

A FREE PUBLICATION

# TRENDY

20 Pine Street, Woodsville, NH 03785  
Phone: 603-747-2887



Next Issue: Tuesday, October 12  
Deadline: Thursday, October 7

# TIMES

Email: Gary@TrendyTimes.com  
Website: www.TrendyTimes.com

SEPTEMBER 28, 2021 VOLUME 12, NUMBER 26

## Isolating Together In Wood and Wool

NEK Artisans Guild is honored to present the works by felt artist Melinda Evans, and Ford Evans an artisan of wood, together known as Four Crows Wood and Wool Works. The creations in this show were produced between March 2020 and September 2021.

Melinda writes that they were "inspired by the sense of place shared love of movement, form and materials. The presence of the pandemic heightened both our appreciation for the beauty of our environment and our commitment to create in the absence of interaction.

Throughout, Ford's woodshop windows opened to rolling fields and woods, rising Connecticut River mists and, on the horizon, Mt. Moosilauke marking rotations of the seasons. Power machinery

hummed, music filtered through the wood dust and the silence of hand work emanated day after day. Accompanied by birdsong and insect thrum, with ever changing light and cloud fields in the sky, I made felt outside in the garden. Inside, I reflected on what I saw mirrored in the landscape. In our process we tried to be responsive, permeable and delighted by the living nature of our source materials. While imagining these works, we embraced the fragility and power of the creative process. It has sustained us."

Ford and Melinda Evans met and married while studying dance at the University of Colorado Boulder. They both had professional dance careers spanning nearly four decades performing and teaching modern dance nationally and internationally.

After his performance career with Repertory Dance Theater, Ford earned a MFA in Arts Administration at the University of Utah and continued as a tenured professor in the Modern Dance department there. Melinda toured and performed with RDT, then was guest faculty at Brigham Young University before they moved to Vermont in 1996 with their son.

In addition to raising Navajo-Churro sheep on their hillside farm in the Northeast Kingdom, Melinda earned a MA in Liberal Studies from Dartmouth College. They both taught dance at the Hopkins Center at Dartmouth College for many years. Ford founded and directed the Dartmouth Dance Ensemble and was faculty in the Dartmouth Theater department until his retirement in 2016. Melinda con-

tinues to teach a course in Creativity and Collaboration at Dartmouth College. They are currently collaborating with Company X Puppet Theater in Nova Scotia, Canada.

Ford developed his interest in woodturning in Vermont. He studied basket weaving with Buster Bates. Melinda began felting as an extension of shepherding. Dyeing wool and rug hooking followed as a means to explore color and design. The Navajo-Churro wool fiber used in the work is from their flock. The maple, oak, birch and cherry wood was logged either on their property or in nearby forests.

Northeast Kingdom Artisans Guild is in beautiful downtown St. Johnsbury at 430 Railroad Street. We are a cooperative of artisans celebrating the beginning of our 25th Year. Our hours are from



10:30 am to 5:30 pm, Tuesday through Saturday. Call us during business hours at 802-748-0158. For updates follow us on Facebook, Instagram and on the web at [www.nekartisansguild.com](http://www.nekartisansguild.com).

The show will open October 1 and run thru November 13, 2021 at The Back Room Gallery at the Northeast Kingdom Artisans Guild.

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# TRENDY Dining Guide

## Bliss Village Store & Deli

by Gary Scruton

The Bliss Village Store and Deli has had a contact presence in downtown Bradford for a good number of years. It really is your very typical country store and deli kind of place. In the last couple of years there has been some work done in the front of the store to make it easier for those running the front counter (which quite often is owner, Mark). I should note that the night we went to Bliss for supper there was someone different at the front counter, but she had all the great manners and efficient attitude that you would expect from Mark, or any others working there.

We know the routine so we made our way to the deli counter to look up at the board and see what there

might be for specials for the evening. Of course I needed to look into the deli case as well to see what might be there.

We both ended up, on this evening, going with foods based on seafood. Janice ordered a seafood salad sub. The person taking the order asked about vegetables to go with it (lettuce and tomatoes? Yes, please). Plus she got a small order of french fries.

Janice had noticed what looked like a new sign offering a fried scallop meal. I seemed to remember that these meals had been available before, but either way, that was my choice for the evening. It also included fries on the side.

With our meals ordered and a mention that we were going to the back room to

eat, we moved away from the deli counter and moved to the long row of beverage coolers. We both chose a bottle of ice tea, mine was raspberry and Janice's was sweet. From there we went out back to sit at the window and enjoy some conversation while we waited for our meals.

This would be the time to note that it seemed like plenty of meals were being called in, cooked, packaged up, and picked up. But it still was not long before one of those workers came walking out back with a pair of meal baskets.

There was already a bottle of ketchup on our table so we were ready to dig in, and we did. I had a good number of scallops along with plenty of fries, a small cup of coleslaw, plus a small cup of tar

sauce.

Janice's sub had a good charge of seafood salad that she noted was very good. Her fries were also plenty for the meal.

When we finished our meal I had the feeling of wanting something sweet to finish off my evening meal. So on our way to the front counter to check out we stopped by a double sided, multi level stand that had a good selection of sweets. The one that caught my eye

was a very large brownie. It appeared to me to be about twice the size of what I remember getting at home. It was well wrapped in plastic wrap and I would guess was made locally. One of those brownies was added to my order at the counter. The total for all of these came to \$35.43 which I paid for with a credit card. At the same time Janice went back to the deli counter to leave a cash tip for our meal makers.

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September 28, 2021 Volume 12 Number 26

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

# Paddle the Border - Fall Sun. Oct. 3 18th Year

A Canoe and Kayak paddle on the Connecticut River held in May and October. PTB was started as a way for community organizations from Vermont and New Hampshire to work together to "Show Case" our shared asset, the Connecticut River. PTB promotes the natural, cultural, scenic and recreational resources of the Connecticut River, in a way that would also provide an economic boost to the area. PTB is held twice a year weather permitting - no rain dates are planned.

The Fall Paddle 2021 date is Sunday, October 3rd, from the Newbury Boat Launch beside the Newbury-Haverhill Bridge, to the Bugbee landing in Bradford, Vermont.

The Spring Paddle 2022 date is May 22: [19th Year] From Woodsville Community Field to the Bedell Bridge State Park Boat Launch off Route 10, Haverhill Corner, NH.

There is a shuttle service from the take out, to the launch sight. This Shuttle Service has been provided by Butler Bus Company (we thank them). The Shuttle Service is available from

10am to 11am; This gives us a suggested launch time of 10:30 to 11:30am. The approximate paddle time for the spring and fall paddle is 3-1/2 to 4 hours.

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

Covid 19 Guidelines:

- Wearing Mask Required, when on the Bus and Recommended when volunteers help you get in and out of your boat. 6 foot spacing in line.

