

A FREE PUBLICATION

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TRENDY TIMES

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SEPTEMBER 14, 2021 VOLUME 12, NUMBER 25



The Mountaintop Now Playing at Weathervane Theatre

WHITEFIELD, NH - The Weathervane Theatre is proud to present Katori Hall's The Mountaintop. Sponsored by #ethancoaches, this new critically acclaimed play is now running in alternating repertory through October 7th.

The Mountaintop is a gripping re-imagining of events the night before the assassination of the civil rights leader Dr. Martin Luther King, Jr.

On April 3, 1968, after delivering one of his most memorable speeches, an exhausted Dr. King retires to his room at the Lorraine Motel while a storm rages outside. When a mysterious stranger arrives with some surprising news, King is forced to confront his destiny and his inevitable legacy.

Premiering in 2009, The Mountaintop won the 2010 Laurence Olivier Award for

Best New Play, making its author, Katori Hall, the first black woman to win the Olivier Award for Best New Play. In 2011 the play premiered on Broadway starring Samuel L. Jackson and Angela Bassett.

Directing this piece is longtime Weathervane alumna Shinnerrie Jackson. Best known for her performances of legendary characters like Dolly Gallagher Levi (Hello, Dolly!) and Billie Holliday (Lady Day at Emerson's Bar and Grill), The Mountaintop marks Jackson's directorial debut at the Weathervane.

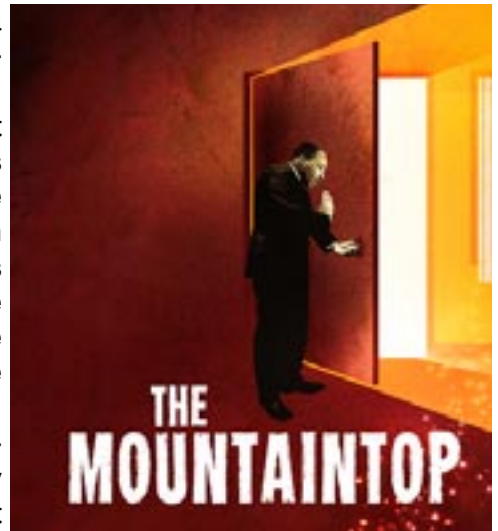
"This new opportunity to take on the role of director is one I will cherish forever," said Jackson. "The Mountaintop is a challenge to everything you think you know about Martin Luther King Jr.

You will meet him as a man and less as an icon. You will hear about his struggles and walk away with a better sense of knowing him. You may leave angry; because how can such a human be cut down for simply believing in equality for all human beings? It has been such a wonderful treat to redefine my working relationship with my Weathervane friends and colleagues. I have enjoyed learning from them in this new capacity and it's nice to have a long time friend surprise you with the scope of their imagination.

Starring in this two person play are Rendell DeBose (Martin Luther King, Jr.) and Jewell Noel (Camae). Jackson revels: "Watching Jewell Noel embody the role of Camae has been a joy, she will steal your heart. Rendell

DeBose has such a bold command of language and artistic skill, you will think you spent the evening in MLK's presence. I have grown so much as an artist throughout this process and have grown to love The Weathervane more and more."

Another artist Jackson highlights is Ruby Berryman: "A most welcome addition to our team has been dramaturg Ruby Berryman, a playwright that has infused this project with the history it needs to tell the story right." Local to the area, and owner of The Lancaster Motel, Berryman reflects on her new collaboration with the Weathervane: "Working with director, Shinnerrie Jackson on



The Mountaintop has been a very special experience," said Berryman. "She is very clear in her vision of this play and its direct connection to the struggles of African-Americans today. I am honored to be a support to her in research, feedback and as simply another black woman in the room with common history and experiences."

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TRENDY Dining Guide

Kitchen Counter Cafe

by Gary Scruton

For me it is always a treat to go to a new eatery. Of course it can also make you a bit nervous. The anticipation of trying a new place with maybe some new foods or tastes can be offset by the knowledge that you have no knowledge of the establishment. But we traveled to St. Johnsbury on a Sunday morning to Railroad Street to try out the Kitchen Counter Cafe.

Downtown St. Johnsbury offers diagonal parking in the area of the Kitchen Counter Cafe. We found a spot just past the 4 way stop intersection and it was just a couple of doors away from the Cafe. The space the Cafe occupies is not very wide. The traditional front entrance is between two display windows and has a door at the sidewalk as well as at the back of the windows. From that second door Janice could see that

there was an "order here" sign on the counter about half way back in the space. As we approached that counter we saw tables on both sides of the front section. The pleasant girl at the counter offered us two menus, pointed out the specials on the blackboard on the front of the counter and let us know that we should order there and then find a table and be served our meals. We did close to that. We actually noticed that the eatery was well attended that morning and took our menus to a small table for two and sat down to look over the menus. Once we had made a decision I left my hat on the table and we ventured back to the order counter to place our breakfast choices.

Janice likes breakfast burritos and decided to try the offering here. Also with that she grabbed an orange juice from the upright cooler

just to the right of the counter. I went with what I consider a more traditional breakfast, a three egg omelette (I added ham and onions) along with a side order of home fries. My omelet allowed me to choose a cheese (cheddar, please) and one of several toast choices (wheat). I also added a cup of coffee which I was informed was a self serve beverage bar located just to the left of the counter. I paid for our meal (\$19.41) with a credit card while Janice slipped a cash tip into the jar on the counter. We were then given a little metal stand with a numbered flag on top and headed back for our table. Janice did stop to get me a cup of coffee on the way. There were four carafes to choose from, hot water (for tea) decaf, a strong blend, and the "Our blend" (that's the one for me). Cups were solid coffee

mugs placed on a shelf to one side along with cream and sugars and tea bags.

We then settled into the chairs at our table and enjoyed our beverages. We used this time to admire the decor on the walls (some of which is for sale) as well as the imaginative handcrafted clock on the wall. Wait time was not long and as promised the counter girl brought our food out. Both meals were served on heavy duty round plates. My home fries came out on a smaller similar plate. We were also both given a fork and knife (real ones with some weight, not the cheap tinny ones).

Janice much enjoyed her breakfast burrito which was stuffed with egg, cheese, peppers, onions, mushrooms and sausage). The burrito wrap was freshly toasted on both sides keeping the meal nice and hot. The burrito was large enough that she needed to

cut it in half to eat and was served with sides of sour cream and mild salsa.

My order of home fries was straight potato cutup into bite sized chunks and deep fried. The omelette had plenty of the ham and onions I had asked for and was nice and fluffy. The two slices of toast were browned just right and had been buttered. While we were enjoying our meals Janice noticed that there seemed to be some more seating toward the back of the establishment. I can't say that is a definite opportunity, but it would certainly be something to inquire about if all the tables were taken.

As a final note I should mention that a sign was posted in the door that the Cafe will be closed September 15th - 22nd due to staffing issues and would re-open on the 23rd.

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Give Back in Bradford: New Hannaford Floral Bouquet Program to Benefit Bradford Teen Center in October

(Bradford, Vt.) – Give back in Bradford with a simple purchase of a floral bouquet! Bradford Teen Center has been selected by local Hannaford store leadership as the benefiting non-profit in the brand-new Hannaford Bloomin' 4 Good Program for the month of October.

