

A FREE PUBLICATION

# TRENDY TIMES

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## LAHS Has Historic Painted Curtains Conserved Through Moose Plate Grant

LISBON – The Lisbon Area Historical Society (LAHS), a nonprofit that serves Lisbon, Lyman, and Landaff, recently had three historic stage curtains conserved through a \$14,867 grant from New Hampshire's Moose Plate Program administered by the New Hampshire State Council on the Arts. The Moose Plate Program funds preservation of publicly owned artistic and cultural resources. The three curtains are owned by the Town of Lyman and had been hanging over the stage in the upstairs of the old Lyman Grange Hall since the 1930s.

Near the end of the 1880s and until about 1940, town and Grange halls decorated their stages with curtains painted by scenic artists.

After discovering the curtains in the Lyman Grange Hall, which is no longer used, and realizing the need to have

them removed from their environment, LAHS obtained permission from the Town of Lyman to contact Chris Hadsel, Director of Curtains Without Borders (CWB) of Burlington, Vermont to have them professionally removed and wrapped for safe storage until future conservation.

One of the curtains is painted with a silhouette of a big band, a rainbow, confetti, and colorful floating balloons advertising local businesses, twenty-one being in Lisbon at the time. That curtain, painted c. 1932 by Lucretia Rogers in her Plymouth, NH studio, is on permanent loan with LAHS. A second curtain has a generic busy street scene advertising dozens of area businesses, and the third is a grand drape depicting a romantic European scene with painted billowing green and gold drapes. The advertising curtain and grand drape

were painted c. 1932 by Marion Fracher in her Wentworth, NH studio. The Town of Lisbon donated its town hall as a workspace for the 16'x8' curtains. The curtains underwent the meticulous conservation process of being vacuumed, sponged, stabilized with a special spray, patched, mended, judiciously inpainted, and fitted with new boards and roller coverings.

The grant requires that the artifacts be displayed for the public to view. Until the recent acquisition by LAHS of the historic former Lisbon Congregational Church Parish House on Depot Street in Lisbon, there was no venue suitable to display the huge curtains. Now that LAHS has a museum with ample space, it will have all three curtains on display in the main room of its museum, when it opens to the public after upcoming renovations to make the building



handicap-accessible. At that time, there will be a public reception and program presented by Director Hadsel of CWB.

CWB is a nonprofit dedicated to documenting and preserving historic painted scenery, which it has done at local venues such as the Landaff Town/Grange Hall, Monroe Grange Hall, Haverhill's Alumni Hall, Pike Hall, Orford's Town Hall Heritage Center, Barnet Town Hall, Topsham Town Hall, Fairlee Town Hall, and West Fairlee Town Hall.

The Lyman curtain conser-

vation project was a joint effort. Volunteers from Lisbon, Lyman, and Landaff put in a total of 85 hours amounting to an in-kind donation of \$2,125, while assisting the CWB team. New England Wire Technologies supplied a box truck and employees to help transport the curtains to the Lisbon Town Hall. The project is an excellent example of how LAHS works to engage all three towns and continue to meet its mission to preserve and promote each town's history. For more information on LAHS go to [www.lisbonareahistory.org](http://www.lisbonareahistory.org).

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# TRENDY Dining Guide

## No Eating Article This Time

by Gary Scruton  
I hate to disappoint my loyal readers of this article. I also hate to have not been able to get to one of our fine advertising eateries. But when the COVID test comes back positive, there are certain things one cannot do. I

do hope to be recovered in time for the next edition. IN the meantime, please support our local eateries and enjoy a relaxing, and fun dining experience thanks to the Trendy Dining Guide.

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### Weatherwane Theatre To Host Free Talkback Series

Talkback series will take place after select performances of Eurydice, A Class Act, A Chorus Line, and Intimate Apparel.

WHITEFIELD, NH - Weatherwane Theatre is pleased to present a free talkback series this season after select performances.

A new initiative, these talkbacks are a way for patrons to get an inside look at some of this year's productions in a way never before offered to Weatherwane audiences. Audiences will be able to ask their own questions to the cast, creative team, and in one instance, the show's author. On dates of talkbacks, the session

will be held immediately following the performance.

Talkbacks Schedule:  
Eurydice - Thursday, July 28 - Q&A with Director Jorge Donoso and Cast  
A Class Act - Saturday, August 20th - Q&A with A Class Act co-author and Tony nominee Linda Kline, Weatherwane Theatre Producing Artistic Director Ethan Paulini, and Cast.

Intimate Apparel - Saturday, September 17 - Q&A with Intimate Apparel Director Shinnerrie

Jackson and Cast.

A Chorus Line - Sunday, October 9 - Q & A with Tony nominee Linda Kline, Weatherwane Theatre Producing Artistic Director Ethan Paulini, and Cast.

All talkbacks are free and held at Weatherwane Theatre at 389 Lancaster Rd. in Whitefield. Questions can be directed to Weatherwane Producing Artistic Director Ethan Paulini at ethan@weatherwanenh.org

Weatherwane's 57th season opened June 8,

2022 and runs through October 9, 2022. Season productions include Eurydice, The Marvelous Wonderettes, A Gentleman's Guide to Love and Murder, Jesus Christ Superstar, A Class Act, Intimate Apparel, and A Chorus Line. Single tickets are currently on sale at weatherwanenh.org, by phone at 603-837-9322, or by visiting our box office at 389 Lancaster Rd. in Whitefield.



# Haverhill Heritage, Inc. Wins Historic Preservation Grant

Haverhill, NH, — The NH Preservation Alliance, partnering with the 1772 Foundation awarded historic preservation one-for-one matching grants totaling \$125,000 to sixteen private nonprofit organizations in New Hampshire. The grants give a boost to community landmarks across the state and range in amount from \$5000 to the grant maximum of \$10,000.

Haverhill Heritage, Inc., one of the grant winners, was awarded the maximum \$10,000 amount for exterior painting of the Wentworth-Brown House (c. 1805). Pat Buchanan, HHI's President, noted that only four projects had received the maximum \$10,000 amount. "We are thrilled that the importance of this historic property has been recognized and that the project will receive such generous support." Each grantee was required to have matching funds for its project, and HHI will welcome supporting contributions in any amount.

This 1772 grant for the Wentworth-Brown House (c1805) will help Haverhill Heritage Inc. (HHI) paint the



exterior of two major sections of the 195' long connected farmstead, one component of a multi-year rehabilitation project to save this community landmark defining the southern end of the Haverhill Common. This house is a contributing structure in the National Register-listed Haverhill Corner Historic District and was among the N.H. Preservation Alliance's 2018 Seven to Save. The rehabilitation project will ensure the building's long-term preservation, in keeping with HHI's mission.

Beverly Thomas, program director of the Preservation Alliance noted that the grant criteria included the uniqueness or significance of the resource, visibility within the community, availability of additional funding, strength of local support, imminence or severity of threat to the resource, understanding of the building's needs, and the

proposed plan's adherence to the Secretary of the Interior's Standards for the treatment of historic Properties.

The New Hampshire Preservation Alliance strengthens communities and stimulates local economies by encouraging the protection and revival of historic buildings and places. For more information, visit [www.nhpreservation.org](http://www.nhpreservation.org)

The 1772 Foundation was named in honor of its first restoration project, Liberty Hall in Union, NJ, which was built in 1772 and is the ancestral home of the Livingston and Kean families. The late Stewart B Kean was the original benefactor of The 1772 Foundation. The 1772 Foundation works to ensure the safe passage of our historic buildings and farmland to future generations.

More information about the 1772 Foundation may be found at [www.1772foundation.org](http://www.1772foundation.org)

# North Country Gospel Music Festival on Saturday, July 30

WHITEFIELD - The Community Baptist Church in Whitefield will hold the North Country Gospel Music Festival at 6:30 pm on Saturday, July 30, offering a time of relaxation and fun for families and friends to meet and hear Christian musicians perform. There is no admission fee; a free-will offering will be taken.

