



New Bridge Connects Hinsdale and Brattleboro; Cause for Celebration

Fran Heap

At a ribbon-cutting ceremony on December 3, 2024, the new General John Stark Memorial Bridge was welcomed by politicians and, yes, even some Richmond folks, on a cool, but sunny day. The bridge is named in honor of General Stark who famously wrote “Live Free or Die”, now New Hampshire’s official motto. The new bridge has greater capacity than the two it replaces. No longer will drivers have to wait for trains or cross the railroad tracks near Whetstone Station. The two old bridges will become pedestrian and biking ways, a real win for those who love the scenic Connecticut River view. My husband, Alan, took a drive out to the Brattleboro Food Co-op and commented how much easier it is to get in and out of the Co-op’s parking lot now that the old green bridge near Whetstone Station has been shut down to vehicular traffic. Lura Seavey, a Communications Analyst at the NH DOT Commissioner’s Office, generously shared the photographs, as well as these fun facts about the new bridge:

- Construction Started:** September 27, 2021;
- Current completion:** 95.6% (remaining VT side parking lot work, NH side approach paving as well as Mtn. Rd. and Marina Dr. completion);
- Bridge length:** 1,804 feet (8 spans);
- Designed by:** NHDOT Bureau of Bridge Design staff;
- Contractor:** Reed and Reed General Contractors



NH to VT view



View towards NH



NHDOT Commissioner Cass with Tim & Barbara Rogers



Ribbon Cutting

Scams Are Getting Smarter – Stay One Step Ahead

Renée Murphy

Scams are more sophisticated than ever, targeting average, hardworking families and costing us billions. Whether it's a fake tech call, phishing email, or blackmail scam, no one is immune. Over \$10 billion (reported!) was lost to scams in 2023 alone and is growing significantly yearly.

Scammers are now using AI computer-generated content to mimic voices and video, using real addresses and Google Maps photos to send threatening letters and emails, and text and call random numbers from spoofed numbers, hopeful to hook someone. Often, people think that seniors are the only people susceptible to scams. While they are common targets and can lose the most money due to investments and retirement savings, no one is immune. People aged 35-44 are the most likely to be exposed to scams and lose money, while young adults aged 18-24 report higher average losses. Overconfidence makes us vulnerable—anyone can fall for a well-crafted scam.

While banks, credit card companies, websites, online articles, documentaries, and movies try to educate everyone on these scams, people still fall for their traps daily. Most people think they are too smart to fall for a scam, and that is what scammers are counting on. The best way to stay safe is to trust nothing and verify everything. They rely on urgency, fear, shame, hope, loneliness, and panic to keep their victims quiet.

My husband, Kevin, had a 'software company' call to renew his subscription, and all the caller needed was access to the account to back up data and protect him. I received an email with a picture of the house threatening to 'expose me' if I didn't pay in a sum in bitcoin. A woman I know from volunteering lost \$5,000 from a no-fail investment opportunity. A friend's teenage son fell for a romance/sextortion scam and almost hurt himself over the shame. A woman shared a detailed account in a recent newspaper article about a very sophisticated scam where she lost her entire savings, \$600K!

Everyone thinks they are too smart to be scammed until they fall victim. Always stop, breathe, and verify the

claim before acting. Reach out to trusted friends and family, tell them what is happening, and get their perspective. Share stories and demystify what is going on out there. Here are some quick tips:

- **Never Use Provided Contact Info.:** Look up the official phone number or website yourself.
- **Guard Personal Information:** Never share personal details like passwords, Social Security numbers, or bank accounts over the phone or email.
- **Hang Up and Verify Calls:** If someone claims to be family or from a company, call back using their official number.
- **Educate Your Loved Ones:** Scammers use shame and fear to keep us from discussing this with our families. Talk about it. What scams have you seen recently?

Scammers use fear, pressure, and technology to steal our hard-earned money. We can protect our families and community by sharing knowledge and watching out for one another. If it does happen to you, know that you're not alone. Report scams to the FTC at reportfraud.ftc.gov or the FBI at ic3.gov. It is highly unlikely you will recover the lost money, but it can help protect others.

