

A FREE PUBLICATION

TRENDY



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TIMES

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AUGUST 9, 2022 VOLUME 13, NUMBER 22

Four Hundred Miles Down the Connecticut River

The Ryegate Historical Society and the Newbury Historical Society will co-host a program "Four Hundred Miles Down the Connecticut River" on Sunday, August 21st at 3:00 pm at the South Ryegate Presbyterian Church.

Michael Tougias (pronounced Toe-gis), author of several books, will present a narrated slide presentation about the history and natural history of the Connecticut River based on his book River Days. Tougias will take the viewer down the entire 410 miles of the river on a journey through the past and present. Along the way the author will discuss wildlife, environmental issues, Native Americans, log drives, major floods, and more. Practical tips will be given including his favorite sections of river to paddle, fish, and camp. Tougias' slides will also help

the viewer find the best spots for photographing wildlife such as moose and bald eagle. Humor is woven into the talk with a focus on some of Tougias' misadventures.

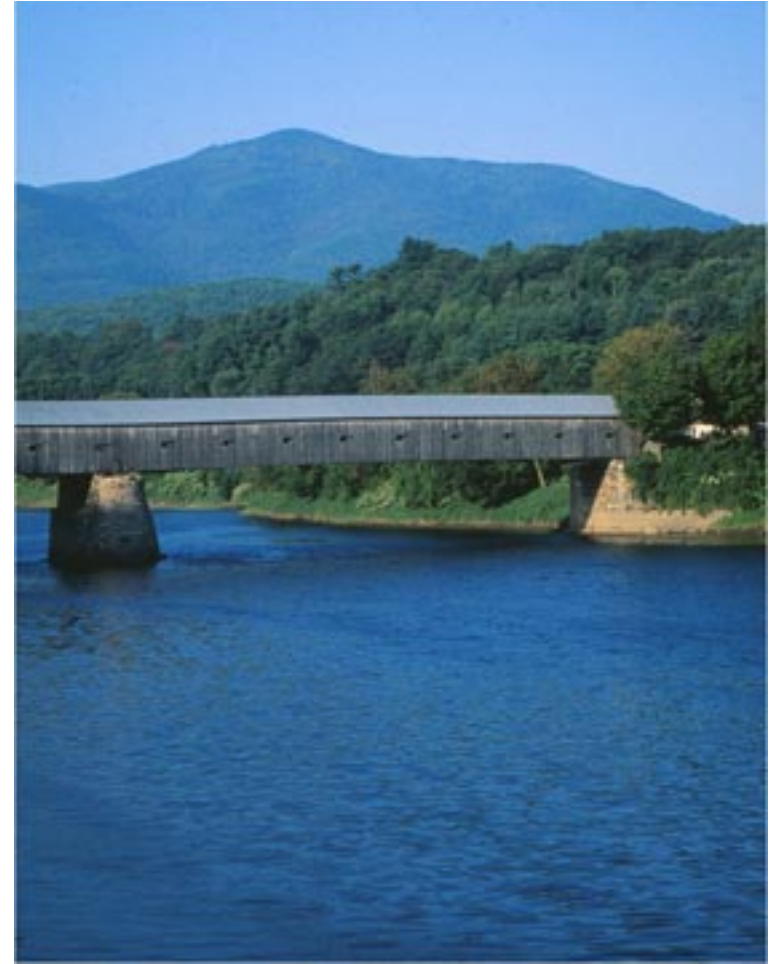
Tougias also talks about the river's connection to his life for each of the 6 decades he has been exploring it. Each period ties into a different source of inspiration.

A question and answer period along with a book signing will follow the presentation. The program is suitable for all ages.

Michael Tougias is the author of 29 national bestsellers including several books about true survival stories such as A Storm Too Soon, Rescue of the Bounty, Overboard! So Close to Home, The Finest Hours (now a Disney movie), and Fatal Forecast, which the Los Angeles Times called

"breathtaking...a marvelous and terrifying tale." Tougias also authored an award winning nature and adventure book titled There's A Porcupine in My Outhouse: The Vermont Misadventures of a Mountain Man Wannabe. He recently released Above & Beyond: JFK and U-2 Pilots During the Cuban Missile Crisis. Booklist gave Above & Beyond a starred review and called it "superb and suspenseful." His latest book is The Waters Between Us: A Boy, A Father, Outdoor Misadventures and the Healing Power of Nature. Visit www.michaeltougias.com for more information.

For more information regarding this presentation by the Historical Societies, contact: Dover Ford, 802-592-3378 or doverford@gmail.com



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TRENDY Dining Guide

Polly's Pancake Parlor

by Gary Scruton

When you have visited a familiar and favorite eatery a number of times it can be difficult to actually try something new. Thank goodness for specials and for a spouse who does not "finish" her meal. It is also hard when you have favorites that are tried and true.

We have learned from past experiences that to get seated at Polly's Pancake Parlor, especially during the busy summer season, you need to call to get your name on the list, and find out what the approximate wait time will be. I called about 9:00 am on a recent Saturday morning and was told an hour and a quarter to an hour and a half. So we took our time in getting out the door and arrived in the well populated parking lot about

10:15. We checked in at the front counter and were handed one of those "call back" buzzers. The hostess told us they were doing their best, but they had gotten several large groups, and things were running behind schedule. We actually only sat outside for about 15 minutes before we were beckoned back inside.

Our table for two was almost dead center of the large dining hall, right in front of the grill. I will say that the noise level for the day was high as everyone seemed to be talking, and with two of those large groups not far from our spot, there were probably more raised voices than normal.

Our waitress' arrival was not far behind our taking our

seats and she quickly took our beverage order (coffee for both of us) and then asked if we were ready to order, or did we need some time? We took the later choice so we could check out the specials and make a tasty decision.

Our coffee came right back but before we could make our choices so we continued to study the menu as well as some specials. That's when Janice mentioned they were offering a whole wheat pumpkin pancake batter which I chose along with the Oatmeal Buttermilk. For add-ins I took blueberries and chocolate chips. I also added sausage patties. Janice went with a dish called Sugar Bill's breakfast. It offers two eggs

(scrambled) toast (cinnamon raisin), choice of meat (bacon) and home fries.

I can mention here that the coffee cups never got empty as our waitress came back a couple of times to top them off.



I will also note that it seemed quite apparent that the entire staff was being pushed this particular morning. My pancakes were cooked just right and the sausage was the type that has some kick to it (which I very much enjoyed), but the presentation of the pancakes on my plate (two stacks of three) was not the best. However the taste was all that I wanted. I have decided now that chocolate chips are better than blueberries as an add-on.

Janice's meal offered her

a full plate as well, and this is where I got to try something new. She handed over one of her slices of bacon. It was thick sliced, not overcooked, and very tasty. (I have to remember that for next time).

When our meals were finished our waitress came back, asked us if we wanted dessert (sorry, no room) and though she had our slip with her, she assured us that we were not being rushed. She also let us know that the bill was to be paid at the front counter. So we left a cash tip on the table and paid the \$37.98 with a credit card. At the time we were paying the cashier did mention, upon inquiry, that they were back down to an hour and a half after being a bit over two hours wait time earlier.



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Haverhill Builds Resilience Hosts Hope in Haverhill Gallery and Community Conversation

By Daisy Young

Haverhill Builds Resilience will be hosting a gallery and community conversation that is free and open to the public. The event will take place on August 10th from 4-6 p.m. at the Alumni Hall located at 75 Court St, Haverhill, NH.

The gallery will feature local images from the Hope in Haverhill Photo Challenge, a campaign meant to inspire hope and community building through photo and quote submissions from Haverhill area locals. The community conversation will give an opportunity for the public to discuss ways to build a more thriving and resilient Haverhill community.

The event is a collaboration between Haverhill Builds Resilience, which is facilitated by the UNH Co-operative Extension and in

partnership with the Haverhill Area Substance Misuse Prevention Coalition (HASMPC). These groups are collaborating to increase community resilience through tackling issues in rural areas that have been exacerbated by COVID-19.

Light refreshments will be available to all who attend. To register for the event, go to <https://bit.ly/3cssn98> or contact Joe Mitchell at jmitchell@sau23.org with any questions.

