held once a month throughout most of the year. The exact day and time is normally decided by the current committee members.

While there is a bit of a break in the year long schedule right now, the planning for the 2023 celebration truly gets underway on Tuesday, September 6 when this group gathers for their annual meeting. This meeting will traditionally include final numbers from the most recent celebration along with the election of officers for the ensuing year. These officers include president, vice-president, secretary and treasurer. There are

also three members of a Board of Directors, each elected to a three year term. New members to the board and/or the elected officers are desperately needed in order to continue with this non-profit organization, according to IRS rules and regulations. So please attend this meeting and help the celebrations continue.

The annual meeting of the Woodsville Wells River Fourth of July Committee will be held at the Baldwin Memorial Library in Wells River, at 7:00 pm on Tuesday, September 6. Please attend, and bring a friend, it's a great way to give back to your community and to ensure this 40 plus year tradition continues.

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# Gaby Moreno Live at The Colonial in Bethlehem – August 26

The Colonial Theatre in Bethlehem welcomes singer, songwriter, and Latin Grammy winner, Gaby Moreno live on stage August 26th at 8:00 PM.

Gaby Moreno defies genre playing blues and jazz one moment, pop, R&B, soul, or Latin folk styles the next. Based in Los Angeles, she hails from Guatemala and while no single culture seems to define her music she is deeply influenced by them all easily switching languages between English, Spanish, French and Portuguese. This genre defying ability and her soulful vocal sound have made her a steadily rising star and part of a batch of young, Latina singers whose voices evoke Fiona Apple or Tori Amos.

Since the start of her career Moreno has released 5 albums, earned a Grammy nomination for her album, *Illusion* (Best Latin Pop Album, 2017), an Emmy nomination (for co-writing the “Parks & Recreation” theme song), and won a Latin Grammy (Best New Artist, 2013). In 2006 she took the



Grand Prize in the John Lennon Songwriting Contest, the first contestant in the Latin category to win Song of the Year (she’s now a judge). She also sings the theme song and voices a character (Marlena) on the multi Emmy Award-winning Disney children’s television series, “Elena of Avalor,” which features Disney’s first Latina princess. Moreno has shared the international stage with pop music luminaries such as Bono, Andrea Bocelli, Tracy Chapman, Ani DiFranco, Punch Brothers, Hugh Laurie, Calixto, David Gray and more.

Sponsored by Carrie and

Jim Hamblin. Doors open for Gaby Moreno Live at The Colonial Theatre in Bethlehem at 7:00 PM and the show starts at 8:00 PM. General Admission tickets are \$40, Members General Admission tickets are \$32, Front and Center tickets are \$48. Tickets are available online at [www.BethlehemColonial.org](http://www.BethlehemColonial.org).

The mission of the Friends of The Colonial is to inspire and invite participation in the cultural conversation by preserving and improving this historic landmark theatre, providing high-quality film and performing arts programming and quality family entertainment, and offering a vision of small-town revitalization based on the arts.

To learn more about upcoming movies and events, purchase tickets, or to become a member or volunteer please visit [www.BethlehemColonial.org](http://www.BethlehemColonial.org). While you are there, sign up for regular email updates or follow The Colonial on Instagram (@bethlehemcolonial), Facebook (Facebook.com/BethlehemColonial) or Twitter (@ColonialNH).

## Sherlock Holmes, Mr Watson and Many Others Do OCT Justice

by Gary Scruton

Some people would refer to the latest production from Old Church Theater as a “Children’s Show”. That is because the cast of a dozen or so actors featured a majority of teenagers or younger. The young age of the performers can be looked at as a difficult hurdle to overcome. Sure most do not have experience on stage, but that means they do not have any bad stage habits to break. It might be thought that at this young age it can be difficult to get and keep their attention long enough to put together a production. But it also means that those who have stepped up have the enthusiasm and probably the backing of others to stay with it and put on a great

All of these thoughts and more could easily cloud the pure enjoyment of a live stage performance, which is, after all, the goal of Old Church Theater. Even when they are not in their “home” theater they have been able to move forward and the most recent production entitled “Sherlock Holmes and the 1st Baker Street Irregular” shows it can be done.

Naturally there are some seasoned actors sprinkled in amongst the youngsters. Plus it does not hurt to have a director with the experience and knowledge Melissa Mann brings to this performance.

One thing about the stage at the Bradford Academy building is that there are limited lighting options as well

as a certain limitation to what can and can not be done on the stage itself. Of course picking a play that suits such restrictions is almost as important as the performers themselves. In this case scene changes were completed by simply turning around a rolling screen, and moving some other items on or off stage. I will mention that the actors performing while these scene changes went on right next to them did a wonderful job of not being distracted.

Overall the performance we saw on Friday evening of the second weekend was one that every participant can mark down as a positive experience as far as this theater enthusiast is concerned. Though some voices were stronger or louder than others, all the lines were heard. Though some accents were much more pronounced than others, all lines were understood. Though some gestures were more pronounced than others, it was easy to follow the story and be entertained.

