

A FREE PUBLICATION

# TRENDY TIMES

ARMED FORCES DAY

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



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MAY 11, 2021 VOLUME 12, NUMBER 16

## Fair Food Festival in North Haverhill

What is a Fair Food Festival? And how does it work?

First of all there is no trick to the name. If you like the foods you can normally find at a fair, then you will probably find them at the Fair Food Festival. The festival is a gathering of a number of food trucks or trailers that each serve their own kind of fair favorites.

The list of expected foods that will be on sale includes; burgers, corn dogs, cotton candy, french fries, fried dough, fudge, hot dogs, ice cream, kettle corn, lemonade, mozzarella sticks, onion rings, pulled pork & brisket, sausages, tenders, wings & more. One unfortunate note is that a favorite of many, the blooming onion, will not be available due to a major crop

loss earlier this year. Each one of the vendors will have their own menu and prices for their offerings.

Regarding the procedure for the festival it too will be simple and straight forward. Guests will drive onto the fairground thru the old main gate at the north east corner of the fairgrounds. At that point a \$5.00 fee will be charged to each vehicle coming in. It doesn't matter how many people are in each vehicle (please abide by legal limits). After entry each vehicle will be directed to a parking area. At that point another volunteer will be there to assist in getting your vehicle parked with ample space around it for social distancing.

At this point guests will be

asked to put on a mask and head for the vendors of their choice. You will then be able to order, pay for, and take your food and drink choices back to your vehicle to consume. There will be no tables or chairs available on the grounds for anyone attending. Instead you may bring your own. If you have a pickup you can really tailgate, or perhaps put a blanket on the ground behind your vehicle. You can even bring your own lawn chairs or portable table if you choose.

Of course after you have eaten your first choice you can return to another vendor for another choice. Likewise if you wish to buy and go that is certainly an option. Perhaps you could bring a cooler to keep foods hot while you



get them back home.

However you want to partake of the wide variety of choices, you are invited to attend the Fair Food Festival on Friday, May 14 from 5 until 8 pm or on Saturday, May 15 from 11 am until 8 pm

The fairgrounds are located at 1299 Dartmouth College Highway (Route 10) in North Haverhill, just south of the Haverhill Newbury crossover.

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# TRENDY Dining Guide

## Iron Rail Pub + Grill

by Gary Scruton

It is great to see that some restrictions are being lessened in our area. It is also good to know that those in our dining party of this particular occasion have all had our vaccine shots.

With that said three of us took the opportunity on a recent Tuesday evening to visit the Iron Rail Pub + Grill on Railroad Street in Woodsville.

A good portion of the establishment is dedicated to the bar area, but the seating in the dining room area is not forgotten by any means. A number of booths as well as a few tables are available. When we walked up to the hostess podium and signed in we were asked what our preference was for the evening, booth or table. We asked for a table and were seated in front of one of the large windows overlooking the parking area as well as Central Street in Woodsville.

I must mention that diagonally across from us sat a party at a booth with the addition of two high chairs. Each of those chairs held a twin boy of about 12-18 months of age. Comments were made all around our table about how well the two youngsters behaved, even if they did make a bit of a mess on the floor. We did our best not to leave the same kind of mess.

Our waitress soon arrived at our table to take our orders. Janice began and

asked for a serving of the Derailed Steak Tips. It comes with two sides which she requested to be the garden salad with ranch dressing and french fries. Our guest was next and she ordered a simple Swiss Burger. Both ladies asked for just a glass of water.

Of course I needed to be a bit different. I started with a request for a suggestion of a dark beer on tap. The waitress gave me a few ideas and I settled on a Guinness. I was also tempted and asked for a cup of clam chowder as an appetizer. For my meal I stayed simple and got a steak and cheese sub with onion rings on the side.

The two glasses of water and the Guinness came out quickly and it was not long after that time that my chowder appeared. As mentioned I asked for, and was charged for a cup of chowder. It was in fact served in a bowl with a bag of oyster crackers on the side. The chowder was wonderful. Plenty of big chunks of clams along with chunks of potato. Plus it was a very nice serving size.

My chowder was finished

and we had a bit of time for conversation before our meals made their appearance.

Janice's steak tips were plentiful and tasty even if they were not the best she had ever had. But she enjoyed her meal very much.

All burgers are listed as 8 oz beef from Robie Farms with Lettuce, Tomato, Onion, Pickle and Fries & Coleslaw served on a Sourdough Bun. The Swiss burger also has Swiss Cheese, Onions & Mushrooms.

My steak and cheese sub was served with Onions & Peppers. Plus with the onion rings on the side you can probably tell that I like onions. I certainly liked my sandwich and side.

In all, the three of us were at the Iron Rail Pub + Grill for a little under 90 minutes. It was a comfortable dinner and I am sure we will return.

The total cost for our three meals, including the 9% meals and rooms tax was \$32.13. As normal we paid that amount with a credit card and left our waitress a cash tip on the table.

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This Size Ad: \$125 for 6 Issues,  
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# Paddle The Border - Spring

by Gary Scruton

The COVID-19 pandemic has stopped many annual events over the past 14+ months. One event that was not cancelled due to this pandemic was the 2020 Paddle The Border - Spring. Unfortunately it was cancelled by Mother Nature. Sunday, May 24, 2020 saw the water level at the launch site next to the Woodsville Community Field too high to safely launch boats.

This year's Paddle the Border - Spring is set to take place on Sunday, May 23. The hope is that Mother Nature will cooperate and keep the level of the Connecticut River at a manageable level. The final call on that will not happen until that weekend. So for right now plan to attend, paddle and have fun.

If this is your first time participating in Paddle The Border, here is a run down of how this free event works.

Paddlers are instructed to drop off their canoes and kayaks at the Woodsville Community Field just off Route 135 (South Court

Street) near the little league field. Volunteers will be there to keep an eye on the boats as well as other gear. Then at least one person from each party needs to drive their vehicle to the Bedell Bridge State Park off Route 10 in Haverhill Corner. At that point a bus, thanks to Butler Bus Service, will be waiting to bring paddlers back to Woodsville. The first bus will leave about 10 am and the last bus will leave no sooner than 11 am in order to accommodate all participants

The paddle itself will take three and a half to four hours depending on your paddling speed and the speed of the river.

At the end of the paddle, if the weather allows, all will be able to enjoy the sounds of the Strawberry Farm Band. There will also be food and beverages available for sale thanks to members of the Ross-Wood Post #20 American Legion family in Woodsville.

Thanks to the cooperation of the Newbury Conservation Commission, the Haverhill

Parks and Recreation Commission and the Cohase Chamber of Commerce this event is now in its eighteenth season of two events a year. The three groups have coordinated this event together during all of those years. Along with these three groups the Bradford Conservation Commission, Upper Valley Land Trust and Upper Valley Trails Alliance are also involved with support and sponsorship.

It should also be noted that all participants do need to abide by all state mandates and regulations. This includes wearing masks on the bus or in groups. It also means that all boaters must have a personal flotation Device (PFD) in their boat before launching.

As mentioned this is the first of two Paddle the Border events scheduled for 2021. The Fall Paddle will take place on Sunday, October 3 and will launch from the Newbury Boat Launch, just off the Haverhill Newbury crossroad, and finishing at Bugbee Landing in Bradford (next to the gold course).



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## NH's Workforce Shortage

The workforce shortage in New Hampshire has resulted in some employers raising wages and offering cash incentives in an effort to attract workers. One Portsmouth restaurant is hiring line cooks for \$22 an hour along with a \$500 signing bonus. A café in Salem is offering a wage up to \$22 an hour with a \$600 signing bonus. It is a well known fact, that New Hampshire's student population has decreased significantly during the past 10 years. Smaller high school graduation classes have definitely contributed to the workforce shortage, but the pandemic has certainly worsened the availability of workers. This has forced employers to raise pay.

