

Public input sought on renaming of local cemetery

BY DONNA RHODES
Contributing Writer

SANBORNTON – Members of the Town of Sanbornton’s Cemetery Committee are looking for public input on the possibility of renaming the community’s newest cemetery situated on Tower Hill Road.

Over the course of three months in 2005, selectmen, Cemetery Trustees and many volunteers worked to create the new cemetery. Once completed, it was simply named “Sanbornton Public Cemetery.”

However, the town later discovered that people were confusing it with the older Centre Cemetery, owned by the Sanbornton Congregational Church and also located on Tower Hill.

Cemetery Committee Chair Brendan Morrison and fellow Trustee Karey Caldwell are members of not only the town cemetery committee, but the Centre Cemetery as well. The two are also part of an on-line group of volunteers called “Find-A-Grave” and have acknowledged that confusion can occur when people are doing research on their heritage. Therefore it was suggested that a possible renaming of the town burial ground might be in order.

“As much as the name does its job and there’s really nothing ‘wrong’ with it, the Trustees have wondered if an enhanced name might give it a ‘dash of panache,’ while maintaining the due respect for the 40-plus people that were involved in its creation,” said Caldwell. “We believe there is a way to do both, but we don’t feel that is our exclusive decision to make.”

Wanting input from the residents, the trustees wanted the townspeople to have a voice in the discussion and therefore began conducting a community-wide poll on social media.

While some residents thought the name should not be changed, others felt it was a good idea and

SEE CEMETERY, PAGE A9



Santa and Mrs. Claus will be making their way to Tilton this Saturday to take part in their annual Christmas parade and holiday gathering at Riverfront Park on W. Main Street, which will include raffles, a silent auction, warm beverages and fireworks..

Christmas Parade returns to Tilton this weekend

BY DONNA RHODES
Contributing Writer

TILTON — The Tilton Parks Commission is looking forward to presenting their Annual Christmas Parade this Saturday, when festive marching groups, illuminated floats and even Santa himself will be making their way from Union-Sanborn School in Northfield to Winnisquam Regional

High School in an evening filled with holiday spirit and fun.

The parade will start in Northfield and travel along Elm Street to Cannon Bridge. There it will cross the river onto Main St. in downtown Tilton and continue to the high school. Each year local business, civic and community groups gather to light up the streets with colorful floats and lots

of cheer as they greet crowds lines along the route.

“We’re hoping for a good turnout, and look forward to having a parade everyone will enjoy,” said Parks Commissioner Bob Hardy.

The Christmas parade is just the beginning of the popular, fun-filled celebration for people of all ages, however.

Once Santa pauses

on his float to light the tree at the traffic lights in downtown Tilton, he will join everyone at Riverfront Park on W. Main Street. While children wait to have a few personal moments with Old Saint Nick, others are invited to enjoy snacks, hot chocolate and coffee at the park. Additionally, raffles and a silent auction of donations

SEE PARADE, PAGE A9

Belmont residents receive Community Heritage Awards

BELMONT — Since 2011 individuals, businesses and organizations have been recognized by the Belmont Heritage Commission



COURTESY
Pictured left to right: Heritage Member Priscilla Annis, Selectman Jon Pike, Community Heritage Award Recipient Al Nix Jr., Selectman Ruth Mooney and Selectman Sonny Patten Jr.

the Regional Leadership and Outstanding Service to Town Meeting Tradition Award. Heritage Commission Chairman Vicki Donovan stated that Mr. Nix is one of those unsung heroes who gives a quality to our town of dignity, calmness and respect. As the Town Moderator, Nix has already given Belmont 14 years of service, and many look forward to continued years ahead with his skill of making meetings run smoothly and effortlessly. The

award solidifies all that Mr. Nix has accomplished even after years of many changes. The role of moderator also includes being an election official as Mr. Nix also helps to foresee the integrity of votes during election time which certainly adds to his credibility and assurance that Belmont is in good hands.

The selectmen stated amicably that they look forward to many more

SEE AWARDS, PAGE A9



Participants on hand for Community Heritage Award presentations: Front Row: Save Our Gale School Committee members Diane Marden and Woody Fogg. Middle Row: Belmont Heritage Chairman Vicki Donovan, Lakes Region Community Developers Executive Director Carman Lorentz, and SOGS member Lisa Lord. Back Row: Heritage members Jack Donovan and Ben Rolfe, Lakes Region Community Developers Real Estate Director Sal Steven-Hubbard, SOGS members Bob Lord and Ken Knowlton. Jeff Geddis from Geddis Building Movers and Mark Roberts of Leslie Roberts Construction.

Burke garners All-State Second Team honors

BY JOSHUA SPAULDING
Sports Editor

REGION — Following the conclusion of the fall soccer season, the New Hampshire Soccer Coaches Organization has announced the All-State teams and there are a number of local girls who earned recognition.

In Division II, one girl from each of the local teams earned Honorable Mention, with defenders Megan Davey of Kingswood and Emily Kenny of Kennett joining for

SEE ALL-STATE, PAGE A8



Courtney Burke of Belmont earned Second Team All-State honors.

JOSHUA SPAULDING

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Belmont Legion post donates to Veterans Home

BY DONNA RHODES
Contributing writer

TILTON – On Friday, Nov. 12, the Belmont American Legion Post 58 presented \$200 to New Hampshire Veterans Home Resident Benefit Fund. Money from the fund provides entertainment, activities and trips for the veterans who live at the healthcare facility

in Tilton. Among those joining them for the presentation that day were Russ Fabian, Commander of Post 58, Vice Commander, Rich Stanley, representatives of NHVH, Post 68 Adjutant Glen Jester, and some of the residents as well. Belmont's American Legion Post 58 meets monthly in the Senior Center, located in the Belmont Mill on Mill St. in Belmont Village. Their focus is on fundraising, local community projects and donating to local, state and national charities, especially supporting veterans and those currently serving in the military. Meetings for AL Post 58 are scheduled on the fourth Thursday each month at 7 p.m.,

although their December meeting will be held on the 16th to avoid any conflict with Christmas activities. Veterans from all eras and branches of the service are welcome to attend any of those meetings.

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COURTESY
In early November, Belmont American Legion Post 58 presented a check to New Hampshire Veterans Home in support of their Residents Fund. Standing from left to right are Maureen Campbell (NHVH Recreational Therapy Supervisor); Russ Fabian (Commander Post 58); Allan Bailey (President of NHVH Resident Council); Rich Stanley (Vice Commander Post 58) and Adjutant of Post 58 Glen Jester. Seated from left to right are NHVH residents Gene Ellsworth and Don Baldinelli.

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Boothby Therapy Services supports Gale School project



COURTESY Christopher Boothby, Vice President Business Services; Jennifer McGreevy, Director of Company Partnerships; Maren Boothby, President; Carmen Lorentz, Lakes Region Community Developers; Heather Sydorwicz, Director of Related Services; and John Rodrigues, Chief Operations Officer.

BELMONT — Boothby Therapy Services has purchased \$100,000 in New Hampshire business tax credits to support the redevelopment of the Gale School in Belmont. The project will transform the historic schoolhouse into a community facility that will include a new early learning center operated by the Boys & Girls Club and a new program center operated by Lakes Region Community Services.

“We’re always look-

ing for ways in which we can support the children and families in our community beyond what we offer at Boothby Therapy Services,” said Maren Boothby, MS, CCC-SLP and President, Boothby Therapy Services. “Contributing to the redevelopment of the Gale School falls perfectly in alignment with our mission to help children succeed and we are proud to be a part of this fantastic project.”

“We are incredibly thankful to have the sup-

port of Boothby Therapy Services,” said Carmen Lorentz, Executive Director of Lakes Region Community Developers (LRCD), the developer of the project. “Support from our local business community is critical to bringing the Gale School back to life so it can serve children and families once again.”

Construction on the Gale School could begin as early as summer 2022 if all funds are secured as planned. LRCD was awarded \$500,000 in tax

credits for this year and another \$250,000 for next year. All \$500,000 for this year have been sold. Businesses interested in purchasing tax credits next year for the Gale School project should contact Carmen Lorentz at LRCD by calling (603) 524-0747, ext. 110.

The Gale School was built in 1894, and was used by the Belmont school district until the mid-1980s. The building has been mostly vacant since then, and years of neglect have taken their toll. The Gale School was named to the New Hampshire State Register of Historic Places in 2018, and was selected as one of New Hampshire’s Seven to Save in 2017.

In July 2020, the building was successfully moved by the local Save Our Gale School Committee (SOGS) to a new location at 60 Concord Street in Belmont Village. LRCD agreed to partner with SOGS to redevelop the building.

The tax credits are administered by New Hampshire Community Development Finance Authority (CDFA). Any business with operations in NH that contributes to a CDFA tax

credit project receives a New Hampshire state tax credit worth 75 percent of their contribution. The credit can be used over a period of five years to reduce the business’ state tax liability (business profits, business enterprise or insurance premium taxes). The tax credit program allows NH businesses to redirect a significant portion of their state tax

dollars to support local projects that they care about.

CDFA reviews many project applications each year and awards tax credits to those they determine are feasible and will make the biggest impact on economic development in the state.

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BELMONT — Inspired by the United Way Day of Caring, Belmont Elementary School Counselor Mrs. Belanger and all four second grade classrooms teamed up with the Belmont Heritage Commission to provide healthy goodie bags for senior citizens of the Belmont community.

Second graders were learning about “Community First” in their social studies classes and Mrs. Belanger thought giving to the Senior Citizens of their town was a great way to share kindness with their community. Heritage Commission Chair, Vicki Donovan

followed with the same thinking that involving the youth and senior members of our town is also a great way to share our heritage together.

On Nov. 18, Belmont senior citizens were invited to come to the second floor of the Belmont Mill to pick up the specially prepared bags packaged by Belmont Elementary Second Graders and the Belmont Heritage Commission. Commission members also distributed bags to citizens around town and Susan Roache of the Senior Friends of Belmont helped to distribute the “Soup for Sen-

iors” bags to Belmont senior shut-ins.

