

A FREE PUBLICATION

TRENDY



TIMES

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JULY 11, 2023 VOLUME 14, NUMBER 20

End-of-Ride Event in St. J to Close out LVRT Grand Opening Celebration

St. Johnsbury, Vermont - On Saturday, July 15, 2023, Governor Phil Scott will bike the entire 93-mile Lamoille Valley Rail Trail from Swanton to St. Johnsbury.

St. Johnsbury is the destination at the terminus of the trail, and to celebrate, Discover St. Johnsbury, the Town of St. Johnsbury, and members of the NEK+ LVRT Regional Trail Council have prepared a party to welcome the governor as he finishes his ride.

The event is open to the public and will take place on Saturday, July 15 between 7pm - 8pm at Depot Square Park and the St. Johnsbury Welcome Center (51 Depot Square). Expect free cake from

Boule Bakery; live music by local bluegrass and folk duo Bob & Sarah Amos, produced by Catamount Arts; and free lemonade, as well as seasonal cocktails and local beer & wine available for purchase, from St. Johnsbury Distillery. There will also be a food truck onsite, as well as a smoothie-making bike!

Want to join the governor on his trip? The public is invited to join all or part of the governor's ride at any of the planned brief stops. There are also additional events planned at the start of the ride in Swanton, and around noon in Morrisville, featuring remarks from Senator Bernie Sanders. More details about how to join the



ride and about all of the events planned for the day can be found here: railtrails.vermont.gov/celebration

Recently completed, the Lamoille Valley Rail Trail (LVRT) is now the longest rail trail in New

England.

The trail connects 18 towns from St. Johnsbury to Swanton. The LVRT is a four-season, multi-purpose recreation and transportation corridor for walking, hiking, cycling, horseback riding, snowshoeing, cross

country skiing, dogsledging, and snowmobiling. Details about the trail and Vermont's other railtrails can be found at railtrails.vermont.gov

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TRENDY Dining Guide

Peyton Place Restaurant

by Gary Scruton

I know, I know, we all complain about the weather, and this column is supposed to be about dining. Well, in this case both are true. Besides, complaining about the weather is a strong New England tradition. It either rains too much, or not enough. It's too hot or not warm enough. It's all a part of life as we live it.

The reason the weather is even mentioned here is that we had made reservations for a Thursday night at Peyton Place Restaurant with the hope of listening to the music of the night out on the deck. Our reservations were for 6:30 as the music started at 6:00. Of course I must mention that we knew at least one of the performers on this night very well (he is married to Janice's sister). But of course the main treat at Peyton Place is the food and the atmosphere.

The Peytons are continuing to mark their 30th year of serving the public in this area and we were more than happy to join in the celebration.

The two piece group (named 2 Late Smart) was set up in one of the rooms. There were two guitar players with acoustic guitars that were plugged in. But the sound, though live and very enjoyable, was more of a background than an in your face concert.

But let's get to the food. On this particular night there was enough business that Heidi was unable to take care of all our needs herself. Therefore her fellow waitstaff person did the honors. He started us out with water glasses and a large wine bottle of water which was left on the table for our convenience.

Janice and I both looked over the menus and finally made our decisions about food. When our waiter returned she ordered the Vegetarian Quiche. The menu says it is a seasonal vegetable quiche; served with side salad with Pomegranate Vinaigrette. She decided to stay with just the water for a beverage. I went for the Pepper & Onion Burger. It is listed as a



burger topped with Sweet Roasted Red Pepper & Onion Saute, and Vermont Cheddar Cheese. The menu also states that all burgers are served on a toasted house-made bun. House ground meat patties, French Fries, Coleslaw. & Peyton Place Red Pepper Relish on the side. When asked about ketchup, mayo and mustard I asked for all of them and they were served on the side, each in its own small bowl. Having chosen a burger for my meal I also asked for a dark beer and our waiter suggested an IPA which I agreed with.

In my short commentary let me say that when you visit the Peyton Place Restaurant plan to really enjoy your meal, your surroundings and the company you are with. This is



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 Or \$450 for 13 Issues
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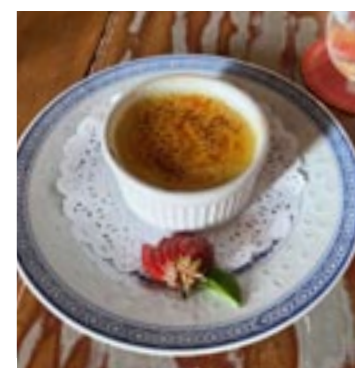
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For More Details
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not fast food. It is food that is well prepared, well served, and very well enjoyed. So we did just that.

In somewhat of a change of pace both Janice and I opted to go a bit further and also ordered deserts. She chose the Creme Brulee, while I opted for a maple cheesecake. As we fully expected we were somewhat surprised and very delighted when the dishes were brought to our table. Actually Janice was not surprised. Her desert looked just as she expected and tasted just as good. My cheesecake, however, was delightfully different. It had a thin crust on the bottom and the cheesecake itself was melt in your mouth, easy to eat and very enjoyable. We both took our time in putting away the last of our



dishes. The total cost for our meals was \$79.20 which we paid for with a credit card. The cash tip was left on the table when we finally departed.

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Wednesday Mornings are for Kids at The Colonial!

The Colonial Theatre in Bethlehem, New Hampshire presents short live performances for kids every Wednesday at 11:00 AM in July and August.

The Kids! @ The Colonial Series provides a weekly dose of music, mayhem, magic and more for kids of all ages. Anchored on alternate weeks by the Weathervane Theatre's Patchwork Players, the series also features jugglers, musicians, and puppeteers from all over New England. "It's so much fun to see the kids light up when they watch the shows" says Director of Programming Susanna Brent, "The arts are so important for kids and they really respond to the shows".

Indeed, the Brookings Institute has found that arts experiences impact students academic, social, and emotional outcomes. Students engaged in the arts have fewer disciplinary infractions, were more engaged in school, had better writing scores, and demonstrated greater empathy overall. What may seem like frivolity to adults can actually serve an important function for the developing childhood brain.

The performances presented by The Colonial Theatre are easy for kids to manage, only 45 minutes long and feature top notch performers in the field. July 5th marks the first Kids! show of the season with a presentation of the Weathervane Theatre's Patchwork Players' Mary Had a Little Ham. Wednesday, July 12th will



feature The Swing Peepers out of Vermont, a vocal-harmony and multi-instrument duo, performing inventive, earth-friendly and interactive songs and stories. Kids! @ The Colonial is sponsored by the Nancy F. Vaughan Fund of the New Hampshire Charitable Foundation. All Kids! @ The Colonial Shows are Wednesdays at 11 AM through July and August. All tickets \$7.

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 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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The Benefit of Bees

Haverhill Library will present a kid friendly program on the benefit of bees on Tuesday, July 11, at Alumni Hall in Haverhill Corner. The program is free and light refreshment will be provided. Bees are essential to our agriculture and maintaining New England's natural beauty, but they are under environmental threat. Its important that we understand how they contribute to our lives.

Janice Mercieri of White Mountain Apiaries will share her experience and insights on the benefits of bees for the earth and for us, the differences

between the bees in the hives, and what we can do to help them.

Janice and her husband Joseph Mercieri founded the White Mountain Apiary in 2011 in Littleton. The apiary is run in an organic and natural manner, and the bees provide raw honey, beeswax, pollen, and propolis. They offer all-natural honey products, live bee removal, and lead classes for adults and children. Their passion for bees saw them named New Hampshire's Beekeeper of the Year in 2021, and they believe the bees teach us something new every day.