Average hourly earnings in New Hampshire have increased more than \$2 an hour. Weekly earnings are up by \$87, but thousands who left the workforce when the pandemic hit are staying at home and have not returned to work. When comparing the size of New Hampshire's workforce of one year ago to today, there are 28,600 fewer today. New Hampshire Employment Security office tracks job openings throughout the state; that data indicates that there are 2,000 more job openings than were posted in December. One factor cited by employers regarding some workers not returning to work points to the \$300 increase in federal unemployment benefits. As reported by the Union Leader, one restaurant in Pembroke, Madear's Southern Eatery and Bakery, ex-

pressed concern that the increased federal unemployment benefit was keeping people on the sidelines,

According to a May analysis from Bank of America economists, 4.6 million Americans dropped from the labor force last year for pandemic related reasons. Bank of America's analysis concludes that extended Unemployment Insurance (UI) benefits and fear of COVID-19 are top factors depressing labor market participation. The banks analysis concluded "that those who previously made less than \$32,000 per year would be better off in the near term to collect UI benefits than work." A high proportion of New Hampshire's labor force qualifies for Social Security, even Medicare that starts at age 65. An additional \$300 can make the difference, and sends the signal that it may be just or even more profitable to stay home. NH's current unemployment claims are approximately four times pre pandemic numbers.

New Hampshire's return to a work-search requirement will hopefully work toward improving the state's working numbers. Opening schools is another positive action that will enable stay-at-home parents who took

on the role of educating their children during the pandemic, to return to the workforce. In addition, with more and more Granite Staters taking advantage of the vaccination, this will also help our workforce grow and better support the economy.

Respectfully Submitted,  
NH Rep Rick Ladd

Not all Times are Trendy, but there will always be Trendy Times May 11, 2021 Volume 12 Number 16

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## Rep. Ruprecht Selected as One of Nation's Outstanding Rising Leaders

Washington, D.C. - Today, State Representative Denny Ruprecht was selected as one of 19 leaders from across the country to join the NewDEAL (Developing Exceptional American Leaders), a selective national network of state and local elected officials.

Ruprecht joins the group at a time when state and local leaders are on the frontlines of responding to the pandemic and as they take on a critical role in implementing the American Rescue Plan recently signed by President Biden. The new law will send hundreds of billions of dollars to state and local governments. NewDEALers are supporting each other in addressing the many challenges created and exacerbated by COVID-19 by innovating, convening virtually, and sharing good ideas. The NewDEAL has launched a database of policies and programs that address the wide-ranging impacts of the pandemic and is publishing recommendations for building back better from this crisis.

Members of the nearly 200-person network are working to enact pro-growth progressive solutions in a diverse array of communities. They have been chosen from more than 1650 nominations over its decade-long history.

Ruprecht and his peers in the new class of leaders

were recognized for their unwavering commitment to expanding opportunity as they work to build back better in their communities and reject the idea that policymakers can or should want to turn the clock back to a prior era. These leaders' work will build on policy recommendations that NewDEAL Leaders help develop, including the release of reports on education and climate change, as well as recommendations from the NewDEAL Forum Renewing American Task Force, which has provided guidance for state and local leaders to address affordable housing, child care, broadband access, entrepreneurship, mass transit, and the social safety net. Leaders are currently participating in NewDEAL's Build Back Better series, which supports them in addressing simultaneous crises around public health, the economy, racial equity and climate change.

NewDEAL Leaders have found broad support for their work across red, blue, and purple states and cities, with more than 20 rising to higher office in the past few years. These leaders include members of Congress, such as Marilyn Strickland in Washington, Greg Stanton in Arizona, and Jennifer Wexton in Virginia, as well as new Mayors in cities from Dallas and Phoenix to Boise, Kansas City and Montgomery, AL. Additional

leaders are on the ballot for Congress and other higher offices in 2022.

"We are in a unique moment for state and local leaders as we must find solutions for the urgent challenges created by COVID-19 while not losing focus on longer-term issues that will also affect New Hampshire's economic security for decades to come," said Ruprecht. "I look forward to sharing lessons with and learning from other leaders who are setting the standard for effective governance, and I am excited to be part of NewDEAL's efforts to expand opportunities for Americans in communities nationwide."

First elected to the state house in 2018, Ruprecht was selected to join NewDEAL because of his dedication to expanding opportunities for New Hampshire's middle class and working families through high quality education and a family-friendly economy. One of Representative Ruprecht's key initiatives was his work to secure greater funding for the Haverhill public schools in his district. Representative Ruprecht has also led environmental advocacy efforts through the rebuilding of a heavily damaged dam, and has introduced legislation to protect minors by raising the minimum age of marriage.

## Weathervane's Patchwork Players 2021 Season Announced

WHITEFIELD, NH - Weathervane Producing Artistic Director Ethan Paulini and Intern Program Director Marisa Kirby are proud to announce the 2021 Patchwork Players Season - Born to Entertain - Broadway Bound, Cinderella, The Good, The Bad, and the Cool, Halloween Mystery Show, and Best of Patchwork 2021. After the success of last year's Patchwork season, this year's 31st season has been extended to run June 25th through September 3rd at the Weathervane and is available to tour the North Country starting June 23rd.

Due to COVID-19 two new initiatives were introduced with the Patchwork Players season last year and will continue again in 2021:

**Picnic with Patchwork: Fridays at 11AM - Outside the Weathervane**

Bring a blanket and a snack and enjoy a great show for the whole family (even the family dog!) - all while still being able to maintain social distancing and other safety regulations.

**Livestream with Patchwork: Tuesdays at 11AM**

The Weathervane comes to you! Now anyone from anywhere can enjoy these entertaining family-oriented live theatre performances as the Patchwork Players productions are live streamed to wherever you are!

**Broadway Bound - Born to Entertain**

Let us entertain you as we celebrate kids in the theatre with Broadway's best songs made famous by children. Featuring songs from Annie, The Lion King, Les Misérables, and more! Conceived, directed and choreographed by Marisa Kirby.

**Cinderella**

The classic fairytale story of the young woman mistreated by her stepmother and stepsisters, who, with the help of an eccentric fairy godmother, finds out dreams really do come true. Adapted by Carmella Gates and directed by Grace Livingston Kramer.

**The Good, the Bad, and the Cool**

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**Halloween Mystery Show**  
Gather 'round the campfire and think of your favorite North Country ghost stories as YOU, the audience, get to vote on the title of this spooky and not so-spooky musical mystery quest! Follow the Patchwork Players on Facebook (/WVPatchwork) to vote! Conceived by Marisa Kirby, written and directed by the 2021 Patchwork Players.

**The Best of Patchwork 2021**

Our favorite moments and songs from all our Patchwork shows in one stellar production!

Featuring the members of the Weathervane's highly competitive Intern Program, these productions will also play on the road at venues to be announced at a later date. If you or your organization would like to book a Patchwork Players performance please contact Weathervane Producing Artistic Director Ethan Paulini at ethan@weathervanenh.org All Patchwork performances will be performed utilizing COVID-19 "best practices" policies.

Tickets for Patchwork performances will be on sale in late June. Tickets range from \$7.50 - \$9.50. Livestream Packages available. Single tickets for Weathervane's Mainstage season to go on sale Monday, May 10th. For more information call 603.837.9322 or email boxoffice@weathervanenh.org. Additional information will be available on our website - www.weathervannh.org. The Patchwork Players are sponsored by Crosstown Motors, Little Village Toy & Book Shop, and New England Wire Technologies.

**Fair Food FESTIVAL**  
**Friday, May 14, 5 - 8 pm & Saturday, May 15, 11 am - 8 pm**

**ADMISSION: \$5.00 PER VEHICLE**

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Admission does NOT include price of food.