Though the lights have barely cooled from this performance it is already time to look ahead to the next offering, “Rabbit Hole” in early October. It is also time to keep the momentum of Old Church Theater going forward and donate to their ongoing fund raising for the restoration of their real home, the Old Church. It will be a great day when those lights once again come on, and voices are raised from those boards.

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Moreno is part of a batch of young, soulful Latina singers whose voices evoke Fiona Apple or Tori Amos. —NPR

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## It's the FINAL St. J Final Fridays Event of the Summer on August 26

ST. JOHNSBURY, VERMONT – St. J Final Fridays have brought hundreds to downtown St. Johnsbury each month this summer to enjoy free art, food, culture, and fun. On Friday, August 26, partners Discover St. Johnsbury, the Town of St. Johnsbury, and Catamount Film & Arts will do it all again to finish out the summer with a bang.

Starting at 4:00pm, Railroad Street will be closed to motorized vehicles and filled with free interactive live art demonstrations, family fun activities, a gallery stroll, sidewalk sales, tasty treats, and more. At 7:00pm, the event closes out with a free Levitt AMP St. Johnsbury Music Series performance right in the heart of the downtown. More details can be found at [www.discoverstjohnsbury.com/finalfridays](http://www.discoverstjohnsbury.com/finalfridays), by visiting the Welcome Center (51 Depot Square), or calling (802) 748-8575. August 26 is the third and final event in a three-part series, with previous dates on June 24 and July 29.

"We love how these events showcase our town's creativity and vibrancy," says Gillian Sewake, Director of Discover St. Johnsbury. "This month, with more than three dozen organizations and businesses represented among the happenings both in stores and on the street, we're closing out a busy summer season with one big, final party."

Featured programming for the street fair on August 26 includes a community mural to be created by the Caledonia Food Co-op; a screen printing demo from St. Johnsbury's own The Gypsy Coast; a Gallery Stroll by St. J Art on the Street, featuring art exhibitions and refreshments in shops and in storefronts along Railroad Street and Eastern Avenue; live portrait drawing by Larry Golden; free gelato from Dolcetti; live music by Chickweed; Line Dancing, Tango, Capoeira, and Yoga demonstrations; crafts and activities from Fairbanks Museum, Community College of Vermont, The Foundry, St. Johnsbury Athenaeum, St. J Community Hub, Dog Mountain, St. J Rec Department, and Tim Scott Real Estate; and lots more including bubble machines, food trucks, kids crafts, and free goodies. Discover St. Johnsbury will offer the last special giveaway of the summer ses-

sion, featuring an #ilovestj shirt designed by the Gypsy Coast Co. for those who complete the Downtown Scavenger Hunt during the event. Almost all activities are offered for free. Businesses along Railroad Street and Eastern Avenue will also stay open late and host sidewalk sales and activities.

At 7:00pm, the Levitt AMP St. Johnsbury Music Series closes out the night with a performance by Fox Royale. Catamount Arts will bring their signature mobile stage to the heart of downtown St. Johnsbury, turning Railroad Street into a summer concert venue to showcase Fox Royale's anthemic, jangly indie-rock, which sparkles with the same energy as acts like Cage the Elephant and Vampire Weekend. The Levitt AMP St. Johnsbury Music Series is supported in part by the Mortimer & Mimi Levitt Foundation, which partners with towns and cities across America to activate underused public spaces through the power of free live music, creating welcoming, inclusive destinations. Presenting a broad array of music genres and cultural programming, Levitt venues and concert sites are community anchors where families, friends and neighbors of all ages and backgrounds come together. Learn more at [www.levitt.org](http://www.levitt.org).

In addition to support from the Mortimer & Mimi Levitt Foundation for the Levitt AMP St. Johnsbury Music Series mentioned above, St. J Final Fridays is supported by a grant from the Better Places Program, administered by Vermont's Department of Housing and Community Development, in partnership with the Vermont Department of Health, Vermont Community Foundation, and Patronicity.



Better Places funds were secured due to the generosity of community members who supported a fundraising campaign that unlocked a 2:1 matching grant through the program. The full list of event sponsors and supporting community members can be found at: [www.discoverstjohnsbury.com/finalfridays](http://www.discoverstjohnsbury.com/finalfridays)

Since 2001, Discover St. Johnsbury (also known as the St. Johnsbury Chamber of Commerce) has stimulated and promoted the vitality of St. Johnsbury's cultural, commercial, and community resources through regional marketing, producing community events, support for local businesses, and other economic development activities. The organization combines the economic and commercial goals of a business alliance with the structure of a Designated Downtown organization. [www.DiscoverStJohnsbury.com](http://www.DiscoverStJohnsbury.com)

