

A FREE PUBLICATION

TRENDY



Next Issue: Tuesday, October 4
Deadline: Thursday, September 29

TIMES

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SEPTEMBER 20, 2022 VOLUME 13, NUMBER 25

Two Fall Events From Newbury Conservation Comm.

The 25th Annual Fall Foliage Bike Ride on the Cross Vermont Trail on Saturday, September 24.

The fun starts at the parking lot next to Upper Valley Grill on Rte. 302 in Groton, [VT. 2967 Scott Hwy. Groton, Vt.] 05046 9:30 AM for sign in, route directions and bike safety check. At 10:00 AM "We Ride" Heading out through Groton State Park on the Cross Vermont Trail.

Starting at Upper Valley Grill riding west on the Cross Vermont Trail to the 4 corners at Lanesboro and back. This ride is about 18 miles long. You will ride under a canopy of brilliant fall foliage colors on your way past Ricker Pond, Lake Groton and on to the 4 Corners at Lanesboro, then back to Upper Valley Grill.

For a shorter Family-friendly ride (Good for Family with younger children or less experienced riders) we suggest Boulder Beach Road as a turn around point. Making this ride about 11 miles.

Volunteers will be at the start of the event to give directions and information about the ride. We will post volunteers at the major road crossing, and the turn around at Lanesboro for assistance and safety.

We suggest an After Ride Lunch at Upper Valley Grill. Nice outdoor picnic table. Help support our local business along the trail.

For more info contact Michael Thomas 802-757-3960 mikethom1@charter.net

NCC- Newbury Conservation Commission

www.newburyconservation.org

CVTA- Cross Vermont Trail Association
www.crossvermont.org

The 19th Season of Paddle The Border on Sunday, October 2.

A canoe and kayak paddle on the Connecticut River held in May and October. PTB was started as a way for community organizations from Vermont and New Hampshire to work together to "Show Case" our shared asset, the Connecticut River. PTB is held twice a year weather permitting-no rain dates are planned.

The Fall Paddle 2022 date is Sunday October 2nd, from the Newbury Boat Launch beside the Newbury-Haverhill Bridge, to the Bugbee landing in Bradford, Vermont.

The Spring Paddle 2023 date is May 21: [20th Year]

There is a shuttle service from the take out, to the launch sight. This Shuttle Service has been provided by Butler Bus Company (we thank them). The Shuttle Service is available from 10am to 11am; This gives us a suggested launch time of 10:30 to 11:30am. The approximate paddle time for the spring and fall paddle is 3-1/2 to 4 hours.

All events are weather permitting, and all participants must abide by safe boating rules and regulation.

So come, meet new friends and fellow paddlers, whatever the reason join the fun!

Paddle the Border is also sponsored by the Cohase Chamber of Commerce www.cohase.org and the Haverhill Rec. Department rec@haverhill-nh.com



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TRENDY Dining Guide

Woodsville Village Pizza

by Gary Scruton

We all have some favorite eateries. They may be your favorite because of the food they serve. Or perhaps it is due to the prices they charge. Maybe the service is what tickles your fancy. Or perhaps it is simply the location. But probably it is a combination of more than one of these reasons. I, myself, have a number of establishments I am more than happy to visit. And when one of those spots does something new or different, it is noticed, and most times appreciated.

When Janice and I recently visited Woodsville Village Pizza we saw one difference that had nothing to do with the food. The difference was that the new owners (okay, it's now been a year or so) had introduced solid serv-

ing dishes and much heavier utensils to eat with. Now this may not sound like much to many, but to Janice and I, it was noticeable and welcomed. Getting a meal served on a heavy plate, bowl or platter as opposed to a paper plate or a plastic basket gives a feeling of a more solid meal. As to the silverware, Janice doesn't enjoy eating a well prepared and/or expensive meal with a knife and fork that are lightweight, rough and could have been purchased for less than a dollar. Woodsville Village Pizza has certainly upgraded themselves in our book by instituting these changes.

I have to add that we were not aware of the changes when we ordered. As has always been the case when you

walk into Woodsville Village Pizza, you walk up to the front counter to place your order. They have plenty of menus on the counter so you can, like us, take two and go find a seat, peruse the menu, and then go back to place your order. I looked at prices and options and settled on a Cheeseburger Dinner. It came with a salad (Thousand Island dressing, please) along with french fries, onion rings and cole slaw. I also added a bottle of Michelob Light, one of three beer choices they now offer. Janice ordered the Chicken Broccoli Alfredo. It also came with a salad (ranch please) and she chose the spaghetti option for it to be served on. The other choice was penne for a pasta option. She also got a bottle of un-

sweetened ice tea from the cooler right next to the counter.

It was at this point that we were given the total for our meals and beverages, \$37.44, which I paid with a credit card.

We then took our beverages back to the booth we had chosen and sat down. It only took about 2 minutes before our two salads came out with packets of our chosen salad dressings on the side. We had just finished our salads when the staff behind the counter came out with our meals. I will say that there were occasions when they called out numbers for customers to come up and get their own meals, or meals that were packaged to go, but they also served some, like they did for us.

That was when we noticed the new and im-

proved dinnerware. One other aspect of this is that a heavy plate also holds the heat better, a note that Janice very much welcomed.



Her meal was more than ample as she was unable to finish it and eventually went back to the counter to get a to go container to take some of her meal home to enjoy another day.

Me, on the other hand, I was hungry enough that I managed to get around the entire meal. The burger was stacked high with lettuce, onions, hold the tomato, and pickles and held together with one of those long toothpicks. The onion rings and french fries were both cooked the way I like them and in ample supply. The coleslaw on the side was just enough to enjoy. As we were leaving, Janice placed a cash tip in the "tip jar" on the counter.




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Annual Meeting of the Orford Historical Society

The 2022 OHS Annual Meeting will take place at 7 PM on the 27th of September at the Congregational Church on Rte 10 in Orford, NH.

Following a brief report on OHS activities and presentation of Board Officers, there will be a special program by David Govatski, retired Forester with the U.S. Forest Service from Jefferson, NH. The presentation is titled "We Can Take It: The Civilian Conservation Corps in the White Mountains."

The Civilian Conservation Corps was one of the most successful federal government programs in US history and ran between 1933-1942. There were 21 CCC camps in the White Mountains, each employing up to 200 men. During the Great Depression, one-of-four Americans were out of work, and financial collapse was familiar. Mr Govatski will consider the causes of the Great De-



pression, the role of the Dust Bowl, and the Bonus Army March on the nation's capital. He will also discuss an attempt to create an all-female equivalent of the CCC by Eleanor Roosevelt and life in the CCC camps and their motto—"We Can Take It." Featuring numerous photos of the local camps and the men working on projects, there will also be a display of CCC publications and memorabilia.

Open to all interested people, the OHS Board of Directors hopes to see you there!

Intimate Apparel Now Playing At Weathervane Theatre

WHITEFIELD, NH - The Weathervane Theatre is proud to present the acclaimed play Intimate Apparel - a story of identity, vulnerability, and human resilience by two time Pulitzer Prize winner Lynn Nottage.

Esther is a much sought-after Black seamstress in turn-of-the-20th century Manhattan. Sewing elegant intimates for socialites and harlots alike, Esther looks for love and respect while finding self-realization and acceptance.

Originally produced Off-Broadway in 2004, Intimate Apparel originally starred Oscar, Tony, and Emmy Award Winner Viola Davis. Winning five national awards for Best Play, Intimate Apparel blends the love of beautiful fabric and delicate adornments with the intimacy of friendship and unattainable love.

Returning for her eighth season, Intimate Apparel is directed by Shinnerrie Jackson.

