

A FREE PUBLICATION

TRENDY TIMES

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

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



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

JUNE 28, 2022 VOLUME 13, NUMBER 19

Double Bill! Oshima Brothers & Coyote Island at The Colonial

The Colonial Theatre in Bethlehem, New Hampshire is excited to bring a special double bill performance by the Oshima Brothers and Coyote Island to the White Mountains Sunday, July 3rd.

The Maine-based indie duo, Oshima Brothers' have been creating music together since childhood. The brothers blend songs from the heart with blood harmonies to produce a "roots-based pop sound that is infectious." (NPR). On stage, Sean and Jamie offer lush vocals, live looping, foot percussion, electric and acoustic guitars, vintage keyboard and bass—often all at once. They want every show to feel like a deep breath, a dance party and a sonic embrace. Maine Public Radio's Sara Willis describes their songs

as "beautiful, those brother harmonies can't be beat. They are uplifting and, let's face it, we need uplifting these days."

Coyote Island is a four-piece band and the musical vision of Mike O'Hehir, a multi-instrumentalist and songwriter from Maine. After writing folk songs for many years, O'Hehir began exploring different genres including pop, rhythm & blues, South American & African percussion, 60's surf rock, and reggae. The result is a style of music that's truly unique. It's uplifting, playful, and radio friendly, yet carries a deep message to the listener. It's about embracing the human journey, coming together, finding peace, and having fun.

General Admission tickets

for the 8 PM performance are \$26 and Members General Admission tickets are \$18. Tickets are available in advance while they last on www.BethlehemColonial.org and at Catamount Arts in St. Johnsbury. The doors open at 7 PM with refreshments including beer and wine on the patio.

This evening of music is made possible through the generosity of Les Apple, Scott Hunt, and Samuel Adams, with additional support from New Hampshire Public Radio, Cold Mountain Café, The Wayside Inn, The New Hampshire State Council on the Arts, The New Hampshire Charitable Foundation, The Neil & Louise Tilton Fund, The Jane B. Cook 1992 Charitable Trust.

The mission of the Friends



of the Colonial is to inspire and invite participation in the cultural conversation by preserving and improving this historic landmark theatre, providing high-quality film and performing arts programming and quality family entertainment, and offering a vision of small-town revitalization based on the arts.

To learn more about up-

coming 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).

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TRENDY Dining Guide

The Next Great Adventure

by Gary Scruton

For regular readers of the Trendy Dining Guide you probably know that this is a column about going to dine at one of our fine advertising customers. We rotate who we visit and how often based on their contracts with Trendy Times.

When Janice and I decided on where to go and write about for this column we ended up with a planned Saturday morning visit. We made the drive and when we arrived at the front door discovered that the establishment was closed for the day due to "selling out". We took that to mean that they had had such a great day that they were simply out of food and would reopen on their next planned day with plenty of fresh food offerings.

Of course this meant that

there was no article to write. So put on the thinking cap and what I have come up with is the following day that we had earlier last week.

The first day of summer was Tuesday, June 21 and to celebrate the Trendy Times office door was locked and Janice and I made arrangements to meet my sister and her husband for a short cruise on a lake.

Janice and I left home just before 9 am with plans to make a stop before our cruise to eat. We stopped at a diner not too far out of our area that we have come to enjoy. Their breakfast specials on this day included something I had never eaten or even heard of before this day. Carrot cake french toast. With my curiosity aroused I ordered it up with a side of sausage patty. I got

two. The carrot cake slices, after cooked, were drizzled with a creamy topping that just made the whole meal melt away. I should mention that Janice had an omelette which came with home fries and homemade raisin toast.

As mentioned, we then met up with my sister and headed out on Lake Winnepesaukee on our cruise from Weirs Beach to Wolfboro and back. As long as we are talking about meals I should mention that on board were a couple of food serving spots along with the offering of a buffet. As we had filled up before leaving we skipped these offerings.

I must mention that the end of our cruise did offer some excitement. As we pulled back into Weirs the first attempt to throw a line from the boat to the waiting person on the dock did not

go as planned. The boat then backed up to attempt a second time. This is where things got "interesting". I was watching as the line was successfully thrown from boat to dock and tied off. But apparently the boat still had some speed or direction, or both, problems as we all soon heard a loud crunching sound. My comment was simply "that sounds expensive." With a bit more maneuvering the boat finally settled into its designated space and the gang planks were set between boat and dock. At least one was set. The second was roped off to the first and twisted around to block any passengers from getting near the new four to six foot v-shaped slice in the dock. I'm very happy that the boat was built stronger than the

dock.

Our travels continued on the day with another food stop. This one was a location Janice had stopped at before and we were joined by my sister and her husband. It is another diner with solid food choices and ample serving sizes. To our great surprise, soon after we were seated, a gentleman, who we later learned was simply a regular customer, walked over to our table, asked my sister where she was from and when she said Dover, NH he handed her an envelope with a \$10 gift certificate to that restaurant. Apparently he does this often.

The bottom line is that we all need to take the time to get out there. You never know just what great adventure you may encounter.

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“Sights and Sounds of the US”

Coming July 4 To Woodsville & Wells River

The time has almost arrived to celebrate the birth of our nation. The 4th of July is an annual event has been celebrated in one form or another since 1776. The Woodsville Wells River 4th of July Celebration Committee has put on a celebration annually since 1981 (with the exception of 2020).

This year the celebration committee has chosen “Sights and Sounds of the US” as the theme. That theme will be used by those entering the parade as well as for those decorating their windows along the main streets of Woodsville and Wells River. If you do not live on Route 302 but would like your window judged please contact the committee to be placed on the list. Just like the parade there is no cost to participate and there are cash prizes for winners. The parade offers a \$300 cash prize to the top business as well as the top non-business floats. Second place in each category gets \$200 and third is awarded \$100. There is also prize money for individuals either walking, riding a

bicycle, or using other means of transportation. Again no fee required to join. Pre-registration is requested by visiting www.wvr4th.org and following the instructions. The parade will step off at 11:00 am from the area of Montebello Street and Woodsville Elementary School in Woodsville and proceeding west along Central Street (Route 302) across the Veterans Memorial Bridge and ending in Wells River.

The day’s activities are not limited to just the parade, however. On the Woodsville Community Field there will be a flea market that gets started at 9:00 am. After the parade Vertical Attractions will have their inflatables ready for all to enjoy. Plus there will be food vendors, a bingo tent, a dunk tank and music under a tent. Once more there is no charge to be able to attend these activities. Rides and food are extra depending on the vendor. Regarding the dunk tank there is a chance for anyone to take a turn sitting on the seat and

raising money for the non-profit organization of their choice. Please visit the website to get contact information to get some of that seat time.

Of course the topper to most any 4th of July celebration is the Fireworks display. It is set to begin at 10:00 PM and will be shot from the Paddy Acres area of Wells River. This means the best spot to watch will be from the Community Field in Woodsville.

The Woodsville Wells River 4th of July Committee appreciates all the work that so many have done in preparation for the 2022 celebration. From generous businesses, organizations and communities making donations, to those who have purchased raffle tickets, to those preparing windows or floats for the parade, it is a labor of love for the community and for the country. It is hoped that all will enjoy the celebration and all the Sights and Sounds of the US!

Weeks State Park Summer Program: The Real Eastern Coyote

Weeks State Park Summer Program: The Real Eastern Coyote July 7, 2022 7:00 pm Presented by: Chris Schandler

Myths surround the coyote and cloud our understanding of it. Learn the true story of the eastern coyote - how and when it arrived in New England, how it lives among us but is rarely seen and how it contributes toward keeping our forests and fields healthy. Learn why it is a creature of our own making - an animal different from the western coyote in genetics and behavior but with the same superior resilience and adaptability. It is smart, beneficial and by its presence, gives "wild" back to our wild lands. This new wild also requires that livestock and pet owners step up and steward creatures with greater care.

