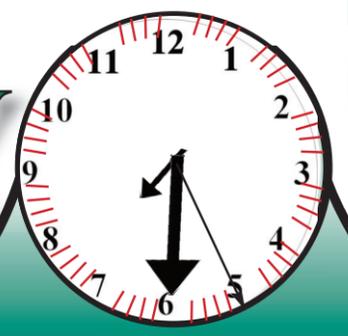


A FREE PUBLICATION

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

TRENDY TIMES



Po Box 43, South Ryegate, VT 05069
802-461-9886

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

July 29, 2025 VOLUME 16, NUMBER 23

Weathervane Theatre is pleased to present *Sara Bareilles' Waitress.*

WHITEFIELD, NH - July 27, 2025—New Hampshire's award-winning Weathervane Theatre is pleased to present Sara Bareilles' *Waitress*. This hit musical comedy, baked from the heart, plays in alternating repertory from July 29 to August 31, 2025.

Leading the cast is Julia Bogdanoff as pie-maker Jenna, returning to the Weathervane for her fourth season. First appearing as an intern in 2019, Bogdanoff has quickly become a favorite among Weathervane audiences as a quadruple threat—singer, actor, dancer, and musician. Most notably, Bogdanoff headlined last season's *Beautiful: The Carole King Musical* as Carole King. Joining Bogdanoff are Broadway's Robert H. Fowler (The Producers,

Beauty and the Beast) as Joe and Weathervane veterans Marisa Kirby (Dawn), Ethan Davenport (Dr. Pomatter), Jorge Donoso (Ogie), Lew Whitener (Cal), Ira Kramer (Earl), Grace Livingston Kramer (Nurse Norma) and newcomers Melrose Johnson (Becky) and Madeline Kramer (Lulu). Dani Barrett, Mallory Blanchard, Eli Butler, Steven Dias, Grace McTier, Nicole Sakowitz, Madalyn Sheehy, and Ria Yamdagni make up the ensemble. Fowler is the dance captain.

Featuring music and lyrics by Grammy Award winner Sara Bareilles, *Waitress* is a new musical baked from the heart,



centered on Jenna, a waitress and expert pie-maker who dreams of a way out of her small town and rocky marriage. Inspired by Adrienne Shelly's beloved film, this uplifting and inspiring musical offers a special

recipe for finding happiness in unexpected places while celebrating friendship, motherhood, and the magic of a well-made pie.

Weathervane's Producing Artistic Director, Ethan Paulini, directs the production. Paulini directed last season's acclaimed immersive production of

Cabaret. Additional Weathervane directorial credits include the crowd-pleasing productions of *Sister Act*, *Beautiful*, *Jersey Boys*, *Always...Patsy Cline* and the award-winning *Everybody's Talking About Jamie*.

"We work hard to bring our audiences exciting and new program-

ming," says Producing Artistic Director Ethan Paulini. "One of Broadway's biggest hits of the last few seasons, *Waitress* is ready to charm and surprise our audiences. I can't wait to bring this story to life with a top-notch creative team and all-star cast."

Performing in alternating repertory, *Waitress* runs July 29 - August 31, 2025. Special events for *Waitress* include an opening night champagne reception on July 29th.

Single tickets for *Waitress* are available for purchase at weathervanenh.org or by calling 603-837-9322. Group rates are available for parties of 15 or more. Contact info@weathervanenh.org for more information. *Waitress* is sponsored by Margo & Gregg Connors.

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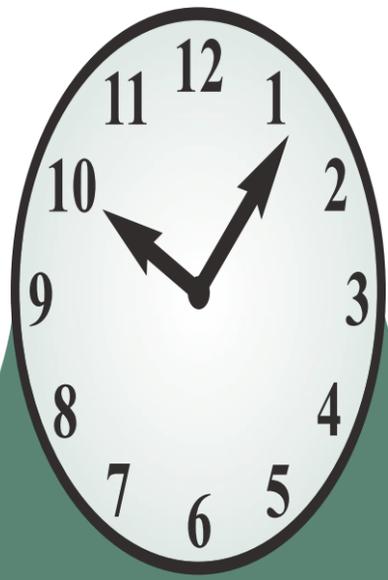
Performances at Bradford Academy on August 15th, 16th, and 17th.
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TRENDY TIMES
 A FREE PUBLICATION



**Rebecca
"Becky"
Lee
Freudenberg,**

Rebecca "Becky" Lee Freudenberg, 71, of North Haverhill, passed away peacefully at home on July 17, 2025.

Born on December 18, 1953, to Hiram Hanson and Julia Boutin, Becky was truly one of a kind—spirited, sassy, and full of heart. She had a deep and unwavering love for her family, especially her beloved son, Anthony "Tony" Livigne, who was the center of her world. Over the years, Becky wore many hats, but found her greatest joy running a hunting camp and farm in New York, where she raised animals and sold fresh eggs. Her love for animals was unmatched, particularly for elephants and horses, which always held a special place in her heart.