- If you choose to use your own transportation All Safe Boating and Covid Rules Still Apply

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

To learn more about PTB or to get involved contact :

Michael Thomas 802-757-3960 mikethom1@charter.net

Newbury Conservation Commission [www.newbury-conservation.org](http://www.newbury-conservation.org)

Cohase Chamber of Commerce [www.choase.org](http://www.choase.org)

Haverhill Rec. Department [rec@haverhill-nh.com](mailto:rec@haverhill-nh.com)

# New Hampshire Announces Formation of Collaborative Economic Development Regions <sup>3</sup>

CONCORD, N.H. – September 22, 2021 – The New Hampshire Department of Business and Economic Affairs (BEA) announced today the first of the Collaborative Economic Development Regions (CEDRs) have been established to promote economic expansion post COVID. Created as part of the Granite State's Economic Recovery and Expansion Strategy (ERES), the CEDRs will deeply engage regional partners and work with the BEA on the recovery efforts.

The COVID-19 pandemic significantly impacted New Hampshire's workforce availability, and key sectors that are crucial to the state's economy saw record losses in jobs and revenue.

"While the pandemic has taken a significant toll on the Granite State, New Hampshire has proven resilient. Our economy continues to be the best in the Northeast, individuals are back at work, and more and more people are calling New Hampshire home," said BEA Commis-

sioner Taylor Caswell. "Our goal is to keep New Hampshire's competitive edge and maintain that consistently across the state."

To date, two CEDRs have been formed with the final two coming online by year's end. The new regional groups will create a mechanism to facilitate strong collaboration among economic development partners in addressing areas such as business retention and attraction; workforce development; entrepreneurship; infrastructure, and business advocacy.

"We are pleased to partner with BEA to roll out this economic recovery strategy and believe it will have a significant positive impact for our region and helps us meet our missions by working together," said Darren Winham, economic development executive director, Town of Exeter, and a leader within the Seacoast CEDR. "We are able to be more effective individually and as a region when we work collaboratively. There's an

amazing amount of synergy in our group, which now includes 40 service providers."

"Our focus is on growing our collective ability to support New Hampshire's employers by clearing the way and providing tools for their success," continued Caswell. "CEDRs are an intentional approach that builds an infrastructure for the state's entities to work together and deliver on our collective missions to support those employers."

The full Economic Recovery and Expansion Strategy (ERES) is available here: [www.nheconomy.com/eres](http://www.nheconomy.com/eres).

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## NH Reps Submit 816 New Bills

During the past week, NH representatives submitted over 800 legislative requests that will be considered in the upcoming session. Given the large volume of submitted bills, the upcoming session is shaping into another very busy year.

Of the 816 bills, there are many meaningful and relevant issues that deserve our focus, but on the other hand, there are some that will consume hours of work and time, and most likely, never become law. Here are a few examples that may not make it to the Governor's desk:

- Requiring the registration of cats,
- Reaffirming support for the state of Israel and the location of the embassy of the United States therein (A meaningful bill, but a Federal, not State issue),
- Relative to building codes for tiny houses,
- Permitting minors to possess hypodermic needles without a prescription,
- Urging that the United Kingdom return the Parthe-

non (Elgin) marbles to Greece,

- Commemorating the 250th anniversary of the Pine Tree Riot,
- Prohibiting the use of Native American mascots in public schools, colleges, and universities,
- Relative to the delivery of liquor from the state liquor stores directly to consumers,
- Prohibiting the use of undercover law enforcement vehicles from conducting traffic stops,
- Relative to taking lobster while engaged in recreational scuba diving,
- Proclaiming March as Sleep Awareness Month
- Relative to Civilian Climate Corps.

It should be noted; however, that a bill's title alone can be misleading. The public hearing process provides the opportunity for legislators and the public to better understand the content and intent of legislation. Among all legislative requests, there are many proposals that will generate significant discussion. A few

are noted below:

- Requiring a background check prior to any commercial firearm sale,
- Relative to requiring COVID-19 vaccination for school attendance,
- Making the state vaccine registry an opt-in program,
- Establishing a commission to study revenue alternatives to the road toll for electric-powered and hybrid vehicles for the funding of improvements to the state's highways and bridges and their resulting improvements to the environment,
- Repealing the car rental tax,
- Establishing a capital grant improvement program for the benefit of state fairs and agricultural fairs,
- Relative to the legalization of cannabis,
- Prohibiting recipients of state and local grants or appropriations from using such funds for lobbying.

The complete list of Legislative Service Request as submitted by representatives for the 2022 session can be located at: [http://www.gencourt.state.nh.us/lr\\_search/default.aspx](http://www.gencourt.state.nh.us/lr_search/default.aspx)

Respectfully Submitted,  
Rep Rick Ladd,  
Haverhill, NH

## "The Mountaintop" Performed At The Weathervane

by Gary Scruton

The Weathervane Theater has been putting on various productions for many, many years. I had not had the opportunity to visit the theater and take in a production for some very long time myself. Therefore when the producers of "The Mountaintop" offered some seats I was happy to accept.

Janice and I attended a 2 pm matinee on a Saturday afternoon. The theater is currently observing some social distancing as well as asking the unvaccinated to wear a mask. The house was not full on the day we attended and we were fortunate enough to have fourth row seats. I should also mention that they are comfortable seats, though not an abundance of leg room. The seats also rise up some distance to the back of the house with a very nice looking sound and light booth.

Regarding the play itself I can not say a whole lot other than "WOW". The story is about the night before Martin Luther King, Jr. was shot to death in 1968. He is in his motel room and has a long interaction with one other person. The play is not factual but simply a creation of the author. It gives the audience a chance to see things from perhaps a new

angle.

Another important point is that there is some language in the performance that may not sit well with some people. But it appeared to me that it was used when needed and appropriate to make a point. There was also some getting used to the dialogue. For a person born and brought up in New Hampshire, the southern accent can be hard to adjust to. But again, it was part of the production and could not be done any other way with the same effect.


One more thing that I must mention in addition to the "WOW" is that at the end of the one act, hour and a half play the main character stepped to the front of the stage, offered a line, and then stated "Can I get an Amen?" The audience fully responded to the request. Even when he repeated the request in a louder voice, he got again what he asked for. That said to me that the audience was more than just watching.

Whether you are of the older generation and remember some of the happenings of the era depicted in "The Mountaintop" or if you are a student (like at least two who attended this day) this is a powerful production.

## Northern Grafton County Republican Committee Meeting

The Northern Grafton County Republican Committee will hold its monthly meeting on Monday, October 11, 2021 at the Littleton Elks Club, Lodge #1831 located at 42 Main Street, Route 302, Bethlehem, NH. There will be a social half hour with coffee and cookies beginning at 6:00 PM followed by the guest speaker and meeting. Mark Alliegro,

Republican from Grafton County District 7 will be the guest speaker and his topic will be "Election Integrity, Pandemics, and the Communist Insurgency". Republicans and Like-Minded Conservatives are Welcome to attend. Interested persons may contact janicenovak@myfairpoint.net or call 603-823-5011. Keep New Hampshire RED!



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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 Dutille 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!**

# The Suffragist Reenactment Society

A fun and fact-filled jaunt through the 72-year struggle to realize Women's Suffrage. The play was written by Mary Beth McNulty, Directed by Laura Roald, with performances at ten venues throughout Vermont in October 2021

In The Suffragist Reenactment Society three actors take on many roles to inform and entertain audiences about the long journey, from 1848 to 1920, to achieve women's suffrage. Historical events are woven throughout the play, often in the form of audience involvement. A box of costumes and props, as well as poster "playing cards" of key participants, helps bring to life little-known episodes in this movement. Special focus is given to the suppressed voices in the fight for the vote. The Vermont Suffrage Centennial Alliance commissioned the writing of The Suffragist Reenactment Society in recognition of the significance of the Women's

Suffrage Movement.