The Concert returns after a two year COVID hiatus. Masks are optional this year & all attendees are asked to respect the medical choices of others.

Scott Brunt with his deep bass voice will once again perform and serve as emcee for the festival. Returning with his wonderful singing voice is Scott's father, Gary Brunt.

Returning after a few years is the Lancaster based family group "The Na-



deaus". Performing solo this year is perennial favorite Lee Baker.

The church is located at 27 Jefferson Road (Rt. 116), across from the Whitefield Post Office, and has a handicapped access lift. Further information may be obtained by visiting [www.cbc1816.church](http://www.cbc1816.church) or by calling 603-837-2469.



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Not all Times are Trendy, but there will always be Trendy Times  
July 26, 2022  
Volume 13 Number 21



## NH's Adequate Education Law Amended

Throughout the previous legislative session, HB 1671 was hotly debated in the House and Senate while drawing much testimony from the public. On June 24, 2022, however, Governor Sununu in accordance with his constitutional responsibility, signed HB 1671 into law. This bill modifies the content and requirements of an adequate education in New Hampshire's public schools. It is now the responsibility of each local school board to ensure that an adequate education includes school approval standards in the following subject areas: English/language arts and reading; Mathematics; Science; Social Studies, **including civics, government, economics, geography, history, and Holocaust and genocide education**; Arts education, including music and visual arts; World languages;

**Health and wellness education**; Physical education; Engineering and technologies including technology applications; Computer science and digital literacy; **Personal finance literacy**; School year requirements; and Minimum credits required for a high school diploma. The subject areas noted in bold font are now part of NH's adequacy law.

Subjects such as civics, government, geography, economics and history are key learning elements within the 'social studies,' and are now listed in statute. It still remains a local decision as to how content should be taught and at what grade levels. For example, when teaching an historical event such as the Lewis and Clark Expedition, students are often provided information about Lewis, Clark, and Sacajawea; however, to capture a more thorough under-

standing, further information in all the social studies content learning areas should be explored: economic impacts then and now, physical geography, culture, government, and more. The Louisiana Purchase comprised a vast geographic area between the Mississippi River and the Rocky Mountains while stretching from the Gulf of Mexico to the Canadian border. For \$15 million, the United States almost doubled the size of our country. And, for NH classrooms, perhaps Sgt. John Ordway of Bow, New Hampshire, should be mentioned, as he was a member of the Lewis and Clark expedition that explored the far west in 1804 - 1805.

Although New Hampshire statute provides responsibility for instruction and curriculum to local school districts, local educational programming shall address the school approval standards. I mention this bill, as the subjects mentioned in HB 1671 are basic, and every graduating high school student should have the opportunity to acquire knowledge in these content areas, to understand cause and effect, and to develop critical thinking skills necessary to identify fact from unverified information or data.

Aside from the above mentioned legislation, a number of significant bills such as the Statewide Fair Improvement Capital Grant Program were signed into law in past weeks. I will be attending the North Haverhill Fair at the end of this month and I hope to see you there.

Respectfully Submitted,  
NH Rep Rick Ladd  
Chair, House Education

## Waterford Historical Society to Unveil Pop-Up Museum Aug. 7

The Waterford Historical Society and Union Baptist Church are partnering for a special community event Sunday, Aug. 7, to celebrate the town's historic name change 225 years ago.

The 9:30 a.m. service will include a message from Pastor Clifton Bullock that includes a part of the congregation's history when many of its parishioners worshipped in Lower Waterford. The service will also include a reading of the proclamation by Vermont Gov. Phil Scott that hails Waterford's name change from Littleton on March 9, 1797. It will be presented by state Rep. Marcia Martel.

Following the one-hour service, the public will be able to see for the first time artifacts stored in WHS members' homes as well as the Town Vault. The exhibition will be located in the church's large multi-purpose room on Route 5 North.

Exhibits will include a focus on the lost crossroads village of Upper Waterford, once connected by bridge to Pattenville, NH. Construction of Moore Dam for another hydroelectric power station and subsequent flooding of the valley with the Connecticut River resulted in a 3500-acre reservoir also used for recreation.

Other exhibits will feature unique handheld farm tools from Ray-Don Farm, plus a photo album from the mid-century family operation; logging tools from the heyday of log drives down the Connecticut, and items discovered from archaeological digs around Waterford.

Precursors of today's fascinators, a charming display

of fancy go-to-meeting hats, along with their stories, will be found next to an outstanding presentation of handmade quilts that have remained in one family for several generations.

Also expected is a demonstration on rug hooking with an array of finished rugs, including one that's an homage to 15 Mile Falls. It was last seen during Barret's centennial celebration of the last long log drive in 2015.

WHS members will be on hand to answer questions and receive any artifacts or copies of family photos until 1:30 p.m. This is a great opportunity to help Vermont's youngest historical society continue its mission to save town history. The WHS maintains two archives cabinets in the Town Office lobby located on the lower level of the Davies Memorial Library. Recently, the WHS installed the first-ever town history display at the I-93 North Welcome Center.

Visitors are also invited to participate in the church's Family Fun Day that includes a picnic of grilled hot dogs and hamburgers, plus popular side dishes and favorite desserts made by members. There will be outdoor activities for young children.

Free to the public, this event is one of four scheduled. The final community partner event takes place in October. It focuses on the history of the Waterford Volunteer Fire Department and its 1985 construction of a fire station on Duck Pond Road, near Blodgett Farm Road. It will include up-to-date safety drills for homeowners.

## NGCRC Monthly Meeting

The Northern Grafton County Republican Committee will hold its monthly meeting on Tuesday, August 9, 2022 at the Littleton Elks Club, Lodge # 1831, located at 42 Main Street, Route 302, Bethlehem, New Hampshire. This will be a Town Hall Gathering to meet the New Hampshire Republican Primary Candidates for the NH State Representatives (Congressional Districts 1 & 2). Voters will have

the opportunity to present pertinent questions to the candidates.

Refreshments and socializing will begin at 6:00 PM followed by the meeting and candidates at 6:30 PM. Republicans and Like-Minded Conservatives are Welcome to attend. Interested persons may contact alicearazny@gmail.com or call 603-823-5191. Keep New Hampshire RED!



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# As The Woodbine Twines

by Maggie Anderson

Living so close to the AT got me thinking about the meandering trail my maternal grandmother's driveway made and all the stories it had to tell so I thought I'd pass some of those along.

In the undulating hills of Raccoon Ford, Virginia my Grandmother Fletcher's driveway swizzled up from the mailbox by the main road with the graceful movements of the tiny green grass snakes I used to capture on her lawn.

I often accompanied Grandmother when she set out to check for mail in the box at the bottom of the hill. She always took her apron off and draped it over a kitchen chair, then she donned gloves and a hat before she started out the door. Apparently there was an unspoken dress code for gathering the mail.

On our trek back up the driveway Grandmother shuffled the letters into the order of their importance, commenting on who had written, and what letters had come for the others visiting for the summer. If there was no mail to ponder, Grandmother talked to me about when our cousins were expected to arrive, how her corn was faring in the weather's often fractious moods, and how beautiful the wildflowers were that year, every year as I recall.

I loved those jaunts to the mailbox with Grandmother, frankly I was so mesmerized by the sound of her voice I would happily have listened to her read the label on the baking soda can. The smooth southern lilt of her voice was as calming to me as the aroma of freshly baked bread. I've found few things in life as soothing as the warm tones of my Grandmother Fletcher's voice.