She also adored her dogs, Abbey, Chub, and Chipper, who were her constant and loyal companions. Creative and lively, Becky enjoyed a wide variety of hobbies, including cooking, arts and crafts, crossword puzzles, crocheting, and watching her favorite soap operas. She had a passion for music—always riding with the windows down and the volume up, blasting classic rock or country tunes. Becky lived life on her own terms and brought her unique spark to every moment. She cherished time spent with family and friends, whether over a strong cup of coffee or a margarita. From childhood

into adulthood, Becky maintained a close bond with her cousins Brenda, Debbie, and Joan, whom she loved like sisters. She also had a special place in her heart for her niece, Julie, and her great-nieces, Hailey Rose and Hannah June.

Becky was especially thankful for her caring neighbors and friends, Dave and Kathy, who looked out for her and shared many kind and joyful moments by her side. She was predeceased by her parents, Hiram and Julia, and her sister, Rose Hanson. She is survived by her son, Tony Livigne; Wendy Marsh; Mary and David Baillargeon; Curtis and Mary Hanson; Hiram Hanson Jr. and Bernice Hanson; nephews Corey Hanson, Eric Chase, Christopher Barton, Michael Barton, and Hunter Harris; nieces Julie Marsh Harris and Kristina Chase; and great-nieces Hailey Rose and Hannah June, along with many other nieces, nephews, and cherished friends.

Becky's love, laughter, and unmistakable presence will be deeply missed by all who knew her.

To offer memories and condolences, please go to www.rickerfh.com. Ricker Funeral Home and Cremation Care of Woodsville is assisting with arrangements.

**The North Country Chamber Players Present
Better Than Beethoven
Saturday, August 2 and Sunday, August 3 –
Dow Pavilion, Franconia**

Join the North Country Chamber Players for Better Than Beethoven showcasing Ludwig von BEETHOVEN Piano Trio No. 1 in Eb and Louis SPOHR Grand Nonet in F, Saturday August 2 and Sunday, August 3 for 4pm concerts at Dow Pavilion, Franconia.

Though they were not close friends, Beethoven and Louis Spohr had a relationship marked by mutual respect and professional interaction. Spohr admired Beethoven's early works and championed pieces like the Op. 18 String Quartets. During their lifetimes, many considered Spohr to be Beethoven's equal, if not his superior. Spohr eventually became critical of Beethoven's late works, especially the Ninth Symphony and the late string quartets, finding them overly complex. He was not alone in his critiques but, 200 years later, conventional wisdom has decided otherwise.

The North Country Chamber Players performing will include Susan Nidel-flute, Kemp Jernigan-oboe, Bernhard Scully-horn, Gabriela Diaz-violin, Ronnie Bauch-violin, Ah Ling Neu-violin, Chris Finckel-violoncello and Don Palma-double bass. Guest musicians Yasmina Spiegelberg-clarinet, Taylor Smith-bassoon and Reiko Uchida-piano will join the ensemble.

The North Country Chamber Players have



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Why rebalancing your portfolio matters — and how to do it.

In life, balance is everything — whether it's finding time between work and family or maintaining a healthy diet. The same goes for your investments. Keeping your financial portfolio balanced is a smart way to stay on track toward your long-term goals, even as the markets shift.

That's where portfolio rebalancing comes in. Rebalancing is the process of adjusting your investments — like stocks, bonds and cash — so they stay in the right mix for your needs. This mix, known as your asset allocation, is designed to reflect your comfort with risk, your investment goals and how long you have until you'll need to use the money for a major life event like retirement or the purchase of a new home.

For example, let's say your target portfolio is made up of 60% stocks, 30% bonds and 10% cash. Over time, as the value of each investment changes, your portfolio may become unbalanced. If stocks have a great year and rise in value, they could end up making up 70% of your portfolio. That means you're taking on more risk than you originally intended.

To get back to your 60/30/10 target, you would sell some stocks and possibly buy more bonds or cash investments. This helps bring your portfolio back in line

with your goals.

Markets go up and down. That's normal — but it also means your portfolio can shift without your even touching it. If you don't rebalance regularly, you might be taking on too much (or too little) risk.

Rebalancing offers several benefits. It helps keep your investment plan on track and manages your exposure to risk. It also encourages disciplined decision-making, rather than chasing trends.

It might feel strange to sell investments that have been doing well and buy ones that haven't. But this strategy can help you "buy low and sell high," which is one of the key ideas behind successful investing.

You may be wondering how often you should rebalance your portfolio. There really is no one-size-fits-all answer. Some people rebalance once a year. Others do it more frequently based on how far their investments drift from their target percentages.

What's important is that you check your portfolio regularly — at least annually — and make adjustments when needed. After big market movements, whether up or down, it's a good idea to take a closer look.

Keep in mind that if you rebalance by selling

investments in a taxable account, you might owe capital gains taxes. Also, some brokers charge fees for trades. But if you own similar investments in a retirement account like an IRA or 401(k), you can often rebalance without triggering taxes. A financial advisor can help you choose the best approach — and may even be able to help you avoid or reduce costs.

Your ideal investment mix will probably change as your life changes. Younger investors might favor stocks for growth. As you near retirement, you may want to focus more on income and stability. Rebalancing helps you adjust as your goals evolve.

