

A FREE PUBLICATION



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TRENDY TIMES

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December 17, 2024 VOLUME 16, NUMBER 07

LITTLETON, NH December 9, 2024 - White Mountain Voices will present its winter holiday concert, A Classical Christmas on December 21 at 3 PM at the Lancaster Town Hall and on December 22 at 3 PM at First Congregational Church in Littleton under the direction of Victoria Cole. The concert features members of The Plymouth Strings and soprano soloist Hannah Murray singing the bravura and beloved Alleluia from Mozart's joyous Exultate Jubilate. "We are so excited by the presence of professional string players and singers like Hannah, Andrew, and Lucas," says Music Director Cole, "the choir gets so inspired by musicians of this caliber in our midst." White Mountain Youth Voices along with members of the North Country Youth Chorus open the concert with several carols and anthems, including a setting of Robert Frost's Stopping by Woods on a Snowy Evening. The adult choir will present Schubert's

White Mountain Voices will present its winter holiday concert, A Classical Christmas.

Hansalik. Featured soloists are soprano Hannah Murray (Plymouth), tenor Andrew Hudson-Sabens (St. Johnsbury), and baritone Lucas Weiss (St. Johnsbury.) Our popular sing-a-long of holiday favorites will close the afternoon. Suggested donation at the door is \$15, under 18 free of charge. White Mountain Voices is a community chorus founded in 2017 to serve the Littleton-Lancaster region. They typically perform two concerts each year. White Mountain Youth Voices is in its second year of providing an exceptional opportunity for young people to learn the basics of choral music and to perform for the community. White Mountain Voices is a fully registered charitable non-profit 501.c.3 organization. For more information, visit the chorus website at whitemountainvoices.com or visit the White Mountain Voices Facebook page.



masterwork, Mass in G, as well as a baroque setting of Magnificat by Buxtehude and seasonal carols

with string quartet and organ or piano accompaniment by Joseph

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Tuttles Family Diner

By: April Dyke

It was a Sunday morning and I was starving. So Anthony and I decided to go to Tuttles Family Diner. Didn't disappoint. When you go in you can sit at the counter or a table. It just happened to not be so busy so we took a seat at a table. The waitress came right over and asked what we wanted to drink we both chose water and oj. She asked if we needed menus. We both said yes. He chose the three egg omelette with

American cheese, sausage and mushrooms with home fries and English muffin. I chose the 3 inch omelette with sausage, bacon, onions, and mushrooms with cheddar cheese with a side of sausage gravy and sourdough bread and home fries with onions and cheese on the home fries we sat and talked a while about our week. Then she brought out her food, which didn't take long at all I love the fact that you can see them

cooking your food. As per usual, it was delicious. We asked for the bill. I was then informed that somebody else had already paid for it so I wish that I could tell you how much it was, but I cannot. It was a great act of kindness that that person did and I truly appreciate it. I just want to wish everybody a Merry Christmas. Til next time!!!

Trendy Dining Guide Ads
 This size is \$200 for 6 Issues
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Woodsville High School (WHS) Band and Chorus

The talented students of the Woodsville High School (WHS) Band and Chorus came together to deliver a spectacular performance at the recent Winter Concert, showcasing their dedication, passion, and musical talent.

Led by Mr. Wright, Band Director for SAU 23, and Mrs. Zampieri, Chorus Director, the event brought together students from both WHS and Haverhill Cooperative Middle School (HCMS) to celebrate the season with music. The concert featured a diverse repertoire, delighting the audience and highlighting the incredible skills of the young musicians and vocalists.

"We are so proud of our students for their hard work and dedication," said WHS Principal Hayden Coon. "Their performance was a testament to the importance of arts education and the impact it has on our community."

Woodsville High School extends its heartfelt gratitude to everyone who supports the music program. Your encouragement and involvement make these moments possible and continue to enrich the lives of our students.

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Be sure to tune in on 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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Consider these year-end financial moves.

As we enter the holiday season, your life may well become busier. Still, you might want to take the time to consider some financial moves before we turn the calendar to 2025. Here are a few suggestions:

Review your investment portfolio. As you look at your portfolio, ask these questions: Has its performance met my expectations this year? Does it still reflect my goals, risk tolerance and time horizon? Do I need to rebalance? You might find that working with a financial professional can help you answer these and other questions you may have about your investments.

Add to your 401(k) and HSA. If you can afford it, and your employer allows it, consider putting more money into your 401(k) before the year ends — including “catch-up” contributions if you’re 50 or older. You might also want to add to your health savings account (HSA) by the tax-filing deadline in April.

Use your FSA dollars. Unlike an HSA, a flexible spending account (FSA) works on a “use-it-or-lose-it” basis, meaning you lose any unspent funds at the end of the year. So, if you still have funds left in your account, try to use them up in 2024. (Employers may grant a 2½ month extension, so check with your human resources area to see if this is the case where you

work.)

Contribute to a 529 plan. If you haven’t opened a 529 education savings plan for your children, think about doing so this year. With a 529 plan, your earnings can grow tax deferred, and your withdrawals are federally tax free when used for qualified education expenses — tuition, fees, books and so on. And if you invest in your own state’s 529 plan, you might be able to deduct your contributions from your state income tax or receive a state tax credit. Build your emergency fund. It’s generally a good idea to keep up to six months’ worth of living expenses in an emergency fund, with the money held in a liquid, low-risk account. Without such a fund in place, you might be forced to dip into your retirement funds to pay for short-term needs, such as a major car or home repair.

