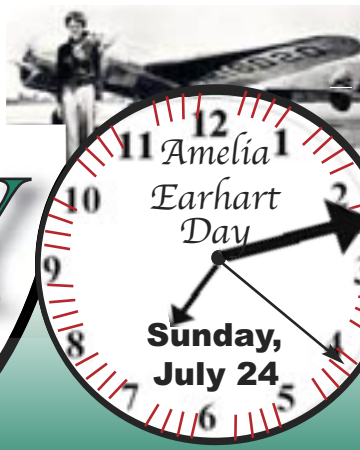


A FREE PUBLICATION

TRENDY



Next Issue: Tuesday, July 26
Deadline: Thursday, July 21

TIMES

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JULY 12, 2022 VOLUME 13, NUMBER 20

NH Liquor Commission Unveils New Commemorative Bottle

Concord, NH – The New Hampshire Liquor Commission (NHLC) recently released its latest commemorative bottle, which is molded in the shape of the state of New Hampshire and features well-known Granite State attractions and landmarks, including Mount Washington, Lake Winnepesaukee and Santa's Village. The new Granite State commemorative bottles are available at select NH Liquor & Wine Outlets for \$29.99 each. Proceeds from sales of the bottle, which is filled with premium straight Kentucky bourbon, will support the preservation and restoration of the New Hampshire Hall of Flags.

NHLC launched its commemorative bottle program in 2013 to raise funding for the New Hampshire Hall of Flags at the State House, which

houses 115 war-torn, blood-stained battle flags from the Civil War, World War I, World War II and the Vietnam War. Since the program was launched, bottle sales have generated more than \$225,600, supporting the preservation and restoration of the deteriorating flags that are displayed at the main entrance of the New Hampshire State House.

"I am pleased this year's commemorative bottle showcases much of what New Hampshire has to offer and celebrates our state's storied history," said Governor Chris Sununu. "The New Hampshire Liquor Commission's commemorative bottle program has been a resounding success in raising an incredible amount of money for New Hampshire's historic Hall of Flags over the past nine

years."

In 2012, State Senator David Watters co-sponsored Senate Bill 155, which called on NHLC to produce a commemorative liquor bottle with proceeds going to the flags' preservation. Other sponsors at the time included Senator David Boutin, House Speaker Terie Norelli, and Representatives David Hess and Janet Wall.

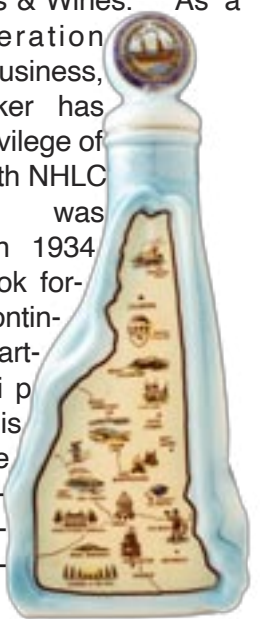
Since 2013, NHLC has developed commemorative bottles depicting the iconic Old Man of the Mountain, a New Hampshire camping theme, the Hall of Flags itself, and most recently, the New Hampshire State House, which was the first bottle to be filled with bourbon. Previous bottles were filled with premium vodka, rum and American whiskey.

"There are so many won-

derful things about New Hampshire and to showcase some of the Granite State's most popular attractions and places on this year's commemorative bottle is really special," said NHLC Chairman Joseph Mollica. "We are pleased to offer this unique bottle to our 12 million annual customers as more tourists come to visit this summer – all while raising funds to help preserve and celebrate our state's rich history."

M.S. Walker Fine Wines & Spirits developed the Granite State commemorative bottle on behalf of NHLC. M.S. Walker, founded in 1933, is a fifth-generation, family-owned spirits bottler, wine & spirits importer, and wholesale distributor. The company has been a business partner with the State of New Hampshire for more than 80 years.

"We are proud to partner with the State of New Hampshire and NHLC once again to produce a one-of-a-kind, limited-edition ceramic bottle that encapsulates New Hampshire's history and beauty," said Gary Shaw, Executive Vice President, M.S. Walker Fine Spirits & Wines. "As a fifth-generation family business, M.S. Walker has had the privilege of working with NHLC since it was founded in 1934 and we look forward to continuing our partnership through this unique commemorative bottle program."



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TRENDY Dining Guide

Kitchen Counter Cafe

by Gary Scruton

It is great to find a place of business that truly stands by its name. The Kitchen Counter Cafe, on Railroad Street in St. Johnsbury is one of those spots. Janice and I made the drive up to the heart of St. Johnsbury on a Sunday morning. We parked just a bit before the Cafe so that we could enjoy a short walk and get some fresh summer air. To be honest it was late Sunday morning. We arrived at 10:35. One of the reasons I remember the time so well is that the Kitchen Corner Cafe has a very unique clock on the wall.

As we walked into the Cafe it was hard to not notice that it is not a large facility. There are two rows of tables and a path down the middle that takes you right to

the counter space. The girl behind the counter already had customers standing there looking over menus but she quickly acknowledged us and handed us menus. With those in hand we turned and found one of the tables. One side of the room has a long bench with small two person tables in front of it and a single chair on the other side. It was obvious that people could easily push two tables together if there was a party of four. The other side even had a spot for up to six to sit together.

The menus we were handed had both breakfast and lunch choices, and as I heard the counter person say to someone else, both were available. Janice and I both settled on the breakfast

end of things. With both orders in mind I went back to the counter to place our order. Janice had chosen the breakfast burrito and a cup of coffee. I went with the omelette with onions, peppers and ham. I was asked about a cheese choice and of course I went with cheddar. Plus a choice of breads for toast, wheat, please. With the order placed and rung up I paid the total of \$28.34 with a credit card, then took a little number sign back to the table and Janice and I then walked over to the coffee bar to choose a coffee mug and a coffee choice from several self-serve pots. There was also water available and glasses.

While we waited for our meals to be served to us we

could hear plenty of conversations and had a chance to look at the bakery offerings in a glass showcase just before the ordering counter. I even heard the counter girl taking an order over the phone for some of their offerings.

Janice's burrito and the order of home fries came out together and were very shortly followed by my omelette. The table was just the right size in order to leave the home fries in the middle while we each had our plate up close. To be honest I did eat most of the home fries that were nicely browned and cooked all the way thru. We believe that the occasional loud chop we heard from the Kitchen area was the cooks turning another potato into an order of home fries.

My omelette had plenty of

flavor. The peppers, onions and ham were put on top of the egg before it was flipped and therefore had not been cooked down to only a percentage of their original size.

Janice's burrito had scrambled eggs, tomatoes, onions, peppers, sausage, cheddar cheese and came with sour cream and salsa on the side. This was all wrapped up in a warm flour tortilla. We were both quite happy with our choices of meals for the day.

When we had finished our meals we had done enough observation that we knew to bus our own table as there was a dirty dish and garbage can area right behind me. With that done Janice made one more trip to the front counter to leave a cash tip for the very personable staff.



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Weeks State Park Summer Program: Bear Behavior by Ben Kilham

Renowned wildlife biologist, Ben Kilham, returns to our Park to talk about his firsthand experience studying black bear behavior. For more than 25 years Ben has been raising and rehabbing orphaned, injured and abandoned cubs with the goal of reintroducing them into the wild. He has successfully accomplished this with over 300 bear cubs from the Kilham Bear Center in Lyme, New Hampshire.

Careful observation, study and close interaction with black bears has resulted in Ben's amassing a knowledge of this unique creature and its behavior that is perhaps without parallel. For example, Ben's discovery that the black bear demonstrates a social behavior called "altruistic reciprocity" was groundbreaking. Ben found that black bears exhibit a cooperation with both kin and strangers by sharing food resources within their habitat. In a winter where beech nuts are plentiful in one location of the bear's territory and acorns are not, bears from the oak forest are allowed to partake of beech nuts in the adjoining territory. In a subsequent winter, when acorns are abundant, the situation may be reversed. It might be argued that the only other creatures that exhibit this behavior are humans. Ben's

presentation and his photos, as always, are sure to educate and fascinate.

Ben Kilham Bio: PhD. Environmental Sciences, Drexel University, 2015. B.S., Wildlife Biology, University of New Hampshire, 1974. Author of: Among the Bears, Raising Orphan Cubs in the Wild, Out on a Limb, and What Black Bears Have Taught Me about Intelligence and Intuition

This event is made possible by a generous donation from the Beliveau family in the memory of Joe Beliveau.