Despite the ecological benefits the coyote brings, it is the most persecuted carnivore in North America. And despite human efforts to eradicate it, it survives and thrives among us.

Whether you farm, hike or garden, "understanding the mind and ecology of the coyote can keep us one step ahead of problems," according to Chris, who, with 30 years of wolf and coyote research, sheep farming, and teaching, will demonstrate that "knowledge is power"

when it comes to living with coyotes.

Chris Schadler, M.S., Conservation Biology, is the New Hampshire and Vermont Representative for Project Coyote, a national organization promoting co-existence with coyotes. Chris co-founded the NH Wildlife Coalition, a wildlife advocacy group of scientists who also aim to broaden public input into wildlife decision-making. She is a member of the town Conservation Commission and Chairs the Select Board in Webster, NH.

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

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

Linda Scherf for Weeks State Park Association

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

June 28, 2022

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On Thursday and Friday of this past week, I attended a trustee meeting at UNH. Aside from grappling with issues associated with rising inflationary costs, a shrinking student demographic, and listening to various capital needs, members of the board had the wonderful opportunity to see how research is conducted at UNH. UNH was initially founded and incorporated in 1866 as a land grant college in connection with Dartmouth College, but it is much more than that today. The University of New Hampshire is a vibrant place: a land, sea, and space-grant university where undergraduates and graduate students engage in daily research and discovery.

I was amazed to hear that UNH is a Top Tier institute and in the "Top 4%" of all universities in the Nation for research. More than 20

NASA satellites have been sent into space with UNH instrumentation on board. UNH was part of NASA's Magnetospheric Multiscale (MMS) mission when it made history by flying through a magnetic reconnection event between the Earth and the sun and obtained the first-ever data. The mission provided never before seen views of what powers giant explosions like solar flares and other space weather can affect modern technological systems like communications satellites, GPS navigation and electrical power grids. This rocket carried instruments developed by scientists, engineers, and students from the University of New Hampshire's Space Science Center.

From space to the oceans, UNH has become a research leader. Less than 10 percent of the world's oceans have

been mapped to high resolution. The University of New Hampshire is out to change that. The Center for Coastal and Ocean Mapping in Durham has developed innovative software and hardware now mapping ocean floors to better understand the connection between ocean conservation and economics. Partnerships between UNH and leaders in industry, federal government, and non-governmental organizations have addressed real-world problems impacting tourism, energy, seafood and shipping.

The new John Olson Advanced Manufacturing Center and newly renovated Jere A. Chase Ocean Engineering Laboratory are two additional world-class facilities that will add to UNH's reputation on the global stage. Within a very short timeframe, competitive research funding grants received at UNH have more than doubled from \$119M in FY 19 to \$260M in FY22. From building a Biotech Pipeline to the NH Collaborative for Regenerative Medicine Education and Training for Engineers and Scientists of the Future, the university is engaging students as well as middle and high school teachers while propelling them into research fields and future careers.

For many young high school graduates, it's human to believe that life is "greener" on the other side of the fence/some distant place, but when looking for a post-secondary experience, don't forget that we have this wonderful "Top Tier" research university in our own back yard. If one is interested in a career in research, UNH is the place.

Respectfully Submitted,
Rep Rick Ladd
Trustee, USNH

Glenn Libby Announces For Grafton County Commissioner

My name is Glenn Libby and I am announcing my candidacy for Grafton County Commissioner representing the District 2 communities of Bath, Benton, Bethlehem, Easton, Franconia, Haverhill, Landaff, Lincoln, Lisbon, Littleton, Livermore, Lyme, Lyman, Monroe, Orford, Piermont, Sugar Hill, Thornton, Waterville Valley, and Woodstock. I have been a resident of Grafton County since the early 1980's living in the communities of Campton, Bristol, Bath, Piermont, and North Haverhill. I am Navy veteran, a long-time youth basketball coach, and have over thirty years of experience in County government working in Belknap, Sullivan and Grafton Counties, where I retired as the Superintendent of Corrections. As a department head I always managed my budgets with an eye towards cost reduction, creating savings by growing our own food, developing inmate health programs and generating additional revenue. During my career I implemented many programs designed to help inmates return to our com-



munity better prepared to be successful. I also initiated inmate work details that gave back to our communities by performing public service work in every corner of the County saving thousands of tax-payer dollars. We also provided hundreds of hours of community service to Senior Centers, non-profits, towns and churches. I am a good listener and always respectful of differing views. I believe in teamwork and will stand up for our veterans, seniors and children. I hope to earn your vote on September 13th and November 8th. For more information please visit www.glennlibby.com

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NGCRC Monthly Meeting And Call to Join In Upcoming Parades & Fair

The Northern Grafton County Republican Committee will hold its monthly meeting on Tuesday (new day of the week), July 12, 2022 at the Littleton Elks Club, Lodge #1831 located at 42 Main Street, Route 302, Bethlehem, NH. There will be refreshments and socializing at 6:00 PM, and the meeting and guest speakers will follow at 6:30 PM.

Meet the candidates who matter on the Republican ballot as the NGCRC welcomes two important guests: Carrie Gendreau who is running for the New Hampshire State Senate in District 1, and Glenn Libby who is running for Grafton County Commissioner in District 2. NGCRC Members and Friends will have the opportunity to present questions to these candidates regarding their views relative to the office they each are

seeking.

Republicans and Like-Minded Conservatives are Welcome to attend. Interested person may contact janicenovak@myfairpoint.net or call 602-823-5011. Keep New Hampshire RED!

PARADES AND FAIRS: The Northern Grafton County Republican Committee will be participating in a series of July Events to include the Woodsville/Wells River Fourth of July Parade (July 4th), the Franconia Old Home Days Parade (Saturday, July 9th) and the North Haverhill Fair (July 27-31). Republican Candidates running for office, Republicans and Like-Minded Conservatives are Welcome to join us for these events and may contact janicenovak@myfairpoint.net or call 603-823-5011.

by Elinor Mawson
While we're on the subject of weddings, I have to tell you about the first nuptials I ever went to. It was my aunt, Elinor (yes, I was named for her), and George, a guy she met when they were both living in Connecticut. They were both 27 years old. The date was set for October 11, 1942.

They decided to have their wedding in the 28-room mansion where Elinor had grown up. They would use the large parlor and even larger dining room and have just the family and a few friends in attendance. They planned a fancy wedding breakfast with Pizzelles (which nobody had ever heard of) among other things.

Aunty would wear her mother's wedding gown. My mother, the maid of honor, wore a bright blue satin dress she worried about constantly since she had just had a baby and she hoped it would fit.

I would be wearing a

A Wedding and A Life

copper-colored velvet dress with a white moire and lace collar.

On the morning of the wedding, everyone was nervous and excited. My mother dressed me in my outfit and told me not to get it dirty. I was a good little girl but when my cousins arrived I just had to go out and see them. Somehow we gravitated to the grape vines nearby and had a wonderful time picking grapes, sucking on the skins, and then spitting out the centers onto whatever would hold them.

Suddenly we heard someone calling to us and we hotfooted it to the house, ran to the parlor and cast ourselves into any available chairs.

Strains of the wedding march came from upstairs, and down came my mother and then the bride and her father. Halfway down, the record that was playing hit a scratch and played the same 4 notes over and over. Looking over his shoulder, my grandfather hollered, "Shut that damn thing off!" We heard no more.

The rest of the day went

as planned, except I was hustled off to the upstairs bathroom by an angry relative to get cleaned up--my face and hands were stained bright purple and I had to endure a lot of adjectives--none of which applied to a good little girl.

The happy couple went on a honeymoon to Ossipee, NH. During the ride, Aunty's suitcase had a fall and a bottle of perfume broke, soaking every item. We eventually inherited the suitcase, stains and fragrance still there.