Bradford Teen Center will receive a \$1 donation for every \$12.00 red-stickered Bloomin' 4 Good Bouquet purchased at the Bradford Hannaford in October.

"What a beautiful way to give back in our local community, and brighten someone's day," said Christiane

Carroll, Interim Director of Bradford Teen Center. "We are thrilled to be participating in this innovative program that makes it possible for shoppers to give back to local non-profits like ours as part of the weekly shopping."

Bradford Teen Center, founded in 2019, operates The Hub, a teen drop-in center in Bradford. The Hub's mission is to provide a safe, enjoyable environment where teenage youth are heard, encouraged, and empowered. For more information, visit www.bradfordteen-center.org.

Hounding Changes on Vermont's National Wildlife Refuge

3

STOWE, VT—Earlier this summer, Protect Our Wildlife, Vermont (POWVT) notified the public that Conte and Missisquoi Refuges were taking public comment on their 2021 proposed hunting plans. POWVT wrote to the Refuges and opposed the hounding of bears, coyotes, bobcats, and other wildlife as well as opposed the use of lead ammunition for hunting due to the secondary effects it has on birds of prey and other at-risk species. POWVT's petition amassed over 4,300 signatures and was delivered to the Conte Refuge manager in July.

"We knew that this effort would be a huge lift and we are happy to see the Refuge managers make some changes in addressing what is a dangerous and reckless activity that places not only the targeted animals at risk, but also vulnerable species like the spruce grouse," said Brenna Galdenzi, POWVT, President.

While wildlife advocates would like to see hounding

banned outright, they are happy to see these new changes as outlined in the Refuges' new plans:

Conte Refuge

Prohibiting hounding on 285 acres on Putney Mountain!

Requiring Special Use Permits for any hounder who is running more than two dogs

Shortening the hound-training season by two months on Nulhegan Basin in an effort to protect ground nesting birds

Missisquoi Refuge

Prohibiting woodcock and snipe hunting at the Stephen J. Young Marsh area

Following Conte's new rules as they apply to the hounding of fox, coyote and raccoon—they prohibit bear and bobcat hunting/hounding

The topic of hunting in general on National Wildlife Refuges is a complicated one. "While we'd like to see these lands reserved as a true refuge for wildlife, national refuges are required to recognize compatible

wildlife-dependent 'recreational' uses and hunting is considered to be a compatible recreational use," said Holly Tippet, POWVT Vice President. "National Wildlife Refuges are also encouraged to mirror state policies on hunting, so the fact that Conte and Missisquoi are taking more restrictive positions than Vermont Fish & Wildlife's state regulations, is a good sign," Galdenzi shared.

"Some sportsmen's groups are unwilling to do the right thing to protect some of Vermont's most vulnerable species," Galdenzi said. The Conte Refuge has received opposition from a lobbyist representing hounders opposed to these protective changes. The Refuge manager is concerned that hounding activity that currently takes place in the early summer months is disrupting imperiled species like ground nesting birds. A change to the hound training season from June 1st to August seeks to mitigate those threats.

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

September 14, 2021

Volume 12 Number 25

Re-Writing U.S. History?

The Federal Department of Education recently released proposed priorities for teaching American History and Civics Education. Proposed Federal Rules emphasize that, "growing acknowledgement be given to the teaching and learning of our country's history, both the consequences of slavery, and the significant contributions of Black Americans to our society." This statement is accurate and I agree that slavery is inhumane, that it is part of U.S. History, should not be forgotten and needs to be taught in our schools. However, I disagree with the Department's reference and resource example that supports culturally responsive teaching using the controversial "1619 Project." The 1619 Project, that was inaugurated through a special issue of the New York Times

Magazine, challenges us to re-frame U.S. history by marking the year when the first enslaved Africans arrived on Virginia soil as our nation's foundational date. Further, one of the claims by Hannah-Jones, the author of this theory, states that the colonists fought the American Revolutionary War in order to preserve slavery. That's not supported by fact. The Project's claim certainly does not reflect the view of New Hampshire's colonists as written in the Pioneer Constitution of January 5, 1776. The following is copied directly from that constitution. "...have taken into our serious consideration the unhappy circumstances into which this colony is involved by means of many grievances and oppressive acts of the British Parliament, depriving us of our natural and constitu-

tional rights and privileges; to enforce obedience to which acts, a powerful fleet and army have been sent into this country by the ministry of Great Britain, who have exercised wanton and cruel abuse of their power in destroying the lives and properties of the colonists in many places with fire and sword, taking the ships and lading from many of the honest and industrious inhabitants of this colony employed in commerce agreeable to the laws and customs a long time used here. Therefore, for the preservation of peace and good order, and for the security of the lives and property of the inhabitants of this colony, we conceive ourselves reduced to the necessity of establishing a form of government to continue during the present unhappy and unnatural contest with Great Britain..." New Hampshire's Pioneer Constitution clearly states that this government was formed in opposition to the ministry of Great Britain when the American colonists fought the Revolutionary War in

1776 and not in 1619 due to slavery as theorized in the 1619 Project. Our history should not be changed or re-written based upon misinformation or unfounded facts to suit current political and today's social positioning. Our ancestors founded a new government based upon facts described in the NH Pioneer Constitution of January 5, 1776. Legislation will be submitted in the House of Representa-

tives during this upcoming session containing language stating, "advocating doctrine or theory promoting an inaccurate account or representation of the founding and history of the United States of America in New Hampshire public schools is prohibited."

Respectfully Submitted,
Rep Rick Ladd
Chair, House Education

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The Haverhill Select Board and Town Administration invite you to join them for an OPEN PUBLIC DISCUSSION

WHEN: Saturday, October 16, 2021 at 2:00pm

WHERE: Robert E Clifford Memorial Building 65 S Court St, Woodsville, NH 03785

Over 100 Haverhill residents attended the last Open Public Discussion and it proved to be a wonderful forum for residents to ask questions, offer comments, and discuss items of public interest with the Select Board, Town Administration, and their neighbors.

This event will again be moderated by Doug Dutile and will follow the same format as the Open Public Discussion the Town hosted prior to the 2020 Town Meeting; once a subject arises it will be exhausted before we will move onto another subject.

Please join us and bring your neighbor!



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Open Letter to NH's US Senators

Dear Senator Maggie Hassan & Senator Jeanne Shaheen

I have learned that President Joe Biden has nominated a person as Director of the Bureau of Land Management (BLM) who is "Awaiting a vote by the Senate"; the name of that person is Tracy Stone-Manning.

As a longtime Forest Landowner and Certified Tree Farmer, I and many others are strongly opposed to this person who certainly is not qualified for the Director's position of the BLM. The Thomson Family Tree Farm is also a member of the New Hampshire Timberland Owners Association, which, in turn, is a member of the American Loggers Council. The American Loggers Council, for its 30-state members, opposes the nomination of Ms. Stone-Manning.