Review your estate plans. If you’ve experienced any changes in your family situation this year, such as marriage, remarriage or the birth of a child, you may want to update your estate-planning documents to reflect your new situation. It’s also important to look at the beneficiary designations on your investment accounts, retirement plans, IRAs and insurance policies, as these designations can sometimes even supersede the instructions you’ve left in

your will. And if you haven’t started estate planning, there’s no time like the present.

Take your RMDs. If you’re 73 or older, you will likely need to take withdrawals — called required minimum distributions, or RMDs — from some of your retirement accounts, such as your traditional IRA. If you don’t take these withdrawals each year, you could be subject to penalties.

These aren’t the only moves you can make, but they may prove helpful not only for 2024 but in the years to come.

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

Scott Borthwick
Manager

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OBITUARY: Helen Torrey,

Helen Torrey, 89, Newbury, died on Tuesday, December 10, 2024, at the Atkinson's Residence. She was born on June 17, 1935, in Haverhill, MA, to Nicholas and Virginia (Belanger) Heil. She attended Haverhill, MA schools and then attended business school in Lawrence MA. She worked at the Northern Essex Community College as a registrar. Helen married Herbert Torrey in 1967.

She moved to Vermont in 1981 and started her 26-year career at Cottage Hospital, retiring as the Human Resources director in 2007. She enjoyed knitting, riding the back roads looking for deer, and camping in the woods. She loved spending time with family and being Mimi and Gram to all the kids.

Helen is predeceased by her parents and her husband, Herbert Torrey. She is survived by one son, Jim Britton and his wife Sandy of Danville, NH; three daughters, Susan Metz and her husband Jim of Brooksville, FL, Bonnie Brill of

Bradford, VT, and Debbie Graham and her husband Rick of Newbury, VT; seven grandchildren, Rachel, Ann Marie, James Jr., Andrea, Jesse, Tori, and Morgan; six great-grandchildren, Noa, Bodhi, Dean, Raelyn, Liam, and Chase; brother Nicholas "Butch" Heil and his wife Betty of Danville, NH; two sisters, Nancy Johnson of FL, and Ethel Richardson and her husband Robert of Salisbury, MA, as well and many loved ones from the Torrey side.

Calling hours will be Friday, December 20, 2024, from 5-6:30 PM with a service to conclude at 6:30 at Ricker Funeral Home & Cremation Care of Woodsville, 1 Birch St. Woodsville, NH. The burial will be on Saturday, May 10, 2025, at 10 AM at New Oxbow Cemetery, Oxbow Rd, Newbury, Vt.

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.



OBITUARY: John Prescott

John Prescott, 69, passed peacefully in his home on December 2, 2024, surrounded by family in Newbury, VT.

John was born on October 25, 1955, in Woodsville, NH to the late Richard Melvin Prescott and Charlotte Harriet Millette, where he was the youngest of 6 children. John grew up in Woodsville where he found his great love of sports. John played baseball and basketball at Woodsville High School where he played in multiple championship games. John lived a very exciting life where he traveled all over the country on his beloved motorcycles, and living experiences many of us would never dream of. John later came back home and settled in Newbury, VT where he lived for over 30 years.

John married Shirley Carle, and had 2 sons, Chris Prescott and Shawn Prescott. John and Shirley later divorced and John had his only daughter, Emily Robinson. John then found his life partner, Susan Holmes, who was a pillar of strength and support for John for over 30 years. John and Sue had their youngest, Ryan Prescott, who was raised with them in their Newbury home.

John had many pas-

sions in life including hunting, fishing, woodworking, and gold panning. He also enjoyed craft making such as, making knives, leatherwork, and jewelry making. John worked for many different furniture companies including DCI and Copeland's where he became supervisor. John had the patience like no other when it came to life in general, but especially when it came to helping others. John spent many years later in life helping others when he worked at Valley Vista and Veterans Inc. where he spent most of his days counseling patients and making a huge impact in their lives. John was also a member of the Abenaki tribe where he became Chief for multiple years.

John is survived by his loving wife, Susan Holmes, his children Chris (Rebecca) Prescott of Laconia, NH, Shawn Prescott of Laconia, NH, Emily Robinson of Lyndonville, VT, Ryan Prescott (Kayleigh) of Newbury, VT, and 6 grandchildren. John is survived by his siblings, Cheryl Prescott of Benton, NH, Cora (Gil) Somers of Barnet, VT, Asa (Maggie) Prescott of Woodsville, NH, Cindy Heath of Alstead, NH, and 3 half siblings Charlotte Baker of

Wells River, VT, John Norman of Groveton, NH, and Jean Cote of Florida, as well as many nieces, nephews, and friends.

John is predeceased by his parents, Charlotte and Richard Prescott, his brother Richard, and 5 half siblings.

John was a one-of-a-kind person who touched the lives of everyone he met. John loved his family, friends, and especially pets like his beloved dogs Iggy and Camo just to name a couple. He loved wildlife and the beauty of nature.

A small service will be held in the spring for family and friends with a TBD date, time and place. In memory of John, he would like people to just take the time to enjoy each day and get out into nature and really see all the beauty this life has to offer. He would Also like for you to bring your family, friends, and pets with you as often as you can to enjoy it with you. John was a very loving father, husband, and friend who will be missed dearly.

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.

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Calendar of Events

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

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SHARE THE HARVEST TABLE

NOON - 7:00 PM

Baldwin Memorial Library, Wells River.

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FOLK MUSIC JAM - 1st and 3rd Saturdays at

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For more info or to confirm date contact (library) 802-684-2256 or (Vicki) 802-535-6069.