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Shawn Mullins Live at The Colonial on July 14th

The Colonial Theatre in Bethlehem, New Hampshire welcomes Shawn Mullins, Live! at The Colonial on July 14th at 8:00 PM.

After a series of indie releases and growing buzz in the Atlanta music scene, Shawn Mullins' critical and commercial breakthrough came when the 1998 Soul's Core album shot him to fame on the strength of Grammy-Nominated number one hit song Lullaby. This success was followed by the AAA/Americana number one hit song Beautiful Wreck from the 2006 album 9th Ward Pickin' Parlor. His song Shimmer was used in promotion of the 2000 Summer Olympics in Sydney and was included on the Dawson's Creek Soundtrack. Mullins also co-wrote the Zac Brown Band's number one country tune Toes. In early 2002 he formed the super group The Thorns with Matthew Sweet and Pete Droge and the result-



ing album, No Blue Sky is considered a modern-day classic.

Shawn Mullins Live! at The Colonial is brought to you by Presenting Sponsor MLK & Company and Co-Producing Sponsor Persimmon Consulting. Doors and Patio open at The Colonial Theatre in Bethlehem at 7:00 PM, and the show starts at 8:00 PM. General Admission tickets are \$34, Front & Center tickets are \$44, and Members General Admission tickets are \$22. Tickets are available on-

line at www.Bethlehem-Colonial.org.

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To learn more about upcoming movies and events, purchase tickets, or 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).

Forced Into Politics: Daniel Webster, Ralph Waldo Emerson, and the Fugitive Slave Crisis

The storied Senate career of New Hampshire's favorite political son came to a bad end with the Fugitive Slave Act of 1850. After Daniel Webster endorsed the notorious law as part of a compromise meant to forestall civil war, his constituents turned on him. Ralph Waldo Emerson, who formerly admired Webster as "the conscience of the country," now accused Webster of having "no moral sentiment" saying that he had "betrayed the North to please the South." After two fugitives were arrested in Boston and forcibly returned to slavery under federal protection, Emerson, like many once-reluctant northerners, embraced militant abolitionism, embracing John Brown's approach. This presentation uses the reactions of Emerson and others as a lens through which to view Webster's downfall, and addresses the questions: Why did Webster support the Fugitive Slave Act, and why did it backfire? How does the explosion of antislavery sentiment after 1850

parallel social justice activism of 2020? And how should we assess Webster's legacy at our own politically fraught moment?

Presenter: Geoffrey R. Kirsch

Geoffrey Kirsch is a Ph.D. candidate in the Harvard University Department of English, where he focuses on 19th and early 20th century American literature and its intersections with legal and political history. His writing has appeared in publications including American Literary Realism; Law, Culture and the Humanities; the Los Angeles Review of Books; The New England Quarterly; the New Rambler Review of Books; and PMLA. He previously earned a B.A. from Dartmouth College and a J.D. from Harvard Law School, and he practiced law in Boston before returning to academia. He is a native of Concord, N.H.

Refreshments will be served at this NH Humanities Program, on Wednesday, July 12 at Alumni Hall at 7:00 p.m.

Cohase Chamber Garden Tour

The Cohase Chamber of Commerce invites you to join us on this remarkable tour, where you'll be able to explore a diverse array of meticulously curated gardens that showcase a harmonious blend of artistry and botanical wonder. Immerse yourself in a world of vibrant

colors, intoxicating scents, and breathtaking vistas that will leave you awe-inspired.

The Cohase Garden Tour will take place on Sunday, July 16th with a viewing time of: 11am-3:30pm. Pick up maps at the Bradford Gazebo across from Wells River Savings Bank

Whether you are an avid gardener seeking inspiration, a photography enthusiast capturing nature's essence, or simply someone who appreciates the tranquility of a well-tended garden, the Garden Tour is an experience not to be missed. Discover the secrets behind these horticultural masterpieces, engage with passionate gardeners, and take home valuable insights to enrich your own gardening endeavors.

To secure your place on the Garden Tour, purchase your tickets in advance through our website at cohase.org or at the gazebo across from Wells River Savings Bank on the day of the tour.

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Shape Note Singing School and All-day Jeremiah Ingalls & Sacred Harp Singing

Newbury, VT - Shape Note Singing School will take place Friday, July 14, 2023 from 7:30pm-9:00pm followed by an All-Day Jeremiah Ingalls and Sacred Harp Singing on Saturday, July 15, 2023 from 10:00am-3:00pm at the Newbury Center Town House, Newbury, Vermont.

Jeremiah Ingalls, a native of Andover, Massachusetts, moved to Newbury in 1787 and served as choirmaster of Newbury's First Congregational Church from 1791-1805. A skilled composer in the "fasola" singing style that originated in late 18th-century New England, Ingalls compiled his own tunebook in 1805. Ingalls' collection, The Christian Harmony, included 137 hymns, odes, anthems, and arrangements of folk tunes, many of which he wrote in honor of nearby towns like "Northfield," "Danville," and "Barnet." Others were specifically composed for the funerals of young Newbury residents Judith Brock and Polly Gould. According to Reverend S.L.Bates, "Mr. Ingalls... designed it as a sort of musical treasury for his townspeople."

Several of Ingalls' com-

positions became widely popular and were included in shape note tunebooks published across the country, most notably, The Sacred Harp. At the core of a vibrant community singing tradition that reaches back to the 19th century, The Sacred Harp has seen a surge in interest internationally in recent years. With no auditions and no performances, Sacred Harp Singings attract a diverse mix of people of all ages, beliefs (or non-beliefs), and abilities who gather to create bold four-part a cappella harmony.

In 2005, Dr. Thomas Malone reset Ingalls' original 1805 Christian Harmony in shape note notation to make it more accessible to singers familiar with The Sacred Harp. In partnership with the Newbury Historical Society, Dr. Malone will teach a Singing School on the evening of Friday, July 14, giving a brief background on Ingalls and the mechanics of fasola shape note singing. On Saturday, July 15, locals and visitors from across the northeast will gather to raise their voices for the 16th annual All-Day Singing from The Christian

Harmony and The Sacred Harp. The singing will be held in the historic Newbury Center Town House, a building virtually untouched since its construction in 1839. The Town House's wood and plaster interior creates some of the best acoustics anywhere in Vermont. Combined with the robust fasola singing style, the room promises to ring out with music the way Ingalls intended.

Experienced singers, novices, listeners, history buffs, music lovers, and curiosity seekers are invited to come to the singing and celebrate the music of early Vermont.

Participate in the singing or just listen to the tunes, share a potluck dinner on Saturday at noon, and become part of a vital community with roots that stretch back 200 years.

Free, all welcome, come and go as you please, no experience required. Potluck dinner on the grounds, Saturday at noon. Tunebooks provided.

For more information, contact Justin Squizzero, 802-272-8475 j.l.squizzero@gmail.com

Village Harmony at Alumni Hall

Village Harmony, a non-profit umbrella organization based in Vermont, promotes the study and performance of ethnic singing traditions from around the world. For more than thirty years they have organized teen ensembles each summer in New England and ensembles for mixed-age and adult singers in numerous foreign countries. Each Village Harmony ensemble develops its own unique sound with a different team of leaders. All share common traits: a powerful, natural, unrestrained vocal sound; a remarkable variety of vocal styles and timbres appropriate to the ethnic and traditional music; and a visible, vibrant community



among the singers and audience as they share in a joyful celebration of music.