The BLM is made up of 10,000 employees, which the Director would oversee, along with another 300 law enforcement rangers and special agents. The BLM is also responsible for 245 million acres of public land or 10% of the total land mass in the United States. Some of that public land is used, as mandated by Congress, for the sustainable harvesting of timber resources.

I have attached a link of an OP-ED by William Perry Pendley for you to read that shows both the history of this radical choice President Biden has picked to head up the BLM, as well as her involvement years ago with the "Earth First" radical environmental group. Tracy Stone-Manning was very much involved in what is known as "Tree Spiking" in 1989 in an effort to stop an approved logging sale on the national forest timber-

land in Idaho. William Perry Pendley: While Going on a Witch Hunt for Domestic Terrorism, Biden Nominates an Unrepentant Domestic Terrorist

As you know any timber sale on federal land goes through a long, well vetted process before it is approved. Then a forester marks with paint the trees to be cut. Shortly after the trees were marked, large metal spikes 8 to 10 inches long were driven into the marked trees by Earth First, eco-terrorism that created mayhem for the loggers and sawmill workers during cutting the tree down to sawing the spiked trees at the sawmill. One California mill worker was permanently disfigured and nearly killed by a "spiked" tree.

President Biden's pick for Director of BLM, Tracy Stone-Manning; "In 1989, she was an accessory to an act of eco-terrorism called tree spiking in an effort to

stop the sale of Idaho national forest timber." She has never admitted to her role in this federal crime, for which some were sent to prison, nor has she apologized or expressed regret for her criminal actions. Plus, in a document she completed for the U.S. Senate, she lied that she was never the subject of a federal investigation.

The Thomson Family Tree Farm asks that you vote "No" on President Biden's pick, Tracy Stone-Manning, for this important position as Director of the BLM, knowing her background with Earth First and her activities in "Tree Spiking" on Federal Timberlands.

We look forward to your quick responds to our letter.

Thank you for your time.
Sincerely yours,
Thomas Thomson
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Calendar of Events

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

THURSDAY, SEPTEMBER 16

NEWBURY HISTORICAL SOCIETY ANNUAL MEETING
4:00 PM See Ad on Page 7 & Article on Page 11
West Newbury Congregational Church

WANTED! THE STORY OF FOOD WASTE
6:30 PM
Colonial Theater, Bethlehem

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

FRIDAY, SEPTEMBER 17

BOB AMOS AND BAND
7:30PM for tickets: www.courtstreetarts.org
Alumni Hall, Haverhill

SATURDAY, SEPTEMBER 18

END OF THE YEAR YARD SALE
9:00 AM - 2:00 PM
Bath Historical Society Bulding, Rt. 302, Bath

HIGHLAND GAMES SUPPER
5:00 - 7:00 PM 1/2 BBQ Chicken
American Legion Post 83, Main St., Lincoln

PARKER HILL ROAD BAND
5:00 - 7:00 PM
Railroad Park, Woodsville

SUNDAY, SEPTEMBER 19

CORNHOLE TOURNAMENT
10:00 AM \$25 registration fee
Railroad Park, Woodsville

SATURDAY, SEPTEMBER 25

PEACEFUL OUTDOOR YOGA PRACTICE
10:00 AM
Pearl Lake in Lisbon

FALL SUPPER

4:00 PM Baked Beans & Red Flannel Hash
East Orange Church, East Orange Vt

SUNDAY, SEPTEMBER 26

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

NORTH HAVERHILL FAIR PICNIC

12:00 NOON See Ad on Page 5
Fairgrounds, North Haverhill

MONDAY, SEPTEMBER 27

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

SUNDAY, OCTOBER 3

PADDLE THE BORDER - FALL
11:00 AM Suggested Launch Time
Newbury Boat Launch - Bugbee Landing, Bradford

MONDAY, OCTOBER 4

SPAGHETTI SUPPER
5:00 - 7:00 PM By donation - Public Welcomed
Ross-Wood Post #20 American Legion, Woodsville

TUESDAY, OCTOBER 5

WOODSVILLE AREA 4TH OF JULY MEETING
7:00 PM
Woodsville Fire Department

FRIDAY, OCTOBER 8

SESSION AMERICANA
7:30PM for tickets: www.courtstreetarts.org
Alumni Hall, Haverhill

SUNDAY, OCTOBER 10

BENEFIT TEXAS HOLD 'EM POKER
11:00AM-1:15 PM Cash 1:45 Tournament
Moose Lodge 1779, St. Johnsbury

ACOUSTIC MUSIC JAM

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

MONDAY, OCTOBER 11

ROSS-WOOD UNIT #20 AMERICAN LEGION
AUXILIARY MONTHLY MEETING
6:00 PM
Post Home, 4 Ammonoosuc St., Woodsville

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

NGCRC MONTHLY MEETING

6:30 PM
Littleton Elks Club, Lodge #1831, Bethlehem

WEDNESDAY, OCTOBER 13

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

MONDAY, TUESDAY, THURSDAY

10:00 AM - 1:00 PM

WEDNESDAY

6:00 PM - 7:00 PM
GOOD SHEPHERD ECUMENICAL FOOD PANTRY
65 S Court St. Clifford Building, Woodsville, NH.

MONDAY - FRIDAY

WALKING GROUP
11:00 AM
James R. Morrill (JRM) Gymnasium, No. Haverhill

Senior Stretch class

9:30 AM Starting September 7
Clifford Memorial Building (CMB), Woodsville

Pippin Kicks Off Weathervane's Fall Season

WHITEFIELD, NH - August 30, 2021 - The Weathervane Theatre is proud to kick off its second fall season with a Weathervane premiere - Pippin.

Sponsored by Anthony and Elisabeth Colacino, this classic Stephen Schwartz musical opened Tuesday, September 7th and runs in alternating repertory through October 9th.

"We've got magic to do, just for you..."

With an infectiously unforgettable score ("Magic to Do", "Corner of the Sky") from Oscar and Grammy winner Stephen Schwartz (Wicked, Godspell), Pippin is the story of one young man's journey to be extraordinary. A bold and timely reimagining of this Broadway favorite that will take audiences on a thrilling journey of war, love, and other simple joys. Winner of four 2013 Tony Awards including Best Musical Revival.

A musical known for its malleability to be set anywhere at any time, this pro-

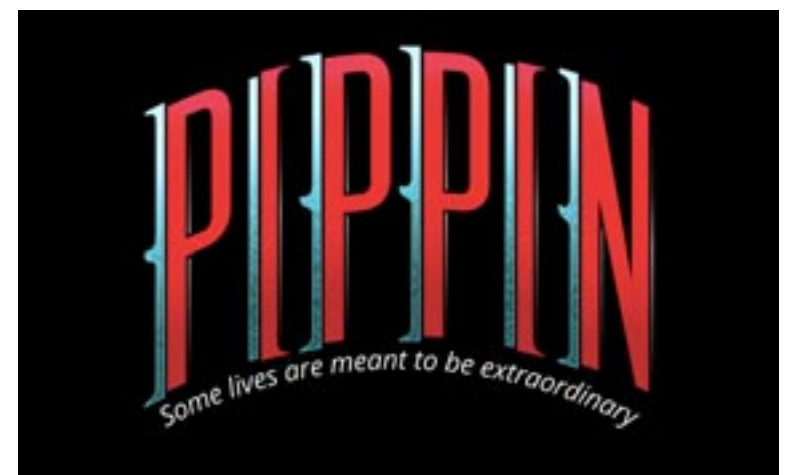
duction of Pippin will be set in modern day. It is directed by Weathervane Producing Artistic Director Ethan Paulini.