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# Calendar of Events

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

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11:00 AM - 5:30 PM Tuesday - Saturday  
430 Railroad Street. St. Johnsbury

## TUESDAY, MAY 11

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Sugar Hill Meeting HOuse  
See Article on Page 3

## WEDNESDAY, MAY 12

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VIRTUAL VOLUNTEER INFO SESSION  
5:30 PM [www.casanh.org/virtual-info-sessions](http://www.casanh.org/virtual-info-sessions)

ROSS-WOOD POST #20 AMERICAN LEGION  
INSTALLATION OF OFFICERS  
6:00 PM  
4 Ammonoosuc Street, Woodsville

## FRIDAY, MAY 14

FAIR FOOD FESTIVAL  
5:00 - 8:00 PM  
North Haverhill Fairgrounds, Rt. 10  
See Ad on Page 5 and Article on Page 1

AMERICAN LEGION RIDERS MEETING  
6:00 PM  
Post Home, 4 Ammonoosuc Street, Woodsville

## SATURDAY, MAY 15

FAIR FOOD FESTIVAL  
11:00 AM - 8:00 PM

North Haverhill Fairgrounds, Rt. 10  
See Ad on Page 5 and Article on Page 1

GRAB AND GO: ROAST PORK DINNER  
4:30 TO 5:30 Or WHEN SOLD OUT  
United Congregational Church of Orford UCC

## THURSDAY, MAY 20

VFW POST #5245 MONTHLY MEETING  
7:00 PM  
VFW Hall, North Haverhill

## SATURDAY, MAY 22

BATH TRASH PICKUP  
9:00 AM  
Bath Town Building

## SUNDAY, MAY 23

PADDLE THE BORDER - SPRING  
11:00 AM approximate launch time  
Woodsville Community Field  
See Ad on Page 8

## ACOUSTIC MUSIC JAM

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

## MONDAY, MAY 24

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

## WEDNESDAY, MAY 26

RED CROSS BLOOD DRIVE  
11:30 AM - 4:30 PM  
American Legion Home, Woodsville  
See Ad on Page 16

CASA (COURT APPOINTED SPECIAL  
ADVOCATES) OF NH  
VIRTUAL VOLUNTEER INFO SESSION  
5:30 PM [www.casanh.org/virtual-info-sessions](http://www.casanh.org/virtual-info-sessions)

## SATURDAY, MAY 29

YARD & BAKE SALE  
9:00 AM - 2:00 PM Rain or Shine  
Bath Historical Society Building, Off the Green

## MONDAY, MAY 31

MEMORIAL DAY PARADE  
11:00 AM  
Central Street, Woodsville

## DAILY WALKING

11:00 am - 12:00 noon  
Clifford Memorial Building, Woodsville

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## SUNDAY, JUNE 6

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

## The Store

by Elinor P. Mawson

It doesn't seem like all those years ago when I went to the supermarket with \$15.00 in my wallet and came out with change in my pocket and ten bags of groceries.

Yes -- this was true. We were living on \$70.00 a week, my husband was commuting 50 miles a day. we paid \$5.00 a month for electricity and had no health insurance. And we were perfectly happy.

A year later our food budget had gone up to \$20, the commute had been reduced to 2 miles, we had welcomed our first son to the family and still had no health insurance. BUT -- we had saved up \$300 (somehow) for the doctor and hospital. We never came out of the supermarket with anything not on our list.

As the years went on, we went to our local market, not ever looking at anything we didn't need. By this time there were a few "extras" on the shelves like magazines, several brands of vegetables and fruits. Once in a great while we would buy napkins or aluminum foil. but we made them last as long

as we could. And paper towels! I don't think we bought them until we had been married 10 years or more.

Eventually, we got a telephone, a vacuum, and health insurance. It was amazing to have these necessities, pretty much paid for by a large raise caused by a Master's Degree. Our food budget went up, but only because of the raise plus the cost of food. We still ate pretty much the same way as we always did, and seldom ate out.

It has only been since our kids grew up and left home that our visits to the store have changed. Before we moved we had several markets to choose from but we usually opted to go to the ones that were close by. But since the Virus, we choose to do something different.

We go to Market Basket.

Since we go to Plymouth, an hour away, we get up at 6 AM and leave at 7. Getting there at 8 AM, we practically open the place and have the store to ourselves. We have made our list according to the places we go to first, and make sure we go in the correct direction. We go part-way around the groceries

and then head for the meat and fish department. While my husband orders the products, I go to the glass-fronted refrigerator and look at the octopus. It is fascinating!! Some are babies and some are gigantic with huge suction cups, and I can't believe that someone actually eats them. I am relieved to walk away.

We finish our shopping at about 9:30. The last items we look at in the store are the bakery offerings "(We think they look better than they taste)", the prepared foods, ("They smell better than they taste"), and a place to eat it all (we never do).

The hour drive home takes a very short time because the worst part is ahead of us. We have to put it all away. The total cost is about \$350.00 (it's for a month), and it takes a good 3/4 of an hour to get it situated.

It is done for another month. We still have some money left. Our bills are paid. WE now have all the amenities we need. Nobody commutes any more. We use as many paper towels as we want.

And we're on Medicare.

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## Hydropower Coffee Hours Continue to Engage the Public in Speaking Up for Rivers

Greenfield, MA – In March and April the Connecticut River Conservancy (CRC) hosted two virtual Hydropower Coffee Hour events to discuss and answer questions about the five Connecticut River hydropower facilities that applied for renewed operating licenses in December. CRC is continuing this series for the next several months, until the public comment period opens in late summer. The five facilities include the Turners Falls Dam and Northfield Mountain Pumped Storage in Massachusetts, and the Wilder, Bellows Falls, and Vernon Dams in Vermont and New Hampshire. Once they are issued, the licenses for these facilities will be in place for the next 30-50 years and impact more than 175 miles of the Connecticut River. It is critical that we all be prepared to speak up in this once-in-a-lifetime opportunity to influence these operating licenses. Join CRC at these upcoming Hydropower Coffee Hours to learn more:

- May 12, 9:30am, River Recreation
- June 8, 9:30am, Migratory Fish
- July 14, 9:30am, Economics & the Markets

Additional details and links to register can be found at [www.ctriver.org/events](http://www.ctriver.org/events). CRC staff and additional experts will be on hand to answer questions and share how the public can get involved in the hydro relicensing process to speak up for rivers. These events are devoted to question & answer. Each event has a unique topic to guide the conversation, but any questions related to the relicensing are welcome.

These Hydropower Coffee Hour events are a follow-up to two informational presentations held by CRC in January that can be viewed online at [www.ctriver.org/livestream](http://www.ctriver.org/livestream) or on CRC's YouTube channel at <https://www.youtube.com/connecticutriver>. We encourage attendees to view these presentations for additional background about the relicensing and related concerns.

Since 1952, Connecticut River Conservancy has been the voice for the Connecticut River watershed, from source to sea. They collaborate with partners across four states to protect and advocate for your rivers and educate and engage communities. They bring people together to prevent pollution, improve habitat, and promote enjoyment of your river and its tributary streams. Healthy rivers support healthy economies. To learn more about CRC, or to contribute to help protect your rivers, visit [www.ctriver.org](http://www.ctriver.org).

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## New Hampshire's White Mountains Attractions Prepared to Begin Welcoming Guests For The Summer Season

North Woodstock, NH - The sounds of summer return to the White Mountains of New Hampshire as the 17 White Mountains Attractions begin to reopen for the 2021 season. While summer 2020 was like no other, Charyl Reardon, President of the White Mountains Attractions Association, is looking ahead to an exciting and healthy upcoming season.

"Our Attractions are looking forward to reopening their doors and welcoming back visitors. We anticipate guests will also be eager to visit the area this spring and summer to discover or rediscover the region's popular Attractions and outdoor experiences."

Currently, Alpine Adventures, the Conway Scenic Railroad, and the Mount Washington Cog Railway are open, with Lost River Gorge & Boulder Caves, the Flume Gorge, the Mount Washington Auto Road, and Polar Caves Park opening early-mid May.