Aunty and George eventually moved to New Hampshire and bought an old farmhouse where they lived the rest of their married life. George loved machines and worked with them professionally as well as in his own workshop. Elinor was a stay-at-home mother, a great baker and housewife. She never had a driver's license.

George died at 75 from heart problems. Aunty lived another 14 years, and I wouldn't call her a gossip, but after she was gone, we never heard about anyone in the neighborhood again.

Woodsville Wells River 4th of July Celebration Monday, July 4, 2022

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Not all Times are Trendy, but there will always be Trendy Times June 28, 2022 Volume 13 Number 19

Calendar of Events

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

TUESDAY, JUNE 28

(NOT SO) ELEMENTARY, MY DEAR WATSON:
7:00 PM
Alumni Hall, Court Street, Haverhill Corner

THURSDAY, JUNE 30

NANSEN SKI CLUB
7:00 PM See Article on Page 7
Weeks State Parke, Lancaster

SUNDAY, JULY 3

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

OSHIMA BROTHER & COYOTE ISLAND

7:00 PM Door Open
Colonial Theater, Bethlehem
See Article on Page 1 and Ad on Page 7

MONDAY, JULY 4

INDEPENDENCE DAY CELEBRATION
11:00 Parade - 10:00 PM Fireworks
Woodsville Wells River
See Article on Page 3 and Ad on Page 5

TUESDAY, JULY 5

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

NH MUSIC FESTIVAL

7:30 PM See Article on Page 8
Plymouth Congregational Church

THURSDAY, JULY 7

THE REAL EASTERN COYOTE
7:00 PM See Article on Page 3
Weeks State Parke, Lancaster

NH MUSIC FESTIVAL CLASSIC SERIES

7:30 PM See Article on Page 8

Hanaway Theater, Plymouth State University

SUNDAY, JULY 10

BENEFIT TEXAS HOLD 'EM POKER
10:00AM Cash Game 1:00 PM Tournament
Moose Lodge 1779, St. Johnsbury

THE AMERICAN PUMP ORGAN

2:00 PM
Wells River Congregational Church
See Ad on Page 7 and Article on Page 7

MONDAY, JULY 11

ROSS-WOOD AUXILIARY UNIT #20 MEETING
6:00 PM
4 Ammonoosuc Street, Woodsville

TUESDAY, JULY 12

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

REDUCED TILLAGE AS A CLIMATE ADAPTATION

4:00 - 6:00 pm
Cedar Circle Farm, 225 Pavillion Rd, Thetford, VT

NGCRC MONTHLY MEETING

6:00 PM Coffee 6:30 PM Meeting
Kuttketib Elks Club, Bethlehem
See Article on Page 5

WEDNESDAY, JULY 13

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

SATURDAY, JULY 16

FIVE FEST MUSIC & MARKETS
5:00 - 7:00 PM in Bradford
7:00 - 9:00 PM in Fairlee

SATURDAY, JULY 23

FIVE FEST MUSIC & MARKETS
5:00 - 7:00 PM in Bradford
7:00 - 9:00 PM in Fairlee

SUNDAY, JULY 24

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

WEDNESDAY-SUNDAY, JULY 27-31

78TH ANNUAL NORTH HAVERHILL FAIR
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WEEKLY EVENTS AT

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ANTIQUÉ STROLLERS WALKING PROGRAM
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1:00 – 2:00 PM
PICKLEBALL
Tuesday & Thursday evenings at 6:00 PM Saturday mornings at 9:00-10:30 AM
LINE DANCING every Wednesday evening 6:00 - 7:00 PM

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Town of Haverhill, NH

REQUEST FOR BIDS

Demo of 42 Ammonoosuc Street in Woodsville Village

The Town of Haverhill seeks bids from qualified contractors to raze and dispose of the dilapidated building at 42 Ammonoosuc Street, Woodsville Village, Lot 098 on Haverhill Tax map 101. The main house was built in circa 1845 and is 2 stories with an estimated floor area of 3,752 square ft.

Bid specifications can be found on the Town of Haverhill website under "Announcements". Sealed bids are due in the Town Administration Office at 2975 Dartmouth College Highway, North Haverhill, NH 03774 by **Friday, July 8, 2022 at 2:00 pm.** Bid envelopes must be clearly marked as "42 Ammonoosuc Demolition" and must also include the name of the contractor on the outside of the envelop.

The Town of Haverhill reserves the right to reject any and all bids.

July Activities at Horse Meadow Senior Center

Bone Builders is for those that are registered in advance.

Call 787-2539 to find out more about Zoom activities

7/1 Zoom Tai Chi@9:30,
Zoom Chair Exercise@1:30
7/4 CLOSED

7/5 8:00 Nifty Needlers,
9:30 Bone Builders, Zoom
Pocket Song Singers 10:00,
Zoom Gentle Yoga 11:00

7/6 1:00 Bingo, 1:00
Drums Alive

7/7 9:30 Bone Builders,
10:00 Writers Group, 12:30
Herbal with Elaine

7/8 Zoom Tai Chi@9:30,
Zoom Chair Exercise@1:30
7/11 1:00 Drums Alive

7/12 8:00 Nifty Needlers,
9:30 Bone Builders, 1:00
Shelf Stable Food Pick-Up,
Zoom Pocket Song
Singers@10:00, Zoom Gentle
Yoga @ 11:00

7/13 50th Anniversary
Celebration: Horse Shoes,
Corn Hole, Cake Walk, 10
Veterans Coffee, 1:00 Bingo

& Drums Alive

7/14 9:30 Bone Builders,
10:00 Writers Group, 10:00
Floral w/Jane

7/15 Zoom Tai Chi@9:30,
Zoom Chair Exercise@1:30,
11:15 Commodities in the
parking lot

7/18 10:00 Interfaith chat,
1:00 Drums Alive

7/19 8:00 Nifty Needlers,
9:30 Bone Builders, Zoom
Pocket Song Singers 10:00,
Zoom Gentle Yoga 11:00

7/20 11:00 Zoom and In-
person Book Discussion,
1:00 Bingo and Drums Alive

7/21 9:30 Bone Builders,
10:00 Writers Group, 12:30

Herbal Class

7/22 Zoom Tai Chi@9:30,
Zoom Chair Exercise@1:30

7/25 1:00 Drums Alive

7/26 8:00 Nifty Needlers,
9:30 Bone Builders, 1:00
Shelf Stable Food Pick-Up,
Zoom Pocket Song
Singers@10:00, Zoom Gentle
Yoga @ 11:00

7/27 1:00 Bingo, 1:00
Drums Alive

7/28 9:30 Bone Builders,
10:00 Writers Group

7/29 Zoom Tai Chi@9:30,
Zoom Chair Exercise@1:30




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Nansen: Past, Present and, Future - A Short Version of a Long Story

Weeks State Park Summer Program: Nansen Ski Club June 30, 2022 7 pm Presented by Scott Halvorson and Shawn Costello

Join us! The oldest ski club in the country is celebrating its heritage and continuing to grow its traditions.

The Nansen Ski Jump (aka Big Nansen), built in 1937, hosted every meaningful ski jumping event in the country before being shut down in 1985, and coming, oh so close, to being gone forever. It's being resurrected!

The "Little Nansen", a smaller jump, located in the shadow of the Big Nansen, and the "L'il Nansen", a beginner's jump, were built this past fall and played host to two competitive events, to great acclaim and large crowds. Ski jumping is back!

But there is so much more! The Nansen Ski Club has 140 years of rich history tracing its roots back to the beginning of American skiing.

This presentation hopes to give a glimpse into this history and the history that we hope to make going forward.

Scott Halvorson is the grandson of Alf Halvorson, a key force in the construction of the Big Nansen ski jump and Shawn Costello is a former jumper and primary organizer of the last Big

Nansen jumping event.