"There are so many reasons why 2021 was the right season to produce this classic musical, the least of which was the opportunity to present the Weathervane premiere," said Paulini. "The parallels that exist in Pippin allow us as a creative team and cast to explore this incredible piece through a modern lens while not having to change a word of the text! I know the results will be thrilling, provocative and entertaining!"

Complementing this new concept is choreography from Tuan Malinowski featuring dances from 2000 - 2021 (Tik Tok, club moves, whip and nay nay, etc). Making their Weathervane choreographic debut, Malinowski's credits include New York Theatre Barn, Pittsburgh CLO, TheatreWorks USA, and Atlantic Theater Company.

The cast for Pippin features Jorge Donoso (Pippin), Jewell Noel (Leading Player), Robert H. Fowler (Charles), Marisa Kirby (Fastrada), Ira Kramer (Lewis), and Alaina Mills (Catherine). Violet Strevig and Freya Wheeler will alternate the role of Theo. Rounding out the cast as the Players are Nicholas Cooper, Rendell DeBose, Grace Livingston Kramer, Sunayna "Sunny" Smith, and Eduardo Uribe.

In addition to direction by Paulini and choreography by Malinowski, Weathervane's production of Pippin features design by Hayley Christensen (sound and projection design), Scout Hough (lighting design), Ellen Houlden (properties design), and Rien Schlecht (costume and set design). Additional creative team: Kelly Bernard (technical direction), Ben Covello (music direction), Kara Procell (production stage manager), and Mollie Heil (assistant stage manager). Pippin is



sponsored by Anthony and Elisabeth Colacino.

Performed to in person audiences, audiences are currently capped at 48% and socially distanced throughout the theatre. The theatre has a new HVAC/Air Purification System that filters the air and provides heat and air conditioning. Masks are required for unvaccinated patrons and complimentary masks available on premises. Pippin is also available to view virtually.

Weathervane's fall season runs September 7 - October 10 with 7 PM performances Tuesday - Saturday and additional 2 PM performances on Saturdays and Sundays. Additional fall productions include The Mountaintop, She Loves Me, and Alaina Mills in Al-

ways...Patsy Cline. Single tickets, dinner and a show packages, and ticket subscriptions now available at www.weathervanenh.org. Livestream tickets start at \$24.50 and in person tickets start at \$33. Discount tickets and packages for the fall season available September 1 - September 6 with promo code fall56.j

The Weathervane Box Office is open by phone (603-837-9322), email (box-office@weathervanenh.org), and in person Tuesday - Sunday. Hours Tuesday - Friday are 1 PM - 7:30 PM. Hours on Saturday are 11 AM - 7:30 PM and 11 AM - 2:30 PM on Sunday. Tickets can be purchased 24/7 on Weathervane's website.

Boston Post Cane Presented to Whitefield's Oldest Resident

WHITEFIELD — Anna Bisson, a resident at the Morrison Skilled Nursing Facility, was feted on September 1 and presented with the Boston Post Cane, given to the town's oldest resident. Family, staff and guests also helped Anna celebrate her 103rd birthday with a cake and many beautiful flowers.

Born in Jefferson on September 1, 1918, likely at home, Anna has spent most of her life in Whitefield. As a youngster and young woman she resided in the Red Acres area of town, off Brown Street, with her parents, Jack and Etta Jordan, and her five siblings, Leo, Ed, Margaret, Norman and Helen. Both Leo and Helen are still alive, and the other siblings lived well into old age.

"There is lots of longevity in that family," says Anna's son Ed Bisson.

Ed recalls his mother's long life with great fondness and says that anyone who knew her would say she is well-known for three things: the flowers she grew, her peanut butter fudge, and her ability to get up and go all day.

That get up and go attitude was likely formed early in Anna's life. Without access to a car or taxi service, Anna and her sister walked 17 miles both ways, every day from Red Acres to their jobs at the Gilman Paper Company in Gilman, Vermont. When they wanted to go other places, such as Lancaster, for shopping or to visit friends they walked. "That may contribute to why she has lived so long," says Ed.

When Anna married Etienne Bisson, she brought a daughter, Elizabeth (Betty), and he brought five sons to the newly formed family. After they married, they had Ed in 1944 and he likes to joke that he is the only one that was "theirs."



"Her biggest love was her home at 63 Brown Street in Whitefield, which she took care of along with her flower gardens, which were much admired by passersby," he remembers. "In her 70s she was still very spry. After dad died, she lived there by herself. She bought a tractor to mow the lawn and my wife and I once caught her doing wheelies! And once, my sister Betty, who lived in Littleton, called her for help as her cellar was taking on water. Mom went over, mixed up concrete and patched the cellar good as new."

Anna has several grandchildren and great-grandchildren, but Ed isn't sure of the precise number, as his brothers didn't have much contact with their family once they left home.

Anna has had a long association with the Morrison. In her late 70s, she worked at Sartwell Assisted Living after it opened in 1994, says Liz Hazard, Director of Sartwell Assisted Living. She has shared old photos of the nurse's aide team in their all-white uniforms with the staff and she also kept her journal with notes explaining abbreviations, etc. from her training.

In her later years, Anna was a resident at Sartwell and lived there until she moved to the Morrison Skilled Nursing Facility at age 100. In 2014, at age 95, she was featured in a Morri-

son rehabilitation ad where she declared, "I feel like I've been helped a lot, but I'm glad to return home (to Sartwell) where the sunshine comes through my window and be with all my old friends."

"We are so pleased that our staff was able to help Anna celebrate both her 103rd birthday and to offer congratulations on her on being the recipient of the Boston Post Cane," says Shannon Lynch, Executive Director of The Morrison Communities. "Anna is so well known and well liked by all of the staff and it means so much to us that we could be part of both celebrations."

"Anna was always walking here or there and was always working," Ed sums up, noting that his mom's longevity was also due to "a beer or two a day and that garden of hers."

The Morrison Communities is a nonprofit 501 (c)(3) charitable community that has been providing quality healthcare to residents of New Hampshire's North Country since 1903. Located on two campuses in Whitefield, the original Morrison building includes Morrison Skilled Nursing, Sartwell Place Assisted Living, and both Inpatient and Outpatient Rehabilitation.

Contest Winners at the 9th Annual SLS-HFF

For the 4th year in a row, there is a new Giant Zucchini Contest Winner. Dustin Putnam II of Newbury, 2 weeks shy of his 3rd birthday won the contest with a 12.8 pound, 2 foot long



zucchini. Maeve Morrison of Ryegate grew an 11.6 pound zuke to win second place, and the third place winner was Connor Simino with a 10 pound zucchini. Connor is only the second Zucchini grower from New Hampshire to place in the top three in the ten years that the contest has been held. While 19 entrants were vying to win this year it didn't come close to the 28 who entered last year.

