

A FREE PUBLICATION



Next Issue: Tuesday, December 17
Deadline: Thursday, December 12

TRENDY



TIMES

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802-461-9886

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Website: www.TrendyTimes.com

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WYKR Brings Back High School Basketball Broadcasts

WYKR is excited to announce the return of live high school basketball broadcasts, marking the end of a hiatus that began in March 2020 due to the COVID-19 pandemic. Starting in early December, WYKR will cover over 20 basketball games from local schools, including Rivendell, Blue Mountain, Woodsville, and Oxbow, featuring both girls' and boys' teams. The broadcasts will continue through the end of February, with plans to

cover playoff games if local teams qualify.

Listeners can tune in to the games on WYKR over the air, on the station's website, or through the WYKR app, ensuring fans can stay connected no matter where they are.

"We're thrilled to bring high school basketball back to the community," said Joshua Smith, the

new owner of WYKR. "These games showcase the hard work of our local athletes and bring families, friends, and fans together to celebrate the spirit of competition."

WYKR has assembled an experienced broadcast team of Robin Wozney, Neil Emerson, and Ryan Farquharson to deliver expert play-by-play com-

mentary and analysis. With their enthusiasm and expertise, listeners will feel like they're courtside for every shot, steal, and buzzer-beater.

A complete broadcast schedule is available, though it may be subject to change due to weather conditions. Updates will be provided as needed.

High school basketball has long been a cornerstone of community pride, and WYKR is proud to play a role in reigniting this cherished tradition.

For more information and updates, visit wykr.com

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TRENDY Dining Guide

- December 3rd South Ryegate Senior Meals
Roast Pork with Stuffing
Sweet Potato "Boyz Play-
ing"
Peas and Carrots
Applesauce
Roll
Frosted Cake
- December 10th Buffet (Shepards Pie, Roast Pork
Mac and Cheese)
Coleslaw
Salad
Apple Crisp/ Raspberry Bars
- December 17th Beef Stew Brian
Blood singing
Biscuits
Bread Pudding
- December 24th and 31st No Meals

Trendy Dining Guide Ads
 This size is \$200 for 6 Issues
 Plus A Restaurant Review
 Or \$400 for 13 Issues
 Plus Two Restaurant Reviews

Or choose the Smaller Size:
 13 Issues for \$225.
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For More Details
 Contact Gary @ 603-747-2887
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**Ellen L
(Tetro)
Kaiser,**

Ellen L (Tetro) Kaiser, 79, Woodsville, went to the Lord on Friday, November 15, 2024, with family at her side. She was born in Hartford, CT on September 6, 1945, the daughter of Frederick and Glenna (Murphy) Tetro. She was raised in the Swiftwater area of Bath and graduated from Woodsville High School with the class of 1964.

Ellen dedicated much of her life to serving others. She worked tirelessly for White Mountain Mental Health for 24 years and served as a substitute teacher for Haverhill schools for 14 years. Additionally, she served as an active member of the Bath School Board for 10 years. After graduating high school she worked at Kaiser's Restaurant where she met her soon-to-be husband, Frederick Kaiser. In 1966, she married Fred, with whom she raised three lovely daughters. Together, they owned and operated Swiftwater Antique Shop for over 40 years, where Ellen's keen eye for beauty transformed even the most worn antiques into stunning restorations. She was recognized as one of New England's foremost restorers of fine wooden furniture.

In her personal life, Ellen had a deep love for cats, enjoyed reading, and devoted her time to helping others. During her youth, she spent many happy hours grooming, training, and showing her horses, earning numerous awards and honors. Later with her husband, Fred, Ellen appreciated spending time outdoors especially in the woods hunting.

She is predeceased by her parents and a granddaughter Sydney Harris. She is survived by her husband of 58 years, Frederick

Kaiser; three daughters Colleen Hartman and her husband Jason of West Chesterfield, NH, Daleen Kaiser of Woodsville, NH, and Kristina Harris and her husband Richard of Benton, NH; a brother James DeSanto and his wife Patricia of Plymouth, CT; a sister, Glenna Rondeau of Plantsville, CT; 16 grandchildren, including Patrick Ash, Hunter Harris, Alexis Harris, Gabrielle Harris, Lauren Harris, Hayden Harris, Garrett Harris, Arabella Harris, Asher Clark, Ruth Stearns, Samuel Clark, Elijah Clark, Shalom Clark, Audra Hartman, and Connor Hartman; 11 great-grandchildren; several nieces, nephews, cousins, and friends.

Calling hours will be Wednesday, November 20, 2024, from 5:00 to 7:00 PM at Ricker Funeral Home & Cremation Care of Woodsville, 1 Birch St. Woodsville. Fr. Ryan Amazeen will celebrate a Mass of Christian Burial on Thursday, November 21, 2024, at 10:30 AM at St. Joseph Catholic Church, 15 Pine St. Woodsville, NH. Interment will follow at Swiftwater Cemetery in Bath.

In lieu of flowers donations can be made to Second Chance Animal Rescue, 1517 Meadow St. Littleton, NH 03561. To offer the family an online condolence, please visit www.rickerfh.com Ricker Funeral Home & Cremation Care of Woodsville is assisting the family with arrangements.



**Emily Nelson
as this
week's JAG
Student of
the Week.**

Woodsville High School's JAG (Jobs for America's Graduates) program proudly recognizes Emily Nelson as this week's JAG Student of the Week.

Emily began her journey with JAG during her freshman year and has been an inspiring presence within the program ever since. Known for her dedication to education and her role as a peer role model, Emily exemplifies the qualities of a compassionate and committed student.