On our return, as we crested the hill where Grandmother's domain stretched ahead of us, the driveway made a wide arch to the right, passing by the barn - a dark mystery to me at the time - it followed that arch past the two-holer, constantly remodeled and re-decorated by my cousin Margaret Rose and me as we companionably sat enthroned on the two seats, and enthralled at our vision of what we could do to improve the place.

The two-holer held some mystery of its own, we had to chatter incessantly as we approached the door, flip the lids, and clatter a stick inside our respective rims, to dispatch any snakes who may have curled under their lids in search of a nap and some escape from the sun and the rain, before we could see to life's other business.

As the arch continued it circled Grandmother's majestic oak, where I hung up-

side down a nanosecond too long once, enjoying a captivating view one summer day, when my legs simply unfurled like those of some cartoon character and I dropped like a rock onto the top of my head. I was grateful Grandmother had not witnessed it, I'm afraid her image of my brilliance and bright promise may have been as bruised as the top of my head had been.

The curve continued past the clothesline, always dancing with a colorful wash, beyond the well, from which the sweetest - and coldest - water ever was drawn, every bucketful a question until we were certain no snakes had hitched a ride to the top.

The bend wrapped itself around the chopping block where Grandmother's right hand was sacrificed when she was a toddler, and upon which the meanest rooster that ever lived, the one who bloodied my four year old back, was swiftly dealt with when Grandmother dropped him onto the block, held him fast under her shoe, and ended my terror and suffering with a single blow.

The drive came to rest just beyond the front door of the old farmhouse, where it curled itself under the shade of Grandmother's precious pear tree, once picked clean by buzzards, aka my brothers, John and David, and our cousin Michael.

# Haverhill Historical Society's Summer Speaker Series

Haverhill, NH – The public is invited to the 2nd in our series of free summer presentations.

Peter Tice, president of our Society will share his special interest in the natural history of the upper Connecticut valley. Please join us on Tuesday July 26 at 7:00 PM at Alumni Hall, 75 Court St. in Haverhill Corner. This venue is handicapped accessible.

As the last ice age drew to a close, the Upper Valley of the Connecticut River became inundated with glacial meltwater. Topography and dams formed of glacial sediment conspired to confine this water, and ancient Lake Hitchcock was born. Come explore how the interplay of

land, water, and space drove a changing climate and shaped the local environment as the Haverhill Historical Society adds Natural History to its catalogue of resources and study. Our presenter, Peter E. Tice, President of the Haverhill Historical Society, earned his Bachelor's Degree in Geology from McGill University and his Master's and Doctorate in Igneous Petrology and Mineralogy from the University of New Orleans. He currently teaches mathematics at Rivendell Academy in Orford, New Hampshire.

For more information contact Roger Warren – 603 787-2446 or wroger825@gmail.com

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July 26, 2022

Volume 13 Number 21



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# Calendar of Events

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

## TUESDAY, JULY 26

NATURAL HISTORY: UPPER CONN VALLEY  
7:00 PM. See Article on Page 5.  
Alumni Hall, Haverhill

## WEDNESDAY, JULY 27

VILLAGE HARMONY  
7:00 PM. Admission by donation.  
Court Street Arts, Haverhill

## WEDNESDAY-SUNDAY, JULY 27-31

78TH ANNUAL NORTH HAVERHILL FAIR  
www.nohaverhillfair.com See Ad on Page 7  
1299 Dartmouth College Highway, North Haverhill

## THURSDAY, JULY 25

EURYDICE TALKBACK  
Following the Performance See Article on Page 2  
Weathervane Theater, Whitefield

## FRIDAY, JULY 29

FAIRYTALE THEATER "LITTLE RED RID-  
ING HOOD"  
2:00 PM. Tickets \$5.00 at the door  
Court Street Arts, Haverhill

## ST. JOHNSBURY FINAL FRIDAY

4:00 PM See Article on Page 15  
Railroad Street, St. Johnsbury

## SATURDAY, JULY 30

NORTH COUNTRY GOSPEL MUSIC FESTIVAL  
6:39 PM See Article on Page 3  
Community Baptist Church, Whitefield

## OLD TYME COUNTRY DANCE

7:30 - 10:00 PM See Ad on Page 14

## JONTAVIOUS WILLIS IN CONCERT

8:00 PM See Ad on Page 5 & Article on Page 8  
Colonial Theater, Bethlehem

## MONDAY, AUGUST 1

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

## THURSDAY, AUGUST 4

BIG TREES OF NORTHERN NEW ENGLAND  
7:00 PM See Article on Page 14  
Weeks State Park, Lancaster

## SATURDAY, AUGUST 6

2022 SUMMER DOG PARTY  
See Article on Page 9  
Dog Mountain, St. Johnsbury

## SUNDAY, AUGUST 7

OIO-UP MUSEUM  
9:30 AM See Article on Page 4  
Union Baptist Church, Waterford

## BENEFIT TEXAS HOLD 'EM POKER

10:00AM-7:00 PM Cash 1:000 PM Tournament  
Moose Lodge 1779, St. Johnsbury

## ACOUSTIC MUSIC JAM

12:00 - 3:00 PM  
Clifford Memorial Building, Woodsville

## SATURDAY & SUNDAY, AUGUST 6 & 7

45TH ANNUAL ORFORD FLEA MARKET  
Sat. 9-5, Sun. 9-4 See Ad on Page 11  
On The Common, Route 10, Orford

## MONDAY-FRIDAY AUGUST 8-12

WMSI SUMMER MAKER CAMP FOR KIDS  
www.courtstreetarts.org or call 603-989-5500

## TUESDAY, AUGUST 9

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

## NGCRC MONTHLY MEETING

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

## WEDNESDAY, AUGUST 10

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

## FRIDAY & SATURDAY, AUGUST 12 & 13

PEACHAM ACOUSTIC MUSIC FESTIVAL  
See Article on Page 7  
Peacham Village

## SATURDAY, AUGUST 20

A CKASS ACT TALKBACK  
Following the Performance See Article on Page 2  
Weathervane Theater, Whitefield

## EVERY THURSDAY

WORKING ON WELLNESS  
6:00 PM See Article on Page 15  
Monroe Public Library

## EVERY FRIDAY

SHARE THE HARVEST TABLE  
NOON - 7:00 PM  
Baldwin Memorial Library, Wells River.

## EVERY SUNDAY

BETHANY CHURCH WORSHIP SERVICES  
9:00 AM "the church set apart on the hill"  
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PICKLEBALL  
Tuesday & Thursday evenings at 6:00 PM Sat-  
urday mornings at 9:00-10:30 AM  
LINE DANCING every Wednesday evening 6:00  
- 7:00 PM

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## August 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.

- 8/1 10:00 Interfaith Chat, 1:00 Drums Alive, Haircuts by Marshall (by appointment call 787-2539)
- 8/2 8:00 Nifty Needlers, 9:30 Bone Builders, 10:30 Music by Marshall
- 8/3 1:00 Bingo, 1:00 Drums Alive
- 8/4 9:30 Bone Builders
- 8/8 1:00 Drums Alive
- 8/9 8:00 Nifty Needlers, 9:30 Bone Builders, 1:00 Shelf Stable Food Pick Up, 10:30 Music by The BOYZ
- 8/10 10:00 Veterans Coffee Hour, 1:00 Bingo, 1:00 Drums Alive
- 8/11 9:30 Bone Builders, 10:00 Drums Alive, 10:00 Floral with Jane
- 8/15 10:00 Interfaith Chat, 1:00 Drums Alive
- 8/16 8:00 Nifty Needlers, 9:30 Bone Builders, 10:30

Music by Jane Wilcox  
8/17 & 18 Back To School Clothing Drive Give Away. Please stop in to make your donation.