Catamount Arts serves 40,000 people annually with film, opera, and ballet screenings; gallery art exhibitions; live music, dance, and theater; arts education; and a regional box office serving 40+ organizations. Catamount proudly hosts the KCP Presents Series, First Night North, Circus Smirkus in St. Johnsbury, EPIC Music, and Levitt AMP St. Johnsbury, championing the essential role of arts in vibrant, sustainable communities. [www.catamountarts.org](http://www.catamountarts.org)

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# Sustainability: An American Literary History

## A NH Humanities Program, August 23

What is sustainability? And how has American literature shaped our understanding of this concept, in ways both surprising and disturbing? This interactive program begins with a discussion of current ideas about sustainability. Then, we will go back in time to examine Thomas Jefferson's vision of American agricultural abundance, which he contrasted with an overpopulated and under-resourced Europe. Throughout the nineteenth and early twentieth centuries, writers such as Walt Whitman and Charlotte Perkins Gilman drew on Jefferson's agrarian vision to respond to sustainability crises of their time. But in so doing, they depicted selective breeding and racial "improvement" as the solution to population crises and the path to agricultural plenty. We will explore this particularly eugenic conception of sustainability and discuss what new or different versions of sustainability might prove more useful in our current moment. Join us at Alumni Hall on August 23 at 7:00 p.m. when Professor Abby Goode will explore this topic

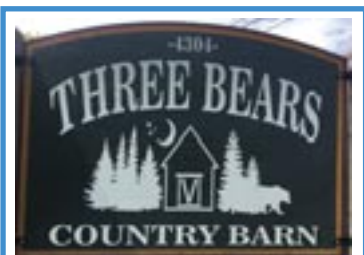


Goode's research appears in venues such as Early American Literature, ESQ, Studies in American Fiction, Hybrid Pedagogy, and American Studies in Scandinavia. Her work has been supported by fellowships from the American Council of Learned Societies (ACLS), the American Association of University Women (AAUW), the

American Antiquarian Society, the Institute for Citizens and Scholars, and the First Book Institute at the Center for American Literary Studies at Penn State. She teaches courses in American literature and culture, critical theory, wilderness literature, food studies, and environmental humanities. Refreshments will be served.



Dr. Abby Goode is Associate Professor with tenure at Plymouth State University, where she teaches in the English and Sustainability Studies programs. Her book, *Agrotopias: An American Literary History of Sustainability*, is forthcoming from the University of North Carolina Press in September of 2022. Dr.



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# Keep On The Sunny Side

by Maggie Anderson

Recently I've received news of the passing of several friends and colleagues, the devastating news of a buddy's move into hospice after a two year run of chemo, only to be overtaken by the unrelenting Parkinson's she's been dealing with for years, and the sad news of my oldest high school chum's only daughter having to navigate tests, trials, and the beastly long wait for results of them all.

When my life is as chaotic as it is right now, their news puts my brakes on and reminds me of my blessings and how truly lucky I am to still be able to do the things I love, to travel where time and money allow, and to enjoy, not perfect health, but

certainly good health enough to do those things.

My grandmother used to tell me any time I felt I'd drawn the shortest straw and had the worst life possible, I should read the account of Job in my Bible. She assured me if I could still see my life as the worst of all, see my disappointments as more severe than Job's, she would get in line and cry with me. As a result I've rarely had a "poor me" attitude, on the other hand the misfortunes of friends and family serve to tune the station in my head to hear my grandmother's voice.

Sometimes even the most positive person in the world needs the sound of their grandmother's voice reminding them of their good fortune once again.

# NEKCOA Welcomes Neil Glassman As Technology Coordinator

St. Johnsbury, VT – The Northeast Kingdom Council on Aging is pleased to announce that Neil Glassman has joined the team as Volunteer Technology for Today Coordinator. This new, part-time, grant-based position supports the efforts of the Council to incorporate technology more effectively in the lives of clients to support their ability to age independently, reduce social isolation, and explore resources to learn about the benefits of technology at home for homebound individuals.

"Neil has a wealth of experience in teaching, business, and volunteering. He relocated to the NEK last year and was looking for a position that would benefit NEK residents. We were excited when he expressed the interest to share his experience with our clients," said Meg Burmeister, Executive Director. "As a teacher and someone who is innovative and tech savvy, he understands the opportunity technology can provide our clients and the patience needed to make it easily executed and understood. We are thrilled to welcome him to our team."

Glassman's professional career encompassed numerous marketing and technology leadership roles, including President of the US subsidiary of French computer-audio company Digi-gram; Vice President for Strategic Marketing at Broadcast Electronics, marketing



advanced audio-content delivery solutions for internet and over-the-air broadcasting; and founding WhizBang-PowWow, a agency that provided business-to-business marketing, consulting, and research services.

In addition to his business experience, he served as a special educator for 10 years in NJ, CT, and MA schools for students in grades 5 – 12. His commitment to community service currently includes volunteering with Team Rubicon USA, a world-wide volunteer disaster response organization that responds to the needs those impacted by natural disasters and humanitarian crises. He was also an independent radio and audio producer.