Here are some examples of scams, but the scammers are constantly getting more innovative and creative, so this is **not** a complete list:

Tech Support Scams

What Happens: You receive a call, email, or pop-up saying your computer has a virus. Scammers offer to "fix it" for a fee and gain remote access to your computer. *Example: A pop-up on John's computer said his device was infected. He called the number provided and paid \$300, only to realize he'd been scammed.*

What to Do: Close the pop-up and call your computer manufacturer directly. Never give remote access to a stranger.

Phishing Emails and Text Scams

What Happens: You get an email or text pretending to be from your bank or a company you trust, asking you to click a link or "verify your information." *Example: Susan received a text claiming her bank account was locked. She clicked the link and unknowingly gave away her password.*

What to Do: Always visit the company's official website or call their verified number — don't use links in emails or texts.

Grandparent and Family Emergency Scams

What Happens: Scammers use AI voice cloning to impersonate distressed family members, often claiming they've been arrested or had an accident. *Example: Mary got a tearful call from "her grandson," saying he needed bail money. She wired the funds before realizing it was fake.*

What to Do: Hang up and call the person directly using a known number. Wait to talk to the person directly.

Romance Scams

What Happens: A scammer builds trust on dating sites or social media and then claims they need money for an "emergency." The conversation can go on for months before they ask for money to build trust in the relationship. *Example: Tom met "Samantha" online. Samantha had Tom move to a different app, and they talked for six months. She then said her wallet was stolen overseas and she needed \$1,000 to get home. Tom later discovered her profile was fake.*

What to Do: Never send money to someone you haven't met. You can also use Google reverse image search to see if the profile is used elsewhere.

Sextortion Scams

What Happens: Scammers trick victims into sharing explicit images and then threaten to distribute them unless they're paid. *Example: A teenager received threats after sharing private photos with someone they met online, who turned out to be a predator.*

What to Do: Never share sensitive images. If you're targeted, report the incident to the FBI at ic3.gov.

Refund and Recovery Scams

What Happens: After falling victim to a scam, you get a call or email claiming someone can "recover your money"—for a fee. *Example: Linda lost \$500 to a fake tech support scam. A week later, someone called claiming they could get her money back for a \$100 upfront payment.*

What to Do: Never pay for recovery services. It's likely another scam.

Investment Scams

What Happens: You're promised unrealistic returns for little risk, often involving cryptocurrency. They show fake dashboards that track your investment "growth." It may look like you're earning high returns early on, but it's all a trick. Once you invest larger sums, the scammer disappears, and your "profits" vanish. *Example: A neighbor invested in a "guaranteed" Bitcoin program and lost thousands when the scammer disappeared.*

What to Do: Be highly skeptical of high returns with no risk. Consult a trusted financial advisor before investing.

Blackmail Emails

What Happens: Scammers send emails claiming they've hacked your devices and obtained embarrassing content. They demand payment in Bitcoin or other forms of crypto. *Example: Robert received an email containing his name and address, claiming the hacker had his private data. It was fake, but the details made it convincing.*

What to Do: Don't respond. Mark the email as spam and report it.

Lottery and Sweepstakes Scams

What Happens: You're told you've won a prize but need to pay taxes or fees to claim it. *Example:*

A caller told Sarah she'd won \$10,000 but needed to pay \$300 upfront for processing. It was a scam.

What to Do: Legitimate lotteries don't ask for upfront payments.

Fake Charity Scams

What Happens: Scammers pretend to represent charities, especially during natural disasters or holidays. *Example: After a hurricane, a caller asked George to donate to "emergency relief." The charity was fake.*

What to Do: Research charities at charitynavigator.org before donating.

Delivery and Package Scams

What Happens: You receive a text or email claiming a delivery failed and asking you to click a link to "reschedule" or that there is a delivery fee that must be paid. *Example: Emma got a text message from what appeared to be DHL: "Your package is arriving soon! Click here to track: [fake link]." She clicked the link and entered her details, thinking it was for tracking purposes. Days later, she started receiving phone calls from scammers posing as financial institutions, trying to access her bank accounts.*

What to Do: Don't click links. Visit the carrier's website directly to check on packages.

