

TRENDY

TIMES



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North Haverhill Fair Offers Variety of Entertainment

The wait is now over. The Diamond Jubilee 75th Annual North Haverhill Fair runs July 24 thru 28, 2019 with plenty of long time favorites, some special treats and some returning attractions.

As has been the case for the past two decades the North Haverhill Fair offers a pair of big name concerts. On Friday, July 26 the 2016 winner of American Idol, Trent Harmon, will be on the Thayer Stage putting on a show. His talents continue to bloom as he sings "You Got 'Em All" and plenty of other tunes.



Then on Saturday July 27th another great tribute band takes over the stage. Wanted: DOA will perform all your favorite Bon Jovi tunes. Both shows, along with all the other shows at the North Haverhill Fair are free with your paid gate admission.

Just before the Saturday concert will be one of the special events at this year's fair. A good old fashioned country auction, with Archie Steenburgh wielding the gavel will sell passes to the 2020 fair, a horse drawn sleigh ride, a great gift basket, and even some pies.

Another long standing tradition at the fair is the entertaining side shows. This year those shows include the return of Horses, Horse, Horses, plus the appearance of Rosaire's Racing Pigs. Both of these shows happen multiple times each of the five days of the fair. Also all five days will be a special High School dunk tank. On the seat Wednesday will be Woodsville High School, Thursday Oxbow, Friday,

Blue Mt. Union, Saturday Rivendell and Sunday Lisbon Regional as they raise money for their schools.

If you prefer motorized events there is one spot to be, the pulling arena. There will be demolition derbies on both Wednesday & Friday nights. Thursday will be the \$1000 to win Log Loader competition. The weekend brings actual pulling challenges. Saturday features tractors while Sunday is for trucks. Both of the pulling events will get underway at high noon.

On the other end of the North Haverhill fairgrounds lies the Dellinger Ring. It is the site for the annual car show on Wednesday night. Friday night will be a special Touch-a-Truck show with a wide range of equipment for all ages to see, touch, and enjoy. On Saturday the ring gives way to the 23rd annual Rich Kinder Lumberjack Contest which again includes tree felling. Then on Sunday the traditional Horse Show circles the ring.

Right next door is the Bish-

op Arena. This is one of the first covered animal pulling arenas in the area. Though oxen start the day on Wednesday, it finishes with the mini-pullers, garden tractors, both modified and stock, showing off. Oxen return for Thursday with five classes. There will also be five classes of Pony Pulling on Friday. Then the big horses come in for multiple classes both Saturday and Sunday wrapping up with the Free For All at 4:00 PM.

Another venue to visit is the Thayer Stage. Besides the two big concerts there will also be the Michael Vincent Band on Wednesday following the Little Miss Fair Queen competition. Thursday night will have a variety of talent as the North Haverhill's Got Talent show, complete with judges, determines the winner of a \$200 cash prize winner. The stage will also be busy on Sunday afternoon with a 1:00 PM concert by



Contagious Band VT and will wrap up with Professor Paddy Whack and his bubble machine.

All of these shows and competitions are free with your paid general admission of just \$12 for those 12 and older. Children 5-11 are \$3 each and under 5 are free. Parking is also free.

If you want to take advantage of the Fiesta Show ride specials you can visit the Fair on Wednesday (\$23 ride bracelet), Thursday (\$25) or Sunday (\$25). Plus Friday from Noon to 5 PM, save 30% off ride tickets and gate admission is just \$8. for 12 and older.

Check the fair website at www.nohaverhillfair.com for the complete schedule with plenty more regular, new, and one time events.

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TRENDY Dining Guide

Whippi Dip

by Gary Scruton

There are many things that summer time in Northern New England bring our way. One of the most prominent seems to be the appearance of all those ice cream shops. As the temperatures rise the number of chances to go out for ice cream also rise.

One of those local ice cream shops that has been around for years is the appropriately named Whippi Dip in Fairlee, VT. But unlike many, or even most, of the other ice cream shops, Whippi Dip also offers up a nice range of other foods for lunch or supper.

Janice and I traveled down river a bit on a Friday evening, found a place to park, and then stood in front of the building for a bit

making a decision on what to order. Janice settled on a lobster roll with a side of a small order of french fries. I decided to try out the pulled pork sandwich with a side of a large order of onion rings. We both also got a simple bottle of water.

A new wrinkle this year at Whippi Dip for meal orders, at least, is one of those buzzer boxes. You place the order, they take your name, and hand you the little electronic buzzer. We took our waters and went around the side to find a table. There are a good number of tables available from two person to full picnic tables in order to handle most any group.

It was not that long before our buzzer sounded and I went up to retrieve our food. At the pick up window there

were also napkins, plastic ware and bottles of condiments. I brought a bottle of ketchup right back to the table with me.

Janice's lobster roll had a couple of big pieces of claw meat as well as a good number of smaller pieces mixed in with the other ingredients. It was delicious enough that she said that she could of eaten a second one too. Her french fries, though a small order, were served in the same size container as the lobster roll, hand cut and well cooked. Many places would have called it a large order of fries.

My pulled pork sandwich was served on a slightly crunchy roll. On the side of the plate was also a small container of BBQ sauce which I added to the top of

the pork. The pork itself had some bigger pieces as well as a good amount of smaller strips of pork. It was well prepared and filled the bun. My onion rings order was of very good size. The rings themselves seemed to have a more bubbly surface than I normally see. But they were cooked all the way through and tasted just fine.

While we sat outside eating we were entertained at least somewhat by some of the wide variety of people coming and going. Groups varied from a single older gentleman, to a trio of teens, to a three generation group of females. In each case they had ordered a variety of items and seemed to be enjoying the day, the food, and the company. It was fun to watch the ice cream

cones get licked frantically to keep them from dripping in the heat. We saw several techniques being used to keep up with the drips. These ranged from licking around the base, licking up the sides, or just trying to take as many bites as you could in the shortest amount of time. Unfortunately, we had not reserved room to add a sundae or cone to our meal.

As is the standard with most ice cream shops or other more informal eateries, the bill is paid at the time of order. Whippi Dip does offer customers the opportunity to use plastic and we ran the credit card thru for the total of \$39.13 for our meals. A tip jar was located at the order window as well for cash tippers.



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Polly's Pancake Parlor Featured On the Cooking Channel

Polly's was recently featured on the Cooking Channel's The Best Thing I Ever Ate

The episode was titled - GENUINE LEGENDS - and celebrates eats and eateries that will always withstand the test of time. Find out which dishes make the cut and go down in history as true legends. The legendary Wolfgang Puck shares a perfect seafood dish. Geoffrey Zakarian tells the tale of the infamous Caesar Salad, and you won't want to miss America's best pancakes, or the one donut to end all donuts!

Polly's was nominated by celebrity chef Simon Majumdar who visited the restaurant in 2017 unbeknownst to the staff and owners. Taping took place in October of 2018 and features manager Scott Carmichael.

Restaurant lineup for this episode:
 Le Bernardin in New



York, NY submitted by Wolfgang Puck

Ben's Chili Bowl in Washington, DC submitted by Jernard Wells

Joe's Kansas City Bar-B-Que in Kansas City, KS submitted by Claudia Sandoval

Polly's Pancake Parlor in Sugar Hill, NH submitted by Simon Majumdar

Nick & Toni's in East Hampton, NY submitted by Josh Capon

21 Club in New York, NY submitted by Geoffrey Zakarian

Donut Man in Glendora, CA submitted by Sabin Lomac

Owner Kathie Aldrich Côté says that it was an honor to be nominated and featured on the Cooking Channel. Polly's is open daily 7 AM- 3 PM through October and then open four days per week Friday-Mondays November through April.

Upcoming air dates are:
 Thursday, Jul 25 @ 7pm | 6c
 Monday, Aug 5 @ 11pm | 10c
 Tuesday, Aug 6 @ 3am | 2c
 Thursday, Aug 8 @ 7:30pm | 6:30c
 Monday, Aug 19 @ 11:30pm | 10:30c
 Tuesday, Aug 20 @ 3:30am | 2:30c

Dog Mountain Summer Dog Party

Saint Johnsbury, VT - On Saturday, August 3, Dog Mountain, Home of Stephen Huneck Gallery, is hosting the 2019 Summer Dog Party!