For persons with disabilities requiring special accommodations, please contact alyssa.lemmermann@unh.edu prior to the event.

This workshop is supported by the FY2020 Rural Health and Safety Education Competitive Grants Program of National Institute of Food and Agriculture, USDA Grants #2020-46100-32839.

Dayhike & Dine

Dayhike & Dine returns Aug. 21 for another moderate group hike followed by a quality meal at a restaurant near the trailhead.

When: Sun., Aug. 21 (ppd from July 17)

Meet: 10 a.m., Bradford Park & Ride (848 Waits River Rd.; exit 16 off I-91) OR 10:15 a.m., Rivendell athletic fields parking lot across from Rivendell Academy on Route 25A (near its junction with Route

10), Orford.

The hike: Mount Cube via Cross Rivendell Trail (5.0-mile round trip; 1,597 feet of elevation gain).

The bite: TBA (up to three solid options depending on when the hike is completed. More info or to join the Dayhike & Dine email distribution list: jpendak@gmail.com; 802-449-7597.

Presented by Bradford Parks & Recreation

Army Guard Retiree Luncheon Date Set

The New Hampshire Army National Guard (NHARNG) 13th Annual Retiree Luncheon date has been set for Thursday, September 15, 2022 by the luncheon planning committee. The committee is made up of current and retired Army National Guard members. Our immediate goal is to notify all retired NHARNG members about this upcoming event. Retirees who have not attended prior luncheons or have relocated are urged to contact Command Sergeant Major (Ret) David Follansbee via e-mail: dave_follansbee@comcast.net or (603) 623-7757.

This year's luncheon will be at the Joint Force Headquarters building on the State Military Reservation in Concord and will feature a briefing on the current status of the NHARNG as well as exhibits and displays of in-

terest to retirees. A group photo is also planned. The luncheon fee is \$8.00 at the door.

If you are an NHARNG retiree and plan to attend the luncheon you should RSVP no later than August 26th. Use this link to register: <https://einvitations.afit.edu/inv/anim.cfm?i=684981&k=046946007356>

The planning committee asks if you know of someone who has retired from NHARNG to pass this information along.

UnCommon Jam On The Newbury Common with Patrick, Kat & Dave

The UnCommon Jam music festival returns to the Newbury Common on Sunday, August 21st from 1-6 p.m. this year. Under the auspices of Court Street Arts (Haverhill Heritage Inc) of Haverhill, NH, this will be the eighth year of the festival which features three of Vermont's best bands, great local foods and craft brews.

Leading off the show will be Newbury's own Patrick Ross and his band, bringing a lively set of tunes featuring his fiddle and guitar. Back in New England after a long nationwide tour, Burlington's Kat Wright trio will perform the second set. Kat's sultry and dynamic voice and enchanting stage presence promises a great show. Then Montpelier's Dave Keller, a true performer, whose love for Southern soul and blues come out through his vocals, guitar and his connection with the audience will wrap up the Jam. The local duo of Randy Wales and Phyllis Shea will play on the small stage between sets.

Scott Danforth's BBQ food truck, Billy Brigsten's Bright Sun Kitchen Louisiana cuisine and San Song Kitchen's Korean cuisine will be the featured food vendors, with coffees, ice cream, desserts, and assorted beverages - includ-



ing a beer garden with craft beers and ciders - also available so leave your coolers at home and enjoy the food and drinks on the Common.

With generous support and sponsorships from Valley Floors, Wells River Savings Bank, Farmway, Camp Farwell, Colby Insurance Group, Knoxland Farm, North Country Organics,

Copeland Furniture, Wells River Chevrolet, Otto & Associates, Archie Steenburgh, Woodsville Guaranty Savings Bank, Oakes Lumber, the cost to attend is only \$10 and free for those under 12 years of age.

For more information, go to the www.courtstreetarts.org site or call 802-866-3320.

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August 9, 2022

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Parents as Relay Team Members

New Hampshire's compulsory school requirement requires any child at least 6 years of age and under 18 years of age to attend school. Once a child is of school age, there are four education pathways in which families may satisfy the education attendance requirements:

1. Public education (public school district or public charter school, including the state virtual learning academy charter school)
 2. Private school (public or religious)
 3. Home education (see RSA 193:1)
 4. The Education Freedom Account Program (EFA: new scholarship program established in 2021 that allows funds to follow the child to whichever education pathway is best for their unique needs and talents)
- Due to the recent COVID 19 pandemic and accompanying school closures for extended periods of time, New

Hampshire has seen a significant uptick in student participation in various education choice programs including home schooling and NH's Education Freedom Account Program. With the advent of increased online K-12 education associated with school closures, parents have looked for other education options involving in person instruction and with this involvement, parents have become more active and informed regarding learning in the classroom. Online instruction certainly has limitations, but one very important takeaway from the COVID years, is that parents gained an inside look into public education curriculum and instruction. Many parents decided to home school their children rather than have them staring in front of computer screens throughout the days. Approximately 2000 statewide students who meet qualifying criteria, are

now participating in the Education Freedom Account Program. Alternative education pathways have always been available in New Hampshire, as they do provide learning environments that best fit participating children.

Declining K-12 enrollment has been occurring in New Hampshire for years, and this fact, along with impacts resulting from COVID will continue to challenge the public school system. I often ask myself, "Are there any positive take-aways that can be learned from the impacts COVID has made on public education and our children?" My answer is "yes, there are a number, but I would like to address one!" For years, I have either participated in or watched my own children and grandchildren participate in track and field events. To achieve success, a relay team must work together, perform well, and all member aligned with the same goal. This same advice applies to education. School boards, administration, teaching staff and parents must work together to get students across the finish line. School shut downs during the pandemic were an absolute awakening for parents. No school system will ever reach full potential without involving and encouraging parents as full members of the education relay team. A team working together is a winning team.

Respectfully Submitted,
Rep Rick Ladd
Chairman, House Education Committee



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Save Littleton, New Hampshire

(An Open Letter to the Taxpayers of Littleton)

Well, well, it seems the seas have calmed after the stormy Select Board session of July 25, 2022. But the lingering cloud still remains to drench the pocketbooks of Littleton citizens.

The only solution, in my opinion, is for the Littleton Town Manager, Mr. James Gleason, and Littleton Select Board women, Ms. Carrie Gendreau, To RESIGN. Don't get me wrong... I respect them as individuals, but I object to their job performance in the recent spending of Littleton taxpayers monies. Their reckless budgetary spending is destroying the will of the people to continue paying their bills, and put food on the kitchen tables. The taxpayers of Littleton cannot take it anymore!

Inflation has reached over 10%, interest rates are rising, and recession looms on the horizon. But these two Littleton Town officials don't seem to care!

Let's take a close look.

A few months ago, The Littleton Town Manager agreed he would only spend money approved by the Littleton Taxpayers. This has not happened. In fact Mr. Gleason has spent money like a (drunken sailor) by recommending the creation of a new Fire Department position. (Deputy Fire Chief) whose salary is close to one hundred thousand dollars. (\$100,000.00). And further recommending an additional perk for this new position with the use of a Chevy Tahoe costing the taxpayers another fifty thousand dollars (\$50,000.00) (Nothing is for FREE). I find this irresponsible. Totally reckless for the Littleton Taxpayer, if that isn't bad enough, Gleason, and Gendreau takes another step off the cliff by recommending creating three new positions in the Police Department. (if they would have asked the citizens of Littleton, for sure we would have approved without hesitation).

It seems the members of

the Littleton Select Board and the Town Manager don't relate to signs of these stressful economic times on the average Littleton citizen who is trying to put food on the table to feed his/her family, and trying desperately to pay his/her daily bills!

Another issue looming over the heads and into the pocketbooks of the average Littleton taxpayer is the new lease contracted with the Town of Littleton and the Bank of New Hampshire for Town office space. Starting in July, 2022 the Town of Littleton will be paying forty-eight thousand dollars (\$48,000.00) for Town office space... up from eight thousand and one hundred dollars (\$8,100.00)!

I care about this Town very much, and have consistently fought for less spending and lower taxes for many years by speaking out at Select Board Meetings.