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

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

Linda Scherf for Weeks State Park Association

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The American Pump Organ – Little Country Cousin of the Piano

Bruce Stevens, of Ryegate, VT will present for the Newbury Historical Society, a program of demonstration, music, and a talk on "The American Pump Organ – Little Country Cousin of the Piano" on Sunday July 10 at 2:00 pm at the Wells River Congregational Church Vestry at 76 Main St N, Wells River, VT 05081.

The program will trace the development of the Pump Organ from its invention in the mid 1800's to its manufacturing demise in the 1920s. Bruce will also show some very rare instruments such as an 1862 melodeon and a very rare roll-operated player organ from the 1880 decade. Books and manuals will also on display, along with some of the materials used in the restora-

tion of these great old instruments. He will also play a few pieces on an organ made in Lebanon, NH in the 1870's to demonstrate the music of the period. The program will be interesting and fun. If time allows, Bruce will take a few suggestions from the audience for old-time hymns, typical of the period.

A noted musician Bruce, has owned 1001 Keys and Co. for about 45 years, a business that restores pianos, player pianos, and reed pump organs in the shop and is still going strong. He

has also has been the organist at the Wells River Congregational Church for 42 years.

This program is free and open to the public. The Wells River Congregational Church is ADA accessible.

Please note this program is being presented in the downstairs vestry and not the sanctuary. Refreshments will be offered after the program.


For more information contact Bruce Stevens at bstevens@myfairpoint.net or (802) 757 8050.

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The Newbury Historical Society
Presents



The American Pump Organ – Little Country Cousin of the Piano
a program of demonstration, music, and a talk by Bruce Stevens, owner of 1001 Keys and Co. and Wells River Congregational Church Organist.

Sunday, July 10, 2022
2:00 PM

Wells River Congregational Church Vestry.
76 Main Street North Wells River, Vt

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Light Refreshments will be served.
Program is free and open to the public

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8 New Hampshire Music Festival Announces its 70th Anniversary Season

Plymouth, NH – The New Hampshire Music Festival will open its 70th summer of bringing classical music to the Granite State on Tuesday, July 5, at 7:30 p.m. at Plymouth Congregational Church with its first chamber concert of the season. Its Classics series begins Thursday, July 7, at 7:30 p.m. in the Hanaway Theatre at the Silver Center for the Arts at Plymouth State University (PSU) with 'Return to Loon Lake' featuring Mozart's Overture to The Marriage of Figaro, Beethoven's Violin Concerto, and American composer Alan Hovhannes's, Loon Lake Symphony.

The New Hampshire Music Festival's 70th Anniversary season will continue throughout July with a diverse program of classical concerts, chamber concerts, special events for children and unique performances, including the return of its annual Squam Lake Water Music Concert on Wednesday, July 13. This performance by the Festival brass ensemble aboard a pontoon boat on Squam Lake

val's roots in the 1940s when professional musicians and advanced students performed at the summer retreat of esteemed pianist and teacher Hedy Spielter and her husband, actor Jules Epailly, on 'Melody Island' on Lake Winnepesaukee. Concertgoers would travel to Melody Island by boat or canoe to enjoy the beautiful music emanating from the island's band shell as they floated on the lake.

"After two years of virtual programming and scaled back in-person performances, the entire Festival orchestra, staff, and board members are thrilled to be back in full force this year," said Lucinda Williams, New Hampshire Music Festival Executive Director. "We have planned exciting programs that include works commissioned throughout our history as well as contemporary works and a new world premiere commission. The Festival musicians are truly looking forward to reuniting with our patrons to share glorious musical moments!"

Each summer since its official formation in 1952, the New Hampshire Music Festival has drawn many of the country's most accomplished musicians to New Hampshire to perform well-known classics and contemporary works. The Festival has been in residence at Plymouth State University for more than 40 years; in addition to hosting performances, many Festival musicians and their families live on campus during the season. Most performances and events take place in Plymouth and Holderness, while the children's series is held at The Curious George Cottage of the Rey Cultural Center in Waterville Valley.

"Throughout its 70-year musical history, the Festival



The New Hampshire Music Festival will open its 70th summer of bringing classical music to the Granite State on Tuesday, July 5, at 7:30 p.m. at Plymouth Congregational Church with its first chamber concert of the season. Its Classics series begins Thursday, July 7, at 7:30 p.m. in the Hanaway Theatre at the Silver Center for the Arts at Plymouth State University. The Festival's 70th Anniversary season will continue throughout July with a diverse program of classical concerts, chamber concerts, special events for children and unique performances, including the return of its annual Squam Lake Water Music Concert on Wednesday, July 13. The photo above shows Festival musicians performing for flowing concert goes at the 2021 Water Music Concert.

has always had a commitment to serve the broadest spectrum of its community," said Phil Boulter, Chair, New Hampshire Music Festival Board of Trustees. "With our main series classical, chamber and outreach concerts, to one-on-one educational opportunities for young people, our goal is to continue to bring the country's finest musicians to the Granite State to perform. We are especially proud of our newly-added Squam Lakes Water Music Concert, which brings the evolution of the Festival full circle from its beginnings on Melody Island."

From its early days on Melody Island, the Festival has grown organically and purposefully to a 75-plus member, fully-professional orchestra that offers Granite State residents and summer visitors world-class performances of symphonic, choral and chamber music. Continuing its tradition of education, strong collaborations with community partners enable the Festival to bring transformative music experiences and educational programs to students of all ages.

The full schedule for the New Hampshire Summer Music Festival 70th Anniversary season is as follows:

Classical Concert Series Schedule – All performances at the Silver Center for the Arts at PSU:

- Classical Series Concert 1 – Return to Loon Lake Thursday, July 7, 7:30 p.m. and Friday, July 8, 7:30 p.m.

- Classical Series Concert 2 - Water Music and a Premiere Friday, July 15, 7:30 p.m.

- Classical Series Concert 3 – American Creations and a Tchaikovsky Masterpiece Friday, July 22, 7:30 p.m.

- Classical Series Concert 4 – Carmina Burana Thursday, July 28, 7:30 p.m. and Friday, July 29, 7:30 p.m.

Chamber Concert Series Schedule: All performances at Plymouth Congregational Church unless otherwise noted:

- Chamber Concerts Week 1 Tuesday, July 5, 2022, 7:30 p.m. - Suite for Two Cellos, 1973, Gian Carlo Menotti (1911–2007)

- Kleine Kammermusik,

- op. 24, no. 2, 1922, Paul Hindemith (1895–1963)

- Three Preludes, 1926, George Gershwin (1898–1937), arr. Brandon Rideour

- Quartet for Piano and Strings in G Minor, op. 25, 1856–61, Johannes Brahms (1833–1897)

- Chamber Concerts Week 2 Tuesday, July 12, 7:30 p.m.

- Sextet, 1998, 13', Guillaume Connesson (1970–)

- Widerstehe doch der Sünde, BWV 54, 1714, Johann Sebastian Bach (1685–1750)

- String Quartet no. 9 in C Major, op. 59, no. 3, 1805–6, Ludwig van Beethoven (1770–1827)

- Chamber Concerts Week 3 Tuesday, July 19, 7:30 p.m.

- Sonatine for trumpet and piano, 1950, Jean Françaix (1912–1997)

- Alone. Together. Covid 2019., 2022, Sandra Flesher (1938–)

- Suite for Two Violins and Piano, op. 71, 1903, Moritz Moszkowski (1854–1925)

- Souvenir de Florence, op. 70, 1890, Piotr Ilyich Tchaikovsky (1840–1893)

- Saturday, July 23, 4:00 p.m., Rey Center, 13 Noon Peak Road, Waterville Valley

- Alone. Together. Covid 2019, 2022, Sandra Flesher (1938–)

- Chamber Concerts Week 4 Tuesday, July 26, 7:30 p.m.