The group is led by Polina Shepherd from the UK, Sinead O'Mahoney, and Carl Linich. The 24 brilliant teen singers come from nine states plus Canada and France. Admission is by donation at the door. The concert will be held on Thursday, July 13th at 7:00 pm at Alumni Hall, Haverhill. For further information visit www.villageharmony.org or email: villageharmony@gmail.com

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

July 11, 2023

Volume 14 Number 20

Littleton Co-op Wins Award

On June 8 - 10, food co-op leaders, including general managers, board directors, staff members, consultants, and their national allies, convened in Sacramento, California, for the annual 2023 Consumer Cooperative Management Association (CCMA) conference. Littleton Food Co-op's (LFC) General Manager Ed King, along with LFC Board Director Deborah Sullivan and Community Outreach Coordinator Becky Colpitts, were in attendance.

Each year awards are given to outstanding Co-ops for their achievements in Service, Innovation, Achievement, Board Service, and overall Cooperative Excellence.

The recipient of the 2023 Cooperative Excellence Award, given in recognition of a retail cooperative that has made significant progress in meeting the needs of members through growth in net sales and earnings, initiation of new and inno-



Littleton Food Co-op (LFC) Receives Cooperative Excellence Award in Sacramento, California. Left to right - Becky Colpitts, Community Outreach Coordinator, LFC; Deb Sullivan, President of LFC Board; Michael Healy, Columinate Consulting; Ed King, General Manager - LFC

vative programs, and expansion of member services was given to the Littleton Food Co-op in Littleton, NH.

Food Cooperatives were nominated from across the nation. Each nominee was scored in 5 areas - leadership, strategic planning, organizational effectiveness, human resources, and business results in the key areas of customer and member satisfaction, fi-

nancial and marketplace performance, human resources, supplier and partner performance, operations performance, governance, and social responsibility.

The Littleton Co-op also recognizes that this award would not be possible without an outstanding staff committed to a high standard of service to our members, customers, and the community.

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Calendar of Events

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

TUESDAY, JULY 11

THE BENEFIT OF BEES
ON TUESDAY, JULY 11, AT
Alumni Hall in Haverhill Corner.

NASA-LAUNCH SERVICES PROGRAM
1:45 PM
St. Johnsbury Athenaeum

FOOD TRUCK POP-UP
4:30 - 7:30 PM
Trailhead Pavilion, St. Johnsbury

BYOS SUMMER READING BOOK DISCUSSION
6:00 PM
St. Johnsbury Athenaeum

TUE., JULY 11 - THUR. JULY 27

NEW HAMPSHIRE MUSIC FESTIVAL

WEDNESDAY, JULY 12

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MONTHLY MEETING - 6:00 PM
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DANIEL WEBSTER, RALPH WALDO
EMERSON & THE FUGITIVE SLAVE CRISIS
7:00 PM See Article on Page 8
Alumni Hall, Haverhill

ARTS & CULTURE POETRY SERIES
7:00 PM
Toussiant St. Negritude

THURSDAY, JULY 13

VILLAGE HARMONY IN CONCERT
7:00 PM See Article on Page 5
Alumni Hall, Haverhill

FRIDAY, JULY 14

ACORN CLUB STORYTIME
10:00 AM
St. Johnsbury Athenaeum

SHAWN MULLINS, LIVE!
8:00 PM See Ad on page 5 and article on page 4
The Colonial Theater, Bethlehem

SHAPE NOTE SINGING SCHOOL
7:30-9:00 PM See Article on Page 5
Newbury Center Town House See ad on Page 8

SATURDAY, JULY 15

SHAPE NOTE SINGING CONCERT
10:00 AM-3:00 PM See Article on Page 5
Newbury Center Town House See ad on Page 8

LVRT GRAND OPENING CELEBRATION
7:00-8:00 PM See Article on Page 1
Depot Square Park, St. Johnsbury, VT

SUNDAY, JULY 16

COHASE GARDEN TOUR
11:00 AM-3:30 PM See Article on Page 4
See Ad on Page 9.
Pick up maps at the Bradford Gazebo

MONDAY, JULY 17

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

WEDNESDAY, JULY 19

SUMMER READING CELEBRATION
1:45 PM
St. Johnsbury Athenaeum

THURSDAY, JULY 20

DIGGING INTO NATIVE HISTORY IN NH
7:00 PM See Article on Page 9
Great Room, Weeks State Park

FRIDAY, JULY 21

FRIDAY FLICKS-THE NUT JOB
3:00 PM
St. Johnsbury Athenaeum

SUNDAY, JULY 23

ROBERT ROGERS OF THE RANGERS
3:00 PM See Article on Page 7 & Ad on Page 8
South Ryegate Presbyterian Church,

MONDAY, JULY 24

FOUR WINDS NATURE INSTITUTE: NATURE
PLAY
10:00 AM
St. Johnsbury Athenaeum

TUESDAY, JULY 25

FOOD TRUCK POP-UP
4:30 - 7:30 PM
Trailhead Pavilion, St. Johnsbury

WED.-SUN. JULY 26-30

NORTH HAVERHILL FAIR
1299 Dartmouth College Hwy., No. HAVER-
HILL

THURSDAY, JULY 27

INQUISITIVE READERS BOOK CLUB
YOUTH EVENTS
6:00 PM
St. Johnsbury Athenaeum

FRIDAY, JULY 28

ACORN CLUB STORYTIME
3:00 PM
St. Johnsbury Athenaeum

SATURDAY, JULY 29

STORYTIME
10:30 AM
Dog Mountain

PENNY SOCIAL

1:00 PM Doors Open 2:00 Drawings start
Warren Town Hall
See Ad on Page 6

SUNDAY, JULY 30

SERVICE OF WORSHIP WITH
REV. KELLY DONEHUE
3:00 PM
Old Goshen Church, Bradford

MONDAY, JULY 31

DANCE PARTY MONDAY
10:00 AM
St. Johnsbury Athenaeum

EVERY THURSDAY

WORKING ON WELLNESS
6:00 PM
Monroe Public Library

EVERY FRIDAY

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

EVERY SUNDAY

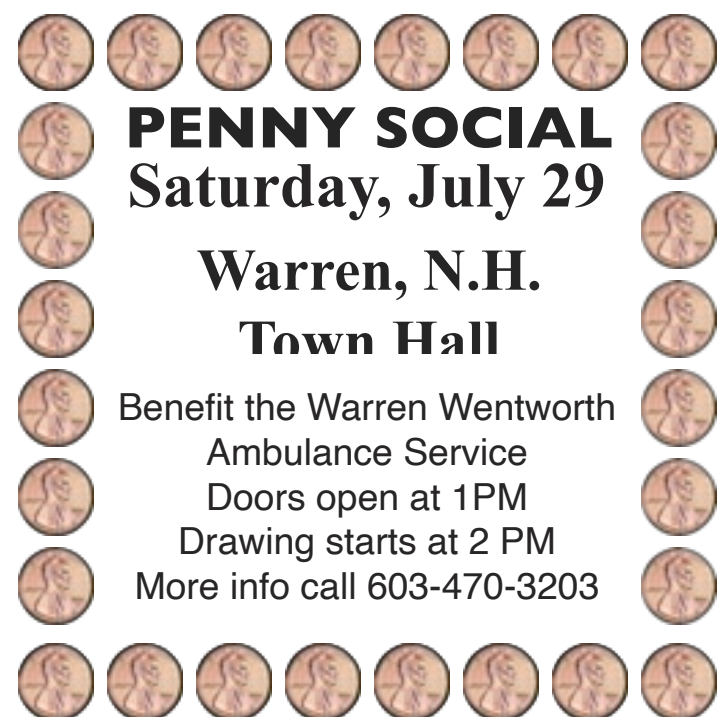
BETHANY CHURCH WORSHIP SERVICES
9:00 AM "the church set apart on the hill"
Mt. Moosilauke Highway, Pike, NH
Phone: jo anne at 603-787-6658