Dog Mountain is a 501(c)(3) non-profit located on 150 acres of mountain top paradise. Covered with green fields and meadows, dog ponds, hiking trails, and breathtaking views, Dog Mountain is an enchanting location to run, romp, and play. Visiting families and their dogs will have a ball exploring the leash-optional grounds, heartwarming Dog Chapel, and whimsical art gallery.

The Dog Mountain Summer Dog Party promises to be a doggone good time. Enjoy foot-tapping live music by The Barnyard Incident.

Snack on delicious burgers, burritos, and more by Vermont Food Truck Company. Participate in a variety of activities such as the fun-filled dog contests, lawn games, doggie agility course, and bounce house. With hundreds of guests and dogs expected, this is an event

you don't want to miss. The Summer Dog Party is free to the public and will be held rain or shine.

For more information about this or any of Dog Mountain's events, go to www.dogmt.com/Events or call 800.449.2580. We look forward to seeing you there!

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Need Budget Accountability

The month of July is normally a time in which little happens in Concord. Unfortunately, that is the case as little has taken place between the Legislature and the Governor to resolve the budget stalemate. Governor Sununu was correct in vetoing the legislative budget for FY20 and FY21. The legislative funding package sent to the Governor increased spending by 13% above current levels, increased business taxes, and was unbalanced and built on inflated revenues that would lead the state into structural deficits. If signed into law, the vetoed budget would have placed New Hampshire one short step away from a statewide income and capital gains tax.

We are now several weeks into a continuing resolution and with no compromise in sight. For this three-month period, state government will continue to operate, but in accordance with continuing resolution language that maintains government spending at the FY 19 appropriation levels.

To arrive at a compromise, the Governor and Legislature will need to find common ground, and pub-

lic school funding is a major stumbling point. Several education budget alternatives were discussed prior to approving the final budget, and perhaps a funding compromise can be found within one of those options: the House Budget (+\$165M), Republican Minority Amendment -h1473 (+\$60.3M), the Senate Budget (+\$93.8M), and the final budget sent to the Governor (+\$137.9M). [Figures in parenthesis identify increased education funding beyond the current level]

Spending decisions in other parts of the operating budget, coupled with the costly increases in education funding resulted in an unsustainable budget. The Governor recently indicated that he was willing to spend \$30 to \$50 million more on public education as long as the increases did not increase taxes. Of the four options previously developed by the Legislature, the House Minority (Republican) budget was closest to the Governor's figures. The House Minority amendment would have allocated Haverhill schools additional amounts for: FY20 = \$238,633 and FY21

= \$385,190. The budget vetoed by the Governor would have allocated Haverhill an increase of \$1.2M in FY21 alone. That figure is without question, unsustainable and definitely not based upon any standard or accountability system.

It is disappointing that the NH Legislature submitted the Governor a K-12 public school funding budget that increased expenditures by \$138M beyond current school funding, and made no mention of how school districts would be held accountable for the increased funds. New Hampshire does not want to become another Rhode Island where public schools have been shoveled spending amounts that exceed the national average, yet only "five percent of Providence eighth graders on average scored proficient in math in the 2015 and 2017 school years." (WSJ - July 8, 2019) Money alone will not fix all our education concerns.

I continue to support needed educational funding increases for New Hampshire's property poor school districts; however, any compromise budget for FY20 and FY21 should include an accountability system. It is just good business that with any funding support, the state should require some measure of accountability for student growth and achievement. Lastly, any compromise budget should be sustainable and not built upon destructive taxing schemes that negatively impact NH's strong economy.

Respectfully Submitted,
Rep Rick Ladd
Ranking Representative,
House Education
Committee

Burton Legacy Fund Address To Governor & Council

July 10, 2019
Executive Council Meeting
Littleton, NH
Presentation by Duane Baxter, Chairman, Raymond S. Burton Legacy Fund

Thank you Gov. Sununu and Councilor Cryans for the opportunity to speak about the creation and success of the Raymond S. Burton Legacy Fund.

The Legacy Fund was established in 2014, the year after Raymond passed away. Raymond was the longest serving Executive Councilor in New Hampshire's history. He serviced district one for 34 plus years. This position is now held by Executive Councilor Mike Cryans. The fund came into being as a result of Rep. Bill Zeliff and Sen. Lou D'Allesandro asking me and Bernie Prochnik, we worked for Raymond for many years, how his former constituents might do something to honor Raymond's work and especially his passion for education.

Thus, the Legacy Fund was formed. We began our fund-raising efforts by holding Ray's famous dinner event at Church Landing in Meredith, the same venue Ray used to raise funds for his campaigns. We have continued that dinner event each year since, although at various locations.

These dinner events over the years has resulted in our raising nearly \$250,000. We have endowed full scholarships in Ray's name at Plymouth State University, Ray's alma mater; an endowment for scholarships at NH Community Colleges, an archive of his person-

al and professional papers and memorabilia both at the Bath Historical Society and at Lamson Library at PSU. The result has been a space called the Raymond S. Burton Open Laboratory where students and faculty can meet to discuss public service as a career along with other important topics.

Two years ago, we initiated "Ray's Angels" at PSU. This is an emergency grant for students usually ranging from \$300 to \$1000 to help with books, food, lodging or other critical issues. These grants are estimated to retain up to 40 students a year from leaving college for lack of funds for the essentials. We are especially proud of this and we thank PSU President Bix for his council and support.

In addition to this we have committed to give two annual cash stipends to graduating seniors at the North Country Charter Academy, where Ray was always there for the graduation ceremony. A much earned thank you to Lisa Lavoie for the wonderful results she has had in guiding the students to great successes.

We will continue to grow the scholarships and to find big and small ways to honor Raymond's legacy for years to come. Everyone is invited to be part of this effort.

Thank you.

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"SMOKEY"

As part of his 75th birthday celebration this year, Smokey Bear recently visited the N.H. Veterans Home in Tilton, where he took the opportunity to thank residents for their military service. Smokey got his start during World War II as part of a homefront campaign to raise awareness of wildfires and wildfire danger, especially at a time when so much of the country's population was overseas. In addition to his visit to the Veterans Home, Smokey is making appearances at several public libraries throughout the state, at agricultural fairs and parades. His big birthday party takes place at Franconia Notch State Park on Aug. 15, where the official Smokey Bear balloon will be available for free tethered rides; wildland fire engines, music and games will also be part of the celebration.

Vermont Children's Theater To Present Newsies

July 25th - 28th Vermont Children's Theater will present their final show of the 2019 season, Disney's Newsies. Based on the 1992 film of the same name, Newsies is a entertaining and energetic musical filled with memorable songs and thrilling choreography.

Newsies is based on the events around the newsboy strike of 1899. When Joseph Pulitzer and the other titans of the New York City newspaper industry decide to raise distribution prices, veteran newsboy Jack Kelly rallies his other 'newsies' to strike for fair wages and equal treatment. Will the youth of New York be able to conquer the most powerful men of the city?

The Vermont Children's



Theater production features a cast of almost fifty high school students from the North East Kingdom. Curtain times are 7 p.m. July 25th - 27th and 2 p.m. on the 28th. Tickets are \$10, \$8 (teens and seniors) and \$6 (children 12 and under). All matinee tickets are \$5. For more information or to reserve tickets call 802-626-3663.

The Lion, The Witch and The Wardrobe Take The OCT Stage

Old Church Theater's third show of the season is a family classic: The Lion, The Witch, and The Wardrobe! This version of the beloved novel has been adapted for the stage by Joseph Robynette and will be co-directed by Gloria Heidenreich and Melissa Mann. This show will star children to adults, new and familiar faces, and a lot of imagination.

This dramatization of C. S. Lewis' classic, set in the land of Narnia, faithfully recreates the magic and mystery of Aslan, the great lion, his struggle with the White Witch, and the adventures of four children who inadvertently wander from an old wardrobe into the exciting, never-to-be-forgotten Narnia.