- Légende, 1906, George Enescu (1881–1955)

- String Quartet no. 3 in F Major, op. 73, 1946, Dimitri Shostakovich (1906–1975)

- Piano Trio no. 3 in F Minor, op. 65, 1883, Antonín Dvořák (1841–1904)

For information about the New Hampshire Music Festival 70th Anniversary season, including schedules, ticket information and more, visit www.nhmf.org.



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Granite VNA Names Shaz Anwar, DO, Hospice Medical Director

CONCORD, N.H. – Granite VNA, formerly Concord Regional VNA and Central NH VNA & Hospice, has named Shaz Anwar, DO, Hospice Medical Director. In this role, Anwar will work collaboratively with Christopher Allen, MD, MPH, Chief Medical Officer, and the agency's hospice team to provide the best possible care to patients receiving hospice care in their own homes and at Hospice House. He will oversee the agency's hospice medical services, and provide clinical support and education for staff.



"We are pleased to welcome Dr. Anwar as our Hospice Medical Director," said Beth Slepian, MBA, PT, President and CEO, Granite VNA. "We look forward to his leadership, expertise and experience that will surely be an asset to our team and our community."

Anwar completed a fellowship in hospice and palliative medicine at Ohio-Health Riverside Methodist Hospital in Columbus, Ohio, and an internal medicine residency at LewisGale Hospital Montgomery in Blacksburg, Virginia, where he served as chief resident from 2017-2018. He recently served as the Hospice Medical Director for Capital Caring in Falls Church, Virginia.

A graduate of Philadelphia College of Osteopathic Medicine, Anwar is a member of the American Academy of Hospice and Palliative Medicine and the American Osteopathic Association.

NH's First Documented

Plant Extinction Confirmed

The N.H. Natural Heritage Bureau has announced that smooth slender crabgrass, a plant previously known to exist only at Rock Rimmon Park in Manchester, N.H., has been officially declared globally extinct. This is the first documented plant extinction in New Hampshire and only the fifth in New England since European settlement.

Native to New Hampshire, smooth slender crabgrass (*Digitaria laevigulmis*) differs from the weedy non-native crabgrasses found in lawns.

Samples of a similar plant found in Mexico and Venezuela were initially hoped to be evidence of the grass' existence elsewhere in the world, but recently concluded scientific studies determined that those samples were not a match.

Rock Rimmon has been recognized as a botanical hotspot for more than 100 years. Rare plant records, dating back to 1899, document ten state-endangered and state-threatened plant species. The Natural Heritage Bureau has determined that five of the ten rare plant species previously documented at the park, including smooth slender crabgrass, are no longer there due to human-related activities.

Specimens of smooth slender crabgrass were first collected at Rock Rimmon by botanist Frank Batchelder in 1901 and were last collected in 1931. Since then, at least 26 botanical surveys have taken place at the park. The Natural Heritage Bureau estimates that 24 of the surveys involved dedicated searches for smooth slender crabgrass, each of which was unsuccessful.

"The high number of smooth slender crabgrass collections from 1931, made by botanists as a way to formally document the species, may have inadvertently contributed to its demise," said Bill Nichols, senior ecologist and state botanist at the N.H. Natural Heritage Bureau. "But more traceable impacts on its environment – including heavy recreation use, severe soil erosion on the summit and competition from non-native crabgrasses – also likely contributed to its being designated globally extinct."

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June 28, 2022

Volume 13 Number 19

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Rachel obtained her Master's degree from the Yale School of Nursing in 2014, and completed a one-year postgraduate nurse practitioner residency program at Community Health Center, Inc. in New Britain, CT in 2015.

Before joining Little Rivers, Rachel began her career as a family nurse practitioner at Salud Family Health Centers in Longmont, CO, where she worked for 6.5 years. She enjoys caring for patients of all ages, and partnering with her patients to improve their health.

She recently relocated to the Upper Valley with her husband, toddler, dog, and cat, and is looking forward to reconnecting with this area after many years away.

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Letter to the Editor: Ho Hum

The the Editor & Neighbors,
I want to express my strongest support for Lt. Gov Molly Gray's candidacy for Congress and explain the reasons I will be voting for her in the August 9th Democratic Primary.

Molly grew up on her family's vegetable and dairy farm in South Newbury. As a former dairy farmer in South Newbury myself, I respect how she brings a farmer's common sense to public service. I'm also confident that she'll carry on Sen. Leahy's legacy of Vermont leadership on agriculture policy.

As a former daycare provider and currently a rural family and urgent care doctor, I've seen firsthand the importance of quality childcare in childhood development. Molly is committed to; paid family leave, expanding the child tax credit, and ensuring families pay no more than seven per-

cent of their income for childcare. This will give the next generation of Vermonters the tools to be competitive in the workforce while providing immediate relief to our hard-working families.

I also know Molly will work towards practical steps to strengthen Medicare – such as allowing drug price negotiation and adding dental, hearing, and vision benefits to Medicare plans – with a long-term goal of implementing Medicare for all!

I've spent my whole life dedicated to caring for children, the elderly, and groups most at-risk. I know that in Washington Molly will go to bat for our most vulnerable citizens. I ask my fellow Vermonters to support her in the August 9 primary – early voting begins June 24!

Melanie Lawrence, MD
Newbury, VT

Melanie,

I want to thank you for your comments. It is good to read a letter that endorses a candidate that includes the reason to vote for that candidate, rather than why not to vote for an opponent. As always Trendy Times does not, and will not endorse any candidate for any position. Instead we simply urge all qualified citizens to register to vote and to exercise that right. Your vote does indeed count.

Gary Scruton, Editor

Letter to the Editor: Ho Hum

Dear Editor Scruton,

I want to compliment you on your sound reasoning and answers to the MANY ridiculous ramblings of so many people that write into your newspaper.

The classy way you handle each one is really a miracle.

Every week it seems another fool rambles on and on, mostly making no sense and spouting ridiculous and biased opinions.

Yes, everyone is entitled to their opinion, but the extremes of most recent opinions sometimes totally lack good sense and off the wall statements.

I taught in a ghetto school for 34 years and have "lived the life".Some writers have NO CLUE.

Congrats to you, Editor Scruton. Keep up the good work!

Bill Wiggins
Landaff, NH

Bill,

Thank you for the positive feedback. I always enjoy hearing from our readers whether it be a good comment or bad. (But I must be honest and say that the good ones are nicer to receive.)

I hope I can continue to "keep up the good work" as the political season really gets going.

Gary Scruton, Editor

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Letter to the Editor: Ho Hum

To the Editor,

With reference to the letter from Morrison in the June 14, 2022 issue of the Trendy Times, another tirade a la Roderick. I will also offer a quote: "To err is human, to forgive divine" – a line from "An Essay on Criticism" by Alexander Pope. Apparently what Ms. Morrison perceives that what Dickens wrote is analogous to the lying Republicans. Ms. Morrison is quite naïve. Democrats lie too, more so, a lot more since Biden took office and the Democrats took over Con-

Robert,
I hate to be saying this, but it seems to me that way too many politicians do not always tell the truth. You can say that they lie. I prefer to hope they are simply bending the truth. However when I read articles or hear news or watch a report that differs completely from another, I must stop and wonder which is right, or are they both wrong and the truth lies somewhere in the middle?

We live in a world where there are many,

gress. Yet the USA has survived and prospered most of the time since our nation's founding. It is the force that wants truth, facts, not lies and excuses that yield only rhetoric and inaction. That force is, thankfully, the majority of American citizens, who believe in the Constitution and Declaration of Independence. I guess Ms. Morrison likes \$5 gas, 8% inflation – everything costs more, 100,000 deaths from fentanyl that crosses an open southern border and on and on. All blamed on Putin. As with the lying Biden Administration

so goes Ms. Morrison. There were 2 attempts to impeach Trump – both failed. Ms. Morrison and the Democrat Party like the term insurrection and the other one, attempted coup. All without any weapons. Ms. Morrison expounds on lies but gives nary an example. Typical Democrat m.o., to avoid the issues and instead attack the person or group. Americans see through Ms. Morrison's nonsense. We all just yawn.