WEEKLY EVENTS AT CLIFFORD MEMORIAL BUILDING

South Court Street, Woodsville
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

ANTIQUÉ STROLLERS WALKING PROGRAM

Monday – Friday from 11:00-12:00
Morrill Municipal Building, North Haverhill



PENNY SOCIAL
Saturday, July 29
Warren, N.H.
Town Hall
Benefit the Warren Wentworth
Ambulance Service
Doors open at 1PM
Drawing starts at 2 PM
More info call 603-470-3203

Woodsville Wells River 4th of July 2023 Winners

Parade winners

Non-profit

1st Oxbow Chapter DAR
2nd Cottage Hospital
3rd Little Rascals 4-H Club

Business

1st Quality Roofing & Siding
2nd Woodsville Guaranty
Savings Bank
3rd Woodsville Business and
Beautification

Private Entry

1st Katherine Lane
2nd Ty Heywood
3rd Elizabeth Mitton

Window Display Winners

1st Copies & More
2nd Robert Lawrence Salon & Spa
3rd Curt 'n Rod

Raffle Ticket Winners

\$1,000 - First Prize - M Russo
\$500 - Second Prize - K Lloyd
\$250 - 2 Third Prizes -
C Slater,
L Aldrich
\$100 - 4 Fourth Prizes -
M Dykeman,
M Lusby,
C Quinn,
S Farnsworth

50/50 Ticket Winner - \$123 - Claimed

Fairytale Theater is back at Alumni Hall

MPACT, a professional Touring Children's Theatre Company performs a different fairy tale every week for five weeks, starting Friday, July 7th and running through Friday, August 11th. Each production travels to different venues throughout the state of New Hampshire and features a professional cast of 4 – 6 actors, plus set pieces, costumes, props, original music, and more. Each play lasts about 45 minutes and has been enjoyed by both children and adults.

Tickets are \$5 at the door. Children under 3 are free.

PINOCCHIO

July 14, 3:00PM

A lonely puppet maker's dream comes true when a blue fairy hears his wish and brings one of his puppets to life. In a world full of wicked temptations and sneaky tricksters, the young puppet learns that a little white lie can get you into big trouble, and becoming a real boy means putting others first.

JACK & THE BEANSTALK

July 21, 3:00PM

Young Jack is heart-



broken when he must sell his best friend, a cow, at the market. But when a mysterious man trades magic beans for the cow, it opens up a world larger than life where Jack can go on adventures beyond his wildest dreams.

SLEEPING BEAUTY

July 28, 3:00PM

In a magic kingdom where good and bad fairies roam, the prick of a spinning wheel needle sets off a curse that puts the entire kingdom to sleep. With the help of a good fairy, only a brave Prince can defeat evil and wake the Princess from her sleepy kingdom.

THE LITTLE MERMAID

August 4, 3:00PM

Under the sea magic follows a young mermaid

as she looks to discover a world beyond the ocean walls. With the help of an evil sea witch, she is able to cast off her fins for feet and a pair of legs, but she might be in over her head when she realizes the sea witch's true intentions!

HANSEL & GRETEL

August 11, 4:00PM

An amateur brother-and-sister team of explorers have come across a lot of unusual things in their young lives, but nothing compares to a house made entirely out of candy! But just who is the impressive architect behind this tasty piece of art, and what secret are they hiding within its sweet and sugary walls?

Colonial America's Hero or Scoundrel?

Robert Rogers of the Rangers

On Sunday, July 23 at 3:00 at the South Ryegate Presbyterian Church, George Morrison, a scholar of Rogers' Rangers, will present a program addressing this question.

The Ryegate and Newbury Historical Societies are jointly sponsoring the program that examines the life of a New Hampshire frontiersman who led heroic raids in support of the British during the French and Indian War. The guerilla missions took

Robert Rogers all through the Connecticut River Valley in Vermont and New Hampshire, gaining him international acclaim. George Morrison will examine how Rogers' life subsequently plunged, ending in obscurity in England in 1795.

Morrison's enthusiasm for researching Robert Rogers began during his childhood when he and his family lived just down the road from the site of the Rogers family homestead in Dunbarton, NH.

He subsequently became a history professor with a particular passion for researching primary source materials. His dynamic, multi-media presentation will use a number of these primary sources to excite the audience's participation in exploring Rogers' story. To quote Morrison, Robert Rogers "is one of the most colorful, influential, and unconventional warriors in our pre-Revolutionary history. . ."

Honky Tonk Laundry at the Weathervane

Whitefield, NH - From the creator of The Marvelous Wonderettes, Weathervane Theatre is proud to present the country jukebox musical comedy Honky Tonk Laundry by Roger Bean. The production will play in alternating repertory, starting Monday, July 3, through August 3, 2023. It is sponsored by Scott Hunt in memory and celebration of Kathy Meddings.

When Lana Mae Hopkins (Jewell Noel), owner and proprietress of the Wishy Washy Washateria, hires Katie (Marisa Kirby), they soon find themselves up to their elbows in soap, suds, and cheatin' hearts. Watch these two country angels join forces to transform the laundromat into a bootscootin' honky-tonk and exact a touch of revenge against those that done 'em wrong.

"This is a sweet story about family, love, and friendship," said Kirby, who is also Weathervane's Intern Program Director. "These two country gals discover each other and didn't even know that they needed each other. I think we all have someone like that in our life."

Kirby reunites with Noel after last year's The Marvelous Wonderettes.

"Performing in a two-person production can be really challenging," said Noel, who performed in Weathervane's two-person production of The Mountaintop. "The key is having a really great partner and luckily I hit the jackpot with Marisa."

Kirby adds, "I love Jewell on and off stage."

Honky Tonk Laundry's score, chock full of country music hits, is music directed by Andrew Morrissey, Weathervane's Resident Music Director.

"You're going to find yourself singing along to a lot of these songs—more songs than you would have thought," said Morrissey. "There's a nod to early country with Tammy Wynette and Patsy Cline, but also more recent coun-



try/pop crossover artists like Carrie Underwood, Reba McEntire and The Chicks. There's a lot of charm and nostalgia."

Honky Tonk Laundry is directed by Weathervane's Producing Artistic Director Ethan Paulini with associate direction by Billy Smith. It features designs by Scout Hough (lighting design and production management), Gibbs Murray (set design) Robert Salerno (sound design), Rien Schlecht (costume and wig design) and Kathryn Sutton (properties design). Additional creative team: Makenna Allen (scenic charge), Camden Dalie Keech (technical director), Whitley Body (production stage manager), and Egypt Dixon and Emma Aldrich Jordan (assistant stage management).

Performances will take place in-person at the Weathervane Theatre in Whitefield, NH. Masks are not required, but always welcomed. The theatre has a new HVAC/Air Purification System that filters the air and provides heat and air conditioning.