I suggest the members of the Littleton Select Board and the Town Manager use the property we own behind the Littleton Fire Department, and build a Town Hall Complex using affordable pre-fab materials. This move will save Littleton citizens from further overburdening expenses in the form of higher taxes.

Another issue looming large over the heads and into the pocketbooks of Littleton citizens which surfaced at the July 25th Littleton Select Board meeting was the spending of over one hundred, four thousand dollars (\$104,000.00) on legal fees between the Town of Littleton and the Littleton Department of water and light. Legal fees, paid again with taxpayer money!

The only answer my dear friends, the voters and Taxpayers of Littleton, is for the Town Manager and the Selectmen lady Carrie Gendreau to resign due to these deteriorating financial situation.

Rudy Gelsi; Littleton, New Hampshire.

A voice for the tax payers of Littleton. (Save Littleton)

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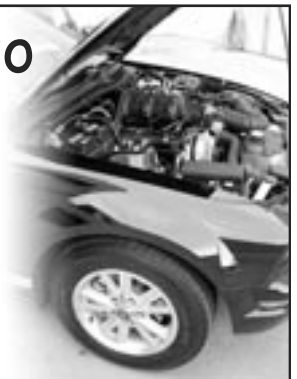
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Linda Scherf for Weeks State Park Association

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Bio: Shaun Terhune is a full-time wildlife and landscape photographer in the White Mountains as well as a passionate conservationist. His creative talent has been published or featured in books, magazines, and publications such as Wanderlust USA, National Geographic, and others. His Fine Art Photography Gallery at 39 Main Street in Littleton, NH, features many of the landscapes and wildlife of the region. After college,

his professional life as a geologist provided opportunities to work in the Canadian Arctic, the North Slope of Alaska, and the American Southwest where he employed some of the most advanced imaging cameras in the world. In the course of time, photography in all of its artistic expressions became a full-time pursuit and eventually Shaun became a guide for National Geographic in Yellowstone and Yosemite National Park. The love for nature and the outdoors is shown in his photography of the White Mountains today.

This free program will be in the Great Room of the Summit Lodge of Weeks State Park and will begin at 7pm on Thursday, August 11, 2022. 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.

by Elinor Mawson

To say she was flamboyant would be an understatement.

She was an overweight child and even more overweight teenager. In her photos of the time, she looked unhappy and sloppy. But that changed when she went to college; she lost weight and changed her image drastically from top to bottom and we hardly knew her.

From her childhood, however, she was extremely talented. Art was her medium, and she practiced it every day. Her specialty was cartoons of family and friends and they were hilarious. She used to practice on the "draw me" girls in the back of magazines, and once she sent one in.

She was carrying a handful of spaghetti out to the dog's dish one evening when a man drove into the yard asking for Suzanne. When she said it was she, he announced loudly, "YOU CAN DRAW!!" She dropped the spaghetti on the lawn and ran into the house. The man followed, and spoke to her mother, who said, "She's only 11 years old."

"What?" said the man. "It says she's 16 on the application."

"I know", Suzanne replied, and the interview was over.

She developed her talent throughout high school, and majored in Art in college.

Suzanne

When her father saw some of her drawings of nudes, he said, "And I am paying for THIS?" He was not impressed.

After college, she bought a car and got her first teaching job. Living away from home, she changed her hairstyle and bought new clothes. She also began dating seriously and had a lot of boyfriends. Her students loved her because she had such a different way of presenting her subject matter. She would dress up like the people she was teaching about and get the students to role play. There was no end to her creativity.

She taught in a lot of schools. At one interview she dressed up like Shakespeare. She didn't get the job but I am sure the interviewers never forgot her.

When she was in her mid-thirties, she married Gary who lived in an octagonal house. They sang and acted in community theaters and did a lot of entertaining. When it became evident that Gary was bipolar, the marriage fell apart, but Gary gave her a divorce gift of a bracelet that was engraved, "A successful marriage leads to friendship". She got the bill a month later.

When she was 40 she became an insulin-dependent diabetic. She didn't control it very well and had quite a few episodes of low blood sugar and needed medical intervention. The paramedics became accustomed to going to her house. She was lucky not to have long-term problems.

She went back to teaching, and met Dan who was very impressed with her and her lifestyle. They dated for a few years until she went to

a singles dance and met Durham, a millionaire. They were married a few months later.

Suzanne and Durham led a wonderful life. They traveled — to China, to a safari in Africa, among others. She got her Master's degree. They bought a wonderful house on Cape Cod. Durham, however, was bipolar and also began to show signs of dementia. He had symptoms of heart problems but wouldn't go to the doctor, and one day he got out of bed and suffered a fatal heart attack

Suzanne went about her life, buying expensive clothes, driving an expensive car, and dating a variety of men. She continued to travel -- to Australia, Turkey, Europe. She bought a big dog who she loved.

Her diabetes became worse, and she was soon on dialysis. And during this time, she met Leroy, a Jamaican 30 years her junior who became the love of her life. After they married, they leased a building and started a restaurant--a dream of Leroy's. She remortgaged her house to finance the project and it was off and running. It was a success for the first year but town ordinances got in their way and business waned. Suzanne's money started to run out, and her health deteriorated.

A kidney transplant lasted a year and then had to be removed. She languished in the hospital for months until she started to fail.

Suzanne died at the age of 67. She was penniless, her house was foreclosed, and she left her husband of 5 years, Leroy, who hasn't been seen or heard from since.

Not all Times are Trendy, but there will always be Trendy Times August 9, 2022 Volume 13 Number 22

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15th Annual MIKEY WILLIAMS Alumni Soccer Game

Saturday, August 20 • 11 am & 1 pm
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featuring

WHS Womens Alumni vs. WHS Girls Varsity Soccer Team

WHS Mens Alumni vs. WHS Boys Varsity Soccer Team

Alumni or community members who would like to play, volunteer or make a donation, please contact:

DAVID ROBINSON at 603.359.9330

Proceeds go towards

The Mikey Williams Memorial Fund
to benefit WHS boys and girls soccer players

Calendar of Events

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

TUESDAY, AUGUST 9

FOOD TRUCK POP-UP
4:00 - 7:00 PM
Trailhead Pavilion, 195 Bay Street, St. Johnsbury

NGCRC MONTHLY MEETING
6:00 PM Coffee 6:30 PM Meeting
Littleton Elks Club, Bethlehem

WEDNESDAY, AUGUST 10

HAVERHILL BUILDS RESILIENCE
4:00-6:00 PM See Article on Page 3
Alumni Hall, Court St., Haverhill

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

THURSDAY, AUGUST 11

NATURE PHOTOGRAPHY OF THE WHITE MTNS
7:00 PM See Article on Page 5
Great Room, Weeks State Park, Lancaster

JACK LONDON'S MARTIN EDEN
7:30 PM See Article on Page 16
Colonial Theater, Bethlehem

FRIDAY & SATURDAY, AUGUST 12 & 13

PEACHAM ACOUSTIC MUSIC FESTIVAL
Peacham Village

OCT PRESENTS SHERLOCK HOLMES
7:00 PM See Ad on Page 6 & Article on Page 8
Bradford Academy Building

SUNDAY, AUGUST 14

ROSS-WOOD POST #20 ANNUAL PICNIC
12:00 Noon See Ad on Page 11
Ammonoosuc Valley F&G Club, Swiftwater

OCT PRESENTS SHERLOCK HOLMES
3:00 PM See Ad on Page 6 & Article on Page 8
Bradford Academy Building

MONDAY, AUGUST 15

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

THURSDAY, AUGUST 18

THE COHOS TRAIL
7:00 PM See Article on Page 5
Great Room, Weeks State Park, Lancaster

FRIDAY & SATURDAY, AUGUST 19 & 20

OCT PRESENTS SHERLOCK HOLMES
7:00 PM See Ad on Page 6 & Article on Page 8
Bradford Academy Building

SATURDAY, AUGUST 20

LANDAFF OLD HOME DAY
9:00 AM See Ad & Article on Page 7
Landaff Town Hall

FORUM HONORING GLADYS P. TWITCHELL
11:00 AM See Article on Page 7
Orfordville Town Hall Heritage Center