Debt Collection Scams

What Happens: A scammer claims you owe money and threatens lawsuits or arrest if you don't pay. *Example: Daniel received a call threatening him with jail time for unpaid "debts."*

What to Do: Request written proof of the debt. Legitimate collectors will send this upon request.

IRS Scams/Border Control Scams

What Happens: Scammers impersonate IRS or U.S. Customs or Border Control agents, claiming illegal activity has been tied to your name. They demand payment to "clear your record" or avoid penalties. *Example: Robert received a call saying he owed back taxes and needed to pay with gift cards to avoid arrest. It turned out to be a scam. Example: Sarah received a call saying a package with her name was seized at the border, and she needed to pay a fine to avoid being investigated.*

What to Do: Hang up and report the incident immediately.

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Job Scams

What Happens: Scammers post fake job listings offering work-from-home opportunities or high-paying positions. They often ask for personal details, upfront fees, or equipment costs. *Example: Ben applied for a remote job that promised \$3,000 a month. The "employer" asked him to buy office equipment through their vendor with a check. The check bounced, leaving Ben out \$2,000.*

What to Do: Legitimate employers never ask for upfront payments or sensitive information before hiring. Research the company thoroughly and verify job offers.

Article references:

- <https://www.experian.com/blogs/ask-experian/who-gets-scammed-most>
- <https://www.consumerfinance.gov/ask-cfpb/what-are-some-common-types-of-scams-en-2092/>
- <https://www.aarp.org/money/scams-fraud/info-2023/ftc-consumer-losses.html>

PUBLIC HEARING NOTICE

TOWN OF RICHMOND
NEW HAMPSHIRE
Richmond Planning Board



Richmond Planning Board Notice of Public Hearing

Please be advised that, in accordance with RSA 675:7, the Richmond Planning Board will hold a public hearing on

Tuesday January 7, 2025, at 7:00 PM
Located at the Richmond Veterans Hall on Route 32
on proposed amendments to the Richmond Zoning Ordinances.

The intent of the proposed amendments is as follows to edit language more specifically,

Amendment #1: To change article 404 Permitted Accessory Uses, to add Purpose and Intent of AD Ordinances, as well as 404.1, 404.3 Accessory dwelling units (ADU), as well as 404.3.1, 404.3.2, 404.3.3, 404.3.4, 404.3.5, 404.3.6, and to remove 404.3.7

Amendment #2: Article 17 definitions to change 1721 Foundations. To change article 3 general provisions under 310 Dwellings on foundations, to include 310.1, and 310.2

Amendment #3: Article 4 Residential District under 403 uses Permitted by Special Exception specifically to add 4043.7

Amendment #4: Article 6 Wetland Conservation District 601 General to add 601.1 Structures and Disturbances

Amendment #5: Article 17 to add definition for normal landscaping

Further information can be located in the Selectman's Office during regular Town Hall hours, the town website, and for questions, please contact the Richmond Land Use Assistant. (603) 239-4232.

Lisa J Laclair
Land Use Assistant

December 18, 2024
Date

Open Letter from State Rep. Karasinski



Merry Christmas! Thank you, Richmond, for your part in voting in a Republican majority in the House, a super-majority in the Senate and keeping the Executive Council and Governor conservative. Speaker of the House, Sherman Packard, let us know we will be acting on legislation to promote

our Contract with New Hampshire, keeping our state a great place to live, work, and raise our families:

- Expand Housing & Lower Property Taxes
- Lower Taxes & Spending
- Grow Jobs & the Economy
- Empower Parents in Education
- Lower Energy Prices
- Decrease Childcare Costs
- Reduce Healthcare Prices
- Support Our Police & Finish Bail Reform
- Protect Commonsense Abortion Law
- Stop NH from Becoming a Sanctuary State.

New for the 169th General Court: the Education Committee has been split into Policy and Funding, and a new Committee on Housing will be created to better address these issues.

Happy New Year!

Sly Karasinski
Cheshire District 10

P.S. January will bring a new .gov email system for Legislators, so, for now, my contact info. is Sly4NH@yahoo.com and (603) 209-1776.

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In Memory of Chip Adams



Walter ("Chip") Graham Adams lost his battle with cancer on November 29, 2024. Despite his moving to North Swansey, many of us remember Chip from his Richmond days and his business, C&L Disposal, LLC. Chip was a hard-working man with a deep pride in his children and a wonderful sense of humor. He will be missed. Our sympathies to his family and friends.