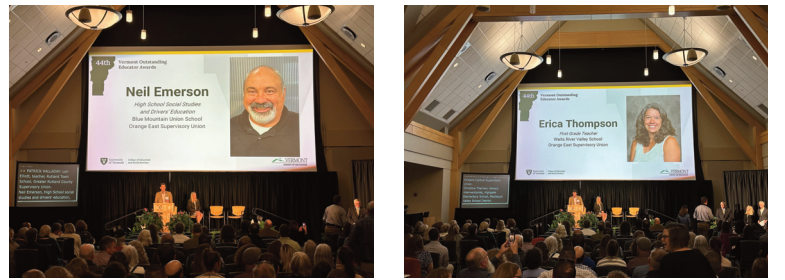
In addition to excelling academically, Emily stands out for her enthusiasm for community service. She is always eager to lend a helping hand, embodying the true spirit of giving without expecting anything in return.

JAG Senior Career Specialist Mrs. Jill Nichols praised Emily's contributions, stating, "Emily is the kind of student who inspires others through her actions. Her willingness to step up and help out without expecting anything in return is a testament to her kind heart and strong character."

The WHS JAG program is incredibly proud of Emily's achievements and looks forward to seeing her continued success.

For more information about the JAG program at Woodsville High School, please contact Mrs. Jill Nichols at jnichols@sau23.org.

**2024
Outstanding Educator
Awards**



Two Orange East Supervisory Union educators have been awarded with the 2024 Vermont Outstanding Educator Award by Orange East Supervisory Union and the University of Vermont College of Education and Social Services. Each year, the supervisory union has the opportunity to select one elementary teacher and one middle/high school teacher to be recognized as our Outstanding Educator of the Year.

We are incredibly honored to have two amazing educators representing our schools and supervisory union for 2024. Orange East Supervisory Union educators from Waits River Valley School and Blue Mountain Union School were selected as the recipients of this year's award;

Waits River Valley School- Erica Thompson
1st Grade Teacher

Blue Mountain Union School- Neil Emerson
High School Social Studies Teacher | Driver's Education | Broadcast Journalism

Erica Thompson and Neil Emerson were recognized at a ceremony on November 7th, 2024 at the University of Vermont's Davis Center with other awarded educators from across Vermont. We are fortunate to have wonderful educators across our supervisory union and this is a fantastic way to honor those educators who go the extra mile and have a positive impacts on the lives of our students. We would like to thank Neil, Erica and all of our "outstanding" educators for everything you do for our students!



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At different times, inflation may be high or low, but, except in those rare periods of deflation, it's always with us. During your working years, when you may receive boosts in your salary, you at least have the potential to keep up with inflation — but what happens when you retire? As a retiree, what can you do to cope with the rising cost of living?

Here are a few suggestions:

Keep some growth potential in your investment portfolio. During your retirement years, you may want to move your portfolio toward a somewhat more conservative approach by owning investments that offer significant protection of principal. However, these same investments offer little in the way of growth, which means they are susceptible to inflation. Consequently, you'll also need to own a reasonable amount in growth-oriented investments, such as stocks and stock-based securities. Of course, these investments will fluctuate in value as the financial markets move up and down, but by owning some more conservative investments, you can reduce the overall impact of market volatility on your portfolio.

Consider inflation-adjusted bonds. You might want to consider Treasury Inflation-Protected Securities (TIPS), which are indexed to the Consumer Price Index, so the principal increases with infla-

tion (and decreases with deflation). Another inflation-adjusted Treasury security is the I bond, which differs from TIPS in that the principal doesn't change but the interest rate does, every six months, based on a combination of a fixed interest rate and the inflation rate. Like all investments, though, TIPS and I bonds have various features and risks of which you should be aware before investing.

Delay taking Social Security. You can start collecting Social Security benefits at 62, but your monthly checks will be much bigger if you wait until your full retirement age, likely between 66 and 67. You would receive the maximum amount if you waited until 70 before collecting. Of course, if you need the money to help support your retirement, you may not be able to afford to wait, but if you can, your bigger checks can be a big help against inflation.

Don't hold too much cash. During your working years, it's a good idea to have an emergency fund containing several months' worth of living expenses in liquid, low-risk accounts. And when you're retired, you might want to have up to a year's worth of expenses in such a fund. But be careful about holding too much cash, as it will lose purchasing power each year due to inflation. Instead, when keeping cash, seek the "Goldi-

Inflation-fighting strategies for retirees

locks" solution — not too little, not too much, but just the right amount.

Think about extending your employment. If you like what you do, you might want to consider working a few years longer than you had originally intended. Not only will you be bringing in more income, but you could also continue to contribute to retirement accounts, including your IRA and 401(k). Even if you don't want to continue working full time, you could do some part-time work or consulting. Any earned income you bring in can help in your fight against inflation.

You can't control the cost of living, but by making some of the moves described above, you can help yourself mount a defense against the effects of inflation during your retirement years.

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

Scott Borthwick
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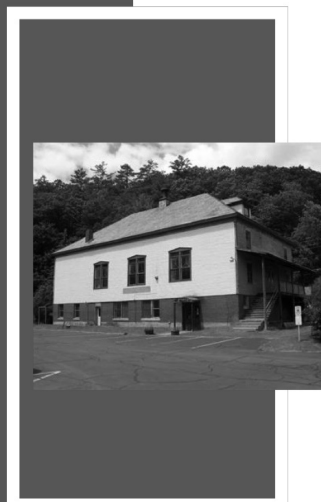
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OBITUARY: Lewis A Boutin,

Lewis A Boutin, 80, Benton, passed away after a period of failing health at the Grafton County Nursing Home in North Haverhill on Thursday, November 14, 2024. He was born at Cottage Hospital in Woodsville on July 27, 1944, to John "Pete" and Iona (Mason) Boutin. He attended public schools in Benton.