Think of your portfolio like a car on a road trip — regular check-ins and small course corrections will help you stay on the right path. A financial advisor can help you design a strategy that keeps your investments aligned with your goals every step of the way.

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

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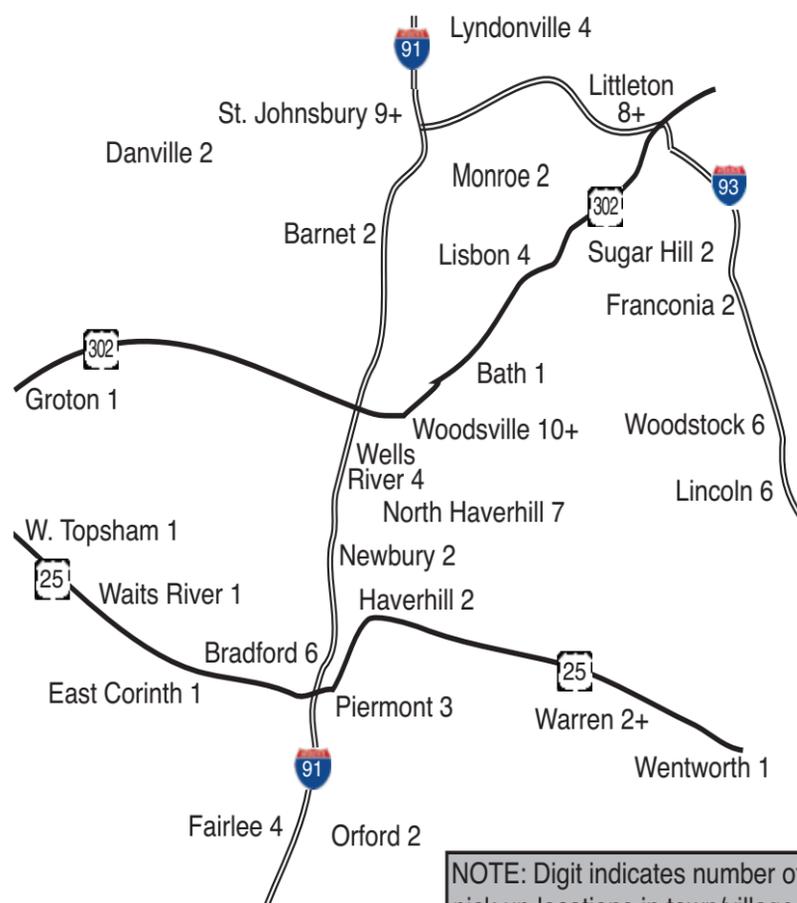
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ALUMNI HALL, HAVERHILL 10am

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August 1

10 am

St. Johnsbury Athenaeum

Event: Novel Engineering STEM Lab for 3rd-5th graders

Date: August 18

Time: 9 am

St. Johnsbury Athenaeum

Event: Comic Book Creation with Mat Heagerty, for 2nd-8th graders

Date: August 6

Time: 1 pm

St. Johnsbury Athenaeum

Event: Friends of the Athenaeum Afternoon Tea Party

Date: August 24

Time: 1 pm

St. Johnsbury Athenaeum

Event: Paint & Sip for Teens and Adults with Ed Kadunc

Date: August 14

Time: 6:30 pm

St. Johnsbury Athenaeum

Event: Poetry Reading with Scudder Parker and Angela Patten

Date: August 3

Time: 3 pm

Upcoming Events

Haverhill Rec

Acoustic Music Jams The jams are once per month, held at the Clifford Memorial Building

65 South Court St. Woodsville from 12-3.

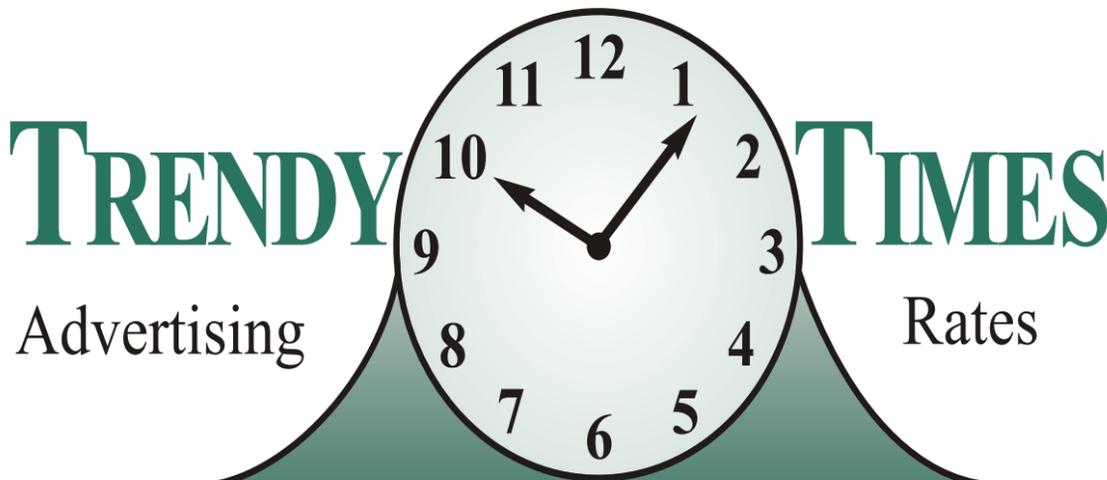
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September 7