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Appeal from Magzalea Farm & Sanctuary

We sadly have not met a single fundraising goal this [past] year. We came up short on our vetting/medical fundraising and again on our annual hay/feed fundraising. Two of our most crucial funds. We don't have to tell you how critical having these funds are to keep the sanctuary running. We mostly blame social media algorithms and sadly, social media is how we reach (or used to) the most folks when sharing news and needs. We often wish we could return to simpler times. Being a fully volunteer run organization, our time and efforts are spent being hands on with the sanctuary. *Editor's Note: Magzalea gratefully accepts Chewy and Amazon gift cards, as well as monetary donations. If you would like to contribute to this worthy animal rescue organization, the mailing address is: Magzalea Farm & Sanctuary 218 West Lake Rd. Fitzwilliam, NH 03447*

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Tortellini, Tomato and Spinach Soup Terri O'Rorke

Ingredients

- 1 Tbsp. olive oil
- 1 garlic clove, minced
- 1/2 C. finely diced onion
- 14 oz. can diced tomatoes
- 10 oz. frozen spinach, drained & chopped
- 1/4 C. fresh Parmesan cheese
- 4 - 6 C. chicken broth
- 9 - 10 oz. tortellini
- salt & pepper to taste



Directions

In soup pot, heat oil over medium high heat. Add onion and garlic, stirring often for about 5 minutes. Add broth and tomatoes; turn heat to high and bring to a boil. Add pasta, cooking according to package directions. Two minutes before tortellini is done, add spinach. Season with salt and pepper. Serve with a crusty bread. Serves 4. 263 calories per serving.

Wishing you a year filled with love,
laughter, and unforgettable moments.

Happy New
Year 2025

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The press was to serve the governed, not the governors."

U.S. Supreme Court Justice Hugo Black

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Ag-Comm Wants You!
Karen O'Brien

The Richmond Agriculture Commission is seeking new members. If you are interested in supporting agriculture in Richmond, please consider joining to ensure the rural and agricultural nature of our town is preserved. The RAC meets generally once a month, and has been instrumental in the Farmer's Market, as well as other opportunities for showcasing agriculture in Richmond. For more information, contact Karen O'Brien at karen@greenwomansgarden.com.

January Events of Note
Pam Bielunis

At the Veterans' Hall

- Saturday, January 18, 2025, Noon – 3 PM: Historical Society/Library/NH Humanities archaeology program by Professor Robert Goodby;
- Tuesday, January 21, 2025, 7 PM: Supervisors of the Checklist Meeting for all voting related needs.

At Monadnock Regional High School

- Saturday, February 1, 2025, 10 AM: MRSD Deliberation Session.

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Richmond Shirts

Pam Bielunis, "the Crazy Shirt Lady"

What an amazing success! Thank you to all who have purchased Richmond shirts. As I am writing this, I am waiting for our third order to arrive in the next few days—in time for Christmas. I have several requests and I am hoping to be able to fulfill all those and put smiles on "Richmondite" faces. It might be fun for anyone who has a shirt to wear it to the Richmond Fireman's BBQ in August 2025. Any thoughts?

With the money we are making from the sales of the shirts, I have been able to order a new Lenovo Thinkbook laptop computer with Microsoft 365 Office at no cost to the taxpayers of Richmond!! 😊 I will get the computer ready to go live on January 1, 2025 for Elections/Supervisors of the Voter Checklist and Town Welfare business. Thanks again for supporting this fundraiser and hope you are enjoying your new Richmond attire.

Candidacy and Voting Reminders from the Town Clerk's Office

This is a reminder that the filing period for Town Offices starts January 22, 2025 and ends January 31, 2025. Please give careful thought to helping Richmond by running for an open office. As always, feel free to call the Town Clerk at 603-239-6202 or email at obrienrichmondclerk@gmail.com with any questions. Declarations of Candidacy forms are available in the Clerk's Office during regularly scheduled hours.