\*The play will last one hour and is suitable for all audiences.

\*Because it uses a small cast; the "play in a box" method; easily transported simple set, props, and authentic period costume pieces; and flexible staging, The Suffragist Reenactment Society will be presented in a variety of venues.

Playwright Mary Beth McNulty's plays have been performed from Los Angeles to Romania. Recent works include her plays Gesso and Baggage developed with U-32 High School at the Scotland Fringe Festivals, An Associate Director of Champlain College's Teacher Apprenticeship Program, McNulty received her undergraduate and graduate degrees from the University of Virginia. Arizona born but Virginia bred, Mary Beth currently resides in Burlington, Vermont. She and Laura co-founded Complications Company, an incubator

for new plays by Vermonters.

Director Laura Roald's credits include directing 12 new works, mostly in Canada. She also writes, performs in, stage manages, produces, and serves as dramaturg for plays. An adjunct Northern Vermont University-Johnson's faculty member in theater, Roald received her undergraduate and graduate degrees from the University of Ottawa and University of Alberta, respectively. A native of British Columbia, Canada; Laura currently resides in Jericho, Vermont.

The play will be at Cata-mount Arts October 16th, 7:30 pm. Several Vermont women wrote the play to commemorate women's suffrage achieved 101 years ago. It is an interactive play, with audience participation. The play is free, masks, proof of vaccination, and valid ID are required for admission.

# Old Church Theater 5 Special Event: "Presto"

Bradford, VT: On October 2nd and 23rd, local actors are assembling at Bradford's Academy stage to prepare, rehearse, and in the evening present an original presentation called "Presto". There will be music, poetry and improvisation for the audience to enjoy, all for a donation as admission price. Both performances will be at 7pm at the Bradford Academy auditorium; reservations are not needed.

Conceived and directed by Alan Haehnel, there will be two entirely different shows a few weeks apart: This format allows actors to perform without a large time commitment, and the freedom to participate in a group creative process on two separate occasions.

Old Church Theater continues to raise funds to restore Bradford's famous "old church" into a year-round performance venue. The immediate task is to pour a new foundation and install a drainage system to deal with the building's wet location. Architects have indicated the building is structurally strong and have developed plans for its eventual restoration once the foundation is repaired and drainage is installed.

*Editor's Note: For what it's worth! I have been lucky enough to have been asked to participate in the first of these two performances. Honestly I have not been on stage since high school, but have longed to "hit the boards" again. Please wish me luck!*

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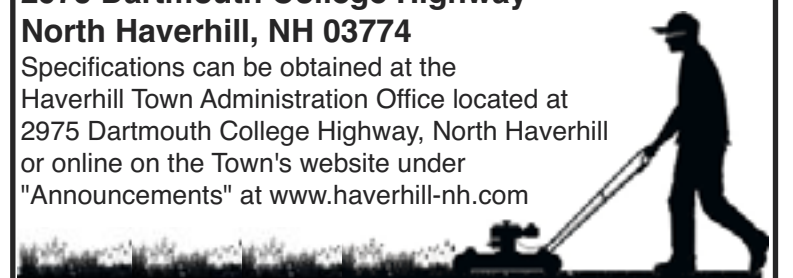
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*Bids must be received no later than 2:00 PM on Thursday October 21, 2021.*

Please mail or drop off bids:  
**Town of Haverhill, Town Administration Office**  
**Attn: Brigitte Codling, Town Manager**  
**2975 Dartmouth College Highway**  
**North Haverhill, NH 03774**  
Specifications can be obtained at the Haverhill Town Administration Office located at 2975 Dartmouth College Highway, North Haverhill or online on the Town's website under "Announcements" at [www.haverhill-nh.com](http://www.haverhill-nh.com)



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# Calendar of Events

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

## THURSDAY, SEPTEMBER 30

GRAFTON COUNTY FOREST WORKSHOP  
4:00-5:30 PM See Article on Page 15  
Grafton County Farmstand, North Haverhill.

## OCTOBER 1 - NOVEMBER 13

isolating together in wood & wood  
See Article on Page 1  
NEK Artisans Guild, St. Johnsbury

## SATURDAY, OCTOBER 2

FALL COUNTRY MARKET Sugar Hill Willing Workers  
9:30 AM Crafts, Baked Good, Books, Treasurers  
Harman's Cheese, Route 117, Sugar Hill

## OLD CHURCH THEATER - PRESTO

7:00 PM See Ad on Page 9 and Article on Page 5  
Bradford Academy Auditorium

## SUNDAY, OCTOBER 3

PADDLE THE BORDER - FALL  
11:00 AM Suggested Launch Time  
See Ad on Page 8 and Article on Page 3

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  
Call 603-348-4563 for Location

## FRIDAY, OCTOBER 8

SESSION AMERICANA  
7:30PM for tickets: [www.courtstreetarts.org](http://www.courtstreetarts.org)  
Alumni Hall, Haverhill

## SATURDAY, OCTOBER 9

FALL COUNTRY MARKET Sugar Hill Willing Workers  
9:30 AM Crafts, Baked Good, Books, Treasurers  
Harman's Cheese, Route 117, Sugar Hill

## 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

## NGCRC MONTHLY MEETING

6:30 PM See Article on Page 4  
Littleton Elks Club, Lodge #1831, Bethlehem

## TUESDAY, OCTOBER 12

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

## WEDNESDAY, OCTOBER 13

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

## SATURDAY, OCTOBER 16

OPEN PUBLIC DISCUSSION  
2:00 PM See Ad on Page 4  
Clifford Memorial Building, Woodsville

## THE SUFFRAGIST REENACTMENT SOCIETY

7:30 PM See Article on Page 5  
Catamount Arts, St. Johnsbury

## THURSDAY, OCTOBER 21

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

## SUNDAY, OCTOBER 17

BURROUGHS-HEBBS-MCCLINTOCK HOME TOUR  
10:00 AM, 1:00 PM, 4:00 PM  
See Ad on Page 4 and Article on Page 7

## SUNDAY, OCTOBER 24

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

## ANTIQUÉ STROLLER WALKING PROGRAM

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

## Trendy Threads



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## “She Loves Me” Joins Weathervane

WHITEFIELD, NH - Weathervane Theatre will close out its 56th season with the charming jewel box musical comedy *She Loves Me*. Based on Miklós László's play *Parfumerie*, the same source material as the hit Tom Hanks / Meg Ryan film *You've Got Mail*, *She Loves Me* runs in alternating repertory September 21 - October 10th.

Directing and choreographing this musical theatre classic is Broadway and Weathervane alum Amiee Turner. Turner's previous Weathervane credits include *Chicago*, *The Foreigner*, *Six Dance Lessons in Six Weeks*, and *The World Goes 'Round*. *She Loves Me* marks Turner's fourth consecutive season with the Weathervane:

"I'm always excited to return to the North Country and be a part of the Weathervane tradition," said Turner. "*She Loves Me* is a show that is truly an ensemble piece with so many fun characters; to me it adds to the joy of the show. I think that makes it more fun to direct and more fun for the audience!"