MIKEY WILLIAMS ALUMNI SOCCER GAMES
11:00 AM & 1:00 PM See Ad on Page 5
Woodsville High School

A CLASS ACT TALKBACK
Following the Performance
Weathervane Theater, Whitefield

SUNDAY, AUGUST 21

DAYHIKE & DINE
10:00 AM See Article on Page 3
Bradford Park & Ride

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

UNCOMMON MUSIC JAM
1:00-6:00 PM See Ad on Page 9 & Article on Page 3
Route 5, Newbury Village Common

400 MILES DOWN THE CONNECTICUT RIVER
3:00 PM See Article on Page 1 & Ad on Page 8
South Ryegate Presbyterian Church

OCT PRESENTS SHERLOCK HOLMES
3:00 PM See Ad on Page 6 & Article on Page 8
Bradford Academy Building

MONDAY, AUGUST 22

MT. WASHINGTON MASTER PLAN MEETING
7:00 PM See Article on Page 13
North Conway Community Center

WEDNESDAY, AUGUST 24

MONITORING CORN PESTS WITH TRAPPING:
5:00 -7:00 PM
North Woods Gardens, Northumberland, NH

SATURDAY, AUGUST 27

OLD TYME COUNTRY DANCE
7:30 - 10:00 PM
West Newbury Hall

MONDAY, AUGUST 29

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

EVERY THURSDAY

WORKING ON WELLNESS
6:00 PM
Monroe Public Library

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NOON - 7:00 PM
Baldwin Memorial Library, Wells River.

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Sherlock Holmes

and the

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By Brian Guehring

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August 12, 13, 14, 19, 20, 21

Fridays and Saturdays at 7 p.m.

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Directed by Melissa Mann

Landaff Old Home Day 2022

The Landaff Old Home Day is quickly approaching with multiple events being held on Saturday, August 20, 2022 at Landaff Town Center. The first event starting at 9:00 a.m. is the annual auction where items donated from residents around the north country and local business including gift certificates and baked goods are auctioned with an entertaining auctioneer. It is always fun and interesting to see which item gets a bidding war started! Jason Cartwright "Chief of Landaff Volunteer Fire Department" says "This has been our best year for collecting many great quality items to be auctioned. We have had many people moving, downsizing, and organizing creating a large amount of the best items we've seen in years." Items already collected include a walk behind garden tiller, a brand new electric Snow Blower, table saw, drill press, various power tools, Antique Dolls, hand tools, lawn tools, furniture, Department 56 Christmas items, over \$500 worth of gift certificates from local businesses. If you are looking to fill a need, this is the auction to be at with a wide range of tools to use and items to furnish and decorate your home. For pictures of items visit our Facebook page at Landaff Volunteer Fire Department. There will be a concession stand selling the best, hot dogs and Landaff Famous Donuts along with a bounce house for the kids. Raffle tickets with over \$1000.000 in prizes will be available for sale.

This is a child friendly event with a bounce house for them to enjoy that will be managed by adults and teenagers as well as various games for the kids to enjoy. Snacks including hot dogs, Landaff famous donuts, and treats provided by local businesses along with a variety of drinks will be available at

our Snack Stand. This year, we will be accepting cash, check, Venmo, and PayPal as forms of payment as we move into the 21st century. Free Wi-Fi is available near the fire department. There will be a few booths selling various items related to Landaff and the North Country lifestyle. John Barth, President of the Landaff Volunteer Fire Association says "We hope many will come and enjoy a quaint town with beautiful views and experience a classic small-town event."

There will be two seatings for the Benefit Supper at 5:00 p.m. and 6:00 p.m. Reservations are required by calling 603-838-8965 or 603-838-6039 and must be made by August 16. The dinner will feature great food and pies for dessert. The dinner cost \$10 per person, \$5 for children. The dinner will take place at Landaff Town Hall. Or just enjoy homemade pies for dessert for a donation to the cause (limited to what is left after the dinner and there are always leftovers).

The Landaff Volunteer Fire Department is one of the last if not the last pure all-volunteer fire departments (meaning our

members do not receive any compensation in any form making us true volunteers). We are part of the Twin State Mutual Aid system and respond to fires in Lisbon, Lyman, Littleton, Bath, Woodsville, Sugar Hill, and other areas as necessary. Our department currently has 12 members and our Association that supports the department has about 30 members. These are great numbers from a community of less than 300 full-time residents which shows our communities commitment to community and service. This year, we are raising money for upgraded boots for all members as well as some new tools needed to make our responses safer and more productive with limited manpower. The Landaff Volunteer Fire Association's mission is to primarily support the fire department, but also offers scholarships to all Landaff Students who pursue higher education after high school. A small portion of the proceeds of the auction supports this effort as well and we have awarded over \$5000.00 in scholarships over the years.

Orford Historical Society Remembers a Great Orford Teacher, Gladys Twitchell

A forum reliving the years of Miss Gladys Twitchell as a headmaster and teacher at Orford High School in Orford, NH, and later at McIndoes Academy in McIndoes Falls, VT, will take place at the Town Hall Heritage Center in Orfordville, NH, at 11 a.m. on Saturday, August 20.

Mr. Arthur Pease of Lebanon will describe Miss Twitchell's years at Orford High School from 1926 to 1944, giving history of the school's inception and its connection to the Plymouth, NH Normal School. She was the much beloved head of school and left many great memories behind. Very few students now remain but we have gathered comments of former students and have readings of original poems written by a student, Mrs. Dorothy Baker Pierson, a 1936 graduate from Orford High School.

Comments from McIn-

does Academy students' class of '57:

"She was a good teacher—the best. She was stern but thorough and fair. We were there to learn and she allowed no nonsense. At any classroom disturbance, she would purse her lips and peer over her glasses. No word was spoken, but even the 'big boys' knew it was time to sit and listen. Everyone respected her."

"Miss Twitchell could teach anything but loved math and science. I remember that she 'raked' her own inner cheek to get cells to look at on the microscope."

Similar comments will be from Orford students as well.

Come and enjoy this delightful event recounting the memories of what education was almost a century ago. Light refreshments will be served.

Scott Borthwick
Manager

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The Landaff Volunteer Fire Association

is sponsoring the
LANDAFF OLD HOME DAY
Saturday, August 20, 2022
At or Near Landaff Town Hall

9 a.m. - **AUCTION** under a tent
preview and registration starts at 8:30a)

9 a.m. - **CONCESSION STAND** -
featuring the Best Hot Dogs
and Landaff Famous Donuts

9 a.m. - **BOUNCE HOUSE** for the kids

9 a.m. - **FRIENDS OF LANDAFF BOOTH**

5:00 & 6:00p **LANDAFF BENEFIT SUPPER**
with reserved seatings for each time
email LandaffVFD@gmail.com for more information.

All proceeds benefit the Landaff
Volunteer Fire Association
which is the fundraising
branch of the
Landaff Volunteer
Fire Department.

Raffle tickets will be sold featuring over \$1000 in prizes

Not all Times are Trendy, but there will always be Trendy Times
August 9, 2022
Volume 13 Number 22

UNH Extension Master Gardener Training in Holderness, September 6-November 2022

UNH Cooperative Extension will offer a 12-week Master Gardener training in Holderness, NH starting in September. The Master Gardener Program is part of a national effort to train people who are passionate about gardening so that they can become volunteers who share science-based horticultural knowledge with the public. The training will be held at the Squam Lake Natural Science Center each Tuesday, 9:00 a.m. – 4:00 p.m. from September 6 through November 22, 2022. Weekly in-person sessions will cover topics such as basic botany and plant physiology, soil science and ecology, entomology, plant pathology, horticultural research, and various gardening techniques. In addition, trainees receive instruction in adult learning, project management, and public speaking.

After the 12-week training, participants are expected to complete a 55-hour internship to become an Extension Master Gardener. As a Master Gardener, a commitment of 20 hours of volunteer time and 10 hours of continuing education are required annually. Volunteers fulfill that commitment in various ways such as, responding to questions through the UNH Extension Yard and Garden Infoline, providing garden-related talks to community groups or working on educational gardens in schools, nature centers, museums, community gardens, health care facilities and more.