Robert A Peraino, MD
Franconia

many different sources of information. Which source you watch or listen to can have a large impact on what you, as an individual, believe.

In the end I can only hope that we all take the time to not dismiss any point of view or opinion. Instead we need to take the time to make a rational and realistic decision on who we will vote for in the upcoming primaries and general election. How we vote will have an impact on the future of us all.

Gary Scruton, Editor



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What's Your Investment Risk Tolerance?

Risk is a normal part of investing. If you didn't take on any risk, you wouldn't have the potential to achieve higher returns. But how much risk should you accept?

You don't want to incur unnecessary risk. So, you'll need to assess the amount of risk you're comfortable taking and then determine if this risk level supports your ability to achieve your long-term goals.

Here are some of the key factors in determining your own capacity for investment risk:

- **Personality** – We all have different personalities. And your individual personality can certainly affect your comfort level with risk. If you enjoy taking chances or pushing yourself outside your comfort zone in other aspects of your life, you could be more likely to accept greater investment risk, too, because you know that greater risk means greater potential reward.

Conversely, higher-risk investments also carry greater potential for volatility, including steep short-term declines.

- **Time** – Risk tolerance can change over

time. When you are first starting out in your career, with decades to go until you retire, you may feel comfortable with a certain degree of investment risk, knowing you have time to potentially overcome the inevitable downturns in the financial markets. But as you near retirement, you might consider lowering your risk level and investing more conservatively, because once you do retire, you'll likely have to start withdrawing money from your retirement accounts, which means you may need to liquidate some investments – and, ideally, you won't want to have large fluctuations in value at that time. However, even during retirement, you may want your portfolio to include some growth-oriented investments to help keep you ahead of inflation.

- **Type of goal** – You might have different risk tolerances for different goals. For example, if you know you need a specific amount for a particular goal in two years – such as buying a new car or taking an overseas vacation – you may want to put away money in a low-risk, liquid vehicle. This type of investment might not have much growth potential, but for this goal, you are less interested in achieving a high rate of return than you are in being reasonably sure the money will be there when you need it. So, in this

instance, you may have quite a low tolerance for risk. But for a long-term goal, such as a comfortable retirement, you may be prepared to take more risk in the hopes of greater returns, given the longer time horizon.

By understanding your risk tolerance and knowing how it can change over time and under different circumstances, you can be better prepared to face investment volatility. And there are certainly things you can do to mitigate risk. By owning a variety of investments – domestic and international stocks, bonds, mutual funds, government securities and so on – you can reduce the impact of market volatility on your portfolio. (Keep in mind, though, that diversification can't prevent all losses or guarantee profits.)

In any case, the biggest risk of all is simply not investing. If you are going to achieve your financial goals, you need to invest for them. By understanding your own risk tolerance, and by making wise choices along the way, you can stick with an investment strategy that can work for you in the long run.

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

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Flexibility is Needed for Healthy Meal Planning

By Shawn Thomas

Editor's Note: This is the second in what we hope will be a long line of articles by Shawn Thomas designed to help with a healthy lifestyle. Please feel free to send questions or comments to Gary@TrendyTimes.com

This past week, I created a meal plan for a new client, and one part of the meal plan threw her off. I think the lesson that was taught is one that you can take to heart if you are currently trying to improve your physical health.

First, I'll qualify. When a new client comes to me, I have them complete a questionnaire. One of the line items, is that I request their five favorite foods. Unfortunately, too many people list five foods they think I want to see. Occasionally, someone will answer this honestly.

So, what threw off my weight loss client? The fact that I put bacon on her daily meal plan! Why? Because it is her actual favorite food (I mean she did write it in all capitals). In order to have long term success, you can't deprive yourself of your actual favorites. Now for full disclosure, it's exactly two

slices of her favorite brand of bacon. And from a coached perspective, it fit perfectly into her calorie and macro split we were going for based on her goals.

Way too often people think a diet must be all "healthy" foods. People think they have to be boring, or even bland. Unfortunately, way too many people think you have to "eliminate carbs" to lose weight. Now obviously, my client's bacon is not a carb, but it is still a food that gets labeled as "bad". I can't count how many times I have had clients shocked that I still "allow" them to have the occasional ice cream, chocolate, or even certain fruits (if they are unfortunate enough to have been exposed to some keto extremist). I really love people's reaction when I'm able to fit a slice of pizza or two in their program!

At this point you're either reading in disbelief, or you are wondering what the "catch" is. Truth is, it's all about portion control and consistency. As for flexibility, most clients that come to me, just want to drop some weight and become healthier. They don't really want to become underwear models. This means that they can

have the occasional pizza, or beer or ice cream. The general rule for thumb for beginners is the 80/20 rule. The idea is, out of every ten meals you eat, make eight of them "healthy" meals, and two of them "not so healthy" choices. Just remember to keep track of your portions when having the not so healthy meals. This will allow you to not get too out of hand with your calorie counts and keep you on track with your greater goals.

Long term health is dependent on what changes you are willing to make long term. So ask yourself, what are your five favorite foods. Then when you honestly have your list. Find a way to fit them responsibly into a plan that will still get you to your goals.

If you need help with your meal or activity planning, you can always reach out to me at wsrtfitness@gmail.com.

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

Albert E. Chase: OBITUARY

Albert E. Chase, 55, of Court Street, Haverhill Corner, NH, died unexpectedly at his home on Jan. 27. He was born on July 16, 1966, in Derry, NH, the son of the late Lester E. Chase and Joan Chase of Derry, NH.

Early in his career, Al worked as a glazier on skyscrapers, up to 100 stories tall, in California. He later was a trail worker for the Forest Service in New Hampshire performing rescue work and trail upkeep with his Rottweiler, Santana. While he was working for the Forest Service, he and Santana were featured in Dog World Magazine.

Al worked as a landscaper and designer later in his adult life before an injury ended his career. Al was very good at creating just about anything. If one could imagine it, he could build it. He made wreaths for the Prudential Building in Boston.

Among Al's achievements include driving cross country and visiting all 48 continental states, he did a "yo-yo" on the Appalachian Trail, hiking from Maine to Georgia and back. He also rode a donkey to the bottom of the Grand Canyon.

Al enjoyed deep sea fishing for Swordfish, Tuna and other fish. He was a successful elk hunter. When he was younger, he was an avid hunter and later in life fishing, the more fishing the better. He enjoyed animals, small farming, gardening and outdoor activities. He loved cutting the grass at his home and was great at grilling. He could fix just about anything with what he had on hand and around the house. He was a talented "Mickey Mouser." In his younger years enjoyed riding motorcycles and had a



Yamaha VMAX.

Even in chronic pain, he had a smile and a wave for everyone and supported his family with 4-H activities, baseball, music and helped with home schooling. He loved his family and was a loving husband and father. He also enjoyed raising New Zealand rabbits.

He is survived by his mother, Joan, of Derry, NH; his wife Kathleen, of Haverhill Corner, NH; a son Randy Robb II and his partner Stevie, of Lebanon, Maine; daughters Cynthia Blain and her partner Andrew and Julia Rullo and partner Anthony, all of Woodsville, NH; a son, Adam E. Chase and partner Nicole, of Wells River, VT; seven grandchildren, Nate, Randy III, Abigail, Liliith, Evelyn, Sebastian and Luca; a brother Lester E. Chase II and his wife Mary of Fitzwilliams, NH; sisters Laurie Tebo and her husband Jim of Londonderry, NH; Karen Berube and her husband Michael, of Merrimack, NH; and LeeAnn Miner and her husband, Paul of Buffalo, NY; several nieces and nephews.