The Comedy of Errors in St. Johnsbury

"The Comedy of Errors" by Shakespeare will be presented by the St. Johnsbury Academy Theatre on Thursday through Saturday, August 1-3 at 7 PM in the Streeter Amphitheater (rain location in the Stuart Black Box) and on Sunday, August 4 at 2 PM in the Stuart Black Box.

Tickets are available at catamountix.org, or at the door. Adults \$10, Students and Sr Citizens \$5. For more information, contact jwarner-ashley@stjacademy.org

The History of Love Reveals Journeys of the Heart

By Eileen Regen

The White Mountain Jewish Film Festival presents "The History of Love" Thursday, July 25, at the Colonial Theatre in Bethlehem. This powerful tale of love and death, stories untold, dreams forgotten, voices and silences will truly entrance film lovers. Come at 6 p.m. to enjoy the complimentary ticketholder meet and greet reception hosted by Beth and Gary Harwood. The film is introduced at 6:30 p.m. by Carole Renard from the Yiddish book Center in Amherst, MA. At 7 p.m., the film begins.

This artfully constructed love story based on American author Nicole Krauss' bestseller tells of a long-lost book that mysteriously reappears and connects an old man searching for his son with a girl seeking a cure for her mother's loneliness.

A multilayered story, "The History of Love" is a sprawling saga of ardor and twists of fate that span decades and continents from a shtetl in pre-war Poland to modern-day New York to follow Leo Gursky and Alma Mereminski, neighbors and sweethearts, whose romance is thwarted by the rise of Fascism. Before the war Alma is sent to America. After the war, Leo tries to find her, oblivious to the surprises and events that lie in his path.

Radu Mihaileanu directs a brilliant cast that includes Gemma Arterton and veteran actors Derek Jacobi and Elliot Gould, to deftly weave the many threads of this story into a grand epic of love, literature, and the challenges of being Jewish.

Guest speaker Carole Renard introduces this film. Renard is the Wexler Oral History Project's NEH Oral History Project Coordinator at the Yiddish Book Center in Amherst, MA. In addition to interviewing community members and scholars about Jewish history and culture, she transcribes and indexes the extensive collection of interviews to make them more accessible to the public.



Renard holds a BA in Anthropology and Jewish Studies from Smith College, and an MA in Jewish Studies from University College, London, where she wrote her thesis on the Jewish involvement in the British suffrage movement.

Tickets are available at the Colonial box office - \$9 for Colonial and BHC members, \$10 general admission.

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Calendar of Events

A Full Page of Events from Local Non-Profits, Schools and Towns. *Presented FREE by Trendy Times.*

TUESDAY, JULY 23

CHAD HOLLISTER TRIO
6:30
Fairlee Town Common

WEDNESDAY-SUNDAY, JULY 24-28

75TH ANNUAL NORTH HAVERHILL FAIR
1299 Dartmouth College Highway, North Haverhill
See Ad on Page 9 and Article on Page 1

THURSDAY, JULY 25

WHITE MOUNTAINS JEWISH FILM FESTIVAL
5:30 Guest Speaker - 7:00 Film
Colonial Theater, Bethlehem
See Article on Page 5

FILM - THE HISTORY OF LOVE
6:00 PM
Colonial Theatre, Bethlehem

THURSDAY-SUNDAY, JULY 25-28

VERMONT CHILDREN'S THEATER - NEWSIES
7:00 PM July 25-27 • 2 PM July 28
See Article on Page 5

FRIDAY, JULY 26

SUMMER SUPPER
5:30 PM
Groton Methodist Church, Scott Hwy, Groton

SATURDAY, JULY 27

14TH ANNUAL MT CUBE MASONIC AUTO SHOW
8:00 AM Gates Open 2:00 Awards
Historic Green, Orford

PASSUMPSIC VILLAGE YARD SALE
8:00 AM - 1:00 PM - See Ad on Page 7
Route 5, Passumpsic Village

"LIFE DOWNSTAIRS: BRITISH SERVANT CULTURE IN FACT, FICTION AND FILM"
2:00 PM
Bath Public Library.

SUNDAY, JULY 28

STEWART-MCINTOSH FAMILY REUNION
10:00 AM
Old Goshen Church, Bradford

BENEFIT TEXAS HOLD 'EM POKER
11:00 AM Cash Game - 1:45 PM Tournament
American Legion Post 30, Rt. 5, Lyndon

SUNDAY & MONDAY, JULY 28 & 29

ST. JOHNSBURY PLAYERS AUDITIONS
The 25th Annual Putnam County Spelling Bee
6:00 PM - (5 M, 4 W plus extras) 802-535-9446
St. Johnsbury School Auditorium

WEDNESDAY, JULY 31

MID-WEEK SUMMER WALK
10:00 AM - 12:30 PM - See Article on Page 8
Bronson Hill Conservation Area, Sugar Hill

BRIT READERS OF THE NEK: NEW BOOK CLUB
5:00 PM
St. Johnsbury Athenaeum

THURSDAY-SSATURDAY, AUGUST 1-3

THE COMEDY OF ERRORS
7:00 PM - See Article on Page 5
Streeter Amphitheater

FRIDAY, AUGUST 2

SUMMER SUPPER
5:30 PM
Groton Methodist Church, Scott Hwy, Groton

THE LION, THE WITCH & THE WARDROBE

7:00 PM
Oold Church Theater, Bradford
See Ad on Page 8 and Article on Page 5

INDIAN WARS OF NEW ENGLAND

7:00 PM - See Article on Page 7
Alumni Hall, Haverhill

SATURDAY, AUGUST 3

PULLED PORK SUPPER AND CONCERT
Dinner: 6:00 PM Concert 7:00 PM
First Congregational Church of Haverhill

THE BIGGEST LITTLE FARM

6:00 PM Reception * 7:30 PM Film
Colonial Theater, Bethelhem
See Article on Page 9

SUNDAY, AUGUST 4

BENEFIT TEXAS HOLD 'EM POKER
11:00 AM Cash Game - 1:45 PM Tournament
Tom Bresslin Center, Lyndonville

ANNUAL CHURCH MEETING

2:00 PM
Old Goshen Church, Bradford

THE COMEDY OF ERRORS

2:00 PM - See Article on Page 5
The Stuart Black Box, St. Johnsbury

MONDAY, AUGUST 5

HAVERHILL SELECT BOARD MEETING
6:00 PM
Morrill Municipal Building, North Haverhill

TUESDAY, AUGUST 6

HONORING PETER AND ELKA SCHUMANN:
BREAD AND PUPPET RECEPTION
7:00 PM
St. Johnsbury Athenaeum

WEDNESDAY, AUGUST 7

VILLAGE HARMONY
6:00 pm
On the Common, Haverhill

THURSDAY, AUGUST 8

WHITE MOUNTAINS JEWISH FILM FESTIVAL
5:30 Guest Speaker - 7:00 Film
Colonial Theater, Bethlehem

ROSS-WOOD POST #20 SONS OF THE
AMERICAN LEGION MONTHLY MEETING
6:00 PM
Post Home, 4 Ammonoosuc Street, Woodsville

SATURDAY, AUGUST 10

NH FARM TO FORK FESTIVAL
9:00 AM - 3:00 PM - See Ad on Page 8
85B Angels Road, Colebrook

SHAKER BAND CONCERT

5:00 - 7:00 PM
Railroad Park, Central St., Woodsville

Ongoing Weekly Events

MONDAYS

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Darling Inn, Lyndonville
BINGO - 6:00 PM

Orange East Senior Center, Bradford
TOPS (TAKE OFF POUNDS SENSIBLY)
6:00 PM - Peacham School

KIWANIS CLUB OF ST JOHNSBURY
6:15 PM - VFW Post, Eastern Ave.
DRAWING FROM LIFE - 6:00 - 8:00 PM

Joseph Patch Library, Warren
MONDAYS/WEDNESDAYS

RSVP BONE BUILDERS
10:30 AM - 11:30 AM
Linwood Senior Center, Lincoln
RSVP BONE BUILDERS

1:30 - 2:30 PM
United Community Church, St. Johnsbury

MONDAYS/THURSDAYS

ADULT INTERVAL AEROBICS CLASS - 6:30
Woodsville Elementary School

GOLDEN BALL TAI CHI
8:30 - 9:15 AM - St. Johnsbury House

RSVP BONE BUILDERS
9:00 - 10:00 AM

Municipal Building, Lyndonville
9:15 - 10:15 AM

Congregational Church, East St.
Johnsbury

6:00 - 7:00 PM

Community Church, Concord

MON./WED./FRI.