- 8/17 11:00 Book Discussion, 1:00 Bingo, 1:00 Drums Alive
- 8/18 9:30 Bone Builders
- 8/19 Foot Clinic by appointment call 787-2539
- 8/20 Community Spaghetti Supper with entertainment at 4:30, meal at 5:30
- 8/22 1:00 Drums Alive
- 8/23 8:00 Nifty Needlers, 9:30 Bone Builders, 1:00 Shelf Stable Food Pick Up, 10:30 Music by Jane Wilcox
- 8/24 1:00 Bingo, 1:00 Drums Alive
- 8/25 9:30 Bone Builders, 10:00 Writers Group
- 8/29 10:00 Interfaith Chat, 1:00 Drums Alive, 1:00 Caregiver Support Group (NEW)
- 8/30 8:00 Nifty Needlers, 9:30 Bone Builders, 10:30 Music by Jane Wilcox

# PAMFest 2022

The PEACHAM ACOUSTIC MUSIC FESTIVAL (PAMFest) returns for the 10th anniversary year on Friday, August 12th and Saturday, August 13th, 2022. After a two year pause due to the pandemic, the festival returns in full force with a weekend of music, dance, food and fun for young and old alike set in idyllic Peacham Village.

PAMFest is proud to offer a broad range of music, dance, workshops and crafts. It is not possible to fully describe all of the activities being offered. A more complete picture is available on our new website at [www.pamfest.org](http://www.pamfest.org) – here is a summary of the schedule:

The festival open on Friday, August 12, 2022 at 1:00p with Registration outside the Town Office.

This year, PAMFest is collaborating with the Vermont Folklife Center (VFC) who are celebrating their 30th anniversary year! Their mission is to deepen our understanding of each other by

engaging with communities across Vermont to document and share expressions of tradition, innovation, and culture. VFC supports music, dance, visual arts and other forms of cultural expression. Performers and crafters affiliated with VFC will be presenting their talents at various venues around the festival site.

PAMFest is also collaborating with the Peacham Historical Association (PHA) to provide music and crafting at two of their amazing locations, just up the road from the PAMFest registration area. One is the Peacham Historical House where historically based music will be offered outside at the east end of the building from 2:30-4:30p on Saturday afternoon. The Historical House will be open and has a wonderful display by renowned photographer and Peacham resident, Richard W. Brown.

The second location is the PHA's fully functioning

“Ashbel Goodenough Blacksmith Shop” which will be open from 10a-4p on Saturday. The blacksmith shop will be hosted by smith Ed Schneider with a guest master smith, Lucian Avery, who is affiliated with the Vermont Folklife Center, and will demonstrate his craft – demonstration hours TBD.

Tickets for PAMFest are available at CATAMOUNT ARTS regional Box Office, St. Johnsbury VT, or by calling (802) 748-2600. 24-hour online sales are available. Early bird purchases enjoy a 20% discount through July 31st. Tickets will be available on site, at the festival registration area while supplies last.

The Peacham Acoustic Music Festival is produced by Frank Miller and Copithorn Productions in partnership with Catamount Arts and support from our generous sponsors. For more information visit [www.pamfest.org](http://www.pamfest.org)

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**August 6<sup>th</sup> & 7<sup>th</sup>, 2022**

Saturday 9 a.m. to 5 p.m.  
Sunday 9 a.m. to 4 p.m.

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- Orford Congregational Church will sell Breakfast Sandwiches and later pie & ice cream!

**Sponsored by the Orford Volunteer Fire Department, Inc.**

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I took these photos coming through Orford on Thursday, July 21 after that intense storm rolled through. This tree was split from top to bottom by a very intense force.



This is the second intense storm like this that rolled through in the past week that I have encountered. Stay cool on these hot summer days  
Courtesy of Sheila Stein

# Jontavious Willis Sings the Blues at The Colonial

The Colonial Theatre in Bethlehem, New Hampshire will host bluesman Jontavious Willis live in concert on Saturday, July 30th at 8:00 PM.



Every generation or so, a young bluesman bursts onto the scene and sends a jolt through the blues community. Grammy nominee, Jontavious Willis may just have that effect on people. Many fans of Willis regard him as an old soul. His style of playing the instruments and his voice touches the true soul of the music. A newspaper headline once called him a "70-year-old bluesman in a 20-year-old body."

Hailing from Greenville, Georgia, Willis grew up singing Gospel music at the Mount Pilgrim Baptist Church with his grandfather. From an early age, he had the talent and passion for the music and the ability to sharpen his skills fast. At the age of 14, he came across a YouTube video of Muddy Waters playing "Hoochie Coochie Man" and was instantly hooked on the blues. He got his much-needed break from the living legend Taj Mahal, who described him as the "Wonderboy" and "the Wunderkind." In 2015, Mahal asked Willis to play on stage with him. That appearance resulted in a roaring response from the audience and led Willis to bigger stages and broader opportunities, including an opening slot at select shows along the TajMo tour, featuring his

musical mentors Taj Mahal and Keb' Mo'.

Sponsored by P&S Equipment Rentals, Sugar Hill Strategy, Vermont Public Radio & Switchback Brewing. General Admission tickets are \$32, Members General Admission tickets are \$24, Front and Center Tickets are \$40. Tickets are available online at [www.BethlehemColonial.org](http://www.BethlehemColonial.org).

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 upcoming movies and events, purchase tickets, or to become a member or volunteer please visit [www.BethlehemColonial.org](http://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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# Dog Mountain Summer Dog Party

ST. JOHNSBURY, VERMONT – On Saturday, August 6th, Dog Mountain, Home of Stephen Huneck Gallery, is hosting the 2022 Summer Dog Party!

If there was ever a day for the dog, this is it! The dog days of summer have arrived and what better way to beat the heat than to bring Fido and Rover to Dog Mountain for a joyous celebration.

Four-legged friends and their two-legged companions are sure to have a rollicking good time. Boogie to live music by Jim McLaughlin & Chris White. Fill your tummy with finger-licking BBQ from Smokin' Smothin' BBQ food truck and the best hotdogs and chilidogs in the NEK by Rocky's New York Style Hotdog Cart. Satisfy your sweet tooth with local treats from Makin' Maple and other vendors. Participate in a variety of activities such as Storytime with Simon Brooks, Puparazzi Red Carpet Walk, fun-filled dog contests, lawn games, doggie agility course, bounce house, and more!

Come for the day to enjoy Dog Mountain's 150 acres of doggie mountaintop 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 vast grounds, iconic Dog Chapel, and whimsical Stephen Huneck Gallery. With hundreds of guests and dogs expected, this is an event that you don't want to miss.

The Summer Dog Party is free to the public and will be held rain or shine.

We want to give a special thanks to our Title Sponsor: The Orange Rind, offering smoothies, cocktails, and more from East Burke Vermont. Thank you to our other sponsors: Community National Bank, Kingdom Animal Hospital, Union Bank, Na-

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Not all Times are Trendy, but there will always be Trendy Times July 26, 2022 Volume 13 Number 21

## Letter to the Editor: It's time to "follow the science" regarding Vermont's Coyotes

Dear Editor:

A common refrain that we hear from the Vermont Fish & Wildlife Department (FWD) Commissioner is "follow the science," yet FWD ignores science when it doesn't fit their political agenda. That kind of duplicitous talk doesn't foster public trust.

The open hunting season on coyotes is just one example of a FWD policy that is not grounded in science. In Vermont, it's perfectly legal to leave a pile of carcasses to bait coyotes and kill them. In this idyllic Green Mountain State, coyotes can be killed in any manner, day or night, 365 days a year. And sometimes, if you're a dog in Vermont, you will get killed, too.

This past April, an 11-year old German Shepherd Dog was attracted to a bait pile that included pig and cow carcasses on a farm in Tunbridge. The farm manager shot and killed the dog, likely suspecting the dog was a coyote. The dog's owner found the dog on the rotting bait pile four days later. In this case, the farm manager was charged with animal cruelty. But in the case of coyotes that are drawn to bait piles and mercilessly slaughtered, it's business as usual.