This program will be in the Great Room of the Summit Lodge of Weeks State Park and will begin at 7pm on Thursday, July 14.. Come early and bring a picnic supper, or climb the Fire Tower for one of the best views north of the notches. Weeks State Park is located on the east side of Route 3, approximately 2 miles south of Lancaster, NH. Carpooling is strongly suggested if possible for the events.

The summer programs are sponsored by the Weeks State Park Association, NH Division of Parks, and UNH Cooperative Extension. "Thank You" to our local business supporters who help make the summer program series possible.

Linda Scherf for Weeks State Park Association

The Weathervane Theater Presents Eurydice

by Gary Scruton

Janice and I were lucky enough to recently have the opportunity to travel a bit north to Whitefield and visit the Weathervane Theater. They are in the midst of their 57th year of what is known as repertory theater. This means that they have a number of shows all being performed at the same time. Not two or three shows a night, but two or three shows on alternating nights of the same week. It must be a well oiled machine in order to take down one stage set and put up the next, not to mention the large cast that needs to rehearse on various sets.

But this story is about the production we saw on this particular evening. The story of Eurydice. It is a modern take on the story of Orpheus from the time of the Greek Gods. But as the director said before the production even started that evening, "forget all you know about Orpheus". Just sit back and enjoy. Well we did.

One of the first things that came to my mind after the production was over was how they had been able to create an "underworld" as well as a world of the living, both on the same stage, and also to be able to connect the two. Not only did the performers on stage hold up their end of the production, but the lighting crew, the sound staff, and the direc-



tion all blended together to make the night not only enjoyable, but made the ninety minute production feel like both a short time and a long time.

I could tell you the story in this column, but I would not be able to do it justice. This play can be viewed from almost as many angles as there were members of the audience. One could go deep into the meaning of the words spoken and the actions taken. Or one could stay on much higher ground and just enjoy the music, the voices, the movements and

the feel of the actors. Or one could also get into the details of how the lights worked or the sound was adjusted or even the expressions on the faces of the more than adequate performers. It is virtually impossible to tell anyone how they could, or should, come out of this performance. Let me simply say that I feel a trip to Whitefield to see "Eurydice" is an experience not to be missed. And if the rest of the schedule is anything like this one, it will be an entertainment filled summer.



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Also thank you to all those who joined in the parade, decorated their windows or bought raffle tickets.

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Security Grants Available to Schools

The New Hampshire Public School Infrastructure Commission met on July 7 to open the grant application process for schools seeking funds to enhance infrastructure security: access control, surveillance and emergency alerting. "School security is at the forefront of everyone's mind. Offering this new pool of funding for the implementation of crucial school security projects underscores our ongoing commitment to help ensure the security of New Hampshire children," said Frank Edelblut, Education Commissioner.

The Security Action for Education (SAFE) grant application includes two grant award windows. Phase I extends from July 5 through July 22. Schools applying for grants during this phase must complete the SAFE application and submit the application through the online portal located at:

https://prd.blogs.nh.gov/dos/hsem/?page_id=3422. SAFE grants will be ranked by NH Homeland Security and Emergency Management, reviewed by the NH Department of Education and submitted to the Public School Infrastructure Commission for consideration and recommendation. All recommendations will then be forwarded to Governor and Council for approval. A total of \$3.3 million in grants will be awarded to public schools during the early Phase I process. The maximum award to any one school is \$100,000, unless an exemption is approved by the Governor, in consultation with the Public School Infrastructure Commission.

A total of \$10 million in SAFE grant funds has been allocated to Phase II of the program. This phase of the program, supported by federal funding, is available to

public and non-public schools. Applications for this round must be received by 11:59 p.m. on August 26.

For both allotments, projects that address the highest priority risks will be prioritized for grant awards. Funds allocated to Phase II are available from the American Rescue Plan Act State Fiscal Recovery Fund (through the Governor's Office for Emergency Relief and Recovery), and will be distributed to schools using the process established and approved by the Public School Infrastructure Commission.

Awards do not require a local match. This is due to timing within the current budget cycle and the need to expedite projects this summer and fall. All grant requests to the Public School Infrastructure Commission must be accompanied with assurance documentation stating that the school district or school has met with and has project support of local officials: Chief of Police, Emergency Management Director, and Chief of Fire Department-EMS.

The SAFE Grant Program will provide a total of \$13.3 million supporting prioritized security needs in New Hampshire schools. This funding is in addition to the \$28.5 million allocated during the previous School Safety and Security Preparedness grants awarded in the past two years. School districts are encouraged to engage in this security grant award process. Further information can be obtained from the NH Department of Education and the NH Homeland Security and Emergency Management.

Respectfully Submitted,
NH Rep Rick Ladd
Chairman, Public School Infrastructure Commission

Cathy Qi Running For State Representative

Cathy Qi of Bethlehem is running for a seat in the House of Representatives in the newly created District 2 of Grafton County. The single-seat district encompasses the towns of Bethlehem and Franconia.

If elected, Qi will be the first Asian-American to serve in the House from both towns. Before moving to Bethlehem with her husband, Qi worked as manager for sales and marketing for major international companies after achieving her MBA in marketing from Drexel University in Pennsylvania. She currently serves as a global account manager from Morrison Express Corporation USA.

Qi is focused on policies that champion small business promotion, reducing taxes, and defending education from divisive concepts. Her experience as a small business owner has allowed her to identify some of the deficiencies state regulations impose on New Hampshire taxpayers. "I want to make sure the state meets its obligations to the people by ensuring help gets to those in need in a timely manner whether it's an indi-



vidual or a business", said Qi. "At the same time, we should look for ways to make our government more efficient." She stated that, "My family chose New Hampshire, the North Country and specifically Bethlehem for our home because of the beauty and the goodness of its people."

"I have the time and energy to serve the people of District 2, and I respectfully ask for the voters' consideration," said Qi.

Cathy resides with her husband and daughter. Her son just graduated college and is now working as a mechanical engineer in Seattle.

For more information voters can call Cathy Qi at 603-869-7920 or email her at cathyqi2017@gmail.com

Volume 13 Number 20 July 12, 2022

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Gary Whitehill Announces for Coos County District 3 State Representative

Colebrook, NH – Gary Whitehill has officially announced his run for the lone District 3 State Representative seat, covering Columbia, Colebrook and Stewartstown. It is a district close to his heart, as the Whitehill family have been rooted in the North Country for over 220 years. Gary's declared mission is to revitalize the North Country because people above the notch deserve a healthy, vibrant economy which brings with it safety, security, and an ability to take care of their families.

Gary recalls the exact day he decided to head to Concord and fight for a better North Country and eventually a better New Hampshire. It was after a conversation with his Aunt Ruth Whitehill at her home in Columbia alongside his cousin "Peanut" Lyons of Colebrook and his mother, Sallyann Whitehill, who lives in Stewartstown. All three women strongly believe the North Country is losing its Yankee-inspired way of life. Knowing all three women were correct, Gary realized that if he did not stand up for what the North Country believes in, then Concord would choose the way forward for the region.

Driven and relentless best describe Gary. He was the first in his family to ever attend college. As a Division I athlete in football and track and field at the University of Connecticut and then Central Connecticut State University (CCSU), he worked full-time as a shoe salesman at Nordstrom to pay the bills. He graduated CCSU with three undergraduate degrees in management, marketing and entrepreneurship.

In 2015, Gary returned to

his roots to the North County. In the local community, Gary has become a Colebrook Kiwanian, a trustee for Stewartstown's trust funds, re-started the Colebrook Area Republican Committee (CARC) and became an NHGOP State Committee member. In talking with people he meets all around New Hampshire, Gary has noted how workers, business owners, and families feel ignored by local and state governments. These sentiments by North Country residents fuel Gary's campaign trail, and he is putting action behind his commitment and determination to lead in Concord.

Moving forward, Gary is publicly committing to representing District 3 in Concord and throughout the state, every single day. "It is no secret that Concord intentionally forgets anything above the notch. With property tax rates through the roof, gas prices changing by the hour as inflation eats away at our wages, industries, and tourism prospects, we need a strong, visible and vocal leader for the people of District 3," he said.

Gary's vision of a way forward for the North Country while in Concord is to restore and regrow the Yankee way of life to support residents and families while strengthening the business environment. "That begins three-fold: we deal with the drug problem, attract young working families who share our values and grow more small businesses in the area to provide good jobs."