Granite Staters fared better in other contests. Belinda Lees of North Haverhill and Brenda Whipple of Mon-

roe each won a \$25 gift Certificate from Tuttle's Family Diner and James Ruger Sr of Bath won a power drill from Dads 4By Tool and Supply.

A number of area residents will be sporting new t-shirts donated by Green Mountain Monogram in the Wells River Action Program free drawing. Winning t-shirts on the Vermont side of the river were Betsy Mckinstry and Katie Hanley of Groton, Jason Winchester, John Powell and Glen Godfrey of Wells River, Marie Kearny of Ryegate and Karen Devereux from Barton. On the New Hampshire side of the river the winners were James Duffy, Judy Glover, Theresa Ingeron, of Woodsville, Eric Volk of Monroe and the Preskin family of Bath.

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The public is invited to the
NEWBURY HISTORICAL SOCIETY ANNUAL MEETING
Thursday, September 16, at 4PM.
West Newbury Congregational Church
207 Tyler Farm Rd, West Newbury.
Masks and Social Distancing required.

Program: Round Table Discussion: "Meeting Our Mission" led by Eileen Corcoran, Community Outreach Director at the Vermont Historical Society

For more information contact Newbury Historical Society at newburyhistorical@gmail.com or Richard M Roderick at 802 757 -2708.

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Come Boss/Coboss Farm looking at Hunt's Mountain in Monroe
 It still is a milking farm. The Gibson family came from Scotland and Ryegate, VT in 1801. Fred Gibson was born in Barnet, VT and came to Monroe, NH and married Agnes Hadlock. They purchased the Hadlock farm from her father and lived there until 1920. Frank Gibson was their third son and was born in the farmhouse. He purchased the farm from Fred. He was married to Jennie Moore. Frank lived his entire life on the farm. Doug is the 4th generation to own and run the farm. "These cows know when it's dinner/milking time. Growing up my parents purchased land from Frank and Jennie Gibson. And every now and then a cow or two could break a fence. They would enter my parent's backyard. Someone from the Gibson family would be good enough to come for the cows and fix the fence."
 This farm we are looking into VT mountains. Roy Mountain
 No more waiting for the cows on Coppermine Rd. also in Monroe.

All I know is Howard Burrill married Jean Hosford June 1906. And this is the start of the Burrill farm. One of the 7 sons is still keeping it in the family. He has lots of working horses and some beef cows. He does wagon and sleigh rides also.
 Photos and information from Cyndi Wellman. Contact her for a copy of either picture: cnb.pics07@gmail.com



Warren NH car show 2021 photo by: Cyndi Wellman

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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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New Art Display At Littleton Food Coop

Littleton Food Co-op Art Gallery is pleased to host local Artist, Lynda Bryan from Newbury, Vermont during September and October.

Through September and October The Littleton Food Co-op will be featuring a collection of cyanotypes by

Linda's work is primarily influenced by Vermont's landscape, culture, and diverse seasons. Bryan uses many tools for her art practice, from vintage film cameras and alternative processes, to digital montage

Linda's artwork is also available for purchase through the Co-op. What makes Littleton Food Co-op's Art Gallery different? Besides being located in a bright and busy hub of the community with lots of visitors, we feature only local artwork, and we take only minimal commission so that the featured artists retain 95% of the profit. Art makes a lovely gift, and buying local art also helps our creative community grow and flourish!

Member-owned Littleton Food Co-op serves the community by providing high quality food, offered at a fair price, with outstanding service. Everyone is welcome to shop and anyone is welcome to join. Located at the intersection of Cottage Street and Route 302 (exit 41 off I-93), the Littleton Food Co-op is open daily from 7 am - 8 p.m. For more information or to become a member, please visit www.littletoncoop.com, call 603-444-2800 or just stop by!



local photographer and printmaker Linda Bryan. Traditionally, cyanotypes prints are made by placing objects on the surface of the coated paper and use the sun to expose the print. Where the sunlight hits the paper, those areas will be 'exposed' and activated and will turn blue in a water bath. Areas where objects block the sunlight, the coating will wash away, relieving the paper or fabric beneath and creating a silhouette image of the sub-

ject. Bryan also incorporates printmaking techniques like woodblock and solar plate intaglio into her projects. Bryan currently teaches digital, darkroom, and alternative photographic processes through local art centers, public events, private tutorials, and workshops. Learn more about Linda's work by following her on Instagram, or visit her website at redhousestudio.com.

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20 Pine Street, Woodsville, NH 03785

Letter To The Editor: Look at What Biden Has Done

To the Editor,

Look at what has taken place. Biden has let thousands pour over our borders as well being flown into our country from Central America. He was quick to cut the Keystone Pipeline and was trying to halt drilling on federal land. He then recently asked OPEC for oil!! He is hyper focused on masking people, demonizing the unvaccinated and locking people down. (If he was so worried about Covid, then why is he letting thousands of people into our country?) He supports the filthy divisive critical race theory and turns a blind eye to the ever growing violence in our cities including the violence committed by BLM and Antifa. (Remember, he celebrates BLM and said Antifa was "just an idea"). He doesn't support our police or border patrol and is more intent on protecting criminals than law

Alex,

The divide between the two major political parties in the United States seems to be continuing to grow. It seems that whichever party one belongs to, that person is demonized by those in the opposing party. When an election is held those who did not win still disagree with the results. It also seems that the election cycle has stretched out so much that anyone in an elected position is constantly running for office instead of concentrating on the duties they were elected

abiding citizens. He has integrated "wokeism" and the CRT garbage into our military. He supports the narrative that having to show an ID to vote is racist as well as the CDC rent moratorium which basically cripples landlords, makes people more government dependent and gives them incentives not to work. All of these things are tearing down our country and not helping it in any way, shape or form. It just creates fear, hate, tribalism, chaos, non production and harms the economy.

Lastly, look at Afghanistan. No military officer in their right mind would execute a withdrawal that way. It's ludicrous. The more you think about this, the "cut and run" withdrawal is so ridiculously awful that one may have to believe that it was planned this way. China has exploration rights for copper, coal, oil and lithium, so it

makes sense for "China Joe" to pave the way for them. Now we are flying Afghan refugees to military bases all over the world. There are already concerns of many being terrorists. Also, why do we suddenly have housing for them and not our homeless veterans?

We have had members of our military killed because Biden made them sitting ducks over there. We should be on an offensive to beat back the Taliban and Isis and rescue our people. Biden is getting our people killed and makes our country look stupid, weak and untrustworthy.

Biden and his "handlers" are seeking to destroy our country from within. It's pretty obvious. They want it to be ripe for their socialist /communist takeover.

Alex Foryan
Landaff, NH

to perform.

While it is the right, and some may say the duty, of every American to keep an eye on every one of their elected officials, there must also be a time when keeping an eye on them is enough. No need to criticize or critique every word spoken or every action taken.

Though I may be called way too optimistic I still believe this to be a great nation, with great citizens. Let's continue to prove it.