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COURTESY

Pictured above: Front row: classroom representatives of second graders. Back row: Heritage member, Claire Bickford, Guidance Counselor, Annette Belanger, Heritage Chairman, Vicki Donovan, and Susan Roache of the Senior Friends of Belmont.

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What’s your story?

It’s holiday party season, and for most of us that, is a good thing. We get together with friends and family, enjoy some eggnog and a plethora of our favorite appetizers. However, we do know that oftentimes, we are invited by our significant others to attend a work soiree or we are attending one ourselves. Being in a room where you only know one or a few people could seem like a daunting task for our introverted readers, but have no fear — we have ways for you to have memorable conversations that you may end up actually enjoying.

Instead of discussing the weather or asking the mundane questions such as ‘Where are you from?’ why not simply ask, ‘What’s your story?’ Other conversation starters include, ‘How do you know the host?’ ‘What was the highlight of your week?’ or ‘Are you working on anything exciting?’

If you’re shy or feeling a bit awkward, you can keep the conversation going by talking about the food being served or the venue where the event is taking place. Asking a person what they have tried so far, and how they liked it is an easy conversation starter. If you research the history of a place, you can always begin with the ‘Did you know?’ questions. We know everyone loves a good history story and bits of local trivia.

If the person you are speaking with is from the area, ask them what they do for entertainment in town, including where and what their favorite restaurants are. Looking up recent sports standings is never a bad idea, even if you don’t particularly care for sports. This way when you nod and smile, you can have some confidence in knowing that you are at least somewhat in the loop. If you’ve bumped into a fellow skier, discussing snow conditions and ski hills is an easy topic. Look up a recent odd news story that is interesting and humorous, that way during a lull, you can say, ‘So, I was reading about a man who appeared before a Dutch court and requested that he legally be made 20 years younger.’ (Yes, that actually happened; if we see you at a holiday bash, we will fill you in.)

Most conversations remain on the surface which is appropriate when you don’t really know someone. However, if you feel comfortable and are enjoying the conversation don’t be afraid to go a bit bolder. Generally, most people like to talk about themselves, not necessarily for selfish reasons, but who doesn’t want to be known and appreciated? We all have unique personalities that are worth sharing.

Such questions that go beneath the surface may include, ‘What is your biggest fear?’ ‘When you were growing up, what was your dream job?’ ‘Have you been to any interesting places lately?’ ‘Have you learned anything this week, that you weren’t aware of last week?’

The easiest thing to do while in conversation this month is to ask how a person celebrates the holidays. Asking about traditions and the best holiday a person has ever had brings up fond memories and positive energy.

These questions tend to snowball naturally and voila a solid, meaningful conversation has been had and you could even make a new comrade along the way.

Send your letters!

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COURTESY PHOTO

Fall ball

A group of 17 dedicated, enthusiastic first-fourth grade girls from the Laconia area, all new to the sport of lacrosse, have been practicing this fall to hit the ground running for the spring season. Pictured are (l to r, back to front), Emily Cardinal, Mackenzie Mondok, Aubrey Rushton, Ashleigh Sopinsky, Adrianna Genon, Patience Fleming, Larenne Houston, Addison Smith, Erin Piper, Abigail Rushton, Piper Roberts and Melanie Smith. The non-profit Laconia Lacrosse Club’s first-fourth grade girls’ teams are full, but spaces are available on the boys’ teams, and fifth-eighth grade girls’ teams for the spring. Please visit the club’s web site for more information about winter clinics and registration.

STRATEGIES FOR LIVING

Thankful beyond words!

BY LARRY SCOTT

“Thanks be to God!” wrote the Apostle Paul. “He gives us the victory through our Lord Jesus Christ.”

The Thanksgiving season is a special time of the year for all of us, but when it comes to being grateful, I take the prize! What an amazing turn of events have brought me to where I am today.

At the outset, I had a leg up on so many of those with whom I have had contact over the years. I was born into a Christian family and that gave me a break on life for which there is no substitute. Undoubtedly thousands of babies were conceived at the very same moment I was. The real me, the eternal part of me, was born into a godly family. Through no choice of my own, I was the beneficiary of a stable,

God-honoring childhood that would have a major impact on my life.

I sometimes shudder to think that I could well have been born in a foreign setting, to a family and circumstances the complete reverse of what I have experienced. God’s choice? How can I say that when so many others have not been so fortunate. All I can say is that I have been blessed, through no merit of my own, by the example and influence of godly parents ... and I am grateful beyond words!

Consistent with my upbringing, my wife and I have done our best to pass it on. We had but one daughter, but through her we have three grandsons, their outstanding and well-chosen wives, and five great-grandchildren. All are healthy, walking with God, and living responsibly in every area of their lives.

How could I have been

so fortunate? I have often said that “God is no man’s debtor; He never takes more than He gives in return.” If it is evidence you want, my family is proof.

And, finally, I am thankful for the privilege of living in America, truly “the land of opportunity.” Twenty-five years ago, I was recovering from bankruptcy, living on the road driving a long-haul truck, and without a clue as to how my future was going to develop. Who could have predicted that within ten years I would be the beneficiary of a loving and stable marriage, own my home and, at 82 years of age, in great health! Who would have thought! God’s doing?” Perhaps ... but if so, only because I am, like everyone else, a product of His love and am blessed beyond what I deserve.

Grateful? You’d better believe it! What I share

in this column is the product of a life that has seen its highs and lows. I have been to hell and back, and the life I now enjoy is one I will never take for granted. God, my family, and America have been good to me.

And it all comes down to this. “Thanks be to God who gives us the victory – through Jesus Christ our Lord.” Our God is no man’s debtor; he always gives more than he takes away. I cannot imagine what my life – and that of my family – would be like were it not for the influence Jesus Christ has had in each of our lives. We have been honored and blessed – and I am thankful.

To say I am thankful just doesn’t cut it! What I feel is, indeed, beyond words!

For more thoughts like these, follow me at indefenseoftruth.net.

LETTERS TO THE EDITOR

Help your Historical Society spread some cheer

To the Editor:
Many thanks to Maggie Devoy, Pauline Chabot, Vicki Abbott, Betsy Bryant, Nina Gardner, Sheila Kufert for giving part of Sunday afternoon to attach bows to the Sanbornton Historical Society’s wreaths, ordered by supportive community. We are also grateful to Nina Gardner for providing the bows.
The next wreath pick-up Saturday is Dec. 4 from 1 – 2 p.m. Dec. 4 is also our Christmas Fair and Crafts Sale from 9 a.m. – 2 p.m. Hot coffee and mulled cider this year, but due to COVID-19 precautions, no lunch served. Cookie walk resumes! All our cookie bakers, to whom we owe much gratitude, please bring your

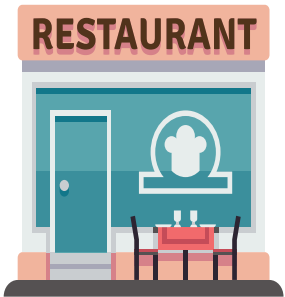
cookies between 8 and 9 a.m. on Saturday morning, the 4th - day of the event. Special cookies - please label (as gluten-free, etc. no-egg).

We look forward to a good turnout, and the cheer that comes with community. Please wear a mask when indoors at Lane Tavern. Our crafters can astonish you with their wares, a.k.a. “most excellent Christmas gifts.”

Sincerely,

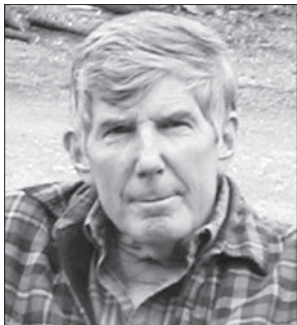
Lynn Chong
President
Sanbornton Historical Society

ALL WE KNOW IS LOCAL ~ SalmonPress.com



North Country Notebook

When deer herds “need” thinning, and the most efficient way known



By JOHN HARRIGAN
COLUMNIST

We are spiraling down toward the darkest day of the winter, Dec. 21. On this long-known day--the Winter Solstice--the Earth will be at its utmost tilt away from the sun.

Why did I use “spiraling down,” anyway? Probably because of the negative-positive way the date’s always been seen. On the one hand, you knew that Earth’s orbit would bring the sun’s return. On the other, you knew that our end of the Earth--the northern climes--would take another four months to warm up again.

No wonder so many prehistoric people found ways to mark the Solstices. They represented plans, like planting crops, and one of those essentials to life, called hope.

+++++

A recent column on the priceless privilege of trespass on private land generated more than the usual mail, and I’ll respond in time. But northern New England is truly blessed with this tradition, which is exactly the opposite of what’s found in many other states.

In Maine, New Hampshire, and Vermont, it is assumed that you can set foot on someone else’s land unless posted otherwise. There are many degrees of “No,” and divers varying themes, but one way or another they all whittle away at the presumption of invitation.

I thought about all this (again) as the boys, their hunter-orange hats and vests glowing in the gloaming, vanished into the swamp across the back driveway two mornings after Thanksgiving. Their commute to hunt had been down through shop and shed and right out the barn door.

Never did we post our land, and never have any of our neighbors posted theirs. If I so chose, I liked to say, I could draw a bead on some distant point, throw on a pack, and just go, with nary a tug on my forelock to clergy, gentry, or sheriff.

+++++

Every deer season, people new to the idea or bothered by it write letters to their local editors or bring up the subject at the table. What’s it all about, and why?

Whether New Hampshire’s deer population “needs” to be hunted is a thorny subject, and if you want to get a hefty argument going among even people who know something about the subject, try it. Or you could bring up whether it’s better to hang a deer from its head or it hind legs. Or why, the minute you cross into Maine, the hotdogs have to be wick-red.

It’s worth noting, perhaps, that the places where road kills are astronomical and people’s fruit trees and lawn shrubberies are being gnawed to the nub are where deer might “need” some thinning. In many such places the deer’s natural predators have disappeared, housing developments have burgeoned into habitat, and deer have simply adapted to new circumstances.

Nowhere in New Hampshire are deer scarce, nor are their numbers anywhere threatened by hunting, which is carefully monitored by a Fish and Game Department hunters help fund. And it can be (and is) argued that hunters are merely taking their fair share of the pie.