"I have been with this play since 2008 when I was privileged to play Esther as my thesis assignment," said Jackson. "I am so proud to bring it to my first theatrical home in the North Country, Weathervane Theatre. Every time I encounter this play, I fall in love with Esther. She and

the play have changed my life. She is so very brave and courageous at a time when Black women were forced to be background players in their own lives."

The cast of Intimate Apparel is led by Jewell Noel as Esther. Tyler Covington and Broadway's Janelle A. Robinson (Mary Poppins) make their Weathervane debuts as George and Mrs. Dickson. The rest of the cast features Jorge Donoso as Mr. Marks, Alexandria Reese as Mayme, and Marisa Kirby as Mrs. Van Buren. Nick Deapo and Lew Whitener make up the ensemble.

The design team consists of Ariana C. Cardoza (sound), Scout Hough (lighting design and technical direction), Robert Salerno (projection), Rien Schlecht (set and costumes), and Billy Smith (properties). Additional creative team: Celia Madeoy (dialect coach), Anna Gautreaux (scenic charge), Egypt Dixon (production stage manager), Kara Procell and Billy Smith (assistant stage management).

Performed to in person audiences only, audiences are currently at full capacity. The theatre has a new HVAC/Air Purification System that filters the air and provides heat and air conditioning. Masks are strongly encouraged, but not required unless Coös County is at a red or a high level risk for Covid-19.

Intimate Apparel opened Friday, September 16th and runs in alternating repertory through Wednesday, October 5th. Recommended



for ages 12+, this production does contain scenes depicting sexual violence and other mature themes. Tickets are available online (weathervanenh.org), by phone (603-837-9322) or in person at Weathervane's Box Office (389 Lancaster Rd in Whitefield).

The Box Office is generally open 10AM - 1PM on performance days and again two hours before curtain. On days of two performances the box office is open 10AM through 30 minutes past the evening curtain. For the most up to date hours please visit Weathervane's website. Tickets can be purchased 24/7 on Weathervane's website.

Weathervane's 57th rep season runs July 1 - October 9. Performances run Tuesday - Saturday with 7 PM performances and 2 PM performances on select Saturdays and Sundays. Additional season 57 productions include A Class Act, Blood Brothers, The Marvelous Wonderettes, and A Chorus Line. Single tickets now available at www.weathervanenh.org. Season 57 tickets start at \$19.

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Veto Day

On September 15, NH Senate and House members met in Concord to act upon the bills Governor Sununu had vetoed this past legislative session. The question before the legislative bodies was, "Notwithstanding the Governor's veto, shall these bills become law?" To override a vetoed bill, each legislative body, in accordance with NH's Constitution, must do so by a 2/3's vote. That is an extremely high bar, and in the case of all bills acted upon this past Wednesday, the Governor's veto messages were sustained.

Within both bodies, however, motions were passed to suspend the rules to allow introduction and consideration of the emergency energy assistance bill, HB2023. This bill establishes a state

emergency fuel assistance program and a supplemental electric benefit to be administered by the department of energy for the fiscal year ending June 30, 2023 (this year), and makes an appropriation to the department of energy to fund the programs. The bill further makes an appropriation to the department for the electric low-income program fund. Total appropriations with the bill equal \$42M.

The program is designed to serve the population whose income exceeds eligibility to qualify for the Federal Fuel Assistance Program, but because of this winter's rising, or should I say 'spiking' fuel and electric costs, this population could find themselves in need of assistance. The program provides a one-

time \$450 benefit to households with an annual income of over 60% and up to 75% of the State Median Income. The electric assistance program will provide a one-time \$200 benefit to households with an annual income over 60% and up to 75% of the State Median Income.

Appropriations supporting this program will come from surplus revenue, of which legislators have already spent 60% of the state's record \$430 million budget surplus. I advocated for placing remaining funds in the State's Rainy Day Fund, and to later when developing the next biennium budget, use surplus funds which will surely grow in the next several months to off-set and reduce the Statewide Education Property Tax that impacts every property owner in the state as was done this previous year. That position is appreciated by the majority of the House; however, both the House and Senate approved the assistance programs with overwhelming voice votes.

The fuel assistance program is a politically attractive rebate that will as a "short-term solution" support a specific statewide Granite State population that may be left in the cold due to failed policies and inaction in Washington. And 'yes,' the legislature will need to strongly look at another reduction of the Statewide Education Property Tax in the upcoming session.

Respectfully Submitted,
Rep Rick Ladd, Chair
House Education

Haverhill Library Assoc. Hosts Life Downstairs: British Servant Culture in Fact, Fiction, and Film



While servant narratives have been popular for centuries, there seems to be a resurging interest in these stories in recent decades. Many contemporary British and North American writers, filmmakers, and television executives have turned to master/servant relationships as their subject matter. Films like *The Remains of the Day* and *Gosford Park* garnered numerous Oscar nominations and substantial box office profits. PBS created such classics as *Upstairs, Downstairs* and *Manor House*, as well as the phenomenally successful *Downton Abbey*! Even mainstream American television has piloted its own versions of the British servant in shows as wide-ranging as *The Fresh Prince of Bel Air* to reality TV's *Supernanny*.

Join Ann McClellan as she explores the history behind the rise and fall of British servants and why Americans are so fasci-

nated by their stories on page and screen.

Ann McClellan is professor of English at Plymouth State University where she teaches 19th and 20th century British literature. Last June she presented a well received program on *Sherlock Holmes* at Alumni Hall. We are pleased she agreed to a second program.

She is the author of *How British Women Writers Transformed the Campus Novel* (2012), *Sherlock's World: Fanfiction and the Reimagining of BBC's Sherlock* (2018), and several articles on cultural topics ranging from servants on screen to social media, fan fiction, and *Sherlock Holmes*. She is currently writing a new monograph on *Black Sherlock Holmes* adaptations.

This NH Humanities Program will be held Tuesday, October 4 at Alumni Hall in Haverhill Corner at 7:00 p.m. Refreshments will be served.



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Former Lt. Governor Brian Dubie Endorses Sen. Joe Benning for Lt. Governor

Lyndonville, VT – Sen. Joe Benning is honored to receive another high profile endorsement this week with the support of former Lt. Gov. Brian Dubie. In a statement to the campaign, Former Lt. Gov. Dubie said “Joe Benning is exactly who we need in the Lt. Governor’s office.” He added that “Joe has earned a reputation as a person of distinguished integrity, and proven leadership, with the respect of lawmakers on both sides of the aisle. Joe will be a fantastic partner to Gov. Scott as they work together to lower Vermonters’ cost of living, and address the biggest issues facing our state.”

Former Lt. Governor Dubie’s endorsement follows a long list of current and former lawmakers and state officials that have endorsed Sen. Benning’s candidacy. Former Governor Jim Douglas, whom Lt. Gov. Dubie served alongside in their respective offices, endorsed Sen. Benning in May. Governor Scott made his official endorsement at the end of July.

“Joe Benning is exactly who we need in the Lt. Governor’s office. Joe has over a decade of experience in the Vermont Senate, and is well equipped to preside over the chamber. He has earned a reputation as a person of distinguished integrity, and proven leadership, with the respect of lawmakers on both sides of the aisle. Joe will be a fantastic partner to Gov. Scott as they work together to lower Vermonters’ cost of living, and address the biggest issues facing our state. I know that Joe will



work hard in Montpelier, and all across the state, to promote Vermont’s economy and interests. Please consider joining me by voting for Joe Benning for our next Lt. Governor.”

- Former Lt. Governor Brian Dubie

“Joe Benning has the experience needed to be a great Lieutenant Governor. He’s been a Senate leader, he works hard, he loves Vermont, and he’s respected by his colleagues across the political spectrum. Joe knows how to bring people together to get things done.”