Attitash Mountain Resort, Cannon Mountain Aerial Tramway, Clark's Bears, Cranmore Mountain Resort, the Hobo Railroad, Loon Mountain Resort, Santa's Village, and Story Land plan on opening weekends starting Memorial Day weekend and will ramp up daily activities in June. Whale's Tale Waterpark and Wildcat Mountain will open their doors mid-late June.

While visitors can expect the same great and unforgettable experiences as in years' past, they should know that some things will still look a little different. We recommend guests "Know Before You Go" and familiarize themselves with the health and safety protocols at each of the Attractions. "Daily capacity will be limited at many Attractions to meet guidelines and to promote proper social distancing, so guests are encouraged to purchase their tickets online in advance. This will be the best way to guarantee their opportunity to visit our popular Attractions and some of our natural resources," Reardon explained. She also added, "face coverings will continue to be encouraged as a way for our Attractions and hospitality businesses to remain open, safely, for visitors and locals alike."

Visitors making summer travel plans, should keep safety in mind. "If we all continue to respect and follow Covid-19 protocols, we are optimistic this season will be successful, entertaining, and memorable for everyone," Reardon, said. "We are ready and thrilled to welcome guests back."

For additional information on when and how the Attractions will operate this coming season, head to Visit-WhiteMountains.com.

For additional information on when and how the Attractions will operate this coming season, head to Visit-WhiteMountains.com.

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## The Colonial Theatre Kicks off 2021 Season with Outdoor Events

The Colonial Theatre in Bethlehem, NH is pleased to announce that it will kick off its 2021 Season in June. While The Colonial is eager to welcome audiences back into the theatre, its traditional May opening has been postponed. In place of its regular programming The Colonial will present a wide variety of outdoor events, some of which provide an exciting opportunity to partner with other local organizations and businesses.

"Creativity, partnerships, and community are what The Colonial is all about and our line-up of outdoor events showcases that spirit" said Christine Kelly, Executive Director. "The Colonial has been able to weather the pandemic because of out-

standing support from our community. It is impossible to overstate how truly thankful we are for that support and confidence in The Colonial, and how excited we are to see our community once again" she added.

The Colonial's Outdoor Line-up and Special Programming includes:

Science on Screen®- The Colonial Theatre is proud to announce the award of a Science on Screen grant from The Coolidge Corner Theatre Foundation and the Alfred P. Sloan Foundation. Science on Screen grants support science education at nonprofit art house theaters by fostering creative pairings of current, classic, cult, and documentary films with lively presentations by

notable figures from the world of science, technology, and medicine. In partnership with White Mountain Science, Inc. (WMSI), The Colonial is developing a Spring 2021 Science on Screen speaker series and film screening line-up that will take place outdoors on Thursdays in June and July. Stay tuned for speaker announcements and event details.

REEL Outdoors & Anniversary Classics Film Series – The Colonial Theatre will bring two of its most popular films series, REEL Outdoors and Anniversary Classics, outdoors for free! Watch for dates and times this June and July in a variety of locations in Bethlehem, Franconia, and Littleton.

Fourth of July Music Festival – In partnership with Rek'lis Brewing, The Colonial is excited to present a two-day outdoor music festival. This celebration of music and community will showcase local artists and regional headliners on the 3rd and 4th of July on the Rek'lis green in downtown Bethlehem. Stay tuned for



event details and ticketing information!

White Mountain Cinema Camp: Script to Screen -The Colonial Theatre in Bethlehem NH will offer a one-week film making intensive White Mountain Cinema Camp: Script to Screen August 9 – 13. High School students ages 14 – 18 will work with industry professionals (Alex Shea, Philip Renton & Austin Pelligrino) to learn and experience the cinematic process from script to screen. Students will learn how to build a story, use tools in pre-production, work with professional equipment and standard editing practices to create a polished product. Students will work alongside the instructors to create a group film while

learning tools on set and take what they have learned to create their own films with their classmates. The final films will be premiered in a public showcase at the Colonial Theatre where students will host a Q&A. Class size is limited to 15 students on a first-come, first-served basis and an enrollment fee of \$25 is required. White Mountain Cinema Camp is sponsored by Nancy and Julian Czarny and The Art Ventures Fund of the New Hampshire Charitable Foundation.

In addition to planned outdoor events, The Colonial continues to offer opportunities to stream films at home through its Colonial@Home virtual screening program.

For more information about the 2021 Season visit The Colonial website at [BethlehemColonial.org](http://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).

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## Now Accepting New Patients Carey Brodzinski, Wells River



Carey is both a Family practice and Psychiatric NP, presently concentrating on taking care of patients with mental health concerns. Carey was born in England. She emigrated to Canada with her family in 1966. She has been working in the USA since 1976, after graduating from Nightingale school of nursing, in Toronto. She received her BSN from The State of New York University, Regents College in 1997.

She obtained her MSN and Family practice certificate from UVM in 2000. She returned to UVM to get her post graduate certificate in psychiatry, graduating in 2007. She is looking forward to working with the dedicated employees at LRHC. Outside of work she enjoys spending time with her family and friends, travelling, cooking and gardening.

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# Conservation at Work - Protecting the Banks of the Ammonoosuc River in Lisbon



Another sign of spring is this Blue Heron who was doing some fishing in Pike NH

Photo by Cyndi Wellman [cnb.pics07@gmail.com](mailto:cnb.pics07@gmail.com)



LISBON – Heavy machinery isn't usually what people think of in conservation work; shovels and work gloves sound more likely. Even so, the Ammonoosuc Conservation Trust's (ACT) property in Lisbon will have big machines working away to restore a stretch of the Ammonoosuc River this summer. All are invited to join the community-focused online presentation and Q&A planned for Thursday, May 20th, from 6 to 7 p.m. to learn the details of the exciting project and have your questions answered!

Bank restoration and stabilization on this property, nestled along the rail trail running parallel to Rt 302, is not new. Though efforts have been ongoing since 2011 - this one is a bit different. First, the project is an exciting partnership between ACT, The Connecticut River Conservancy (CRC) - coordinating the effort - and the Natural Resources Conservation Service agency (NRCS). Secondly, along with tree and shrub plantings – there is some major work planned. The project uses 18 tree trunks and root balls installed into the bank to help reduce bank erosion, improve water quality and increase habitat for native fish.

The program is free and open to the public; dona-

tions are welcome and gladly accepted. Though geared toward adults and older children, all are welcome to join the conversation. Registration is required to receive the Zoom log-in information. Please register at [act-nh.org/education-events](http://act-nh.org/education-events).

Love our events? We're working on building our roster of speakers and increase the impact of events. Help inspire a love of the outdoors by becoming an

events sponsor! If you're interested in finding out more about supporting an upcoming speaker or other events, please call the office or email Gal at [outreach@act-nh.org](mailto:outreach@act-nh.org).

The Ammonoosuc Conservation Trust inspires and leads private, voluntary action to conserve land the North Country loves. Learn more and become a member at [act-nh.org](http://act-nh.org) or by calling (603) 823-7777.

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**Letter to the Editor:**

**“Introduce yourself and your children to God!”**

To the Editor,

I reject the idea that America is suffering from “systemic racism” as has been portrayed by President Biden and The Left. Despite the fact that we Americans live in a multicultural, diversely populated country, our current crop of DC Democrats will have us believe that America is a systemically racist country. They’re lying to us again!

I do believe that many Americans have lost their minds because they have lost their souls due to their turning away from God! This is what I refer to as “systemic atheism”! The results of this loss of God in our lives is many-faceted ... kids have no moral compass by which to live their lives constructively and productively, the family unit of many Americans is fragmented, and dissolved, leading to misdirected societal values, with priorities that are misplaced to the extent where many Americans are killing human fetuses but saving the whales, for we need whales for the health of our oceans and ecosystems; where many Americans are killing each other while saving the turtles, another of God’s unique creatures; where some American politicians are “scape-goating” groups of Americans against each other for the sake of Political Power so that they may satisfy their political base, and acquire future voters.