Honky Tonk Laundry contains adult themes and language and runs 2 hours with one 15-minute intermission.

Weathervane's 58th rep season runs now through October 14. Additional productions include Stones in His Pockets, Meteor Shower, Dirty Rotten Scoundrels, A Midsummer Night's Dream, Mamma Mia!, Guys and Dolls, and Primary. Single tickets and ticket subscriptions now available at www.weathervanenh.org. Single tickets start at \$19.

Tickets are available by phone (603-837-9322), in person (389 Lancaster Road, Whitefield, NH), and online at weathervanenh.org.

46th Annual Orford NH FLEA MARKET

Sponsored by the Orford Volunteer Fire Department, Inc.

August 5th & 6th, 2023 (Saturday & Sunday)

Saturday – 9am to 5pm

Sunday – 9am to 4pm

Rain or Shine

On the Common, Rt. 10, Orford, New Hampshire

It's our 46th Annual Flea Market with up to 190 vendors. There will be a delightful mix of wares: antiques, handcrafted items, and the usual treasures. The OVFD Inc. will be selling Hamburgers, Hotdogs, French Fries and Refreshments. The Church will be selling Breakfast Sandwiches and later pie & ice cream. We appreciate your continued support, and look forward to seeing you at the Flea Market.

Phone: 603-353-4855
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ABOUT OUR COALITION

302 Cares is a group of individuals and organizations who work together for the common goal of reducing substance use, misuse and abuse among youth and adults in Wells River and surrounding towns.



Our Program Highlights

- **Youth & Adult Mental Health Aid Trainings:** Teaches how to identify, understand, and respond to the signs of mental illnesses and substance use disorders.
- **Getting to "Y":** A student group that leads a larger group of students through an analysis of their own Youth Risk Behavior Survey (YRBS) data and addresses any concerns related to the data.
- **Sobriety Checkpoints** with law enforcement.
- **Drug Impairment Education for Educational Professionals:** training to detect alcohol and other drug impairment.
- **Collaboration with the Blue Mountain Union School (BMU),** Whole Child Wellness Team.

How You Can Help Our Community

- **Become a Volunteer:** Help out at one of our community events
- **Become Trained:** We deliver programs to students, youth and adults and we can become a group leader or trainer.
- **Help Fundraise:** Resources are needed to deliver programs and promote wellness in our community.

302 Cares is YOUR Coalition!

Contact us at 302cares@gmail.com

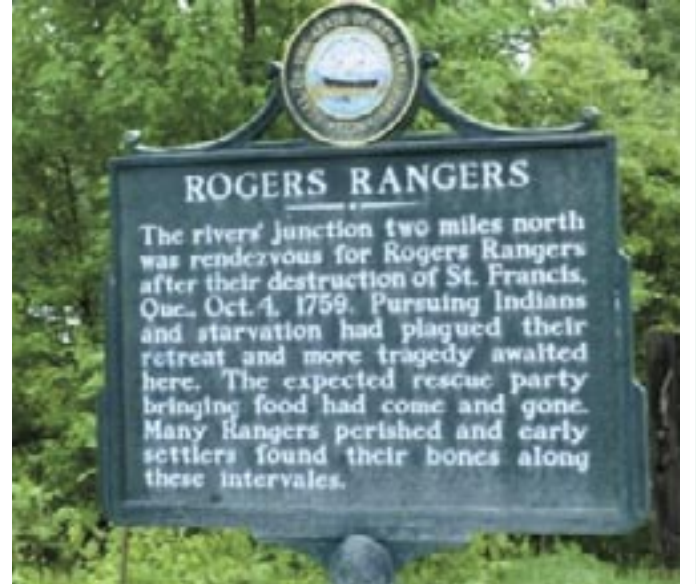
Or on Facebook



COLONIAL AMERICA'S HERO OR SCOUNDREL?

Robert Rogers of the Rangers

A scholar of Rogers' Rangers, George Morrison, will present a program about Rogers, the flamboyant frontiersman whose military exploits left an imprint in our area.



Sunday, July 23, 3:00 pm
South Ryegate Presbyterian Church,
114 Church Street

Sponsored by the
Ryegate & Newbury Historical Societies.



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Digging into Native History in New Hampshire

Linda Scherf for Weeks State Park Association

Almost 13,000 years ago, small groups of Paleoindians endured frigid winters on the edge of a river in what would become Keene, New Hampshire. This begins the remarkable story of Native Americans in the Monadnock region of southwestern New Hampshire, part of the traditional homeland of the Abenaki people.

Typically neglected or denied by conventional history, the long presence of Native people in southwestern New Hampshire is revealed by archaeological evidence for their deep, enduring connections to the land and the complex social worlds they inhabited. From the Tenant Swamp Site in Keene, with the remains

of the oldest known dwellings in New England, to the 4,000-year-old Swanzezy Fish Dam still visible in the Ashuelot River, the book, A Deep Presence written by Dr. Goodby, tells their story in a narrative fashion, drawing on his thirty years of fieldwork and then presenting compelling evidence from archaeology, written history, and the living traditions of today's Abenaki people.

Robert Goodby is Professor of Anthropology at Franklin Pierce University. He earned his PhD in anthropology from Brown University and has over thirty years of experience excavating Native American archaeological sites in New England. He is a past president of the New Hampshire Archaeological Society, a former Trustee of the Mt. Kearsarge Indian Museum, and served

on the New Hampshire Commission on Native Affairs.

He has presented more than one hundred talks on his archaeological research for the New Hampshire "Humanities to Go" program. Visit his website at: Monadnock Archaeological Consulting LLC

This free program will

be in the Great Room of the Summit Lodge of Weeks State Park and will begin at 7pm on Thursday July 20, 2023. Come early and bring a picnic supper. 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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Cohase Chamber of Commerce
11th Annual
GARDEN TOUR
SUNDAY, JULY 16, 2023
11:00 - 3:30
Registration, tickets, and maps at the Bradford Bandstand, Main St., Bradford VT., from 10:45-1:00 OR Purchase tickets online @ www.cohase.org. For more info go our website or call 802-866-3320

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Not all Times are Trendy, but there will always be Trendy Times July 11, 2023 Volume 14 Number 20

We Accept Cash, Check or Credit/Debit Cards



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Personal: For Sale, Wanted, Lost, Found: Up to 30 words FREE for 2 issues. (\$10,000 value limit)
 Business: Help Wanted, For Rent, etc. \$10/2 issues, \$20/5 issues, \$50/15 issues. Limit of 30 words.
 Classifieds that exceed word count may be subject to an additional charge.

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

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TDL WASTE SERVICE & trash drop. Jct. Route 302 and Wallace Hill Road, Wells River. Wed. 5-7 pm. Sat. 8 am - 1 pm, Sun. 9 am - 1 pm. Phone 802-584-3287 and 802-272-7019 12.22

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

July 11, 2023

Volume 14 Number 20

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Landaff Select Board



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Letter to the Editor: Pursuit of Happiness

To the Editor,

Everyone knows that the Declaration of Independence, which we just celebrated on July 4th, states "... all men are created equal, that they are endowed by their Creator with certain unalienable rights, that among these are Life, Liberty and the pursuit of Happiness." Obviously, this does not mean that all men and, of course, women are created equal in intellect, talent, and beauty. However, it does mean that they are equally entitled to opportunity and protection under the law.