Considered one of the most charming musicals ever written, *She Loves Me* is a scented case of mistaken identity about a pair of pen pals who love each other on paper and hate each other in person...or so they think. First presented on Broadway in 1963, this award-winning piece (Critics Circle Award - Best Musical) has been twice revived on Broadway, most recently in 2016 starring Jane Krakowski ("*30 Rock*") and Zachary Levi ("*Chuck*", *Shazam*). *She Loves Me* is special to the Weathervane as the 1993 revival starred Weathervane alum and Tony nominee Judy Kuhn and even broke Weathervane co-founder Gibbs Murray out of his "I hate musicals" phase.

Performed to in person audiences only, 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 avail-



able on premises.

*She Loves Me* runs in alternating repertory September 21 - October 10th as part of its second fall season. Weathervane's fall season opened September 7 and runs through October 10 with 7 PM performances Tuesday - Saturday and 2 PM performances on Saturday and Sunday. Additional fall productions include *Pippin*, *The Mountaintop*, and *Always...Patsy Cline*. Tickets range from \$26 - \$39. Single tickets, dinner and a show packages, and ticket subscriptions now available at [www.weathervanenh.org](http://www.weathervanenh.org).

The Weathervane Box Office is open by phone (603-837-9322), email ([box-office@weahervanenh.org](mailto:box-office@weahervanenh.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.

## Spaghetti Supper Monday, October 4

5:00 - 7:00 PM  
By Donation



Spaghetti, sauce, salad, garlic bread  
Open to the Public

Please use side door. Handicapped Accessable.  
Ross-Wood Post #20 American Legion, Woodsville

# Horse Meadow Senior Center October Activities

All activities are outside under the tent or on the porch.

- Oct. 4th** Drums Alive 1:00-2:00
- Oct 5th** Bone Builders 9:30-10:30 (for those registered)  
Crafting with Eileen 10:00-12:00
- Oct. 6th** Drive Through Flu Shots 11:00- Drums Alive 1:00-2:00
- Oct. 7th** Bone Builders 9:30-10:30  
Bingo 1:00-2:30
- Oct. 9th** "Our Garage is Full" Sale 9:00AM
- Oct. 11th** Interfaith Coffee 10:00  
Drums Alive 1:00-2:00
- Oct. 12th** Bone Builders 9:30-10:30 (for those registered)  
Floral with Jane 10:00-11:30
- Oct. 13th** Drums Alive 1:00-2:00
- Oct. 14th** Bone Builders 9:30-10:30 (for those registered)  
Bingo 1:00-2:30

- Oct. 18th** Drums Alive 1:00-2:00
- Oct. 19th** Bone Builders 9:30-10:30 (for those registered)  
Crafting with Eileen 10:00-12:00
- Oct. 20th** Drums Alive 1:00-2:00
- Oct. 21st** Bone Builders 9:30-10:30 (for those registered)  
Bingo 1:00-2:30
- Oct. 22nd** Foot Clinic by appointment (call 787-2539 to schedule)
- Oct. 25th** Interfaith Coffee 10:00  
Drums Alive 1:00-2:00
- Oct. 26th** Bone Builders 9:30-10:30 (for those registered)
- Oct. 27th** Drums Alive 1:00-2:00
- Oct. 28th** Bone Builders 9:30-10:30 (for those registered)  
Bingo 1:00-2:30  
Halloween Costume Day ~ Come to Grab & Go/Stay in costume and be entered for prizes

# A Guided Tour of the Burroughs – Hebbs -<sup>7</sup> McClintock House

The Newbury Historical Society will hold its second and final program of the 2021 season on Sunday, October 17th.

It will be a guided tour of the Burroughs - Hebbs - McClintock House in the Town Farm District of Newbury.

The public is invited to tour the house that was originally built around 1810 and to learn about the changes to the house over the past 200 years and about its inhabitants, the Burroughs, the Hebbs and the McClintocks

Justin Squizzero, the present owner is carefully restoring the property preserving and restoring the original features of the house. Justin will be the tour guide. He has researched the history of the house as well its previous owners.

There will be 3 showings of the house on October 17th at 10am, 1pm, and 4pm. Each guided tour is limited to 10 people. Reservations are required and



current state COVID-19 guidelines will be followed. Reservations may be made by emailing Justin at: [j.l.squizzero@gmail.com](mailto:j.l.squizzero@gmail.com) This is the preferred method. If you don't have access to email call 802 - 866 - 0876. The property is located at 2372 Peach Brook Road, Newbury.

In 2016, Justin Squizzero relocated to Newbury to begin restoring the ca. 1810 Burroughs - Hebb - McClintock farmhouse on Peach Brook Road where he also works as a hand weaver, recreating historic textiles on 18th and 19th-century equipment. Justin has also

worked at several museums including Plimoth Plantation, Coggeshall Farm Museum and the Rhode Island Historical Society before moving to Vermont in 2013. Justin is a past board member of the Newbury Historical Society.

This is an unique opportunity to see and learn about the restorative process of preserving a 200 year old house. This is a private home and is not ADA accessible.

The Newbury Historical Society is dedicated to preserving the history of Newbury, South Newbury, Wells River, West Newbury and surrounding areas.

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Capt. Doug Miner of the N.H. Forest Protection Bureau has received a 2021 Smokey Bear Award for outstanding achievement in wildfire prevention service. Among other outreach, Miner coordinated more than 61 events across New Hampshire in 2019, highlighting Smokey Bear's 75th anniversary; his work to raise awareness about wildfire prevention is accomplished along with his regular assigned duties as a New Hampshire Forest Ranger captain. Sen. Maggie Hassan (D-NH) spoke at an event celebrating Miner's accomplishment, which was also attended by members of the U.S. Forest Service, N.H. Forest Protection Bureau rangers and patrolmen, New Hampshire's firefighting community and leadership from the N.H. Dept. of Natural and Cultural Resources. (left-right: Smokey Bear, Capt. Doug Miner, Sen. Hassan)



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Volume 12 Number 26

September 28, 2021

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

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From Newbury Boat Launch (Beside the Haverhill/Newbury Bridge)  
To Bugbee Landing (Next to Bradford Golf Course)

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

Volunteers will be at the boat launch to help unload and protect boats before launching.

**All Events Are Weather Permitting**

**Suggested Launch Time 10:30 - 11:30 AM (Approx. Paddle Time 3.5 Hours)**  
BBQ Lunch with music by Strawberry Farm Band

**All participants MUST abide by safe boating rules and regulations**

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**Paddle The Border - Spring is scheduled for Sunday, May 22, 2022**

For Further Information Contact **Mike Thomas (802) 757-3960**  
or email [mikethom1@charter.net](mailto:mikethom1@charter.net)  
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Roy Starling, Head of School at The Riverside School (left) is shown presenting a certificate of "diploma" in appreciation of Rebecca Hill-Larsen's six years of service as board president from 2015 - 2021. A mock graduation reception of gratitude was held by Riverside faculty to recognize her additional years as an active parent volunteer, and she was awarded a personalized cutting board from the Board of Trustees. Rebecca is the parent of two Riverside alumni and lives in Kirby, VT.