Not for nothing, by the by, are deer known as one of the most adaptable species in the wild kingdom. For second place (maybe first), I nominate the coyote. The raccoon and skunk belong in there somewhere too.

It can be argued that hunters’ license dollars pay for their own season. But their license dollars, even with all the other licenses and fees added in, do not “pay for Fish and Game.” The Department’s annual budget is way more than that, and even then it is understaffed and not even sufficiently funded to meet its mandates.

One thing has not changed, however. There is no cheaper, more easily administered, more efficient way to take a slice out of a deer population



COURTESY

The Loon Preservation Committee runs some great photos in its newsletter. This one by Ray Hennessy reminds us that water now turning to a solid state---thanks to the Solstice, and a lot else---will eventual become liquid again. (Courtesy LPC)

than by having a hunting season. Birth control? Ye gods, what pie in the sky.

+++++

Thoughts on the Solstice remind me that for many people the winter is indeed long. This is particularly true for shut-ins and those whose neighbors, friends, and family are far away.

Facebook, email and other social media are just fine for those who are familiar with them, but it’s worth noting that many of the elderly are not in the least familiar, or even have access, or even want anything to

do with it all.

But one thing is familiar, all right, and works like a champ--the U.S. Mail. A couple of months ago I dropped a note to a long-lost cousin, on real note paper, with matching envelopes, and she called me right up as if she’d been made Queen for a Day. (Note to the younger set: that’s an old TV game show.)

There’s a lesson in this. Emails are fine, but even as fast as the give and take can be, even electronic mail can rule your day. As for Facebook, let’s double down on that. For the life of me I don’t know how peo-

ple keep up.

But an honest to gosh real letter, with a stamp, right there in your post-box, or even better, delivered by an actual mail carrier--now, there’s a real treat in an often unfamiliar and frenzied world.

(Kids: think “cheap,” “easy,” and “grandparents.”)

(Please address mail, including phone numbers for questions, to campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of Nov. 15-22.

Cody J. Haycock, age 25, of Rochester was arrested on Nov. 15 in connection with multiple bench warrants.

Tirar Tortorello, age 52, current address redacted, was arrested on Nov. 19 in connection with a warrant. A 33-year-old companion of Tortorello’s was also arrested during the same incident, but their identity and the information concerning their arrest was redacted.

Nicholas A. Thibodeau, age 32, of Marlborough was arrested on Nov. 20 for Driving After Revocation or Suspension and Suspension of Vehicle Registration.

Charity L. Eddy, age 46, of Laconia was arrested on Nov. 20 for Possession of a Controlled Drug.

Russell A. Bean, age 51, current address redacted, was arrested on Nov. 20 for Driving After Revocation or Suspension and Suspension of Vehicle Registration. Mary B. Roy, age 47, of Belmont was arrested during the same incident in connection with multiple bench warrants.

Nathaniel J. Spooner, age 46, of Belmont was arrested on Nov. 20 in connection with a warrant.

Britiny N. Lebeau, age 26, of Laconia was arrested on Nov. 21 in connection with a warrant.

SAU 80 is seeking your input regarding the use of ARP ESSER funds

Shaker Regional School District has received an allocation of \$2,196,887.64 through the American Rescue Plan (ARPA) which includes a third round of Elementary and Secondary School Emergency Relief (ESSER III) funds. The ARPA ESSER III funds can be used during the 2021-2022, 2022-2023, and 2023-2024 school years. Districts receiving these funds are required to set aside 20 percent of the allocation to address learning loss. If you have any suggestions, questions, and comments about how the district should use the ESSER funds that have been received, please send an email to srsd-essercomment@sau80.org or go to www.sau80.org to place your comments.

To learn more about the ARPA ESSER grant, please visit the NHDOE website at ARPA ESSER III.

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Edward Jones: Financial Focus

What to know about early IRA withdrawals

While you’re working, you may be contributing to an individual retirement account (IRA), which can provide a tax-advantaged way to save for your future. So, is it ever a good idea to tap into your IRA before you retire? Ideally, you should leave this account intact until your retirement. After all, you could spend two or more decades in retirement, so you’ll need a lot of financial resources. Still, life is unpredictable, so there may be times you’ll consider taking money from your IRA. You’ll need to be aware, though, that if you withdraw funds before you turn 59½, you will generally trigger a 10% penalty. Plus, you’ll be taxed on whatever you take out, thereby losing, at least in part, the benefits of tax-deferred earnings offered by a traditional IRA. (With a Roth IRA, you can withdraw your contributions free of taxes and penalties, but the earnings may be taxed and penalized if you take them out before you’re 59½.)

If you need to withdraw funds from your IRA before you’re 59½, you may be able to avoid the 10% early withdrawal penalty if you meet an exception, such as one of these:

- Paying for college – You are allowed to take penalty-free withdrawals to pay for tuition and other qualified higher education expenses for you, your spouse, children or grandchildren. However, since the withdrawals may be considered taxable income, they could reduce the student’s eligibility for financial aid.
- Buying a first home – You and your spouse can each withdraw up to \$10,000 from your respective IRAs to buy your first home. To qualify as a first-time homebuyer, you (and your spouse) need to have not owned a home for the two years preceding your home purchase.
- Having a child – Following the birth or adoption of a child, you and your coparent can each withdraw up to \$5,000 from your respective IRA without paying the 10% penalty.

These aren’t the only exceptions to the 10% withdrawal penalty, but they do cover many of the common reasons that people may consider an early withdrawal from their IRAs. And if you do need to take an early withdrawal, consult with your tax advisor to determine your eligibility for avoiding the 10% penalty.

Keep in mind, though, that you do have ways to potentially reduce the necessity of withdrawing from your IRA early. One proven technique is to build an emergency fund containing at least three to six months’ worth of living expenses, with the money kept in a liquid account. You might also consider opening a line of credit. A financial professional can help you explore other options, as well. Ultimately, if you can leave your IRA intact until you retire, you’ll be helping yourself greatly. But if you do need to tap into your account early, at least be familiar with the possible drawbacks – and how you might avoid them. Edward Jones, its employees and financial advisors cannot provide tax or legal advice. You should consult your attorney or qualified tax advisor regarding your situation.

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

Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are also subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.

Berry, Cushing named to Division III All-State



JOSHUA SPAULDING

Mitchell Berry of Belmont was named Division III Second Team All-State



Winnisquam's Ayden Cushing earned Second Team All-State honors.

BY JOSHUA SPAULDING
Sports Editor

REGION — The New Hampshire Soccer Coaches Organization has announced its All-State lists for the recently concluded high school season and there were a number of locals who were honored.

In Division II, Second Team honors went to Kingswood midfielder Carter Morrissey, while Honorable Mention went to Plymouth defender Will Fogarty, Kennett midfielder Alex Clark

and forward Ethan Clay-Storm and Kingswood forward Dom Alberto.

Additionally, Kingswood coach Erik Nelson was named Division II Coach of the Year. Mark Struthers of Coe-Brown was named JV Coach of the Year.

Earning First Team honors for Division II were goaltender Ryan Lockitt of Souhegan, defenders Griffin Gamache of Lebanon, Nick Gior-dano of Milford, Nate Dolder of Bow and Josh Warner of Coe-Brown,

midfielders Ryan Oliveira of Lebanon, Colin Gregg of Milford, Daniel Mladek of Lebanon and Henry Zent of Oyster River and forwards Ryon Constable of Milford, Niklas O'Hern of Oyster River and Krists Putans of Lebanon.

Also earning Second Team honors were goaltender Cooper Moote of Stevens, defenders John Kotelly of Hollis-Brookline, Jackson Mercer of Merrimack Valley, Carter Rousseau of Con-Val and James O'Connell of Sanborn, midfielders Sam Lapiejko of Coe-Brown, Colby Smith of Bow and Dylan Chambers of Stevens and forwards Nicholas Brill of Lebanon, Hunter Perry of Oyster River and Zach Burgess of Con-Val.

Honorable Mention also went to keepers Miles Lanier of John Stark, Wyatt Beaulieu of Con-Val and Destin Bahara of Manchester West, defenders Nate Pettengill of Milford, Brad Luzcek of Oyster River, Alex Gagnon on Pelham, Stephan St. Laurent of Pembroke and Alex Knight of Coe-Brown, midfielders Gavin Wheeler of Merrimack Valley, Hunter Crea of Hollis-Brookline and Bryson Boice of Con-Val and forward Conor Sullivan of Milford.

For Division III, First Team honors went to defender Chance Bolduc and midfielder Anthony Aguiar; both of Gilford, Second Team went to

defender Mitchell Berry of Belmont, midfielders Ben Estrella of Berlin and Max Bartlett of Gilford and forwards Aid-en Bondaz of Gilford and Ayden Cushing of Winnisquam and Hon-orable Mention went to keeper Alex Potter of Inter-Lakes, defenders Tyler Lafond of Gilford and George Belville of Newfound, midfielder Ryan Bousquet of In-ter-Lakes and forwards Brody Labounty of White Mountains, Josh Blouin of Newfound and Cameron Dore of Pros-pect Mountain.

Also earning Divi-sion III First Team were keeper Aidan Burns of Hopkinton, defend-ers Peyton Marshall of Hopkinton, Ryan Latsha of Campbell and Sam Boulton of Kearsarge, midfielders Evan Haas of Bishop Brady, Eric Coates of Campbell and Quinn Booth of Trini-ty and forwards Quinn Whitehead of Hopkin- ton, Nate Shipman of Trinity and Ben Seiler of Mascoma Valley.

Second Team honors also went to keeper Gar-rett Somero of Conant, defenders Ian Moulton of Mascoma, Cam Har- riman of Laconia and Josh Duval of Hopkin- ton, midfielders Bryce Charron of Hopkinton and Toby MacLeod of Kearsarge and forward Keegan Smith of Bishop Brady.