-Former Governor Jim Douglas

“I’m voting for Joe Benning and here’s why: As we face serious challenges, we need more elected officials with Joe’s integrity, fairness, and ex-

perience to help get results for everyday Vermonters – and he’s earned the respect of his Senate colleagues on both sides of the aisle. He will make a great Lieutenant Governor. When I was Lt. Governor, I forwarded his name to take my place as Chair of the Institutions Committee. I think a lot of him, he has a lot of integrity, he’s ethical, and he understands we have to get our cost of living under control here. We’ll work together. I’ll be supporting him; I’ll be voting for him.

I think Joe has the right attitude. He’s respectful, he’s civil, and he has the same vision that I do for the Republican Party getting back to our roots in terms of fiscal responsibility. I’m a Joe Benning supporter.” - Governor Phil Scott

Candidate David Rochefort Pledges to Sponsor Legislation Following Failed Veto Override of HB 1454

5

Republican state representative candidate David Rochefort has announced Thursday evening that he will sponsor legislation to provide criteria for siting landfills near groundwater to prevent potential contamination. This announcement follows on the heels of news that the New Hampshire Senate failed to override the veto of HB 1454.

Rochefort, of Littleton, seeks the seat in the new Grafton-1 district, which includes the towns of Littleton, Sugar Hill, Lisbon, Monroe, Lyman, and Lisbon.

Rochefort stated, “I grew up in Lancaster in a time that when we were told to stay out of certain rivers and bodies of water due to pollution. Much has been done in the name of environmental responsibility over the past forty years and many of those waters are now clean and prospering. HB1454 was a piece of common sense, bipartisan legislation designed to protect our waters; to prevent catastrophic con-



tamination. I’m disappointed that the override vote failed the necessary votes in the Senate but I am committed to sponsoring this bill again; it’s too important to let go and the effort must continue.”

If elected, Rochefort said the protection of clean water from pollution would be a top priority and he would be eager to work with anyone from any party that shares his value for our states water resources. “Clean water is not a partisan issue”, he added.

Rochefort recently competed in an uncontested primary and he will be a candidate for the general election on November 8.

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

September 20, 2022

Volume 13 Number 25

Calendar of Events

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

TUESDAY, SEPTEMBER 20

HARNESSING HISTORY: ON THE TRAIL OF NEW HAMPSHIRE'S STATE DOG
7:00 PM
Alumni Hall, Haverhill

WEDNESDAY, SEPTEMBER 21

HISTORY OF NH LIBRARIES
7:00 PM See Article on Page 9
Shared Ministry Church, Lisbon.

SAT, SEPTEMBER 24 - SAT. OCTOBER 1

FREE CLOTHING EVENT
9:00 AM - 6:00 PM
Warren N.H. Town Hall

SATURDAY, SEPTEMBER 24

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

25TH ANNUAL FALL FOLIAGE BIKE RIDE
9:30 AM See Article on Page 1
Cross Vermont Trail, Upper Valley Grill, Groton

FALL FESTIVAL

10:00 AM - 2:00 PM See Ad on Page 9
First Congregational Church, Newbury

EAST ORANGE CHURCH & SCHOOLHOUSE

FALL FUN DAY
11:00 AM
EO Church, East Orange, Vermont

BRADFORD DOG PARK GRAND OPENING

12:00 - 5:00 PM
Elizabeth's Park, Bradford

DESIGNING WOMEN: 20TH CENTURY QUILT ENTREPRENEURS

1:00 PM See Article on Page 14
Joseph Patch Library, Warren

CHOOSE LOVE EVENT

1:00 PM See Article on Page 14
Alumni Green, Plymouth State College

Dog Mountain Fall Dog Party

ST. JOHNSBURY, VERMONT – On Saturday, October 1st, Dog Mountain, Home of Stephen Huneck Gallery, is hosting its annual Fall Dog Party, Saturday, October 1st, 2022 from: 12pm-4pm.

Named one of the Top Ten Fall Events by the Vermont Chamber of Commerce, Dog Mountain's Fall Dog Party is not to be missed. Grab your camera, hop in the car, and take the scenic ride to leaf-romping, four-legged fun at Dog Mountain. Your dogs will thank you with many tail wags and wet kisses.

Boogie to live music by Gulf Coast Blues artist, Shrimp Tunes. Snack on delicious eats from Tacos Del Reino and Rocky's New York Style Hotdog Cart. Satisfy your sweet tooth with local treats from Makin' Maple and other vendors. Participate in a



variety of activities such as the fun-filled Dog Contests, Sally's Scavenger Hunt, Puparazzi Red Carpet Walk, lawn games, doggie agility course, raffle drawing, bounce house, and more!

It's the most beautiful time of the year in New England. Come for the day to enjoy Dog Mountain's 150 acres of doggie mountaintop paradise. Covered with fields and meadows, dog ponds, hiking trails, and breathtaking views, Dog Mountain is an enchanting location to run, romp, and play. Visiting families and their dogs will have a ball exploring the

vast grounds, iconic Dog Chapel, and whimsical Stephen Huneck Gallery. With hundreds of guests and dogs expected, this is an event that you don't want to miss.

The Fall Dog Party is free to the public and will be held rain or shine.

We want to give a special thanks to our Title Sponsor: The Orange Rind, offering smoothies, cocktails, and more from East Burke, Vermont. Thank you to our other sponsors: Community National Bank, Kingdom Animal Hospital, Union Bank, National Life Group, and Passumpsic Bank.

CHICKEN PIE SUPPER

5:30 & 6:30 PM See Ad on Page 9
North Danville Baptist Church

OLD TYME COUNTRY DANCE

7:30 - 10:00 PM See Ad on Page 7
West Newbury Hall

BEAUSOLEIL IN CONCERT

8:00 PM See Ad on Page 4 & Article on Page 9
Colonial Theater, Bethlehem

SUNDAY, SEPTEMBER 25

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

MONDAY, SEPTEMBER 26

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

TUESDAY, SEPTEMBER 27

ORFORD HISTORICAL SOCIETY 2022 ANNUAL MEETING
7:00 PM See Article on Page 3
Orford Congregational Church

FRIDAY, SEPTEMBER 30

NORTHEAST KINGDOM COFFEE HOUR
1:00 - 4:00 PM
West Barnet, VT Church

THE MANHATTAN SHORT FILM FESTIVAL

7:30 PM See Article on Page 9
Colonial Theatre, Bethlehem

SATURDAY, OCTOBER 1

FALL DOG PARTY
12:00 - 4:00 PM See Article on Page 6
Dog Mountain, St. Johnsbury

THE MANHATTAN SHORT FILM FESTIVAL

5:00 & 8:00 PM See Article on Page 9
Colonial Theatre, Bethlehem

OCTOBER 1 - 8 (Except October 2)

RUMMAGE SALE
10 AM - 3:00 PM See Ad on Page 14
East Topsham Town Hall

SUNDAY, OCTOBER 2

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

PADDLE THE BORDER - FALL

10:00 - 11:00 Shuttle
Newbury Boat Launch
See Article on Page 1 and Ad on Page 16

TUESDAY, OCTOBER 4

LIFE DOWNSTAIRS: BRITISH SERVANT CULTURE IN FACT, FICTION, AND FILM
7:00 PM See Article on Page 4
Alumni Hall, Haverhill Corner

THURSDAY, OCTOBER 6

NEWBURY HISTORICAL SOCIETY ANNUAL
4:00 PM See Ad on Page 7
Wells River Wellness Hall

SATURDAY, OCTOBER 8

WARM WINTER CLOTHING DRIVE
See Ad on Page 8
Wells River Wellness Hall

OLD CHURCH THEATER VARIETY SHOW

7:00 PM
Bradford Academy Building

EVERY TUESDAY

WRITING WORKSHOPS/MAGGIE ANDERSON,
5:00 PM - 7:00 PM (ends October 11)
Joseph Patch Library, Warren

EVERY THURSDAY

WORKING ON WELLNESS
6:00 PM
Monroe Public Library

EVERY FRIDAY

SHARE THE HARVEST TABLE
NOON - 7:00 PM
Baldwin Memorial Library, Wells River.