He was predeceased by his father, Lester and a sister Wanda.

A celebration of Al's life will be held on Saturday, July 16 at 11:30 am at the First Congregational Church UCC of Haverhill, 120 School Street, Haverhill, NH.

And The Honor Goes To

by Maggie Anderson

NBC's TODAY.com honored Father's Day this year, but not by sharing stories of sacrifices made by fathers who worked seemingly endless hours to address the needs of their families.

Nothing was said, no mention made, of fathers who shoved their own needs and desires onto the back burner to make certain their sons and daughters had a shot at their own dreams.

No eloquent words were spoken on behalf of fathers who postponed college and slung hash in some greasy spoon instead when the unplanned-for little bundle introduced itself to the world and presented its list of necessities to stunned and unprepared parents.

The millions of fathers who were present, who tried to make a difference for their kids, fathers who could more easily have vanished without a backward glance, but who stayed, who believed they might be the anchor all children search for, didn't have a single line dedicated to them and the difference their constant presence made in the lives of their children.

No words of praise were said on behalf of fathers who stood strong in the face of all the world could hurl in their direction, steadfastly teaching their children lessons of perseverance, honor, and strength, and handing down words to sustain them so, long after those fathers had stepped off life's final platform, their words would still echo in the heads of those children and offer them strength in the face of great odds.

There are not enough

words in the world to adequately pay tribute to those kinds of fathers.

That was not an impediment for NBC, they chose instead to honor gentlemen who had agreed to eliminating their own offspring until they found a more convenient time to give fatherhood another shot.

Funny how the media can't describe what a woman is but NBC sure knew a gentleman when they heard one, several in fact. The gentlemen whose stories they regaled us with were gentlemen who expressed how things wouldn't have worked out as well for them if it weren't for abortions they'd had earlier in their lives.

The ensuing tales recounted 11 abortions between their respective girlfriends or spouses, stories like the one of an abortion undertaken because the gentleman and his wife simply couldn't imagine how they would deal with the chaos of having a third child under their roof.

The story of gentleman Andrew who said, without abortion he wouldn't be a father really stretches the limits of reality. Sorry Andrew, but you would have been a father, just to the other child first.

Gentleman Peter stated he'd had two abortions. Gentleman Peter needs a

refresher course in sophomore biology, as do the other gentlemen in the presentation I might add.

Men do not have abortions. First they lack a womb from which to rip an unborn human being, neither do they have any legal recourse to save the life of their unborn child if its mother, the only biologically equipped person in the equation to sustain its life until its birth, doesn't want to keep it.

Not only do men not have abortions, neither can they prevent them. It may be the only field left in which the rules are totally up to the governing bodies, and all those governing bodies are female. Their decisions are always life-altering in some way, but the final decision falls on women.

My praise goes out to the fathers who stayed and strove to make a difference. The ones who saw fatherhood as an opportunity even when it was difficult, or often so mind-numbingly thankless a lesser man would have looked for the nearest exit.

Those are the fathers who deserve honor and accolades, the ones who gave it their best shot, and stuck around even through storms and deprivations.

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

June 28, 2022

Volume 13 Number 19

TRENDY TIMES STAFF

SALESRICHARD M. RODERICK & GARY SCRUTON
 CONTRIBUTING WRITERSMAGGIE ANDERSON, ELINOR P. MAWSON, MARIANNE L. KELLY, ELI HEATH, CINDY PINHEIRO, KELLIE QUACKENBUSH
 DISTRIBUTION AGENTS.DAWN DEAN, RICHARD RODERICK, SHARON CASSADY, GARY SCRUTON
 EDITOR / PUBLISHER.....GARY SCRUTON
 WEB MASTERPAUL HUNT

Phone 603-747-2887 • Email:gary@trendytimes.com

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Adam W. Smith



What About Ma?

by Kellie Quackenbush

All About Hearing

There was a time when Ma was having trouble hearing. The television was turned up and we would have to join in on phone calls so that Ma could be told what was said on the phone. She didn't hear the dog bark and life in general had become a silent tomb for her.

Having spent over 25 years working in nursing homes, I had seen the signs of hearing loss before. My mother had little to no hearing in one ear for most of her life, hers had been caused by an incident in childhood. Age-related hearing loss is considered a common condition of growing old. I do not believe everyone is doomed to be deaf in their golden years.

"Age-related hearing loss (presbycusis) is the loss of hearing that gradually occurs in most of us as we grow older. It is one of the most common conditions affecting older and elderly adults.

Approximately one in three people in the United States between the ages of 65 and 74 has hearing loss, and nearly half of those older than 75 have difficulty hearing. Having trouble hearing can make it hard to understand and follow a doctor's advice, respond to warnings, and hear phones, doorbells, and smoke alarms. Hearing loss can also make it hard to enjoy talking with family and friends, leading to feelings of isolation." per <https://www.nidcd.nih.gov/health/age-related-hearing-loss>, "At this time, scientists don't know how to prevent age-related hearing loss. However, you can protect yourself from noise-induced hearing loss by protecting your ears from sounds that are too loud and last too long. It's important to be aware of potential sources of damaging noises, such as loud music, firearms, snowmobiles, lawn mowers, and leaf blowers. Avoiding loud noises, reduc-

ing the amount of time you're exposed to loud noise, and protecting your ears with ear plugs or ear muffs are easy things you can do to protect your hearing and limit the amount of hearing you might lose as you get older."

Based on the number of letters and fliers that I receive in the mail about hearing evaluations and "new" hearing aids, I would think that hearing is big business. I know that my aunt paid \$5000 for a new set of hearing aids out of her own pocket. I know that my mother spent a lot of time and effort trying to find a doctor that would fix her hearing in that one ear. I also know there is a limit to what Medicare will pay for continued health treatments for hearing. (Medicare & You, 2022)

"Presbycusis is one of the most common types of sensorineural hearing loss, which means hearing loss is related to deterioration of the cells within the inner ear and/or nerve pathways to the brain.

There are also a few other less common types of presbycusis that differ slightly in how and when they affect people, and a person may have multiple forms. According to Canadian Hearing Services:

Metabolic presbycusis is a reduction of blood supply in the inner ear.

Mechanical presbycusis is thickening of the tissues within the inner ear.

Mixed presbycusis is a combination of any of these. Indeterminate presbycusis is the term when a cause can be determined -- and it's actually the most common." per <https://www.healthyhearing.com/report/52510-Presbycusis-understanding-age-related-hearing-loss>.

My mother-in-law had wax build up in her ears. When a build up of wax fills the ear canal it appears that you are suffering from hear-

ing loss. It is a slow and gradual build up that goes unnoticed until the person can barely hear. At the doctor's office they can clean out the wax and for most people with wax build up, removing the wax will restore hearing. "Your doctor can remove excess wax using a small, curved instrument called a curet or by using suction while inspecting the ear. Your doctor can also flush out the wax using a water pick or a rubber-bulb syringe filled with warm water.

If earwax buildup is a recurring problem, your doctor may recommend that you use a wax-removal medication, such as carbamide peroxide (Debrox Earwax Removal Kit, Murine Ear Wax Removal System). Because these drops can irritate the delicate skin of the eardrum and ear canal, use them only as directed." per www.mayoclinic.org/earwax-blockage.

I have witnessed people having their ears flushed out at the doctor's office. Some people have big wax marbles removed while others experience a waxy tube being removed with a pull from a medical instrument. It is quite astounding what come out of that little ear-hole. The results from the medical treatment of wax is always a shocking improvement is hearing quality.

As I had told Ma, do not fret about hearing loss until you have discussed the issue with your doctor. Have your doctor clean your ears, it takes only a few minutes.

As the old cell phone slogan goes, "Do you hear me now?"