Upcoming Events

St. Johnsbury Athenaeum

Photography Exhibition and Artist Reception

Dec. 18

5:00 PM

The Athenaeum, 1171 Main St, St. Johnsbury

Bethany Church of Pike, NH

Christmas Eve Celebration in Song!

12-24-24 6:00 p.m. Bethany Church, Pike, NH

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.

January 5

February 2

March 2

April 6

May 4

June 1

July 6

August 10

September 7

October 5

November 2

December 7

December Happenings at the Fairlee Public Library

This month's library closings

The Library will be closed from Monday, December 23 through

Thursday, December 26. The Library will then reopen on Friday,

December 27 and Saturday December 28 for our normal hours. We

will then be closed Monday, December 30 through Wednesday,

January 1. We will reopen on Thursday, January 2 from 1:00 - 5:00

PM.

Wishing all of you a wonderful end of year with friends and family.

Here's to a fabulous beginning for 2025.



Haverhill Select Board Update

by Gary Scruton



OBITUARY: Shirley Elizabeth Beamis

Groton, VT - Shirley Elizabeth Beamis, 78, passed away peacefully on Sunday, December 8, 2024. She was born in Warren, NH, on August 26, 1946, to her parents Harold "Stub" Beamis and Sheila (French) Beamis.

Shirley graduated from Groton High School in 1964 where she then attended the University of Vermont and earned a Bachelor of Arts in 1968 and a master's in education in 1974. She started by teaching English, reading, and language arts, then discovered her love for technology and science. She became a computer programming teacher and eventually became her own business owner.

Shirley always made sure to catch up and stay connected with friends she's had for over 50 years. She loved taking walks on her property over the hills and fields and loved animals, especially cats and dogs.

Shirley was predeceased by her mother, Sheila Darling; stepfather, Clifford Darling; sister, Victoria Beamis; brother-in-law, Gerald "Sonny" Pierce; brother, Glenn Darling; sister-in-law, Linda Darling; uncles Glenn French and Rich-

ard French; an aunt Shirley French; and a cousin Bonnie French.

She is survived by two nieces, Tracy Ash, and Ginger Harrington, and her husband, Mike; great-nephews Eric Lang and his wife Katie, and Tyler Ash; great-niece, Alicia Cogswell and her husband Steve; great-great-nephews, Calvin Lang, Alex Welch, and Jason Cogswell, as well as many aunts, uncles, and cousins in the Darling family.

The family would like to recognize Kenny Darling for his unconditional support, we appreciate your kindness more than words can express; you are an important part of our family.

In lieu of flowers, donations can be made in Shirley's name to the National Diabetics Association; Vermont Humane Society, or BMU Scholarship fund. Services will be held privately.

Obituary written by Shirley Beamis prior to her passing; updated by family. 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.



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I recently had the opportunity to sit down with two of the five members of the Haverhill Select Board (Ron Hurlbert and Joe Longacre) to get an update on what is happening with this group which is running the operations of the Town of Haverhill.

Our conversation started right out with the most recent, and probably the most noticeable, news. Haverhill tax bills had just been mailed out. This happened once the Department of Revenue Administration (DRA) for the State of New Hampshire had done the calculations and made the recommendations. Most residents know that there are several parts to a property tax bill. We have a Grafton County Tax (\$1.00/thousand in 2024 compared to \$1.58 last year), School tax (\$11.74 compared to \$19.14) Town tax (\$5.66 compared to \$6.61) and State Education (\$1.04 compared to \$1.59). Haverhill also has four precincts that have their own tax rate. They are: Mountain Lakes (\$3.01 down from \$5.84) Woodsville (\$2.70 from \$4.31), North Haverhill (\$0.63 from \$1.23) and Haverhill Corner (\$0.60 from \$1.49). All of these rates are less than last year due to the recent re-assessment of all property in the town. The new assessment is \$704,569,962 worth of property in the town. This compares to the previous assessment of \$410,095,123.

The Select Board members noted that the town rate did not drop as much as the others due to a number of reasons. They noted that in 2024 a rebate was given to Walmart after they contested the tax assessment on their property. The same was true with utilities in town. Two other unanticipated spending matters

were severance pay and insurance for two former town employees. There was also some 2023 spending that was not paid until 2024 (and therefore was charged to the 2024 budget). There were also legal fees incurred above what was anticipated. Lastly, but certainly not the least, was the money that was raised by taxes in 2022 for Articles 27 & 28 (Woodsville Highway & Fire Departments) but saw apparently not put away in an escrow account, therefore coming out of the 2024 budget. Numbers also show that the town's Fund Balance (sort of like a family's rainy day fund) is almost \$250,000 less than the recommended minimum amount. {\$521,398 or 3.47% compared to {\$750,631 or 5% minimum recommended}

Much more pleasurable news is that the new Financial Administrator, who started about July 1, seems to be on top of accounting practices and the Select Board is much better informed as to financial status.

Elsewhere in regards to personnel, it has been disclosed that a formal offer has been made to an undisclosed candidate for the open Town Administrator position. Though it may be hopeful to have this person in place by the first of the year, it is certainly hoped that it will happen well before Town Meeting.

Town Meeting will also be the next opportunity for the voters of Haverhill to

weigh in on the town budget as well as any and all extra articles proposed. A date and time for the meeting has not yet been officially determined at this time.

Other topics discussed included the recent report from the Highway Committee. The Select Board recently accepted the report and are moving forward with the recommendations. One is to continue with two separate departments. The second is for the Woodsville Highway budget to be presented to, and acted upon by the Advisory Budget Committee, then passed on to the Select Board for their input.