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**"PRESTO"**  
**A Theatrical Adventure**  
 Created and Directed by Alan Haehnel

**Bradford Academy Auditorium**  
**October 2\* and 23\***  
**7PM**

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Volume 12 Number 26

September 28, 2021

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

## Letter to the Editor: In regards to Commission Porter leaving Fish and Wildlife Department

To the Editor,

The professional organization that represents fish and wildlife departments nationwide, the Association of Fish and Wildlife Agencies, calls for a transformation to meet the changing times. However, those who head up the VT Fish & Wildlife Dept (FWD) seem stuck in the past. Vermont surveys conducted by the Center for Rural Studies show that Vermonters don't support many of FWD's core positions (think recreational trapping). In a 2018 survey conducted by Colorado State University, FWD staff indicated that management isn't doing enough to address change. The dramatic drops in hunting and trapping license sales are evidence that the times are changing in very significant ways. The FWD must evolve in order to remain relevant and to attract new sources of income. This is not the time for a commis-

sioner to simply maintain the status quo. This is a time for a new commissioner to be responsive to the 1,000 Vermont species that have been identified as species of greatest conservation need. A new commissioner must recognize the threats of climate change and focus resources to address the highest priorities and not maintain FWD's direction on cruise control. A new commissioner must be able to transform the FWD to address today's challenges; that includes reaching across the aisle and working with all Vermonters, not just hunters and trappers. I urge Governor Scott to appoint a new commissioner who is capable of tackling today's and tomorrow's issues. All Vermonters deserve to be represented. Our wildlife cannot wait.

Lark Shields  
Craftsbury, VT

Lark,

Any time that a new appointee is selected for an agency in state government there are many factors that must go into the appointment. That seems rather obvious, but what is not so obvious are the under tones of who to choose. Sometimes there is much more than just work history, or even past stated philosophy regarding the department and its oversight.

I would simply echo your call for Governor Scott to choose carefully. Unfortunately the result of the choice may not be apparent for many years to come.

Gary Scruton, Editor



## Letter to the Editor: Let's make things right!

To the Editor,

New Hampshire is a wonderful place to live. We typically do things right, except when it comes to sending elected officials to DC. For example, the current quartet of liberal Democrat tax and spenders; Pappas, Kuster, Shaheen and Hassan primary loyalties are to their party not to us Granite Staters!

Propublica reports that US House Rep Ann Kuster voted with Pelosi 100% of the time, Chris Pappas obeys her 99%. In the US Senate Hassan voted 97% with Schumer, while Shaheen did Schumer's bidding 98% of the time!

Most people I know seem to think that NH as a state is on the right track.

Paul,

I believe that most people who read my responses to the Letters to the Editor know that I do my best to "sit on the fence" especially when it comes to politics. I have been a registered Independent for many, many years. I have always believed that I should vote for the person, not the party. I also believe that grouping all people in any political party as all believing the same exact things is not the best path to take.

It is still more than a year before the next gen-

Those same people roll their eyes, wring their hands, and complain that as a nation, the country is assuredly on the wrong track.

Pick any National topic: censorship, inner city violence, unemployment, critical race theory, illegal immigration, Covid lockdowns, the cost of everything, loss of energy independence, and cheat by mail. There's much more, but the most egregious is Afghanistan.

The current administration's inept handling of Afghanistan is one of the most egregious affronts to America and to the world anyone has ever seen. Ever! It will take years to regain respect from our allies, fear from our enemies.

Democrats did this. New Hampshire's Hassan, Shaheen, Kuster and Pappas are all complicit in our nation's demise.

Oh they'll boast of all the bi-partisan good they've done, assisting veterans, other goodies they've delivered, but none of that matters if we fail as a nation. What does matter is that they're complicit in America's decline. These four Democrats are helping to destroy our beloved country.

New Hampshire can help correct this. We can make a difference. When the opportunity comes and we fill out our ballots: Stop voting for Democrats. Period!

Paul Schirduan  
Lincoln, New Hampshire

eral election even though primaries will take place in less than a year. That should give us all a chance to talk with, read about, listen to, or otherwise investigate those who have stepped up and are asking for our vote. I encourage all voters to do just that. Know the candidates and vote for the person that is the closest to your way of thinking, knowing that none of the candidates will believe exactly the same as you on every subject.

Gary Scruton, Editor

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## What Does Retirement Security Mean to You?

October is National Retirement Security Month. But what does retirement security mean to you? And how can you work toward achieving it?

Here are some suggestions:

- Build your resources. While you're working, save in tax-advantaged accounts such as your IRA and 401(k) or similar employer-sponsored retirement plan. In your 401(k), contribute at least enough to earn your employer's match, if one is offered, and increase your contributions whenever your salary goes up. Remember, especially early in your career, time is often your biggest asset. Be sure to save early, since the longer you wait, the more you'll need to save to help reach your goals.

- Look for ways to boost retirement income. When transitioning to retirement, you can take steps to

will "max out" at age 70.) So, if you have sufficient income from a pension or your 401(k) and other retirement accounts, and you and your spouse are in good health with a family history of longevity, you may consider delaying taking Social Security. You also might want to explore other income-producing vehicles, such as certain annuities that are designed to provide a lifetime income stream.

- Prepare for unexpected costs. During your retirement, you can anticipate some costs, such as housing and transportation, but other expenses are more irregular and can't always be predicted, such as those connected with health care. Even with Medicare, you could easily spend a few thousand dollars a year on medical expenses, so you may want to budget for these costs as part of your emergency savings, and possibly purchase supplemental insurance. You may also want to consider the possibility of needing some type of long-term care, which is not typically covered by Medicare and can be quite expensive. The average annual cost of a private room in a nursing home is more than \$100,000, and it's about \$55,000 per year for a home health aide, according to Genworth, an insurance company. To address these costs, you may want to consider some form of protection, such as long-term care insurance or life insurance with a long-term care

component.

- Do your estate planning. It's hard to feel totally secure in retirement if you're unsure of what might happen if you have an unexpected health event, become incapacitated or die earlier than expected. That's why you'll want to create a comprehensive estate plan – one that might include documents such as a durable power of attorney, a will and a living trust. A review of your insurance coverages and beneficiaries can also help protect your assets and ensure they are distributed the way you want. In creating your plan, you will need to work with your financial advisor and a legal professional, and possibly your tax advisor as well.

Thinking holistically about your retirement security and developing and executing a strategy aligned with your goals may help free you to enjoy one of the most rewarding times of your life.

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

*Edward Jones, Member SIPC*

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align your income with your needs. For example, consider Social Security. You can start collecting it as early as 62, but your monthly payments will be much larger if you can wait until your "full" retirement age, typically between 66 and 67. (Payments

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## How Hunting Changes Black Bear Behavior and Degrades Their Physical Condition

STOWE, Vt—We know that hunting bears results in dead bears, but how does hunting activity, particularly hounding, impact bear behavior and their overall health? This new report, published by Protect Our Wildlife, offers insight into this aspect of bear hunting that is only recently getting attention. This report is a follow up report to their March 2021 bear report.