So, how do people "pursue Happiness"? It certainly helps to be able to earn an adequate living, to have a basic understanding of the world around us and skills to make one's way through life. That is primarily made possible through education. Therefore, a good education should be made available to all children, equally.

That has never exactly happened. The wealthy have always sent their children to elite private schools, and, even those with moderate means have been able to send their children to religious schools of their choice. All of these schools have traditionally offered scholarships in an effort to reach a more diverse and less affluent population. The most effective means of educating all of our children, to provide some degree of equal opportunity, has been the establishment of free, public schools throughout the United States.

The public school system is primarily funded through property taxes. Where I live in the North Country there are many

beautiful houses, and land, often uninhabited most of the time. There is a solid base of support for the public schools, and they are, for the most part, competitive and provide an excellent education. That is not true for many areas around the state, in cities, and in poorer areas in the North, where local schools struggle to provide an adequate education, and keep good teachers. In an effort to alleviate this disparity in school districts, the State of New Hampshire contributes to underfunded schools throughout the State.

The voucher system facilitated by the Education Commissioner, Frank Edelblut, and supported by the Republican Congress and Governor Sununu, seems like a plan to help more children get a strong education. However, what actually happens is that the money allotted for this program, and given to families who want their children to attend private schools, is taken directly from the State money that is available to support public schools. The money for vouchers is extracted from underfunded school districts that serve the majority of the children in our State. These schools are then forced to work with less and to continually find ways to cut their budgets.

The need to cut expenses forces choices to be made. Teachers who are already underpaid may have their salaries cut. Those who continue to teach will have more difficulty acquiring needed supplies. Often cuts are made in the area of guidance counselors, at a time when we are hearing that young people are more de-

pressed and seeking relief in self-destructive behaviors. The most likely cuts in curriculum are the humanities—art, music, and history, literature. And, then, sports.

These are the areas of education that are enriching and help develop a truly educated population. They have become less appreciated, as our society tends to place more and more emphasis on science, math, and practical skills.

Education in the humanities is necessary to develop a more open and tolerant community that is open to change and accepting of differences in people and ideas. Without exposure to a wide variety of ideas and critical thinking, communities are doomed to become more ethnocentric and intolerant of anyone or anything different from themselves. Participation in sports also helps young people to work cooperatively, to accept winning gracefully, and, more importantly, to accept sometimes losing—unlike the example of our former president.

The voucher program may help some individual children and families, but, in doing so, it deprives the great majority of children of an enriching educational experience. This deprivation falls harshly on communities that depend on public schools to educate their children, and give them an opportunity to pursue happiness and success in the future. The voucher system is not an answer to our problems. It only continues and exacerbates a longstanding inequity in funding our educational system.

Cynthia Lanchester
 Easton, NH

Cynthia,,

To the best of my knowledge the education in this country varies greatly from state to state and even from town to town. As you stated some school districts can better afford a better education for their children, while others struggle just to provide the basic skills needed to graduate.

I do not know enough about the voucher system to really further this discussion. I do know that education will continue to be the task of all people. It matters not whether you pay property taxes or simply pay rent, the

cost of an education is coming out of your pocket. It behooves us all to pay attention at election time in order to vote for the candidates that you believe will do the best job in helping to fund the education of our next generation. These same people will also be responsible for what shape that education takes and therefore how those children will grow up and become adults of their own.

Let's all keep our fingers crossed that the right decisions are made.

Gary Scruton, Editor

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Can You Build an Estate Plan Like a House?

If you've ever been involved in building a house — or even if you've just heard about it — you know that there's a well-defined process to be followed. But here's something to think about: Some of the same steps connected to constructing a home are the same as those needed to build an estate plan. What are those steps? Here are some to consider:

- Get the right "builder." Unless you're an experienced do-it-yourselfer, you'll probably have to hire someone to build a house for you. Of course, you'll make your wishes known about what you want your house to look like, but you'll be relying on the builder's expertise. And the same is true with estate planning — you'll want to share your goals and vision with a legal professional who's experienced in creating comprehensive estate plans.

- Build a strong foundation. "Every house needs a strong foundation" isn't just a metaphor — it's true for every house that's built. And when you create an estate plan, you also

need a foundation that includes whatever basic elements are appropriate for your situation — a will, a living trust, power of attorney and so on.

- Make the necessary additions. Even if you're pleased with your new house, you may eventually decide to make some changes, such as adding on a new bedroom or bathroom. And the structure of your estate plan may need to undergo some modifications, too. For example, if you drew up a will two decades ago, but haven't looked at it since, it may be out of date — especially if you've experienced changes in your life, such as new children or a divorce and remarriage. That's why it's a good idea to review your estate plans at least every few years.

- Protect your investment. Of course, when you build a new house, you'll have to insure it properly. And while there's no actual "insurance policy" for an estate plan, you do have ways to protect it. For one thing, you need to make sure beneficiary designations on retirement plans, investment accounts, insurance policies and other assets are correct. These designations are powerful and can even supersede the instructions in your estate-planning documents.

So, as men-

tioned, if you've had significant life changes involving your family, you need to ensure your beneficiary designations are updated if you want to protect how insurance proceeds, investments and other assets are distributed.

- Watch for mistakes. It's unfortunate, but mistakes do happen in home construction. Water stains can indicate that water is seeping through cracks in the foundation. Or cracks in retaining walls and garage floors could be a sign that the concrete structures were installed improperly. Estate plans can also contain errors or bad choices. Some are inadvertent, such as failing to put intended assets into a trust, but others are done with the best of intentions, such as naming adult children as joint owners of your assets. Even if your children are quite responsible, this move could give their creditors access to your money. If you want your children to be able to step in as needed, you could find other methods, such as giving them power of attorney.

Following these "construction" techniques can help you create an estate plan that can last a lifetime — and beyond.

This article was written by Edward Jones for use by your local Edward Jones Financial Advi-

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Auxiliary Donates \$5,000 for Cottage Hospital Equipment and Nursing Support

Woodsville, NH - The Cottage Hospital Auxiliary donated \$5,000 to Cottage Hospital to fund a vein finder device for the laboratory and medical surgical unit, a recumbent exercise bike for the cardiac rehabilitation unit, and supplies for the hospital's new Code Lavender Station which is designed to provide a location within the hospital for nursing staff to take a respite during their hectic day. The donated funds were raised from last year's Little Ticket Raffle.

Also, the raffle is back again this year. The Auxiliary announced that this year's annual primary fundraiser will be the "4th

Annual Little Ticket Raffle." Over the past eight years the Auxiliary's annual raffles have raised and donated more than \$65,000 to Cottage Hospital for new hospital equipment and system upgrades. Tickets for the Little Ticket Raffle are on sale now. Tickets can be purchased from any Auxiliary volunteer member. Raffle tickets can also be purchased at the Cottage Hospital's booth at the North Haverhill Fair on July 27-30. For more information about the Auxiliary's 4th Annual Little Ticket Raffle or to buy tickets, please email the Raffle Co-Chairpersons - Marcia Selent at marcia.selent@charter.net or Dottie Long at dottie-long@gmail.com.

Little Ticket Raffle tickets are \$20 each and only 400 tickets are being sold which really increases the odds of winning. There will be five cash prizes of \$1,000, \$750, \$500, \$250 and \$100 with

the raffle drawing to be held in conjunction with Cottage Hospital's "Any Which Way 5K" on Sunday, September 17, 2023 at 12:00 Noon (rain or shine) at the Woodsville Elementary School, 206 Central Street, Woodsville, NH. Proceeds from the Little Ticket Raffle will again be going to help fund new equipment and system upgrades within the hospital or Rowe Health Center.