Ron and Joe were also thankful for the invitation to, and their attendance at a recent Cohase Chamber of Commerce Economic Summit. The main topic of the summit was workforce housing, or more correctly the lack of such housing. The summit attendees were informed that no one town in the area is exempt from the lack of such housing. There are some programs to help alleviate the issue. However, it did appear to be an issue that will not soon be fixed.

I want to personally thank Ron and Joe for their openness and efforts at transparency.

As a final note, three of the five seats on the Haverhill Select Board will be up for election in 2025. The filing period is in February for those wishing to put their name on the ballot.

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OBITUARY:
Willis
"Willie"
G
Applebee

Willis "Willie" G Applebee, 69, passed away suddenly last week at his residence in North Haverhill, NH. Although it's a shock, we find comfort in knowing that he is reunited with his greatest love, Joanne K Applebee (Smith) who passed away in July of 2023.

Born on May 7, 1955, to Willis A. Applebee and Esther E. Applebee (Watson), Willie was the youngest of three children. He is predeceased by his sister "Essie" Tyler and survived by his sister, Linda Carle.

In 1973 he graduated from Woodsville High School where he won a state championship in Cross County. From there he continued working at People's Market which later became Butson's Supermarket and eventually Shaw's. If you didn't know Willie from the Supermarket, you likely knew him from his DJ days. He loved music, he loved a party, and he loved dancing!

When he wasn't working, Willie enjoyed spending time with his family and friends, playing horseshoes, fishing, and having some beers. Nothing made him happier than being in the company of his loved ones and watching some football. He was a huge Redskins fan, seldom seen without some Washington apparel.

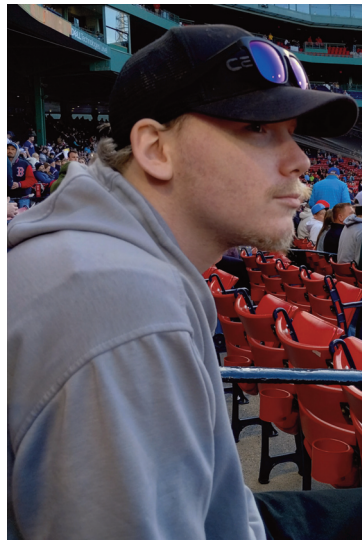
The family he leaves behind includes four children: Jamie M. Applebee

and his wife Devin Applebee, Stephen A. Applebee and his wife Jennifer Applebee, Christina Johnson Newell and her husband Alex Newell, and Shawn A. Applebee and his wife Sara Lang. Additionally, six grandsons: Owen Johnson, Liam Applebee, Cason Newell, Riley Applebee, Quinton Newell, and Austin Applebee. Other family members include his sister, Linda Carle, and her children: Raymond, Lyn, Angie, and Julie, and his niece, Sonya Smith, and her children: Kenny, Nick, and Brandon.

Willie will always be remembered for his friendly smile, infectious laughter, and gregarious spirit. He will be deeply missed by all who truly knew him. In lieu of flowers, we ask that you simply raise a glass, blast your favorite song, and tell your best Willie Applebee story!

Calling hours will be held at Ricker Funeral Home & Cremation Care of Woodsville on Friday, December 13th from 5:00-7:00 PM. A memorial service will follow on Saturday, December 14th at 10:00 AM, also at Ricker Funeral Home.

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.



OBITUARY
Cody
J
Laird

A heart so young, with a warrior's soul
Your spirit brave and true,
forever at peace
On wings of love, free for eternity

Cody J Laird
January 12, 2005 –
November 30, 2024
A strong young man, who touched many hearts
And stood for those he cared about

Is survived by his parents, Jen and Jared, sister and brother-in-law Vic and Nick, Grandparents, Donna, Tami and Ed, Dean, and Paul

In lieu of flowers, donations in memory of Cody Laird can be made out to Pedi Oncology and mailed to DHMC, Attention: Polly Antol, 1 Medical Center Drive, Lebanon, NH 03756.

Calling hours will be Saturday, December 14, 2024, from 2-4 PM at Ricker Funeral Home & Cremation Care of Woodsville, 1 Birch St. Woodsville, NH.

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.

NOTHING LIKE A BULLET IN SOMEBODY'S BACK TO FIX GRAMMA'S FAILING KIDNEY

By: Maggie Anderson

I have been stunned by the news feeds about the murder of United Health Care's young CEO, Brian Thompson.

Not because I don't hear of some senseless murder every day on the news, not because he was shot in the back by a slimy coward, not even because this murder was so blatantly cruel and pointless.

The problems of the health care industry are not going to disappear because some vile little spoiled rich kid, whether backed by someone else or not, thought killing another human being would give him a platform from which to make a point.

I am stunned by the reactions of so many people in this country who are celebrating the death of a young father, husband, and friend.

And those who should have a bit more common sense about what their words can actually do to rile people up are using that young man's death as some sort of springboard from which to launch their own ignorance.

People like Elizabeth Warren, who didn't just state how heinous it was that a young husband and father was shot in the back, but she turned his death into her own per-

sonal essay on the evils of the health care industry.

She said "The visceral response from people across this country who feel cheated, ripped off, and threatened by the vile practices of their insurance companies should be a warning to everyone in the health care system." Then she added "Violence is never the answer, but people can only be pushed so far."

What? Not a word about how vile it was to shoot a person in the back on a busy sidewalk in one of America's biggest cities?