Gary is steadfast in his belief that Yankee values are the only way forward for healing today's deep divisions across the USA. "America was founded on Yankee values. That is why our State has



Gary at the NH Statehouse with Secretary of State, David Scanlan.

been a first mover on so many things throughout history, because we were grounded in those values. It is also why we must lead again from our Yankee foundation if we're going to rebuild and revitalize America for all the people whose blood, sweat and tears have held our Constitutional Republic together for the past 235 years."

Gary has pledged to bring prudent action and sound judgement to Concord. He also pledges to use common sense to make better decisions, which are guided by his core values of integrity, excellence, and vigilance. Anchored in his North Country roots and keeping his global experiences top of mind, Gary said, "this campaign is not about me. In fact, it's about everyone else but me. This is the only way I can ensure North Country voices are heard at all costs in Concord, and I will do so dutifully and faithfully, because I love the North Country and its people."

Details about Gary's positions, along with news stories and videos about his career and philanthropic works, can be found online at www.garywhitehill.com.

Haverhill Ceremony to Honor Boston Tea Party Participant



The Boston Tea Party Ships & Museum and Revolution 250 are gearing up to celebrate the 250th anniversary of the Boston Tea Party on December 16th, 2023.

In honor of this important anniversary, the Boston Tea Party Ships & Museum hopes to commemorate the bravery of the Boston Tea Party participants by placing commemorative markers at the graves of known Boston Tea Party participants throughout New England

and the nation.

Haverhill, New Hampshire is the final resting place of Boston Tea Party Participant: Ebenezer Mackintosh born 1737 – died 1816 and buried in the Horse Meadow Cemetery. The ceremony will take place on Saturday, July 16, 2022, at 1:00pm. The public is cordially invited to attend the ceremony to place a commemorative marker on Ebenezer Mackintosh's grave.

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Calendar of Events

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

TUESDAY, JULY 12

FOOD TRUCK POP-UP

4:00 - 7:00 PM

Trailhead Pavilion, 195 Bay Street, St. Johnsbury

REDUCED TILLAGE AS A CLIMATE ADAPTATION

4:00 - 6:00 pm

Cedar Circle Farm, 225 Pavillion Rd, Thetford, VT

NGCRC MONTHLY MEETING

6:00 PM Coffee 6:30 PM Meeting

Kuttketib Elks Club, Bethlehem

WEDNESDAY, JULY 13

ROSS-WOOD POST #20 AMERICAN LEGION MONTHLY MEETING

6:00 PM

4 Ammonoosuc Street, Woodsville

THURSDAY, JULY 14

BEAR BEHAVIOR BY BEN KILHAM

7:00 PM See Article on Page 3

Weeks State Park, Lancaster

FRIDAY, JULY 15

FAIRYTALE THEATER "LOST IN WONDERLAND"

2:00 PM Tickets are \$5.00 at the door

Court Street Arts, Haverhill

SATURDAY, JULY 16

NATURE JOURNALING

9:00 AM - 12:00 PM See Article on Page 16

Weeks State Park, Lancaster

BOSTON TEA PARTY PARTICIPANT

1:00 PM See Article on Page 5

Horse Meadow Cemetary, North Haverhill

FIVE FEST MUSIC & MARKETS

5:00 - 7:00 PM in Bradford

7:00 - 9:00 PM in Fairlee

COLD CHOCOLATE IN CONCERT

7:30 PM Tickets \$20.00 www.courtstreetarts.org

Alumni Hall, Haverhill

SAM BUSH IN CONCERT

8:00 PM See Ad on Page 6

Colonial Theater, Bethlehem

MONDAY, JULY 18

HAVERTHILL SELECT BOARD MEETING

6:00 PM

Clifford Memorial Building, Woodsville

THURSDAY, JULY 21

LYDIA GRAY AND FRIENDS.

7:00 PM Tickets \$20 at the door

Alumni Hall, Haverhill

See Article on Page 8

EXEMPLARY COUNTRY ESTATES OF NH

7:00 PM See Article on Page 6

Weeks State Park, Lancaster

FRIDAY, JULY 22

FAIRYTALE THEATER "NEVERLAND"

2:00 PM Tickets \$5.00 at the door

Court Street Arts, Haverhill

SATURDAY, JULY 23

COMMUNITY YARD SALE

9:00 AM - 3:00 PM, Call: 802-333-9507

Fairlee Town Common

FIVE FEST MUSIC & MARKETS

5:00 - 7:00 PM in Bradford

7:00 - 9:00 PM in Fairlee

SUNDAY, JULY 24

ACOUSTIC MUSIC JAM

12:00 - 3:00 PM

Clifford Memorial Building, Woodsville

WEDNESDAY, JULY 27

VILLAGE HARMONY

7:00 PM. Admission by donation.

Court Street Arts, Haverhill

WEDNESDAY-SUNDAY, JULY 27-31

78TH ANNUAL NORTH HAVERHILL FAIR

www.nohaverhillfair.com

1299 Dartmouth College Highway, North Haverhill

FRIDAY, JULY 29

FAIRYTALE THEATER "LITTLE RED RIDING HOOD"

2:00 PM. Tickets \$5.00 at the door

Court Street Arts, Haverhill

SATURDAY & SUNDAY, AUGUST 6 & 7

45TH ANNUAL ORFORD FLEA MARKET

Sat. 9-5, Sun. 9-4 See Ad on Page 11

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MONDAY-FRIDAY AUGUST 8-12

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WEEKLY EVENTS AT

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ANTIQUÉ STROLLERS WALKING PROGRAM

Monday – Friday from 11:00-12:00

MOVEMENT AND STRETCH CLASSES Tuesday and Thursday afternoons

1:00 – 2:00 PM

PICKLEBALL

Tuesday & Thursday evenings at 6:00 PM Saturday mornings at 9:00-10:30 AM

LINE DANCING every Wednesday evening 6:00

- 7:00 PM

Weeks State Park Summer Program: Exemplary Country Estates of NH

In the early 20th century, the New Hampshire Board of Agriculture launched a program to boost the rural economy and promote tourism through the sale of abandoned farms and estates to summer residents.

After describing the country house movement, Cristina Ashjian will focus attention on some of the great country estates featured in the New Hampshire program between 1902 and 1913. Which private estates were recognized as exemplary, and who were their owners? Using historic images and texts, Ashjian discusses well-known estates now open to the public such as The Fells on Lake Sunapee, The Rocks in Bethlehem, Saint-Gaudens National Historic Site in Cornish, and she included local examples when possible.

Cristina Ashjian is an art historian and an independent scholar based in Moultonborough, where she is

presently the chair of the Moultonborough Heritage Commission. Her current research focuses on late 19th- and early 20th century country estates. Ashjian holds a MA in History of Art from the Courtauld Institute of Art, University of London and a PhD in Modern Art and Architecture from Northwestern University.

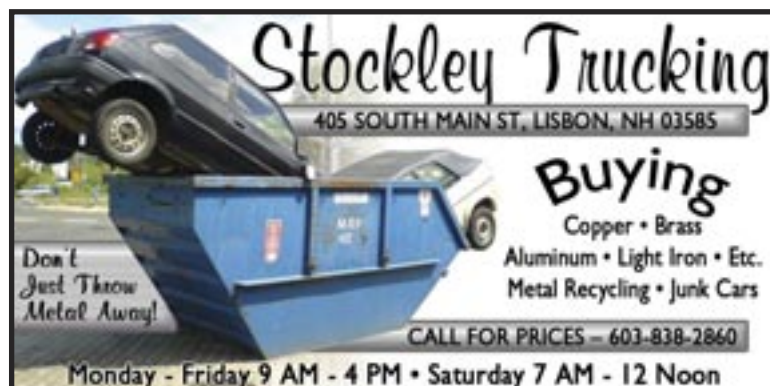
This program is sponsored by New Hampshire Humanities.

This free program will be in the Great Room of the Summit Lodge of Weeks State Park and will begin at 7pm on Thursday, July 21. Come early and bring a pic-

nic supper, or climb the Fire Tower for one of the best views north of the notches. Weeks State Park is located on the east side of Route 3, approximately 2 miles south of Lancaster, NH. Carpooling is strongly suggested if possible for the events.

The summer programs are sponsored by the Weeks State Park Association, NH Division of Parks, and UNH Cooperative Extension. "Thank You" to our local business supporters who help make the summer program series possible.