Every year, coyote pups are left orphaned when their parents are killed simply for being a coyote. Their lifeless bodies are nailed to trees and strung from poles sym-

bolizing the dark underbelly of some Vermonters' attitudes towards these social and intelligent apex predators. Similar to the predator hatred that we see out west with wolves, Vermont's eastern coyotes, who share wolf DNA, are often killed on-site for no good reason.

To make matters worse, this relentless persecution of coyotes is at odds with science. Even FWD acknowledges the futility of killing coyotes on their website, "Where significant reductions in coyote numbers are locally achieved, the missing animals are soon replaced with young coyotes moving in from other locations, so any local population reduction is only short-term. Coyotes can increase their reproductive rates in response to hunting, so populations rebound quickly from efforts to control their numbers directly by hunting or trapping." That beckons our question again to the Commissioner (that he's previously refused to answer): why is FWD not following its own science?

At Vermont Coyote Coexistence Coalition, we are interested in a compromise with FWD. We submitted a petition to the FWD recommending a regulated coyote-hunting season that takes pup rearing into consideration. A regulated season would still allow people to kill a coyote in defense of a person or property.

VCCC, along with Protect Our Wildlife, and other non

profits, successfully banned coyote killing contests in 2018 — without any help from FWD, by the way. There is also a bit of recent good news in that hunting coyotes with hounds will be temporarily suspended starting this month as the FWD considers the future of coyote hounding and how to regulate it. Since hounds "can't read posted signs" — as the hounders say — they cross lines onto private property, roads, public lands, and other areas where they aren't wanted, while in pursuit of their prey. The hounds put people, domestic animals and personal property at risk. A woman who was out cycling with her dog last year in Fairlee, VT experienced a horrifying encounter when a pack of hounds that were in pursuit of a coyote viciously attacked her dog. Landowners in Craftsbury, VT have had property damaged by hounds in pursuit of coyotes. This plays out over and over again across Vermont and the public has had enough.

It's time that both the Vermont Fish & Wildlife Department and the all-powerful Fish & Wildlife Board, consider the interests and safety of the public as well as the welfare of coyotes and adopt a 21st century policy as it relates to coyote hunting.

Sincerely,  
Jane Fitzwilliam  
Putney, VT

Jane,

*I will readily admit to not knowing nearly enough about the coyote population and its control in Vermont as well as New Hampshire. I do know that when I was growing up in this area we never saw or heard these animals. But as times and the environment have changed, so has the wildlife population, including coyotes.*

*I certainly will agree with you that science should be, when available, a major factor in the decision making process of when, where, and how any hunting season should be held for any species of wildlife. After all, that is why all these studies happen and why the results are studied.*

Gary Scruton, Editor

## Letter to the Editor

to the Editor,

A survey commissioned by C-SPAN last year among 192 presidential historians found New Hampshire's Franklin Pierce ranking third on the list of all-time worst presidents in U.S. history, just ahead of Donald Trump and behind James Buchanan and Andrew Johnson, numbers 1 and 2 respectively. As a New Hampshire native, I take serious um-

brage at this outrageous insult done to our great state. Clearly the survey was rigged, and I have unequivocal and absolute proof of it, which my crack legal team will release at a future date. There is simply no way our beloved President Pierce was a worse chief executive than Fat Don the Trumpster fire. Sure, "Fainting Frank" may have been drunk and fallen off his horse during a

battle, but doesn't everybody do that at some time in their lives? Let he who is without sin cast the first stone. I demand a recount and/or a revote! Come to Washington on Jan.6 to protest this travesty of justice. Will be wild.

Sincerely,  
Dale York  
Woodsville, N.H.

Dale,

*I am not enough of a history buff, or a presidential buff to dispute your disagreement with presidential rankings.*

*I will say that it is hard to have real perspective on historic events that happened within a very short time. The saying goes "let history be*

*the judge". But I believe that infers that some time has passed before that judgement can really be made, on any event.*

*In the meantime I appreciate you adding a bit of humor into this ongoing discussion.*

Gary Scruton, Editor

## Letter to the Editor

Dear Editor,

The lack of cell service in Woodsville for my AT+T phone is ridiculous. I sit at major retailers and small stores -- even at Cottage Hospital where loved ones might want to be in contact with cell phone users -- praying for 1-bar of connectivity. Frankly, when I expect a call and must be on the road, I travel to Bradford because at least I can expect some cell service there. When my wife knows I am

Kevin,

*The frustration you are speaking about is one that has persisted here in parts of Haverhill, and especially in Woodsville for some time. But things do seem to be getting better.*

*The tower that was put up so many years ago just south of Woodsville (Dark Hollow as it is locally known) now has a T-Mobile unit. It has certainly improved coverage for those with that service.*

*A tower was recently built on Swiftwater Road above Cottage Hospital (actually in the town of Bath) that uses AT&T service. This was designed to help out the state wide first responder system.*

*And now there is a new*

shopping and wants me to pick up one more thing, it is a challenge in a dead cell zone. When I want to call a retailer and ask them to set aside a purchase for me, I better be miles away from Woodsville.

If private industry can't get this done, it would seem like the village or town could do so and still make money on renting cell tower space. This is so 1990's.

Kevin Lawrence  
Newbury, VT

*tower in Wells River village, located by their reservoir that is believed to have Verizon equipment going on it soon.*

*The town of Haverhill has improved service in a stretch from about the Veterans Memorial Bridge (crossing the Connecticut River via Route 302) easterly to about Highland Street with a public wi-fi signal. This signal is now also available in the Woodsville Community Field area.*

*This is all piecemeal but together it seems to be pulling us in the right direction for cell coverage throughout all of Haverhill including Woodsville.*

*So please have a bit more patience and keep your fingers crossed.*

Gary Scruton, Editor

## Letter to the Editor: Is the Constitution Static?

To the Editor,

In his response to my letter to the editor, "Here We Go Again" (Trendy Times, July 12), editor Gary Scruton indicated that he believes that the Constitution "is a living document, not meant to be made of stone, but rather to offer some flexibility." Because the Founding Fathers were so concerned that the spirit and INTENT (emphasis added) of the Constitution be adhered to, that one of the first orders of business by the First Congress in 1789 was to pass the wording for the Oath of office abiding with Article VI of our Constitution.

The challenge before the Supreme Court of the United States is for the Jus-

tics to determine the intent of the Founding Fathers in writing the Constitution and not try to add their own personal beliefs and thereby spin their decisions to satisfy or modify some political or social norms. That is the purpose of the 10th Amendment of the US Constitution: "The powers not delegated to the United States by the Constitution, nor prohibited by it to the States, are reserved to the States respectively, or to the people."

I close by quoting the late Supreme Court Justice Anthony Scalia: "The Constitution is not a living organism, it's a legal document, and it says what it says, and doesn't say what it doesn't say." Robert Briggaman  
Newington, CT

Robert,

*Article VI of the US Constitution says that all elected officials and judges shall take an oath to uphold the Constitution.*

*Article V of the US Constitution allows for amendments to be made to the Constitution, thereby changing it. Twenty-seven times an amendment has been passed by Congress and ratified by the states. Six proposed amendments have not received enough state approval to be ratified, and of those four are still pending.*

*I realize that there are many, many opinions out there about the US Constitution as well as many other topics. And not everyone agrees with me, or with you. But our Founding Fathers were smart enough to allow some flexibility to the laws we live by. So I will stand by my opinion that even our Constitution is not made of stone, but has flexibility built in.*

Gary Scruton, Editor

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## Prepare Yourself for a Long Retirement

We all want to live long lives. We all expect to live long lives. But are we financially prepared for this longevity?