Lewis joined the Army in 1968 and was honorably discharged on December 24, 1969. He found work at DCI in Lisbon where he stayed until his retirement in 2000. Lewis enjoyed hunting, fishing, playing horse shoes, and taking rides looking for deer.

He is predeceased by his parents Pete and Iona Boutin; three brothers, Rob-

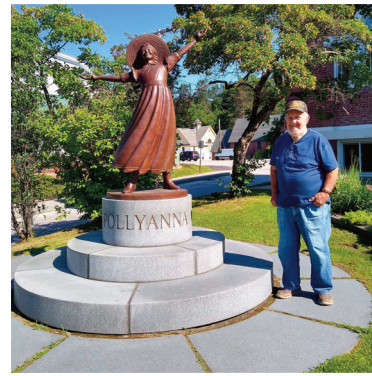
ert Boutin, Dale Boutin, and Ronnie Boutin; and a nephew, John Adam Boutin. He is survived by a sister Judith Boutin of Woodsville, a brother Peter J. Boutin and his wife Robin of Catula, GA; sisters in law, April Boutin of Benton, and Annie Boutin of North Haverhill; and a special niece Kelley Roy of Bath.

The family respects Lewis' wishes for no public ceremony. He will be interred in the family lot in Benton.

To offer the family an online condolence, please visit www.rickerfh.com

Ricker Funeral Home & Cremation Care of Woodsville is assisting the family with arrangements.

Christmas Season at the Lyman Bible Church



Paul R. Gajewski, 89, St. Johnsbury, VT, died at Dartmouth Hitchcock Medical Center in Lebanon NH, on Wednesday, November 6, 2024, after a sudden illness. He was born in Webster, MA to Martin and Elsie (Walkowiak) Gajewski on December 21, 1934. He attended local schools and enlisted in the US Navy during the Korean Conflict.

Paul moved to California for several years working in manufacturing. He returned to Massachusetts to work for the railroad and moved to Woodsville, in 1981, working as a truck driver for P&H and later at Gary's Fuels. He married Mary Grimes in 1986. He enjoyed hunting and fishing and watching NASCAR, especially Dale Earnhardt Sr.

OBITUARY: Paul R. Gajewsk

He is predeceased by his parents, and his stepdaughter Karen Gordon in 2011. Paul is survived by his wife, Mary Gajewski of North Haverhill; a stepson Edward Woods and his wife Karen of Monroe, NH, three grandchildren; and two great-grandchildren.

A graveside service will be held on Saturday, November 16, 2024, at Center Haverhill Cemetery at 9AM. Those who wish may make donations in his memory to American Legion Post 20, 4 Ammonoosuc St. Woodsville, NH 03785

To offer the family an online condolence, please visit www.rickerfh.com Ricker Funeral Home & Cremation Care of Woodsville is assisting the family with arrangements.

LYMAN Prepare your hearts for the Christmas Season at the Lyman Bible Church on Sunday December 8th at 2 pm. Enjoy music, reading the Nativity Gospel, Christmas hymns and uplifting prayer. Lift your spirit to be ready for the season to share the joy of Christ's birth. Join Pastor Mike Gilman and Chaplain Debi and bring your family and friends to this quaint country church service and renew your readiness for a joyful Christmas. See www.facebook.com/LymanBibleChurch/ for more information.



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The Cohase Chamber Winter Decorating Contest is in full swing!

ATTENTION!
Deadline has been extended to December 7 to enter.
Residential Entry prizes: \$300, \$200 & \$100
Commercial entries vie for a Grand Trophy!

Visit cohase.org/winter-lights for the list of entries and to vote for your favorites **by December 29th.**

Be sure to stop at the restaurants and shops along the way to make a night of it.

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Calendar of Events

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

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for the whole family, productions include The Lion, the Witch, and the Wardrobe, Who's Holiday!, and A North Country Christmas. Visit weathervanenh.org for showtimes and ticketing information.

Friday, Dec. 6, 3 and 6 pm - Athenaeum Players present "It's a Wonderful Life" in the Gallery.

Wednesday, Dec. 11, 7 pm - Vermont Humanities Snapshot Series: Paranoia in the Hills—

Cold War Vermont as Inspiration for Crime Fiction

Vermont author Sarah Stewart Taylor illustrates the creation of Agony Hill, her first novel in a mystery series that is set in 1960s Vermont. The state's Cold War history provided inspiration and historical context for her tale of a Boston cop investigating a suspicious death in a small Vermont town. Stewart Taylor describes her research process and some of the surprising personalities who lived in or visited the Green Mountain State during this period.

Hybrid event. Registration for free in-person or online tickets is required:

<https://www.eventbrite.com/e/paranoia-in-the-hills-cold-war-vermont-as-inspiration-for-crime-fiction-tickets-956487559037?aff=oddtcreator>

This event is free, ADA compliant, and open to the public.

Friday, December 13, 10:30 am - Good Living Book Club (St. Johnsbury House)

Check with the Good Living Senior Center or 2nd floor desk at the Athenaeum for available books, first come, first served.

December's book selection: Amish White Christmas Pie by Wanda Brunstetter

Questions? Contact Adele West-Fisher, 802-745-1392 or awestfisher@stjathenaeum.org

Everyone Welcome! This event is free, ADA compliant and open to the public.