Gary Scruton, Editor

Newbury Historical Society ¹¹ Annual Meeting

Eileen Corcoran, the Community Outreach Manager at the Vermont Historical Society will lead a round table discussion on Thursday September 16, 2021 at the Newbury Historical Society Annual Meeting. The meeting will be held at 4PM, at the West Newbury Congregational Church located at 207 Tyler Farm Rd, West Newbury. Masks and social distancing will be required.

Corcoran will answer questions, and moderate

ideas on how a small society like Newbury's can meet its mission. This discussion may focus on historical societies but will be applicable to other community groups, too.

In addition to the round table discussion elections of officers and annual reports will be given.

The program is free and open to the public. The church is ADA accessible.

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Bradford Teen Center, Inc. in Bradford, Vermont seeks a full-time Director, responsible for all day-to-day operations of The Hub, a person experienced and enthusiastic about working with young people, dedicated to their positive development and wellbeing.

Duties: The Director plans and implements day-to-day activities, including programs that engage teens socially, culturally, and intellectually and that focus on service, leadership, and education; maintains a culture of inclusion and respect; monitors, evaluates, and reports on quality of programs; keeps complete records and collaborates with board members and/or publicity coordinator to promote participation in teen center programs; participates in all Board meetings and special events; oversees volunteers and staff; participates in relevant trainings; seeks and pursues fundraising opportunities; and serves as the public face of the Bradford Teen Center.

Qualifications: Higher education preferred, in social services, education, human development or related field; experience working with a non-profit organization, preferably a youth development organization; excellent planning and organizational skills; familiarity with the principles of youth development; ability to work collaboratively with diverse communities and groups; ability to define outcomes and work towards positive outcomes; excellent written and oral communication skills; facility with social media platforms.

Applying: Interested and qualified candidates should submit a cover letter, resume and three (3) references **by email** to:

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www.bradfordteencenter.org

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The Blind Owl Band Live at the Littleton Opera House

The Loading Dock and the Littleton Opera House are pleased to announce that The Blind Owl Band will be performing live in Littleton on September 17 at 8pm at the Opera House. Tickets are available on Eventbrite in advance for \$10, \$15 day of show. Doors open at 7, music starts at 8. Masks are encouraged for everyone, required for anyone who is unvaccinated. Tickets are limited, the Opera House will be at half capacity for the event. This show is made possible with generous support from Mascoma Bank.



Hailing from Saranac Lake, NY, in the heart of the Adirondack mountains, The Blind Owl Band has been creating what they call Freight Train String Music since 2010. And a freight train it truly is. Although the quartet's sound is rooted in traditional stringed instruments (guitar, basses, banjo and mandolin), their music surges forward with the strength and power of a hundred-ton diesel locomotive. Songs barrel down the tracks with momentum and intensity normally found in much heavier, heavily amplified music. "Although we look like a bluegrass band

we are not," explains co-founder Eric Munley (mandolin, vocals). "Collectively, we're a musical representation of the sounds floating around in our heads. We use the instruments of our ancestors, but play music of our time; we're influenced much more by all that has happened in the musical world over the past three decades than by what was created in the first three-quarters of the 20th Century." The Blind Owl Band builds on what they regard as a basic approach to traditional songwriting and arranging and push the envelope, stretching the limits of raw, acoustic instrumentation. Munley explains part of the band's mindset: "In a time of perfection and an increasing reliance on digital

processors, we're trying to expand the sound, to inspire use of wood and metal." In just over ten years the band has released four albums (Rabble Rousing, This Train We Ride is Made of Wood and Steel, Skeezy Patty and Stimulus Package) and toured extensively throughout the eastern US, logging over 800 shows across 17 states since January 2012. They've played on almost every festival east of the Mississippi and shared the stage with countless artists across all genres of the musical spectrum. This freight train has no one conductor but four shovel boys pushing the limits of their engine night after night, so climb aboard and get ready for a one-of-a-kind ride.



SAL Squadron Commander Phil Davidson with plaque.

The Sons of the American Legion Squadron 20 of Ross-Wood Post #20 American Legion in Woodsville was recently awarded a Caretaker award from the Children First Gift Club. Squadron Commander Phil Davidson reported that the organization was asked for a donation of \$1.00 per member for this group. The SAL has a membership of 136 but made the choice to donate \$500 to the organization.



A belated 80th birthday party was held at Ross-Wood Post #20 American Legion in Woodsville for long time color guard participant John Rivera. John is a long time member of the Sons of the American Legion Squadron 20 but has plenty of history of marching including several parades in New York City as a youth. He was awarded a Certificate of Appreciation from two former Sergeant-at-Arms of the Post, Walter Dellinger (center) and Bill Dickey (right). John may have retired as a participant of this group but his spirit will live on much longer.

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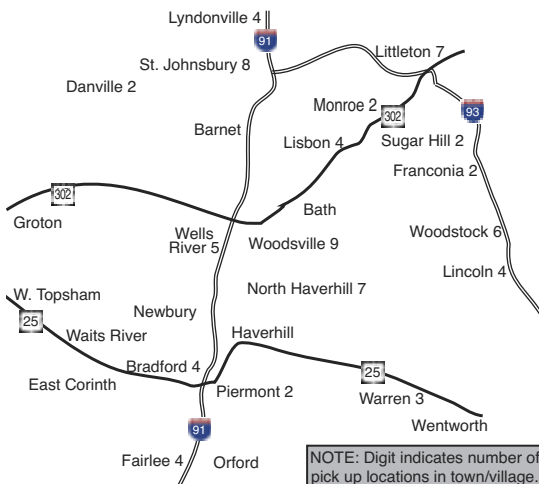
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Littleton Food Co-op's September Partner of the Month Copper Cannon Camp

This month, Littleton Food Co-op will be collecting funds through the Round-up program at the register for Copper Cannon Camp. Copper Cannon's mission is to enrich the lives of underserved youth of New Hampshire by providing a quality tuition-free camp experience. Since 1963, they have been making a difference in the lives of youth.

After making the difficult decision not to hold camp in 2020, they brought youth back to Copper Cannon this summer. Following COVID-19 safety precautions the number one goal was to keep everybody safe. They may have had lower numbers than usual, but it was necessary to achieve an entire summer with zero youth contracting COVID-19. Campers attending this year were more thankful than ever. Copper Cannon received countless emails from parents with many sent from the car before they even arrived back home, telling them how they had not seen their child as happy as they were at camp in a long time.

Why is Copper Cannon so important to these youth and their families? Annually, they look at camper surveys to analyze what they are doing well and what areas need improvement. With this information Copper Cannon can make the changes in their programs and staff training to achieve positive outcomes. Some outcomes have been:

Allow many informal opportunities for peer-to-peer, in-person connections, and recreational activities lost during the last year and a half due to the pandemic.

Increased retention of campers helping prevent summer learning loss



through stimulating programs

Give campers tools to build self-esteem, self-worth and social capital.

Educate youth about healthy lifestyle choices and nutrition

Help prevent summer learning loss through a camp-wide literacy program and "in person" STEM centered programming

Create meaningful new practices for involving youth in decision making, social capital, and leadership

Continued development of volunteers, summer and weekend staff through our Counselor in Training (CIT) and Junior Counselor programs. Since its inception, 100% of their CITs graduate high school. On average, 70% of our CITs became Junior Counselors and 30% of them work weekends or summers. In addition, through the New Hampshire Elks, Copper Cannon is able to provide three \$500 college scholarships to former campers.