And Katrine Jean-Pierre couldn't just condemn the pond scum who pulled the trigger, she had to give it a spin of her own as well. She said " We condemn violence in the strongest terms. Violence to combat corporate greed is unacceptable."

She didn't bother to say shooting a man in the back is unacceptable.

My question is whether or not either of these two empathetic women is going to tell Thompson's wife and his two little boys that he was shot to make a point about how evil the health care industry is?

Fat chance, they're as cowardly as the punk who put a bullet in Brian Thompson's back.

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LETTERS

(and even some real words)

From The Editor

America's Future is Bright with Trump!

America has spoken in electing Donald Trump! The majority of our country realizes that he will indeed make America great again. They saw how the democrats were literally DESTROYING our country from within. Trump will improve America in a number of ways. Our economy will be better. We will be drilling for our own oil and natural gas which will lower fuel prices and have a positive ripple effect on the cost of goods and services. (In Trump's first presidency he had us almost totally energy independent)! Biden stifled energy exploration and sold a large portion of our already depleted oil reserves to China! Trump will place tariffs on the goods coming in from foreign countries. This will help our OWN businesses to compete and create incentives for businesses to come into our country.

When Trump deports the illegals, that will be a HUGE saving for American taxpayers. For example, Denver, CO has spent over \$356 million in taxpayer dollars on services for migrants. In New

Alex,

First I will agree with you that Donald Trump won the 2024 Presidential election. It is interesting to see that he won the electoral college 312 to 226. He also won to the total popular vote with a total of 77,269,255 votes (49.9%) compared to Harris' 74,983,555 votes (48.4%) {Numbers from the Associated Press}.

In regards to what will be done in the future, only time will tell. One thing I have learned is that history is the best way to know what will or will not happen or what will be the result of any decision. We have all made what we thought was the right decision, only to later find out we were incorrect. We have also disagreed with someone else's decision only to find out they were correct.

I, for one, believe in this country today as I did yesterday, and will do tomorrow. This country has been thru much in its history, and much more will come our way. I can only do my small part to hopefully make it a great country, as it has been.

Gary Scruton, Editor

York, there is a taxpayer-funded hotel for illegal migrants OWNED BY Pakistan which is paid for by NYC taxpayers! This was projected to earn 220 million dollars for Pakistan! Our Air Marshals were taken off their jobs and were bringing illegals to hospitals for FREE healthcare.

Trump will be tough on crime and support all of our law enforcement agencies. They will be ALLOWED to do their jobs the way they are supposed to, and the criminals will not be coddled anymore and given more rights than innocent American citizens. (The left for some reason loves criminals. Biden just commuted 1500 jail sentences and pardoned 39 individuals and his son.)

Also, if you remember, we basically had world peace when Trump was in office. Countries around the world respected us and worked with Trump. (Leaders from other countries are engaging him now and he isn't even in office yet!) Trump is ready to work on a peace treaty with Russia and Ukraine. Biden wants to keep the war going. He gave missiles to Ukraine and authorized

them to launch them into Russia. He has given billions to Ukraine, and has just sent another 325 million there as this is written. Biden also has renewed a sanctions waiver that will allow Iran access to some \$10 billion in payments from Iraq. Why give Iran, our enemy, access to all this money?

Trump will hold our government accountable on spending and slash the ludicrous spending that is currently going on with Biden's administration. Our PENTAGON FAILED 7 audits on where 800 plus billion dollars were spent! They have no idea where this money went to? (Money laundering no doubt --- Probably into the criminal Zelinsky and his corrupt government's pockets as well as some people here in DC).

Also, we will be a lot safer with Trump in office. He will close our borders and strengthen our military. Trump was respected in the world by all. No country would dare try to attack us or our assets overseas. Under Biden, terrorists, drug cartels and criminal gangs were literally given a green light to pour into our country. Who can forget the horrific footage of

Texas National Guard being physically ran through by illegals. They should have been allowed to use lethal force on them, but instead they could do nothing except grab a few. Think about that. Under Biden nobody in the world has any fear about literally running across our border.

Under Trump money will be spent on AMERICAN CITIZENS. Do you notice that Biden has billions for illegals, Ukraine, Africa, the Middle East and DEI garbage. The poor people in North Carolina got only 750.00 in aid for the devastation they suffered from the hurricanes. That says it all. WE HAVE BILLIONS FOR EVERYONE EXCEPT AMERICAN CITIZENS.

It is very obvious that Biden and his handlers did nothing but damage our country and are now trying to do MORE damage before Trump gets in. But thank God that America saw through the democrat agenda. America rose up and voted for Trump. They voted to literally save our country from being destroyed.

Alex Foryan
Milan, NH



Woodsville High School (WHS) and Haverhill Cooperative Middle School (HCMS) proudly spotlight Mr. Wright, Band Director for SAU 23, and Mrs. Zampieri, Chorus Director,

Woodsville High School (WHS) and Haverhill Cooperative Middle School (HCMS) proudly spotlight Mr. Wright, Band Director for SAU 23, and Mrs. Zampieri, Chorus Director, for their outstanding contributions to the schools' music programs.