Glassman lives in Barnet with his wife and enjoys cooking, alternative music, and sampling Vermont micro-brews.

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### BEEZWAX

By John Martin



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### Executive Director



### Cohase Chamber of Commerce

The Cohase Regional Chamber of Commerce seeks an energetic, motivated individual to serve as its Executive Director. This is a part-time position (15 hours/week) that reports to the Board of Directors. Previous experience preferred.

#### Overall Responsibility:

- Responsible for the day-to-day Chamber of Commerce management, the implementation of policies established by the Board of Directors, and the coordination and implementation of activities, the majority of which are carried out by the volunteer base.
- Maintains a smooth and effective relationship with members, functioning as liaison with the Board of Directors, while actively managing all of the business affairs of the organization.
- Serves as the organization's official spokesperson.

#### Requirements

- Professional presence, leadership, and strong interpersonal and communication skills.
- Ability to build consensus.
- Experience managing a coordinated online presence among most relevant social media channels.
- Knowledge of computer software applications, including, Microsoft Word, Microsoft Excel, Microsoft PowerPoint, Microsoft Publisher, Constant Contact and website maintenance.
- Self-starter who has a high level of initiative.
- Leadership style that encourages team effort.
- Consistent attendance at monthly Board meetings, committee meetings, chamber events and occasional regional meetings as needed.

The Board is accepting resumes on a rolling basis with a deadline of October 1, 2022 to submit an application. Please email your letter of interest and resume to Jenn Hall, Vice Chair Cohase Chamber of Commerce Board of Directors [jhall@theguardianbank.com](mailto:jhall@theguardianbank.com).

The Cohase Chamber of Commerce serves the beautiful Cohase region, nestled in the valley of the Connecticut River. This region encompasses the Vermont towns of Newbury (including the villages of Newbury, Wells River and West Newbury), Bradford and Fairlee, and the New Hampshire towns of Haverhill (including Haverhill Corner, North Haverhill, Mountain Lakes, Pike, and Woodsville), Orford and Piermont.

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## What Should You Know About IRA Rollovers?

If you've been contributing to an IRA, you've chosen a great way to save and invest for retirement. All IRAs have potential tax benefits and a range of investment possibilities, but not all IRA providers offer the same features. So, if you decide that your current IRA provider is charging higher fees than you'd like, or perhaps doesn't offer as many investment choices as you want, then you might choose to move your IRA assets to another provider. How should you go about making this switch?

Here are some options to consider:

- Trustee-to-trustee transfer or direct rollover – You can ask the financial institution holding your IRA to move the money directly to another IRA. No taxes will be withheld from the amount transferred at the time of the transfer. This method is generally hassle-free, but some IRA sponsors will still only mail the check to your address of record, so you'd have to forward it to your new IRA.

- Indirect rollover – If you take an

indirect rollover, also known as a 60-day rollover, the assets from your existing IRA will be liquidated and the custodian or plan sponsor will send you a check or deposit the funds directly into your bank or brokerage account. This payment may be subject to withholding for federal taxes, and possibly state taxes, unless you opt out of withholding. You have 60 calendar days from the time the funds were withdrawn to deposit the money, including any amount withheld, into a new IRA. If you miss this 60-day deadline, the withdrawal may be taxable at your personal income tax rate, and it could also be subject to an early withdrawal penalty if you're younger than 59 1/2.

Given the immediate withholding and the possibility of further taxes if you don't move the money into a new IRA before the 60 days are up, you've got much to consider before initiating an indirect rollover. Consequently, you should consult with a financial advisor and tax professional before you make this type of move.

money from your 401(k) or similar employer-sponsored retirement plan to an IRA. This can occur when you retire or change jobs, although if you do take on another job, you might have the options of leaving your 401(k) with your former employer or rolling it over into your new employer's plan. However, if you do want to move your 401(k) funds into an IRA, you can make what's known as a direct rollover, in which the administrator of your old retirement plan will send you a check made payable to the custodian of your IRA. No taxes will be withheld, but you need to get the funds transferred within 60 days to avoid any potential tax issues.

You spend years contributing to your IRA and 401(k) — and for good reason. So, when it's time to move that money, be careful and consider getting help from your financial and tax professionals. These funds can play a big role in your retirement income, so manage them wisely.

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

*Edward Jones, Member SIPC*

In addition to a rollover from an existing IRA, you may someday want to move the



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## Letter to the Editor:

### Truth in Government Sorely Needed

To the Editor,

I have watched the candidate ads from Vermont. Let me say at the outset I am for truth and honesty, everywhere. I have not seen honesty and truthfulness from some Vermont candidates. Becca Balint is promoting universal healthcare. Is she aware that Vermont abandoned state-wide healthcare due to the prohibitive taxes needed to fund another government freebee. What makes her think the U.S. legislature can do any better. How about universal 100% tax deductible healthcare – no government in-

volvement. The Medicare Hospital Trust Fund is bankrupt in less than 8 years. Congress has done nothing except hold impeachments and ridiculous hearings.