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November 2

December 7



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The Northern Grafton County Republican Committee

The Northern Grafton County Republican Committee (NGCRC) will hold their monthly meeting on Tuesday, August 12, 2025 at the Littleton Senior Center located at 77 Riverglen Lane, Littleton, NH. Refreshments and socializing will be at 6:00 PM, and the meeting will start at 6:30 PM.

Grafton County Commissioner Wendy Piper will be the speaker, and her topic will be "Making the Switch from Democrat to Republican in New Hampshire".

Republican and Like-Minded Conservatives are Welcome to attend. For information contact janicenovak@myfairpoint.net or call 603-823-5011 (landline, no texting please, leave message)

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Weeks State Park Summer Program

Weeks Park Summer Program - Extreme Weather In New England Presented by Mike Carmon Thursday July 31, 2025 7 PM

The summit of Mount Washington is a focal point of extremes. The weather and climate on Mount Washington have been studied firsthand for over 90 years by the summit observers of the Mount Washington Observatory.

In this presentation, learn more about the extreme weather on Mount Washington on a backdrop of the tempestuous New England weather. We'll examine recent regional extreme events, and include recent studies that have analyzed trends in Mount Washington's weather and climate over its 90+ year history. Mike Carmon grew up in central New Jersey, less than an hour outside of New York City. After graduating from Rutgers University with a B.S. in Meteorology, his passion for extreme weather brought him to the White Mountains of New Hampshire to work at the famed Mount Washington Observatory atop Mount Washington, NH. Mike spent 10 years on the summit crew.

Mike departed the observatory in 2018 to explore science education with White Mountain Science. Mike spent six-and-a-half years driving the growth of White Mountain Science Inc. to a thriving regional organization, which provides STEM education to rural New England students. He is currently the Summit Weather Operations Manager for the Mount Washington Observatory, helping oversee the year-round weather operations for the summit station.

This program is being sponsored by The Granite Grind Coffee Shop

Due to renovations this year at the summit house at the park, this free program will be held at 7 PM at the State of NH Forests and Lands building at the North Country Resource Center on Route 3 (629 Main Street, Lancaster) one mile north of the Lancaster Fair Grounds.