St. Johnsbury Athenaeum

Yoga for Kids and Caregivers

Dec. 13 10:00 am

The Athenaeum Children's Library, 1171 Main St, St. J

St. Johnsbury Athenaeum

Photography Exhibition and Artist Reception

Dec. 18

5:00 PM

The Athenaeum, 1171 Main St, St. Johnsbury

St. Johnsbury Athenaeum

Athenaeum Players presents It's a Wonderful Life

Dec. 6. 4 and 6:30 PM

The Athenaeum, 1171 Main St, St. Johnsbury

Upcoming Events

The Bath Historical Society

15 Lisbon Road

Bath, NH COOKIE WALK & BAKE SALE

Saturday, December 7th, 2024

10:00 AM through 2:00 PM

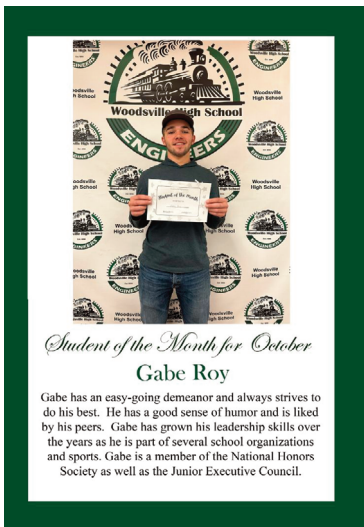
at our own historical building

Whitefield's Weathervane Theatre proudly presents its second annual holiday season from December 1 to 8 at the Presidential Hall at Mountain View Grand Resort & Spa. Presenting holiday cheer

Weathervane Theatre to Present Who's Holiday



Gabe Roy as October's Student of the Month



Woodsville High School is proud to recognize Gabe Roy as October's Student of the Month. Gabe's easy-going demeanor, leadership, and dedication to excellence have made him a standout student and role model in the school community.

His peers and teachers highly respect Gabe for his sense of humor, hard work, and involvement in school activities. A member of the National Honor Society and the Junior Executive Council, Gabe exemplifies the qualities of a true leader, balancing academics, extracurriculars, and service to others. Congratulations to Gabe for this well-deserved recognition!

WHITEFIELD, NH - November 25, 2024— Weathervane Theatre is pleased to once again present Who's Holiday! in the Presidential Hall at the Mountain View Grand Resort & Spa and at Gorham's Medallion Opera House this December. Delighting North Country audiences last December and hailed by The New York Times as "brassy" and "very funny," Matthew Lombardo's hilarious holiday hit will perform at the Mountain View on Sunday, December 1st at 5 PM, Wednesday, December 4 at 7 PM, and Friday, December 6 at 8 PM. It performs at Gorham's Medallion Opera House on Saturday, December 7 at 7 PM.

ABOUT

Get ready for a wildly funny and surprisingly heartfelt adults-only comedy where The Grinch's beloved Cindy Lou Who is all grown up, fresh out of jail, and living in a trailer park. Join Cindy Lou as she recalls that fateful Christmas Eve she first met the Grinch and the twisted turn of events her life has now taken.

Starring as Cindy Lou Who is Marisa Kirby. Earlier this year Kirby won the New Hampshire Theatre Alliance Best Actress Award for her portrayal of Miss Adelaide in Weathervane Theatre's 2023 production of Guys and Dolls. A genuine triple threat,

Kirby has dazzled Weathervane audiences over seven seasons, portraying iconic leading ladies like Cassie (A Chorus Line), Titania (A Midsummer Night's Dream), and Audrey (Little Shop of Horrors).

Charming audiences last holiday season with her portrayal of Cindy Lou Who, Kirby is thrilled to return as everyone's favorite resident from Whoville.

"Cindy Lou has this relatable charm where we see ourselves or someone we know, which really resonates," said Kirby. "She is refreshingly unfiltered, and that's what I love most about her! Bringing laughter, cringe, and even a few tears all in one show is a performer's dream. I'm beyond excited to return and share this experience with a community that feels like I'm home for the holidays."

Weathervane Producing Artistic Director Ethan Paulini directs Who's Holiday!. Additional creative team includes Jeremy Baldauf (sound and lighting design) and Rien Schlecht (costume and production design). Egypt Dixon stage manages the production. Who's Holiday! runs 75 minutes with no intermission and is recommended for adults only.

Like last year, Who's Holiday! will once again per-

form at the Mountain View Grand, but for the first time, it will also perform at the Medallion Opera House in Gorham.

"We are absolutely thrilled to partner with the Weathervane Theatre to bring their performance of Who's Holiday! to Gorham," said the Medallion Opera House Board of Directors. "Adding this hilarious production to our holiday events enables us to expand the performing arts programming offered for our patrons' enjoyment and add loads of laughter to our celebration of the holiday season."

Who's Holiday! is part of Weathervane's holiday season, which runs from December 1-8, 2024, at Mountain View Grand Resort & Spa's Presidential Hall. Additional holiday season titles include A North Country Christmas and The Lion, The Witch, and The Wardrobe. Weathervane's holiday season is sponsored by Mountain View Grand Resort & Spa. Tickets for all three productions are on sale now at weathervanenh.org. The Weathervane Box Office is currently operating on its offseason schedule. All emails (boxoffice@weathervanenh.org and phone calls (603-837-9322) will be returned within 72 hours.