RSVP BONE BUILDERS
1:30 - 2:30 PM - United
Community Church, St. Johnsbury

TUESDAYS

BREAKFAST BY DONATION
8:30 AM - 10:00 AM
Horse Meadow Senior Center,
North Haverhill

RSVP BONE BUILDERS
9 AM - 10 AM - St. Johnsbury House
10:30 AM - 11:30 AM

Congregational Church, Danville
NEK COUNCIL ON AGING'S HOT MEALS

11:30 AM - St. Johnsbury House
NOON - Senior Action Center,
Methodist Church, Danville

NOON - Presbyterian Church, S. Ryegate
NOON - Darling Inn, Lyndonville

RSVP BONE BUILDERS
2:00 - 3:30 PM - East Haven Library

TOPS (TAKE OFF POUNDS SENSIBLY)
Weigh In 5:00 PM - Meeting 6:00 PM

Horse Meadow Senior Center, N. Haverhill
EMERGENCY FOOD SHELF

4:30 PM - 5:30 PM
Wells River Congregational Church

COMMUNITY DINNER BELL -

5:00 PM September 5- June 5
All Saints' Church, School St., Littleton

AA MEETING (OPEN BIG BOOK)

7:00 PM - 8:00 PM

St. Luke's Parish Hall, Woodsville

TUESDAYS/THURSDAYS

RSVP BONE BUILDERS --
8:30 - 9:30 -- Monroe Town Hall
ACTIVE OLDER ADULT STRENGTH CLASS

1:30 PM
Woodsville Post Office, S. Court St
RSVP BONE BUILDERS

2:00- 3:00 PM -East Haven Library
TUESDAYS/FRIDAYS

RSVP BONE BUILDERS
9:00-10:00 AM

St. Johnsbury House
RSVP BONE BUILDERS

9:30-10:30 AM
GRACE Art Gallery, Hardwick

GOLDEN BALL TAI CHI
8:30-9:30 AM
United Methodist Church, Lyndonville

WEDNESDAYS

AQUA AEROBICS
Evergreen Pool, Rte 302, Lisbon

ADULT STRENGTH TRAINING
1:30 - 2:30 PM - United Community
Church, St. Johnsbury

BINGO - 6:30 PM
Haverhill Memorial VFW Post #5245

North Haverhill
CRIBBAGE - 7:00 PM

Orange East Senior Center, Bradford
WEDNESDAYS/FRIDAYS

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House

NOON - West Barnet Senior Meal Site

NOON - Darling Inn, Lyndonville

THURSDAYS

GROTON LUNCHES W/FRIENDS
10:00AM - 2:00 PM / Lunch @ 12:00
Groton United Methodist Church

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Senior Action Center,
Methodist Church, Danville

NOON - Darling Inn, Lyndonville
ST PAUL'S BIBLE STUDY ON JAMES, 6:15

PM, 113 Main St., Lancaster
TOPS (Take Off Pounds Sensibly) --

Weigh-in @ 6:00 p.m., meeting @ 6:30
-- Monroe Public Library

FRIDAYS

RSVP BONE BUILDERS
9:00 - 10:00 AM - St. Johnsbury House

9:30 - 10:30 AM
Grace Art Gallery, Hardwick

1:30 - 2:30 PM - United Community
Church, St. Johnsbury

WORSHIP UNDER THE TENT- 7 PM
100 Horse Meadow Rd, No Haverhill

AA MEETING (OPEN DISCUSSION)
8:00 PM - 9:00 PM

Methodist Church, Maple St, Woodsville
SATURDAYS

STORY HOUR FOR CHILDREN - 10:15 AM
September thru May

Brainerd Memorial Library, No. Danville
SUNDAYS

CRIBBAGE - 1:00 PM
American Legion Post #83, Lincoln

NORTH DANVILLE BAPTIST CHURCH (ABC),
Worship and Sunday School, 9:30 AM
Refreshments at 10:20 a.m.

Indian Wars of New England

Join us at Alumni Hall on August 2 at 7:00 p.m. when bestselling author Michael Tougias, author of 23 books, will return to give a slide presentation titled "Indian Wars of New England". Tougias is the author of the acclaimed *Until I Have No Country* (A novel of King Philip's War), and co-author with Eric Schultz of *King Philip's War: The History and Legacy of America's Forgotten Conflict*.

From the Pilgrims' first arrival to the closing days of the French and Indian Wars, Tougias (pronounced "Toe-gis") will take the audience on a historic journey as the Colonists and Native Americans fought for control of New England. Using slides of maps, battle sites, roadside history, and period drawings, Tougias covers the Pequot War, King Philip's War, and the French and Indian Wars. Strategies of the Natives as well as Co-



lonial raids are all featured in chronological order. These include the Rogers Rangers raid on the St. Francis Indian village, Lovewell's Fight in NH and ME, The Fort at #4, Metacom's uprising in the Connecticut River Valley, and more. Gripping accounts of colonial women captives from different periods are also covered including Mary Rowlandson, Susanna Johnson, and Hannah Dustin.

Tougias is the author and co-author of 29 books including the national bestsellers *Rescue of the Bounty*, *A Storm Too Soon*, *Overboard*, and *The Finest*

Hours: The True Story of the Coast Guard's Most Daring Rescue, which has been made into a major motion picture by Disney. We hosted Tougias' excellent *Finest Hours* presentation last year at Alumni Hall—very popular.

His book, *Ten Hours Until Dawn: The True Story of Heroism and Tragedy Aboard the Can Do* is the recipient of the American Library Association "Editors Choice" award, and his humor book *There's A Porcupine In My Outhouse* (The Vermont Misadventures of a Mountain Man Wannabe) won the "Best Nature Book of the Year" from the Independent Publishers Association. His latest book is *Above & Beyond: JFK and America's Most Dangerous Spy Mission*.

A book signing will follow the presentation.

Refreshments will be served.

Bath Historical Society News

Summertime is a time for visiting friends, relatives, special places. The Bath Historical Society hopes that lots of people will visit their home in Bath Village next door to the Art Gallery and Brick Store. Any time you see the Open flag, come on in!

This summer we will have regular hours with members there to greet guests. The first open day was July 5 and for the remainder of the month Thursday (July 11, 18, 25) will be the regular day with hours from 10:00 am to 2:00 pm or later if visitors are with us. At other times appointments can be made when a member is available to host a visit. August days will be posted on our door.

We have a new display dedicated to the Armed Forces which includes a number of items of interest. The Society would be most appreciative of loans or do-

nations of any items relevant to this subject that would expand the exhibit.

And don't forget Mercy's

Garden - a Special Place to visit. Located at the pull-off on route 302 where you will find a NH Historical Marker.

Route 116 • North Haverhill 1 Mile East of Windy Ridge

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Passumpsic Village YARD SALES

Saturday, July 27

8 AM to 1 PM (some later)

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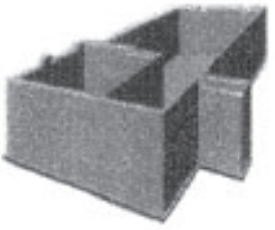
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Make A Little Money: Remove Non-Essentials

Littleton, NH – Pack up items you no longer use or need and bring them to the Littleton Community Center on Saturday, August 31 and participate in a community wide yard sale. Treasure seekers can visit and shop on common grounds with local residents as they sell their wares from 9-2pm.

"It's something new the LCC is sponsoring this year," says hostess Wendy Clark. "It may very well continue if it is well attended."

To register and reserve your spot or for more information, please call 603-444-5711 or email littletoncommunitycenter@gmail.com.

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

July 23, 2019

Volume 10 Number 21

ACT's Mid-Week Morning Walk in Sugar Hill

SUGAR HILL – Looking for a nice easy walk with a fabulous view? Join the Ammonoosuc Conservation Trust (ACT) along with friends and neighbors for our next mid-week summer walk (and optional picnic)! We're headed to one of our favorite places in Sugar Hill, the Bronson Hill Conservation Area, on Wednesday, July 31 from 10 a.m. to 12:30 p.m.