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

~~~~~Linda Scherf for Weeks State Park Association



## OBITUARY: Ann C. Hague,

It is with deep sadness that we announce the passing of Ann C. Hague, who died peacefully at home in Newbury, VT, on Sunday, July 13, 2025, surrounded by her loving family. She was 95 years old.

Born in Edinburgh, Scotland, on August 4, 1929, to Mr. Martin and Ms. Craig, Ann embarked on a new chapter when she emigrated to the United States in 1953. Two years later, on June 18, 1955, she married the love of her life, Alfred Hague. Together, they built a home and raised their family in Tuckahoe, NY.

Once her children were grown, Ann pursued a successful career at AT&T, where she dedicated over 30 years of service. Following Alfred's passing in 2013, Ann moved to Newbury, VT, to live with her daughter and son-in-law, embracing a quieter pace of life.

Ann had a zest for life and enjoyed many passions, including reading, traveling the world, trying her luck at casino games, and most of all, cherishing time with her beloved family and her close friend Claire Gurney.

Ann was predeceased by her parents, her brother James Martin, her sister Molly Frazier, and a grandson Brandon Joseph Gurney. She is survived by her son, Thomas M. Hague and his wife Barbara of Fishkill, NY; her daughter, Patricia Gurney and her husband Mark of Newbury, VT; and her granddaughter,

Ann Marie Santolucito and her husband John of Charlestown, NH

A memorial service to celebrate Ann's life will be held at Ricker Funeral Home & Cremation Care of Woodsville, 1 Birch Street, Woodsville, NH, on September 8, 2025, at 10 AM, interment will follow at the New Oxbow Cemetery in Newbury. Her warmth, spirit, and love will be deeply missed by all who knew her.

To offer memories and condolences, please go to [www.rickerfh.com](http://www.rickerfh.com). Ricker Funeral Home and Cremation Care of Woodsville is assisting with arrangements.

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TROYbilt push Lawn mower model 120 B. Paid \$370.00 last September 2024. Excellent condition!  
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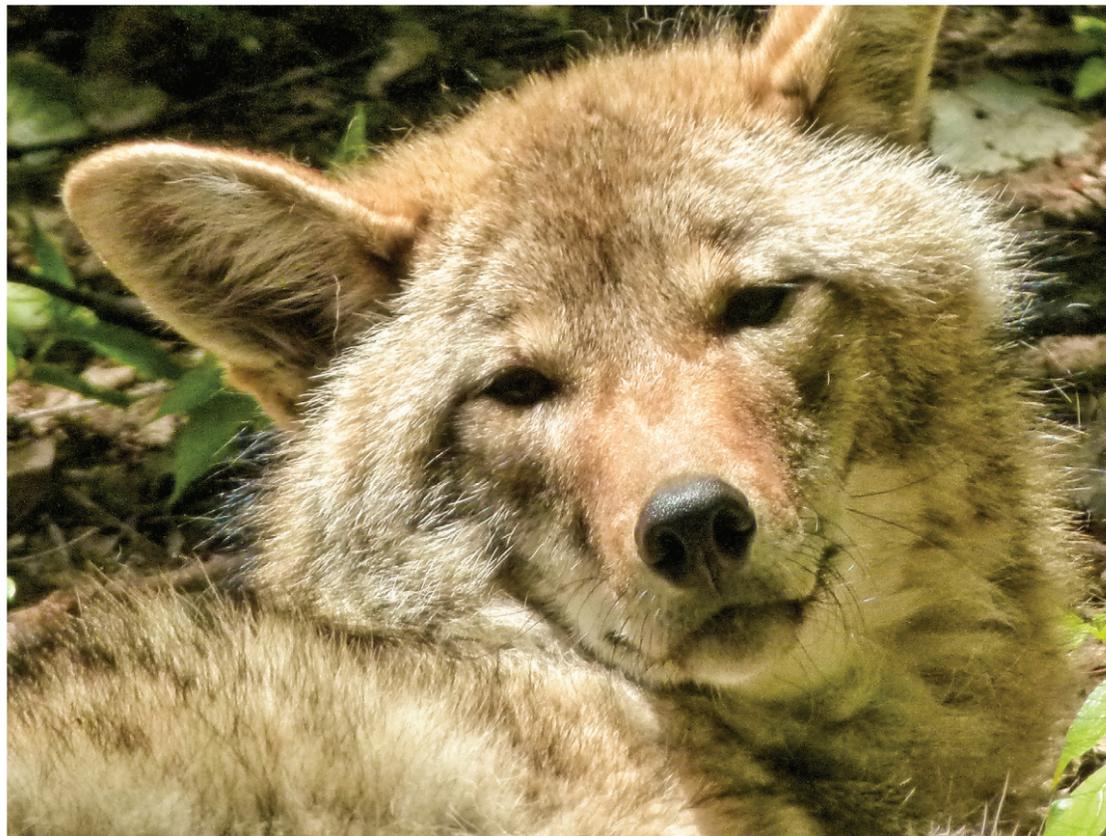
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# CELEBRATE THE ANIMAL BIRTHDAY BASH AT SQUAM LAKES NATURAL SCIENCE CENTER – AUGUST 6



Holderness, NH — Squam Lakes Natural Science Center invites families, friends, and animal lovers of all ages to join a one-of-a-kind Birthday Bash for the Animals on Wednesday, August 6. This joyful celebration is included with trail admission, and promises a day filled with wonder, learning, and plenty of birthday surprises for the Center’s beloved animal ambassadors.

At this special annual event, visitors will see how animal care staff make every day special for resident animals through creative enrichment activities, gifts that stimulate their minds and senses. Throughout the day, watch as animals open their “birthday presents” during scheduled presentations. All our animals will enjoy special enrichment, with staff on hand at select times to share insights about each animal’s favorite treats, games, and habitats.

The festivities continue with hands-on activities for everyone. Families can visit the Discovery Table under the portico to explore enrichment tools and

objects, and guests are encouraged to stop by the Blue Stone Terrace to make enrichment treats for the animals or dig in the interactive Dig Box.

- Schedule of Featured Events:
- 10:00 a.m. – Enrichment at Mountain Lion Exhibit
  - 11:00 a.m. – Up Close to Animals at Amphitheater
  - 11:30 a.m. – River Otter Feeding
  - 1:00 p.m. – Enrichment with Up Close to Animals at Bear Exhibit
  - 3:00 p.m. – Up Close to Animals at Amphitheater
  - 3:30 p.m. – Enrichment at Deer Exhibit

Docents will be available at animal exhibits and activity tables to answer questions and share the fun. Trails open at 9:30 a.m. and last admission to the trails is at 3:30 p.m.

Experience the excitement of animal birthdays, enjoy up-close encounters, and discover how enrichment brings joy to both animals and guests. Celebrate with us and make summer memories your family will cherish.

For more information and tickets, visit [nhnature.org](http://nhnature.org).

About Squam Lakes Natural Science Center The mission of Squam Lakes Natural Science Center is to advance understanding of ecology by exploring New Hampshire’s natural world. Through spectacular live animal exhibits, natural science education programs, guided Squam Lake Cruises, public gardens, and a nature-based Montessori early learning center, the Science Center has educated audiences of all ages since 1966 about the importance of our natural world. Squam Lakes Natural Science Center is Sensory Inclusive Certified by KultureCity. The Science Center is located on Route 113 in Holderness, an easy drive from exit 24 off I-93, and public trails are open daily from May 1 through November 1 with programming throughout the year. For further information about the Science Center, call 603-968-7194 or visit [www.nhnature.org](http://www.nhnature.org).