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Manhattan Short Film Festival Returns to The Colonial Theatre in Bethlehem, NH

The Manhattan Short Film Festival returns to The Colonial Theatre in Bethlehem, New Hampshire for three shows over two days – Friday, September 30 at 7:30 PM and Saturday, October 1st at 5:00 PM and 8:00 PM

Film lovers will unite to view and judge the work of the next generation of filmmakers from around the world when the 25th Annual Short Film Festival, a worldwide event taking place in over 400 venues across six continents. Manhattan Short is the only event of its kind. Ten films will screen simultaneously across the world during one week, with the Best Film and Best Actor awards determined by ballots cast by the audiences in each participating venue.

Manhattan Short is not a touring festival; rather, it is an instantaneous celebration that occurs simultaneously across the globe, bringing great films to great venues and allowing the audiences to select their favorites. If the film festival experience truly is about getting great works in front of as many eyes as possible, Manhattan Short offers the ultimate platform—one that sees its films screened in Sydney, Mumbai, Moscow, Vienna, Cape Town, and in cinemas in all 50 states of the United States

NOTICE
NEWBURY HISTORICAL SOCIETY
 Annual meeting at the **Historic Wells River Wellness Hall**
 Creamery Street, Wells River, VT
Thursday October 6 4 pm
 Elections of Board members
 Annual reports
 Plans for next year.
 Members and public invited
 RSVP – appreciated at wrapwr@gmail.com
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including Bethlehem, NH.

Member General Admission tickets are \$10 and Non-member General Admission tickets are \$12. Tickets and information are available online at 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 become a member or volunteer please visit 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).

West Newbury Old Tyme Country Dance Is Back!
Simple squares, waltzes, polkas, and two steps.
A 100 year old tradition.
Come to dance or just watch.
All ages can enjoy



West Newbury Hall Saturday, Sept. 24
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Labor Day

by Elinor Mawson

One of my least-favorite days of the year is now over.

Even when I was teaching, I hated Labor Day because it meant the end of a lovely free-spirited summer. For many years I spent the summer on the beach with my friends and I was not happy to give that all up. In fact, one year the weekend after Labor Day was so hot and sunny, I went to the beach--and it just wasn't the same. (I never did that again).

For many summers, my husband worked in a grocery store at the beach--60 hours a week. When Labor Day came, he would arrive home, blowing the horn and coming in the house laden down with a \$50 bonus, a case of beer, a carton of cigarettes and a bunch of food. Wonderful though that was, the next day--school.

Don't get me wrong--I loved my teaching job, and once I got over the trauma of the end of summer, I was happy enough. I would organize my class and we would get down to business and I loved every minute.

Summer was just a great memory.

Since retirement, I am still not happy about Labor Day. It means looking ahead to Winter which always lasts much longer than Summer. It means paying someone to plow the driveway, and it also means paying an oil bill which, especially this year, is scary. Summer seems so far away.


Up until last year, we had an outside wood boiler that we fed every day. Firewood came from our son in a grapple load, and we had our wonderful wood man process it. Not any more! My husband has a bad back which means he can't heft the amount of wood it takes every day. And our wood man has a bad shoulder which precludes his having to cut and split the 15 cords it took to run the furnace for the season. We have considered several options but oil wins out every time.

So--Labor Day has come and gone, thank heavens. We're taking a day at a time and being happy that we can look forward to tomorrow. At this point in time, every day is everything we want.

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September 20, 2022

Volume 13 Number 25

Renewal of ACT's National Land Trust Accreditation: Comment Period Now Open

FRANCONIA – Certifications and accreditations may not be the most exciting topic, but in the case of land trusts are incredibly important and necessary. The process, in this case, is on a five-year cycle and is conducted by the national Land Trust Accreditation Commission (LTAC), an independent Land Trust Alliance program. The land trust accreditation program recognizes land conservation organizations that meet national standards for protecting important natural places and working lands forever.

On or before November 30th, the Ammonoosuc Conservation Trust (ACT) will apply for renewal of its accreditation. ACT was initially accredited ten years ago, and this is its second renewal of accredited status. A public comment period on ACT's application is now open.

The LTAC conducts an extensive review of each applicant's policies and programs. "ACT is proud to be recognized as an accredited land trust. Initially accredited in 2012, our staff and board work tirelessly to operate within the highest standards and practices and maintain the trust of the communities we serve and the many landowners who have partnered with us over the last 20 years to protect over 5,000 acres in our region permanently," said Marilyn Booth, President of the Board of Trustees.

The Commission invites public input and accepts signed, written comments on pending applications. Comments must relate to how the



Ammonoosuc Conservation Trust complies with national quality standards. These standards address the ethical and technical operation of a land trust. For the complete list of standards, go to <https://www.landtrustaccreditation.org/help-and-resources/indicator-practices>.

To learn more about the accreditation program and to submit a comment, visit landtrustaccreditation.org, or email your comment to info@landtrustaccreditation.org. Comments may also be faxed or mailed to the Land Trust Accreditation Commission, Attn: Public Comments: (fax) 518-587-3183; (mail) 36 Phila Street, Suite 2, Saratoga Springs, NY 12866.

ACT application comments will be most useful

by October 15, 2022.

Founded in 1999, the Ammonoosuc Conservation Trust (ACT) provides conservation resources and expertise to help permanently protect working farms and forests, clean air and water, wildlife habitats, trails, and scenic landscapes in New Hampshire's North Country. We currently work in a 13-town region of the Ammonoosuc watershed. We identify and prioritize land conservation opportunities alongside community members, local conservation commissions, and volunteer groups. We provide conservation options and technical assistance to landowners to protect lands our communities love forever.

Voting Open for Littleton Co-op Partner of the Month for 2023



Each year, the member/owners of the Littleton Food Co-op (LFC) choose the Partner of the Month nonprofit organizations that will receive one month of round-ups at the registers. This month, September, LFC welcomes the Colonial Theatre. They receive all donations member/owners and customers give through simply rounding up their grocery bill. Each penny counts and nonprofits benefit!

The Colonial Theatre is the home of arts, film, music and culture in New Hampshire's North Country. Located in the heart of The White Mountains in Bethlehem, New Hampshire, the historic Colonial Theatre is one of the oldest continuously operated

movie theaters in the country. Their mission is to inspire and invite participation in the cultural conversation. Their vision is create and sustain a vibrant, engaged, and enriched community through arts and culture. They believe that relevant arts and cultural programming make a positive difference in creating a sense of belonging, fellowship, and community that enriches all, that access to different perspectives gives us deeper understanding of the world in which we live and helps us see more clearly what unites us as well as what makes us each unique and that responsible stewardship and partnerships enable us to leave a lasting legacy of cultural enrichment.