Also earning Hon-orable Mention were goalies Samuel Reine of Trinity and Lucas

Beane of Laconia, de- fenders Derrick Dewees of Conant, Derek Bader of Fall Mountain, Jack- son Cocozella of Masce- nic and Brady Potter of Raymond, midfielders Mason Dutile of Laco- nia, Vinny Simonelli of St. Thomas, Dugan Brewer Little of Derry- field and Parker Root of Kearsarge and for- wards Noah Mertzic of Conant, Dylan Selby of Kearsarge, Connor Don- nahy of Campbell and Georgios Pananas of Monadnock.

Tom Harvey of Conant was named Divi-sion III Coach of the Year.

Division IV First Team honors went to keeper Liam Cairns of Gorham, defender Jack Price of Profile, mid- fielders Nolan York of Gorham and Sammy Sarkis of Woodsville and forwards Cam Ten- ney-Burt of Gorham and Teagan LeClerc of Gor- ham. Second Team went to goalie Cam Davidson of Woodsville, defend- ers Carson Roberge of Gorham, Grady Millen of Littleton and Connor Houston of Woodsville, midfielders Michael Hampson of Little- ton and Ben Taylor of Woodsville and forward Dylan Colby of Lisbon. Honorable Mention was presented to goaltender Ethan Larson of Moul- tonborough, defend- ers Michael Maccini of Woodsville, Riley Plante of Profile and John Per- ry of Lin-Wood, mid- fielders Brendan Saladi-

no of Gorham and Chris Corliss of Groveton and forwards Pierson Fre- ligh of Profile and Cam Clermont of Lin-Wood.

Also earning First Team honors were de- fenders Andrew Claus of Sunapee, Jacob Lov- ing of Epping and Levi Campbell of Concord Christian, midfielders Rupert Dalton of Suna- pee and Tyler Napoleta- no of Newmarket and forward Mike Picard of Epping.

Second Team honors also went to defender Dominic Hutchinson of Wilton-Lyndeborough, midfielders Troy Bren- nan of Wilton-Lyndebor- ough and Hunter Morse of Sunapee and forwards Sam Kress of Sunapee and Andrew Berthiau- me of Newmarket.

Honorable Mention also went to keeper Wil- liam Barker of Epping, defenders Caleb Runey of Portsmouth Christian and Noah Pangelinan of Hinsdale, midfielders Maddox Godzyk of Cole- brook, Ethan Young of Concord Christian, Ash- er Graves of Franklin, Liam Ouellette of Mount Royal and Parker Clark of Pittsfield and forward Graham Wilerer of New- market.

Kerry McDermott of Epping was named the Division IV Coach of the Year.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news

Anestis leads Plymouth State wrestlers at Springfield College

SPRINGFIELD, Mass. — Freshman Chase Anestis (Belmont) placed to lead Plymouth State University at the Doug Parker Invitational hosted by Spring- field College on Saturday.

Anestis, wrestling at 165 pounds, picked up three wins before falling in the fifth-place bout to place sixth in his weight class. Sophomore Yuri Case (Fair- field, Conn.) also had a strong day, winning a pair of bouts in the 125-pound weight class.

Coast Guard easily topped the field to win the tournament with 162.5 points. Plymouth State fin- ished 14th, within striking distance of New England College.

Anestis started his day with a win by fall in 6:40 before dropping a narrow, 3-2 decision. He followed with big back-to-back technical fall victories to ad- vance through the consolation bracket to the fifth- place bout, where he was nipped in a 1-0 decision. He becomes the first place-finisher for the Panthers this year.

Case opened with a win by fall in 4:06 but was pinned in his next bout. He recovered to earn a 10-6 win by decision, before ending his day losing by fall.

Freshman Cody Giaccone (Glastonbury, Conn.) and Nick Antonucci (Windham) picked up their first career wins, wrestling at 133-pounds and 141-pounds, respectively.

Junior Christian Kuechler (Chester) also picked up a win by fall on the day.

The Panthers hit the mat again in two weeks when they compete in the Ted Reese Invitational hosted by the University of Southern Maine on Dec. 4.

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Cheryl Giannasca joins New Hampshire Mutual Bancorp as Senior Vice President, Human Resources Officer



Cheryl Giannasca

MEREDITH — New Hampshire Mutual Bancorp (NHMB) is excited to welcome Cheryl Giannasca as Senior Vice President, Human Resources Officer. In this role, she will work as a strategic business advisor to middle and senior management as well as provide leadership direction and oversight for human resources operations for NHMB and its subsidiary financial institutions, MVS (Meredith Village Savings Bank), Merrimack

County Savings Bank (the Merrimack), Savings Bank of Walpole and NHTrust.

"We are thrilled to welcome Cheryl to the NHMB human resources team," said David Cronin, Executive Vice President, Chief Human Resources Officer. "She brings more than two decades of HR experience and insight that we are eager to implement as our organization continues to grow. Our employees remain a top priority for NHMB and we know that will continue under Cheryl's leadership."

"I am very excited to be a part of NHMB," said Giannasca. "I was drawn to the company's positive culture, strong values and focus on employee development. This role is a great fit with my background in HR management, benefits, compensation and HR technology."

Giannasca has a Bachelor of Science de-

gree in Business Administration from Northeastern University. She is a member of Society for Human Resource Management (SHRM) and Human Resources Association Greater Concord and also holds Senior Professional in Human Resources and SHRM Senior Certified Professional certifications.

Giannasca has more than 25 years of human resources experience. Prior to NHMB, she led the human resources team at Simpson Gumpertz & Heger, a national civil and structural engineering consulting firm. She currently resides in Rumney.

New Hampshire Mutual Bancorp (NHMB) was created through a unique alliance between three mutual community banks and a wealth management firm who maintain separate organizations and management. The companies

are able to achieve best in class software, services and staffing while providing efficiencies through their shared service provider, NHMB. NHMB provides risk management, facilities, marketing, human resource, finance, compliance, information technology, deposit operations, loan operations and digital banking services to Meredith Village Savings Bank, Merrimack County Savings Bank, Savings Bank of Walpole and NHTrust. This strategic partnership has positioned the banks to leverage each other's strengths as they work together to advance a shared vision of maintaining and enhancing community banking standards and values. NHMB combined assets total more than \$2.8 billion. For more information, visit nhmutual.com.

Holidays at the Belmont Library

BELMONT — There are a lot of fun and festive things going on in the Children's Room in December.

Families should mark their calendars for two holiday events that will offer stories, crafts, and treats: the Grinch Party on Dec. 11 from 11 a.m. to 1 p.m., and the Polar Express Storytime on Dec. 20 at 4 p.m. The Grinch Party will be spread out across the two levels of the library, and on the lawn outside, to allow for safe distancing. There will be grinchy activities, music, and a reading of Dr. Seuss's "How the Grinch Stole Christmas." For the Polar Express Storytime, we will gather in the Children's Room by the fireplace to read the story together. Both of these events will be a great way to get in the holiday spirit, and connect with other families.

Parents and caregivers might also consider dropping in to our Bring Your Own Baby event or taking home a holiday craft for the kiddos. For the Bring Your Own Baby event, we will choose a family-friendly movie to watch, while your little ones play nearby and are free to be noisy. While you're in, grab a holiday craft to take home with you, or stop in on Friday the 3rd or Friday the 17th for Crafternoon, any time after 3 p.m.

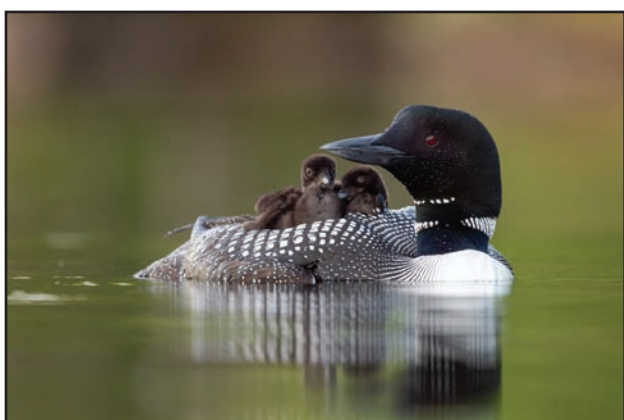
The December non-fiction book group is centered on "The man who invented Christmas" by Les Standiford. As uplifting as the tale of Scrooge itself, this is the story of one writer and one book revived the signal holiday of the Western world. The discussion is set for Thursday, Dec. 9 at 1 p.m.

Our Friday Fiction book group on Friday, Dec. 17 at 10:30 a.m. to discuss "Mr. Dickens and his carol" by Samantha Silva, a fictional account of how Charles Dickens was inspired to write his most famous book.

The Library will be closed Dec. 24, Dec. 25, Dec. 31, and Jan. 1.

The Belmont Public Library is open six days a week and any time at www.belmontpubliclibrary.org, serving the community with books, digital resources, and cultural programming. In 2018, the library celebrated 90 years in the same building and 125 as Belmont's community library.

Widespread chemical contaminants found in failed Loon eggs



MOULTONBOROUGH—The Loon Preservation Committee (LPC) has released a report documenting the widespread presence of chemical contaminants in inviable Common Loon eggs taken from failed loon nests on lakes throughout New Hampshire. As fish-eaters, loons are important sentinels of the health of aquatic ecosystems, especially when measuring contaminants that magnify at higher levels of aquatic food webs.

LPC tested 81 eggs from 24 lakes for per- and polyfluoroalkyl substances (PFAS), flame retardants (polybrominated diphenyl ethers or BDEs), polychlorinated biphenyls (PCBs), and organochlorine pesticides, including DDT and chlordane. The effects of these contaminants on loons are unknown, but up to 60 percent of eggs tested exceeded levels documented to cause negative health or reproductive effects in other bird species in at least one of the contaminant classes.

Lakes with notably elevated levels of contaminants included Arlington Mill Reservoir (PFAS), Canobie Lake (PFAS), Lake Francis (PCBs), Merrymeeting Lake (PCBs), and Squam Lake (BDEs, PCBs). Where present in fish, effects of these contaminants could, together with other stressors, negatively affect loon health and/or reproductive success and also potentially affect other lake wildlife and human health. After LPC's discovery of elevated contaminant levels in loon eggs on Squam Lake, New Hampshire Department of Environmental Services (NHDES) tested fish on Squam and found high levels of PCBs in smallmouth bass and yellow perch, leading to an advisory in March 2020 to limit consumption of fish from the lake

due to the presence of this likely carcinogen.