Linda Scherf for Weeks State Park Association



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For full regulations and schedule please check our website at:
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ART & PHOTOGRAPHY SHOW

Items must be brought to the fairgrounds on
Sunday July 24, from 4:00 - 6:00 pm or Monday, July 25 from 5:00 - 6:00 pm
Go to www.nohaverhillfair.com for complete rules & registrations.
Brandi Young: youngsphtotgraphy98@gmail.com



EDITH G. HENSON MEMORIAL FLOWER SHOW

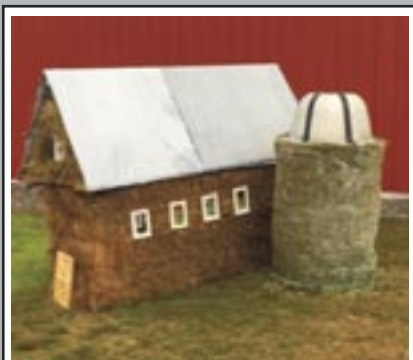
Items must be brought to the fairgrounds on Wed., July 27, 3-6 pm, Thu., July 28 3-6 pm
or on Fri., July 29 from 8:00 - noon. Go to www.nohaverhillfair.com for complete rules.
Hannah Leland: hannaheland@gmail.com



CRAFTS AND COLLECTIONS



Items must be brought to the fairgrounds on Sunday, July 24 from 1:00 to 6:00 pm.
Go to www.nohaverhillfair.com for complete rules. Jane Oakes: 603-272-4928.



HAY BALE ART

Theme: Travel To The Fair
Bales can be placed beginning Sunday, July 24
Must be in place by Wednesday, July 27
Call (603) 443-2856




Kiddie Pedal Tractor Pull
Saturday, July 30 • 3pm
Kennedy Arena
Prizes for all Participants
Debbie Bigelow: 603-787-6524

New For 2022 Corn Hole Tournament
Sponsored by: Salt Hill Pub

Sunday, July 31
10:00 AM

North Haverhill's Got Talent
Sunday, July 31
Please Pre-Register by Tuesday, July 26
Email: donvogt@audiofarmpro.com
or call 603-787-9992
Preliminary Round 1:00 PM • Finals to follow
Cash Prizes for Top Three Contestants

King Arthur Baking Contest
Drop Off
Wednesday, July 27
8:00-10:00 am or
3:00-6:00 pm
Junior & Adult Classes


Hand Mowing Competition
Thursday, July 28

10:00 AM

Kiddie Parade
Saturday, July 30 -
11:00 AM
Debbie Bigelow:
603-787-6524


Log Loader Competition
Thursday, July 28
7:00 pm
\$1,000.00 to Win

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Horseshoe Tournament
Sunday, July 31
Doubles then Singles
9:30 AM
\$5 Entry fee • NHPA rules apply
Cash Prize for 1st place only

• Farm, Antique & Enhanced Tractor Pull
• Stock & Modified 4x4 Truck Pull
• SUV, 6 Cyl & 4 Cyl
Demolition Derbies
• Ox, Pony & Horse Pulling Events
• Classic Car Show
• Open Ox Show

Lydia Gray in Concert July 21 for Help Kids India

"A Song For India," a benefit concert for Help Kids India by Lydia Gray, Ed Eastridge and friends, will be held July 21, 7:00 pm, at Alumni Hall, 75 Court Street, Haverhill NH. Tickets are \$20 at the door. Bailiff's Cafe opens at 6:30 for drinks and treats.

Lydia Gray, a well-known Upper Valley singer, is a consummate performer of Latin, Brazilian jazz, and popular classics from the '40s and '50s. Her light touch, warmth, and elegance have graced clubs and other venues throughout the US, the Caribbean, and Europe. Lydia and guitarist Ed Eastridge have made three albums and a fourth is on the way with fresh interpretations of beloved popular classics. Ed will join Lydia in concert, with the exciting ad-



dition of Jakob Breitbach on fiddle and upright bass, and Marcus Copening playing percussion.

In addition, guest pianist Rev. Dr. Don Saliers will play "To India With Love," written for Help Kids India by a Montana donor, poet and composer Linda Swanberg. A mini-silent auction will fea-

ture exquisite kantha quilts and a kantha tote.

Lydia Gray's "Song for India" supports Help Kids India's three preschools in southern India. A staff of 23 local women provide 170 children living in poverty with an early education, nutrition, health care, and love. With this intervention, children of illiterate parents, among the poorest of village families, are now completing high school, trade school, and college. Help Kids India, an all-volunteer Vermont non-profit, partners with a 25-year old Indian foundation: their job is to manage the schools. It's all made possible thanks to Help Kids India's donors.

For more information please visit helpkidsindia.org or courtstreetarts.org/events.

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Wells River Welcome Center Seeks Local Brochures!

The Wells River Welcome Center is now open for the season. Located on the corner of Route 302 and Route 5 in Wells River it serves travelers heading to Vermont, New Hampshire and beyond.

The Welcome Center is operated by the Wells River Action Program, (WRAP) and not the State so it isn't limited to carrying just Vermont information. The Welcome Center has road maps of Maine and New York as well as Vermont and New Hampshire, plus many brochures of area attractions and businesses.

Due to the pandemic many of the brochures have not been replaced with new ones and therefore are out of date. The Welcome Center invites area tourist and non-tourist related businesses and churches, especially businesses in Grafton and Orange Counties and the Northeast Kingdom to provide us with new brochures. There is no charge for having your brochure at

the Welcome Center. Brochures may be mailed to WRAP, Attention Welcome Center, Post Office Box 538, Wells River, VT, 05081 or dropped at the Welcome Center at 5 Railroad Street, Wells River. We suggest, 15 to 50 copies of your brochures or business card.

In addition to brochures the Welcome Center offers a clean restroom, two picnic tables, two park benches, a bike rack and outside bulletin boards to post area activities and notices. The Welcome Center is not just for tourists passing through, but also for our year round and summer residents. We invite you to stop by and see what we have to offer.

The Welcome Center is staffed by volunteers and is opened Monday – Saturday, 9am to 5pm and 10am to 4pm on Sundays.

For more information contact Richard M Roderick by email - wrapwr@gmail.com or Sandy Boyce at 802-757-2319

Volume 13 Number 20

July 12, 2022

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



Woodsville Wells River 4th of July Parade Photos.
Top left, Haverhill Memorial VFW Post #5245.
Top Right: Ross-Wood Post #20 American Legion
Left, St. Johnsbury Band.



Bottom Left: Summertime Marching Band.
Bottom right: Vermont Civil War Hemlocks
Photos courtesy of Alain Brin, Woodsville



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HAVERHILL, PIERMONT, ORFORD, NEW HAMPSHIRE

Finding #HopeInHaverhill

by Daisy Young

Haverhill, NH - A colorful photo of a double rainbow arching over a green field is what brings hope to Charlotte Holt of Mountain Lakes in North Haverhill, NH. Holt's image was a submission from the Hope in Haverhill Photo Challenge, a project meant to inspire hope and community building within the Haverhill region.

"Look for the rainbow at the end of every storm." Holt writes alongside her image. "Hope is the last thing ever lost."

The challenge is put on by Haverhill Builds Resilience, a program facilitated by the University of New Hampshire Cooperative Extension. Haverhill is one of three regions in the Merrimack and Grafton counties to receive support from UNH Extension, one of the 10 grantees of the Rural Health and Safety Education (RHSE) grant. The RHSE grant targets rural communities to provide resources for building community resilience to "bounce back" in the face of adversity, such as the isolation and barriers to health brought on by the COVID-19 pandemic.

The Hope in Haverhill photo challenge is the brainchild of Joe Mitchell, Local Coordinator for Haverhill Builds Resilience. Mitchell's passion for his community, tied with a love for photography, inspired him to tackle

community building through a new lens.

"I figured this would be a good way to involve different types of community members and try to get their voices to be heard in a way that typically their voices aren't," he said. "Anybody can submit a photo of anything that they feel passionate about giving them hope. That brings a lot of light into the community."

Mitchell has been passionate about the Haverhill area since high school, when he was the Youth Sector Representative for the Haverhill Area Substance Misuse Prevention Coalition (HASMPC). HASMPC is an organization working to prevent and reduce substance misuse in the Haverhill area, specifically among youth. After accepting a position at Woodsville High School as the Student Assistance Program Coordinator in January of 2021, Joe remains a pillar of HASMPC, now as the School Sector Representative.