Molly Gray is for women's reproductive rights. Does that mean she is for women reproducing? Probably she is either for or against abortion. She should come clean and tell the voters her position on abortion. She touts being a farm girl. Is her farm subsidized by Vermont or the U.S. government? Important information needed by responsible voters. Voters need to ask her.

Peter Welch is clearly a clone of Bernie Sanders. Affordable housing (in government high rises, no property rights – except the elite in power), affordable healthcare, affordable this and that. How would Peter Welch address these and other issues. He doesn't say but needs to be asked. If you do not get direct answers to these and other questions important to you then you are being fed a snow job. Do not fall for nonsense.

Robert Peraino  
Franconia, NH

Robert,

*I will strongly agree with you that truthfulness is important from each and every candidate for each and every elected position. It is important, but I fear that it has become not the top priority of way too many candidates. It seems the most important aspect of their campaigns is to get elected, no matter what you need to say.*

*It also appears to me that way too many voters only listen to what they want to hear. They*

*do not take the time to listen to the "other side" to see what thoughts or ideas may be lurking on that side of the aisle. They only read or listen to, or even simply vote for those who they believe stand for their views, without giving any credibility to the person themselves. Sometimes the right person for the job is not the one you agree with on everything, but one who has some different ideas.*

Gary Scruton, Editor



## Public School Teacher Shortages

Pursuant to SB 236, the legislature has established a committee to study and make recommendations regarding teacher shortages throughout New Hampshire. Various states have implemented recruitment incentives and strategies to fill vacant public school teaching positions. The committee includes Representatives Rick Ladd, Oliver Ford, Mel Myler and Senators Ward and Kahn.

In recent weeks, I have visited with a number of local school boards, spoken with district personnel, and communicated with the NH Department of Education. The teacher shortage is real and requires creative responses to this critical shortage.

"State education departments and legislatures are working to bolster the teacher pipeline, spending hundreds of millions of dollars to create teacher residency programs, boost salaries and cover the costs of a credential for those working in the highest-need schools. Many states are also loosening requirements to become a teacher, calling

them needlessly onerous." (WSJ).

New Hampshire is not immune to the teacher shortage. Local districts are racing to fill positions, and teachers are jumping to neighboring districts where recruiters are offering pay increases, or where a vacant position is closer to home. In accordance with SB 236, the teacher shortage committee will study and make recommendations regarding teacher shortages since 2018 and expected retirements through 2026 and identify strategies to attract more qualified candidates into the profession. Attention will be given to filling positions in rural districts and districts with lower performance outcomes. Additionally, the committee will evaluate recruitment incentives and identify strategies to retain currently licensed and practicing teachers. Although many are leaving the teacher profession because of pandemic-induced exhaustion, others express concern regarding public scrutiny of school curriculum.

Hiring long-term substi-

tutes and cutting class offerings or increasing class sizes may be an option, but in doing so, these options should be carefully evaluated in terms of desired student learning outcomes.

Alabama has countered the teacher shortage by permitting anyone to teach if the individual possess certification from any other state. Further, that state along with others, are allowing those with lapsed certification to renew their lapsed credentials. With this option, retirees returning to the teaching profession will have no impact on retirement earnings. Florida is completing a legislative rule to provide qualified military veterans temporary five-year teacher credentials. Other states are easing licensing requirements to provide para professionals licensure, while a number of districts in NH are redefining principal positions as teaching principals. Teaching principals are not a new practice and have been used effectively for years.

The teacher shortage is real; however, as in any profession, our education system must remain competitive, meet the demands of our society, and prepare students to meet career challenges possessing needed skills, knowledge and work study habits. Teachers and parents are key to this outcome.

Respectfully Submitted,  
Rep Rick Ladd,  
Chair, House Education

## Julie Lynn Roy: OBITUARY

Julie Lynn Roy, 50, of Woodsville NH passed suddenly on July 17th, 2022.

Julie was born on April 1st, 1972, to Arlene (Rena) and Seth Lyndes. She was a self-employed handy-woman.

Julie enjoyed camping, gardening, jewelry making, virtually anything hands on, especially if it was outside. The great outdoors was her peace.

Julie is survived by her four children, Joseph, Amber, Dustin and Crystal; 8 grandchildren, Aiden, Anika, Curtis, Nora, Jacob, Natalie, Allen and Raelynn; along with several brothers and sisters.



Along with her parents, she was predeceased by both the loves of her life, George Towle and Peter Smith; also her grandson James.

For more information, or to offer an online condolence, please visit [www.rickerfh.com](http://www.rickerfh.com)

Ricker Funeral Home & Cremation Care of Woodsville is in charge of arrangements.