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A Charlie Brown Christmas with the Heather Pierson Trio ,



Heather Pierson Trio
will appear live at

Court Street Arts 75 Court St., Haverhill,
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on Friday December 13, 2024 at 7:30 pm

Heather Pierson is a New Hampshire based singer/songwriter, pianist, song leader, and performer with a passion for cultivating joy, both onstage and off. Her sixteenth studio album, *Back To The Light*, was recorded 'live on the floor' in Portland, ME with trio mates Shawn Nadeau on bass and Craig Bryan on drums. This collection of Heather's originals pulsates throughout with the grooves of New Orleans, the beauty of Appalachia, and Sunday-go-to-meeting celebration. Best known for her ease at the piano and her bell-tone voice that Americana Highways says 'sounds like timeless wind moving slowly through the trees', Heather's live performances with the trio take listeners' ears and hearts on an uplifting journey with their conversational style of musicianship, speaking the language of music with ease and wit.

In their annual December offering, The Heather Pierson Trio performs the entirety of the 'A Charlie Brown Christmas' album as recorded by the Vince Guaraldi Trio, as well as other Guaraldi compositions and holiday favorites. The musical score for 'A Charlie Brown Christmas', composed by the late Vince Guaraldi and first broadcast in December of 1965, is just as poignant and touching as the story and includes the hugely popular hit 'Linus and Lucy'. Guaraldi's gentle jazz riffs established musical trademarks that, to this day, still prompt smiles of recognition.

More artist information is available at www.heatherpierson.com



Woodsville High School Seniors Represent at Lions Cup Tryouts.

Two Woodsville High School seniors, Natalie Therrien and Jane Roy, showcased their exceptional talent and dedication to soccer by participating in the Lions Cup Tryouts this past weekend. The Lions Cup, an annual event, invites seniors who have achieved All-State status to try out for the prestigious game, which is set to take place in July.

Both Natalie and Jane have demonstrated outstanding skill, teamwork, and sportsmanship throughout their soccer careers at Woodsville High School. Their participation in the Lions Cup Tryouts is a testament to their hard work and commitment to excellence on and off the field.

"We are incredibly proud of Natalie and Jane for representing Woodsville High School at such a competitive level," said Hayden Coon, Principal of Woodsville High School. "Their achievements reflect their dedication and the strong soccer program at WHS."

The Lions Cup brings together the best high school players from New Hampshire and Vermont to compete in a cross-border match, celebrating athletic talent while raising funds for charitable causes.

Congratulations to Natalie Therrien and Jane Roy for this outstanding accomplishment. The entire WHS community is cheering you on!



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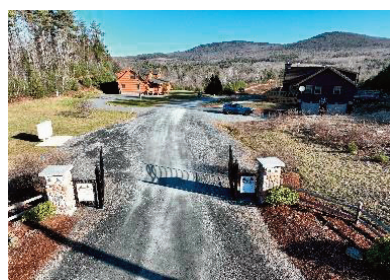
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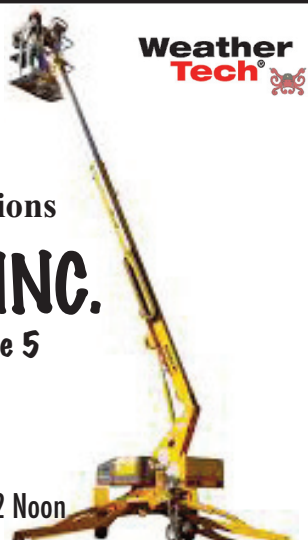
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Ho-Ho-Holiday Events

Coming to Lisbon!

Like to sing Christmas carols, but not outdoors in the cold? The popular "indoor caroling" event returns to Lisbon on Sunday, December 1 at 2:00 pm. Start December with the songs of the season, and sing along as familiar and traditional carols are accompanied on a century-old pipe

organ. Great fun for all ages, and everything sounds great in the acoustic setting of the Shared Ministry's 1849 church building at 49 South Main Street. Free, and songsheets provided. Plus enjoy light refreshments of warm cider and Christmas cookies, too.
December 8, Santa

returns to town in Lisbon! In partnership with Lisbon Main Street, Inc., everyone's favorite "White Mountain Santa" comes to the Shared Ministry once again – and everyone is invited! The White Mountain Santa is a jolly and faithful ambassador of all things Christmas. Kids of all ages can visit with Santa, take photos, and much on cookies and treats. The jolly fellow has been known to tell a story or two in between arrivals of eager youngsters and families. Santa will hold court in the accessible first floor meeting room from 3:00 to 5:00 pm. Free, fun, and a great family outing.

Save some time to savor a traditional Christmas Eve service, too. Open to all, the Shared Ministry welcomes visitors to experience a service of carols, readings, and candlelighting on December 24 at 7:30 pm. Plenty of parking, and the building's accessibility entrance has a lift to the second floor sanctuary. Additional info, please phone 603-838-5008; or see more at www.facebook.com/the-sharedministry.

EI vs IQ

By: Maggie Anderson

I was pondering Daniel Goleman's book "Emotional Intelligence" last night, partly because it had come up in conversation with friends a couple of days ago, but also because of the actions taken by another friend in the wake of the recent Presidential election.

She is so traumatized by the election results, she sent emails to everybody in her address book letting us know she is putting herself into self-imposed hibernation mode - no emails, no calls, no contact with anybody - until she decides what she's going to do about this sad state of affairs.

To each his own I guess.

Personally, I don't know how much change she hopes to illicit shut down and barricaded against the world.

And I'm not sure leaving all her perceived vil-

lains to their own devices is the best way to keep them in check.

It is possible she will be paralyzed until she's able to reconcile, what Goleman described as our two minds, the thinking one and the feeling one, in order to establish some middle ground for herself.

I mean, realistically not even a bear hibernates for four years at a stretch.