Books by Barbara and Tim Rogers

IT HAPPENED IN NEW HAMPSHIRE: New edition, autographed. Events that shaped NH (and world) history, pub at \$16.95, Rooster special: \$12.00

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The following is a list of offices for the March 11th Town Election:

- 1 Selectman for three years;
- 2 Planning Board Members for three years;
- 1 Cemetery Trustee for three years;
- 1 Library Trustee for three years;
- 1 Trustee of the Trust Funds for three years.

Dates:

- January 22, 2025 through January 31, 2025 – Filing period for town offices;
- January 21, 2025 – Supervisors of the Checklist Meeting;
- March 1, 2025 – Supervisors of the Checklist Meeting;
- February 4, 2025 – Last day for Warrant Articles to be given to Selectmen;
- March 11, 2025 - Town Election;
- March 15, 2025 – Town Meeting.



Town Clerk Tidbits
Karen O'Brien

It's January, so that means dog licenses are available. Last year, we instituted a "TOP DOG" contest. For every dog licensed by April 30th, there is a chance

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at winning the top spot. All you need to do is send a photo of your precious pet (either by mail, drop in, or send an attachment via email). Then, residents are welcome to vote for their favorite pooch. Winners will be announced in early May. The Top Dog gets next year's #1 license, a basket of goodies, and bragging rights for the year. Last year, Ozzy Auvil won the contest. Could your furry friend be the Top Dog of 2025?

Remember, it's your responsibility that your dog is properly vaccinated and licensed. All dog owners will receive a letter or phone call reminding them to license their dogs. If you have never licensed your pet before, we need up-to-date proof of rabies vaccination, plus all data pertaining to your animal (sex, neutered or spayed, type, color, etc.). Any dog not licensed by June 1st will be subject to a civil forfeiture delivered by the sheriff, plus associated fines. You have a one month's grace period, so fines are not assessed until June 1st. All NH veterinarians must supply town clerks with rabies vaccination data, so we know if you have a dog or not.

Regarding boat registrations, I have not yet received the boat decals for renewals for 2025 from the State. They are holding the state decals back until they receive the federal decals (which are new this year). So, check with the Town website, Richmond.nh.gov, where we will post any updates.

Also new for 2025: we now will have veteran's plates and antique plates in stock. You will no longer have to go to the DMV to get these plates, with some restrictions. Email us if you have questions; this is all new for us, too.

Richmond Historical Society

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Library News
Wendy O'Brien

Library Calendar for January
Wednesdays, 10 AM: Storytime
Saturdays, 10 AM – Noon: Drop-in Knitting Circle
Wed., January 1st, CLOSED for New Year's Holiday
Wed., January 8th, 11 AM: Richmond Reminisces
Wed., January 8th, 6 PM: Coffee with the Classics
Book Club @ Conant Library in Winchester, *Evil Under the Sun*, Agatha Christie
Tues., January 14th, 6 PM: Tuesday Book Club, *The Swimmers*, Julie Otsuka
Sat., January 18th, 1 PM: NH Humanities Lecture @ **Veterans Hall**, "12,000 Years in the Granite State," Dr. Robert Goodby
SAVE THE DATE: Thurs., February 20th, 6 PM: Latino Poetry Night
12,000 Years in the Granite State
The Richmond Historical Society has received a grant from New Hampshire Humanities to present "12,000 Years in the Granite State," by Dr. Robert Goodby on Saturday, January 18th at 1 PM at the Veterans Hall. The event is co-sponsored by the RPL.
More than 12,000 years ago, small groups of Paleoindians endured frigid winters on the edge of a small river in what would become Keene, New Hampshire. In 2009, an archaeological survey for the new Keene Middle School discovered


the remains of their stay and brought to light one of the oldest Native American sites in New England. This program is free and open to the public and refreshments will be provided. New Hampshire Humanities nurtures the joy of learning and inspires community engagement by bringing life-enhancing ideas from the humanities to the people of New Hampshire. They connect people with ideas. Learn more at www.nhhumanities.org
Latino Poetry Night



"We've become accustomed to being confronted by poems that confuse, baffle, embarrass, and intimidate us, and for a lot of people, reading poetry is a dreadful experience..."--Ted Kooser, *The Poetry Repair Manual*.