## Jackaline "Jackie" Moore: OBITUARY

Jackaline "Jackie" Moore, 86, of Woodsville, died at Littleton Regional Healthcare on Thursday, August 18, 2022. She was born in Woodsville on November 30, 1935, to Earl and Doris (Day) Douglas. She was raised in Woodsville and graduated from Woodsville High School with the class of 1953. On June 5, 1955, she married Roland Moore.

Jackie and Rollie made their home in Woodsville and together raised four children. Jackie enjoyed reading, especially ancient histories, and was a talented seamstress, making many clothes for herself and her children. Jackie enjoyed listening to Celtic, Andes, and Oldies music and watching British, Scottish, and Irish comedies. She enjoyed going on rides and looking for wildlife with Rollie, as well as her Irish Breakfast Tea in the morning and Yorkshire Tea in the afternoons.

Jackie is predeceased by her parents; husband, Rollie Moore, on December 03, 2019; her daughter, Bridget Moore, in 1964; a sister, Marguerite "Peggy" Sawyer; and two brothers, John Douglas and Donald Douglas. She is survived by a son, Peter Moore, of Woodsville, NH; two daughters, Robin Moore, of Somerville, MA, and Heather



Moore, of Willow, AK; and a brother, David Douglas, of Marlboro, MA; as well as nieces, nephews, cousins and friends.

A joint Celebration of Life for Jackie and Rollie will be held on Saturday, September 24, 2022, at 11AM at Ricker Funeral Home and Cremation Care of Woodsville, with interment to follow at Pine Grove Cemetery.

For more information, or to offer an online condolence, please visit [www.rickerfh.com](http://www.rickerfh.com)

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Adam W. Smith

# Proper Warmups For Greater Health

By Shawn Thomas

Among the many great speakers at the AthleanX Live conference I mentioned in my last article was Matt Wenning. Matt is a powerlifter who has held multiple world records and titles in the Squat and the Bench Press. He lives to lift heavy things, and when meeting him, he looked very traditional what a large man looks like when they live to lift. Then he began to speak. Who I met is one of the most educated, and honest people I've ever met in the fitness industry. Then I looked at the itinerary of the conference and saw that he wouldn't be talking about squat tips, or bench press tips as one would expect. He would be speaking about warmups.

Now many of us grew up playing sports and going to gym class in school. In many of those outdated classes and leagues, and some still do it today, we started off our games, practices and class periods with stationary, static stretches. Now, I did not need to meet Matt and listen to his presentation to know that static stretches rarely have a place being done before physical play or exercise. And for those of you wondering; static stretches are best done after exercise

to allow for greater blood flow and enhanced recovery, or before bed to keep muscles from tightening too much while we sleep (more on this in future articles).

Needless to say, I was perplexed at why one of the strongest men in the history of the planet would be talking about something as simple as warmups. Listening to him changed my mind. Not just then, but potentially forever. A common issue with powerlifters is they build themselves up, get to the top of the mountain in their sport, and last less than five years. They start getting serious injuries that severely shorten their lifting careers. Matt has been powerlifting for thirty years and competing for about twenty-five of them. How has he stayed so healthy? How has he maintained flexibility and longevity? One of his major reasons, warmups.

What are warmups for? The two main reasons are to increase General Physical Preparedness (GPP) and to potentiate the main movements for that day. Now before I go any further. I don't care if you are 4, 14, 40 or 95, If you are attempting to improve your physical health, there are main movements that should be in your exercise program, in-

cluding a bench press, squat and a deadlift (or some variation of those). They should be included because they are acts of daily living (more on this in future articles too). So how does he, and I by virtue of this education, suggest you warm up? Your main focus should be on whatever your main movement of the day will be. You then select three exercises that will focus on your GPP and potentiation of the movement. As well as strengthen weak spots and muscle groups involved in the lift. Generally, the structure of these exercises, are a primer, which is an exercise similar to the main lift of the day, and two weak muscle group focused exercises, so your weak spots are no longer weak spots.

In my next article, I'm going to go more in depth on the structuring and give you some examples to get you started. And always remember, you can reach out to me for more information, and coaching if you'd like it!

*Shawn Thomas is a NASM certified personal trainer with a weight loss specialization. He also coaches personally as WSRT Fitness, which you can contact directly at wsrtfitness@gmail.com for questions, consultations and coaching*

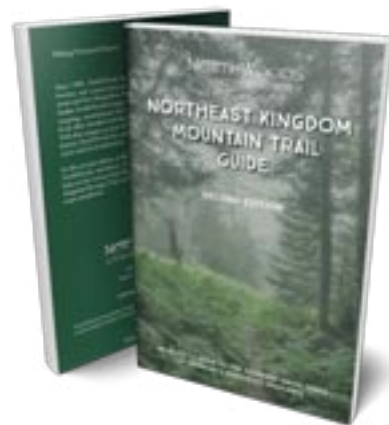
# NorthWoods Launches Updated NEK Mountain Trail Guide

EAST CHARLESTON – This summer, the non-profit NorthWoods Stewardship Center launched the second edition of their Northeast Kingdom Mountain Trail Guide. Originally published in 2010, the popular first edition of the book quickly sold out of its first printing. This 250-page second edition, published in June, builds on the first edition, adding nearly 100 pages of new maps, photos, trail histories, and descriptions. Updated with 12 additional trails, the book provides over 20 total trail descriptions in the Northeast Kingdom, including those in the popular Groton State Forest and the recently completed long-distance Kingdom Heritage Trail, among others.