My Paternal grandmother would have made some of the same observations Goleman did, albeit more succinctly. Gramma would have cut to the chase and said "lift your chin and look around you. Life is not just about you. You have an obligation to the rest of humanity to do what you can, when you can."

The clock's ticking, you best get on with it.



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St. J Sparkles! Holiday Weekend, December 13 & 14



Even More Sparkles Planned for St. J Sparkles St. Johnsbury's signature celebration of the holiday season is back on December 13 & 14, 2024 with St. J Sparkles! Holiday Weekend. On Friday, December 13, the event will bring nightlife to the downtown district, with activities at the Welcome Center, fire pits on Railroad Street and many businesses staying open late until the Northstar Fireworks Display at 8pm. On Saturday, December 14, family-friendly activities start at 9am and run late into the afternoon, all throughout town.

This year there are new reasons to get your sparkle on. On Friday evening, an all-new Sparkle Outfit Competition taking place on 7:30pm at the Welcome Center will encourage revelers to wear their sparkliest light-up attire with several categories for contestants of all ages. And, the Find Your Sparkle Shop Local Reward program will encourage shopping during the event by doubling shop local rewards points earned for purchases made at shops and restaurants on December 13 & 14.

"This year we want to highlight the festive nature of St. J Sparkles! Holiday Weekend. Every year the Northstar Fireworks display brings a fantastic

light show to downtown St. Johnsbury, and we want to encourage people to have fun with the occasion, to dress up, shop locally, dine, and enjoy the sparkle of the season.", says Gillian Sewake, Director of Discover St. Johnsbury, who organizes the event. An event preview can be found at DiscoverStJohnsbury.com/StJSparkles.

A full schedule will be released closer to the date of the event, but confirmed activities include free horse-drawn wagon rides from Rainbow's Edge Farm; the holiday model train display from Dr. Tom Turek; a farm animal petting zoo from Morrison's Feed Bag; a huge variety of free kids crafts & activities all around town; shopping incentives and dining promotions; free warm beverages and fire pits along Railroad Street; live music from United Community Handbell Ensemble; holiday craft bazaars; a Dog Mountain Howl-iday Paw-ty; holiday performances & concerts; food & toy drives; Santa visiting area businesses; Chanukah activities; and much, much more. Event times, locations, and details will be available online at DiscoverStJohnsbury.com/StJSparkles or by calling the St. Johnsbury Welcome Center (51 Depot Square, St. Johnsbury, VT

05819, phone (802) 748-8575). Businesses and organizations who want to host activities still have time to contact Director@DiscoverStJohnsbury.com to be included on the event schedule. During the entire weekend, the annual Find Your Sparkle Shop Local Reward program will add an extra incentive to support local businesses. The program will launch on Small Business Saturday, November 30 and between the launch and December 31, shoppers are encouraged to pick up rewards cards at local merchants, and get the card validated when they shop at any combination of ten independent small businesses in St. Johnsbury. During St. J Sparkles! Holiday Weekend on December 13 & 14, purchases count DOUBLE towards earning the reward. There is no list of participating businesses—all kinds of purchases at independent small businesses in St. Johnsbury are eligible, including eateries, shops, the Farmers Market, hardware stores, and more. Turn in the completed rewards card at the St. Johnsbury Welcome Center to receive a free limited-edition magnet featuring a beautiful design by NEK artist Fox & Raven Studio.

The Bath Library Book Club

The Bath Library Book Club will be discussing "The Book Woman of Troublesome Creek" by Kim Michele Richardson on Monday, December 9 at 4:30 pm at the Bath Public Library. "The Book Woman of Troublesome Creek" is historical fiction inspired by the true blue-skinned people of Kentucky and the brave, dedicated people of the Kentucky Pack Horse library service of the 1930s.

Cussy is a book woman in the government's new program that is dedicated to bringing library books to rural, Appalachian families. With her cobalt-blue skin she confronts dangers and prejudice as old as the Appalachias. This is a story of raw courage, fierce strength and one woman's belief that books can carry us anywhere.

Books may be picked up at the Bath Library; hours are Monday and Wednesday 9:00 am to noon and 1:00 pm to 5:00 pm; and Saturday 9:00 am to noon. Anyone with an interest in reading and conversing about books is welcome to attend. For information, please contact the library at 603-747-3372 or email bathlibraryljh@gmail.com

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BEEZWAX By John Martin

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Picture it Sicily 1922.....

By Stevie Sassparilla

Just kidding it was May something or other 2024 and I woke up on a sticky jailhouse cot. I was definitely still drunk. Those 6 Gin and Tonics probably were a poor choice. But hey when you are Manic and stuck in that high you really do not have the true cognitive ability to make the best decisions.

Over the previous 6-8 months or so leading up to this god-awful morning I had made some outrageously terrible decisions. What I had not known until about December of 2023 was that I was Bipolar.

Bipolar disorder type 2 is such a funny disorder. You feel like you are on top of the world one moment and then the next you would love nothing more than to get taken out by a speeding train to end it all. I have unknowingly battled these emotions my whole 38 years of life. I just thought I was a spirited red-headed spitfire. I did not know that my fluctuating moods and rebellious attitude were part of a roller coaster ride of a disorder.

Silly Me.

So anyways... I woke up still super drunk and rather confused as to where I was and what the hell I had done. I was in jailhouse attire and covered in bruises. As I sobered up and pieces of the previous evening started to come back to me, I was so ashamed of the behavior that led up to my recent stint in the drunk tank. However, to this day I do not remember all the details, and some have been given to me by those that were there.