LPC's report details recommendations to address the issue of contaminants in New Hampshire's lakes, including increased testing of fish and wildlife high on the aquatic food web, inviable loon eggs, or other species known to consume fish. LPC is the only organization systematically testing lake wildlife for many of these contaminants in the state.

Ted Diers, Administrator of the Watershed Management Bureau at New Hampshire Department of Environmental Services, said, "The Loon Preservation Committee has contributed a tremendous service to the state by collecting and publishing these data. Their diligence in following up on the loon egg sampling has opened a number of critical questions about the health of these amazing birds and the humans who recreate on the lakes. Because of LPC's work, NHDES has followed up on a number of lakes to determine if the fish are safe to eat, and has issued fish con-

sumption advisories as a result."

Harry Vogel, Senior Biologist and Executive Director of LPC, said, "We applaud the efforts of NHDES and New Hampshire Department of Fish & Game (NHF&G) to address the issue of contaminants in New Hampshire. We are all limited in what we can do by limited funding, and we hope that more state agency resources will be made available to identify and mitigate areas of elevated contaminants in the state."

Tiffany Grade, Squam Lakes Biologist for LPC, said, "Our limited testing has already turned up concerning levels of contaminants in several lakes, as well as documenting the presence of these contaminants in lakes throughout New Hampshire. We hope that more can be done to identify additional areas where there may be impacts on wildlife or human health."

LPC will continue to monitor contaminants in loon eggs in New Hampshire and report results to NHDES and NHF&G. LPC biologists will also be conducting further research to investigate potential impacts of contaminants on loon productivity as they continue to work with NHF&G and NHDES for the health of New Hampshire's loons and aquatic ecosystems.

The full report is available at www.loon.org/eggreport.

The Loon Preservation Committee (www.loon.org) works to protect loons throughout the state as part of its mission to restore and maintain a healthy population of loons in New Hampshire; to monitor the health and productivity of loon populations as sentinels of environmental quality; and to promote a greater understanding of loons and the natural world.

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ALL-STATE

CONTINUED FROM PAGE A1
ward Megan Metivier of Plymouth.

First Team honors for Division II went to goaltender Maggie Crooks of Hollis-Brookline, defenders Kelly Harris of Bow, Brittney Hill of Pembroke, Amanda Robbins of Hollis-Brookline and Ella Longacre of Lebanon, midfielders Madison Roberge of Bow, Hannah Picott of Pembroke, Arden Ulmer of John Stark and Mary Rainey of Lebanon and forwards Lyndsey LaPerle of Bow, Greta Caulton of Souhegan and Cierra Hill of Pembroke.

Second Team honors went to goalie Mackenzie McDonald of Merrimack Valley, defenders Brynn Murphy of Stevens, Sam Veilleux of John Stark, Elizabeth Philbrook of Merrimack Valley and Sarah Sawyer of Milford, midfielders Adrienne Dorr of Pembroke, Marissa Sage of Milford, Lindsey Butler of Pelham and Isabella LaPerle of Bow and forwards Ashlyn Walsh of Pelham, Rachel Brack-

ett of Hollis-Brookline and Charlotte Cousins of Oyster River.

Also earning Honorable Mention were defenders Keely Giordano of Milford, Kendall Larson of Con-Val and Mary Joy of Coe-Brown, midfielders Jackie Hayden of Souhegan, Somer Loto of Coe-Brown, Paige Magnuszewski of Hollis-Brookline and Brooke Thompson of Oyster River and forwards Alina St. George of Milford, Delaney Deshane of Lebanon and Sydney O'Toole of Sanborn.

Pelham's Carlos Fuertes was named Division II Coach of the Year and Hollis-Brookline's Mike Vetack was named JV Coach of the Year.

In Division III, First Team honors went to defender Jaiden McKenna, midfielder Millie Caldon and forward Geena Cookinham, all of Gilford.

Second Team honors went to defender Courtney Burke of Belmont and Honorable Mention went to defenders Morgan Doolan of White Mountains, Lillian

Karkheck of Newfound, Gracey LeBlanc of Gilford and Julia Pendergast of Inter-Lakes, midfielders Jaden Burt of Prospect Mountain and Allie Kenyon of Gilford and forward Ava Bartoli of Berlin.

Also earning First Team honors were goalie Emily Fleege of Hopkinton, defenders Kally Murdough of Hopkinton, Sarah Bradley of Trinity and Sophie Nadeau of St. Thomas, midfielders Ashlee Brehio of Hopkinton, Caroline Camp of Kearsarge and Ella Pottle of St. Thomas and forwards Maddie Karasonovich of St. Thomas and Annie Higginbotham of Hopkinton.

Second Team honors also went to keeper Macayla Dutile of Laconia, defenders Bella Skoglund of Trinity, Sophie Rose Riopel of Derryfield and Mackenzie LaFlamme of Laconia, midfielders Skyler DePetrillo of Trinity, Morgan Wagner of Campbell, Lilly Losey of Derryfield and Mia Campbell of St. Thomas and forwards Emma

Losey of Derryfield, Loren Charron of Hopkinton and Thea Spanos of Kearsarge.

Also earning Honorable Mention were goalies Kayla Sission of Trinity and Abby Rayder of St. Thomas, defenders Ava Houde of Trinity, Nora Dunigan of Fall Mountain and Lydia Cramer of Raymond, midfielders Jessica Carney of Hopkinton, Devan Booth of Trinity, Jenna Harvey of Conant, Kimmy Nadeau of Hillsboro-Deering, Amanda Behre of St. Thomas, Lydia Tremblay of Bishop Brady, Eva LaValley of Hillsboro-Deering and Josie Oberto of Campbell.

Michael Martinez of Trinity was named Division III Coach of the Year and Berlin's Holly Munce was named JV Coach of the Year.

For Division IV, First Team honors went to goaltender Gracey Boucher of Moultonborough, defender Emily Farr of Woodsville, midfielders Bre Lemay of Littleton and Sophie Bell of Profile and forward Madison McLaren

of Profile.

Second Team honors went to defenders Katie Velie of Moultonborough and Sage Gallant of Gorham, midfielder Lauren McKee of Littleton and forward Leah Krull of Woodsville.

Earning Honorable Mention were defenders Sara Brown of Lisbon and Bri Calaio of Linwood, midfielders Madison Ash of Groveton and Sidney Chapman of Gorham and forwards Haily Cavanaugh of Lisbon, Josie Bryant of Littleton, Mya Brown of Profile and Maddie Roy of Woodsville.

Also earning First Team honors were defenders Mallory Syvertson of Concord Christian, Jess Berry of Newmarket and Vanessa Pollari of Sunapee, midfielders Elizabeth Tschudin of Sunapee and Anna Wilerer of Newmarket and forwards Brynn Smith of Sunapee and Maddy Joe of Newmarket.

Second Team recognition also went to keeper Riley Andriski of Newmarket, defenders Isabella Correa of Sunapee

and Maggie Moore of Newmarket, midfielders Aubrey Hill of Newmarket, Tatiana Stockbower of Portsmouth Christian and Brooke Pagach of Hinsdale and forwards Emily Dudley of Concord Christian and Lula Wamberg of Portsmouth Christian.

Also earning Honorable Mention were keeper Ella Walsh of Portsmouth Christian, defenders Annabelle Shumway of Epping, Emma McKeage of Colebrook and Isis Young of Pittsfield, midfielders Jade Gagnon of Epping, Riley Skarin of Newport and Anne Marie Sweet of Mount Royal and forward Marianna Vicinanza of Holy Family.

Newmarket's Andrew Dawson and Annaliese Schmidt were named the Division III Coach of the Year and JV Coach of the Year, respectively.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.

Comfort Keepers

Winter health risks for seniors

BY MARTHA SWATS

Owner/Administrator
Comfort Keepers

Spending time with loved ones, enjoying nature and participating in activities can improve quality of life for seniors. However, cold winter weather can create a barrier to many seniors' regular schedules. And it's not just snow and ice that make winter a difficult season for seniors – additional factors include post-holiday isolation, illness, and the physical effect of cold weather.

Knowing what to look

for, and creating a strategy for combatting winter health risks, can help seniors maintain positive mental health and physical wellness. Some factors to consider include:

Winter blues – Cold air and gloomy skies can make anyone feel less cheerful during the winter months. However, depression can have an outsized effect on seniors and their long-term mental health. Creating opportunities for socialization and finding joyful moments isn't just for fun – it can help foster critical connection and combat loneliness.

There are a variety of uplifting activities that can be enjoyed during the winter months. These include movie nights, reminiscing by the fire, and getting outside on a rare sunny day.

Winter illness– There are a variety of ways that seniors can be physically affected by the winter season.

Pneumonia: Pneumonia is an infection that can be dangerous for seniors due to lung issues that come with age, weakened immune systems and conditions that make pneumonia more severe. Older adults

should talk to their doctor about healthy lifestyle changes and vaccines that can help.

Joint pain: Joint pain can be more common for seniors in cold conditions – whether they suffer from arthritis or not. Dressing in layers, regulating the temperature inside and stretching exercises can help. A healthcare professional can also suggest exercise, medication or other coping strategies.

Heart issues: Heart attacks and high blood pressure are more common in winter because cold snaps increase blood pressure and strain on the heart. The heart must work harder to maintain body heat, while falling temperatures may cause an unhealthy rise in high blood pressure, especially in seniors.

Winter safety – Being mindful of winter safety issues is important for seniors and their families. Cold weather can be more dangerous for those with some health conditions, like Parkinson's disease, diabetes or thyroid problems. Seniors should talk to their doctor to learn more. Other types of accidents or injuries can be avoided through education too. Examples include

being mindful of fall risks, monitoring carbon dioxide levels and preventing hypothermia.

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Our goal is to provide uplifting in-home care that benefits seniors and their families. The individualized care plans we create for our clients consider physical goals as well as non-physical mental health needs. Our caregivers can provide companionship or transportation to community events, and support physician-prescribed exercise regimens, provide companionship and help to families that want to stay connected through technology. We strive to elevate the human spirit through quality, compassionate, joyful care.