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# LETTERS

(and even some real words)

## From The Editor

To the Editor:

What is going on in Wells River? Why did the entire Water Department (two employees) quit. Why is Wells River hauling lousy tasting water from Woodsville when the Wells River water is not contaminated, is frequently tested and has not shown any signs on contamination?

Why are the Village Trustees not communicating with Evernorth, owner of the building where the oil spill occurred and is the cause of the contamination instead of the insurance company? The Village should be dealing with Evernorth and let them deal with their insurance company.

Why did the Trustees hardly have any conversations with the two former water employees and why are they letting the Evernorth's attorneys dictate what is being done? When are the Trustees going to start taking actions for the benefit of the Village and the Wells River water users and not the insurance company?

From the Village website. "The Village is proceeding with actions to provide a longer-term, but still temporary solution of filtering the existing well water with granular activated carbon, a technology that will remove all compounds related to the spill. The Village is also proceeding with actions to search for and drill a new well source that could possibly replace the exist-

ing well. Both of these options will take time to plan and implement, hence the need for bulk hauling in the immediate term, which may extend through the end of the year" Presently, there is not any contamination in the village well so why are we hauling water from Woodsville. Who is paying for this?

I was not able to attend the last trustee's meeting so there may be updated info I don't haven't seem yet.

I encourage any and all users of Wells River water – tenant, building owner or business patron to attend the trustee's meetings held on the 1st and 3rd Thursday of the month at 4pm at the Village office and ask questions and demand action that is in Wells River's best interest. Learn what is happening, make your voice heard and stay involved.

I had over two years of experience dealing with the Williamstown water and air contamination of TCE and other dry cleaning chemicals in the 1980's caused by Unifirst Corporation. I know the solution is for the Village to stand up for Wells River and not appease the insurance company or the State. The insurance company and the State does not want what is best for Wells River, they just want the problem to go away.

Richard M Roderick  
Wells River, Vermont  
05081

Dear Editor,  
Please print the following LTE, "Running Silent" in your informative newspaper. Thank you, Nick De Mayo

LTE, "Running Silent"  
The US Navy Submarine Service is also known as "The Silent Service" due to their stealth capabilities of "running silent" allowing evasion of detection while underway in our world's oceans.

A majority of the Grafton County Commissioners seem to have joined the US Navy Submarine Service by "running silent" on the building of another courthouse. Since April 22, 2025, a Blackout of online Zoom Meetings was enacted by Chairwoman McLeod. With only weeks left before the County Delegation is to vote on such an expensive and unaffordable project, no mention as to funding the bond, no mention as to the interest rate, no mention as to the number of years we "Graftonites" will be paying for this boondoggle is forthcoming from Grafton County "Bubbleheads" so we, taxpayers, may apprise the situation thoughtfully, factually, reasonably.

It has been recently noted in area newspapers that the building of another courthouse will cost the residents and taxpayers of Grafton County \$47.3 Million. This is just the cost of building another courthouse! No mention is made of the overwhelming cost of paying off the bond over 20 or 30 years. The "McLeod ZOOM Blackout of April 22, 2025" re: vital information leaves the residents and taxpayers confused, bewildered, and dumb-founded as to the encumbering long-term debt we and fu-

ture generations of "Graftonites" will be facing. Some scenarios to be considered: assuming we acquire a 5% interest rate on \$47.3 million will produce a \$2.3 million interest payment every year for 20 years equaling another \$47.3 million, thus totaling \$94.6 million for the total cost of another courthouse! Again, if we acquire a 6% interest rate on \$47.3 million, it will raise our cost to repay the bond to \$2.8 million a year, costing us \$56.7 million over 20 years, and ultimately costing us \$104 million in total costs for another courthouse. As you can easily see, the higher the interest rate and the longer we go out in the number of years, the total cost of another courthouse will be staggeringly more burdensome and even more unaffordable. And, furthermore, we still have 8 years left on the bond to pay off the "new" jail, which, I believe, equals \$16 million. Add that to the total cost of another courthouse!