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FAIRLEE, BRADFORD, FAIRLEE, VERMONT



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DONATION LOCATIONS

DONATIONS ACCEPTED SEPTEMBER 12TH-23RD

<p style="margin: 0;">Groton Tire & Auto 2126 Scott Highway Groton, Vermont Monday-Friday 8:00-5:00</p>	<p style="margin: 0;">Tenny Memorial Library 4886 Main Street Newbury, Vermont Tuesdays 10:00-5:00 Thursdays 2:00-8:00 Saturdays 9:00-4:00</p>
<p style="margin: 0;">Baldwin Memorial Library 33 Main Street N. Wells River, Vermont Mondays 10:00-5:00 Wednesdays 12:00-6:00 Fridays 12:00-7:00</p>	<p style="margin: 0;">Little Rivers Health Care Corinth (OR) Wells River 720 Village Rd. East Corinth, Vermont 85 Main Street Wells River, Vermont Monday-Friday 9:00-5:00</p>

SAVE THE DATE: Winter Clothing Giveaway
Saturday October 8, 2022 @ the Wells River Wellness Hall- Behind the Wells River Savings

Grammy Winner BeauSoleil avec Michael Doucet's Farewell Tour Comes to The Colonial

Cajun greats BeauSoleil return to The Colonial Theatre in Bethlehem, New Hampshire on their farewell tour "One Last Time—Au Revoir!" Saturday, September 24th.

For the past 45 years, BeauSoleil avec Michael Doucet has been making some of the most potent and popular Cajun music on the planet and they are now back on the road with their farewell tour "One Last Time—Au Revoir!". Born out of the rich Acadian ancestry of its members, and created and driven by bandleader Michael Doucet, BeauSoleil is notorious for bringing even the most staid audience to its feet. Their distinctive sound derives from the distilled spirits of New Orleans jazz, blues



rock, folk, swamp pop, Zydeco, country and bluegrass, captivating listeners from the Jazz and Heritage Festival in New Orleans to Carnegie Hall. Since becoming the first Cajun band to win a GRAMMY, BeauSoleil has garnered many accolades, including 12 more GRAMMY nominations.

Their music is so integral to the Cajun culture that they have been featured on the New Orleans-based hit HBO program "Treme." This evening of music is sponsored by Barbara & Sandy Strain, Scott Hunt, and Woodstock Inn Brewery.

Member General Admission tickets are \$32 and Non-member General Admission tickets are \$40. Tickets and information are available online at www.BethlehemColonial.org.

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To learn more about upcoming movies and events, purchase tickets, or become a member or volunteer please visit 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).

History of NH Libraries

LISBON – The Lisbon Area Historical Society will host a free public program presented by State Librarian Michael York on the subject of the history of the New Hampshire State Library and its library system. The program will be on Wednesday, September 21 at 7pm at The Shared Ministry Church, 49 South Main Street in Lisbon. Refreshments will be served.

The New Hampshire State Library was founded on January 25, 1717, and promotes itself as the first state library in America. The September 21 program is an opportunity to meet New Hampshire's State Librarian and learn more about New Hampshire's State Library history, its statewide system, and the Library's mission to serve as a resource center for New Hampshire and to promote excellence in libraries and library

services to all New Hampshire residents.

York has served on numerous boards and commissions and is currently the representative from the Department of Natural and Cultural Resources to the New Hampshire State Site Evaluation Committee which reviews the impact of construction of things such as power lines, wind turbines, solar arrays, etc.

For more information about the program, call 603-838-2003. The Lisbon Area Historical Society is a nonprofit that serves Lisbon, Lyman, and Landaff, New Hampshire by preserving and promoting the history of the three towns through many different avenues, one being offering free public programs on a variety of historical topics. For more information go to www.lisbonareahistory.org

40th Annual
Fall Festival
First Congregational Church
4915 Main Street, Newbury, VT
SATURDAY,
SEPTEMBER 24, 2022
10:00 am – 2:00 pm
Activities For the Whole Family!

- * Live Music * Bake Sale * Hay Rides *
- * Priced Sale of Special Eclectics *
- * Antique Car & Tractor Display *
- * Quilt Raffle * White Elephants *
- * Free Ben & Jerry's Ice Cream *
- * Face Painting * Crafts *
- * A-la-carte Lunch & BBQ *

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SATURDAY
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Menu

CHICKEN PIE, MASHED POTATO, GRAVY, SQUASH, APPLE RINGS, COLESLAW, ROLLS, CRANBERRY SAUCE, PICKLES, APPLE CRISP AND BEVERAGE.

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TDL WASTE SERVICE & trash drop. Jct. Route 302 and Wallace Hill Road, Wells River. Wed. 5-7 pm. Sat. 8 am - 1 pm, Sun. 9 am - 1 pm. Phone 802-584-3287 and 802-272-7019 11.01

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Legends Day To Honor NASCAR North and Busch North Series Greats

LOUDON, NH: The museums most important event Legends Day will take place on Sunday November 13th at the New England Racing Museum (922 Rt. 106, Loudon, NH 03307). Headlining the event will be the stock car stars of the former NASCAR North and Busch North Series. The event will include an honoree panel discussion, permanent banner unveiling and a buffet lunch. The event is presented by Autopac Gallery and Overhead Door Options Inc.

Honorees include an all-star lineup of New England stock car greats. Maine's Kelly Moore is the all-time wins leader in the Busch North Series with 27 victories. The 1995 Busch North Champion has continued his winning ways and has captured a victory just this summer at Wiscasset Speedway. Fan favorite "Dynamite" Dave Dion raced for more than four decades with his family race team. He became the first three time winner of the biggest stock car race held annually in New England, the Oxford 250. Dion also captured the 1996 Busch North Series Championship.

Legendary Vermont racing brothers Bobby and Beaver Dragon claimed checkered flags and trophies for six decades across New England. Beaver Dragon started racing in 1955. He won the inaugural NASCAR North Championship in 1979 and went on to win it again in 1980. Brother Bobby amassed 145 victories over his lustrous career. Bobby was victorious a record 52 times at his home track Catamount Stadium in Milton, Vermont.

Central New Hampshire native Brad Leighton is the all-time winningest driver with the Busch North at New England's fastest oval track, New Hampshire Motor Speedway where he won nine

times. Leighton was also a two time Busch North Champion in 1999, 2000 and is second on the all-time win list with 24 trips to victory lane.

The events co-emcees include museum founder Dick Berggren and Vermont native Dave Moody who is the host of the nationally syndicated Sirius Speedway radio show. Dave is a former track announcer at Thunder Road Speedbowl and at other tracks and series across New England.

Doors open at 11am so guests can explore the museum's 30+ race cars, motorcycles and hundreds of artifacts. Our 2022 feature exhibit includes the Busch North cars of Brad Leighton, Dave Dion and Kelly Moore. Buffet lunch and social hour is scheduled

for 12:00pm until 1:00pm. Honoree discussion to start at 1:00pm and the event will conclude with a dramatic banner unveiling ceremony in which the banners become a permanent part of the museum.

Only 150 tickets are available! The event is sure to be a sellout so don't delay. Price per ticket is \$50 for museum members and \$55 for non-members. You may purchase tickets on our website at nemsmuseum.com or call 603-783-0183. You may also purchase tickets by sending your payment to the New England Racing Museum, 922 Rt. 106, Loudon, NH 03307. The event is a fundraiser for the 501©3 nonprofit museum. Questions can be answered by emailing nemsmuseum@gmail.com.



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Adding Insult To Injury ¹¹

by Maggie Anderson

When covid's black cloud descended none of us knew how our lives would be affected, who we'd temporarily lose touch with, who we'd never see again.

Covid put an end to giggly jokefests, long conversations about vacation plans, birthday parties, and family reunions.

In a sense covid-19 halted history's flow as it began to spread across oceans and landscapes, leaving none unmolested.

Aside from niggling irritations, and inconveniences, it also pushed people into caves and corners, some of their own making, more often foisted upon

them by experts who simply could not agree on what would keep us all safe from covid's grasp.

That, for me, is the saddest outcome. I think of so many who huddled, waiting for the storm to pass, never realizing two years of their lives would disappear while they sheltered themselves away from the world in a vain attempt at protection.