To learn more about

our in-home care services, contact your local Comfort Keepers location today.

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items all meant to keep seniors living independently worry free in the comfort of their homes.

Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent.

Please call 603-536-6060 or visit our Web site at nhcomfortkeepers.com for more information.

An open letter of thanks to the Lakes Region's frontline workforce

To the Editor:

In the midst of what feels like a never-ending COVID-19 pandemic, today I want to pause and salute the herculean efforts of the Lakes Region's frontline workforce. You continue to impress me with your dedication, skill, and work ethic.

A challenging economy and ever-changing safety protocols are conspiring against us, adding further pressure and stress for employees—both at work and at home. Please know how grateful I am for your hard work and ability to get things done while dealing with these added challenges.

This is difficult stuff.

Local businesses, schools, and all who are providing needed services to the community, are dealing with supply chain issues, increased cost of goods, and staffing issues. So many of you are rising to the occasion, stepping up when another member of your team is struggling or needs a break. This is admirable and important.

We are all in this together.

Thank you to all who have chosen to get vaccinated to help us safely get beyond this pandemic and flu season.

In closing, I want to give a special thank you to the incredible team here at Taylor Community for your commitment to our residents and one another. I could not be more proud to work alongside you.

With appreciation,
Michael Flaherty
President & CEO
Taylor Community



- Residential Site Work
- Commercial Site Work
- Septic Systems Installed
- Driveway & Road Construction
- Sand - Gravel - Loam

Route 3 • Meredith, NH • 03253
279-4444

PETS OF THE WEEK



Gannon

Meet Gannon! This big doofus loves to play, go for walks and eat treats. He's an inexperienced fella who needs an experienced owner to help him learn his manners! Gannon isn't a big fan of other dogs or cats, so he's seeking to be the only pet in his new home. Because Gannon is inexperienced with petting and handling, and he's still learning to share his things, he will do best in a home without children. Gannon is currently being treated for a skin condition that may or may not resolve with his current treatment plan. His adopters should speak to their veterinarian, and be prepared for the possibility than Gannon will need to take medication or be on a perscription diet for the rest of his life. If you are looking for a mature dog who needs help learning what love is really all about, then ask us about Gannon!



Cinder

Cinder here, and I have got some stories for you! My background is not like most, making it even harder for you to say no to adopting me. I am quiet around new people, but enjoy petting sessions. I would prefer a quiet home, one where I can warm up at my own pace and be the snuggle bug everyone here at the shelter knows I can be.



NH Humane Society
Over a century of love for those without a voice.

1305 Meredith Center Rd Laconia, NH 03246 • (603) 524-9539

CEMETERY

CONTINUED FROM PAGE A1
submitted their sugges-
tions. Among the many
received thus far are
Peaceful Acres, Milly
Sanborn Shaw Ceme-
tery (in honor of long
time resident and local
historian Milly Shaw),
Hilltop Cemetery, Tower
Hill Cemetery, Mountain
View Cemetery, Maple
Grove Cemetery, Top of
the Hill Cemetery, and
Sanbornton Memori-
al Cemetery, to “honor
and memorialize all the
participants in the cem-
etery’s creation and be-
yond.”
The committee will
meet next month to dis-
cuss the possibilities.

PARADE

CONTINUED FROM PAGE A1
from area businesses
will take place under the
pavilion. Proceeds from
both would be greatly
appreciated as they help
the Tilton Parks Com-
mission defray costs for
their special holiday
event.
At approximately 6
p.m., all eyes will be fo-


AWARDS

CONTINUED FROM PAGE A1
years with Nix at the
helm. Donovan ended
the presentation high-
lighting that everyone
can attest to his easy
going nature, sense of
humor and the great ad-
miration the townspeo-
ple have for him. After
receiving the award Mr.
Nix graciously thanked
the board and commis-
sion and said how truly
humbled he was to re-
ceive a Community Her-
itage Award.
The Commission and
Board also applauded
the efforts of a team
of volunteers unique-
ly named the Save Our
Gale School Commit-
tee. They accomplished
a feat worthy of the
Preservation of Town
History and Heritage
Award. Members of the
Heritage Commission,
Ben Rolfe, Jack Donovan
and Vicki Donovan met
with a diverse number
of volunteers at the Gale
School to present their
awards. Jack Donovan
stated that even though
preservation is written
on the award, patience,
persistence, productive,
and problem solving
could also have been add-
ed. The Save Our Gale
School committee did
what many in the town
deemed impossible. The
presentations began af-
ter Donovan reminded
everyone that no one

In the meantime ideas
can still be submitted by
contacting chair Bren-
dan Morrison at bdma-
merica@gmail.com or
trustee Karey Caldwell
at whitesayge@aol.com.
“We’d love to hear
from as many people as
possible by the end of
the year so we can plan
a trustees meeting to dis-
cuss the responses soon
thereafter.” Caldwell
said. “Please know that
we are just in the ‘discus-
sion’ stage at this point,
which is why we feel it is
so important to involve
everyone in town. After
all, this is their town
cemetery and it matters
to us what they think.”

cused on the Winni-
pesauke River where fire-
works filling the fall sky
will end the evening on a
high note.
The annual festivities
will begin with this Sat.,
Dec. 4, with parade line-
up at 4:15 p.m., a parade
start time of approxi-
mately 5 p.m., then con-
clude with the fireworks
display.

will ever forget when the
Gale School rolled deli-
cately down a cut path,
across Concord Street
and then gently was low-
ered onto its new spot.
Awards were made out to
the catalysts of the Save
Our Gale School com-
mittee, which consisted
of Woody Fogg, Gary
Gilbert, Ken Knowl-
ton, Robert and Lisa
Lord, Diane Marden,
Mark Padula, Brenda
Paquette, and Earl Swee-
ney. Additionally hon-
ored were Jim and Rick
Geddis of Geddis Build-
ing Movers, Mark, Matt,
and Jeff Roberts, Joe
and Amie Harbut, and
Kerry and Linda Clair-
mont and once again the
Lord’s who also played
huge and important
roles in the great task of
saving the Gale School.
Carmen Lorentz and Sal
Steven - Hubbard from
Lakes Region Commu-
nity Developers rounded
out the group for their
part in the next step in
the transformation of
the building to benefit
the Town of Belmont.
The group that gathered
for the presentation of
the awards applauded
Lorentz and Steven-Hub-
bard for becoming part
of the project because
the building would nev-
er have been moved if it
weren’t for the involve-
ment of the Lakes Re-
gion Community Devel-
opers.



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(603) 279-7046

LACONIA OFFICE
1921 Parade Road
(603) 528-0088

SEARCH NH REAL ESTATE: WWW.ROCHEREALTY.COM



\$325,000
MLS# 4891281

Just listed with Lake Winnisquam beach access! Like-new cape with bright & sunny interior. Kitchen w/ a great flow, newer appliances & an island. Sliding glass doors lead to the deck. Full bath & 2 good sized BR on 1st floor + unfinished 2nd floor.



\$369,000
MLS# 4891575

This spacious and well kept duplex in a great location! This property has two 3-BR/1.5BA units, a partitioned back deck, natural gas heat, public water & sewer, a paved driveway with plenty of parking and is walking. Close to Opechee Park, Bond Beach & Lakeport.



\$374,000
MLS# 48888404

South Down Shores on Lake Winnepesaukee! 2-BR/2.5 BA, condo w/ new kitchen, 2 oversized BR & 2 & 1/2 baths, including a new bathroom in the master. Cozy propane stove in LR & leads to the private patio area. Detached 1-car garage.



Construction has started at Brook Hill at Meredith! Brand new luxury condo home to be built! 2,200 sf., hardwood floors, granite counter tops, S.S appliances, first floor laundry, loft overlooking the living room & two bonus rooms.
Prices start at \$435,000
MLS# 4878239
WWW.BROOKHILLATMEREDITH.COM



Acquire a thriving, turn-key restaurant operation serving the growing Bristol, NH area. The main business is based on a pizza & Italian entrée menu. The operation offers dine-in service, with strong guest counts. Standard recipes, POS system, most equipment, website, custom light fixtures, and draft beer system are included in the sale. Everything you need to immediately operate the business today is included. \$289,000 MLS# 4888507

BELMONT, NH
2 BR TOWN HOUSE APARTMENTS
NOW AVAILABLE - VOUCHERS ACCEPTED

- On-site laundry, parking
- 24-hr maintenance
- Close to center of town










Must meet income limit guidelines

Rent starting at \$960 + utilities
Security deposit required.
Download application at



<http://www.sterling-management.net/application.pdf>
or contact mgmt. at (603)267-6787

Camelot HomeCenter
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 <p>NEW 14 WIDES List Price: \$64,995 \$58,995 56' 2 Bed</p>	 <p>List Price: \$73,995 \$71,995 64' 2 Bed, 2 Bath</p>
 <p>List Price: \$73,995 \$66,995 68' 2 Bed, 2 Bath</p>	<p>BUY NOW WHILE PRICES ARE LOW!</p>
 <p>DOUBLE WIDES List Price: \$88,995 \$84,995 40' 3 Bed, 2 Bath</p>	 <p>List Price: \$102,995 \$98,995 48' 3 Bed, 2 Bath</p>
 <p>List Price: \$118,995 \$112,995 48' 3 Bed, 2 Bath</p>	<p>Homes From COLONY, NEW ERA, & TITAN</p>
 <p>MODULARS \$123,995 3 Bedroom (Base Price)</p>	 <p>\$141,995 2 Bedroom</p>
 <p>\$191,995 3,000 sq. ft. 2 story 1st Floor Master Bedroom</p>	

WE HAVE DELIVERED OVER 10,000 HOMES TO SATISFIED CUSTOMERS. CAN WE DELIVER ONE TO YOU?
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OPEN SUNDAY 12 to 2**



\$169,995 Come and take a look!
Garage, Porch, Appliances
*10% down - 25 years at 6%

Call Kevin - 603-387-7463
Mansfield Woods, 88 North, Rt. 132, New Hampton, NH
Directions: Rt. 93, exit #23. Right for 1/2 miles, left at post office for 800'