Many organized religions have “codes” by which they inculcate historical and generational values which have

been handed down for centuries. These “values” are time-tested, universal, eternal, positive, and constructive behaviors which are taught, encouraged, and promoted for children as well as adults to emulate, and practice throughout their lives. Each organized religion has these sets of “living codes” which respective practitioners are encouraged to adopt, and reinforce in their daily lives. This done results in the betterment of society at large.

Fred Stella, the Pracharak (Outreach Minister) for the West Michigan Hindu Temple responds:

Having spiritual life has many wonderful benefits for those who seek the transcendent in the community. But for those who are secular-minded, many of those can be found elsewhere. There is social science-based evidence from the Mayo Clinic claiming that those who actively participate in organized religion are better off than others. One report states, ‘Most studies have shown that religious involvement and spirituality are associated with better health outcomes, including greater longevity, coping skills, and health-related quality of life (even during terminal illness) and less anxiety, depression, and suicide.’

Father Kevin Niehoff, O. P., a Dominican priest who serves as Adjutant Judicial Vicar, Diocese of Grand Rapids, responds: Peace, forgiveness, serenity, simplicity, faith, hope, and love (to name a few) of the many

benefits that come from the practice of religion. All of creation reflects the image of God and human beings most especially because man and women are created in the image and likeness of God. All creation together is only a glimpse of the Kingdom of God. To those who may recognize God while outdoors, I say in reply, ‘Yes, but you are only reading the first page of the book....and there is so much more to be discovered by sharing faith with others in a faith community.’

On April 6, 2018, 163,000,000 respondents agreed with the following statement: Those participants who exited their religion were more likely to start out scoring lower on emotional stability, to be less trusting of others, and they tended to place less value on conformity, tradition, and benevolence, and more value on self-direction, hedonism, and the pursuit of power.

According to Marvin L. Covalt, Lt. Gen. US Army, retired, expressed a view re: this issue permeating today’s DC Democrats and reinforced by the national media: “Conclusion: the charge of systemic racism in America is a crock of crap!”

Let’s return to God, and learn to live by God’s eternal and universal codes known as “The Ten Commandments,” and summed up in the principle of The Golden Rule: Treat others as we want to be treated. Nick De Mayo, M. Ed. Sugar Hill, NH

*practicing, as we see fit. Freedom of religion, a large part of our Constitution, guarantees us all that right.*

*One other point I will share is that many historians will tell us that religion is the basis for most of the wars that have occurred throughout history in our world. This is not to say that religion is to blame, but only to say that those practicing a particular religion have been opposed to those practicing a different religion. If all religions promoted peace, than wars would cease.*

*Gary Scruton, Editor*

Nick,

*As a means of setting the scene I was raised in a Congregational Church. I was a member for many, many years and spent some time on the Board of Trustees for that church.*

*Since that time my life has taken some different routes and though I am not a regular attendee (or even a holiday attendee) that introduction to religion as a youth has stayed with me. The Ten Comandantes and The Golden Rule are part of my belief system.*

*But I also believe that we all are entitled to our own way of either practicing religion, or not*

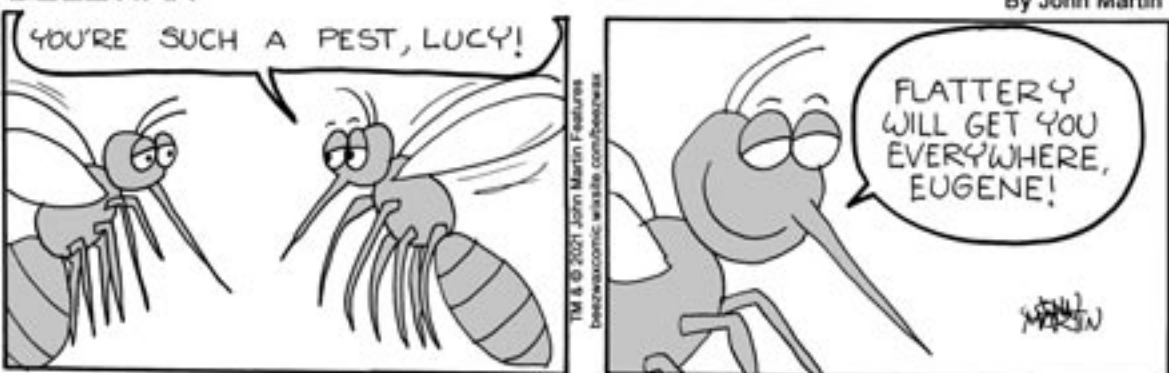
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### Letter to the Editor

Love can express itself in many ways. It can also be misinterpreted.

The 'wake-up' letter was not written in arrogance or hatred of other's beliefs. No one's beliefs will matter after death - only whether your sins are covered by Jesus or not.

Truth is truth - it can be painful. Medicine can taste horrible but be absolutely necessary to get healthy.

Suppose you were assigned to watch for an enemy's approach and warn your city to be prepared. Suppose you saw the enemy approaching and failed to cry out a warning. No one is ready and the enemy destroys the people. Would God not hold that

watchman accountable for their destruction?

Or suppose there was a disease that killed 100% of those it attacked. Suppose you knew the cure - that 100% of those who took the cure did not die. Would you not share it?

Death is approaching all of us and for some is ready to pounce. There is not time to be 'tolerant', eternal consequences are at stake.

Many will not take the 'cure'. They will exercise their freedom to choose their beliefs, but they will not be able to tell God someday they didn't know the cure for death.

Greg Darling  
Littleton NH

Greg,

*Religion is one of those topics that we are sometimes told to avoid in polite conversation. That seems to be because it can be so easy to "take sides" or have differing views that are so hard set that no argument, persuasion or line of thinking can make a person change their mind.*

*So I will not try to change your mind. Or make an argument for anything other than Americans right to Freedom of Religion. That freedom includes the right to believe or not to believe. To that I will add that I was raised as a believer. But I also believe that it is not my job, in this space, to sway others.*

Gary Scruton, Editor



### Letter to the Editor: Liar Trump

To the Editor,

"O" Please, Trump is the raining King of Hate and Lies - insulting people please him. No other politician ever did what he has done to create hate and lies.

Trump is a very dangerous Dictator, he still wants to control everything with his lies. He has always surrounded himself with people who are NOT Law-abiding.

Trump said if he lost the election it would be because of cheating and fraud and a rigged election. Trump the Dictator would not lose no matter what.!

So he lost, he really lost and it was huge, because the American people were allowed to vote and remove him from office, as he was so unfit and he proved each day just how unfit he was.

And so he loses the election, he will go away with dignity, HELL NO! Trump then tries to overthrow our American Democracy by calling on some terrorists to help him do his dirty work, people who don't like Amer-

Betty,

*I think there are a large number of people in this country that believe the same as you. I also believe there are many that do not believe in your statements. Isn't that great! We all have the freedom to write (or speak) what we wish. We also have the right to believe what we do and don't. The final decision comes at the ballot box*

ica so they were going to show us just who is going to run America. Trump sent them to the United States Capital to stop the states from giving Joe Biden who legally won the Presidency!

I let Trump do his thing and I formed my opinion on his behavior. He lies about everything. He is a liar. He makes fun of people. He needs to only look at himself. He is way out of line calling our military Suckers and Losers. These brave people protect us from Dictators, like Putin and Kim Jong-un Trump's friends, they love him! Trump is a liar, a coward who uses other people to do his dirty work. He is a very dangerous lying Hell Bent on being a Dictator crazy liar, who lost the election!

He lost, thank you voters who saw him for what he is.

Trump fits right into the group of people of John Gottie! if you disagree with Trump, he will get rid of you! Trump, like Gottie always had other people do the dirty work!