Mitchell also works closely with Haverhill local Mariah Coulstring, who has served as the HASMPC's Drug-Free Communities Coordinator since 2017. After hearing about the RHSE grant opportunity through UNH Extension, Coulstring "immediately" contacted Mitchell about applying for the position of Haverhill coordinator. For the past two

years, with support from HASMPC, the two have collaborated with UNH Extension on Haverhill Builds Resilience.

"Where the coalition is really focused on the prevention of substances, on health services, and youth-specific programs, this was an opportunity for us to reach deeper into other areas of the community where we know we are impacting substance use and mental health struggles." Coulstring explained. "It was a neat way for us to dovetail the work we had already established and were doing."

The Hope in Haverhill photo challenge is a step to assessing Haverhill's existing assets while finding gaps to best use RHSE funds and resources. Coulstring emphasizes the general need in her community, and the difficulties in developing a concise plan to use the grant money. On the other hand, the photo challenge is a way to bring the community together.

"We were in the middle of this pandemic and trying to encourage people to find hope in the things that are in our backyards. To get outside and take photos and share the things that keep us going and keep us hopeful in these times when we aren't hopeful." Coulstring said.

Images and quotes collected from the Hope in Haverhill photo challenge will be used in future community events and on display at



local organizations. Mitchell requests any organization interested in having these photos on display to contact him. Additionally, the photo challenge continues to accept photos and quotes from the community.

"The project isn't just about showcasing the places, it's also about showcasing the organizations and the people that better

our community... I am hoping more people will submit those."

Mitchell invites anyone to share what gives them hope in Haverhill, as well as any ideas to help build resilience in the Haverhill area through a survey found on the Hope in Haverhill Facebook group. For more information, email Joe Mitchell at jmitchell@sau23.org.



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Not all Times are Trendy, but there will always be Trendy Times July 12, 2022 Volume 13 Number 20

Letter to the Editor: Here we go again!

To the Editor,

I was astonished, but I guess not really surprised, to see another hate filled, vitriolic laced letter (Trendy Times, June 14, 2022) from Ms. Morrison. It appears that her apparent bitterness of the Republican Party is clouding her thinking, resulting in a distortion of the facts and typical repetition of the Democratic talking points to serve her own misguided agenda. I find it interesting that while she continues to berate the Republicans and conservatives, no where does she mention the corruption and money laundering that has been found on Hunter Biden's laptop, through emails, videos, and voice mails implicating President Biden, aka "the big guy."

In his letter (Trendy Times, June 28, 2022), Dr. Robert Peraino should be commended for his succinct responses to Ms. Morrison's perceived lies, and misstatements. As he so aptly pointed out, Ms. Morrison is apparently happy with the high gas prices, runaway inflation, and open borders resulting in a huge influx of fentanyl. In fact, the number one cause of death among US adults between the ages of 18-45 is due to fentanyl overdoses. Biden's open border policy has resulted in a report by the UN calling the US border with Mexico the deadliest land crossing in the world. More than 1238 lives, including 51 children, have been lost in 2021 during the migration north of potential illegal immigrants. Why? Because the Biden Administration has reversed the strong border policies of

the Trump Administration, thereby encouraging record number of border encounters and getaways. Towards the end of President Trump's term in 2020, Acting CBP Commissioner, Mark Morgan, stated that the Administration's strong immigration policies had led to a substantial decrease in drugs, human trafficking, illegal border crossings, as well as parents with children. This apparently doesn't sit well with Ms. Morrison.

Let me clarify a few other statements that Ms. Morrison made in her recent diatribe. The First Amendment to the Constitution of the USA states as follows: "Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances." No where does it mention the separation of church and state, but merely indicates that the Government shall not establish a state religion. She apparently also believes that the Constitution also protects a woman's right to abortion. The leftist progressives have constantly quoted the Fourteenth Amendment as giving that right, but nowhere in the Constitution is abortion even mentioned.

Ms. Morrison's callous disregard for the development of human life goes beyond the pale. Let me briefly outline the stages involved in the development

of the human baby. At the moment of conception, a unique DNA has been established determining the sex of the baby. After 3 - 4 days the fertilized egg attaches to the uterine wall. At four weeks the baby (embryo) forms a face and neck, while heart and blood vessels continue to develop. At five weeks the baby's heart begins to beat. The developing baby is called a fetus at the eighth week until birth, when the baby is born at around forty weeks. This is the development of human life that she casually dismisses.

Ms. Morrison doesn't have to like Donald Trump's personality or his tweets. That is her right as an American citizen. However, his accomplishments in just four years of his Presidency cannot be overlooked. He handed over to the Biden Administration the most robust economy in recent memory, the lowest unemployment seen in decades, a national average gas price of \$2.39/gal. at the end of his term, an increasing respect on the world stage, the lowest illegal immigration in decades, energy independence and the list goes on. Upon taking office President Biden managed to squander all of these gains in less than two years of reckless leftist/socialist policies.

I close with this quote from former President Reagan: "The trouble with our liberal friends is not that they are ignorant; it's just that they know so much that isn't so."
Robert Briggaman
Newington, CT

There have been many other amendments to our Constitution as well, even one that was passed and later repealed. It is a living document, not meant to be made of stone, but rather to offer some flexibility. I would like to see the same from more of our elected officials. The willingness to listen to the other side, acknowledge their opinions and thoughts, and try to find an area of agreement. This should hold true in regards to everything from gun rights to health rights.

Gary Scruton, Editor

Robert,

The US Constitution was signed in September, 1787. The Bill of Rights (the first 10 Amendments to the Constitution) came into effect in December 1791. It was not until July 1868 that the 14th Amendment to the Constitution became the law of the land. I list these dates only to point out that this document could not possibly cover every aspect of today's world. Many, many things have changed, from attitudes to transportation, to how we gather and hear about the happenings of the day.

The Epitome Of An Underdog

by Maggie Anderson

Consider a form of punishment in which a prisoner is hanged by his neck until just short of death, then disemboweled, has his genitalia removed - his bowels and other bits tossed into a fire - next has his head removed, and finally has his body hacked into four separate pieces.

The body parts, and his severed head, are then shipped to places where they will be displayed so as to strike fear into others who might dare to defy the ruling class.

This process of execution, abolished in Britain after a mere 600 years, is so vile, so sadistic, so brutal and depraved no reasonable person today would stand silently by and allow the most savage murderer to be put to death in such a manner. Such an execution is cruel and inhumane. Every thinking person knows this.

No dog lover would permit a favorite canine companion to be euthanized by so grotesque a method. And anyone who disposed of an animal in such a barbaric way would immediately be arrested on charges of animal cruelty.

Yet many of the same reasonable people will protest in the streets for a woman's right to dispatch her unborn child by exactly the same methods, except the prisoner is spared having his brains muddled and removed before having his skull crushed.

I have said it many times before, if a caterpillar is unmolested, it never becomes a rattlesnake. Left to the laws of nature, it always morphs into a butterfly. Always.

The laws of nature apply to the human body as well.. The life developing in the human womb is always a human being. No woman in the history of the world has given birth to a wombat, or a gazelle. Ever.

Unborn children are the most vulnerable human beings on the planet.

I read a quote from one of cable television's exalted chefs that said "No matter what, we'll keep fighting for the day ALL HUMANS have the same rights - - -"

Me too, the difference is I'm fighting for the tiniest, most vulnerable human beings as well.

I have always been champion of the underdog.

An unborn child is the epitome of the word.

Letter to the Editor: Ho Hum

H Gary-

Thank you and your committee for all the work that went into yesterday's fabulous parade. It was so nice to get out with a crowd of onlookers for the first time, what seems like, an eternity. We couldn't believe the number of participants. It was so patriotic and encouraging in these troubled times. Thought the floats with the championship teams was an excellent idea and so nice for those kids to be recognized again by the community. The trib-

ute to Wayne McDanolds was very touching and we're sure the family appreciated it. Everyone who participated and everyone who lined the street to watch seemed to have a wonderful time. To top it off, as the end of the parade went by a bald eagle soared low, circling the street. We don't know how you orchestrated that but it was magical.

Thanks for a great job and a great community experience!

Carolyn & Gary Danielson
Piermont

Carolyn & Gary,

I want to thank you two so much for the kind words and for permission to print this letter here. It is obviously not the normal "Letter to the Editor". Of course I am not a normal editor. One of the other hats I wear is that of President of the Woodsville Wells River 4th of July Committee. And on behalf of those committee members and the other volunteers that helped, thank you so much. In regards to the eagle, we all agree that we can not reveal all our secrets. I would also like to mention that the floats are all the creation of individuals or businesses that choose to participate.