We'll walk a brand-new loop on old woods roads that is about 2 miles in length with an elevation gain of about 250 feet. Along the way, we will stop to see several old cellar holes and the historic Gibbs cabin.

lunch for the optional picnic at the cabin. Kids are encouraged to come on the walk but please leave your pups at home for this one.

on Tuesday, July 30. The walk is free but donations are welcome and gladly accepted.

Come to discover and enjoy the sweeping views of the western White Mountains from the open fields on Bronson Hill and bring a

Registration is required for this walk and is capped at 15 participants for your safety and enjoyment. Please be sure to register ASAP at act-nh.org/education-events. Registration closes at noon

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

Divine Design Owner Susan Stanley

by Darin Wippeman

Sugar Hill - Susan Stanley, licensed as both a massage therapist and a nurse, has provided massage at

the Sugar Hill Inn for several years. She now wishes to announce an expansion of her practice. Originally focused on guests at the beloved Inn, Stanley's massage services are now open to the local community.



Inn owner Steve Allen praised Stanley's highly regarded work. "Guests tell me she gives the best massages," Allen said. "We get great feedback." The Inn is happy that Stanley "is making her services available to the general public," Allen concluded.

Stanley received her nursing licensure in 1993. Five years in the nursing field led Stanley to conclude, "I wanted a Plan B." She decided massage would go well with her experience as a nurse. The switch of careers enabled Stanley to find her calling as a massage therapist.

Stanley met Allen as he began renovations at the Sugar Hill Inn in 2006. She has been the lone massage therapist at the inn since then.

After massage school in her native upstate New York, Stanley arrived in New Hampshire in 1999. She has provided massage services in several locations, including a home-based practice.

The allure of the site makes the inn a special place for Stanley. After seeing the possibilities at the inn several years ago Stanley said she concluded, "That was home. I love it there." Stanley believes Allen's guest-focused inn is a great place to offer massage.

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SATURDAY, AUG. 10th, 2019 - 9 AM to 3 PM
Join us for the first ever annual Farm to Fork Festival. An all-day **FREE** family-friendly event celebrating the rich diversity of local foods in northern New Hampshire!

La Cite Ecologique welcomes you with live music from Heather Pierson Acoustic Trio, a presentation from **Michael Phlips**, horse drawn wagon rides, beer and food tastings, free wood-fired pizza and a lot more!

NH FARM TO FORK FESTIVAL!

Find this event on Facebook! 85B Angels Rd, Colebrook, NH - INFO: info@citeecologiquenh.org

Volume 10 Number 21 July 23, 2019 Not all Times are Trendy, but there will always be Trendy Times

August Is NH Eat Local Month

The Littleton Food Co-op and Meadowstone Farm are kicking off NH Eat Local Month by sponsoring the premiere evening of the acclaimed film *The Biggest Little Farm* on August 3rd at the Colonial Theatre in Bethlehem. The FREE evening will begin at 6 pm with summery hors d'oeuvres prepared and sourced from Meadowstone Farm and the Littleton Food Co-op. The Colonial Theatre will provide a cash bar featuring beer and wine. Dress up and wear your barnyard best and have your photo taken with one of our famed local farmers! Enter to win a door prize from Meadowstone Farm, the Littleton Food Co-op and Ammonoosuc Health Care. Movie starts at 7:30 and it's all FREE (except the cash bar and if you want popcorn!). Pick up your free tickets at the Service Desk at the Littleton Food Co-op. Please hurry as they are going fast and seating is limited. It will definitely be a fun-filled evening. See you there!

For more information about: NH Eats Local Month: <https://nheatlocal.org/>
Meadowstone Farm: <https://www.meadowstonenh.com/>
Littleton Food Co-op: <http://www.littletoncoop.com/>
Colonial Theatre: <https://bethlehemcolonial.org/>

July 23 Reading Program at Bath Library

The Bath Public Library has been awarded a CLiF Summer Reading Storytelling and book giveaway on Tuesday July 23, at 10:00 am, as part of our 2019 Summer Reading Program, "A Universe of Stories".

Our presenter is local children's author and illustrator, Jim Arnosky, who will tell stories, discuss great books and encourage reading, writing and drawing. Jim is well-known for his keen observations of nature and his fine artistic talent. Every child can choose two books to keep from a large selection provided by CLiF.

This program is open to the public and free of charge. You do not need to be a resident of Bath to participate. For more information, please call the Bath Public Library, (603) 747-3372, Tuesday through Thursday, 9 am – 6 pm, Saturday, 9 am – 12 pm, or email us at bathlibrarykb@gmail.com.



Member-owned Littleton Food Co-op is a local, hybrid, and very friendly store located at the intersection of Cottage Street and Route 302 (exit 41 off I-93). Everyone is welcome to shop and anyone is welcome to join! Not sure what local, hybrid, and friendly means in terms

of a food store? Come on in and ask any of our staff members! The Littleton Food Co-op is open daily from 7 am - 9 pm. For more information or to become a member, please visit www.littletoncoop.com or call 603-444-2800. See you at the Co-op!

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Saturday, July 27 @ 8:00 PM
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Senior Day - 65+ (Thursday)	\$8
Children 5 - 12	\$3
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See The Full Schedule At
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CLASSIFIEDS

Personal: For Sale, Wanted, Lost, Found: Up to 30 words FREE for 2 issues. (\$10,000 value limit)

Business: Help Wanted, For Rent, etc. \$10/2 issues, \$20/5 issues, \$50/15 issues. Limit of 30 words.

Classifieds that exceed word count may be subject to an additional charge.

Mail or Drop Off at Trendy Times, 20 Pine Street, Woodsville, NH 03785 Email: Gary@trendytimes.com



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Wide World of Sports

by Maggie Anderson

I've always loved travel, loved seeing the world from a new perspective and my own piece of it in a different light on my return. Travel teaches so much, allows me to see what's out there and how lucky I am to be part of it. And nothing makes me more grateful for my life than a visit to a place where I am seen as a wealthy tourist. Especially since I consider that so far from my reality.

Even the traditions and the games people play hold my interest for their variety, then again sometimes they just baffle me.

On a recent layover in Toronto's airport on an overhead television screen I watched two men with the seriousness of convicts just given long prison sentences facing one another as the crowd in the arena whipped themselves into a frenzy to match that of March Madness fever. Everyone was screaming for victory, cheering on their favorite son as the two competitors faced one another in sudden death, stoically lobbing a handful of darts then stepping back to give his rival room.

The smaller warrior bit his bottom lip in serious concentration while the larger licked his fingertips before each shot, perhaps to cut down the glare of the lights or to improve his grip. The noise of the fans reached a crescendo, then through some unfathomable alchemy a winner was declared.

The rivals embraced, they hugged, they kissed, and they cried with enthusiasm matched only by Miss America contestants, then each of them withdrew from the battlefield to the roar of the crowd and into the arms of waiting loved ones as the next pair assumed their positions and readied them-

selves for the next contest of iron wills.

My enthusiasm for the darts competition equals my enthusiasm for the sumo competitions that are on every available screen in Japan during the championships, nearly as fever-pitched as my enthusiasm for watching somebody undergoing a dental procedure. The fervor created by the fans far outweighs what I see as a reason for so much gaiety and screaming celebration.

I simply don't get how an enormous gallery can be filled with hyperventilating fans watching two nearly-naked men, squatting, stomping, grunting, and tossing handfuls of salt into the ring and then trying to best his opponent either by skill or surprise. The object seems to be one person's ability to throw the other off balance and either push or toss him outside of the ring. Believe me, if I were anywhere near that ring and thought for a single second that one of those giants planned to hurl me out of there, he'd not be fast enough to catch me.

Besides I don't understand the rules of sumo wrestling any more than

I understand those in the darts arena and, even were I to learn the rules that might make it more so, I have little interest in the competition and even less for the idea of having to study the rules of it. It would take more time for me to grasp them than it just took me to access the almond milk locked inside a confusing cardboard square with its easy-open tab, which any four year old could have helped me with if there had been one close by.