Participants must submit an application and be interviewed before being accepted into the program. Applications will be accepted on a rolling basis, until the program is full. Space is limited, early application is recommended. To apply, visit: <https://extension.unh.edu/re>



source/about-new-hampshire-master-gardener-program . A \$300 fee will be charged to all accepted participants. Scholarships are available.

For questions, contact UNH Extension Master Gardener Program Manager, Ruth Smith at ruth.smith@unh.edu.

Busy Bee in NH

For a copy contact Cyndi @ cnb.pics07@gmail.com



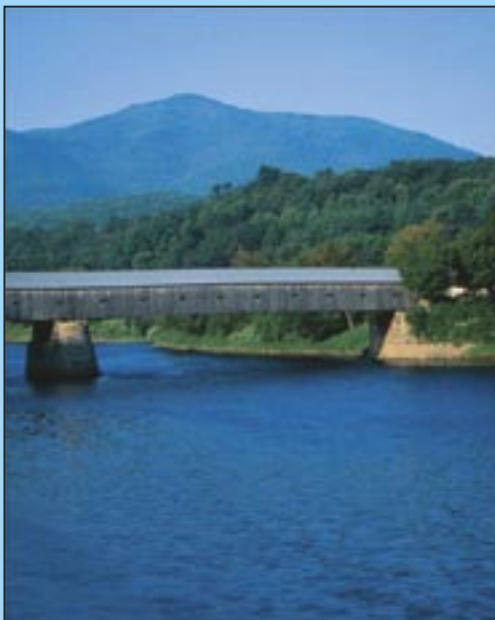
The Ryegate Historical Society and the Newbury Historical Society present:

400 Miles Down the Connecticut River

A slide presentation by best selling author Michael Tougias

Sunday, August 21st 3:00 pm

at the South Ryegate Presbyterian Church.



Old Church Theater Presents "Sherlock Holmes and the 1st Baker Street Irregular"

Join Old Church Theater at the Bradford Academy in Bradford, Vermont for their production of "Sherlock Holmes and the 1st Baker Street Irregular", written by Brian Guehring and directed by Melissa Mann.

On a dare from her fellow street urchins, 14-year-old Wiggins (Lillie Kelley) tries to pickpocket a strange old man. Not only is Wiggins unsuccessful, but the old man, who is actually Sherlock Holmes (Aristotle Williamson) in disguise, manages to take the gold ring that was in Wiggins' pocket and leave behind a note directing her where to go to get it back. When Wiggins goes to 221B Baker Street to retrieve the ring, she is shocked to find out how much Holmes knows about her based on a quick observation. After Wiggins sees Holmes use the ring to solve a case,

Wiggins proposes to work as his assistant. Intrigued by

her potential, Holmes agrees to begin training Wiggins on a trial basis, so long as she helps Mrs. Hudson (Sarah Lornitzo) with the chores. Wiggins and Holmes must learn to trust each other as Wiggins and her group of street urchins help him solve two dangerous mysteries: The Red Headed League and The Adventure of the Blue Carbuncle.

Melissa directs a cast of 12, with many actors portraying over 30 roles. Old Church Theater continues to perform at the Bradford Academy while undertaking the fundraising for, and restoration of their permanent home.

Friday and Saturday shows are at 7pm, and Sunday matinees are at 3pm. Check out their website oldchurchtheater.org. Old Church Theater thanks you for supporting local theater!

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Dog Mountain Selected for a Chance to Win a 2022 PetSafe® Bark for Your Park™ Grant

Voting Period Runs Through August 31 — Nine U.S. Communities Will Win Funds to Build or Improve a Local Dog Park

St. Johnsbury, VT – August 1, 2022 – PetSafe® brand, a global leader in pet product solutions, has announced the 30 finalists for its popular Bark for Your Park™ grant contest and Friends of Dog Mountain has been selected for a chance to win funds for improvements to the Dog Mountain dog park. This year, PetSafe® will award prizes totaling \$125,000 to nine deserving communities.

Since introducing the program in 2011, PetSafe® has donated more than \$1.65 million to support more than 80 off-leash dog parks in the United States. Now through August 31, 2022, anyone over the age of 18 that lives within the U.S. can vote once per day, every day for their favorite community at barkforyourpark.com.

Friends of Dog Mountain is thrilled that Dog Mountain has been picked as one of the Bark for Your Park™ grant finalists. At 150 acres, Dog Mountain requires extensive maintenance and upkeep. As the Dog Mountain community has continued to grow over the past several years, the need for additional dog waste stations and signage has arisen. With Bark for Your Park Grant™ funding, Friends of Dog Mountain would be able to provide much-needed maintenance to this beloved dog park, including the purchase of several new dog waste stations, additional garbage bins, and way-finding signage. These improvements would provide the loyal Dog Mountain commu-



nity with a cleaner and more welcoming experience at Dog Mountain.

Finalists were chosen from a panel of PetSafe® judges that scored each submission on the level of enthusiasm and support for a dog park project within the community and the impact that a dog park project will have on the community. Participants entered to win funds for either a new park or to improve an existing dog park. Following the contest voting period, four communities with the highest votes will receive \$25,000 for the construction of a new park and five will be awarded \$5,000 to enhance their local dog parks.

“The PetSafe® brand is always looking for ways to help pet parents. That’s why we’re so proud to support communities by helping provide a safe place where dogs can run and play,” says Celeste Vlok, marketing manager for PetSafe® brand. “It’s exciting to see the enthusiasm and commitment each finalist community has put into fulfilling their dog park dreams. We invite all to join the fun by voting for their favorite community.”

For more information on the 2022 Bark for Your Park™ grant contest and to vote for Dog Mountain, visit barkforyourpark.com.

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NEWBURY VERMONT COMMON Tickets: \$10, kids 12 and under free
Info at www.courtstreetarts.org/events

UnCommon Jam 2021 is a collaboration among Court Street Arts, the Cohase Region Business Community, and private individuals. Proceeds from the event support cultural programming at Court Street Arts' Alumni Hall venue in Haverhill Corner.

The organizers would like to thank our sponsors including:


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American Legion Riders Chapter #20 of Woodsville made a donation of \$900 to the Good Shepard Food Pantry of Woodsville. Shown in photo (l-r) Maurice Anderson, Lynn Wheeler, Kathy Hatch and Riders Director Mickey Leafé.
Photo courtesy of Alain Brin - Ross-Wood Post #20 Historian



I was working on our Tree Farm last Friday and before I went home I checked out the different Beaver Bogs, as this time of year the Moose may be feeding on the Pond Lilies, and was lucky to see this big Bull Moose eating Pond Lilies for dinner, while at the same time keeping cool.
Courtesy of Tom Thompson, Orford


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Applicants must be 16 years of age or older.
Starting wages \$13-15/hour.
Hours are Monday – Friday, 2:30* - 6 PM
(* starting time flexible ~ between 2 and 3 pm)
SIGNING BONUS OF UP TO \$1000

BGCNC is also seeking a Van Driver
who will be responsible for transporting children from school to the Club in our shuttle van.

Applicants must be 25+ years of age and hold a valid driver’s license with a clean driving record.
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Apply today! Contact Sandy Brackett at 603-838-5954 or director@bgcnorthcountry.org

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Weeks State Park Summer Program: The Cohos Trail Presented by Kim Nilsen

by Linda Scherf for Weeks State Park Association

The origin of the 170-mile Cohos Trail in New Hampshire's Great North woods and White Mountains has its roots in a disaster. In 1969, a log crib and stone dam high in the Nash Bog utterly failed after several days of heavy rain. The floodwaters from the big Nash Bog utterly destroyed the valley below, flooded the Groveton Paper mill and streets of Groveton, and dissipated among the broad intervals of the Connecticut River in Lancaster and south.

Several years later, Kim Nilsen, the founder of the Cohos trail, scrambled up the Nash Stream Valley to visit the site of the destroyed dam. Wandering about in the Nash Stream Forest, he was struck by the rugged beauty of the environment and began to explore the remote backcountry of central and northern Coos County.