Here at the RPL, we are hoping to create a better experience with poetry! This winter we are joining other libraries around the state with an evening focusing on Latino poetry. We will be reading three poems and talking about the theme of "First and Second Homes" as it relates to the Latino community. "Many Latino poets have explored what it means to live in the U.S. while retaining, even over many generations, deep connections to an ancestral homeland. How do poets express a sense of displacement and exile? What role do cultural memory and nostalgia play? How do the histories of war, national sovereignty, shifting borders, and the quest for economic security affect how poets understand themselves, their families, and their communities?"--from the Latinopoetry.org website.

Copies of the poems will be available for pickup at the Library on January 23, and our discussion will take place on February 20 at 6:00 p.m. We are grateful to the Center for the Book, New Hampshire Humanities, UNH, Library of America, and Gibson's Bookstore for loaning us copies of *Latino Poetry: The Library of America Anthology*, edited by Rigoberto González, 2024.



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Latino Poetry: Places We Call Home is a major public humanities initiative, planned for 2024–25, that celebrates and explores the multifaceted legacy of Latino poetry. It is directed by Library of America and funded with generous support from the National Endowment for the Humanities.

Lugares que llamamos hogar es una gran iniciativa pública en el campo de las humanidades, que se proyecta para el 2024 – 2025. Es dirigida por Library of América con el generoso apoyo del Fondo Nacional para las Humanidades.

- New Titles
House of Cross, James Patterson
Forest of Lost Souls, Dearn R. Koontz
The Drowned, John Banville
Think Twice, Harlan Coben
Now or Never, Janet Evanovich

Planning Board Memories
Theresa Morin

My husband, Ludger ("Butch") Morin, served on the Richmond Planning Board for approximately 34 years. He started in February, 1987. Here are some of my memories of his stories:

In 1987, the Planning Board members would meet in the Town Hall. There were two heaters. They had to run at full blast and still didn't keep it warm inside. The heaters were so loud you couldn't hear people talk. Margie Wyman would bring in quilts for them to use to try to keep warm.


The Town Hall bathroom was a "two-holer" that was behind the stage. You entered at the front of the building. There were offices on the right, and the rest was one big room with a stage.

Back then, Larry Richardson was the Chairman; some of the members were Margie Wyman, Jeanie Eismont, and Bob Coy. A previous Planning Board member, Joe Calabro, had talked Butch into joining.

At that time, the meetings were only held once a month. I remember one snowy night when the meeting didn't end until very late. There were no

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cell phones back then, so I didn't know if Butch had run off the road, or it was just a very long meeting!

The Planning Board's files were kept locked, but the password was above it on the wall! One number written up high, the next number in the middle and the last number lower on the wall.

The board members met in the Town Hall until it was renovated. Then, they moved to the Civil Defense ("CD") Building, now called "the Taylor VanBrocklin Building." This building was used for civil defense related to Vermont Yankee Nuclear Power Plant, and Bob Coy was the Richmond CD manager. A portion of Richmond was in that zone, and some of us had radios which would give alerts.

At the CD Building, there was no bathroom. The board members would have to go over to the Fire Station. The file cabinets had no lock, so the members faced the file cabinets against the wall and had to move them to get into the drawers.

The right side of the CD Building was a garage. Sometimes, the CD Building was double-booked, and the Planning Board had to meet at the Fire Station. After a while, the Town updated the building. A bathroom was put in, and the garage was turned into another room so there were two meeting rooms. After this was done, the Planning Board met on the right side of the building.

Once the Police Department, run by Dick Bigda, moved into the CD Building, the Planning Board was moved into the Vets' Hall. Butch said the Planning Board members felt like they were nomads: first, the Town Hall; then, the CD Building; next, the Vets' Hall and then, back to the CD building where they currently have their meetings!





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Why New Year's Resolutions Often Fail

Renée Murphy

As the New Year rolls around, a lot of us sit down with a cup of coffee and a notebook, full of hope and good intentions. We jot down big plans and promises to ourselves: eat better, hit the gym, finally take up that hobby we've been putting off. But, let's be honest, most of those resolutions tend to fall apart before we've even used up all the holiday leftovers. Whether it's life getting in the way, a lack of direction, or just plain losing steam, it's easy to see why so many of us don't make it past February.