Finally, as long as I have this space I will mention that the committee very much could use more individuals to step up and help with the planning and coordinating of this annual event. The current committee is very small and would greatly appreciate help in order to keep this celebration as an annual event.

Gary Scruton, Editor & President

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If you know how important it is to invest for your future, but you're unsure of the road to follow, you may want to get some guidance and direction from a financial professional. But if you've never worked with one before, what can you expect?

Here are some things to look for:

- **Assessment** – A financial advisor will assess your current financial situation – assets, income, debts and so on – but that's just the start. These days, advisors recognize the need to view their clients' lives holistically. Consequently, you will see questions like this: What are your feelings about investing? How would you judge your risk tolerance? What are your individual financial goals? What hopes and dreams do you have for your family?

- **Recommendations** – Only after fully understanding your needs, goals and preferences will a financial advisor recommend any investment moves. There are no "one-size-fits-all" solutions. You may want to steer clear of individ-

uals claiming to be financial advisors who "guarantee" big returns with no risk. In the investment world, there are few guarantees, and every investment carries some type of risk.

- **Communications** – Financial professionals communicate with their clients in different ways, but you should always feel free to reach out to an advisor with any questions or concerns. Most financial advisors will want to meet with clients at least once a year, either in person or through an online platform, to review their investment portfolios. During the review, the financial advisor will help you determine if any changes are needed. But financial advisors won't wait a full year to contact clients to discuss a particular investment move that might need to be made. Also, depending on the firm you choose, you should be able to go online to review your portfolio at your convenience.

- **Technology** – A financial advisor can employ a variety of software programs to help clients. For example, a financial advisor can determine the rate of return you might need to attain specific goals, helping shape your investment strategy. But there are also a lot of "what ifs" in anyone's life, so an advisor can use hypothetical illustrations to show you where you might end

up if you take different paths, such as retiring earlier (or later) than you had planned or putting in more (or less) money toward a specific goal, such as education for your children. Anyone's plans can change, so the ability to view different potential scenarios can prove valuable.

Above all, a financial advisor can help you feel more confident as you pursue your goals. Among investors who work with a financial advisor, 84% said that doing so gave them a greater sense of comfort about their finances during the COVID-19 pandemic, according to a survey conducted in 2020 by Age Wave and Edward Jones. And during times of market turbulence, such as we've experienced this year, a financial advisor can help you avoid overreacting to downturns. When unexpected events crop up, such as a lapse in employment, a financial advisor can suggest moves that may enable you to avoid major disruptions to your financial strategy. Conversely, when a new opportunity emerges, perhaps from an inheritance or some other windfall, your financial advisor can help you take advantage of it.

Navigating the investment landscape can be challenging – but the journey can be a lot smoother if you've got the right guide.

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

Edward Jones, Member SIPC

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Letter to the Editor: The Latest From The Democrats

To the Editor,
 Roe vs Wade was overturned which now leaves the states to deal with the abortion issue themselves. The Democrats and the left responded as they usually do if they don't get their way. Rioting and vandalism broke out in the cities. For example, Portland had their usual share of burning and vandalism while in Phoenix lawmakers were trapped inside their building in fear of their lives as the rioters were threatening them and pounding on the doors. Police had to intervene with tear gas. At the Vermont state capitol building, windows were smashed and a threatening message was spray painted. And, of course, the Dems and the left were quick to say that the court justices who ruled were all racist. (As soon as you oppose a democrat, you are a white supremacist.) Leading up to the decision, Pelosi and Shumer encouraged the harassment of the justices which is highly illegal. Shouldn't they be put on trial for that? (Remember how the Dems all used to say that they were the party of peace?)
 Biden sent over 54 billion dollars to Ukraine along with more military equipment that we really can't afford to spare. Couple this with what he left in Afghanistan and it adds up to a big depletion for our military readiness. The army is now getting rid of the high school diploma requirement because they are in desperate

need of numbers. The big reason is because a large percentage is being booted out because they won't take the vaccine.
 How about using some of that Ukraine billions for SECURING our schools? Money can be used for coating windows in the schools with a bullet proof coating that is available or bullet proof panels that can be fitted over glass. It can also be used to fund good armed security or resource officers. How about spending some of that money on baby formula, (like the batch that we sent to the illegals at the border), our wounded warriors, homeless people, mentally ill, battered women shelters, and securing our borders instead? (Biden actually is taking funds allocated to the VA and using it for illegals). But also, is anyone reading this actually naive enough to think that the money is all for the war effort? Most likely this is nothing but money laundering (which Ukraine is known for) and will end up in someone's pockets.
 How can anyone actually think that Biden and his cronies actually care about our safety and well being of our country? Again, we could have all schools secured as well as our borders. We can FUND and bolster our police and other law enforcement agencies. We can revamp our mental health care system which is lacking and put facilities and practices in place that would facilitate pro-active care and

interventions at early stages. This can help the mentally ill recover and possibly prevent school shootings and other tragedies. We can enact legislation that carries STIFF penalties for crime across the country instead of letting criminals off with a hand slap.
 Gas prices and inflation are out of control. NH is getting ready to see a huge jump in our cost of electricity due to the high cost of natural gas. Of course, let's blame Putin for the gas prices. (What we get from Russia is just a sliver of what we use.) Biden ignored the deadline for a legally mandated program outline proposal for offshore leasing sales for the next 5 years. Biden's economic advisor Brian Deese stated that the high prices are a price Americans have to pay for the "future of liberal world order". Meanwhile, Biden was asking Venezuela and Iran for oil. Under Trump we were almost energy independent and our gas prices were low. Why would the Dems be against that? Why did they undo all that Trump had done to ensure low prices and a path towards energy independence? Why is our border wide open? Why is our military being depleted and our police defunded? Why do criminals and illegals get coddled? I'm sure it all has to do with the Democrats' future "liberal world order".
 Alex Foryan
 Landaff, NH

Ales,
 You probably know from my past responses that I do my best to stand in the middle of the road, ride the fence, don't take sides. I strongly feel that as an editor I should not be offering my opinions nearly as much as I should be offering the space for your opinions and those of other readers and writers.
 I do try to offer a counterpoint when I can. In that light I will say this. In 2006 when President Trump took office there many policies of the previous administration that were changed either by executive order, or by legislation. That is the nature of our country and our way of gov-

erning our country. It has happened many, many times over the past 200 plus years and I expect it may well happen again in 2025 if we, the voters of America, elect a different president. I expect it will continue to happen long into the future, as will the discussions about why it must be that way.
 IN the meantime please keep your opinions coming and please keep learning about the candidates running for offices in the upcoming primaries and then the general election And most importantly, be sure to vote.
 Gary Scruton, Editor

Littleton Food Co-op Hands Out Another Big Check

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. Through our Partner of the Month Program, the co-op sponsors a different local non-profit each month of the year. All of the Partners are locally focused, socially and environ-

mentally responsible, non-political, and secular. Partners are chosen by our Member/Owners by popular vote. 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 - 9 p.m. For more information or to become a member, please visit www.littletoncoop.com, call 603-444-2800 or just stop by!



Audrey, Littleton Food Co-op Front End staff greeted Kelly Walsh, Executive Director of Adaptive Sports Partners of the North Country in June with a Big Check of \$6,056.03 from the Co-op's Partner of the Month program in May 2022.

New Farmer School

University of New Hampshire Extension will be offering its annual New Farmer School beginning Wednesday, August 3, 2022. This program is an intensive multi-session course offering a wide variety of topics that are applicable to any new farmer and sessions that build upon knowledge gained in previous sessions. This course is an opportunity to network with other new farmers, and work closely with Extension staff as you develop your business and production ideas.

Course topics include soils and site assessment, enterprise selection, infrastructure considerations, marketing, insurance basics, and financial and production record-keeping. Participants will also learn about state agencies and other agricultural service providers in New Hampshire. The 2022 course will be offered remotely and in person, starting on August 3, 2022, and concluding November 9, 2022. In person sessions are optional and will be held in Sanbornton, Plymouth, Jefferson, Lancaster, Bethlehem, and Littleton, NH. The registration cost for this

course is \$250 per person or \$450 for two people from the same farm. Scholarships are available for those with a financial need.
 For more information, including a complete course schedule and to register, visit <https://extension.unh.edu/event/2022/08/new-farmer-school-2022>. Please contact Kelly McAdam by email kelly.mcadam@unh.edu or phone (603) 556-4643 with questions or if special accommodations are required to attend.