I can hardly bear the thought of how many people lost the past two years of their lives hoping they'd have more time after covid passed into the distant memory alongside other nightmares finally over.

Two lost years, covid's final insult.

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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@theguarrantybank.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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National 4-H Week October 2 – 8, 2022

4-H brings opportunity and experience to kids from all backgrounds. We believe in the power of young people. We see that every child has valuable strengths and real influence to improve the world around us. We are America's largest youth development organization – empowering nearly six million young people across the U.S. with the skills to lead for a lifetime. Join us in celebrating National 4-H Week, October 2 through 8.

Frequently Asked Questions

What is 4-H?

4-H is America's largest youth development organization. The purpose of 4-H is to provide a supportive setting for all youth to pursue the projects and interests they love, all while serving the community and gaining valuable life skills.

What do the 4 H's in 4-H mean?

The 4 H's stand for Head, Heart, Hands, and Health. Our organization's title is directly connected to our pledge:

"I pledge ... my Head to clearer thinking, my Heart to greater loyalty, my Hands to larger service, and my Health to better living for my club, my community, my country, and my world."

How old do you have to be to join 4-H?

Our programs are primarily geared towards youth ages 8 to 18. However, we have ways for 5- to 7-year-olds to participate as "Cloverbuds". We encourage those older than 18 who still want to express the 4-H spirit, to take advantage of our many volunteer opportunities.

How do I find my local county 4-H program?

New Hampshire 4-H is the youth development program of UNH Cooperative Extension, and our

ten county 4-H programs in New Hampshire serve youth from all over the state. 4-H operates on many levels of the community. There are events, programs, workshops, and opportunities on the county, state, and national levels. Get started by finding your county 4-H program at extension.unh.edu. Your county program is usually the county where you live, but if you are planning to join a 4-H club in a different county, that county program will be your home base.

Who leads 4-H clubs?

4-H volunteers lead clubs. All 4-H volunteers are supported by a professional staff, including your county 4-H Program Manager and Field Specialists who are University of New Hampshire Cooperative Extension staff members.

What are 4-H club meetings like?

4-H youth work on projects of all kinds within four general program pathways: Agricultural Science, Civic Engagement, Healthy Living, and STEM. Some clubs specifically focus on one of these pathways. Other clubs generally dabble in all four. Youth have opportunities to present and showcase their projects at

Look Closely at Open Enrollment Choices

Once again, it's the season for football games and back-to-school activities. And if you work for a medium-size or large employer, it will soon be open enrollment season – the time of year when you can review your employee benefits and make changes as needed. What areas should you focus on?

Actually, it's a good idea to pay close attention to all your benefits. Some of the offerings may have changed from last year – and you might have experienced changes in your own life, too, which might lead you to look for something different from your existing benefits package.

You may want to start with your health insurance. If you're satisfied with your coverage, and it's essentially the same as it's been, you may well want to stick with what you have. However, many employers are increasingly offering high-deductible health plans, which, as the name suggests, could entail more out-of-pocket costs for you. But high-deductible plans may also offer something of benefit: the ability to contribute to a health savings account (HSA). Your HSA contributions are made with pre-tax dollars,

so they can reduce your taxable income for the year. Also, your earnings grow tax-free, and your withdrawals are tax-free, provided the money is used for qualified medical expenses. (Withdrawals taken before age 65 that aren't used for qualified medical expenses are taxable and subject to a 20% penalty; once you reach 65, the penalty no longer applies, although withdrawals are still taxable as income if not used for a qualified expense.)

Your next benefit to consider: Life insurance. Your employer may offer a group life insurance plan, but you'll want to evaluate whether it's sufficient for your needs, especially if you've experienced changes in your personal situation over the past year, such as getting married or adding a new child. There's no magic formula for how much life insurance you need – you'll need to consider a variety of factors, such as your income, family size, mortgage and so on – but it may be necessary to supplement your employer's coverage with a private policy.

Your employer may also offer disability insurance as a benefit. Some employers' dis-

ability policies are fairly limited, covering only short periods of time, so you may want to consider a private policy.

Beyond the various insurance policies your employer may offer, you'll also want to closely look at your 401(k) or similar retirement plan. Typically, you can make changes to your 401(k) throughout the year, but it's important to make sure your investment selections and contribution amounts are still aligned with your risk tolerance and goals. Also, are you contributing enough to earn your employer's match, if one is offered? And if you've already receiving the match, can you still afford to put in more to your plan if such a move makes sense for you?

Your employee benefits package can be a valuable part of your overall financial strategy. So, as open enrollment season proceeds, take a close look at what you already have, what's being offered, and what changes you need to make. It will be time well spent.

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

Edward Jones, Member SIPC



the county fairs and other county, state, and regional events – but most of the learning and skill development happens in the clubs. 4-H club members build leadership by electing officers and conducting their own business meetings, working together on community service activities, meeting new friends, and of course, having lots of fun.

What if I don't want to join a club?

There are still many ways to be involved! 4-H is committed to bringing you programs wherever you are, and maybe joining a club is not for you at this time. Youth and families who want to attend county-wide events and SPINs (Special Interest projects) or work on 4-H projects independently are recognized as "independent members" or "participants". Find a 4-H event near you (extension.unh.edu/events) or contact

your local Extension office to get started as a 4-H independent member.

How do I officially enroll in 4-H?

Enrollment is free and can occur anytime throughout the year via 4-HOnline, our official enrollment database. (v2.4honline.com) Registering in 4-HOnline allows you to manage your 4-H club and project participation, register your 4-H animals, and sign up for events. Enrollment as a club member or participant is required to register for county events and SPINs.

How do I learn more?

Our extension.unh.edu website is full of information about 4-H in New Hampshire. In addition, each county in the state has a UNH Extension office where you can ask your specific questions. In Grafton County, call 603-787-6944 or e-mail ce.grafton@unh.edu.

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Letter to the Editor:

To the Editor;
 I was worried that New Hampshire was falling behind in the race to add more fools to the Ship of State; aka, the GOP Crackpot Caucus, but lo and behold, our very own Brig.Gen. Jack D. Ripper has thrown his cap into the ring! The good general seems to be experiencing some fund raising problems at the moment, but that's to be expected. After all, the six figure retirement income he receives courtesy of taxpayers just doesn't go as far as it used to. What with the free state loons causing a ruckus and someone named Karen running for Governor, NH politics hasn't been this much fun for the cynics among us since the days when Governor Meldrim Thompson was chasing down motorists who flipped him off and calling for the NH National Guard to be equipped with nuclear weapons.
 Sincerely,
 Dale York
 Woodsville, NH

Dale,
 The real political season is now in full swing. The November 8, 2022 general election is just a few weeks away. Here in New Hampshire and in Vermont we have the opportunity to fill our entire House of Representatives, State Senate, US Representative and Governor every two years. Plus we both have a US Senate seat this year. This list does not even include several other county positions that I would guess most voters know very little, if anything, about.

With that said there can be way too much information out there about these candidates, some of that information being true and some being a stretch of the truth, or even outright falsehoods. That is why it is up to every individual voter to do some work on their own to be informed before voting.