Vermont's bear hunting season began on September 1st, which also includes the use of hounds. There are no laws to prevent hunting mother bears with cubs or even the cubs themselves. Vermont's bear hunting season is one of the longest in the country. Last year the bear kills were a record high, estimated to be approximately 925 bears—20% of the bear population.

Black bears are highly intelligent animals and research reveals that they appear to be aware of hunter locations, seasons, and behavior. Bears may alter their behavior when exposed to

hunting pressure, particularly hounding, which leads to increased risks to their survival. Fall is the time of year when bears are preparing for winter denning and must increase their caloric intake in order to make it through the winter. This feeding frenzy is known as hyperphagia. "Disturbances by bear hunters, in particular those with hounds, impede bears' ability to forage effectively," said Jennifer Lovett, conservation biologist and POW Board member.

"A graduate from the University of Vermont who received her B.S. in biological sciences, began her research with us in January 2021 and consulted with a local scientist, ecologist, landowners, and others to help us complete this well-researched report," said Brenna Galdenzi, POW President & co-founder. To read more about the challenges that black bears in Vermont face, go to: <https://www.protectourwildlifevt.org/bears>

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# Michael John (Red) Woolson, Sr.: OBITUARY

July 26, 1946-Sept 9, 2021



Mike Woolson, 75, of Pinnellas Park, Florida, passed away at his home with his loving companion by his side. He fought a long 2 year battle with pancreatic cancer until the very end. He was a loving father, grandfather and great grandfather and loved living his life with the love of his life, Heather Watson, for the past 18 years after he retired early to Florida. He was the son of the late Mary Louise (Woolson) Santy, born in St. Johnsbury, VT, and was raised in Bath, NH. Mike was a true Yankees fan from the time he was a child listening to the games in the attic on an old transistor radio. He could tell you the names, stats and any information you wanted to know about the game of baseball. He opened a baseball card shop in Lisbon and Woodsville, NH. Mike had a love and passion for many hobbies.

He loved playing cribbage, watching a good Yankees game, going to Casinos, setting up at flea markets and collecting coins, which he passed that love onto his oldest son, Mickey. Mike played with the Hobo softball team in his younger years. He also worked at the grain feed store in Woodsville which was known as Ide's for many years.

Mike was predeceased by his wife, Jan Woolson, in 2003, and his brother, Brian Santy, in 2018. He is sur-

vived by his companion, Heather Watson; sons Michael (Mickey) Woolson Jr. and wife Laurie, of Lyman, NH; Maurice Woolson, of Lisbon, NH; stepson, Cheyenne Gretorex and wife Sharon, of Nashua, NH; granddaughters Melanie Millette and companion, Ryan Choate, of Lyman, NH; Melinda Millette and companion, Bill Covey, of Lisbon, NH; and 2 great grandchildren, Trey and Emily. He is also survived by his sister, Cheryl Morrison, of Lisbon, NH; his brother, Bradley Santy and wife Linda, of Homasassa FL; his brother, Allan Santy and wife Chris, of Lyman, NH; and his sister, Sheila Chase and husband, Todd of Monroe, NH. He also leaves many nieces and nephews and a special cousin, Caroline and husband, Albert Lamarre, of Bath, NH. Mike was fortunate to have an extended family in Canada where he met Heather and will be missed dearly.

Due to Covid restrictions, a celebration of life for Mike will be announced at a later date.

# A Real Can Of Worms

by Maggie Anderson

An hour and a half of my morning last Sunday was spent being shamed for watching, while the producers were being accused of creating, a show so popular even now it is impossible to hear the theme song without the image of a barefoot boy and his dad popping into my head.

The producers were accused of ignoring reality, putting blinders on, and basically sugar-coating the view of the real world happenings taking place beyond the studio walls. The suggestion seemed to be the slackers had painted a picture of some imaginary utopia instead, as if it were some sort of crime against humanity to offer a moment's respite in the midst of the chaos whipping across the country at the time.

The line up also featured a huge wedge of their pie promoting, although I'm sure they would not have framed it so, the latest book penned by one of their own. It is a book written about their golden boy's family, some of the richest people who ever lived by the way, the family he wants the viewers to know he spent his life trying to distance himself from. Of course I'm sure the millions it will garner for him has already been ear-marked for those who never even held a silver spoon.

The whole segment was a giant infomercial for their favorite son's new book. I should be so lucky when my next tome hits the book stores.

They spent the bulk of the rest of their allotted time pol-

ishing Hollywood's glitter, trophies, and brass without bothering us too much with the realities every single American is wrestling with, or at the very least watching play out right now.

There was barely a cameo appearance and certainly no spotlight on the ills and issues at hand. Their back burner was filled with items either not important enough or they had no time for, after all the escapades of the elite had been showcased. They ran out of time for news of the massive forest fires, hurricanes and tornadoes, not to mention the confusion and consequences of the pandemic, the growing problems on our southern border, and the recent tragedies in Afghanistan.

When I was a girl my dad always told me the only stupid questions are the ones you don't know the answer to but don't bother to ask. I was a curious child and I am a curious adult. I have some questions about last Sunday's offerings.

When did entertainment stop being a temporary escape from an ugly or uncomfortable existence? When did ducking into a theater for a couple of hours away from the madness become unacceptable? And why is another studio's production the only problem? The TV is filled with so much junk these days a person could make a million if they invented a trash disposal for the home viewer.

Why is it okay for a network many look to for news of current happenings to spend so much of their weekly hour and a half ig-

norning today's realities?

While I'm at it I may as well see if somebody can tell me why the huge influx of Haitians, all 10-12 thousand of them are being flown right back to the unbelievable misery they've endured for years without BLM raising their voices and taking a stand for so many of their people being so cruelly treated.

The difference between the 10-12 thousand Haitians and the hundreds of thousands of Mexicans and South Americans – and who knows how many hate-filled terrorists – is so politically fueled it is impossible to miss.

We have no room for 10-12 thousand Haitians because their government is not close enough, big enough, strong enough, or important enough for us to pay heed to. On the other hand, our MS Harris made it quite clear to us and to Mexico's president we share a special bond. We have a full purse and will continue to fill his and excuse him for his failing to keep our border secured from his side, or do anything to stem the unending flow of the poor and down-trodden seeking solace in the America so many are screaming is a snake pit, possibly the worst place on the planet to dwell.

Finally why are we so worried about who comes in and who gets mailed back when we still have American citizens in the deadly predicament our administration has left them in with no visible efforts to extract them and no interest in answering questions about them?

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Trendy Times reserves the right to accept or reject publication of any letter to the editor or submission of any nature for any reason. *Of course you will need to be really out there for us to turn you down.* We also reserve the right to make slight changes to submissions for readability purposes.

*Thank you for your understanding.*

**TRENDY TIMES**  
*A FREE PUBLICATION*

Not all Times are Trendy, but there will always be Trendy Times  
September 28, 2021  
Volume 12 Number 26



# What About Ma?

by Kellie Quackenbush

## All About Scams

Last night I received a phone call from someone claiming to be from my doctor's office. At my age, when you have your annual check up, there are a great deal of tests, scans (x-rays) and lab work involved. It is not unusual to have someone from the doctor's office call to schedule a follow up.