Before we get to the issue of preparation, let's look at a couple of interesting findings from a 2022 survey by Age Wave and Edward Jones:

1. The surveyed retirees said, on average, they expect to live to 89, and they said the ideal length of retirement is 29 years.

2. When asked if they want to live to 100, nearly 70% of the respondents said "yes." The main reason for this desire for long life? To spend more years with their family and friends.

Of course, none of us can see into the future and know how long we'll be around. But with advances in medical care and a greater awareness of healthy lifestyles, these aspirations have a real basis in reality.

However, if you're going to enjoy a longer lifespan, and the extra years with your loved ones, you need to ensure your finances are also in good shape. How can you make this happen?

Here are some basic steps to follow:

- Save and invest early and often. This may be the oldest piece of financial advice, but it's still valid. The earlier you start saving and investing for your retirement, the greater your potential accumulation. Consider this: If you began saving just \$5,000 per year at age 25, and earned a hypothetical 6.5% annual rate of return, and didn't take any early withdrawals, you'd end up with \$935,000 by the time you reached 65. But if you waited until 35 to start saving and investing, and you earned the same hypothetical 6.5% return – again with no early withdrawals – you'd only end up with \$460,000. And if you didn't start saving until 45, you'd end up with just over \$200,000, again given the same 6.5% return. Be mindful of debt. You may not want to be burdened with certain debts when you enter retirement. So, while you're still working, try to reduce unwanted debts, particularly those that don't offer the financial benefits of tax-deductible interest payments. The lower your debt load, the more you can save and invest for the future.
- Keep reviewing your progress. It's important to monitor the progress you need to make toward

achieving your goal of a comfortable retirement. Over the short term, your investment balances may fluctuate, especially in volatile financial markets such as we've seen in the early part of this year. But you'll get a clearer picture of your situation if you look at long-term results. For example, have your accounts grown over the past 10 years as much as you had planned? And going forward, do you think you're in good shape, or will you need to make some changes to your investment strategy? Keep in mind that, if you're 50 or older, you can make "catch-up" contributions to your IRA and 401(k) that allow you to exceed the regular limits. You may also want to adjust your investment mix as you near retirement to potentially lower your risk exposure.

Hopefully, you will enjoy many years of a healthy, happy retirement. And you can help support this vision by carefully considering your financial moves and making the ones that are right for you.

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

*Edward Jones, Member SIPC*

## Frailties

by Elinor Mawson

It has been a eye-opening two weeks.

The two of us have been coping with our health issues with a lot of good luck. But somehow being in our mid-eighties has brought us up short in the last fourteen days and I am still wrapping my mind around it all.

My husband awoke one Friday morning with a vague pain in his back. Although he dealt with it, it worsened during the day, and by nightfall he was flat on his back on the couch. We both hoped it would go away by morning but that was not to be.

One of my hips has been giving me grief over the last couple of months, and I had made an appointment to have it seen, but that was two weeks into the future, and I was really looking for-

ward to it. I knew that I was going to have to do a lot of extra duties while my husband was laid up, and I wondered how I was going to handle it all.

First was the cooking. He has been the cook for a lot of years. He is creative in the kitchen and makes sure we have variety in our meals. I am afraid I have neither of these qualities, I did the best I could, but our meals were far different from his.

Then there were the errands. They include going for the newspaper every day. And the mail. How about taking the trash to the trash people. And then watering the gardens.

There seemed no end to the little jobs that had to be done.

Of course there were the regular duties like filling/emp-

tying the dishwasher and doing the laundry that I do all the time. I had to fit them in here and there and I suddenly realized that I took a lot for granted, and really missed his being able to do them.

Finally after 13 days he saw the doctor and got some medication that helped his pain. He isn't completely out of the woods, but there is enough improvement so he can go for his paper and do some cooking.

Meanwhile, I have seen the doctor about my hip and will look forward to a replacement sometime in the months ahead.

I have never used the term "Frailties" before, but it seems appropriate now that we have experienced some of them in person

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# Do Not Starve Yourself!

By Shawn Thomas

Over the last few weeks, I have seen an uptick in the amount of starvation diets being performed or recommended by people. This is a very concerning thing to see for any health and fitness professional with a conscience. No one should ever restrict their intake to the point of starvation. Honestly, no one should over restrict their diet to eliminate entire food groups or macronutrients unless under the supervision of a doctor.

Unfortunately, there are a few sources where these terrible diets start from. The most common place is from a misinterpreted, misquoted, or a biased study. For example, the old adage that 95% of diets fail was the result of a study done on patients in a mental hospital in the 1950's who were given no direction and improper supervision over the course of the study. That study was also only done on twenty individuals. Not exactly a large or applicable study group to our lives today. Another source is from others around us who think they are experts, but have no clue what they are talking about. The most common example of that which I have found is someone being asked what their "secret" was to their weight loss, and they regurgitate something given to them for their specific situation by someone else. It becomes an adult version of the game telephone. Besides that, just because something works for one person, does not mean it will work as effectively, if at all for another person. The worst source is one that profits off your ignorance to sell or influence you

to a certain way of eating, or to certain groups of products or memberships.

Many of my clients come to me and are shocked when I start them at "very high" calories. Because I start most women, depending on their needs anywhere from 1800-2500 calories a day. My male clients generally start anywhere from 2000-3000 calories a day. Many of these clients have had other coaches or followed terrible advice from diet plans or phone apps recommending ridiculously low caloric intake.

No nutrition plan you decide to follow should eliminate any macronutrients. "Macros" are proteins, fats and carbs. All of which are extremely important in creating a balanced diet. You should also have a wide variety of micronutrients. Your plan should include meals and foods that you like and enjoy eating. However, you should still make sure you are having measured and proper portions in alignment with your goals. You should even make sure you have enough space in your plan to have an occasional treat to responsibly break up the grind on your way to your health goals.

So please do not fall for the overly restrictive or dangerous diet plans out there. Make one small change at a time and do it with the foods you enjoy!

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 [wrsrtfitness@gmail.com](mailto:wrsrtfitness@gmail.com) for questions, consultations and coaching

# Boston Tea Party Participant Honored 13

COMMENTARY

by Rep. Edith Tucker,  
District 1 state Senate  
candidate

The Town of Haverhill, the Boston Tea Party Ships & Museum, and Revolution 250 (a consortium of organizations working together to commemorate the 250th anniversaries of those events that led up to the American Revolution) placed a handsome brass marker at the gravesite of Boston Tea Party participant Ebenezer Mackintosh (1737-1816) on Saturday afternoon, July 16, at the historic Horse Meadow Cemetery.

As an American history buff who was born in Concord, Mass., I arranged my campaign schedule so that I could be there to talk with town officials and other local voters.

Fortunately, the state's Division of Historic Resources had earlier placed a marker with the highlights of the patriot's life alongside Rte. 10.

Mackintosh was born in Boston and was a veteran of the 1758 Battle of Ticonderoga (a.k.a. Battle of Carillon) during the French and Indian War.

"As a known participant in the Boston Tea Party of 1773, for his own and his children's safety, he walked to North Haverhill in early 1774.... He was a shoemaker by trade and practiced his vocation here for the rest of his life," the state marker reads. Participation in the Tea Party, including throwing imported, privately-owned boxes of tea into Boston Harbor, was considered treason by the British colonial government, and this young father of 2 who was able to read and write feared



Haverhill town clerk Christina Hebert, left, Evan O'Brien of Boston Tea Party Ships and Museum and reenactor Caroline Noonan of Boston, playing the role of Ebenezer Mackintosh's first wife, Elizabeth Maverick, spoke briefly at Ebenezer Mackintosh's grave. (Photo by Edith Tucker)

arrest and prosecution.