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Statement of Lt. Governor Molly Gray on State House Vandalism and Threats

Montpelier, VT – This afternoon, Lieutenant Governor Molly Gray issued the following statement in response to vandalism and threats at the Vermont State House following yesterday's Supreme Court ruling:

"As Vermont Capitol Police reported this morning, the Vermont State House was vandalized last night. The unknown vandals broke seven windows across the front of the building, including my office window. They also spray-painted the front portico, stating, 'if abortions aren't safe, you're not either.'"

I am alarmed by these attacks on our State House – my workplace – and condemn them in the strongest possible terms. Vermonters are feeling deep anger and frustration in the wake of yesterday's Supreme Court ruling. I share this frustra-

tion. However, threats of violence and destruction of property are absolutely unacceptable and never the solution.

The Vermont State House is the people's house and together, as Vermonters, we've taken incredible steps to protect fundamental rights. Vermonters should feel a sense of pride that we have some of the strongest legislation in the country protecting reproductive rights. In November, Vermonters will have the opportunity to amend our Vermont Constitution to permanently enshrine reproductive liberty.

I ask Vermonters to pursue peaceful, positive action to correct this horrible injustice by the U.S. Supreme Court. We must come together, work together and stand united."



by Eli Heath
Paige Computer Services

Here at Paige Computer Services we can put your movies on DVD. Many times my customers have asked me how they can do it, well here is the recipe;

Computer Hardware: before you can make DVD's on your computer you have to be sure it is up to the job. Your computer must have a fast processor, an Intel Duo Core or i3, i5, i7 or AMD Athlon 2.8 GHZ, the faster the processor the less time it would take to render your project. Your computer should have at least 8 GB or more of RAM (Random Access Memory) installed. If not now is the time to upgrade. The hard drive must have room to store the movie file, I recommend installing a second hard drive to your computer just for making movies. Do not use the primary hard drive, keep in mind that every 1 minute of video it will take 20 mb of hard drive space on your computer. A 4 hour movie will take approximately 8 GB of disk space not including the space needed to render the project to burn on DVD. You must have a way to transfer the movies to your computer. To do this you must install a USB video capture card or if your video camera has a IEEE1394 or Firewire port installed a IEEE1394 card can be installed in your computer to make the video transfer easier. You can purchase a video transfer Adapter such as Roxio Easy VHS to DVD 3 Video Converter found on Amazon for about \$70.00, to download your movie from your camera to your computer. USB ports are now faster to handle the video transfer operation on your computer.

Ready to transfer: ok your computer has all the hardware needed for the job, now what you need is a program that will allow you to

Tek Talk with Eli ¹⁵

edit and burn your movies. There are several good programs available. If you would just like to burn a DVD movie without much editing but still have the ability to add menu's and chapters than I recommend Ulead Video Studio 2022 at www.ulead.com. You can download and run the free trial or may purchase and download the program on line. Should you want more control on how your movie should look than I highly recommend Adobe Premier Elements 2022 for around \$70.00. You will be editing and enhancing your movies like a professional or use the online subscription and do all your editing on the cloud program, Another program I recommend Pinnacle Studio 25, this \$50.00 program will allow you to have moving menus and create blue screen effects in your movies. All these programs will allow you to transfer your movie from your camera to the program where you can edit and burn your DVD's or put your movies on a thumb drive and play them in a computer without a DVD Drive.

You have your camera connected to your computer and you are using Pinnacle Studio 25 for your movie editing, you click on the "Capture" tab in the program, you see a graphic of a movie camera, on the graphic you click the play button, your camera will start playing the movie, the program records the movie onto your computer hard drive, depending on the length of your movie this may take some time. After that movie has finished recording then record your second movie if you want to have them on one DVD. After you record your movies on the computer click on the "Edit" tab, there you import the frames from your movie and transfer them to the story board or timeline where you can add chapters, menus, and voice over, or video effects. After you have edited your movie the program will allow you to try your DVD before you burn it. Make sure it is working the way you like before

you make the DVD. **Ready to Burn:** everything looks good in your movie. Now you are ready to burn the DVD, first you must consider what make or model DVD player you will be playing this DVD on. Why, because there are two types of DVD's, there is the DVD +R and the DVD -R, look in your DVD manual to see which DVD format is compatible with your player, if you have a new DVD player they are pretty much compatible with both formats. Once you decided the DVD format you want to use, on Pinnacle Studio 25 click on "Make Movie" tab, depending on the speed of your computer processor, how much memory it has and how large your movie is this may take some time, around one to two hours for a movie that is 8 GB or 4 hours. If you want to put your movie on a thumb drive save it as a .AVI or .MEP file on your computer then save it to the thumb drive.

Other DVD Options: if you do not own a computer and you would like to take the VHS tape and make a DVD movie from it you can purchase a DVD recorder that has a built in VHS tape player for around \$300.00, Nothing fancy about the recording just put the VHS tape in the player and a blank DVD in the drive and press copy. With this method you cannot edit or enhance your movie, you are just copying for VHS to DVD. Another downfall depending on the DVD recorder, once you burn the DVD it can only be played back on that player you made the DVD from, so if you made a DVD for your family there is a chance they would not be able to watch it on their DVD players unless they have the same player that you made the DVD on. Some players may have RCA jacks where you can connect your video camera if it has the RCA jack output, if not than you must go with using your computer to transfer, edit and burn your DVD's.

This can become a hobby and takes time and patience

Not all Times are Trendy, but there will always be Trendy Times June 28, 2022 Volume 13 Number 19

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BEEZWAX

By John Martin





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

American Flag Jello Cake

Editor's Note: Once again I must report that Cin Pin is not feeling well. We hope it is just a short bout with something minor. But she suggested we run this recipe that appeared in Trendy Times one year ago.

Hello hello my fellow chefs. How are you all doing today? I am doing good and enjoying the wonderful weather we have been having. The 4th of July holiday is quickly approaching and I have a great recipe for you. It's easy peasy and very "Delicioso". I am bringing mine to a summer solstice party at my friends camp in Vermont. I haven't made this flag cake for a few years but Gary mentioned that this is the last edition before the 4th of July so I'm sharing this recipe with you. Show off your creative side. You will be the hit of the party. Let's get started with today's recipe and how to make it.

- Ingredients**
- 1 box of classic white cake mix
 - 1 small box of straw-



- berry jello
- 1 cup of hot water
- 1 cup of cold water
- 1 16oz container fresh strawberries
- 1 pint fresh blueberries
- 8 oz. cool whip topping

Preheat oven to 350 degrees and make the cake according to the package for an 8x10 cake. Cool on wire rack. Put parchment paper in the dish you baked the cake in and after it is cooled put it back in the cake pan over the parchment paper. Make the Jello with the hot water,

dissolve and put the cold water in and mix. Poke fork holes in cake all over. Pour liquid jello over cake and refrigerate for at least 4 hours. The jello will go into the fork holes. When set, spread the cool whip all over the top. Slice the strawberries in half or thirds. Start making the stripes with the strawberries and use the blueberries to make the square for the stars. Lift out of pan and put on a oblong tray. Very carefully because it will be heavy. I could have used an extra set of hands but I managed. I had a glass cutting board so that's what I used. I cut

the parchment paper off when it was on the tray.

When you cut the cake it will have designed pokes from the jello. It is moist and really good. I'm not the best artist or crafter but you can certainly see that it is our flag.

Well folks that's it for today's recipe. Good luck and have a wonderful 4th of July. I am signing off for now. Sincerely, Cin Pin

Happy 4th of July
CnB arts Cyndi Wellman wishes you all a fabulous 4th of July.
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contact Cyndi Wellman for copies: @cnb.pics07@gmail.com

Below is a recent photo of a Canadian Tiger Swallowtail taken on the Thomson Tree Farm in Orford, NH.
Photo Courtesy of Tom Thomson



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

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Volume 13 Number 19

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