*and eventually in the history books. (Though even then there can be differing opinions on how history should be written).*

*But for now the election of 2020 is over. It is now time for us to look forward, work together to make a better America, and prepare for another election in about 18 months.*

Gary Scruton, Editor

## Birds of a Feather

by Maggie Anderson

As spring erupts along the western coastline the loons are still nesting in the city, trashing buildings, discouraging tourists, and creating chaos with edicts issued to city management and local news outlets, and by painting a target on the mayor's back. No longer interested in his compliance, complacency, or compromise, they want him dead and gone.

When we were kids and there was a dispute on the diamond we could not collectively settle to the degree that everybody ended up with some of what they wanted and a glimmer of self respect still intact, whoever owned the various pieces of necessary equipment picked up their ball, their bat,

or their mitt and steamed home to regroup the next day for a new game once everyone had a hot meal, a cold shower, and time to simmer down.

What never happened was somebody trashing the field - and someone else's equipment - and threatening to kill those who disagreed with them or tried to stop them. Had we behaved as the lunatics in Portland have, our first game would have been our last. At ten years of age we already had the wisdom to know that.

The birds here at the beach have a different agenda. Grateful for the sun-warmed winds they hover above the shore and watch for thrill-seeking, city-escaping tourists who haul their stale bread and soggy popcorn down to the beach

to toss it to the wind and wait for the flock to descend.

Already full-blown Spring has offered glimpses of what our lives and lawns might be like this time next year. Some of the newly-seeded grasses have begun to take tentative peeks above ground and trees and shrubs baked and blackened by last year's flames are defiantly sprouting new leaves and promising to follow the Phoenix's lead and rise from their ashen roots.

Coming back from town yesterday I saw evidence of a displaced Yankee in these western woods. Schools have been shuttered so long driveway bus shelters are suffering from neglect, nobody needs them for anything these days. But yesterday I saw sure signs of Yankee thrift when I passed a rickety, paint-deprived bus shelter filled to bursting with all sorts of odd bits.

I knew a Yankee had to live there because tacked across the front of the shelter was a roughly-lettered FREE STUFF sign, started to feel like home.



## Letter to the Editor:

To the Editor,

I was astonished by a recent Letter to the Editor (April 27, 2021) written by Alice Morrison of Newbury, VT. The hatefulness and vitriol that she expressed was beyond the pale. She managed to name a number of dedicated public servants, and with a broad-brush paint them as "spineless, pathetic, lairs" without providing any collaborating evidence. She then went on to insult 75 million Americans who voted for Donald Trump, by calling them "brainless and tasteless." So much for advancing any sense of the unity that President Biden had pledged in his acceptance speech, and has yet to deliver on. She then went on to disparage a number of FOX News personnel, calling them "liars, and mental dimwits," again without providing any examples. Just to set the record straight, FOX News has a higher rating than the Democratic leaning CNN and MSNBC. On another issue, Ms. Morrison should get her facts correct. The Capitol police officer who she claims was "murdered" on Jan. 6th actually died from an unrelated stroke a few days later.

It would now seem to be appropriate to mention just a few of the vast accom-

plishments of the Trump Administration that she so apparently despises. Under President Trump's leadership, he withdrew us from the TPP deal that was costing us jobs, while renegotiating the unfair NAFTA agreement, and he replaced it with the USMCA agreement with Mexico and Canada, vastly improving our formerly outdated trade agreements to the benefit of the American worker. By utilizing executive orders, he eliminated many regulations that were stifling business investment, which resulted in the United States surpassing Russia and Saudi Arabia to become the world's largest supplier of energy. We became a net exporter of energy rather than a net importer of energy. This fact had resulted in lower gas prices at the pumps and reduced home heating prices realized by all Americans. Less restrictive regulations, along with trade agreements with China, incentivized American companies to return manufacturing jobs back to the United States. I would certainly be remiss if I didn't mention the success of Operation Warp Speed through which the Trump Administration successfully brought the current Corona vaccines to the American people and the

world in record time. Prior to the pandemic, President Trump's economic policies resulted in more than 7 million jobs being created. This benefited all levels of the work force starting with the lowest pay grade and advancing upward. President Trump created our 6th military branch, the Space Force, to protect our assets in space. In 2018, the President signed into law the First Step Act enacting reforms that reversed the disastrous 1994 crime law that then Senator Joe Biden helped write and subsequently took credit for, which disproportionately incarcerated thousands upon thousands of minority Americans. Through the First Step Act, reforms will make our justice system fairer by providing judicial discretion in sentencing of non-violent crimes while helping former prisoners make a successful return to society. This act provides various rehabilitative programs to low level offenders to help them rejoin society and dramatically reduce the recidivism rate. Prior to the Wuhan, China pandemic, the Trump Administration's economic policies resulted in household median income recording the highest level ever, while unemployment for African-Americans, Hispanic-Americans, and Asian-Americans were at all-time lows.

Women's and youth unemployment were at 65- and 50-year lows respectively. In 2018, Trump moved the U.S. Embassy in Israel to Jerusalem, fulfilling the 1995 Jerusalem Embassy Act which former administrations never implemented. Since 1994, Egypt and Jordan had been the only two countries that had made treaties with Israel. Enter the Trump Administration! In four short years another glowing accomplishment was realized through the Middle East Abraham Accords, with the United Arab Emirates, Bahrain, Morocco and Sudan signing onto peace accords with Israel. In 2017, the U.S. withdrew from the job-killing Paris Climate Accord which benefited the world's largest polluters, India and China, while penalizing the United States, which ironically, in that same year, the United States led the world in reducing carbon emissions. President Trump was well on his way to keeping his campaign promise of protecting our southern border by building an effective border wall. As of last November 2020, over 402 miles of new border wall had been completed. According to the Customs and Border Patrol (CBP), illegal alien immigration had plummeted over the previous year. Acting CBP Commissioner

Mark Morgan, at the time, had stated that the Trump Administration's strong immigration policies had subsequently led to a decrease in drugs, human trafficking, as well as parents with children. The forgoing is just a small list of the achievements that the Trump Administration was able to accomplish in four years while undergoing unfair and constant attacks from political foes backed by a bias media. I can understand if President Trump's personality may not have been to your liking, but you cannot deny the fact that the Trump Administration had produced the most robust economy in recent memory and had achieved more in four years than any President in recent memory. Unfortunately, most of these accomplishments are already being destroyed by the Biden Administration, with rising energy prices, job losses, increased illegal immigration stealing American jobs and sending our once robust economy into a tailspin. If the Trump Administration's vast accomplishments can be categorized as coming from a "blowhard and a jerk" as Ms. Morrison states, then please, give us four more years of the same.

Robert Briggaman  
Newington, CT

Robert,

I have said before that the best way to judge any politician's career is to look at it thru the lense of history. That does not happen until a number of years have passed. The best that can be done now is to say that one side believes there were many, many accomplishments during President Trump's term, while the

other side will claim that very little that was done was for the betterment of the country as a whole.

The only thing I can tell for sure is that an election was held, a winner was declared, and a transition of power took place.

One other thing for sure is that in 2022 another election will be held for one third of the US Senate and

for the entire House of Representatives. That vote will be one more piece to the puzzle of deciding how history will remember what has happened and who may, or may not, have been right.

Gary Scruton, Editor

## Letter to the Editor

To the Editor,

Concerning the letter from Alice Morrison in the April 27, 2021 issue of the Trendy Times:

1. Clearly free speech for thee but not for me. (I am a Republican)

2. On Jan. 6 the only murdered person was an unarmed white woman, a military veteran, shot by a capital police officer. Unarmed white people killed by police do not make the headlines.

3. No police officer died

by violence on Jan. 6.