The majority of the Grafton County Commissioners are already negligent in their duties, in the opinion of this writer, due to the "Blackout" of real-time, transparent information to their constituents by eliminating ZOOM online meetings.

"Graftonites" need to make their voices heard to their respective Grafton County NH State Representatives who act as the County Delegation, and vote on this debt-ridden and untimely project.

Nick De Mayo, M. Ed.  
Sugar Hill, NH  
(603) 823-9816

**Just a quick reminder that everyone does have a right to their own opinions and we want them to be able to be expressed but within reason. Please be kind this world is hard enough without the bashing and name calling and judgements!**

**From the owner!  
April**

*Due to the editor being otherwise occupied this weeks Letters were not answered.  
I will try to corral him to resopond for the next issue!!!  
April*

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# Woodsville High School

Woodsville, NH — Mrs. Jill Nichols, Senior Career Specialist at Woodsville High School, has been named Specialist of the Year by Jobs for America's Graduates of New Hampshire (JAG-NH). This prestigious award recognizes Mrs. Nichols' outstanding dedication to student success, career readiness, and her unwavering commitment to the mission of JAG.

"Mrs. Nichols exemplifies the mission of JAG every single day," said Nick Resca, Executive Director of Jobs for America's Graduates of New Hampshire. "Her commitment to her students and to their success is nothing short of inspiring."

In her role at Woodsville High School, Mrs. Nichols supports students in developing academic, employability, and life skills. She works closely with local employers, colleges, and community organizations to help students identify and achieve their goals after graduation. Her leadership, compassion, and dedication have made a lasting impact on the

school community.

Also recognized during the recent JAG-NH staff awards ceremony were:

Suzanne Simano, Program Manager – High Performer Award

Sara Gates, Senior Career Specialist at Memorial/Manchester School of Technology – High Performer Award

These awards highlight the exceptional work being done across New Hampshire by JAG specialists and leadership to help students succeed in school, careers, and life.

About Jobs for America's Graduates of New Hampshire:

JAG-NH is a state affiliate of the national Jobs for America's Graduates organization, dedicated to helping students overcome barriers to success through career development, academic support, and life skills training. JAG programs are implemented in schools across New Hampshire, supporting youth in achieving high school graduation and positive post-secondary outcomes.



*Come listen to April every other friday morning on WYKR for the latest news in Trendy Times*

## IRONIES By Maggie Anderson

I had a conversation with another widow last week. She and her husband had been married 55 years when she lost him.

We were talking about our losses and what they've done to life in general.

She rarely leaves the house, her children are worried about her state of mind, and she seems to withdraw from life a little more each day. She told me losing her husband was just so unfair.

That surprised me. She had 55 years with him, they were financially well off, they'd traveled all over the world, their children are well, she is living in their dream house, which is already paid off, and she has a secure future. But, she still sees losing her husband after 55 years of marriage as unfair, somehow a slight directed at her.

I can't wrap my head a round that. Losing Hank is a black veil of sadness that I may never be free of. But I never saw my loss as unfair. I'm still here, I can enjoy the things we loved, the things we built together. The memories of our life together will sustain me when the dark days seep in through the cracks in my resolve.

And I can still make a difference as long as I'm engaged with life.

The world is plagued by unfairness. The accounts of the four little girls killed by their own fathers in the past few weeks is unfairness in a mega dose. Those little girls were robbed of a future by one of the people on earth who was supposed to be protecting them from others who would harm them. They were supposed to shield them from life's vile underbelly, yet they were the evil that ended the lives of those four little girls.

That may just be the ultimate unfairness.

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# GEORGE DeWOLF TO LEAD GUIDED TOUR OF MONARCH CITIZEN SCIENCE PROJECT



Holderness, NH — The Squam Lakes Natural Science Center, supported by Squam Lakes Conservation Society, is hosting a community citizen science project to monitor monarch butterfly larvae on milkweed. Interested participants are invited to join weekly monitoring sessions every Monday at 9:30 a.m. at the Pemi-Oxbow Preserve that straddles Holderness, Plymouth & Ashland.