What evolved from many jaunts into this wilderness

was an idea. Somehow, there ought to be a long-distance foot trail created over the central spine of narrow Coos County, hemmed in as it is between the Connecticut River and Androscoggin/Megalloway River valley system.

Twenty-five years later, folks have a chance to see something of this long trail system in Coos County in some 300 slides in a fast-paced slideshow at this summer program. The Coos Trail is a product of hundreds of volunteers working untold thousands of hours to create what is quite literally the longest thru-trail in existence within the boundaries of the Granite State, ever so slightly longer than the wonderful Appalachian Trail also within the state's boundaries.

Kim Nilsen will share the tale of the Cohos trail

through an animated and lively presentation. Join him for the evening.

This free program will be in the Great Room of the Summit Lodge of Weeks State Park and will begin at 7pm on Thursday, August 18th. 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.

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Avoid These Estate Planning Mistakes

When many people hear the words "estate planning," they assume it's just for the wealthy. But that's not the case because everyone can benefit from an estate plan. And when you're creating one, you'll want to avoid some common mistakes.

Before we look at those mistakes, let's go over what estate planning is designed to accomplish. Essentially, an estate plan allows you to pass on your assets in the way you desire. But it can also specify other actions, such as naming someone to care for your minor children if you were no longer around. In creating an estate plan, several key documents are involved, including a will, a trust, a financial power of attorney and a medical power of attorney or a health care directive.

Now, let's consider a few estate-planning mistakes:

- Not communicating your plans. You'll need to inform your family about whom you've chosen as executor – the individual who will administer your estate – and whom you've named as the trustee – the person who will manage your trust's assets. (You can also choose a trust company to handle

this duty.) And to help avoid unpleasant surprises when your estate is being settled, consider letting your children or other close relatives know who will be receiving what.

- Not reviewing your plans periodically – Once you create your estate plans, don't forget about them. Over time, your personal situation may change – you may experience a remarriage or bring in new children. Your interests may change, too – perhaps you'll become deeply involved in supporting a favorite charitable organization. Given these and other potential changes, you'll want to review your estate plans once in a while to see if they need to be modified.

- Not updating beneficiary designations – Every so often, you may want to review the beneficiary designations on your life insurance policies, investment accounts and retirement assets. As mentioned, changes in your life, such as remarriage and the addition of new children, may affect your beneficiaries. Beneficiary designations are powerful and can even supersede your will, so you'll want to update them as needed. Also, if you have a 529 education savings plan, you'll

want to name a successor owner – someone who can take over your 529 if you were to pass away.

- Not re-registering assets placed in a trust – A living trust offers you many potential benefits, such as the ability to bypass the time-consuming and highly public process of probate when it's time to settle your estate. However, just establishing the trust, by itself, may be insufficient – you likely also need to re-register assets, such as your investments, so they are officially owned by the trust, not by you. This is essential for the trust to work as you intended.

Here's one other mistake – not getting the help you need. Estate planning can be complex, so you'll want to work with an attorney, and possibly with your financial advisor and tax professional, too.

By avoiding key mistakes and working with a qualified team of professionals, you can create and maintain an estate plan that will help you leave the legacy you desire.

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

Edward Jones, Member SIPC

Baby Cribs, Bartering, and Simpler Times

by Maggie Anderson

I've been at a doll show all week, yesterday I saw a tiny doll house-scale baby bed and all I could think of was our son's first crib.

Hank and I bought our first tiny house in Grants Pass, Oregon when we were just kids. We actually moved into it on the day of our first anniversary. We got a good deal, mainly because the sellers liked us and decided to cut us a break, but paying for it was always a challenge.

If Hank got sick, which seemed part of his makeup at the time, we scrambled for the mortgage payment, doing any job available until he was well enough to punch a clock again.

We did everything from picking beans for a penny a pound, to rolling moss off tree limbs, baling it, cramming it in tightly enough to bind it into 50 pound bales. It was then trucked down the mountain and sold to the florists who used it to hold the moisture in around their potted plants.

We had yard sales all the time, selling stuff we picked at other sales, and things we scarfed up from the sidewalks around town during the annual Boy Scout trash bash. Folks could put anything they didn't want any longer out on the curb. The first couple of days everybody in town could take anything from anywhere if they could use it or sell it to somebody else, then the Boy Scouts would drive through town and pick up everything that was still sitting at the curb.

One time we hit one of the local flea markets to see if we could sell some of the treasures and pay the house payment. We got set up and then I took a stroll to see if there was anything we couldn't live without. I spotted a tiny baby crib and stopped to talk with the kid who was selling it.

He was a hippie, living out of town on a commune with a mixed bag of characters who had their own ideas about how the world should operate. I asked him how much he wanted for the little crib, his answer was a

question. He wanted to know what I had for sale.

He followed me over to where we had spread the goodies out to entice the crowd. He dug around a little and came up with an old flashlight we had bought for half a buck in a junk shop in town. It had an invisible corner where somebody had left the battery in until it leaked. We bought it because we knew Hank could repair it and we'd have a pretty good light on our hands, one of those big ones with those giant square batteries.

The guy asked if we thought it a fair trade, our flashlight for his sweet tiny crib. He said he didn't see any reason to exchange money if we both had something we couldn't use, but the other would be happy to have. Of course we said yes.

By the time Nathan was born later in the springtime, we had the little crib cleaned and polished, and sporting a brand new mattress from the Sears Roebuck catalogue.

Our fifty-cent crib held sleeping babies for years, even Nathan's first son slept in it whenever he came to Gramma and Grampa's. Now it holds dolls and teddy bears, Nathan's 49 years old now and his baby boy is over six feet tall and can't squeeze in for a nap any more. Funny how simple life can be.

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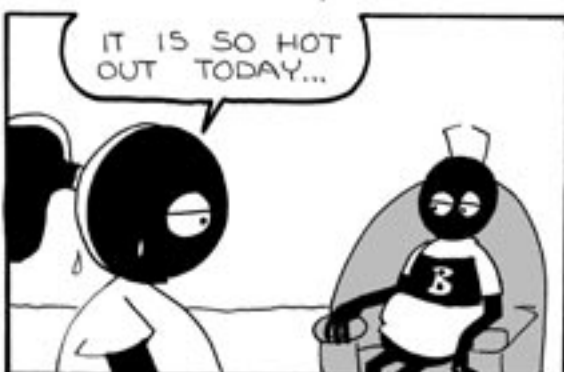
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By John Martin



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Letter to the Editor

To the Editor,
I've lived in rural areas much of my life, mostly in New Hampshire and northern New England. I own guns and have no problem with anybody else owning them provided they use them in a responsible manner. However, I've noticed over the past two decades or so a marked increase in the number of individuals (young men: it's always young men) who move to this area from more urban environments and use firearms as toys. I'm not talking about going out and

plinking a few bottles and tin cans, or sighting in for hunting season etc., I mean firing weapons mindlessly for hours and hours on end in populated neighborhoods containing housebound invalids, elderly citizens, and terrorized pets, not to mention those of us simply trying to enjoy a peaceful life. They are mistaking liberty for license; confusing our famous New Hampshire tolerance for others as approval, and an intimidated silence among the populace for consent. Aside from the obvious homoerotic qual-

ities connected to fondling their phallic symbols in concert with their buddies, there's also a strong sense of a disconnection from reality. I think this disconnect is due to participating in the urban rat race for too long, a race where aggressiveness toward others is considered a virtue and kindness is a sign of weakness. In such an environment there are no winners, because even if you come out ahead, you're still a rat. Sincerely,
Dale York
Woodsville, NH

Dale,
Gun rights are obviously a very hot topic to some people. It is also a hot topic when it comes to individual freedoms. When the two topics are combined it can create some very, very different views on what is, and what is not, legal, ethical or even reasonable.

Simple courtesy rules say that you should try to honor the safety and comfort of others. Whether that be via noise or some other intrusion. And when that perceived intrusion has to do with firearms then nerves can be very fragile. I know of a friend whose back window of his vehicle was shattered due to a probable ricocheted

bullet from a nearby sand pit where some "target practice" had been taking place. It is easy to see that his nerves were on edge when he realized that could have very easily been either in his car, or standing next to it when that stray bullet found his car.