The long hours are all worthwhile when they get emails like this: "I am sitting at my kitchen table crying. Aidan just called and I have never once, in all eight years that I have been his mom, heard such joy in his voice! As a mom who child has Re-

active Attachment Disorder, it is so rare to see any emotion other than anger. Please tell everyone how much this means to our family. How very much it meant to Aidan. If there is anything I can do to help the camp, please do not hesitate to reach out.

Thank you to Copper Cannon Camp for giving my family a little hope! With a grateful heart," Shannon

Member-owned Littleton Food Co-op serves the community by providing high quality food, offered at a fair price, with outstanding service. Everyone is welcome to shop and anyone is welcome to join. Located at the intersection of Cottage Street and Route 302 (exit 41 off I-93), the Littleton Food Co-op is open daily from 7 am - 8 p.m. For more information or to become a member, please visit www.littletoncoop.com, call 603-444-2800 or just stop by!

For Love Or Money

by Maggie Anderson

I remember my first flight, it was over Lake Wentworth in Brookfield, New Hampshire. As Dad and I were passing a parking area by the lake where a small pontoon plane appeared each summer, I told him I'd love to take a ride in a plane. Dad whipped the car into the parking lot and said " No time like the present."

Flights were a penny a pound. I got the ride of my eight year old life for forty cents.

I don't get to fly as much as I'd like to, especially this past year or so, and I've often had to skip outings or teddy bear shows because there weren't enough pennies in our pig. I tease Hank about all the things I can't buy or we can't do because I married for love instead of for money.

The funny thing is I can't say it any more without adding, having married for love saved my life once twenty years ago.

I was planning to fly to Ontario, California where one of my oldest friends was to meet me. I was as usual on a really tight budget so we were going to spend a couple of days at her place then she was driving me to Palm Springs where I was selling my teddy bears at a

show before I flew back home.

I went online in search of a flight. I found one from Boston to Ontario and reserved it temporarily, but since it was so expensive I decided to check flights out of Manchester as well just to see if I might get lucky. I actually found a flight for \$200.00 less than the Boston flight so I booked it instead and cancelled the original.

The Manchester flight took off a day later but I figured it would give me an extra day to finish a couple more bears and a little extra time to be better organized before the show.

My girlfriend called the morning of my original flight, she asked me if I was watching television. When I told her no, she told me to turn the TV on. I stood in my living room and stared in disbelief as my United Flight 175 crashed into the South Tower of the World Trade Center and killed everyone on board.

I am mindful of my blessings every time I see a plane streaking across the blue expanse and I'm grateful again for having married for love.

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What About Ma?

by Kellie Quackenbush

All About The Birthday

My mom will be 86 years old this year. Since the start of 2020, we have been socially distanced and have had to have remote celebrations and we have had to endure the loss of family and friends alone. Face-time, Google-lincs and whatever other social video chat you can name are a poor substitute for seeing and touching your loved ones. This made the loss even greater, we could not comfort our family and friends at a time when they needed it the most.

Recently, a news media broke down the current threat, one in five thousand

people will get sick with some version of COVID-19 this year. Wearing masks, washing your hands (a lot) and staying away from groups of strangers will help you avoid getting sick. What all this fear mongering has done is divided families and caused confusion in our work force.

Now to get back to celebrating family, the new babies, older relatives, anniversaries and birthdays. We do not blow out candles and we do not do buffet style meals. Avoiding the obvious places that will spread germs and carrying sanitizing wipes

and hand cleaners everywhere we go is the "new norm". Can we gather and party? Yes, we can.

NO more big birthday cakes, we now do cupcakes and the person serving them will wear gloves. Pot luck meals now include having the item in individual sealed containers that can be thrown out or washed. Picture collages are put on DVDs and shown on big screens so that people are not huddled close together to see the pictures. Cotton gloves are worn to avoid touching germs. Hugs are welcome from the near and dear but do cover your mouth with some type of cloth and if your hands are not freshly washed, wear gloves.

Gifts are nice but when you are over 50, what do you really need? A lovely card and a personal note will suffice. If there is a finance issue, gift cards to places the person actually shops could be helpful. Time is the most valuable gift we have. Make time to be WITH your loved ones. Thanks to COVID-19, we have been alone too long. You have today, tomorrow is not guaranteed. For all of you September babies, Happy Birthday. Let us all make a call and make a plan to go visit someone special.

The USSR #5

by Elinor P. Mawson

Editor's Note: These articles are being taken directly from Elinor's notebook from her trip to the USSR in 1988.

In the AM we went to Pushkin on the bus to see the Winter Palace of Catherine the Great. Out of 100 rooms, 23 have been restored since World War 2 and are just fabulous. The restoration team consists of some of the biggest and best experts in the USSR. I couldn't believe the photographs of the devastation of the War. The Nazis were determined to wipe out the heritage of the USSR citizens and they did a good job at trying.

Fortunately, they did not estimate the great spirit with which the Russian people determined to rebuild.

In the afternoon we went to St Isaac Cathedral, the third largest in the world, after St. Peter's in Rome and St. Paul's in London. Then we went to the Peter and Paul fortress, with lots of gold and paintings and great and interesting history.

By 4:30 we were "museumed out".

After an interesting buffet we went to a folk dance which was fabulous too. It was top notch! The costumes were great and the ladies danced like they were on a motor.

The next day we actually had juice and eggs for breakfast--also rice pudding.

We went to a school that specialized in English, so all

the kids we met spoke good English. The first class talked to us during their break--they were 13 and 14; the next class we were with for 45 minutes, and they were 12. We had a wonderful time.

We had lunch at school with the teachers and it was very relaxing.

Then we went to a winter festival--troika ride, blinis, caviar, dancing and singing and a tug-o-war. It was a fun time but not really worth \$18. We had dinner at Sadko--a 4-star restaurant on Nevsky Prospekt. It was very good but a waiter dropped 24 ice cream dishes down my back, and there was a great flap about it but no apologies.

After dinner we went to the circus. It was great--all acrobats and etc. in the first act and big cats in the second.

Then there was an act where a lady in a mink coat came out and turned this way and that. At the sound of a backfire, the whole bottom of her coat fell off and ran away--they were live minks! It was memorable!

When we got back, we packed and went downstairs for drinks. It was very noisy, and as usual, we got asked to change money.

The airport in Leningrad is about as big as Drewsville and about as efficient. A travel agent said that only Burma is worse. We got off almost on time though.

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Herbs for Children's Health

by Melanie Osborne

This is the time of year again that families and schools are focused on keeping children exceptionally healthy, to counter coughs, colds and flu. We all have the responsibility in our own homes to protect our families and others. Children are also returning from an extensive vacation and with herbs and stronger sleep patterns we can keep their minds sharp all day long.