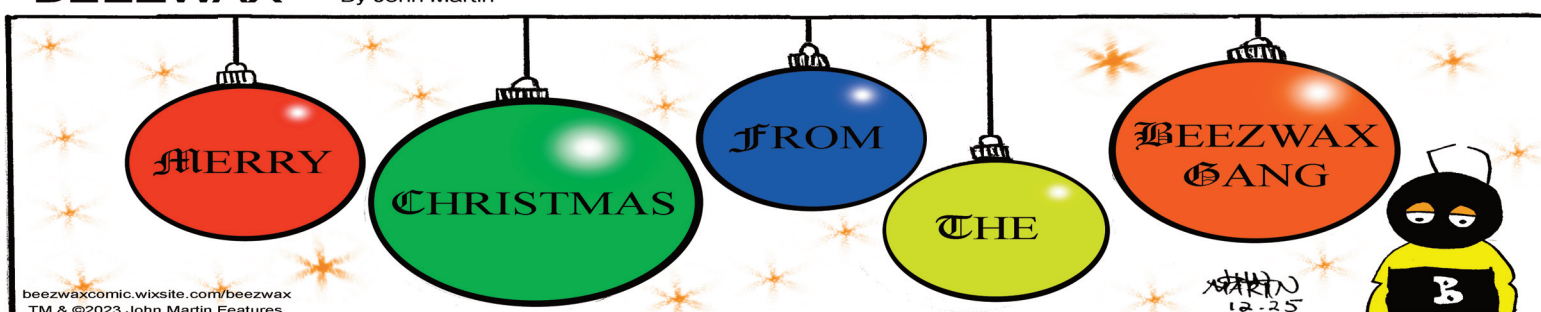
The recent Winter Concert showcased their dedication and talent, as students from both schools delivered an unforgettable performance that left the audience inspired. From nurturing the talents of young musicians to fostering a love for the arts, Mr. Wright and Mrs. Zampieri's impact extends far beyond the stage.

"These two educators are the heart of our music program," said Hayden Coon, Principal of WHS. "Their commitment to their students and their craft is evident in every performance, and the Winter Concert was no exception. We are so grateful for their passion and hard work."

The success of the music program reflects the unwavering support of the community. WHS and HCMS extend their thanks to Mr. Wright, Mrs. Zampieri, and everyone who contributes to the thriving arts programs.

BEEZWAX

By John Martin



Suicide from the Suicidal

By Stevie Sassparilla

What are suicidal thoughts when you are Bipolar....?

Whelp pull up a chair, I am about to take you on a little road trip. When you are Bipolar at least my Bipolar Suicidal thoughts are that of happy accidents. You think oh hey wouldn't it be great if that truck just let loose a log Final Destination style? Wouldn't it be awesome if I didn't turn that corner and just went into that guard-rail?

Suicide is not just black and white, at least in my experience it's all about timing, all about opportunity. For me, I could be having a mediocre day and then something pops up that

could potentially kill me, and I must talk myself out of it. Like ... ok lady what would happen if you did end it all today? This would devastate your family... What the hell are you thinking? But I will tell you that the ups and downs of Bipolar highs and lows are so overwhelming sometimes that you pray and wish for a happy accident because you know

that you are too much of a wimp to end it all. I know this is controversial, but it needs to be looked at from the point of view of someone who has been suicidal. It is

hard for people that have never been this way to see if from this

point of view. I feel like I have been screaming at the top of my lungs for help my entire life and have been told oh you should talk to someone, or you should take this med.

Will that pill fix me? Will Dr. SO AND SO help talk me off the ledge? Who knows but here goes nothing... Or something I guess it is worth a shot. Do not even get me started on the fact that I have hired and fired several therapists and have had mental health services denied on several occasions from a health insurance company that I pay thousands of dollars a year to.

The mental health system in this country is abysmal to say the very least. Here are some interesting statistics that I found on google.

"The suicide rate for people with bipolar disorder is 15-20% and is 20-30 times higher than the general population. This is one of the highest rates across all psychiatric conditions.

Here are some other statistics about suicide and bipolar disorder: 30-60% of people with bipolar disorder attempt suicide at least once People with bipolar dis-

order use more lethal methods than the general population when attempting suicide

The risk of suicide is especially high for people who aren't receiving treatment or support Some risk factors for suicide include:

- Family history of bipolar disorder or suicide
- Being single or divorced
- Childhood abuse or trauma
- Unemployment
- Younger age at onset of bipolar disorder
- ADHD
- Substance misuse"

I think I hit all of these which is so frightening to me. I am doing the best I can. Taking my meds, going to therapy, staying away from alcohol and I still cannot keep the intrusive thoughts at bay.

I was literally driving to work this morning and had to stop for a moment and breathe

because the intrusive thoughts of crashing my car were getting to me. Let me tell you the meds do not keep intrusive thoughts at bay. Therapy does not either I can talk and talk and

plan until I am blue in the face but some days the pain is too much, and I must talk myself out of ending it all.

I have seen several people end it all and I always think "Man what was the final straw and what was the opportunity?" Suicide is sometimes a moment of opportunity, not necessarily a plan.

I am deeply sorry if this is troubling or triggering to some. This is not my intent, I myself am healing and desperately trying to keep myself alive for my family. Sometimes getting all of these thoughts and feelings out and being honest is the only way to keep going. And I will keep going. I will prevail ... This is my ONLY option.

"A Christmas Eve in Song Celebration"

"A Christmas Eve in Song Celebration" will take place at Bethany Church in Pike, NH on Tuesday, December 24th at 6:00 p.m.. Special guests will include vocalists Archie Steenburgh, Doreen Moody, Ben Jaworski, The Bethany Singers, and vocalist, guitarist, and song writer Scott Sulham, as well as young puppeteer, Ethen Greene with 'James'. An inspirational evening filled with traditional Christmas carols, scripture readings, and even an appearance of angels is planned for this joyous celebration.