**TO VIEW THESE
AND OTHER
PROPERTIES, VISIT:**

Alpine Lakes Real Estate: www.alpinelakes.com

Bean Group: www.beangroup.com

Century 21 Country Lakes Realty: www.countrylakesrealty.com

Century 21 Twin Rivers Realty: www.nhreal21.com

Coldwell Banker: www.cboldmill.com

Coldwell Banker Residential Brokerage
www.newenglandmoves.com

ERA Masiello: www.masiello.com

Exit Lakeside Realty Group: www.exitlakeside.com

Granite Group Realty Services:
www.granitegrouprealtyservices.com

Gowen Realty: www.gowenrealty.com

Kressy Real Estate: www.kressy.com

Lakes Region Realty: www.lakesregionrealestate.com

Lamprey & Lamprey Realtors: www.lampreyandlamprey.com

Maxfield Real Estate: www.maxfieldrealestate.com

McLane Realty: www.mclanerealtyplymouth.com

Mountain Country Realty: www.mountaincountryrealestate.com

Nash Realty: www.nashrealty.com

New Hampshire Colonials Real Estate: www.squamlake.com

Noseworthy Real Estate: www.noseworthyrealestate.com

Old Mill Properties: www.oldmillprops.com

Peabody and Smith: www.peabodysmith.com

Pine Shores Real Estate: www.pineshoresllc.com

Preferred Vacation Rentals: www.preferredrentals.com

Remax Bayside: www.baysidenh.net

Roche Realty: www.rocherealty.com

Strawberry Lane Real Estate: www.strawberrylane.com

Town & Forest Realty: www.townandforest.com



FOR SALE



FOR SALE



FOR SALE




FOR SALE



FOR SALE




FOR SALE



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Opportunity**

All real estate advertising in this newspaper is subject to The Federal Fair Housing Law which makes it illegal to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination.
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OPPORTUNITY**



REAL ESTATE

HELP WANTED



Lumber & Building Materials Contractor Sales

Our Ashland location is searching for a member of our Lumber & Building Materials Contractor Sales Team. You will prepare quotes, orders, invoices, special orders and purchase orders. This position will also coordinate deliveries and returns as necessary. You will serve as a resource for the customer, helping them make selections and build their confidence using your product knowledge and excellent customer service. Weekend hours required on a rotating basis.

You may apply in person or download an application from our website. All applications should be submitted to:

Dan Uhlman, General Manager
20 West Street, Ashland, NH 03217
or you may email to duhlman@belletetes.com. E.O.E.

- ▶ Competitive Wages
- ▶ Paid Vacation
- ▶ Paid Holidays
- ▶ Paid Time Off
- ▶ Health Insurance
- ▶ Profit Sharing
- ▶ Store Discounts
- ▶ 401k



Lumber & Building Materials Yard Associate

Our Ashland location is searching for a member of our Lumber & Building Materials Yard Team. The primary responsibility of a Lumberyard Associate is to maintain customer service per company standards, the accurate and efficient loading and unloading of all lumberyard related transactions. In addition, you will be responsible for maintaining the appearance of the yard and racks in an orderly and clean manner. Forklift experience and heavy lifting is required. Weekend hours required on a rotating basis.

You may apply in person or download an application from our website. All applications should be submitted to:

Dan Uhlman, General Manager
20 West Street, Ashland, NH 03217
or you may email to duhlman@belletetes.com. E.O.E.

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Centerplate at Cannon Mountain
is now hiring for fall and winter
Food & Beverage Positions

Positions available:

- Host/Hostesses
- Waitstaff
- Bartenders
- Prep Cooks
- Cashiers
- Bussers
- Supervisors
- Dishwashers
- Utilities
- House Keeping
- Administrative Assistant

1st, 2nd, 3rd shifts available; shift differentials for certain positions
Employee Meals, Employee Discounts, Competitive Wages
Please inquire at Brittany.Bean@centerplate.com
We are an Equal Opportunity Employer

TOWN HOUSE APARTMENTS
*** 2 & 3 BEDROOMS**
NORTHERN VIEW APARTMENTS
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Heat, Hot water and Electric Included
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FOR AN APPLICATION AT
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This institution is an Equal Opportunity Provider & Employer



ASHLAND - CASHIER

Are you friendly, outgoing and enjoy meeting new people? Belletetes is looking for a full-time cashier to work in our Ashland store. Hours include every other weekend. Must have excellent customer service skills.

You may apply in person or download an application from our website. All applications should be submitted to:

Rick Ash, Hardware Manager
Belletetes, Inc., 20 West St., Ashland, NH 03217
or you may email to rash@belletetes.com E.O.E.

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- Much More!



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PSI Molded Plastics is located in beautiful Wolfeboro, NH.

We offer competitive pay rates

Benefits include Health & Dental Insurance, Vision, Short Term Disability, Long Term Disability, Life Insurance, 401k, 10 paid holidays, paid vacation time, paid sick time, and many other incentives!

Assemblers – 2nd & 3rd Shift - Starting Pay \$14.50

Machine Operators – 2nd and 3rd Shift - Starting Pay \$14.50

Process Technician – 2nd Shift - Starting Pay \$19.00

Spray Painters – 2nd and 3rd Shift - Starting Pay \$16.00

Sanders 1st Shift - Starting Pay \$14.50

\$.75 per hour shift differential on 2nd shift.
\$ 1.50 per hour shift differential on 3rd shift.

****\$1,000 SIGN ON BONUS FOR FULL TIME EMPLOYEES**
****\$500 SIGN ON BONUS FOR PART-TIME EMPLOYEES**
****SUBJECT TO TERMS AND CONDITIONS****

For immediate consideration, please come to Five Wickers Drive Wolfeboro, NH to complete an application or visit our website for more information at www.psimp.com.

You can also email your resume directly to donna.doyle@psimp.com, please be specific as to what shift and position.

PSIMP an Equal Opportunity Employer.
ISO 9001:2015 Registered.



FULL-TIME

RN M/S Charge, Night Shift
RN M/S
RN Nurse Manager
RN ED Nurse Manager
RN Surgical Services Manager
RN OR/M-S
LNA/Unit Coordinator
ED Technician/LNA
LNA

PART-TIME

Cook (temporary)

PER DIEM

LNAs
RNs
Medical Assistant
Certified Surgical Tech

Central Sterile Technician
Occupational Therapist / Cardio Rehab Coord.
Multi-Modality Radiologic Technologist
Patient Access Manager
Clinical Applications Specialist
Physical Therapist
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Facilities Director

Environmental Services Technician
Maintenance Tech

Cook
Registered Dietician
Patient Access Representative

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Upper Connecticut Valley Hospital
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Phone: (603) 388-4236
Ucvh-hr@ucvh.org
EOE

Waterville Valley Resort has immediate openings:

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Join the Waterville Valley Resort family and experience our great winter benefits. Must have CDL A or B with passenger endorsement. Apply visit www.waterville.com.
WVR is an "at-will" equal opportunity employer.



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VALLEY RESORT**

BLUEBERRY STATION

is looking for
Friendly & Reliable

NIGHT CASHIER

Other shifts available.

Please apply in person:

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Barnstead, NH



VARNEY-SMITH Lumber Company, Inc.

CDL TRUCK DRIVER/ YARD MAN

Duties to include:

- Local deliveries of lumber-building materials.
- Loading-off loading incoming and outgoing deliveries
- Must be conscientious, self-motivated, good with people, a team player
- Able to lift a variety of building materials
- Preferably long-term employee

Benefit to include:

- Competitive Wages
- Health Insurance
- Vacations
- Holidays
- Overtime pay

Please Apply in person at
2701 Route 302, Lisbon, NH 03585
No phone calls please.

HELP WANTED



Full-Time Installers Assistant

Energysavers Inc, a 46 year old hearth & spa product retailer in the Lakes Region, is looking for a motivated individual that wants to learn the trade of installing hearth products. You must be comfortable working on roofs when necessary and able to work with an installer to move heavy items. Energysavers pays for all educational costs to get and maintain NFI wood, gas and pellet certifications as well as a NH gas fitters license for gas hearth installations and service. LEARN WHILE YOU EARN!

No prior experience required. Must have a valid driver's license and pass the pre-employment drug screening. Stop in to fill out an application:

Energysavers Inc,
163 Daniel Webster Hwy, Meredith NH



Mountainside LANDSCAPE & EXCAVATION

Mountianside Landscape Inc. is looking for a full time employee. Must have a valid drivers license. Duties include lawn mowing, clean ups and plowing. Experience preferred but willing to train the right person if energetic, motivated and has a positive attitude.

Please call 603-569-4545,
or email mtnsidelandscape@roadrunner.com



Precision Lumber Inc.

WATCHMEN WANTED

PART TIME WATCHMEN
POSITIONS AVAILABLE

 Precision Lumber Inc.

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WWW.LUMBERNH.COM
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Precision Lumber Inc.

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SAWMILL AND PLANER MILL WORKERS

DAYTIME SHIFT
BENEFITS INCLUDE
VACATION, SICK AND HOLIDAY PAY, INSURANCE,
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or email precisionlumber@lumbemh.com
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HELP US SAVE LIVES.

NOW HIRING!

**JOIN OUR TEAM TO MANUFACTURE
TURNOUT GEAR THAT PROTECTS
FIREFIGHTERS.**

Our mission is to keep firefighters safe by providing protective gear they can trust, helping to ensure they can return safely to their loved ones.

MSA Globe has handcrafted Turnout Gear since 1887. Today, we continue to lead the market in serving firefighters by providing innovative head-to-toe solutions that offer advanced performance and safety.



Earn up to \$25/hr
Rate dependent upon experience and ability to demonstrate skills and proficiency over time.



**Earn up to \$2,000 Sign-On
and Stay Bonus**



Growth Opportunities
Pathways are set up for associates to learn and grow within the company.



Full-Time Associate Benefits

- Medical insurance
- Dental insurance
- 401k w/ company match
- Productivity and attendance bonuses
- Tuition reimbursement of up to 90% after one year
- And more...