On Monday July 28th, a special Monarch Monitoring Monday, will be led by George DeWolf, coordinator of New Hampshire's longest-running North American Butterfly Association (NABA) butterfly survey, now entering its 22nd year. George will give a guided tour of the Pemi-Oxbow Preserve and the various species of butterflies that can be found there. Don't miss this opportunity to learn more about our region's butterflies from such a knowledgeable guide!

By tracking the presence of monarch eggs and larvae, volunteers will contribute valuable data to the Mon-

arch Larva Monitoring Project, a nationwide initiative to better understand monarch breeding, distribution, and population health. Community involvement is vital to these efforts, helping scientists and conservationists protect monarchs and their habitats for future generations.

Volunteers of all ages are welcome! Meet in the back left corner of the Plymouth State University Ice Arena parking lot at 9:30 on Monday mornings through the end of August. Pre-register at [nhnature.org](http://nhnature.org) and Heidi Emmons for more information at [heidi.emmons@nhnature.org](mailto:heidi.emmons@nhnature.org).

Please note:

- PLEASE WEAR LONG PANTS, SOCKS, and CLOSED-TOED SHOES. There is a LOT of poison ivy on the walk out, as well as a healthy population of wood ticks.
- The walk to the field that we are monitoring is about ½ mile long, relatively flat, with easy footing.

For more information about how to get involved in the Monarch Larva Monitoring

Project, visit <https://mlmp.org>.

About Squam Lakes Natural Science Center

The mission of Squam Lakes Natural Science Center is to advance understanding of ecology by exploring New Hampshire's natural world. Through spectacular live animal exhibits, natural science education programs, guided Squam Lake Cruises, public gardens, and a nature-based Montessori early learning center, the Science Center has educated audiences of all ages since 1966 about the importance of our natural world. Squam Lakes Natural Science Center is Sensory Inclusive Certified by KultureCity. The Science Center is located on Route 113 in Holderness, an easy drive from exit 24 off I-93, and public trails are open daily from May 1 through November 1 with programming throughout the year. For further information about the Science Center, call 603-968-7194 or visit [www.nhnature.org](http://www.nhnature.org).

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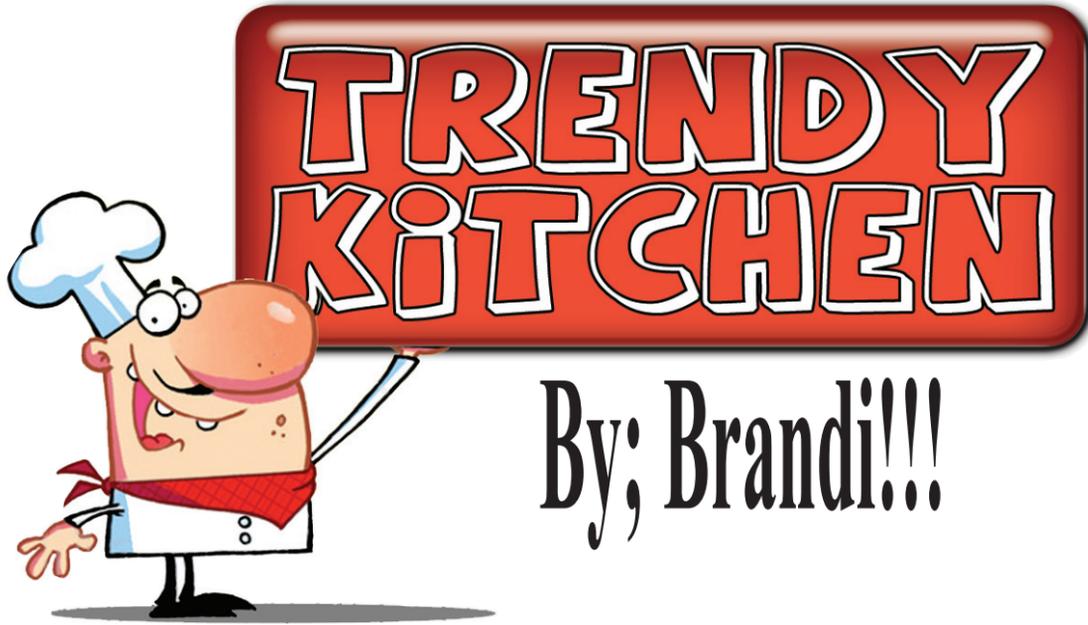


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# Happy Trendy Times Day!

🎉 Happy FAIR Week! 🎉

As an adult, I totally get it now— when my parents used to say, “Fair is here, summer is over,” they weren’t wrong!

I honestly can’t remember the last time I went to the fair. Once the kids got older, I was really just in it for the food. And when they were old enough to go without me, they’d sweet-talk their way into bringing me back a few of my favorites.

The best part? A lot of those fair food favorites are actually super easy to make at home any time of year—and the kiddos can help too. Bonus: no lines.

Sure, we can always fall back on the old faithfuls— steak & cheese or Italian sausage subs with onions and peppers, and of course hand-cut fries (I mean... do we even need a recipe for those?). But let’s kick it up a notch:

?

🍷 Blooming Onion  
If you’re lucky enough to have a cutter—half the work is already done! But you can do it by hand.

You’ll need:

- 1 large Spanish onion

- A sharp knife
- Deep fryer or pot of hot oil
- Eggs
- Flour (and seasoning of your choice)

Cut the top off the onion, keeping the root end intact. Slice down vertically about ¾ of the way through—making as many even cuts as possible without cutting through the root. Gently pull apart the petals.

Dredge in flour, then egg, then flour again (repeat if needed), and fry for 6–7 minutes until golden brown. Serve with your favorite dipping sauce. Ranch, chipotle mayo, or even spicy ketchup all work great!

Bonus: Use that same batter for chicken fingers, mushrooms, pickles... or if you’re feeling wild— Oreos or candy bars. (Seriously, who was the genius that thought to deep-fry an Oreo?)

?

🍩 Fried Dough  
This might be the easiest trick in the book.

Just grab a ball of pizza dough (yes— the kind from the grocery store deli or freezer section). Let it thaw and come to room

temperature. Tear off a piece, flatten it a bit, and drop it into hot oil.

About 2 minutes later... boom. Fried dough!

Top it with whatever makes your fair-loving heart happy: powdered sugar, cinnamon, Nutella, strawberries, or all of the above. No judgment here.

?

Keeping it simple this week while we soak up these final summer days. I hope you all enjoy the fair—and the food!

Catch me at Railroad Park on August 9th, cooking up some lunch goodies alongside some amazing vendors.

Rain location: Clifford Memorial Building.

Stay safe, stay hungry, and have fun!  
— Brandi 🍩

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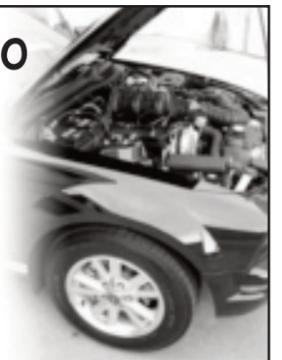
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