The policy of this publication is to give room to any and all candidates to express their opinions in an article as well as to pay for advertising space. We also encourage others to write in with their opinions and thoughts. What we do not do is to check every word written by any of these contributors. Freedom of speech is an important right to all Americans and we will not infringe on that right.
 Gary Scruton, Editor

Letter to the Editor: MAGA

To the Editor,
 The late Margaret Thatcher, former Prime Minister of England, once said "Socialism dies when you run out of other people's money." That has not stopped the Biden Administration. Aware that more deficit spending will drive his approval lower due to the continued rise in inflation (synonymous with a difficult to manage cost of living) the latest Democrat attempt to continue the radical left's drive to Bernie Sanders democratic socialism (the form fruste of an oxymoron) is to tax business more (corporate taxes amount to \$4 trillion now), unleash state sponsored terrorism on U.S. citizens with a new army of IRS agents. The U.S. Joint Committee on Taxation has gone on record to state that big U.S. corporations pay less than 5% federal tax on profits. The Senate bill will triple that amount so Democrats can fulfill their des-

tiny to spend more to get more votes to stay in power. The problem lies in the public's appetite for more and more free stuff paid for by someone else – running out of other people's money. Why is it that the more we need intelligence in government to deal with real problems, we wind up with a bevy of idiots? It is just plain common sense that taxing business more will lead to higher unemployment. Taxing business more will drive employers to lower tax foreign countries which happened in the past. One need only look to low tax states, like New Hampshire to see that the less tax, the more tax revenue due to more business. The green new deal will permit northerners to freeze in winter and southerners to fry in the summer by subsidizing wind and solar power, stifle natural resource harvesting, stifle the U.S. economy which cannot exist with

wind and solar alone and which in effect is subsidizing China the largest maker of solar panels and wind turbines. We have seen how Russia has tried to blackmail the West by cutting off natural gas supplies to Europe. To think that Chima would not do the same is pure idiocy. What happens when socialist countries run out of money? They decrease the need for more money by killing off a number of their people to balance the books – expenses will align with revenue. Fortunately, we do not need to worry about this. We can vote these idiots out of office. To lame duck the Biden administration till 2024 will require that Republicans hold 60 or more seats in the Senate. If you love American prosperity donate to vote for the necessary change. Volunteer if you can.
 -Robert Peraino
 Franconia, NH

Robert,

I am not enough of a political student to argue one way or the other about Socialism. I do know that the old adage "nothing is free" pertains to government subsidies. After all the money is, at least on paper, coming from tax dollars of the citizens and businesses of this country.

It does appear to me from much that I have seen, heard and read, that our tax system has way too many loop holes and exemptions for way too many people. When top CEO's earning millions each year pay less in taxes than their employees, then something appears incorrect.

Certainly there are those in Congress that

many of us would disagree with and see their thoughts and ideas as "way out there". But don't we all have some of those thoughts and ideas that others believe are "way out there"?

I believe that if the two sides were to honestly and with a real desire to accomplish something, could sit down together and work on a problem, much could be accomplished. Rather than worrying about who is in charge and who might be in charge after the upcoming election, just sit down and work it out, it seems our country could move ahead faster and with much more efficiency.

Gary Scruton, Editor

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BEEZWAX By John Martin

THE PLANT NURSE WILL BE GIVING OUT FLU SHOTS TODAY.

OWW! OUCH!!

HOLD STILL!

WHY DON'T YOU PRACTICE ON A DUMMY FIRST?!

I JUST DID!



What About Ma?

by Kellie Quackenbush

All About Meal Planning

The kids have gone back to school, my time away from home working has doubled, and the hubby still wants to eat at the “normal” time; what do you do? This is a common issue for every family these days. Economically, going to a restaurant or getting take-out is not a financially viable option for everyday. My answer is meal planning.

Meal planning is an organized way of thinking about your week and the family needs. Meal Planning 101-EatingWell by www.eatingwell.com suggests, “Meal prep can range from simply preparing freezer smoothie packs for breakfast to cooking complete dinners for the upcoming week. There is no one right way or method to meal prep—it’s about what works best for you. And you don’t need to spend your entire Sunday in the kitchen to

get it done. Even spending as little as 30 minutes planning and prepping meals will make it easier to eat well during the week.”

My neighbor sits down with her family and together they review the week’s schedule and plan the meals for each night. With a plan for her meals her shopping is on a set list and she is able to prep early for what each meal requires. With her planning and early prep, supper can be on the table within 30 minutes of her getting home from work. Currently, with my smaller household, I also have plans in place so that either the meal will be done quickly or I have set the crock pot to do the cooking for me.

If you are new to the joys of crock pots or slow cooking, there are an abundance of on-line recipes and “how to” articles

to get you started. <https://tasty.co/article/hannahloewentheil> by Hannah Lowentheil (March 07, 2002) Here Are 40 Slow Cooker Recipes To Make Every Night This Month, writes “Rather than order take-out tonight, put your slow cooker to use. The result is just as tasty. Plus, it stays good for a few days in the fridge so you can make a big batch and enjoy it throughout the week.”

Groceries are expensive, we are working too hard to have our money wasted on groceries that go bad because we never got around to using them. Meal planning allows us to take a minute and really consider our needs for the week. Having a plan and making a list will save you money at the grocery store. Budgeting your time for meal prep will save you from manic moments when you get home and the family needs to be fed. It will also put you back in control of your family’s diet. Vegetables are good, junk food is bad.

Ma was a pro when it came to meal planning. That roast chicken from Monday night turned into chicken quesadillas by Wednesday. Not a wasted morsel in her house. As the kids are in school, sports are heating up and the demands of work never go away--let’s make home and mealtime a true time of peace. Meal planning could be the answer.

Designing Women: 20th Century Quilt Entrepreneurs

Join us on Saturday, September 24th at 1:00 PM as we welcome back Pam Weeks, curator of the New England Quilt Museum. This year, Pam will present a talk and trunk show entitled, “Designing Women: 20th Century Quilt Entrepreneurs.” Learn about Marie Webster, Ruby McKim and other innovators who transformed quilt designs

and formed a textile design industry never seen before. Pam Weeks’ programs are not to be missed, so bring your friends!

All are welcome to this free program. Park at the library or across the street at the Health Center. For more information call the Joseph Patch Library, Warren, NH at 764-9072.

Plymouth State University to Host Community-Wide ‘Choose Love’ Event on Campus

Plymouth, N.H. – Plymouth State University (PSU) will host a day-long community-wide Choose Love event to promote collective wellbeing on Saturday, September 24, 2022. PSU’s Office of Community Impact and Student Government Association will welcome Choose Love Movement Founder Scarlett Lewis to campus and invites the public to enjoy an opening presentation by Lewis followed by an afternoon of free, family-friendly activities on Alumni Green.

Lewis’ six-year-old son Jesse Lewis was murdered during the Sandy Hook Elementary School mass shooting tragedy in 2012. The incident, and Jesse’s heroic actions in his final moments, inspired Lewis to create the Choose Love Movement to promote character development and social emotional learning (SEL).

The event will kick off with an opening presentation by Choose Love founder Scarlett Lewis at the Silver Center for the

Arts, followed by activities embodying the four tenets of Choose Love, which are Courage, Gratitude, Forgiveness and Compassion in action. Activities, available from 1 p.m. to 3 p.m. on Alumni Green, include photos with Liberty, the Concord Police comfort dog, writing thank you letters to yourself and loved ones, rock painting and more.

A special performance by PSU’s TIGER theatre company will take place at the Hartman Union Building Fireplace Lounge. TIGER (Theatre Integrating Guidance, Education and Responsibility) is a professional theatre company comprising PSU students and professional actors who present programs designed to help children, schools, parents and communities deal proactively and positively with social issues and concerns facing children in schools today. The troupe celebrates its 20th anniversary this year.

The event is free and open to the public.

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TRENDY TIMES

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Keep the Carbs in for Weight Loss

By Shawn Thomas

Another well respected speaker whom I was lucky to learn from over the summer is Alan Aragon. Alan is a nutrition researcher who also maintains a private practice writing nutrition and workout programs for athletes. Most notably, WWE wrestler Stone Cold Steve Austin, and pro tennis player Pete Sampras. At the AthleanX convention, Alan's topic was the findings of a research study in which he was one of the leaders of. The study compared the effects of different macro nutrient profiles on combined muscle gain and fat loss in athletes. A large part of the study focused on natural bodybuilders. For those who aren't familiar, Natural bodybuilding competitions are tested organizations which do not allow their competitors to take any performance enhancing drugs.