The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer. UNH, U.S. Dept. of Agriculture, and New Hampshire counties cooperating. For persons with disabilities requiring special accommodations, please contact kelly.mcadam@unh.edu prior to the event. Given ample time, we will make any reasonable effort to make accommodations. A fee is charged for this Extension program to cover costs. A limited number of scholarships are available to individuals unable to pay.

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BEEZWAX By John Martin

Not all Times are Trendy, but there will always be Trendy Times July 12, 2022 Volume 13 Number 20



What About Ma?

by Kellie Quackenbush

All About Freedom

July 4th has come and gone, a day we hold dear, a time to gather with family and friends to celebrate our Nation's birth. We have been missing our community gatherings, town hall meetings, flea markets and other reasons to be social. Our world, our country and home towns have been subjected to a global pandemic that has taken the lives of millions of people.

We have survived. Our lives have been altered from the loss of loved ones, the loss of work, the loss of businesses and the loss of freedom. These United States have taken some heavy hits in these past 23 years. The division of people and the contrasting views taking hold of political parties and social groups is feeling more and more like the "red scare" of the 1950's.

"This paranoia about the internal Communist threat—what we call the Red Scare—reached a fever pitch between 1950 and 1954, when Senator Joe McCarthy of Wisconsin, a right-wing Republican, launched a series of highly publicized probes into alleged Communist penetration of the State Department, the White House, the Treasury, and even the US Army. During Eisenhower's first two years in office, McCarthy's shrieking denunciations and fear-mongering created a climate of fear and

suspicion across the country. No one dared tangle with McCarthy for fear of being labeled disloyal." per <https://millercenter.org>.

How many people stayed silent while the U.S. Postal Service was dismantled and the service that had been so very good - was shattered and now what once took days for delivery - now takes weeks? How many people defended a lie about our election process? How long does it take to review the attack on the Capitol (January 6, 2020)? How many people are subjected to insulting "screenings" at the airports when they are just trying to visit another place in our United States?

I remember when the "Towers" in New York were hit by hi-jacked planes. I remember when the "Patriots Act" was passed. I remember life before and after. When are we going to stop punishing the many for the crimes of a few? When are we going to embrace our history as lessons and growing pains that we as a Nation must evolve from?

Are we so very insulted by statues that we must destroy them as opposed to looking at them and remembering the time that they mark and the history that we have grown from? I know the southern generals were representing an old way of life—not one we chose today. When I was taught history, it

was said that those who forget the past are doomed to repeat it. So keep the statues and the monuments from days gone by and celebrate the fact that we have grown.

In our current "world" everything is video taped and displayed for the World to see. We have seen the ignorant attacks on good people, we have witnessed bullies in uniform hurting or killing people, we have seen the "World's Dumbest Criminals" and we have witnessed politicians and reporters giving bad information. We, the people, can do better.

Just this week, July 6, 2022, a granite monument in Georgia was destroyed. Per <https://www.washingtonpost.com>, "The Georgia Bureau of Investigation said "unknown individuals" detonated an explosive device around 4 a.m., destroying a large portion of the Georgia Guidestones. The structure, which has been dubbed "America's Stonehenge," originally consisted of four 19-foot granite slabs, a center stone and a smaller block capping the top."

This was a monument to the granite workers of the state. Built as a celebration of excellent American people who worked hard, the destruction was a slap in the face to every hard working American. Idealist slogans, on the monument, spoke to the need to preserve our environment and other ideals of clean living. Passing on a peace and life for future generations--noble thoughts. Free thoughts, paid for by private funds on private land.

Here we are -- do we let our freedoms continue to slip away?

Is Better Consistency the Key To Your Weight Loss?

By Shawn Thomas

Over the last six weeks, I have had a great turnover in clients. People who started as New Year's Resolvers are graduating from the program, and summer "shred" clients and others are coming in. With new clients means a lot of repetition of the basics of creating a long-lasting health and wellness plan. There is one basic principle that conquers all the rest. And that is consistency.

Many clients come to me, admittedly with some bad habits. They overeat. They don't meal plan. They go out too often and do not make considerations when they do. They snack mindlessly without purpose. Then, when they start dieting, or when they come to me for help, they think that they have to be perfect all the time with drastic changes. Now I have mentioned before how important small changes over time are. But the consistency is what makes the changes from those small changes possible.

The easiest method that I use with my clients to teach consistency, is the 80/20 rule. Now, you have likely heard of this in other fields and used in other ways. However, in fitness, for those just starting, and for those who have a long journey to their goals, this rule is best. Basically, 80% of your meals should be "healthy" options. Made at home, better quality ingredients, calorically efficient towards your long-term goals. That leaves the other 20%, which you can use to break from your plan, have a treat if you wish, or experiment with something new and exciting.

To give you an idea of how flexibly this is, I will use the following example. The average person in the US still has three primary meals a day. That is twenty-one meals in a week. Now, we will add in a little snack on four days, before hypothetical workouts in a four-day program. That is twenty-five total meals. This means that

five of the times you eat in that week, you can try something new or different. How much easier do you think it will be for you to make healthy changes in your life, when you can do something different and exciting almost every day?

Obviously, this does not mean to go to McDonalds and get a Big Mac, large fries, and a large soda. That would be incredibly high in calories and not optimal for obtaining your goals. Generally, I will give my clients a few basic parameters to make it easy to both enjoy foods not typical to the nutrition plan, as well as stay on track with their goals. It is obviously hard to get into specifics, as everyone's goals are different. But it is very rare that I come across a client, or a goal, that does not allow for this type of flexibility.

If you do have more specific questions, I invite you to send them in to Trendy Times, or to me directly (wsrfitness@gmail.com). I will respond to all questions, either in these articles, or by a direct response.

Shawn Thomas is a NASM certified personal trainer with a weight loss specialization. He also coaches personally as WSRT Fitness, which you can contact directly at wsrfitness@gmail.com for questions, consultations and coaching

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by Eli Heath
Paige Computer Services

Tek Talk with Eli

communication. I compare surfing the internet to driving a car, know where you are going, be aware of where you are, and keep your eyes open to any hidden dangers that may come your way. There is inappropriate material on the internet, and there have been cases where children have been victimized by serious crime from the internet. Children can greatly reduce the risks by following some simple guidelines.

1. Never give out personal information—home address, school, name or telephone number or e-mail—in a public chat, message or bulletin board, that information is available for all to see not only your friends. Think carefully before revealing your age, marital status or financial information.

2. Get to know what service your child is using. Is it Facebook.com or another website? If you don't know logon and have your child

show you where they go. Find out what information the site offers, what content is available and any ways to block objectionable material.

3. Never respond to messages that are obscene or suggestive, belligerent, threatening, or make you feel uncomfortable. Encourage your children to tell you if they encounter such messages. If you or your child should receive such messages forward those to your internet service provider so appropriate action can be taken.

4. Never allow a child to arrange a face to face meeting with another computer user without parent's permission. If a meeting is arranged make it a public spot, and be sure you go with your child.

5. Be aware, people are not always what they seem to be on the internet. What may appear to be an innocent conversation between

your child and another child may be a 40 year old man posing as a child.

6. Remember if it seems too good to be true on the internet it probably isn't true.

7. Log your child's chat conversation. Yahoo and AIM allow you to save a copy of the chat log to the computer. That is important should the information be needed to prosecute a potential suspect. Should your children complain about their privacy, sit down and talk to them, explain why it is important and the dangers lurking on the internet.

8. Have the computer located in the family room where you can monitor your child's internet activity.

There are several commercial computer programs that can be purchased that

will help monitor and protect your children while on the internet. There is Cyber Patrol from www.cyberpatrol.com. Open DNS at www.opendns.com allows you to change the DNS settings in your router to block inappropriate sites on your network or have a written contract with your children on Internet Do's and Don'ts, one may be found on www.missingkids.com.

I hope this information will be helpful so you and your children can surf the internet with a feeling of security.

Any questions please call me at (603)747-2201 or go to www.paigecomputerservices.com or email paigecs@gmail.com So until then stay safe on the internet.

Your children use the internet to help them with their school homework. There have been many news specials and stories about protecting your children while they are on the internet and what parents should do to make surfing the internet a safe place for their children. The Internet can be a safe environment for children to surf if certain guidelines are established between the parents and children.

The internet is not evil; I've heard people say that they are afraid of what may happen if they go on the internet. When you go on the internet it opens a whole new world of adventure and

A Marriage

by Elinor Mawson

Leigh was the apple of her father's eye. She was a good little girl growing up, and as time went on, her parents were looking forward to being taken care of for the duration. She got great grades, had nice friends, but never had a date.