4. Where is the Democrat call for unity and a return to civility? Clearly not heard by Alice Morrison

5. When no factual argument can be made, Democrats resort to name calling, as Alice Morrison made clear in her letter.

6. Alice Morrison: sticks and stones may break my bones but names will never hurt me.

Robert A Peraino, MD  
Franconia, NH

Robert,

As I have stated here many times, Freedom of Speech is a vital part of the American society. I strongly believe in that freedom for every single person in this country. Of course with that freedom comes a certain amount of responsibility. It has been understood that you can not yell "Fire!" in a crowded theater (remember the days when theaters could be crowded?). Likewise we all should have the responsibility to not twist facts in order to make a certain point. According to reports one Capital Police Officer died on January 7 from injuries sustained on January 6.

Gary Scruton, Editor

## Capt. George Sargent Grove: OBITUARY

Capt. George Sargent Grove, USN, (Ret.) passed in the early morning of Sunday, February 21, 2021 at 96 years.

Beloved by friends and family, he lived these past many years at his home in Vermont. He graduated from the St. Paul's School in Concord, NH in 1942, and continued to serve the school as class form agent, form director and in later years as the Executive Director of Alumni Relations.

George attended the US Naval Academy, in Annapolis, MD and graduated in 1946, the class of 1947. His distinguished Naval career spanned 30 years.

Upon his retirement from the US Navy, he continued to work as a Corporate and Regional Facilities Manager with Intel, Xebec and Sun Microsystems.

He is survived by two daughters, Leslie Grove (Portland, Oregon) and Loring Grove, (Wayne, PA), Step-daughter Brita Strandberg and daughter-in-law, Laurel Lea, (University Park, MD), sister Mrs. James Q Griffin (Princeton, NJ) and sister-in-law, Mrs. Michael M Grove (Sharon, MA).

Funeral arrangements are by Hale Funeral Home, Bradford, VT and a memorial service will be held on August 22, 2021 at 3 pm next to the West Newbury Church, West Newbury, VT.



## Neil P. Young: Celebration of Life

A "Celebration of Neil Young's Life" will be held May 26th at 1:00 pm at the East Corinth Cemetery, East Corinth, VT. Friends are invited to gather at the Thomp-

son Hill Campground following the service.

Arrangements are by Hale Funeral Home in Bradford, VT



# What About Ma?

by Kellie Quackenbush

## All About The Spring Tune Up

Winter has passed (we hope) and spring is upon us. The clocks have been adjusted, snow is gone and the daffodils are popping up everywhere. It is time to get the garden ready for planting. Now is the time for spring cleaning and tune ups.

Tune ups? Why, yes. After a winter of cold and ice, we need to prepare ourselves for the activities of summer. Now is the perfect time to go have an annual check up with your doctor. While talking to your doctor, ask about what precautions you need to think about for your summer activities.

“To keep your body running at peak performance, it needs regular maintenance: a spring tune-up, so to speak. Get your weight, blood pressure, and glucose and cholesterol levels checked out by your primary-care physician, who can also book you for other relevant tests (hearing tests, eye exams, foot exams and bone density) per [www.arborcompany.com/blog/senior-wellness-the-best-tips-](http://www.arborcompany.com/blog/senior-wellness-the-best-tips-)

for-health-in-spring.

It is good to get out of the house and do some walking. Taking a 30 minute walk outside in the fresh air is a healthy way to start the day (or enjoy the afternoon). Walking includes using the correct shoe. Unlike teenagers, who seem to be able to wear anything, as we get older our bodies require a bit more care and attention. “Walk outdoors in nature each day. People who exercised outdoors in natural environments reported feeling revitalized and energetic, and experienced less tension, confusion, anger and depression than those who exercised indoors, according to an Environmental Science and Technology study. They enjoyed outdoor activity more and were more likely to repeat it.” per [chartwell.com/en/blog/2019/03/6-spring-health-tips-for-seniors-and-Cleveland-Clinic](http://chartwell.com/en/blog/2019/03/6-spring-health-tips-for-seniors-and-Cleveland-Clinic). “Some Sunlight May Benefit Your Health, If You’re Older.” (2015), online: <https://health.clevelandclinic.org/some-sunlight-may-benefit->

your-health-if-youre-older.

Footwear is a matter of proper support. Now is the time to treat yourself to a nice pair of walking shoes. A good shoe store will help you to find a pair that is suited for your comfort and support. Per the Harvard Gazette, “<https://news.harvard.edu/gazette/story/2020/09/>.”

“The toes of most shoes, especially sneakers, bend ever so slightly upward. While that curve, called a toe spring, can make walking easier and more comfortable, it may also weaken feet and potentially open them up to some common (and painful) foot-related problems.

That’s the conclusion reached by Harvard evolutionary biologist Daniel E. Lieberman, his former undergraduate student Oliver B. Hansen '19, and two former postdoctoral researchers, Freddy Sichting and Nicholas B. Holowka, who studied toe springs and their effect on the biomechanics of walking.

The scientists found that the more curved a toe spring is, the less power the foot inside the shoe has to exert when pushing off from the ground while walking.”

If you have foot pain or have experienced an injury to your feet, it may be a good idea to see a foot doctor/podiatrist to make sure you are doing what is best for your walking health. We all stand on our feet, giving them some attention and the proper support will keep you walking and standing for the long haul.

Best to you all and happy Spring!



by Renee L. Schulze, MSW, LICSW

## LIKE ATTRACTS LIKE

.....

Have you ever heard of the expression: “Like attracts like?”

That whatever vibes we put out there toward others will come back to us ten-fold. Our personality and our overall attitude on life affects those around us. So, if we are calm, then we can hope to attract calm. If we are irritable and sarcastic in our comments and interactions with others, do we not experience that we get that back from them?

IF we TRY to come from a place of compassion and understanding with our own feelings, others will pick up on that.

If your personality is rigid

# Mental Health Matters

and inflexible, yet you expect everyone around you to accommodate your needs, is that fair, or is that selfish?

If you are stubborn and defensive, can you ever really hear what others are trying to tell you?

We are less likely to respond in a defensive manner IF we care about those around us, and try to LISTEN, and see the truth in what they’re saying.

So, listen to others and they may start to listen to you. Be willing to be less defensive and instead of pointing the finger outward, point it inward sometimes. So if the vibes that you ARE receiving aren’t what you like, check what you’re putting out there.....

Remember “like attracts like”.

This awareness is critical to peacefulness, because our mental health matters.

## Acceptance

Topics  
Disability and Aging  
by Cyndy Wellman



### Bemis Foot Bridge Crawford Notch NH



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Thank you for your understanding.



# TRENDY TIMES

A FREE PUBLICATION

# The Hobo & Winnepesaukee Scenic Railroad Prepares To Open For The 2021 Season

Lincoln, NH – The Hobo and Winnepesaukee Scenic Railroad is advising the public that the 50+ miles of rail between Lochmere, NH and Lincoln, NH should now be considered active for the 2021 season. Various train operations will be taking place from now through December, including maintenance, excursion trains, special tourist trains and equipment moves.

The Railroad would like to take this opportunity to remind everyone that caution should be exercised at all times while around moving trains and to always expect a train. Other safety considerations to keep in mind include grade crossing signals which should always be obeyed. Drivers should always stop when they hear whistle signals at grade crossings and should never try to beat a train at a crossing or park on or near a railroad crossing.

To further promote the message of railroad safety, the Hobo and Winnepesaukee Scenic Railroad continues to work closely with Operation Lifesaver, a nationally recognized non-profit organization that works diligently to improve railroad safety through engineering, education and enforcement.

“People need to be keenly aware of the potential

danger around moving rail equipment, even when rail cars and locomotives are moving at slow speeds,” stated Benjamin Clark, President of the Railroad, “Safety is always our first priority.”

Both the Hobo Railroad in Lincoln, NH and the Winnepesaukee Scenic Railroad in Meredith and Weirs Beach, NH offer a variety of scenic excursions and special events for the general public as well as school groups and bus tours - typically from mid-May through late October. Scenic train rides for the public begin Memorial Day weekend, May 29-31, 2021. Advance reservations are required. Departure times and tickets for all trains are available by visiting [www.HoboRR.com](http://www.HoboRR.com).