An angel named Raelynn happily made an appearance at Bethany Church, pictured above, last Christmas Eve!

For more information or directions to Bethany Church, "the church set apart on the hill", please contact Jo Anne at 603-787-6658 or Jennifer at 603-348-5188. Happy Holidays!

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JAG New Hampshire Students Meet Congressman Chris Pappas and Tour the U.S. Capitol



Washington, D.C. – JAG New Hampshire students recently had an unforgettable experience during their visit to the nation's capital, where they met with Congressman Chris Pappas and explored the inner workings of government.

The group included pictured from left to right, from Woodsville High School, Faith Griswold, JAG Senior Career Specialist Mrs. Nichols, Taylor Wright, Congressman Pappas, Aubrie Knights, and from Berlin High School Ysabelle Goodrich, and Specialist Jen Landers..

The students participated in a guided tour of the Capitol, learning about its rich history and the legislative process. Ad-

ditionally, they were honored to sit in on a House voting session, providing a firsthand look at democracy in action. Congressman Pappas also took the time to meet with the group, sharing insights about leadership, public service, and the importance of civic engagement.

"This experience was incredibly inspiring for our students," said Mrs. Nichols. "It highlighted the importance of leadership and showed them the impact of participating in public service."

JAG New Hampshire continues to provide students with life-changing opportunities, preparing them for successful careers and active citizenship.

"Grafton County Commissioners' Goings-On" ("What Could Possibly Go Wrong?")

Op-Ed by Nick De Mayo, M. Ed.,

Sugar Hill, NH

The first bit of news to share is that Grafton County Commissioners voted to award the non-profit Board of AHEAD, \$1 Million in federal ARPA funds. Originally, it was intended for Grafton County residents and workers, but then miraculously was changed to include out-of-staters who want to relocate to Grafton County for work. Individuals who have an income of \$108,000.00 (for a family of 4) are eligible to get a low interest loan of 5%, or \$20,000, towards the purchase of a house, condo, or a manufactured house worth \$400,000.00. Forty to sixty of these awards are available! This was initially intended for present Grafton County residents and workers! Non-residents of this state (or perhaps this country?) were, needless to say, never discussed. What could possibly go wrong? Is this yet another "slight of hand" intended to make us a "sanctuary county"? Don't scoff at this concept- just look to our south.

Here is the second tidbit of news: Alternative Sentencing Director, Nicole Mitchell, has been firming up contracts with area motels in Littleton, Plymouth, and Lebanon to house individuals with "mental health challenges." Read that again - "Alternative Sentencing Director" plus "mental health challenges" plus "area motels." How do you process those phrases together? This comes at a time when "support systems are strained" according to Mitchell, and reinforced by Grafton County Executive Chairman, George Sykes. Mitchell received \$300,000.00 in ARPA federal grant funding to house these individuals who will be "checked-in-on once a week." That sounds great, doesn't it?

What could possibly go wrong? To what extent will this adversely affect the New Hampshire tourist industry? My question about the safety of Grafton County residents, and the answer enunciated from Executive Chairman Sykes was "... while he understands N. De Mayo's concern, [Chairman Sykes] thinks it is incumbent upon Grafton County to provide services, and, further, is unsure if [they] (The Executive Committee?) are qualified, or if they should respond to that question." (Grafton County Executive Committee Meeting Minutes, November 18, 2024). Ms. Mitchell never responded to a follow-up phone call to answer my questions. What the "H E double hockey sticks" are these people doing, and what is their agenda? Do you feel as if they represent you, your family and your family's safety and well being? Again, I ask you, "Are we becoming a 'sanctuary county'" and the site of yet another failed social experiment?

Senator Shaheen recently touted in the Union Leader and other newspapers that New Hampshire ranks very high in tourism in the USA. I think tourists to NH should be concerned when renting a motel unit in Grafton County this winter! Does anyone remember the brutal Littleton murder in 2013 by a psychotic man from West Danville, Vt? He punched and stabbed a visiting 70-year old woman, White Mountain School trustee, Catherine (Kitty) Houghton, in the lobby of the New Hampton Inn in Littleton. Is this not "alternative sentencing" of mentally ill individuals to county-financed motel rooms in Littleton setting up a situation that further increases the odds of something like that horrible tragedy recurring? It

is astounding! Crimes are being committed by "mentally challenged" individuals all over our country. We have a broken mental health system leading to, among other things, a vagrancy crisis. This appears to be a very poor, potentially dangerous way to address that situation.

With upcoming March Town Meetings to be soon upon us for elementary, middle, and high school budgets and then again, for town budgets, no one is looking at the spending going on at the county level where the budget gets voted on by a handful of individuals every June, after local Town Meeting Day is determined, done with, and long forgotten.

The U.S. federal debt now stands at an astronomical \$36 Trillion, and counting. Grafton County Commissioners have dutifully abetted the obligation and imposition to repay this waste on our children's future prosperity to achieve immediate satisfaction of funding "well-intentioned public and social projects." These county actions, i.e. dealing with federal ARPA funds, are all too familiar and typical government procedures which have been instituted by our "representatives" with the intent to "spend it all before it goes away."

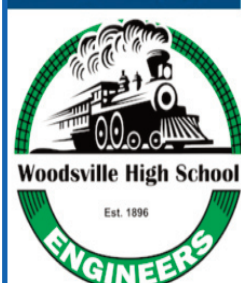
Grafton County residents/taxpayers/voters should zero-in on the spending at the county level, and educate yourselves to its goings-on. You need more of a voice as to what the county spends and on what - before your quality of life is further degraded by Spendthrifts who can't think through the ramifications of what they vote to impose on the public! But, then again, what could possibly go wrong?