Only two Tea Party participants are known to be buried in N.H. Samuel Nowell's grave was marked in similar fashion on Sunday, July 17, in Wolfeboro. To date, 96 commemorative markers have been placed on graves of known Boston Tea Party participants. Plans have already been made to have completed marking all 125 known participants' graves by Dec. 16, 2023 — the 250th anniversary.

Through some mishap, his impressive-looking grave stone — erected in 1913 — is engraved with the wrong name: Captain Philip Macintosh.

If elected North Country senator, I will place greens on Mackintosh's grave on

that anniversary.

Having this direct connection between a longtime Haverhill citizen and a rebellious event that's acknowledged as an important part of the run-up to the Battle of Concord and Lexington on April 19, 1775, and the Second Continental Congress' adoption of the Declaration of Independence on July 4, 1776, provides a wonderful opportunity to interest students in our country's formative history.

Creative manager Evan O'Brien of the Boston Tea Party Ships & Museum said it was important that young people understand that "ordinary citizens did extraordinary things."

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# What About Ma?

by Kellie Quackenbush

## All About Sleep

Ma started enjoying a good nap in the afternoon in her 70's. Auntie and Uncle Bill often enjoyed a nap in the afternoon, especially in the summer time. After getting up early in the morning, doing the morning chores which grew in the summer time (weeding the garden and yard work), a nap after lunch was a good thing. Their afternoon naps helped them escape the heat and recharge their energy, it was like a Siesta.

"Siesta means "sixth hour" and has been used to indicate the period of time in the day when shops in Spain and other hot climates would close for a few hours in the afternoon. This closing allowed for people to eat, rest, and escape the

heat. The typical work day in Spain would span from 9 a.m. to 2 p.m. with a two hour break for the siesta, then work would resume from 4 p.m. to 8 p.m. The term siesta is also used casually to refer to an afternoon nap." per [www.sleepfoundation.org](http://www.sleepfoundation.org).

In the United States, we do not nap as a rule. We encourage napping for children under the age of five to help with the children's development. Per [babysparks.com](http://babysparks.com), "Several studies involving babies and toddlers demonstrate that little ones who nap outperform their non-napping peers in tasks involving language learning, memory, and other cognitive functions.

# NEK Council on Aging Welcomes Pam Moon As Volunteer Enhancement Coordinator

St. Johnsbury, VT - The NEK Council on Aging (NEKCOA) is pleased to announce that Pam Moon has been hired as the Volunteer Enhancement Coordinator working in the St. Johnsbury office.

The new, grant-funded full-time position will serve as "boots on the ground" in NEK communities to support and recruit volunteers for the NEKCOA. In addition, the position serves to support community outreach with key community partners and businesses throughout the NEK to inform and draw awareness to the role of volunteering. She will be a key member of the NEKCOA volunteer services team as the Council works to enrich its volunteer network.

Moon joins the NEKCOA from Northern Vermont Regional Hospital (NVRH) where she served as a Hospital Entrance Screener Team Leader, making sure patients, employees, and visitors followed Covid-19 guidelines. Responsibilities included setting up and organizing screening areas,



assuring that staff was advised of current screening guidelines, training and communicating guidelines to staff, and overseeing visitor traffic flow in key entry areas. She worked throughout the NVRH network in the Richard Bloch Building, Corner Medical, and the main hospital campus. As Team Leader, she was responsible for composing and implementing the process and guidelines used to train inexperienced staff and assist patients and visitors. She also worked at Canterbury Inn in St. Johnsbury as a dietary and nurse's aide, activities assistant, and quarantined resident support

person.

Prior to moving to Vermont to live with her sister, she collaborated with the Visiting Nurses Association of Venago County, Pennsylvania, Cranberry Place Senior Center, and Senior Manager of the Area Agency on Aging, Venago County. She has over ten years of experience in senior center management, meal site operations/data entry (ServSafe® certified), wellness programs, and volunteer support and recruitment.

"Pam's experience with senior centers and the volunteer networks that support them was instrumental in our choice to welcome her to our team," said Meg Burmeister, Executive Director. "In addition, we have received positive feedback from those that worked with Pam in relation to her organization and communication skills, work with volunteers, and her commitment to customer service. We are looking forward to introducing Pam to our volunteers, our key partners, and the communities we serve."

# Weeks State Park Summer Program: Big Trees of Northern New England

by Linda Scherf for Weeks State Park Association

Do you know New Hampshire is home to five national champion "Big Trees"? These are the largest examples of their species discovered nationwide. New Hampshire hosts the largest tamarack, Carolina silverbell, pitch pine, red pine, and pin cherry in the entire United States.

Wooden boatbuilder and outdoorsman Kevin Martin, will be showing and discussing these trees as described in his new book Big Trees of Northern New England. You will hear how he got involved with finding the trees, how lumber from similar trees is used in his boat building work, and how wildlife will use these impressive parts of our landscape. The discussion will cover trees on public land in all parts of the state and where they are located so you can go to see them for yourself.

Kevin brings you through the woods and into some cities all over the region to find these impressive living parts of our landscape. Some of the hikes include the New Hampshire's largest northern white cedars in Clarksville that have been marked by bears for generations and the horse chestnut in Portsmouth that was

planted by a signer of the Declaration of Independence in 1776.

This free program will be in the Great Room of the Summit Lodge of Weeks State Park and will begin at 7pm on Thursday, August 4, 2022 at 7 pm. Presented by Kevin Martin. Come early and bring a picnic supper, or climb the Fire Tower for one of the best views north of the notches. Weeks State Park is located on the east side of Route 3, approximately 2 miles south of Lancaster, NH. Carpooling is strongly suggested if possible for the events.

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

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by Eli Heath  
Paige Computer Services

# Tek Talk with Eli

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There are some on line tools you can run on a public computer which will make your computer experience easier, they are;

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Use USB Flash Drive, there are programs that will run on a thumb drive, these can be Mozilla Firefox web browser or Thunderbird e-mail client. There are many free programs that will work independent of your home computer that you can install on a thumb drive, plug it into a computer and still use the programs like you're sitting in front of your home computer. You can find these portable applications on the internet. A great site for them is [www.portableapps.com](http://www.portableapps.com).

Well I hope this information is helpful, again any question please e-mail me at [paigeecs@gmail.com](mailto:paigeecs@gmail.com) or call 603-747-2201 or visit my website at [www.paige-computerservices.com](http://www.paige-computerservices.com). Until next time Happy Computing!

# WOW Takes Over for TOPS In Monroe

WOW—Working On Wellness, a new weekly support group focusing on all aspects of healthy living meets on Thursday at 6 pm, at the Monroe Public Library. We welcome women and men as we strive to support one another to achieve a healthy lifestyle. Maybe you'd like to exercise more, or your goal is to eat healthier, perhaps you'd like to lose weight or work on reducing stress in your life, whatever your goal is, WOW would like to support you! Come join us!

And a bit about our new group:

TOPS— (Taking Off Pounds Sensibly) TOPS #NH0076, Monroe was chartered on May 8th, 1975 under the leadership of Joan Burrill, who was the town librarian at the time. The chapter was a spin off of the Littleton, NH chapter.

The chapter started with seven charter members and by the mid 1980's the membership numbers increased to about 80 men, women and teens from neighboring Vermont and New Hampshire towns. Three new chapters were spun off, from

the Monroe chapter: Warren and Woodsville, NH and Groton VT.

Today only one charter member and three other members remain on the roll call list, and after much consideration, the decision was made to disband the chapter as of July 14, 2022. The chapter members have greatly appreciated the generosity of the Town of Monroe and its Public Library for the use of their facility over the last 47 years.

The remaining active members, all Monroe residents, are still interested in being part of a support group, that focuses on wellness, and they have created a new community group named: "WOW! Working On Wellness". The mission of Working on Wellness shall be to inspire, create and maintain a safe and respectful environment that support each person's healthy lifestyle choices.