"This book was a real community effort -- we had volunteers who hiked and ground-truthed the trails, created maps, and submitted photos of their favorite lookouts. We are very grateful to the members of the hiking community who helped make this book a success," said NorthWoods Communications Director Kelsey Evans.

"Our NorthWoods Conservation Corps' youth crews have worked with partners to build and maintain many of these local trails for decades, so we are excited to spotlight these beautiful locations for families and visitors who are looking for a variety of hiking experiences in the NEK."

U.S. Senator Patrick Leahy, who has been central to establishing funding to conserve lands in Vermont and around the country,



Cover image of the Northeast Kingdom Mountain Trail Guide: Second Edition.

said, "I am delighted to see NorthWoods continue to share access and insight to the beautiful mountains of northeastern Vermont. From the first Forest Legacy project at Cow Mountain Pond, to the recently opened Kingdom Heritage Trail, this book, like those trails, is a valuable resource."

The book was completed with funding in part from the Vermont Community Foundation and the Westmore Association. All proceeds will help fund the continuing work of NorthWoods' Conservation Corps, Forest Stewardship, Conservation Science, and Education programs.

After a successful launch at Dirt Church Brewing Co in July, the book has been enjoying brisk online sales and distribution to bookshops and general stores throughout the region. Those interested in getting a copy can do so through the NorthWoods website at [www.northwoodscenter.org](http://www.northwoodscenter.org).

Contact info: Kelsey Evans, [kelsey@northwoodscenter.org](mailto:kelsey@northwoodscenter.org)

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## Busy Schedule at United Congregational Church of Orford UCC

The United Congregational Church of Orford UCC have several public events in the very near future. Please share with your family and friends.

Sept 4, Sunday - 'An Afternoon of Music in the Ville'. At 2 pm at the Orfordville Church, Ernie Drown (organ and harpsichord) and Beth Hilgartner (recorder and voice) will perform a concert to benefit the Orford Historical Society and the Orfordville Church. Free will donations at the door.

Sept 4, Sunday - Orford Historical Society will host an open house at the Her-

itage Center following the Concert at the Orfordville Church with refreshments.

Sept 11, Sunday - Worship returns to the Main Street Building. (10:30 am)

Sept 10, Saturday - Omelets to order by Bruce Balch and more at the Orford Congregational Church, Main st., from 8 to 9:30. Donations to support the Church's missions.

Oct 8, Saturday - Annual Craft Fair at the Congregational Church from 10 to 3. For further information and vendor application call Lois Sargent 603-208-7270; [Jeanniesjems@gmail.com](mailto:Jeanniesjems@gmail.com)

or Tonya Daisey 603-272-0324; [riverdaisey@gmail.com](mailto:riverdaisey@gmail.com)

Oct 15, Saturday Flu Clinic at the Orford Congregational Church, Main St. The Public Health of the Upper Valley is hosting the clinic and more information will follow.



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*Thank you for your understanding.*



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by Eli Heath  
Paige Computer Services

## Tek Talk with Eli

with a Microtek in Houston; it's a training facility for business computer users — not a technical-support center. I assume the caller just picked Microtek's name off the Web. I don't believe the real Microtek had anything to do with the bogus tech-support call.)

"Changing topics, I asked how he knew my computer was infected. He replied that his company is an authorized Microsoft Partner and, because I use Microsoft Windows, my computer sends notifications to Microtek servers.

"I then asked how he knew about my specific computer; he stated that his server gets updates from my PC. He then asked whether I ran Windows Update. When I said yes, he went on to say that Microtek servers got the information about infected files in my system via Windows Update.

"I countered, stating that Windows Update goes only to Microsoft servers — not Microtek servers. But he simply repeated that Microtek is an authorized Microsoft Partner.

"Next, I asked him which one of my computers was infected (I have several at home), to which he said something vague about a MAC address. When asked which MAC address he had for my machine, he would state only that, for 'security reasons,' he couldn't tell me the MAC address (even though it was my own PC).

"At this point, I expressed my doubts about all this information. But he was quite persistent; he stated that 'some of our clients in your area have been affected by the infected files on your machine.' He then claimed I had upward of '1,000 infected files.' When asked who these local clients were, he said he couldn't tell me that (of course).