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Rep Ladd Legislative Report

Organizational Day Report – December 4

The NH General Court, comprising members of the House of Representatives and the NH Senate, met on December 4 to be sworn in and to elect a Speaker of the House and President of the Senate. Representative Sherman Packard was elected by the House as Speaker and Senator Sharon Carson was elected as President of the Senate. Representatives also approved several updates to the Legislative Ethics Guidelines and acted upon a few procedural resolutions.

An amendment to House Resolution 1, that had been developed by Representative Ladd, proposed that two separate standing committees be created to split up and to cover the subject matter previously handled solely by the education committee. During the previous biennium, 235 bills were referred to the House Education Committee. In years 2008 through 2021, the committee on average received 47 bills each year, but in years 2022 through 2024, the committee on average received 122 bills each year.

With the increased load of bills, committee members often had to work 5 full days each week. This was necessary to complete the overwhelming number of public hearings, to schedule and conduct subcommittee meetings when needed and to again conduct an equal number of executive sessions to either pass, retain or recommend non passage. Quite simply, the committee did not have the necessary time to thoroughly address a number of critical issues such as: the costing and policy of catastrophic/ special education aid, affordability and access to higher education, policy and funding associated with adequacy, alternative or choice options for student learning, local governance and accompanying costs, the statewide education property tax, and much more.

To better focus upon and to move forward in addressing these critical issues, the House supported the amendment to Resolution 1 by forming a Committee on Education Administration,

and a Committee on Education Funding. By splitting the subject matter previously handled by the one committee, the thought is that both committees will have more time and flexibility to do their work and specialize their expertise. With this change, the Education Funding committee will tackle costing matters impacting special education, higher education, career and technical education, building aid for renovation and construction, and the adequacy formula including SWEPT (Statewide Education Property Tax). The legislature absolutely made the correct decision in approving the change. Other states such as Oregon, North Carolina, Tennessee, Texas, Connecticut, Ohio, Georgia, Kansas, Michigan and others have also moved forward with splitting education subject matter among several standing committees. I will be chairing the newly formed Committee on Education Costing.

Respectfully Submitted,
NH Rep Rick Ladd

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TRENDY KITCHEN

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



Open House Soup

Due to her being sick this is an old recipe that she did for last Christmas so i thought we could do it again.

Hello hello my fellow chefs! How are you all doing today? I'm doing good and have my house all decorated for Christmas. I usually put my cute ceramic tree with lights on but for some reason I can't find it. It's not with all my Christmas decorations and believe me I'm baffled. I looked everywhere. Did it just get up and walk out of the house?? I'll never know.

Today's recipe comes from a very loyal reader of Trendy Times and especially Trendy Kitchen, Debra Kingsbury thank you for sharing this recipe with me. Debra brings it to Town Meeting Day luncheon and everyone wants seconds. Once you try this easy peasy and "Delizioso" "soup you will also want seconds because I

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

Ingredients

- 1 lb Kielbasa sliced in half moon pieces
- 2 Tbsp butter
- 1 large vidalia onion chopped small
- 6 carrots peeled and sliced into bite size pieces
- 1 carton 32 oz chicken broth
- 1 28 oz can crushed tomatoes
- 3 cups water (rinse tomato can)
- 1 tsp Italian seasoning
- 1 Tbsp brown sugar
- 1 cup Orzo pasta (don't use small pasta because it absorbs too much of the liquid)
- Fry Kielbasa in frying pan till a little brown stirring often about 5 minutes over medium heat. Using a 5 qt soup pan melt butter and sauté chopped onion, add sliced carrots for about 5 minutes stir-

ring often. Add in the broth, tomato, water, seasoning and brown sugar. Bring to a slow boil then add Orzo. Simmer on slow boil for 20 minutes until tender stirring often. The Orzo when cooked looks like firm rice on steroids! Add the browned Kielbasa and slow simmer for 5 minutes. That's it you are done. Serve with real grated Parmesan cheese and bread. I picked up Pepperidge Farm Texas toast and it's pretty good. Have a New Years Day luncheon and serve this tasty Open House soup. You are sure to be a star!

Well folks that's it for today's recipe and again thank you Debra for sharing. If any of you have a special recipe that you love send me an email to April and I will give it a try and share it with all of you. I'm always looking for new recipes.

Hope your Christmas was merry and have a wonderful New Year. Until next time my friends I am signing off,
Sincerely,
Cin Pin



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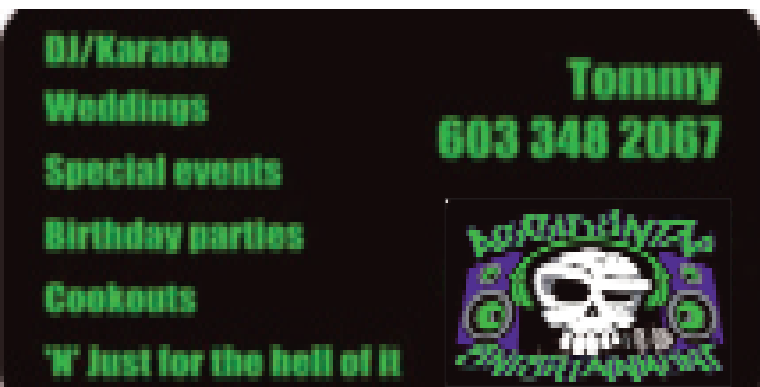


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