In my manic psychosis which is defined as "Manic psychosis is a severe form of mania that involves a break from reality and can include delusions and hallucinations." I threw rocks

at my family members tried to break windows in my home and tried to fight the police. I had bruises on my wrists, head, and up and down my legs from the state police stuffing me into the car and driving erratically to the jailhouse despite my pleas for help and understanding.

In my opinion, they do not receive enough training in mental health matters.

The aftermath of this evening will probably haunt me for the rest of my days. I wish I could take back the part that traumatized my 16-year-old. For me, this is the worst part of the whole event. I can never undo that damage, and it kills me.

I was promptly slapped with a protection order and could not see my children until court two weeks later. Mind you I have been their adoring momma their entire lives. This effectively broke me. A few years ago, I was a Pinterest-perfect stay-at-home mother. I made cookies, decorated for every occasion, and threw some amazing birthday parties. I was navigating the world of being a special needs mom and a sports mom with a high schooler.

Not everything was perfect though. I have always been a bit moody and rebellious. I get overwhelmed and say terrible things out of my anxiety. I struggled with postpartum depression and suicidal thoughts and feelings my entire life. I never realized my struggles stemmed from a mental health disorder.

When struggling with bipolar disorder impulse control is pretty much nonexistent. You obsess and you live for that feeling of being "high on the hog" You feel so grand that you do not want it to go away.

This is why so many people with Bipolar have substance abuse problems. I never had a "drinking problem" not in the sense that I needed to drink every day. When I start drinking my "party gremlin" comes out and I cannot stop. I act like a fool, I flirt, I fight, and I cannot stop until I pass out.

I usually would abstain from alcohol. It often gave me a headache so I usually do not drink but I was so out of my mind manic that I was drinking almost daily to excess.

Party Goblin is the term I would use for manic me. I would just drink and be "obnoxious" Which unfortunately was the term my partner at the time had used to describe me. When you have Bipolar you are your own worst critic anyway so any criticism cuts like a knife its super painful. I hated that he perceived me at being obnoxious. I thought I was just having fun.

My family ended up dropping the protection order providing that they saw a real effort by me to curb my drinking and acting out. I did this dutifully but my relationship with my oldest son was damaged—the events of that night and the few months before took a toll on him.

We continue to work on our relationship daily, it's sometimes a struggle but in the end, I

know he knows his mother adores him and would jump in front of a speeding train for him and his brother.

I am diligently working on myself. I am learning who I am and what this diagnosis means for me. It's sometimes comforting to know that the extreme feelings I have felt my entire life

are more a part of the disorder rather than me being a terrible person. I religiously take my meds and attend therapy. I read, research, and try everything I can to ensure I am rebuilding the best me possible for myself and my young men.

This road will not be easy but very much necessary to make sure that I am still here and present for them.

Be sure to tune in om the Friday before Trendy Times hits the news stands as April will be giving an update on what you can expect to see in the next issue on WYKR.

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A Visit From St Nicholas



Old Church Theater presents "A visit from Saint Nicholas" written by Lowell Swortzell. This play is directed by Melissa Mann with the help of Gloria Heidenreich, who has returned from a hiatus to be the assistant Director. The play, depicts the story of how a poem written by Clement C. Moore for his children for as a Christmas gift, becomes a world renowned children's Christmas story.

The play is set in the home of Clement C. Moore played by newcomer Curtis Surette. And his wife Alice played by Carrie Ann Quinn. Meghan Bullard Plays with cousin Harriet, who helps the children recreate the famous poem after their father destroys it.

The children will be

played by various actors, some of whom will be alternating their roles, Fiona and Sydney Klein top as Charity, Kaylee King and Emily Grout as Margaret, Mila Emerson, as Benjamin, Matthew grout (The Voice) and Santa as himself!

The story takes place on Christmas Eve, and the actors will be in their "kerchiefs and caps" The audience is welcome and encouraged to join us in modest pajamas of their own.

NOTE: There will be a visit from Saint Nick and children are encouraged to stop by and say hello, candy canes will be handed out and as always there will be refreshments served at intermission.

Friday, December 6
OCD will be teaming up

once again with the Boy Scout troop 778 who will be hosting their annual spaghetti supper. They are hoping to break 100 meals served this year. All attendees to the dinner will receive 50% off admission to that night, showing of a visit from Saint Nicholas. Please help us support them while you also support us.

The show is sponsored by Sarkys Smokehouse and saloon opens up Friday, December 6 at 7 PM and run for two weekends with Matt at 3 PM on Sundays.

What are you doing Tickets are \$15 adult \$12 for students and seniors these can be purchased at the door or online at the Old Church Theat

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HO! HO! HO!

MERRY CHRISTMAS!

Children living in Lisbon, Lyman and Landaff are invited to call Santa at the North Pole at 603-838-5043 starting Sunday, Dec. 15th through Thursday, Dec. 19th from 6:00 to 8:00 pm.

If you have been good this year Santa will come visit you at home on Christmas Eve and bring a stocking and some treats.

Sponsored by the Lisbon Lions Club

FOR UNTO US A CHILD IS BORN, UNTO US A SON IS GIVEN. ISAIAH 9:6

Trinity Church of the Nazarene's 30TH Annual Living Nativity Friday, December 6



at the
Trinity Church of the Nazarene
just off Route 10
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(next to Grafton County Courthouse)

ONE SHOW ONLY

at 6:30 p.m.