One day as she was walking along a country road, a man in a BMW stopped to talk to her. They had quite a lot to say, and subsequently there were other places to chat and get to know each other. And it got to the time when she took him home to meet her parents.

It did not go well. For one thing, it was a surprise, since Leigh had not mentioned the liaison. For another thing, they didn't like his looks--he was small and wiry and not particularly handsome. When Leigh announced they were going to get married, her mother gasped, "I don't think so!" and her father roared, "See that door? You get out and if I see you in this yard again, I will shoot you!"

He left, and Leigh went crying up the stairs to her room. The subject was closed, and not mentioned again.

Leigh did talk to her siblings about her dilemma. They told her they would support her decision and help in any way they could. They weren't terribly keen

on Glenn, but trusted their sister's judgment.

And one day when her parents were out of town, Leigh and Glenn slipped over the state line and got married.

They found an apartment in another state, and Leigh went about getting her Master's degree. Glenn didn't work, but they lived on Leigh's savings. When they had been married a year, Glenn prevailed on his mother to give them the down payment on a house and come to live with them, which she did.

Leigh got a job. They lived frugally since Glenn still didn't work. His mother contributed her social security and all seemed well. At this time, Leigh decided to work towards a Doctorate degree, so she was out of the house a lot. It was just as well since Glenn and his mother fought like cats and dogs.,

A few years went by. Leigh got her Doctorate and they had a baby girl. Not long afterward, Glenn's mother died and things settled down somewhat. Glenn still wasn't working and Leigh had to take the baby to daycare.

In the meantime, Leigh had to hang out the laundry because Glenn wouldn't tolerate a dryer in the house. Her mother sent her the money for a dryer, but Leigh had to put it in the bank.

Leigh got a job teaching at a college. Her income

grew each year and they fixed up the house a little at a time. They had another baby girl; the two of them went to daycare now.

Time went on. Leigh and the girls stacked the woodpile every year. They drove cars with stick shifts since Glenn didn't want them to have cars with automatic transmissions. If they had appointments, Glenn would drag his feet so they wouldn't be on time. He started carrying a gun wherever they went. He bragged about "his" health insurance.

And by this time, his extended family cringed whenever he was around.

Now they have been married 53 years. The girls have both gone through college and one is married with 2 children. His health is deteriorating, and Leigh is taking care of him. He refuses home health care.

Meantime, Leigh is driving a car with an automatic transmission. She has been helping one daughter financially. They are supposed to be living on social security but every so often she dips into a considerable savings account.

She was never able to see her parents through to the duration. She didn't retire until she was in her 70's. She can't go anywhere because Glenn needs her.

And those who know her wonder how she could live with someone who never went to work.

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

Asparagus Frittata

Hello hello my fellow chefs! How is everyone doing today? I'm feeling better and just have to accept the fact that I have to deal with stomach issues.

Oh well I'm excited to share today's recipe with you. It's my brother Al's recipe and it's "Delicioso" and easy peasy. My brother lives in Rhode Island and is a pretty good chef. We get to see each other when I go to RI and we talk to each other all the time. He's a good brother. So thank you Al for today's recipe.

I got to see my son Nick at a gathering at a camp in Danville, VT last weekend. Everyone is doing good and I had a wonderful time. There were lots of people, a giant fire pit, music playing and food. The kids went swimming in a lake across the street. It was a pleasant

day enjoyed by all. Let's get started with today's recipe and how to make it.

Ingredients

1 bunch of asparagus
12 Extra large eggs
1/2 tsp seasoned salt



Bottle of your favorite Italian dressing
1/2 cup shredded mozzarella cheese
3/4 cup grated Parme-

san cheese (the good stuff in the cheese section it comes in little bags).

Plus, 1/4 cup Parmesan cheese to sprinkle on top.

Trim stems off asparagus. I bend the stems at the bottom and snap off. Cut into 1" pieces and put in container and cover with Italian dressing and marinate overnight in fridge or for at least 2 hours. Preheat oven to 350 degrees. Sauté asparagus in dressing for 6-7 minutes just until a little tender. Drain on paper towels and place in greased 9x13 casserole dish. Beat eggs well, add salt, 3/4 cup Parmesan and 1/2 cup shredded mozzarella, mix well. Pour egg mixture over the asparagus and sprinkle with 1/4 cup Parmesan cheese. Bake for 30-35 minutes. Check to see if done with cake tester in center. Remove from oven and set for 10 minutes then it's ready to enjoy.

I invited friends over for brunch and served French toast with the frittata. We enjoyed it with coffee. After we ate we played Skipbo and I won!!

Well folks that's it for today's recipe. Please give this a try because you will say hey Cin Pin your brother Al is a good chef!!! You will be a star. Until next time I am signing off.
Sincerely,
Cin Pin

Weeks State Park Summer Program: Nature Journaling

Here's an easy technique to learn natural history, deepen your connection to nature and, with no extra effort, get the benefit of mindfulness meditation. We'll use words, numbers, arrows, diagrams, and doodles or sketches to record: What we see; What we wonder; What our research shows. We begin by focusing on individual organisms in nature. Eventually our pages show how they're all connected. As Rachel Carson said, "In nature, nothing exists alone". Art skills are not required since doodles and diagrams will do the job. The program includes a slide show, demos indoors and out, time to practice field journaling, a return indoors to research what we found and have a chance to try several types of media to add color to our pages.

Supplies: Paper: Beginners who are worried about their drawing skills are encouraged to use lined paper, as did many of the best-known naturalists such as Jane Goodall and John Muir. Lined paper takes the pressure off the expectation

of creating beautiful art. Others may bring a sketchbook with plain white paper in any size, for example: 5.5" x 8" to 8.5" x 11". 2B pencil with eraser. Optional: pen, colored pencils, watercolor pencils or watercolor.

Doreen is the author-illustrator of A Guide to the Common Wild Flowers of Zambia, co-author and illustrator of the first two editions of Waterfalls of the White Mountains.

Pre-Registration is required Email: info.weeksstateparkassociation@gmail.com, and have the word "Journal" in the subject line. Participation is limited.

This program will be in the Great Room of the Summit Lodge of Weeks State Park and will begin at 9 am on Thursday, July 16. Weeks State Park is located on the east side of Route 3, approximately 2 miles south of Lancaster, NH.

The summer programs are sponsored by the Weeks State Park Association, NH Division of Parks, and UNH Cooperative Extension. "Thank You" to our local business supporters who help make the summer program series possible.

Linda Scherf for Weeks State Park Association

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On June 23, 2022 Aden Benjamin Codling graduated from Air Force Basic Military Training at Lackland Airforce Base in San Antonio, Texas. Aden is the son of Mark and Brigitte Codling of Bath, NH and locally the grandson of Charles and Merlene Codling also of Bath, NH. While at basic training Aden earned a ribbon for marksmanship and was chosen to serve as a Tactical Deployment Leader (TDL) during BEAST warfare week. Aden has moved onto his technical training at Sheppard Air Force Base in Wichita Falls, Texas where he is specializing in bomber maintenance and refueling. Aden has been assigned to the position of Crew Chief for the maintenance and operation of a KC-135 Stratotanker. Please wish Aden the very best in his military career and thank him for his service to our country.

Jumpstart to Farm Food Safety Program

Farming is hard work! UNH Extension can help with the Food Safety parts.

The Jumpstart to Farm Food Safety program has two slots remaining for 2022 applicants.

NH produce growers (especially small and medium-sized farms) are invited to apply for a free new program from UNH Extension in conjunction with UMaine called Jumpstart to Farm Food Safety.

If you are interested in working on your farm food safety plan but don't know where to start? We can help!

Participants in Jumpstart have the opportunity to work on your farm food safety plan with an Extension educator, trained in Produce Safety.

We provide one-to-one, individualized assistance with:

- starting or continuing

work on your farm food safety plan

- suggestions on designing a safer and more efficient wash/pack area

- writing, reviewing, or improving SOPs (Standard Operating Procedures)

- staff training in health and hygiene

- drawing a farm map or irrigation map

- other farm food safety concerns you may have

This work is supported by Food Safety Outreach Program grant no. 2021-70020-35647 from the USDA National Institute of Food and Agriculture.

For more information and to apply visit the Jumpstart website: <https://bit.ly/jumpstartfarm>

Or contact Mary Choate at UNH Extension email: mary.choate@unh.edu or call 603-787-6944



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