To each his own I suppose. It's just good to know that we here in America are above all those silly competitions, we have serious sports to cheer over, none of that blood-letting of a World Championship darts tournament. I mean who doesn't love professional wrestling, all that brute force and exploding tempers? And then don't forget roller derby. Who isn't ready to rally and scream for a favorite team of perfectly normal looking women who in an instant turn into harpies with the opposition's destruction the only thing on their minds?

I'm a simple woman, give me baseball any day.

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Please send resume' and letter of interest to Kelley Wright at kwright@uvs-vt.org, or by mail to Upper Valley Services, Inc., 267 Waits River Rd., Bradford, VT 05033.
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Don't Chase Last Year's Mutual Fund Category Winners

The world of mutual funds can be confusing. With more than 9,000 funds on the market, how can you choose the ones that are right for you?

One way to start is by considering the various categories of mutual funds – and there are quite a few of them: Small Cap Growth, Large Cap Growth, Large Cap Value, Diversified Emerging Markets, Foreign Large Cap Blend and more – the list is extensive, and for many people, confusing.

However, with a little study, you can understand why these funds have their names – for example, a Small Cap Growth fund will contain stocks of smaller companies thought to offer growth potential. Once you know the goals of different categories of mutual funds, you can determine which ones fit into your overall investment strategy.

This is important, because you want to ensure your portfolio is appropriately diversified. For example, if you find that almost all of your mutual funds come from the above-mentioned Small Cap Growth category, you may be taking on more investment risk than you'd like, because funds

that offer the greatest growth possibilities also usually carry the highest degree of market volatility. Typically, you may be better off owning an array of mutual funds drawn from several different categories, with the percentage each category occupies in your portfolio based on your goals, risk tolerance and time horizon. (Keep in mind, though, that while diversification can help reduce the effects of volatility, it doesn't guarantee a profit or protect against losses in a declining market.)

You might be tempted to choose categories by looking at which most recently outperformed the others, and just stick with those groups. But is this a good idea?

It probably isn't – and the main reason you shouldn't chase performance this way is things change very quickly in the mutual funds arena. It's quite possible – and has happened many times – that the top category last year can fall into one of the worst-performing ones this year, and vice versa. Consequently, your efforts to capture a winning trend may be futile.

Of course, within the context of investing in various mutual fund categories, you still need to choose individual funds. And, as is the case with categories, you might be tempted to give considerable weight to a fund's track record. But, similar to the

situation with fund categories, "chasing performance" is typically not a good strategy – after all, last year's "hot" fund may have cooled off considerably this year. Nonetheless, reviewing a fund's longer-term track record can help you understand how it might perform through the ups and downs of the financial markets. Always keep in mind, though, that past performance can't guarantee how the fund will perform in the future.

Mutual funds are popular investments – and for good reason. Since each fund generally contains dozens of securities, you get a degree of diversification you can't achieve from owning individual stocks or bonds. And, as discussed above, you can diversify further by owning funds from several categories. Just remember, though, that as you build your mutual fund portfolio, don't get caught up in last year's results – because old news just may not be that relevant today.

Mutual fund investing involves risk. Your principal and investment return in a mutual fund will fluctuate in value. Your investment, when redeemed, may be worth more or less than the original cost.

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

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The Friendship -- Conclusion

by Elinor Mawson

Everyone knew when Mary Lou was around. She had a booming voice, laced with cuss-words, and ended nearly every sentence with "You know what I mean?" (most of the time, we did).

She could be quite philosophical too.: "Your life might not be the same but it can be

AS GOOD" when my father passed away.

"If you go off your diet, don't do it with a Twinkie"-- advice I have always kept. No boxed cookies for me!

"I have more money than I can ever spend". We never discussed her wealth, but I am sure that marrying an only child from Main Line Philadelphia didn't hurt. And she and Dick ran a very successful business.

Speaking of Dick, he became ill with Parkinson's disease. For awhile it was controlled by medication, but when he worsened, Mary Lou put him in a nursing home. Every so often I would ask about him and she would say, "He's MEDIUM", meaning that he was no better and no worse. When he finally succumbed to his disease., there were no announcements of his death and no services. (She was funny that way).

The only time I saw her cry was the day she had to have her St. Bernard, Bertha, put down. She loved her animals.

Every Monday, Mary Lou would visit a friend who had a subscription to the

Wall Street Journal. She would take it with her for later perusal. One Monday when she didn't show up, the friend, Bill, tried calling her and got no answer. Knowing that she was a creature of habit, he became anxious and called the police department in her town for them to do a welfare check. They found Mary Lou on her kitchen floor where she had had a massive stroke sometime during the past weekend.

Again, there were no announcements and no services. Some months later, the daughter hosted a memorial dinner at a restaurant in Portsmouth. All her friends were there, and we shared Mary Lou stories. There were many!

And later still there was an auction of some of her collections, and the take was over \$1,000,000. It was conducted by one of her friends who was a high-end auctioneer.

I think of my friend often. She was colorful, interesting, and covered a lot of territory in the antique business. I miss her, you know what I mean?

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Thank you for your understanding.



TRENDY TIMES
A FREE PUBLICATION

Mary Judd Hurlburtt: OBITUARY

Warren, NH - Mary Judd Hurlbut, 82, of Rte. #118 died Thursday, July 18, 2019 at Lebanon Center Genesis Healthcare in Lebanon, NH.

She was born April 25, 1937 in Thetford, VT the daughter of Russell Jamieson and Gretchen Burr. Mary lived 34 years in Warren, NH; and was a member of the Ladies Veterans of Foreign Wars Auxiliary 5245 of North Haverhill, NH. She worked at Split Ball Bearing, Dartmouth College, and cared for the elderly. Mary enjoyed camping in Clarkville, NH.

Survivors include a daughter, Bonnie Dube of Thetford, VT, two sons, David Judd of Texas and Dwight Judd of Thetford, VT, two brothers, John Jamieson of Williamstown, VT and Gerry Jamieson of Strafford,

VT, a sister, Beth Jamieson of Post Mills, VT, 5 grandchildren, 5 great-grandchildren, and numerous nieces and nephews.

She was predeceased by her husband, William Hurlbut, her parents, a son, Micky Jamieson, and a daughter, Janet Jamieson.

Please join the family at a Celebration of Life on August 3, 2019 from 1-3pm at the home of Beth and Dexter Tilden, 253 Cross Street, Post Mills, VT 05045. Contributions in Mary's memory may be made to the Ladies Veterans of Foreign Wars Auxiliary 5245, c/o Donna Bagley, Ladies VFW Auxiliary, 76 Benton Road, North Haverhill, NH. Arrangements are by Hale Funeral Home of Bradford, VT.

Strafford, VT - Helen May Stone, 97, of Miller Pond Road died peacefully Thursday, July 18, 2019 at Cedar Hill Nursing Home in Windsor, VT.

She was born September 6, 1921 in Barnard, VT the daughter of Alford D. and Alice (Murray) Manning. She received her education in North Randolph (VT) schools.

On March 16, 1940 she married Ernest Stone in Barre, VT. Mr. Stone died in 1988. After their marriage the couple made their home in South Barre, VT, and later in Websterville, VT. In 1943 the family moved to Strafford, and in 1946 to Miller Pond Road where they have made their home ever since. After raising their family, Mrs. Stone did housework for

Helen May Stone: OBITUARY

families in the Strafford and Thetford area. Mrs. Stone particularly loved children and animals. In her later years she enjoyed feeding and watching birds. She was a member of Tops, the Good Sam Club, and enjoyed senior lunches at Barrett Hall.

Survivors include two daughters, Shirley Warden of Barnet, VT, and Pauline Smith of Gorham, ME, seven sons, Alford Stone of Thetford, VT, Allen Stone of Wolcott, ND, Robert Stone and Russell Stone both of Strafford, VT, David Stone of West Fairlee, VT, Vernal Stone of Vershire, VT, and Douglas Stone of Thetford Center, VT, a brother, Walter Manning of Bradford, VT, a sister, Ada Race of Strafford, VT, 27 grandchildren, 33 great-grandchildren, 15 great-great-grandchildren, 5 great-great-great-grand-

children, and numerous step-grandchildren, nieces and nephews.