The person was polite, spoke normal english and identified the doctor that I had recently seen. The person stated they were going to tell me the results from a recent procedure, OK. However, the next question was -- "What is your date of birth?" This sent my fraud alert senses on high. The following statement, "I need to verify your identity." set my teeth on edge.

If the doctor (or anyone from the doctor's office) is calling me, they know that information. They called me, I did not call them. Currently, the people trying to scam senior citizens and people at home, they have the technology to make it look like they

are calling from a trusted agency (like the doctor's office, the sheriff's department or even the IRS) -- caller ID does not help in these frauds. I declined the request to give my birth date, nobody should give any personal information on the phone. Do not give your address, your full name, your phone number (remember, they called you) and be really scared if they ask for the name of your bank and your Social Security number.

So, as an office worker from the hospital (or my doctor's office), I asked the person to transfer the call to another doctor. The person said "I'm working at home and cannot do that." That is when I hung up.

I should have hung up the phone when they asked for my Birthdate. The Civil Service Employees Association, <https://cseany.org/important-coronavirus-updates>, has stated "Scam artists continue targeting seniors, taking advantage of fear and confusion created by the coronavi-

rus emergency.

One scam involves people trying to steal stimulus checks. They are making phone calls and sending text messages and deceptive "phishing" emails to try to obtain personal information from unsuspecting victims.

Beware of any message or caller that wants your personal financial information, such as your bank account or Social Security number. Recent scams include callers claiming to be SSA representatives warning of "benefit suspensions."

Online, there are several sites that warn of scams and how to avoid them. The scams and frauds have gotten so very bad that many government agencies are spending a great deal of time and effort to stop them. Until they get caught, you need to be on alert. Per <https://www.usa.gov/common-scams-frauds>, "During the COVID-19 pandemic, scammers may try to take advantage of you. They might get in touch by phone, email, postal mail, text, or social media. Protect your money and your identity. Don't share personal information like your bank account number, Social Security number, or date of birth. Learn how to recognize and report a COVID vaccine scam and other types of coronavirus scams."

## The Two Unappreciative Departments

By Cyndi Wellman

We all have gone to the local hospital and seen how each department works. We may not know the details. Each employee / board member / volunteer has to greet you with a friendly smile / hi.

You should really appreciate the following: Kitchen and Material Management--without these two, the hospital would be lost. They are the least recognized and very physically demanding jobs. You will see them on their feet a lot, phone calls / computers, making whatever department needs supplies happy. Prepping and cooking for the hospital patients and staff. Keeping



the Kitchen area clean and neat looking, etc. These two departments put in long hours without hardly any breaks.

Some ways to make them feel appreciated. Always let them know they are doing a good job. Sincerely, thank you! Another way is getting High School students in-

involved. Future Career choices! Volunteers are always welcome too! Last maybe in the hospital some of the staff / slow days from other departments could assist. once in a while.

Everybody should be a team in a Professional atmosphere!





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# The USSR #6

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.*

We returned home after a very long flight from Moscow, Helsinki, Montreal, New York and Boston, as well as an hour's bus ride. As I recall, we slept the whole day away at home.

When we returned to school, I passed out the nesting dolls to each student, as well as a colorful Russian pencil. The kids were thrilled and asked all kinds of questions about our trip. They took turns putting on my fur hat. I told them about the quilt that I would make.

In the next week or so I did put the quilt together (I still have it, although the worse for wear). We hung the quilt in the hallway near the school office so that everyone could see it. My kids explained the meaning of the squares. Eventually we got our films developed into slides and I was able to show them pictures of the Russian students holding up the square that he or she made.

We got interviewed by the local newspaper, and got invited to speak to different groups in the area. It was fun to talk about our trip and there were many questions we got asked.

The following year, we hosted a man and a lady from Russia for several days. They were part of a group of teachers who were visiting the US, and what an experience that was! They were amazed at our supermarkets and couldn't believe

the displays of vegetables and fruits. We gave them \$50 each to spend at a store like Zayre's. The lady spent her money haphazardly, but the man was very careful and spent his money to the penny.

I invited several friends to share a Thanksgiving-type meal with us and the Russians. I believed that they should have a typical American meal. They loved the vegetables! I was surprised because the vegetables are typical Russian fare. I was surprised they didn't say much about the turkey.



One evening we showed them the slides we had taken on our trip, and they told us a lot of background that we were not told when we were there. One photo was of a chandelier at the Hermitage, and the man told us that it had been dismantled one piece at a time by a worker there.

When we showed a slide of a line of people outside a store, he said they were waiting for vodka. We had been told they were waiting for shoes.

They loved our McDonald's and went back several times. McDonald's is unaffordable to most Russians.


We were sorry to see them go, and I suspect they were sorry to leave. Our lifestyle was so different from theirs, even to living in a single family home. Their suitcases were bulging when they left; I gave them every pair of jeans we owned and they were thrilled.

By the way, we received our Income Tax refund and paid my mother-in-law what we owed her. I think she was surprised.

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## Grafton County Forest Timber Harvest 5 Years Later: What's Growing?

The most recent timber harvest on the Grafton County Forest was completed in the winter of 2016, as part of a long-term forest management plan. Most of the harvest consisted of patch cuts to regenerate a variety of trees, shrubs, and other plants for wildlife habitat and future timber growth. We will look at how forest has responded to the harvest treatments. The workshop will be held Thursday, September 30, 2021 from 4:00-5:30pm, starting at the Grafton County Farmstand, 3855 Dartmouth College Highway, North Haverhill.

Join UNH Extension, Natural Resources Conservation Service, National Wild Turkey Federation, and Grafton County Conservation District to explore the harvest area and see what's growing. We'll observe,

identify, and discuss regeneration, young forest habitat, and compare the patch cuts with adjacent mature forest to illustrate the importance of having a variety of species and age classes. We'll also discuss the forest management plan, past management and what's next. Please contact Pam Gilbert for more information at [pamela.gilbert@nh.nacdnet.net](mailto:pamela.gilbert@nh.nacdnet.net) or 603-787-6973.

The road to the site has several water bars that need to be crossed. People with small cars will need to carpool from the Grafton County Farmstand parking area. Masks in cars with passengers are required. The event will be held rain or shine and there will be some moderate walking, please bring appropriate clothing and footwear.

## A Few MOre Words About 9-11 Tributes

by Gary Scruton

Back on Saturday, September 11, there were two 9-11 tributes held in the town of Haverhill. I was proud to be able to take part in both of these events as a member of the local American Legion Post. But that is certainly not the point of these words.

The first event was held at the still developing VFW memorial area on the VFW Field, behind the municipal building in North Haverhill. This portion of the day was mainly created due to the Ladies Auxiliary of the Haverhill Memorial VFW Post #5245 in North Haverhill. They invited plenty of law enforcement, fire and EMS units as well as the military to attend, show off some of their material or equipment, and even the opportunity to speak.