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New HAMPSHIRE HOUSE UPDATE

By Rick Ladd - Haverhill

Rep Ladd Legislative Report

NH Public School Infrastructure Annual Report

Five years ago, Governor Sununu charged the School Safety Preparedness Task Force to find agreed upon recommendations on making New Hampshire's schools safe. The task force spent more than 1,000 hours researching and discussing the most pressing issues involving school safety and security, including conducting a comprehensive review of state, local, federal, and private research while seeking and evaluating public comment and suggestions. Visits were made to schools to meet with school administrators, staff, students, local emergency responders and parents. Local fire, police, and first responders from around the state worked with the task force members in developing action recommendations contained in the final report. The 2018 task force report contains 59 recommendations addressing: legislative action, mental health, planning, training, school emergency operation plan exercises, communication, and facility upgrades.

Upon receiving the report, the Public School Infrastructure Fund and Public School Infrastructure Commission was established

(RSA198:15-y and z). The commission includes members from the Senate and House, the Director of Homeland Security, the Chairman of the State Board of Education, the Chairman of the School Building Authority, and the Commissioner of the Department of Education. Since 2018, the commission has allocated \$52.6M toward upgrading school safety and security measures and protocols. This total allocation has been sourced by State Public School Infrastructure Funds (\$42.6M) and Federal ARPA Funds (\$10M).

The Round 3 funding application process, the Security Action for Education (SAFE) grants program, opened on October 30, 2023 and the last day to request reimbursement closes on January 30, 2025. The Public School Infrastructure Commission is tasked with recommending and advising the governor on proposals for expenditures from the public school infrastructure fund. The Commission has directed grants toward supporting school security: surveillance, access control, and emergency alerting/communications.

When asking parents to describe K-12 education, the following is communicated, "Schools must be safe and secure, schools must provide competent teachers, and my child's high school graduation diploma must be meaningful."

The Public School Infrastructure Commission in coordination with the Department of Education and New Hampshire Homeland Security has worked tirelessly to better ensure school safety preparedness. As Governor Christopher T. Sununu mentioned in his February 15, 2018 State of the State Address, "If we can't put our kids on a school bus and truly believe that they're going to be safe, then nothing else matters." The PSI Commission met this past month and recommended that the upcoming NH Biennium Budget include \$10M to further support needed safety and security upgrades for waitlisted NH schools.

Respectfully Submitted,
NH Rep Roderick "Rick" M. Ladd, Jr.
Chairman, Public School Infrastructure Commission

THE PINE HILL SINGERS OFFER "A WINTER'S WELCOME!"

The Pine Hill Singers return with their new program "A Winter's Welcome" where they will perform choral selections of classical, traditional and contemporary works, along with many of holiday favorites.

Two performances will be offered, one on Saturday, December 14 at the Bradford Congregational Church, 145 Main Street, Bradford, VT, and the other on Sunday, December 15 at the Sugar Hill Meeting House, Main Street, Sugar Hill, NH. Both concerts begin at 3 pm and admission to both concerts is by donation. Everyone is welcome!

The Pine Hill Singers, a well-known women's community chorus, have brought outstanding performances to the local area for more than two decades. Their thematic concerts feature an eclectic variety of music from classical to contemporary, Broadway to pop, and patriotic to global. They sing to inspire, promote musical excellence, and have fun! They are of diverse professions, musical abilities, ages and life experiences. This close group of women from NH and VT meet weekly to celebrate their common love of creating and sharing music for their community.

April Dyke
Goddess #15039
802-461-9886
a.dyke2@yahoo.com



Find me on fb at April Dyke or Athena's by April



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TRENDY KITCHEN

by **Cindy Pinheiro**
to contact **Cindy**
(aka **Cin Pin**)
write to the owner/publisher at
April@trendytimes.com



Comforting Meatloaf

Hello hello my fellow chefs! How are you all doing today? I'm doing good. I had a wonderful Thanksgiving with my friends and neighbor the Spencer's. There was so much scrumptious food, and the desserts were out of this world. I'm planning on sharing a trifle recipe with gingerbread soon. I first have to locate where I put my trifle dish because it's been quite a long time since I've used it!

I heard about today's recipe from my hairdresser. Since we just had our fill of turkey I thought, let's have some comfort food. Meatloaf is just that plus it's great leftover, I like to slice it thin and make a grilled cheese sandwich with it. Yum! Also I found at Walmart a great product that you probably have seen on TV it's called Better

than Bouillon and I really like it. That's what I used to make the broth for this recipe. Let's get started with today's recipe and how to make it.

Ingredients

- 2 large eggs
- 1 large onion minced
- 1 Cup beef broth cooled
- 1/2 Cup Barbecue sauce
- 1 box of stuffing mix, chicken flavor is fine, I used Stove Top
- 2 lbs lean ground beef
- Barbecue sauce to spread over entire meatloaf

Preheat oven to 375 degrees. Spray with Pam a 9x13 baking dish. In large bowl whisk eggs, minced onion, beef broth and barbecue sauce until mixed well. Add the stuffing mix and let it soak up liquid and mix. Add the ground beef and mix together. I use my hands with dispos-

able gloves on, don't squeeze to mix do it gently. Shape into a loaf and place in greased baking dish. Top with extra barbecue sauce all over, don't be skimpy slather it on. Bake in preheated oven for 1 hour. Check with thermometer placed in center, it should read 165 degrees. If you have to bake longer do it in 5 minute increments. When done take out and let it sit for about 10 minutes. That's it you are done. I made mashed potatoes and roasted some butternut squash. Easy peasy and "Delicioso"! Everyone will love this comforting meatloaf so please give it a try and your family will say you are a star.

Well folks that's it for today's recipe. Enjoy! Until next time my friends stay safe and healthy. Happy December! I am signing off for now.
Sincerely,
Cin Pin



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