The Cottage Hospital Auxiliary is a tax-exempt charitable nonprofit organization. Membership in the Cottage Hospital Auxiliary is open to everyone, women, men and hospital employees. Please consider becoming an Auxiliary member. To obtain more information about the Cottage Hospital Auxiliary or to become a member, please visit www.cottagehospital.org/support/cottagehospitalauxiliary or call 603-747-9707.

BEEZWAX By John Marin



Panel 1: "THIS IS 'SCOOP' M-MANN. HE'S A REPORTER FOR THE BEE TIMES."

Panel 2: "HE'S DOING AN ARTICLE ABOUT COMPANY'S SOFTBALL TEAMS IN THE AREA, INCLUDING OURS."

Panel 3: "OUR TEAM? OH, IT'S A HUMOR PIECE, HUH?"

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Simple Steps Can Keep Campfires From Becoming Wildfires

New Hampshire and summertime campfires go hand-in-hand, and the state's Forest Protection Bureau is reminding everyone that some simple actions can prevent this fun summer activity from turning into one to remember for all of the wrong reasons.

"No one plans for their campfire or cookout to turn into a fire incident," said N.H. Forest Protection Bureau Chief Steven Sherman. "That's why it's very important to know how to legally and safely have a campfire, as well as how to extinguish it properly."

Anyone wishing to have a campfire or any outdoor fire in New Hampshire must obtain a state fire permit in advance from the local fire department. Most communities in the state make their permits available through nhfirepermit.com and will issue them on days when daily fire danger conditions indicate that it's safe to burn.

Established campgrounds usually have seasonal fire permits in place as well as established fire rings or pits already, making it easier to have a safe campfire.

For anyone wishing to build a campfire on their own, several factors must be considered to keep a campfire as safe as possible:

- The law requires you to have a campfire in an established fire pit or fire ring

- You should choose a spot at least 25 feet away from tent walls, shrubs or other flammable objects

- Clear the ground of any dried grasses, leaves and anything that can burn

- Make sure there are no branches, powerlines or other hazards hanging over the campfire area

- Remain aware of the fire at all times and be careful when near it

- Keep a source of water, bucket and a shovel nearby to extinguish the fire

- Remember that having any type of outdoor fire in New Hampshire without a permit is illegal.

"Making sure a campfire is a fun, safe activity does take some planning, but it's totally worth it," said N.H. Forest Ranger Nathan Blanchard. "You'll have peace of mind knowing that you've done everything you can to be safe and that will allow you to better enjoy your time outside with family and friends."

Part of the campfire experience also means making sure the fire is completely out; even when there are no red coals or embers, there can still be enough heat to start a wildfire.

There are three key steps to making sure a campfire is out:

- Drown the ashes in lots of water

- Stir the wet ash with a shovel

- Feel the ashes with your bare hand. If you no-

tice any heat at all, repeat the process until the ashes are cool to the touch.

"We all know Smokey Bear's advice that 'Only you can prevent wildfires,' and it's part of our mission at the N.H. Forest Protection Bureau to make sure everyone knows how to do their part," said Blanchard. "We want to make sure that everyone has an excellent time this summer and has only good memories to take home with them."

On average, New Hampshire experiences 200 wildfires each year, which burn an average of 250 acres and cause additional property damage. Another 200-300 illegal fires are extinguished before they turn into wildfires.

Complete tips on how to safely build and extinguish a campfire are available at Smokey Bear's website, smokeybear.com.

The N.H. Forest Protection Bureau is part of the Department of Natural and Cultural Resources' Division of Forests and Lands, which protects and promotes the value provided by trees, forests, and natural communities. For more information about the Division of Forests and Lands and the work of its Forest Protection Bureau, visit nh.gov/nhdf or call 603-271-2214.

What Can You Say?

by Elinor Mawson

We recently heard from our grandsons that a close friend of theirs had passed away.

This friend had been a neighbor and they had all grown up together. Harry (not his real name) had struggled with self-image and depression problems most of his life. He and his brother had been toddlers when their mother died of cardiac arrest before their eyes. Their father was nearby but not really in the picture, so the boys were brought up by their grandparents.

It sounds good; however that household had its dysfunction issues too. Some of the adult uncles had substance abuse problems that were ongoing. The little boys were always aware of these issues which impacted their daily lives.

Harry and his neighbors became close friends, shooting hoops, playing stickball and sharing homework problems. His friends became more aware of his issues as they all grew older. Harry was quite shy, didn't make friends in school and had serious doubts about his position in the scheme of things.

It took Harry extra time to finish high school; he

doubted whether he could really make it to graduation. His friends understood, and eventually saw him through to getting his diploma.

Harry had trouble getting and keeping a job. He began experimenting with drugs and alcohol, and worrying his friends. They never gave up on him although it was difficult to watch him throwing his life away

It took several years for Harry to get clean, get his license and buy himself a truck. He still went from job to job but he slowly was becoming responsible for himself.

We saw Harry not long ago when we were visiting our grandsons. He was in great shape, talking confidently, telling us what he had been up to, and discussing the way of the world. We were so happy to see him feeling good about himself and enjoying his friends.

A week or so later, we got a phone call from our grandson who was beside himself. Harry had passed away in the night after ingesting fentanyl.

Harry left his grandparents, his brother, an uncle and a white truck. He also left several devastated friends, and a life of great struggles. May he rest in peace.

The Butterfly Queen

The Butterfly Queen is the farmpunk fairytale you need this summer

The Butterfly Queen, a deliciously off-the-wall fantasy film about getting your best friend back, will be available online for just 24 hours, starting August 12th at 1pm (EST). Casey (a non-binary cartoonist/sheep farmer) and Robin (a vagabond/Casey's best friend) must steal back a magical sketchbook from The Butterfly Queen's nightmare forest. Unfortunately, in these woods The Queen makes all the rules.

The Montpelier Bridge calls the film: "endearing, heartfelt...beautiful."

Made entirely in Vermont and led by Ryegate director Liam O'Connor-Genereaux, The Butterfly Queen is the winner of Best Feature at the Chicago International Indie Film Fest, among other awards.

Visit www.walrusdice.com to sign up for a free link to the August 12th screening, and to check out the film's current festival tour schedule.

77 minutes, USA, WalrusDice Productions. Written & Directed by Liam O'Connor-Genereaux. Starring Kade Pintado, Despoina and Sophia Anthony.

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What About Ma?

by Kellie Quackenbush

All About Sleep

Editor's Note: Due to a family mishap Kellie was unable to create a new article. We hope you enjoy this one from just about a year ago.

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.

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, "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.

Parents, caregivers, and child-development experts agree that a well-rested child is a happier child. What does the research say? A study involving 2 year-olds found that toddlers who miss just one nap became more anxious and withdrawn, more irritated by even small stressors, and less happy about exciting things.

Several child sleep experts point out that if your little one isn't sleeping well at night, better naps may

help. When children are overtired, they say, their bodies can become flooded with the stress hormone cortisol. This energizes them and interferes with falling and staying asleep at night."

Why is sleep such an important subject? When we do not get the sleep our bodies need, we suffer with emotional, cognitive and physical ailments. If we do not get the proper sleep at night, our bodies will try to make up for it during the day. Most people find that when they are recovering from an injury, they require more sleep.