She was predeceased by a son, Duane Stone, a daughter, Elaine Hodge, a brother, Arvin Manning, two sisters, Ida Lawrence and June Chamberlain, as well as 3 infant siblings, and two granddaughters, Laurie Hook and Sandy Partington.

Funeral services will be held Thursday, July 25th at 1 pm in the Post Mills Congregational Church, Post Mills, VT. Friends may call Wednesday evening, July 24th from 6-8 pm at Hale Funeral Home, 187 Upper Plain, Bradford, VT.

Donations in Mrs. Stone's memory may be made to the Strafford Senior Meals, in care of Vicki Eastman, 36 Pennock Road, Strafford, VT 05072.

Joan Bennett: OBITUARY

Newbury, VT - Joan Bennett, 86, of Tucker Mountain Road died Friday, July 12, 2019 at her home.

She was born September 17, 1932 in Burlington, VT the daughter of George E. Osborne and M. Bertha Alden. She attended Springfield, VT schools, and later married J. Howard Bennett on May 15, 1954. Mr. Bennett died on January 20, 2006. Mr. and Mrs. Bennett

built a home in Putney, VT where Mrs. Bennett operated a cake baking business from her home.

Survivors include three daughters, Lesa Smith of Nashua, NH, Heidi Rogers of Alton, NH and Tanya Bennett of Newbury, VT, 5 grandchildren, 8 great-grandchildren, three sisters, Sally Gilmore of Vergennes, VT, Susan Olson of Trenton, ME, and Judith Leavitt of

Wilder, VT, a brother, David Osborne of Saddle River, NJ, and numerous nieces and nephews.

Funeral services were to be held Saturday, July 20, 2019 at 11 am in the Crosspoint Church Assembly of God, 45 Buckingham Place, Lebanon, NH 03766. Arrangements are by Hale Funeral Home of Bradford, VT.

Acceptance

by Cyndi Wellman

Independence

Part of being independent; "I pulled up my big girl britches and carried on." If you're going to live your life.

It can be difficult to understand someone with a disability. But it doesn't have to be that way. We're people, just like you are. Think about it. Everybody does have a disability.

For me, I have a physical one. For years I have been discriminated. Either by society in general, friends, family and some employment. Did I let that stop me? Heck no! I sought other ways, where I was/am accepted.

You might not have an obvious disability. Nobody likes to be discriminated



against. From pay scale for being female, to age discrimination. Killing elephants for ivory! Or an old blind dog in the shelter. Time for more Kindness in this world.

It's better to be friends with everybody then to have your group of friends. As the saying goes. Love thy neighbors!

How I learn to love the life given to me.

Aging comes at us unexpected. Not me. I'm used to feeling like 10 years ahead of my age. Immediately people judge. "You have MS." I politely reply no. Dr. has told me no after testing. If people really knew the definition of MS, perhaps they wouldn't assume. Then there are others who want to give assistance? I do appreciate and will ask for help, when needed.

Gotta love this one! "You need a scooter and wheelchair." Only one time did I use a scooter, an outdoor event. Tons of walking. Wheelchair at airports, if under the weather at hospitals. Emergencies! No couch potato! Live, love and laugh!

Card of Thanks

The family of Cynthia Lu Stever Maurice wishes to thank all who have held us in a circle of love and care throughout this difficult time of the unexpected loss of our beloved "Cindy". You have called, visited, sent cards, brought food and flowers. You have sat with us and kept us in your prayers. We are forever grateful.

God Bless you all.
Martina Stever and family
Melissa and Tim Jerry
and families

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Card of Thanks

We would like to send our gratitude and appreciation to Monroe & Woodsville EMS, Monroe Fire Dept., Cottage Hospital, Dr. Sarkis & staff, VA Home Health & Hospice for Jim's wonderful care.

For the many cards and condolences on facebook. It was such a comfort that so many cared.

Thank you to family, friends and neighbors that sent flowers, food and money in his memory and for all the support at this time.

To Ricker Funeral Home. VFW Post #793, American Legion Post #58, Patriot Guard Riders for the most impressive military service and Melissa for all the kind words at the graveside service.

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What About Ma?

by Kellie Quackenbush

All About Changes

Once upon a time, I dreamed of having an upstairs bedroom. I fantasized about a curving staircase with an elegant railing like I saw on the "Beverly Hillbillies". I wanted a "Juliet" balcony outside of my bedroom so my boyfriends could sneak in or have romantic conversations, like, in the play "Romeo & Juliet". Of course, the fantasy would not be complete, without the princess wardrobe -- such were my dreams.

Ma has had her health change and now if you ask her about where she lives, she describes my fantasy room. She is very happy and due to the growing gaps in her memory, the confabulation of events and circumstances has grown. She has made very pleasant stories to fill her missing memories and only becomes sad when someone insists on correcting her account of life. It has been seen that such "corrections of facts" for dementia and Alzheimer patients (in mid-stage) do not benefit from "reality orientation". Knowing that the disease is progressing, there are limits to what can be done for your loved one, try to enjoy the moment -- even if the story they are telling is far from the truth. My only exception to this would be if your loved one is focused on a sad or negative story. Try to find a happy memory to share with them to refocus their thoughts in a happy direction.

Per Alzheimers.net (July 6, 2018) "What to Expect in the Late Stages of Alzheimer's Disease" While every case is different, there are some signs that are consis-

tent.

"Moderate Dementia

People with moderate dementia need more help with ADLs than those in the mild phase of dementia. It becomes progressively more and more difficult to care for one's self at this stage of the disease. Common symptoms include:

- Agitation and unfounded suspicions
- Memory loss of events of the distant past
- Poor judgment and increasing confusion
- Requires more assistance with dressing, bathing, and grooming
- Sleep pattern problems (restless at night, sleeping during the day)
- Significant behavior and personality changes"

Ma lives in my fantasy bedroom, I guess I was not the only girl to have that dream. As for me, my current dream is a home in which I have no stairs to climb. The years of rough and tumble activities have left me reminders that early "sins" will be revisited.

The broken ankle, broken leg, dislocated joints, torn tendons of yester-year, now revisit me on rainy, stormy days. To my good fortune, there are physical therapists that help extend my body functions with my aging joints.

Change is coming everyday. We can recognize the symptoms and get help to live better or we can "let go" and find ourselves in a much lesser state of being. The choice, and there is a choice, is yours.

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

Any organ or tissue of the body, internal or external, can become inflamed. Internal inflammation is often caused by bacterial infection, but can also be caused by disorders such as allergies, anemia, arthritis, asthma, autoimmune diseases, Chron's disease, osteoarthritis, peptic ulcers disease or ulcerative colitis.

Bacterial arthritis, which causes painful inflammation of the joints, is usually associated with an infection elsewhere in the body, such as the lungs, kidney or gallbladder.

Always an excellent plan to eat at least 75% raw foods, especially fruits and vegetables, and drink plenty of herbal teas and juices. Drink at least half of your body weight in water daily. Eat foods high in flavonoids, which are anti-oxidants and useful for inflammation re-

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

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

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

heart disease, arthritis, and upper respiratory tract infection. Bromelain contains lipase, amylase and protease, as well as cellulose and lactase; has been shown to significantly improve absorption of nutrients, especially essential fatty acids & zinc.

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

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

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



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9th Annual Peacham Acoustic Music Festival (PAMFest) 15

The PEACHAM ACOUSTIC MUSIC FESTIVAL (PAMFest) returns for the 9th year on Friday, August 16th and Saturday, August 17th 2019 for a highly anticipated weekend of music, dance, food and fun for young and old alike set in idyllic Peacham Village. This year PAMFest again brings a variety of acoustic genres to the stage. There will be bluegrass, old time, swing, jazz, classical and Americana music with workshops and jam sessions.

Dance continues to be a feature of PAMFest with two contra dances, one family dance, a swing/blues dance and Morris dancing.

The craft fair returns and will feature the Family Tent with hands-on activities for the kids, plus the popular Instrument Petting Zoo.

CONCERTS

The heart of the festival revolves around a schedule of world class concerts presented in three very different venues – the historic Peacham Congregational Church, new this year - the Firehouse Tent, and the Craft Fair Stage.