Kevin and I know this story all too well. We had committed to do yoga daily for 30 days and we only made it to Day 8. We bought dumbbells and downloaded exercise programs, which would last for a day or two and then be soon forgotten. We needed something different, something that would stick. That's when we stumbled across Palehorse Barbell and got introduced to powerlifting, something I never thought I would enjoy, but it turns out lifting heavy things is fun.

Now, I'm not saying powerlifting is the answer for everyone, but here's what I've learned about making a resolution stick:

Make your goals clear and doable. "Get in shape" is too vague, but something like "go to the gym three times a week" or "lift a certain weight" gives you a target to shoot for.

Track your progress. Keep a notebook, take notes on your phone, or use an app. Seeing yourself improve bit by bit is a great motivator. Getting stronger and tracking how much we improve is a big motivator for Kevin and me.

Find something you enjoy. If you hate what you're doing, you won't keep showing up. Powerlifting turned out to be something Kevin and I both love, and that's why we've stuck with it.

Stick with the process. It's not always easy, and progress can feel slow, but every small step counts.

Find someone to hold you accountable. Whether it's a training partner, a coach, or a friend, knowing someone is expecting you to show up makes it that much harder to quit. It took a coach to build a plan and have us show up before we really committed.

Celebrate your progress. Don't wait for a big milestone—every step forward matters. Celebrating progress, big or small, has been a game-changer for us. At Palehorse, everyone cheers each other on—whether someone hits a new PR, just shows up after a tough day, or achieves something unexpected, like Bruce, who at 79 years old set a 380-pound deadlift PR. His grit and determination inspire us all and show that progress has no age limit. That support and shared joy make the journey feel worthwhile. For Kevin and me, it's those moments of celebration, fueled by stories like Bruce's, that remind us how far we've come and keep us excited about the future.

It's the perfect time to set meaningful goals and embrace the journey ahead. Start small, stay consistent, and celebrate each step forward. Goals aren't just about the destination—they're about the growth and joy along the way. With the right mindset and support, you'll be amazed at what you can achieve. Here's to a stronger, healthier, and happier year ahead!



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Email – therichmondrooster@gmail.com
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Town Administration

Selectmen: William Daniels, Doug Bersaw, Andrew Wallace
Selectmen Meeting at Town Hall – Mon. 5:30 P.M.
Public is welcome to attend. Please call 239-4232 for an appointment if you have an item for the agenda.

Town Administrator: Susan Harrington
Administrative Assistant: Jennifer Thompson
Mon. 9 AM – Noon, 3 PM – 5:30 PM
Wed. 9 AM – 1 PM
Thurs. 9 AM – Noon

For town business outside of the above hours, please call 239-4232 for a Monday evening appointment.

Town Clerk: Karen O'Brien
Deputy Town Clerk: Cheryl Brake
Tues. 12:30 PM - 4:30 PM
Wed. 9 AM - Noon & 1 PM - 4 PM
Thur. 8 AM - Noon

For Tues. appointments (5 PM, 5:30 PM, 6 PM), call 239-6202 or email the clerk.

Tax Collector: Steve Boscarino
Deputy Tax Collector: Mary Rogers
Mon. 6 PM – 8 PM, Wed. 9 AM – Noon

Planning Board: Held at Taylor/VanBrocklin Bldg.
1st & 3rd Tuesdays of the month - 7:00 PM

Transfer Station and Recycling Facility: 239-8136
Tues. 8 AM – 4 PM, Thurs. 8 AM – 7 PM
Sat. 8 AM – 5 PM

Library: Wendy O'Brien, Library Director, 239-6164
Tues. 3 PM – 7 PM, Wed. 9 AM – Noon
Thurs. 3 PM – 7 PM, Sat. 10 AM – 2 PM

Police (Non Emergency): 355-2000
Fire/Rescue (Non Emergency): 239-4466
Fire Warden:

Fire Permit: Buzz Shaw, 239-4238
Selectmen – 239-4232
Town Clerk – 239-6202
Tax Collector – 239-6106

Highway Department – 283-6619
Taylor/VanBrocklin Building – 283-6649
Building Maint.: Pam Bielunis

[Phone number area codes are 603, unless otherwise noted.]

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