Again, simple courtesy should say that if you are using a firearm, be sure of your target area. Be sure of the backstop for what you are firing. And most of all, be courteous to others with both the time of day, and the amount of practice that is utilized. Individual rights work both ways. For you and for others.
Gary Scruton, Editor

Letter to the Editor

Ancient prophets declared God's Word to stubborn and rebellious peoples from one century to another--and it was RARE to see any positive response (Nineveh's response to Jonah was one example).

Now that Roe vs. Wade is gone, the states assume responsibility for abortion or not. I will not argue the formation of self-indulgence as an idol today or the truth that abortion destroys an innocent life--for any reason.

People can no longer ignore abortion. States will require individual votes to determine what each state ultimately decides to do or not do when it comes to this issue.

God has drawn a line in the sand. Each state has its own position which it is trying to strengthen or weaken. What each state decides as its ultimate position.

I must guess that this is only the first of many opinions that will be written about before the November elections. Not only will all state offices be up for election this fall, in Vermont and New Hampshire, but there will also be many other proposals on the ballot that voters will need to decide on. So this will be just the first to encourage all voters to know what is on the ballot before you go to vote. But please, be sure to vote. It is your government, your way of life, your duty to direct our elected officials.
Gary Scruton, Editor

tion is not as important as what each person does at the ballot box.

God will remember both individual positive resistance to the taking of innocent lives; as He will those who would destroy the unborn for any reason.

In Vermont, to not vote is the same as agreeing with the pro-abortion advocates. I urge Vermonters to flood the polls this November and REJECT the constitutional amendment to make self a god while hiding behind this abortion issue. Every living voter should think about the fact that had they been conceived at a different time (especially if this amendment passes), you could easily not exist.

'Take Back' Vermont. Deny liberals their agenda. Vote NO to Article 22.

Greg Darling
Littleton, NH

Public Information Sessions on Mount Washington Master Plan

The Mount Washington Commission is hosting two public information sessions to solicit public comment on its draft Master Plan for the Summit of Mount Washington. The public information session dates are:

Monday, August 22, 2022, at 7 p.m. at the North Conway Community Center, 78 Norcross Ctr, North Conway, NH

Tuesday, August 23, 2022, at 10 a.m. at the Legislative Office Building (LOB) Room 302-304 in Concord, NH (The MWC will meet briefly at 9:30 a.m.)

The Mount Washington Commission is required to prepare a master plan for the summit in accordance with RSA 227-B:6. The Commission will provide a brief presentation on the draft Master Plan and take questions and comments from the public.

Those who are not able to attend in person are invited to review the draft Master Plan dated July 5, 2022, that is posted on the Commission's Mt Washington Master Plan and Resources website at: nhstateparks.org/about-us/commissions-committees/mt-washington-master-plan-and-resources. Written comments are due by August 31, 2022, and can be sent to MtWashingtonComments@dncr.nh.gov or MWC Master Plan Com-

ments, 172 Pembroke Rd, Concord, NH 03101.

The Mount Washington Commission is established under RSA 227-B, consisting of 11 members to manage the summit of Mount Washington property owned by the State of New Hampshire. Its duties include preparing a master plan for the summit, monitoring all fees being paid to the state for the use or lease of state-owned facilities on the summit, supervise the work done on capital improvements authorized by the general court for Mount Washington, cooperate and consult with the division of parks and recrea-

tion concerning the daily operation of the summit as carried on by the division, consult and advise with the commissioner of the department of natural and cultural resources, assist in the promotion of the development and use of the summit by the public as a recreational, historic and scientific attraction, and advise and assist in the protection of the unique flora and other natural resources of the summit. To learn more about the Mount Washington Commission, visit nhstateparks.org/about-us/commissions-committees/mount-washington-commission.

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What About Ma?

by Kellie Quackenbush

All About The Flowers

Ma loved her flowers. She had the most delightful flower gardens strategically placed on her property around her house. Ma loved her flowering bushes and trees as well, this brought a bountiful sense of beauty and wonder to people driving by or visiting.

Spring would start with the daffodils and crocus would be the first to pop through the melting snows of spring, soon to be followed by tulips. The bright purples and lavenders of the crocus would soon give way to trumpet daffodil and the poet daffodils. The crab apple trees with their bright pink blossoms would stand proud but when the lilacs bloomed, the fragrance and sublime colors appeared to make their own sunshine.

Ma would not be without flowers as her Flame azalea bushes in the front yard bloomed all summer long right next to her Rhododendron. The contrasting pinks and yellow/orange blooms were not alone as her flower beds were rich with tea roses, begonias, iris and Lily of the valley. The Lily of the Valley hugged her house and garage.

Wild flowers like black-eyed susans, mountain cornflowers, blazing stars, shasta daisies and lavender were in abundance to the delight of the humming birds and honey bees. Ma loved her flowers and the wild life that benefitted from her cares. Grape vines and wild strawberries were on the fringes of the yard welcoming the birds, deer and wild rabbits that would visit.

Per www.gardenloverclub.com, "Yarrow blooms for weeks in midsummer bring the garden bed alive with an assortment of colors. The flat flower heads are made up of hundreds of tiny

blooms. Colors range from white and yellow to rose and pink. This fragrant plant features feathery foliage and can be dried to use in dried flower bouquets.

You can't go wrong when you add coneflowers to the perennial bed. These delightful daisy-like blooms come in an assortment of colors from the traditional purple coneflower to lovely shades of white, yellow and pink. Coneflowers attract bees and butterflies to the garden. Coneflowers grow well in average soil that drains well and prefer full sun. No flower bed is complete without gorgeous peonies to bring it alive in late spring. These massive flowers sport a wide range of colors from pure white and pastel pinks to brilliant shades of red, wine and rose with many bicolors available, too. Peonies can be either single or double petaled and some have a contrasting yellow eye. They attract bees and butterflies and bloom for several weeks in the spring."

Of course there are dozens of flowers that I have failed to name, like petunias. Per <https://thegardeningdad.com>, "Petunias are a great annual flower that can bloom until early November but really thrives in heat. You'll notice the hotter it is the more blooms there are!"

My point in talking about Ma's flowers is to peak your interest in the many lovely displays of flowers we have in our region. Gardens, after all, are a feast of brilliance to behold. People work on making their yards look nice but people with flower gardens are working to bring beauty to the world and save the little creatures like humming birds and bees.

Happy warm days of summer.

A Much Needed Inspiration

By Shawn Thomas

This past weekend, I had the distinct pleasure of travelling to Stamford, CT to attend the annual AthleanX Live Conference. For those of you who don't know, AthleanX is a social media brand owned and operated by Jeff Cavaliere, a master personal trainer and physical therapist, who is among the elite in practice, execution and know-how in the fitness industry. The Live conference has multiple days of the top speakers in the fitness industry in addition to Jeff. This year the guests ranged from a former world record holder in the squat, a professional power lifter, the Director of strength and endurance for the Los Angeles Lakers (as well as the personal trainer for Sylvester Stallone!) Some of the world's foremost scientists in the field of exercise nutrition research, and a Stanford professor. In the coming weeks, I'll cover a range of topics that I learned so much more about from these amazing speakers. However this week, I want to cover something more important.

On the Saturday of the convention, the entire day is set aside for an event called the AthleanX games. It's a chance for the attendees of the conference to give their all in a chance to show why I describe so many of them as world class athletes. There were varying levels of difficulty, however, none of them were easy. And many of these athletes really were amazing giving every last bit of energy they could to finish. And yes, there were motivations. First prize of the most difficult level even had a \$4,000 first prize!

But to me, there were two amazing stories of inspiration in the games. The first was a woman named Emily. She came all the way from London, England, and was a first time attendee to the games. At the beginning of the Covid pandemic, she was diagnosed with breast cancer and eventually had to have surgery, cutting through her entire pectoralis muscle to remove the tumor. Less than a full year from that procedure, she didn't just try, she crushed the course, finishing with a very respectable time. Her only regret? That her children weren't there to see her conquer the course.