The Hobo Railroad is located in Lincoln, NH, just off I-93 at Exit 32, left on Route 112, directly across from McDonalds. The Winnepesaukee Scenic Railroad is located at 154 Main Street in Meredith, NH with a satellite ticket booth located on the Boardwalk at 211 Lakeside Avenue in Weirs Beach, NH. For up to date information regarding departure times and tickets, visit [www.HoboRR.com](http://www.HoboRR.com), or follow the Hobo & Winnepesaukee Scenic Railroad on Facebook.

# Anxiety/Muscle Spasms/Pain Relief <sup>15</sup>

by Melanie Osborne

This blend contains a group of safe herbs whose sedative properties are known throughout the world. Only in an encapsulated product such as this could they all be so easily combined. This blend can be expected to provide mild sedation and tranquilization at the recommended usage. Although some of the herbs in this blend are significant relaxants and sedatives by themselves, most of these herbs work best in combination

This compound is a nerve restorative, anti-spasmodic, and a soothing pain reliever. The specific herbs in this formula repair damaged and irritated nerves, soothe nervous agitation and excitability, and can (if taken at bedtime) exert a mild sedative action to help promote sleep. This compound is specific as a cardio-tonic agent to normalize heart palpitations while strengthening circulatory activity.

This compound is specifically indicated for the treatment of nerve and muscle spasms, nerve trauma, nerve injury, and nervous agitation. As a restorative, it repairs the vital force after injury, trauma, or shock. It is specifically useful in the treatment of anxiety, insomnia, hyper-excitability, tension, nerve exhaustion, and nerve disturbances. This compound can also be used as an anti-viral agent for the treatment of shingles and herpes. This formula has been used successfully to

aid individuals “quitting smoking” drug addictions and alcohol addiction.

**CORYDALIS TUBER** (Corydalis turtschaninovi Yanhusuo) Excellent for insomnia by providing pain relief; promotes relaxation, no “drug hangover” symptoms such as grogginess, dizziness or vertigo are reported with extract. Aids in an anti-arrhythmic effect on the heart, protects against stroke as well as lowers blood pressure; pain-relieving and sedative effects; treats stomach ulcers.

**CALIFORNIA POPPY:** (Escholzia Californica), Useful in treating sleeplessness and over-excitability in children, acting as a sedative. California Poppy is a non-addictive alternative to the Opium Poppy and may be used as a general anti-spasmodic.

**MILK THISTLE SEEDS:** (Silybum Marianum), A specific in a liver regeneration and rebuilding combination, particularly in cases of hepatitis and cirrhosis; to increase the secretion and flow of bile from liver and gall-bladder; as a safe promoter of mother's milk; as a liver protective and disease preventative. Nutrients: calcium fatty acids, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc.

**SCHIZANDRA BERRY:** (Schizandrae Chinensis), A very strong tonic and adaptogen herb with circulation-stimulating activity. A longevity and immune stimulation combination; to help in allergic skin reac-

tions; used for asthma and dry cough. Contra- indications: Avoid during pregnancy.

**VALERIAN ROOT:** (Valeriana Officinalis), A strong pain relieving safe sedative herb for insomnia, anxiety, and depression, without narcotic side effects. It is also an effective anti-spasmodic and healant to the nervous system. Nutrients: calcium, choline, essential fatty acids, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. vitamins B1, B2, B3 & C.

**GINGER ROOT:** (Zingiber Officinale), A warming circulatory stimulant and body cleansing herb, with excellent effectiveness for cramping, indigestion, nausea, cough, sinusitis and sore throat. Primary Uses: as a catalysts in all formulas where circulation to the extremities is needed, ( as in arthritis); for respiratory and lung/chest clearing combinations; in digestive system stimulants and alkalizers for clearing gas. Nutrients: Amino acids, calcium, essential fatty acids, iron, magnesium, manganese, phosphorus, potassium, zinc. Vitamins B1, B2, B3, B6 & C. Ground

*Melanie Osborne is the owner of Thyme to Heal herbs and has a private practice on Route 302 in Lisbon, NH. She has been in practice since 1991. She is certified in Therapeutic Herbalism through the Blazing Star Herbal School, in Shelburne Falls, MA.*


Not all Times are Trendy, but there will always be Trendy Times May 11, 2021

Volume 12 Number 16

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

# Apple, Bacon, Cheddar Quiche

Hello, hello my fellow chefs. I hope you are all doing well. I was sick for 2 weeks after I received my 1st Covid vaccine. I just went and received my 2nd vaccine and I hope I don't have a reaction to this one. So far so good.

Well folks I am anxious for you to try today's recipe. It's easy peasy and "Delicioso". Your family will enjoy this Quiche and you probably have the ingredients on hand. So roll up those sleeves and let's get started with today's recipe.



- Ingredients**
- 1 Pie crust (I used Pillsbury pie crust)
  - 1/2 pound bacon
  - 1 onion chopped coarse
  - 1 large apple peeled, cored and chopped coarse
  - 1 Tbsp minced garlic
  - 3/4 cup of milk
  - 1/2 cup sour cream
  - 3 large eggs
  - 1 tsp sea salt
  - 1/4 tsp cinnamon
  - 1 cup shredded sharp cheddar cheese (I used Cabot)
  - Sprinkle of dry sage

Preheat oven to 450 degrees. Press your pie crust in a round 9"x2" high quiche dish. Poke a few fork holes in the bottom of the crust. Bake for 10-12 minutes until light brown then remove and let cool.

Turn down the oven tem-

perature to 325 degrees. In a skillet pan fry the bacon until brown and remove it and drain on paper towels. In the same skillet fry the onion and apples in the bacon fat and in the last couple of minutes add the minced garlic. Remove all with a slotted spoon and drain the bottom of the spoon on paper towels.

In medium bowl mix the 3/4 cup of milk, the 1/2 cup sour cream, the 3 large eggs and the salt and cinnamon. Mix well with a whisk. Crumble the crisp bacon and mix with the cooked onion and apple mixture then spread in bottom of cooked pie crust. Sprinkle the shredded cheddar cheese over the mixture. Pour the egg mixture over everything and sprinkle with ground sage. Bake at 325 degrees for 35-40 minutes. The top will be light brown and set. Let cool then serve.

That's it! My friend Jane and I enjoyed it with a nice salad and a light Rose wine. Remember to drink respon-

sibly. I hope you enjoy this recipe and make it again some time.

Well folks that's it for today's recipe and if you have any questions please contact Gary and I can help you out.

Stay healthy my friends. Until next time I am signing off.

Sincerely, Cin Pin

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# SPRING Paddle The Border

*Where The River Unites Our Communities*

18<sup>th</sup> Year • Sunday, May 23, 2021

From Woodsville Community Field (Off Rt. 135 )  
To Bedell Bridge Boat Launch (Off Rt.10, Haverhill Corner)

FREE Shuttle Service (for persons and personal equipment only) from  
Bedell to Woodsville available from 10:00 -11:00 AM.

All participants must abide by safe boating rules and regulation.

Covid Guidelines: **WEARING MASKS** a must, when on the bus and when volunteers help you get in and out of your boat. Six foot spacing in line.

To ride the Shuttle Bus you must have **MASKS ON**, temperature taken, give info for contact tracing, safe seat spacing every other seat.

BBQ Lunch with music by Strawberry Farm Band. This year to adhere to Covid Social Distancing Guidelines.

All Events Are Weather Permitting

EVENT SPONSORED and SUPPORTED BY:

- Haverhill Parks and Recreation Commission
- Newbury Conservation Commission
- Cohase Chamber of Commerce
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- Bradford Conservation Commission
- Upper Valley Land Trust
- Upper Valley Trails Alliance

Paddle The Border - Spring is scheduled for Sunday, October 3, 2021

For Further Information Contact **Mike Thomas (802) 757-3960**  
or email [mikethom1@charter.net](mailto:mikethom1@charter.net)  
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