The results of the study found that the competitors who placed in the top five in the more esteemed and competitive competitions averaged 3.3 grams of carbohydrates per kilogram of stage bodyweight over the course of their competition preparation. Converted to imperial, that's approximately 1.5 grams of carbohydrates per pound of stage bodyweight. Those

who placed out of the top five in these same competitions averaged fewer and fewer carbohydrates as you proceed down in placing.

Why is this? Through the course of the study, it was apparent that those who had the higher carbohydrate intake were able to maintain a greater amount of their muscle tissue. This allowed the athletes to maintain a higher metabolic rate, allowing them to be in a greater caloric deficit and burn more fat to enhance their look on stage. Now how does this apply to you? The study promotes two points in general for the overall weight loss and improved wellness. Now, please remember as I discuss these two points. In order to lose weight, you must be in a caloric deficit.

The first point is the need for resistance training. Anyone attempting to lose weight and be able to keep it off long term needs to incorporate some form of resistance training. Now this does not mean to try to look like Ronnie Coleman. I'm not even necessarily saying you need a gym membership, though that does make it easier. A few resistance bands and maybe some small dumbbells in a corner of your living room could be enough! There are even hundreds

of bodyweight exercises you can do to build muscle! As mentioned above, the combination of the caloric burn in stimulating muscular hypertrophy, as well as the added caloric deficit in the repair and maintenance of the tissue add to the total deficit you are creating in a major way. It also helps with feeling more energized during your weight loss phase.

The second point this study promotes is to maintain a balanced diet. Many times, I talk to potential or new clients and often they are influenced by the false narrative portrayed in the diet industry of "cutting carbs". In reality, the need for carbohydrates is paramount for long term success. Obviously, you should be prioritizing nutrient dense carbohydrates like fruits and vegetables. However, they are not as macro nutrient dense, making it difficult to eat the number of grams or calories needed. As a result, it's necessary to make sure to continue to have a combination of grains and starchy carbohydrates in your diet, in proper proportions of course.

In summary, don't cut out the carbs in your diet! Make sure they are proportionate to your daily needs. And make sure to get the exercise in! You need to hold onto that muscle to have both the look and long-term results you want.

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

Tek Talk with Eli ¹⁵



by Eli Heath
Paige Computer Services

I still have customer that use Windows 7 End of Life was on January 14, 2020. That means it is no longer secure and no longer receiving security updates from Microsoft. I have received many questions on upgrading to Windows 10 here is one email;

My computer came with Windows 7, Microsoft offered a free upgrade to Windows 10 on July 29, 2015. Currently the upgrade is still available. You can upgrade your version of windows to Windows 10 at no charge. Many people took advantage and did upgrade their computers, and some people found it difficult to use or at the time did not work on their computers. When they found it did not work properly they re-loaded Windows 7 back on their computers, Windows 10 has been out on the market now for about 7 years and has come a long ways from the early days. The answer to the question "can I upgrade my Windows 7 on my computer for free?" the answer is yes. You will have to obtain a bootable copy of Windows 10 by downloading and installing the Windows 10 Download Tool from here <https://www.microsoft.com/en-us/software-download/windows10> After you download it, run the Media Creation Tool from there. You will have the option of creating a bootable USB flash drive, a DVD.ISO Image to make a bootable DVD or you can say upgrade now and it will download Windows 10 on

your computer and perform an in place upgrade. After you upgrade your computer to Windows 10 I would recommend to do a clean install of Windows 10, that means backing up all your files, (pictures, documents etc.) to an external hard drive or a thumb drive. Once that is done start your computer with the Windows 10 boot media in your computer such as DVD in the DVD Drive, tell your computer to boot from the DVD Drive in the Boot options when you turn on your computer, if it is a thumb drive you may have to go into your computer's System Settings BIOS to enable boot from USB Drive by pressing F1 or F2 sometimes F10 depends on the computer manufacture. When Windows 10 is booted click on install, it may ask for a product key just say you don't have one. On the next screen click custom, then go down the list and delete all partitions on the drive. Just click on a partition and on the bottom click delete, do that until all partitions are gone, then click install and Windows 10. You may ask why not do an in place upgrade of Windows 10? When you do that you will be installing a new operating system on top of the old, that means if the bad guys got into your Windows 7 computer they might migrate to your Windows 10, plus many of the Windows 7 drivers will not work with Windows 10, plus it would be a good time to clean house and install programs you need on your computer. With a clean install of Windows 10 your computer should run much faster!

I hope that helps any questions you can e-mail me at paigecs@gmail.com vist my website (being updated) at www.paigecomputerservices.com or call (603) 747-2201

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Not all Times are Trendy, but there will always be Trendy Times
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by Cindy Pinheiro
to contact Cindy (aka Cin Pin)
write to the editor at
gary@trendytimes.com

Sour Cream Pancakes

Hello hello my fellow chefs! How is everyone doing today? I'm fine and enjoying these cool nights for sleeping. One of my kitties has gone missing. I have 3 cats and they all hang around my deck and lay on the grass in the yard. Usually they all come in around 6:00pm and I feed them and a week ago my little Dee Dee didn't come in. I called and called and shook the treat jar but she never came in. I looked all over and went up and down the street but she wasn't anywhere. I feel so awful especially not knowing what happened to her. I'm sure you can relate if you ever lost a fur baby. She is sadly missed. Let's get started with today's recipe and how to make it. It's easy peasy and "Delicioso".

The recipe makes 8-1/4 cup pancakes. They are soft and fluffy but, I ate 3 and they filled me up. I also made scrambled eggs and bacon with them. We ate it for dinner but you can certainly serve



for breakfast or even lunch. Here we go.

Ingredients

- 1 cup sour cream
- 7 Tbsp all purpose flour
- 2 Tbsp sugar
- 1 tsp baking soda
- 1/2 tsp salt
- 2 large eggs
- 1 tsp real vanilla extract

Butter for frying and top them with and of course maple syrup

In medium bowl put the sour cream in. In small bowl mix the dry ingredients, the flour, sugar, baking soda and salt and whisk to mix. In another small bowl beat eggs with

vanilla extract. Add flour mixture to bowl with sour cream and whisk until smooth. Add eggs and vanilla to mix and whisk until smooth. Let sit for a few minutes and heat griddle or large frying pan over low to medium heat. With a cold Tbsp of butter place a fork in and glide over pan to lightly coat. Measure 1/4 cup batter on griddle and shake pan a little to allow spreading. When bubbles form on side and middle carefully flip to cook other side. That's it. Serve with butter and maple syrup. When I cook my bacon I use a cookie sheet lined with foil and place 2 cake cooler racks and place each piece of bacon across the racks and bake in 350 degree for about 20-30 minutes depending on how crispy you want it. When I made the scrambled eggs I put shredded cheese in and beat till foamy. Fry in a little butter. Enjoy this wonderful meal. Everyone will love it and you will be a star! Please try these pancakes because they are different than regular pancakes.

Well folks that's it for today's recipe. If you have any questions please contact Gary and I will help you out. I welcome any ideas from you. Do you have a special recipe that you want to share with me and I can feature it in Trendy Kitchen?

I am signing off until next time. Have a nice September.
Sincerely,
Cin Pin

Some old fashioned things like fresh air and sunshine are hard to beat.

Laura Ingalls Wilder

For copies contact Cyndi: cnb.pics07@gmail.com



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Paddle The Border - Spring is scheduled for Sunday, May 21, 2023

For Further Information Contact **Mike Thomas (802) 757-3960**
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