Diet is the most important way to keep a child's immunity and defense systems working. Pathogenic organisms and viruses are everywhere. But, they aren't the major factor causing disease if the body environment is healthy. Well-nourished children are usually strong enough to deal with infection in a successful way. They either do not catch the "bugs" that are going around, or if they do, illness is short in duration, (childhood diseases are one of Nature's ways of building resistance), or, they get the problem over and done with quickly. A wholesome diet can easily restore a child's vitality. Even children who have eaten a junk food diet for years quickly respond to a diet of fresh fruits, vegetables, whole grains, low fats and sugars, in as little as a month's time. A child's hair and skin takes on a new luster, they fill out if they are skinny, and lose weight if they are too fat. They sleep more soundly and regularly. Their attention spans increase, and many learning behavior problems diminish or disappear.

A child's body responds very well to herbal medicines. Herbal remedies are building, strengthening and

non-traumatic to a child's system. Most children love herbal teas, herbal glycerin drops, syrups and homeopathic medicines much more readily than you think. Most herbal remedies can be taken as needed, then reduced and discontinued as the problem improves. Take only one or two herbal combinations at the same time when working with a child's system. Choose the herbal remedy that addresses the worst problem first. One of the bonuses of a natural healing program is the frequent discovery that other conditions were really complications of the first problem, and often take care of themselves as the body comes into balance. In addition, rotating and alternating herbal combinations according to the changing health state of the child allows the body to remain most responsive to herbal effects. Reduce dosage as the problem improves – allowing the body to pick up its own work and bring its own vital forces into action. It's best to let the herbs gently rebuild health. Even when a good healing program is working, and obvious improvement is being made, adding more of the remedy in an effort to speed healing can aggravate symptoms and worsen the condition. The way to use herbs is as important as the herbs you choose.

Herbal Remedies (glycerin drops and/or teas) for high nutrition, good digestion, anxiety, insomnia and/or restless sleep, coughs, colds, flu, hypoglycemia and hyperactivity include:

Elder Berries, (Sambucus Nigra) An expectorant and

sweating herb for respiratory problems. This herb is excellent for quick-onset, quickens the duration of coughs/colds and flu. An anti-inflammatory, elder increases blood circulation and can reduce fever when needed. Vitamins A, B1, B2, B3, C, Calcium, essential fatty acids and flavonoids.

Fennel Seeds (Foeniculum) an aromatic anti-inflammatory herb with digestive and diuretic abilities. Helps stabilize the nervous system and moves waste material out of the body; pain-relieving and mucous-countering. An important part of an anti-gas; as a tea and wash to relieve conjunctivitis and inflammation of the eyelids. Amino acids, Calcium, essential fatty acids, iron, magnesium, manganese, phosphorus, potassium, selenium, vitamins B1, B2, B3, C and E.

Lemon Balm (Melissa Officinalis), primarily a calming, sedating, diaphoretic herb. Used to treat nervousness, insomnia and depression; an anti-spasmodic for calming respiratory catarrh (mucous) and for acute symptoms of colds, fevers and flu, and specific for hyperactive children with digestive disturbances. Excellent before bedtime to insure restful sleep. A good night's sleep can be insurance for a peaceful morning. Break fast with a protein meal.

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.

Mental Health Matters



by Renee L. Schulze, MSW, LICSW

The Struggle Is Real

.....

Who isn't struggling during this global crisis? Maybe the pandemic has triggered feelings of vulnerability and anxiety you've never experienced, or maybe it has amplified feelings of loneliness and depression you've been living with for some time. Social distancing, isolation, role transitions, and loss have disrupted our sense of control and stability.

Whatever you are going through right now is understandable and valid. We all need to reclaim our balance and order in our lives.

We all work hard at something and we all try to help others while many of us are traumatized ourselves.

Below are ways to try to tap into your inner strength to function better and feel happier.

1. We must prioritize our own mental health and self care during this uncertain time. Schedule a counseling session, or a yoga session, or a workout. Talk to a friend that you haven't spoken to in a while, video chat with family far away. Whatever you "have to" do will still get done, but you will feel differ-

ent doing those "have to's" after you've prioritized yourself.

2. Know when to say no. Know your limits and listen to your body that you're doing too much. Saying "no" when you absolutely have zero energy is very important to self care. Practice saying "no" and free up time for your own self care .

3. Hydrate and eat healthy foods. Make sure that your body is getting the water it needs daily. Bring water with you everywhere you go, from room to room and set timers to drink a glass of water. Dehydration is a silent and often forgotten symptom of depression and makes us feel much worse than we realize. Nourishing our bodies with healthy, whole food is just as important. Eat to live, don't live to eat. Catch yourself when you're bored and snacking or stressed and snacking. Let your hunger guide when you need fuel and observe when you're eating due to an emotional need and not hunger.

If you are struggling with any of the above or other issues , please reach out for help .Talk to you PCP, call a therapist and remember that your mental health matters and the struggle is real.

Reneé L Schulze, LICSW, BCD

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

Curried Zucchini Soup

Hello hello my fellow chefs. How are you all doing today? I'm guessing you have an abundance of zucchini so I found a recipe using a very different spice, Curry powder. When I lived in Rhode Island my neighbor was from Sri Lanka. She used curry a lot. My house was filled with a wonderful aroma that brought me back to my life in Rhode Island. She gave me this simple recipe some 20 years ago. Easy peasy and "Delicioso".

Before we get started I have to apologize for 2 mistakes I made in the last edition for Orange Cream-sicle Cookies. I forgot to add to the ingredients 1 tsp orange extract. I said to add it but it was missing from the ingredients. Also I wrote baking soda in the ingredients but in the directions I said baking powder. The correct ingredient is 3/4 tsp baking soda I don't know what I was thinking. I'm sorry for any confusion. Thank you to my readers for bringing this to my attention.

Okay let's get started with today's recipe and how to make it.

Ingredients

4 cups green zucchini, depending on the size you can eyeball it. I used 1 good sized green one and a small yellow squash because I did-



n't have 4 cups of the green. Slice them 1/4" thick circles then cut in half like half moons.

- 1 large onion chopped coarse
- 2 Tbsp butter
- 2 Tbsp vegetable oil
- 1 Tbsp curry powder
- 1 tsp salt
- 1 tsp black pepper
- 2 cups vegetable broth
- 1/4 cup sour cream
- Dollop of sour cream to top off each serving

When picking your zucchini look for dark green and long not fat at one end, fat usually means seeds inside.

In deep sauté pan, I used one that was wok shaped, heat the butter and vegetable oil and add the onions and sauté 1-2 minutes add the zucchini and toss. Sprinkle the curry powder, salt and pepper. Toss to spread the seasoning around and

everything should be coated, sauté for 5-10 minutes until zucchini is tender but not mushy. Transfer 1/2 of the zucchini to a blender and add 1 cup of vegetable broth and blend, then do the same with the other 1/2. Put back in pan or transfer to a soup pan. Heat through and stir in the sour cream. When all mixed and heated you are done. Ladle into soup dishes and top with a dollop of sour cream. Yummy!

I hope you enjoy this recipe. I don't usually use curry so this was really different. I served it with a salad and Italian bread and we enjoyed a nice glass of Rose too. Remember to drink responsibly.

So folks that's it for today's recipe. Enjoy and if you have any questions please give me a shout out. I will try to help you. I'm signing off for now. Stay safe.

Sincerely,
Cin Pin



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