The second was at the end of the games. The last person to run, was a gentleman named Matt. Matt used to be a marathon runner when approximately one year ago, he suffered a spinal stroke which left him partially paralyzed below the waist. His time did not count, and the course was modified for him. But in such a short time from having his whole world changed, and with the adoring cheers of his wife and two wonderful daughters, he did 20 pullups in a

row while strapped into his wheelchair, immediately (with assistance from his physical therapist), performed 20 body weight squats, walked 50 yards with the help of the therapist and a cane. Then did 40 pushups unbroken and threw a 40lb med ball repeatedly until it had gone 50 yards. Nearly 200 attendees cheering him on, his family watching. In that moment, I could only remember many conversations I've had with my youngest children about me being a superhero. On Saturday, July 30th, I stood in the presence of a real superhero.

It's so easy for all of us, even me, to make excuses. To quit without trying. To not even make a plan for success. Maybe we all need to take a second and realize, that we can do amazing things. And it doesn't even take long. It just takes a plan, and consistency.

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 wsrtfitness@gmail.com for questions, consultations and coaching

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 Thank you for your understanding.

TRENDY TIMES
 A FREE PUBLICATION



by Eli Heath
Paige Computer Services

Tek Talk with Eli

about 48 hours to release an update for any new viruses that are discovered.

Windows 10 and Windows 11 both have antivirus built into the system called Windows Defender so you do not have to buy a antivirus if you don't wish too.

Windows Firewall and your network router both provide a sufficient firewall to the threats of the internet however if you wish to add more protection you can install ZoneAlarm at www.zonelabs.com or any other program such as Norton Internet Security or McAfee Security Suite; make sure you check for any updates to that program.

Antispyware programs are important to keep your computer working properly. Like viruses they can slow your computer down and give you annoying pop ups while on the internet. You should run and keep updated at least two antispyware programs, Adaware www.lavasoft.com or Spybot Search and Destroy at www.safer-networking.org and Malwarebytes at www.malwarebytes.org, are three good free programs that will help keep the bad guys from your computer.

Backup your files run incremental back up of your pictures and documents, music and e-mail on an ex-

ternal backup drive, just backup the files that have changed since your full monthly backup.

Bi-Weekly Clean temporary files from your computer, in Windows click on Start/All Programs/Accessories/System Tools, run Disk Cleanup to remove any temporary files. Internet Explorer under Tools/Internet Options click on Delete files, cookies and history this will clear your computers internet cache. You can also download and run a free program called CClean at www.piriform.com that will clean any log or temporary files you computer no longer needs.

Monthly Full Backup all

Quicken or QuickBooks. You do not have to backup programs, I recommend Carbonite it is worth the \$79.00 for a yearly subscription. Carbonite works in the background constantly backing up your data if something happens and you need to restore your data or reload your computer just log into your Carbonite account and say Get My Data Back and it will be restored on your computer if interested just go to www.carbonite.com.

Run a full system scan for viruses and spyware using your antivirus and antispyware programs.

Keep Windows up to date in both windows 10 and 11 click on Start/Settings (gear icon) updates and security then check for and install any updates.

both Windows 10 and 11 will defrag your drive automatically so there is no need for you to schedule it.

Uninstall unneeded programs from the computer search for Control Panel/Add Programs and Features, select the programs you no longer use or need and uninstall them.

Again any questions please call 603-747-2201 or e-mail paigecs@gmail.com, you can also visit our website at www.paigecomputer-service.com so until next time, if you have computer problems remember it is not your fault, Happy Computing!

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THANK YOU!

We wish to thank the thousands of visitors, near and far, young and old, new or long time, who attended this year's 78th Annual Fair! Many thanks also to the over 300 volunteers who helped make all the events, new and old, possible. Another huge and heartfelt thanks to our many business sponsors for their enthusiasm in supporting this family fair. Finally, a thank you and congratulations to the hundreds of competitors at this year's fair.

The all volunteer Officers and Board of Directors of the North Haverhill Fair thank one and all and wish you a great 12 months until we meet again, JULY 26 - 30, 2023 FOR THE 79TH ANNUAL NORTH HAVERHILL FAIR



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Jack London's Martin Eden – To Play Colonial Theater, Bethlehem – August 11th



Jay Craven's new independent narrative feature film, "Jack London's Martin Eden," will play The Colonial Theater in Bethlehem, NH on Thursday, August 11th at 7:30pm. Director Craven will introduce this special screening and lead a post-film discussion.

"Jack London's Martin Eden" received its world premiere at the Nantucket Film Festival and has won Best Film and Best Director awards at the Boston Film Festival and Best Narrative Feature at the Arlington International Film Festival. Other festival dates include The Woods Hole Film Festival, St. Louis International Film Festival, Sonoma International Film Festival, Berkshire International Film Festival, and a special screening at the biennial symposium for Jack London scholars.

The film is based on Jack London's autobiographical novel, "Martin Eden." Set in 1909, it tells the story of a poor and unschooled sailor who unexpectedly meets Ruth Morse, a magnetic young woman of means and education. Their unconven-

tional attraction upends both lives and propels timely themes of impossible love, dogged individualism in pursuit of the American Dream, and the quest for a comfortable place in an inconstant world.

"Jack London's Martin Eden" was produced through director Craven's Semester Cinema program, hosted for this iteration at Sarah Lawrence College. 28 professionals mentored and collaborated with 35 students to make the film.

General Admission tickets are \$12 and Members General Admission tickets are \$10. Tickets are available online at www.BethlehemColonial.org

To learn more about upcoming movies and events, purchase tickets, or to become a member or volunteer please visit www.BethlehemColonial.org. While you are there, sign up for regular email updates or follow The Colonial on Instagram (@bethlehemcolonial), Facebook (Facebook.com/BethlehemColonial) or Twitter (@ColonialNH).

Volume 13 Number 22 August 9, 2022 Not all Times are Trendy, but there will always be Trendy Times

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TRENDY KITCHEN

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

Watermelon Soup and Fresh Fruit Dip

Hello hello my fellow chefs! How is everyone doing today? I'm doing good and I'm getting ready to go to Rhode Island to see my family and go to my 50th class reunion. I'm a little nervous and excited. Most of the people I haven't seen in 50 years so hopefully I will recognize them. I'll keep you posted in my next article.



I searched online for something different to eat when it's so hot. I found these two recipes. They are easy peasy and "Delicioso". My friend Jane and I enjoyed the soup and I served a Caesar salad with it. It was satisfying and the mint in the soup gives it a wonderful flavor. The fresh fruit and dip I brought to a cookout and it was a big hit.

So let's get started with today's recipes and how to make them.

Ingredients for soup
4 cups cubed seedless watermelon

1 Tbsp lemon juice
1 Tbsp lime juice
1 Tbsp honey
1 Tbsp fresh mint chopped

Put the lemon and lime juices, honey and fresh chopped mint in blender. Add a cup of cubed watermelon and blend on slow speed. Add the rest of the watermelon a little at a time and continue blending. Chill for at least one hour. This helps all the ingredients to marry. The fresh mint is in the produce department where the fresh spices are. They're in small plastic containers. Take the leaves off the stem and roll together then cut through. You can serve chilled in soup mugs or soup bowls. We

found it better in a mug. No spoon needed. Put a sprig of mint on top.

Ingredients for fruit dip
7 oz. Bottle marshmallow fluff
8 oz. Cream cheese at room temperature
2 Tbsp melted frozen orange juice concentrate

With a hand mixer blend everything until smooth. Make sure cream cheese is room temperature. If you see little bits of cream cheese leave it for 1/2 hour then mix until smooth. Chill for 2 hours. I served it with cut up watermelon, cantaloupe, honeydew, pineapple, and strawberries. Everything was gone in no time. I chose to buy the assorted melons cut up already and just cut them smaller. The strawberries were separate.

Treat yourself and your family with this recipe, you will be a star! Fresh fruit is so good for you and the kids gobbled it up. That's it. 2 different recipes to make on the hot days of summer.

Well folks, that's it for today's recipe. I hope you give it a try I'm sure you will love it. Enjoy and until next time I am signing off.
Sincerely,
Cin Pin

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