"While you sleep, your blood pressure goes down, giving your heart and blood vessels a bit of a rest. The less sleep you get, the longer your blood pressure stays up during a 24-hour cycle. High blood pressure can lead to heart disease, including stroke. Short-term down time can have long-term payoffs.

If your sport requires quick bursts of energy, like wrestling or weightlifting, sleep loss may not affect you as much as with endurance sports like running, swimming, and biking. But you're not doing yourself any favors. Besides robbing you of energy and time for muscle repair, lack of sleep saps your motivation, which is what gets you to the finish line. You'll face a harder mental and physical challenge -- and see slower reaction times." per www.webmd.com.

Ma was always correct in everything she did, having a bit of a nap in the afternoon was just another example of how very smart she was. She would be rested and well focused at evening activities that we attended. Her smile would light up the room and she would be able to add delightful observations about the activities.

Getting the proper amount of sleep is essential for a well rounded life. With summer here, we should all take care to get out of the hot sun, happy Siesta.

Not an Ordinary Bear

by Maggie Anderson

My MIB (Most Important Bear) is a soft grey Gund 1986 Anniversary Bear, named Ethan From - and don't bother correcting him, he's FROM Connecticut, and he knows how to spell his own name.

Right now he is house-sitting in our little winter palace on the Oregon coast. He would have traveled home with us last week, but stubbornly refused to come when he found out the only space left for him would have forced him to share the carrier with our cat, and was further offended when he learned the carrier would have to be squashed and jammed under the seat in front of me.

He simply refused to join us.

The reason I bring him up is that he is no ordinary bear; he has led a remarkable life so far; he was ring Bear-er at our middle daughter's wedding, he's a weather observer for a TV station in Maine, he even wrote and edited his very own newspaper - until folks in the next town set up bee hives and gave him the idea he might get lucky when nobody was watching - and he has dined at Sardi's, ridden in

a horse-drawn carriage through the streets of the Big Apple on the way to see Phantom of the Opera.

He has traveled the world with me, mostly because he's more careful with money than I am, and he keeps very good accounts for me.

This is why I wanted to share his story with our readers.

Hank and I went to the Lincoln County Fair in Oregon just before we headed home. I happened to spot the lady doing caricatures and went over to talk with her. I related the story of the day Ethan and I - with the rest of the family in tow - were in Monterey, California. The year was 1988. Ethan saw another artist rendering caricatures of people, some patiently waiting in line for their moment in his chair.

Ethan told me he really wanted his portrait done, he'd already stood in line for an hour to have his photo taken with the Easter Bunny, and thought a portrait would be a nice balance displayed next to the shot with the Bunny, so we took our place in the long line. Almost an hour later, it was Ethan's turn, I set him in the chair and stepped out of the artist's line of

sight. He turned to me and asked if I was joking. When I assured him I was not, and that we had gotten into the line with everybody else and patiently waited Ethan's turn - I also told him Ethan was not vain and would be happy with any rendition of his likeness, he'd seen the guy's work and felt he would do a good job, I trusted Ethan's judgement on this, the man said, "I'm not doing it."

He said there was no way he was sketching a "toy." He said he was a serious artist and would not do it no matter how long we had waited.

Turns out the woman doing caricatures at the Lincoln County Fair actually had rights to the Monterey site at the time Ethan ran into the artist with attitude. She owned the rights to the spot but, since she lived an hour away, she leased it to other artists on the days she could not be there.

She showed me a photo of her artists, and sure enough, Ethan's nemesis was standing there.

Good thing I hadn't taken Ethan to the fair with me, there's no telling what he might have done.

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ART & PHOTOGRAPHY SHOW

Items must be brought to the fairgrounds on
Sunday July 23, from 4:00 - 6:00 pm or Monday, July 24 from 5:00 - 6:00 pm
Brandi Young: youngsphtotgraphy98@gmail.com



EDITH G. HENSON MEMORIAL FLOWER SHOW

Items must be brought to the fairgrounds on Thu., July 27 3-6 pm or Fri., July 28 from 8:00 - noon
Hannah Leland: hannaheleland@gmail.com



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Jane Oakes: 603-272-4928.



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For complete rules on any of these events and a full schedule visit www.nohaverhillfair.com

Kiddie Pedal Tractor Pull Saturday, July 29 • 3pm

Kennedy Arena

Prizes for all Participants

Debbie Bigelow: 603-787-6524

Corn Hole Tournament

Sponsored by: Salt Hill Pub



**Sunday,
July 30
1:00 PM**

Women's Sillet Toss Saturday, July 29

Chaired by: Kelly Joslin, 603-787-6585

Registration begins at 3:30 pm
and ends at 4:30 pm.

The competition begins at 5:00 pm sharp
in the Dellinger Ring
5 Classes by age. Must be 18 or older.

King Arthur Baking Contest

Drop Off
Wednesday, July 26
8:00-10:00 am or
3:00-6:00 pm
Junior & Adult Classes



Gentlemen's Kettle Bell Toss Saturday, July 29 - 6:00 pm

Chaired by: Kelly Joslin, 603-787-6585

Registration begins at 4:30 pm
and ends at 5:30 pm.

The competition begins at 6:00 pm sharp
in the Dellinger Ring

5 Classes by age. Must be 18 or older.



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- Open Ox Show • Draft Horse Show
- Mini Excavator Rodeo



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

American Flag Jello Cake

Hello hello my fellow chefs! How are you all doing today? I'm doing fine and enjoying the warm weather. I hope you all had a wonderful 4th of July. My neighbors invited me over for a cookout and I made the American Flag cake. Everyone loved it. I know the holiday has passed but this cake is a crowd pleaser and you can be a proud citizen of our great country by making this all summer long. I'm not a great artist or crafter but you can certainly see it's an American Flag.



Ingredients:
1 cup hot water
1 cup cold water
1 16 oz container of fresh strawberries
1 pint of fresh blueberries
8 oz cool whip topping
Preheat oven to 350 degrees and make the cake according to the package directions for an 8x10 cake. Cool on wire rack. Place parchment paper in the 8x10 pan you used to make the cake and make it long enough to be able to lift the cake out after. Make the Jello melting it all with the hot water then adding the cold water. Poke fork holes all over cake then slowly pour liquid jello all over cake. Refrigerate for at least 4 hours. The Jello soaks in the fork holes and makes beautiful little designs throughout the cake. When set frost with cool whip. Cut up your strawberries and with the blueberries design your

I have to make a correction on the drain Declogger. The correct way is to put 1/4 cup of baking soda in drain followed by 1/2 cup of white vinegar. Close drain and it bubbles and unplugs then flush with hot water. It's incredible and cheap. I ended up doing all my drains in the bathroom and kitchen.

Let's get started with today's recipe and how to make it.

- 1 box of classic white cake mix
- 1 small box of strawberry jello



Barn in Monroe, NH. The stories/memories that keep an old barn alive.

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American flag. Carefully lift cake out and place on an oblong tray and trim parchment paper. Cake is heavy so be careful. If there's an extra set of hands around that would be nice. Keep refrigerated. Enjoy your masterpiece! The kids can help decorate the flag too.

So that's it, easy peasy and "Delicioso ". Please give this wonderful dessert a try. Your family will think you are a star.

Well folks that's it for today's recipe. Stay cool, safe and healthy. Until next time I am signing off,
Sincerely,
Cin Pin

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