A second part of the ceremony was that a certificate of appreciation was made out, signed by commanders of both the VFW and Legion along with their Auxiliary Unit presidents, and handed out to a representative of each of many local fire, law enforcement and EMS units.

A third aspect of the day was a bit more jovial. Again this was thanks to the VFW Auxiliary. What are known as "Survival Kits" were assembled for police and fire personnel. The Firefighter

Survival Kit included; Life savers: to remind you of the many times you've been one. Starburst: for that burst of energy you'll need. Hershey Kisses: because you deserve lots of kisses for all that you do. Gum: to help your unit stick together. Peppermint Patty: to help you keep your cool. Snickers: to remind you to keep your sense of humor.

The Law Enforcement Officer kit also had Payday: since you're not doing it for the money. Tootsie Roll: because you have to roll with the punches. Mounds: for the mounds of courage you show.

Thanks can never be enough for those who step up to fill these many important positions that we all know about, are happy to support, but hope we will never need.

# Chronic Inflammation

by Melanie Osborne

Inflammation is a natural reaction to injury or infection. The infected tissues swell, redden, become warm and tender, and are often painful. Too much inflammation can do the body harm, however, leading to immobility, weight loss and sometimes gain, and a weakening of muscle tissue and the power to fight disease. Disorders that involve specific types and/or locations of inflammation include bursitis, carpal tunnel syndrome, fibromyalgia, osteoarthritis and tendinitis, just to name a few. Cardiovascular disease also may be at least partially a result of inflammation in the linings of the arteries. Things that can trigger inflammation include drug overdose (over the counter and prescriptions), exposure to environmental toxins, free radical damage, infections, injury and bacterial, fungal or viral infection.

Any organ or tissue of the body, internal or external, can become inflamed. Internal inflammation is often caused by bacterial infection but can also be caused by disorders such as allergies, anemia, arthritis, asthma, autoimmune diseases, Chron's disease, osteoarthritis, peptic ulcers disease or ulcerative colitis. Bacterial arthritis, which causes painful inflammation of the joints, is usually associated with an infection elsewhere in the body, such as the lungs, kidney or gallbladder.

Always an excellent plan to eat at least 75% raw foods, especially fruits and vegetables, and drink plenty of herbal teas and juices. Drink at least half of your body weight in water daily. Eat foods high in flavonoids, which are antioxidants and useful for inflammation reduction, such as spinach and blueberries. Quercetin found in onions, is good for

insulin. Consume half of a fresh pineapple or fresh papaya daily. Pineapple contains bromelain and papaya contains papain, both enzymes that reduce swelling and inflammation. It should reduce the pain and swelling in two to six days. Only fresh pineapple or papaya (not canned) is effective. Bromelain is also excellent capsule form. Eat cold-water fish such as herring, salmon, sardines as they are rich sources of essential fatty acids. Of course, eliminate all soda, sugar white flour and other junk foods.

Herbal choices for inflammation and healing include: **BOSWELLIA TREE:** (Boswellia Serrata), A natural gum resin that detoxifies the joint tissue and supports comfortable movement; supports the body's natural response to inflammation; promotes healthy circulation while soothing and cooling the joints. Also known as Indian Frankincense, has a long history of use in religious ceremonies. As a medicinal herb, the gum resin is used to detoxify the joint tissue. It is said to be healing due to its support of healthy circulation, and cooling because of its soothing action on the tissues.

**BROMELAIN:** (Ananas Comosus) is a protein-digesting enzyme found in the stem and fruit of the pineapple plant. Bromelain is best known for as a digestive aid and for its anti-inflammatory effects after traumatic injuries and surgery. It "releases" inflammation by breaking down proteins in swollen tissues. It also helps the digestion of proteins, stops blood clot formation, and has anti-viral properties. Bromelain is used to treat heart disease, arthritis, and upper respiratory tract infec-

tion. Bromelain contains lipase, amylase and protease, as well as cellulose and lactase; has been shown to significantly improve absorption of nutrients, especially essential fatty acids & zinc.

**OLIVE LEAF** (Olea Europaea) fights all types of bacteria, viruses, fungi, and parasites. Helps stave off colds and flu. May have anti-oxidant properties. Has shown potential for lowering high blood pressure. Good for virtually any infectious disease, as well as chronic fatigue syndrome, fibromyalgia, Candida Albicans, heart disease and high blood pressure, herpes virus infections, yeast infections, diarrheal diseases, inflammatory arthritis and psoriasis.

**WHITE WILLOW BARK:** (Salix Alba), A bitters tonic herb most generally used to treat headache pain and nervous system disorders without the stomach irritation properties of aspirin. (Aspirin is a synthetic extraction of white willow). Primary Uses: as an anti-inflammatory specific in headache combinations; as a analgesic for the pain of arthritis, bursitis and gout; for sore muscles and tendons; to lower fever through increased blood flow and sweating. Nutrients: calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 & C.

*Melanie Osborne is the owner of Thyme to Heal Herbs and practices 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, Massachusetts.*

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

## Red Clam Chowder

Hello hello my fellow chefs! How are you all doing today? I'm doing good. I haven't made today's recipe in a very long time and I'm happy to share it with you all. Some red chowder recipes are too tomatoey but this one has stewed tomatoes that are chopped up in your food processor. It gives you a nice flavor without overpowering the clam juice flavor. Sometimes this chowder is called Manhattan clam chowder. I say it with a Rhode Island accent so I call it "chowda! Any way you want to say it is okay because this recipe is easy peasy and "Delicioso ". Let's get started with today's recipe and how to make it.

### Ingredients

- 32 oz. or 4 - 8 oz. bottles clam juice
- 2 - 6.5 oz. cans chopped clams
- 1 can 14.5 oz. stewed tomatoes
- 2 tsp Old Bay seasoning
- 1 tsp sea salt
- 1 tsp Paprika
- 4 large white potatoes (cut in bite size cubes)
- 2 long slender carrots (small pieces)
- 1 medium onion chopped small
- 1 stalk celery chopped small



### Oyster Crackers

When you cut the celery, slice lengthwise in 4 strips then cut crosswise to get nice small pieces.

In large soup pan put the clam juice in and begin to heat over low to medium. Drain the juice from the chopped clams and add to pan. Set the clams aside. In food processor chop stewed tomatoes, add to pan. Add all your seasonings the Old

Bay, sea salt and the paprika. Bring to a slow boil then add the potatoes, carrots, onions and celery. Simmer for 45 minutes to 1 hour until all vegetables are nice and tender. Add the chopped clams and heat through. Shut off stove and leave pan covered for 1/2 hour. Ladle into soup bowls and enjoy with some oyster crackers.

I served my chowder with a grilled cheese with tomato and a small salad. When you make the grilled cheese try spreading mayonnaise and sprinkle Parmesan cheese on the bread instead of butter. It comes great, nice and toasty brown. Yummy!

Feel free to dip your grilled cheese in the chowder. If you have any leftover chowder it tastes great reheated.

I hope you try this "chowda ". You will be a star for making such an awesome dinner.

If you have any questions please contact Gary and I will help you out. Bon Appetite and stay healthy. Enjoy! Until next time I am signing off.  
Sincerely,  
Cin Pin

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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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