"I asked how his clients' machines could possibly be affected by my home computer. He didn't answer this but went directly to the following: 'OK, I'll show you the infected files on your computer.' He instructed me to

enter .inf into the Start menu search box, then declared that all these files were 'infected' (that .inf stands for 'infected' or 'infection').

"At that point, I said I didn't believe that was true; it was my understanding that .inf was a particular type of file that comes with software installed on my computer.

"At this point, he ended the call — probably because I knew that .inf didn't refer to infected files. As it was, I'd had him on the line for a good 15 minutes.

A customer called me and said that when she asked how much the cleanup will cost the guy replied \$300.00 when she said she was not going to pay the scammer started deleting pictures of her late husband from her computer. If you get such a call just hang up, also if you should get a Warning on your web page from Microsoft saying you need to call this number your computer is infected and your computer is locked up. Should that happen on your keyboard hold down the Ctrl the Alt and press the Del(Delete) Key. a window will come up, left click on Task Manager, when it opens on the left look for your Web Browser you were using if it is Microsoft Edge left click on it with the mouse to highlight it, then on the bottom right of the Task Manager click End Task that will close out the web page with the Warning.

I hope this helps. Any questions you can email me at Paigecs@gmail .com or call (603)747-2201

## Enhancing Wildlife Habitat Diversity Workshop

All New England wildlife species utilize young forest in some way during their life cycle. What can landowners do to incorporate this valuable habitat on their property? Join us for the Enhancing Wildlife Habitat Diversity information session to show the benefits of patch cuts and shelterwood cuts to increase wildlife diversity by increasing quality habitat. Sean Rabbitt, National Wild Turkey Federation Forester and NRCS Conservation Planner, Jim Frohn, UNH Extension, Natural Resources Conservation Service, and Pam Gilbert, Grafton County Conservation District will explore a species-rich young forest habitat and adjacent mature forest to discuss what makes this great wildlife habitat. The Enhancing

Wildlife Habitat Diversity workshop will be held at Russ Keniston's Swampy Lane Farm, 1220 Briar Hill Road, North Haverhill NH on Wednesday, August 24, 2022 from 3:00-5:00PM. We will look at critical habitat needs for wildlife, desirable shrubs and trees, and why including patch openings and shelterwood cuts encourage species diversity. We'll discuss the forest management strategies, planning to enhance wildlife diversity, and resources for forest landowners. Please contact Pam Gilbert for more information at pamelagilbert@nh.nacdn.net or call 603-787-6973. The event will be held rain or shine. There will be some moderate walking, please bring appropriate clothing, footwear, and water.

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

# Squashysoise or Zucchini Soup

Hello hello my fellow chefs! How are you all doing today? I'm doing just okay. I have been so sick with terrible stomach issues since the day before my class reunion on August 5th. I couldn't even go to my 50th because I was severely nauseous and my stomach fell like someone punched me in the gut. I wasn't up to driving to RI. I even kept getting a temperature of 100-101 every night since. I do feel better but I'm totally exhausted. Some of my friends have contacted me about getting together the next time I go to RI. We'll see.

Today's recipe is very special to me. June 26, 2017 this was my very first recipe to get published. I was so tickled pink the first time I spoke with Gary and he told me that my article was going in the paper. Wow I can't believe it has been over 5 years!!! I appreciate all of you for following Trendy Times and my column. It's such a nice newspaper and I have visited a bunch of places that advertise in it.

So let's get started with today's recipe and how to make it. By the way it's easy peasy and "Delicioso ". The name comes from the cold potato soup Vichyssoise. This soup can be enjoyed hot, warm or chilled. I like it warm sipping it in a soup mug with croutons.



Ingredients  
1 large vidalia onion minced. I used my mini food processor, it's super easy.  
3-4 Tbsp butter  
4 cups green zucchini sliced and cut in half (approximately 1 medium squash)

4 cups chicken broth (I made mine from chicken bouillon because that's what I had on hand)

1 cup milk  
1/2 tsp seasoned salt or to taste

1/2 tsp pepper  
In deep sauté pan melt butter and cook onions 3-4 minutes then add zucchini and sauté 10 minutes or until tender. Add salt and pepper. Shut off heat and let it sit a bit. Transfer to your blender and add 1 cup of broth. Pulse on low until all combined. The dark green skin gives an appetizing speckled look. In large pot heat the rest of the broth till warm not scalding, add the contents of the blender into the pan and mix, then add the milk and stir until smooth and yummy looking. Serve in soup mugs so no spoon needed and put some croutons on top. That's it! I made a cheese burger on the grill with it and it was very good. It's a different way to use zucchini since it's plentiful now. Try it you'll love it.

Well folks that's it for today's recipe. I hope you all try it because you'll be a star making such a treat. Until next time I am signing off.  
Sincerely,  
Cin Pin



A young Buck that was enjoying the Lupines and other flowers on the Thomson Tree Farm in Orford this year.

Photo courtesy of Tom Thomson

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