Anyone who is interested in working on healthy lifestyle goals is welcome to join us at the Monroe Public Library, Thursday evenings at 6 pm.

## Letter to the Editor

TO:  
AnY Concerned Citizen  
Any Town Notice  
Any Town Reminder  
Do you have a Dog? Do you Walk your Dog?  
Do You Pick up Your Dog's POOP?  
Have you ever Stepped in a Dog's POOP?  
SQUISH!! It's not Fun is it?  
Hey, FYI!

When one is applying for a dog license, give them the Rule of the DOG POOP!  
I guess it needs to be repeated/reminded, when Walking your dog to "PICK UP YOUR DOG'S POOP!"  
It's THE LAW! POOPER SCOOPER

Nancy Leclerc  
North Woodstock, NH

Nancy,  
I will certainly agree with you that to scoop after poop is proper. This just seems to me like common courtesy when you are walking your dog and the dog uses someone elses property to make a deposit. I not sure much else needs to be said.  
Gary Scruton, Editor

Scott Borthwick  
Manager  
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Not all Times are Trendy, but there will always be Trendy Times July 26, 2022 Volume 13 Number 21



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

## Lithuanian Cod Fish

Hello hello my fellow chefs! How is everyone doing today? I'm doing okay but the heat is starting to get to me. I'm happy for my window air conditioner that gives me some relief. I went to this place nearby called Dog Mountain. They had music by a band called Melt and they were good. They had food vendors and a beer and wine area. It was free and I brought my pooch Penny. There were a lot of people and it was just great. Check out Dog Mountain online it's on the outskirts of St. Johnsbury off route 2 and it's open to everyone. I can't wait for the next one.

So let's get started with today's recipe and how to make it. I found this recipe and it's so "Delicioso" and totally different with a hint of allspice and a bit of sweetness. It can be served hot or cold so it's good to bring to a cook out. I didn't have ground cloves so I made mine without. When you cut your fish up you will have different thicknesses and that's okay.



### Ingredients

#### Sauce

4 Tbsp butter (1/2 stick)  
1 Vidalia onion chopped  
1 garlic clove minced  
1-6oz can tomato paste  
2 Cups vegetable broth  
1/2 tsp salt (I used sea salt)  
1 bay leave  
1/2 tsp black pepper  
1/2 tsp ground allspice  
1/4 tsp ground cloves (optional)

2 Tbsp lemon juice  
2 Tbsp honey

#### Fish

1 lb. - 1 1/2 lbs Cod (sometimes called Scrod) cut into 4" pieces. Pat dry with paper towels

2/3 cup all purpose flour  
1 tsp sea salt  
1/2 tsp black pepper  
1/4 cup olive oil or  
enough to cover bottom and fry fish. I used my square copper 9" with high sides and cover

In large sauté pan melt butter and add chopped Vidalia onion. Cook for 5-6 minutes, add garlic sauté for 2 minutes. Add tomato paste and mix, sautéing another 5 minutes. Add 2 cups of vegetable broth and mix then add bay leave, salt, pepper, allspice and cloves. Cook over low/medium heat so it simmers slowly 20-25 minutes. Meanwhile heat oil in non stick frying pan. Mix flour with salt and pepper and dredge each piece of fish in then fry about 2-3 minutes per side until lightly golden. Don't crowd pan. Drain on paper towels. Add lemon juice and honey to sauce and spoon sauce to cover, then heat another 10 minutes. Shut heat off and sit a few minutes. I made white rice and put sauce on the top. I also cut up a cucumber and that's what we had. It comes out nice and white and flaky. We ended up eating it all except for one piece that I ate the next day in a bun.

Well folks I hope you give this different way of cooking white fish a try it's easy peasy and I know you will be a star. Enjoy!!!

Until next time my friends I am signing off.  
Sincerely,  
Cin Pin

## St. J Final Fridays Back Again on July 29

ST. JOHNSBURY, VERMONT – For the second installment of St. J Final Fridays on Friday, July 29, partners Discover St. Johnsbury, the Town of St. Johnsbury, and Catamount Film & Arts are bringing even more activities, food, and fun to Eastern Avenue & Railroad Street in St. Johnsbury.

Starting at 4:00pm, Railroad Street will be closed to motorized vehicles and filled with free interactive live art demonstrations, family fun activities, a gallery stroll, sidewalk sales, tasty treats, and more. At 7:00pm, the event closes out with a free Levitt AMP St. Johnsbury Music Series performance right in the heart of the downtown. More details can be found at [www.discoverstjohnsbury.com/finalfridays](http://www.discoverstjohnsbury.com/finalfridays), by visiting the Welcome Center (51 Depot Square), or calling (802) 748-8575. July 29 is the second event in a three-part series, with the final event scheduled to take place on Friday, August 26.

"The vibe downtown during the first event in June was magical," says Gillian Sewake, Director of Discover St. Johnsbury. "We have received tremendous response from the community, and are pleased to be able to offer a number of new activities on July 29. This one will be even bigger and better, with more than three dozen organizations and businesses represented among the happenings both in stores and on the street."

Featured programming for the street fair on July 29 includes a community mural to be created by the Caledonia Food Co-op; chalk art created during the performance by Vermont artist Katie Runde; a Gallery Stroll by St. J Art on the Street, featuring art exhibitions and refreshments in shops and in storefronts along Railroad Street and Eastern Avenue; live portrait drawing by Larry Golden; free gelato from Dolcetti; live music by Koa Phoenix; Tai Chi and Tango and Yoga demonstrations; crafts and activities from Fairbanks Museum, Community College of Vermont, The Foundry, St. Johnsbury

Athenaeum, St. J Community Hub; and lots more including bubble machines, food trucks, kids crafts, and free goodies. Discover St. Johnsbury will offer a special giveaway of an #ilovestj shirt designed by the Gypsy Coast Co. for those who complete the Downtown Scavenger Hunt during the event. Almost all activities are offered for free. Businesses along Railroad Street and Eastern Avenue will also stay open late and host sidewalk sales and activities.

At 7:00pm, the Levitt AMP St. Johnsbury Music Series closes out the night with a performance by Adam Ezra Group. Catamount Arts will bring their signature mobile stage to the heart of downtown St. Johnsbury, turning Railroad Street into a summer concert venue to showcase the band's folk and rock energy, fusing soul power and pop charm. The band first emerged from Boston in the early 2000s and quickly garnered widespread acclaim for their bold, insightful songwriting and interactive, euphoric performances. The Levitt AMP St. Johnsbury Music Series is supported in part by the Mortimer & Mimi Levitt Foundation, which partners with towns and cities across America to activate underused public spaces through the power of free live music, creating welcoming, inclusive destinations. Presenting a broad array of music genres and cultural programming, Levitt venues and concert sites are community anchors where families, friends and neighbors of all ages and backgrounds come together. Learn more at [www.levitt.org](http://www.levitt.org).

In addition to support from the Mortimer & Mimi Levitt Foundation for the Levitt AMP St. Johnsbury Music Series mentioned above, St. J Final Fridays is supported by a grant from the Better Places Program, administered by Vermont's Department of Housing and Community Development, in partnership with the Vermont Department of Health, Vermont Community Foundation, and Patronicity. Better Places funds were secured due to the generosity of community members who supported a fundraising campaign that unlocked a 2:1 matching grant through the program. The full list of event sponsors and supporting community members can be found at: [www.discoverstjohnsbury.com/finalfridays](http://www.discoverstjohnsbury.com/finalfridays)

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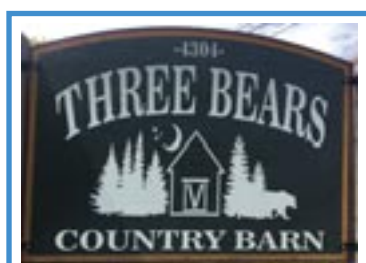
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