Friday Evening Peacham Congregational Church Concert – August 16 - 5:30-10:00 pm

Jim Rooney has been involved in music ever since he first appeared on the WCOP “Hayloft Jamboree” as a teenager in Boston in 1954. He has been a musical partner of banjoist Bill Keith for over fifty years.

Bob Amos & Catamount Crossing: With the release of two critically acclaimed bluegrass CDs, Borrowed Time, and Sunrise Blues, Bob Amos has assembled a talented bluegrass ensemble, featuring some of New England’s favorite acoustic musicians, to perform his new material. Straight ahead bluegrass featuring renowned songwriter/musician Bob Amos on banjo, guitar and vocals, Sarah Amos on vocals, Freeman Corey on fiddle, Gary Darling on mandolin, Steve Wright on guitar, and Chris Krueger on bass. The band puts on a stellar, high energy show with terrific original material and bluegrass classics.

This year we have a special treat when Bob and the band back up Jim Rooney – do not miss this Friday night show!

Jason Bergman & The Primal Boys: presenting American roots music, blues and bluegrass, the Primal Boys are Russell Seeger, guitar, and Jason Bergman, fiddle, with special guest percussionist Larry Eagle.

Ken & Brad Kolodner weave together a captivating soundscape on hammered dulcimer, banjo, fiddles and vocals pushing the boundaries of the American Old-Time tradition into uncharted territory. Regarded as one of the most influential hammered dulcimer players and Old-Time fiddlers in North America, Baltimore’s Ken Kolodner has joined forces

with his son Brad, a rising star in the clawhammer banjo world.

The Sky Blue Boys and Cookie: Banjo Dan and Willy Lindner – known throughout the Northeast as the Sky Blue Boys – now have teamed up with the dynamic and entertaining Carrie Cook who adds the upright bass as well as new styles (the blues, some funky jug band music, plus a hint of jazz), and even a new gender to “the Boys” performances.

Saturday – August 17 – 5:30-10:00 – Grand Finale Concert

Annie & The Hedonists: Take a little bit of folk music and mix it with acoustic blues, Western swing, and vintage jazz from the 1920s and ‘30s, and you end up with Annie and the Hedonists. Back at PAMFest for the 4th time – this band will take you on a ride.

Paul Asbell Jazz Trio: In his 45 year professional career, Paul Asbell has played and recorded with Muddy Waters, John Lee Hooker, Lightnin’ Hopkins, Paul Butterfield, David Bromberg, Mary McCaslin, Bobby McFerrin, and many others. At PAMFest this year, Paul will be presenting two views of his musical journey - he will

be performing a solo set on Saturday afternoon: Then on Saturday evening, the Paul Asbell Jazz Trio takes the stage.

Pete’s Posse: Vermont’s own trad-roots power trio! Composed of acclaimed musician Pete Sutherland, his talented protégé Oliver Scanlon and the uber-dynamic Tristan Henderson,

Erynn Marshall & Carl Jones are old-time musicians and inspired tunesmiths from Galax, Virginia. They are married – in life and music. Southern song-duets and powerful fiddle, guitar, mandolin, banjo tunes comprise their diverse sets.

DANCE, DANCE, DANCE

Friday Evening and throughout the day on Saturday – on the resurrected CVFF dance floor under the Firehouse Tent!

The dance – always an important part of PAMFest – has grown substantially this year. We offer two Contra Dances and a Family Dance. The contra and family dances will feature Steve Zaxon-Anderson, a renowned dance caller with music by Pete’s Posse, The Kolodner’s, and Carl Jones & Erynn Marshall, expect the music to be amazing. And...

there will be a swing/blues dance featuring Annie and the Hedonists with guidance offered by master dance instructor Gina Sonne!

And there is more! There will be a Wake Up With Yoga session led by DARCIE FELLER and Morris Dancing demonstration followed by a workshop featuring MIDNIGHT CAPERS MORRIS & SWORD.

Other Notable Performers:

Stuart Paton, Founder and Artistic Director of Burlington Taiko. See Stuart at the Firehouse Tent on Saturday at noon as he does a demonstration and workshop, then on Saturday afternoon he will offer a performance set at the Craft Fair Stage.

The Bayley-Hazen Boys take you on a rollicking ride from the hills of northern Vermont down through Appalachians. They will lead a popular jam session and also perform a concert set on Saturday.

Blair-Curtin-McCaffrey: Three friends coming together as a trio to produce a special blend of British Isles songs and tunes. They will be performing on Saturday.

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Not all Times are Trendy, but there will always be Trendy Times
July 23, 2019
Volume 10 Number 21



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

Texas Caviar

Hello hello my fellow chefs. I have been really enjoying my summer and I hope that you have been really enjoying yours.

My son Nick and my grandchildren Angelo and Abigail came to visit over the 4th of July holiday and we had a cookout. Nick brought this recipe so I made it. It's very refreshing and a nice change from sour cream dips. There were ten of us and the kids, and at the end of the day there was nothing left. We nibbled on them throughout the day. It's healthy and very "Delicioso". Here's what you will need and how to make it.

- Ingredients**
- 1 16oz can Pinto beans
 - 1 16 oz can Black eyed peas
 - 2 Cans Shoepeg corn
 - 1 4 oz small jar Pimientos
 - 1 small bunch of green onions or scallions
 - 5 Ribs of Celery
 - 1 Large red pepper
 - 3/4 Cup sugar
 - 3/4 Cup vegetable oil
 - 3/4 Cup Apple cider vinegar
 - 1 teaspoon salt
 - 1 Large bag of Tostitos Scoops

Using a large bowl open up all your cans, the pinto beans, the black eyed peas, and the corn. Rinse them well and add to bowl. Dice the Pimientos, rinse well, add to bowl. Dice the green onions small, dice the celery

and red pepper small. You want them small because you will want to get as many of the ingredients as you can on your Tostitos Scoops. Notice how small mine are in the picture. Add the sugar, Apple cider vinegar and the oil. Mix well and cover and refrigerate for 3 to 4 hours or overnight. Toss occasionally so they marinate. That's it, easy peasy!



You will be a hit at your next Bar B Air so give it a try, you will love it. I used a slotted spoon to drain and transfer to a smaller bowl. I filled a few bowls with chips and put them in different places and refilled them when needed.

If you have any questions please contact Gary and I will help you out. So folks, I guess that will do it for this edition. Until next time I'm signing off, Sincerely Cin Pin.

Prouty - Housewright Construction Team Wild Riders

The Craig Hervey Housewright Construction Team Wild Riders cycled in the 38th Annual Prouty fundraising event on Friday, July 12th and Saturday, July 13th. The Prouty is a two-day athletic event that raises funds to benefit the Dartmouth-Hitchcock Norris Cotton Cancer Center (NCCC), one of 49 National Cancer Institute-designated Comprehensive Cancer Centers in the country, and the only one in northern New England. Nearly 90 cents of every dollar raised stays at NCCC to fund cancer research seeking better ways to diagnose, treat, and prevent cancer. Research conducted here makes a difference in the lives of cancer patients all over the world. Money raised also funds local patient supportive services that help ease the way for patients and families struggling with cancer.

This year's Team Wild Riders – Housewright employee Jodi Ovens and fellow cyclist, Nick Schmid – participated in the Prouty Ultimate, in which bikers rode for a total of 200 miles through the Vermont and New Hampshire countryside. 2019 marked the 11th year that the Wild Riders have taken part in the Prouty and this year they raised a total of \$5,775 for NCCC. When asked why this ride is so important to her, Ovens said, "You never know whose life in the Upper Valley, might be improved because of the funds that we all raise together for this event. Whether the funds are used to create new life saving treatments or whether they are used to offset financial burdens for local families, then HooYah!! Two days of riding, saddle soreness and a goofy bike tan are well worth it!"

Team Wild Riders would like to thank the following local businesses for their generous donations: Brown's Masonry of Perkinsville, VT; Emily Herzig Floral Consulting, LLC of Little-



ton, NH; Green Mountain Monogram of Wells River, VT; Hill & Thompson, PC, of Manchester Center, VT; Housewright Construction, Inc. of Newbury, VT; Kingdom Kitchen Design, LLC of St. Johnsbury Center,

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