Hours

- 6:00 am - 3:30 pm (Offering flexible hours)
Monday-Friday
- OT available

To view all career opportunities at MSA Globe go to
msasafety.com/careers

*Terms and conditions apply. HOURLY ASSOCIATES HIRED FROM JUNE 1, 2021, THROUGH DECEMBER 31, 2021



16-6493-MCP / 11.2021

WHITE MOUNTAINS REGIONAL SCHOOL DISTRICT

2021-2022 School Year Professional & Support Staff

ATHLETICS
Varsity Cheerleading Coach
Middle School Cheerleading Coach
Varsity Softball Coach
Junior Varsity Softball Coach
Track Coach
(Contact Kerry Brady, AD, for application, etc
837-2528 or kbrady@sau36.org)

WHITEFIELD ELEMENTARY SCHOOL
Paraprofessional
Substitute Teachers

LANCASTER ELEMENTARY SCHOOL
Part-Time Title I Teacher
Paraprofessional
Long-Term Substitute Teacher
Substitute Teachers

WHITE MOUNTAINS REGIONAL SCHOOL DISTRICT
Certified Social Worker/Clinical Social Worker

WHITE MOUNTAINS REGIONAL HIGH SCHOOL
Paraprofessional
Criminal Justice Instructor
Substitute Teachers

WHITE MOUNTAINS REGIONAL SCHOOL DISTRICT
School Psychologist

2022-2023 School Year Professional & Support Staff

WHITE MOUNTAINS REGIONAL SCHOOL DISTRICT
School Psychologist

*****Substitute teacher rate of pay is \$100 per day
SAU 36 will pay for the required Criminal Background Check*****

**Applicants must hold the appropriate NH credential for most positions
or a Statement of Eligibility (SOE) issued by the NH Department of Education.**

For further information, contact:
Cody Arsenault, HR/Payroll Manager
White Mountains Regional School District, SAU #36
14 King Square
Whitefield, New Hampshire 03598
TEL.: 603-837-9363/FAX: 603-837-2326
Email: codyarsenault@sau36.org



North Country Home
Health & Hospice Agency

Come Join Our Team!

We are currently looking for the following talent!

RN Case Manager
Full Time-Plymouth, NH
\$7,500 dollar sign on bonus!!
Monday through Friday 8:00am-4:30pm,
No weekend commitment, great benefits, 403B match,
competitive wages, great team atmosphere.
NCHHA will also pay for Home
Health and Hospice Certifications.

PHYSICAL THERAPIST
(Full Time with Benefits)
Mon. - Fri. 8:00am to 4:30 pm

COTA
(Full Time with Benefits)
Mon. - Fri. 8:00am to 4:30 pm

LNA
(Full Time with Benefits)
Mon. - Fri. 8:00am to 4:30 pm

For more information, please contact
Linda Elliott, Human Resources at lelliott@nchha.org
Apply online at Indeed.com

North Country Home Health & Hospice Agency is on
Equal Opportunity Employer

SHAKER REGIONAL SCHOOL DISTRICT

BOYS 5/6 BASKETBALL COACH

Shaker Regional School District has an opening for a Boys Grade 5/6 Basketball Coach for the 2021-2022 School Year. Past playing and/or coaching experience preferred. Interested candidates should send a cover letter and resume to Cayman Belyea, Athletic Director, at cbelyea@sau80.org, or mail to Belmont High School, 255 Seavey Road, Belmont, NH 03220. Successful completion, with satisfactory results, of a post-offer, pre-employment physical and criminal background check, including fingerprinting, is required.

Belknap House receives grants to address capital improvement projects, staffing needs

LACONIA — Belknap House is more than grateful to receive a new grant award from the Samuel P. Hunt Foundation. One of the Samuel P. Hunt Foundation’s funding interests is to serve economically disadvantaged children and youth and fund capital improvement projects. This generous grant award will support two of our largest capital improvement projects needed to maintain the integrity of the 3,890 square foot Belknap House, which vital in providing safe shelter, education and case management to homeless families from Belknap County.

“We are most grateful to the Trustees of the Samuel P. Hunt Foundation for this grant award. Addressing needed capital improvements on the shelter is essential. For children who are most at-risk during homelessness, entering the shelter provides an environment of safety and comfort, along with family stability,” shares Executive Director, Paula Ferenc. “This type of stability allows parents the space they need to work on goals, develop skills and confidence necessary to become self-sufficient, and move forward with their lives.”

Belknap House is also grateful to receive another grant award from the Bishop’s Charitable Assistance Fund to support the critical need for increased staffing. The Bishop’s Charitable Assistance Fund, has generously supported Belknap House with varied program needs over the last three years. The Bishop’s Charitable Assistance Fund makes grants to tax-exempt organizations without regard to religious affiliation for projects that help people in New Hampshire meet their basic needs. The Fund is operated by volunteer lay men and women who serve as Directors and who make recommendations to the Bishop of Manchester for grants to organizations. The Fund raises money through solicitation of individuals, businesses, and philanthropic organizations. An annual accounting of funds raised and disbursements is available at www.catholicnh.org/BCAF.

Through their grant award, the Directors of the Bishop’s Charitable Assistance Fund recognizes the importance of staffing the shelter 24/7, in order to keep our families safe and to maintain consistency with shelter services. Belknap House staff and families extend heartfelt gratitude to the Bishop’s Charitable Assistance Fund for their on-going support of homeless families in Belknap County.

Belknap House, please visit www.belknap-house.org or call 603-527-8097.

For more information, or to volunteer at

Funspot gift card promotion to benefit Mix Cash & Cans

LACONIA — Mix 94.1 FM presents its 35th annual Cash-and-Cans money and food drive for the holidays now through Dec. 17. The fundraiser, started by Mix 94.1 FM’s Fred Caruso in 1987, raises food and money for a number of central New Hampshire charitable organizations, from food pantries to soup kitchens to toys-for-tots programs.

Sunday, Dec. 5 will be a unique way to benefit Mix Cash & Cans. It’s a Funspot Gift Card Fundraiser at Funspot from noon-3 p.m.

“We’re very excited to have Funspot and the Lawton Family involved once again with year’s Cash & Cans campaign,” Caruso said. “For a minimum \$10 donation to Cash & Cans, you’ll receive a ten dollar Funspot gift card; donate \$20, get a \$20 gift card; donate \$50, get \$50; donate \$20 in non-perishable food items, get \$20 in gift cards. It really is a win-win for everyone. Funspot gift cards make great gifts and stocking stuffers.”

During the Cash & Cans campaign, Caruso and morning co-host Amy Bates will be accepting monetary and non-perishable food donations, with 100 percent of the proceeds right here in our central New Hampshire community.

“We live in a wonderful area, neighbors helping neighbors, friends helping friends, people helping people they’ve never even met. That’s what Cash-and-Cans is all about,” said Caruso. “This year, we’d like to dedicate this year’s Funspot Cash & Cans Fundraiser in memory of Funspot founder Bob Lawton. Bob was an icon in our community, always helping out different causes through Funspot.”

A complete Cash and Cans broadcast schedule is available at www.mix941fm.com. Donations can also be made through the mail. Please make checks payable to Mix Cash-and-Cans and mail to Mix 94.1 FM, PO Box 941, Franklin, NH 03235. And Venmo, @Mix-cashandcans. For more information about the Cash & Cans program email Caruso at fred@mix941fm.com. Mix Cash & Cans is a public service of Mix 94.1 FM, a locally owned and operated Northeast Communications radio station.

Artist Peter Ferber reflects on a “Life in Watercolors”

TILTON — Award winning and nationally known watercolor artist, Peter Ferber, Alton, was the invited November guest speaker at the Lakes Region Art Association (LRAA) monthly meeting. His talk included the showing of a number of his watercolor paintings. He also works with oils and acrylics. But, as he stated, “My first love is watercolors, and every time I do a painting, I learn something new.”

Ferber’s talk was about the how’s and why’s on the way he composes his paintings designed to move the viewers eye to the main subject in his painting, and then for it to continue on and see the subtlety placed secondary image.

“I spend a fair amount of time, from my initial thumbnail sketch to being sure my drawing, perspective, vanishing point, depth of field and details of different objects and ambient light are correct before choosing my color palette and then putting paint to paper. This is where the detail work really begins,” he said.

The subjects of Ferber’s paintings range from landscapes, waterscapes, and boats to local Lakes Region scenes and buildings. To date, he has had more than 60 one-man shows, plus two major one-man exhibitions, featuring his newest paintings each year displayed in a local art gallery, Main Street, Wolfeboro. His many successes are no accident, but rather the result of hard work and a dedication to his talent as a professional artist. Unlike many part-time artists who occasionally do their art and paint, painting is Ferber’s full-time occupation working from his in-home studio.

The LRAA is a non-profit 501-c3 organization dedicated to promoting the arts. The LRAA Gallery is located in the Tanger Outlets, Suite 300, Tilton. Open, Thursday-Sunday 10 a.m.-6 p.m.



PEOPLE FACT:

THESE INDIVIDUALS HELP BUSINESSES AND PEOPLE WITH FINANCIAL MATTERS AND MAKE SURE ACCOUNTS ARE IN GOOD STANDING.

ANSWER: CERTIFIED PUBLIC ACCOUNTANTS

Math Blocks

Fill in the missing blocks with numbers between 0-10. The numbers in each row add up to the totals to the right. The numbers in each column add up to the totals on the bottom.

	6	7	14
2		8	15
3	4		16
6	15	24	

643

852

791

Solution

THIS DAY IN... HISTORY

• 1818: ILLINOIS BECOMES THE 21ST STATE IN THE UNITED STATES.

• 1910: MODERN NEON LIGHTING IS FIRST DEMONSTRATED IN PARIS.

• 1967: DR. CHRISTIAAN BARNARD PERFORMS THE WORLD'S FIRST SUCCESSFUL HUMAN HEART TRANSPLANT.

New Word

CALCULATE

determine the amount of something

How they SAY that in...

ENGLISH: Finance

SPANISH: Finanzas

ITALIAN: Finanza

FRENCH: Finance

GERMAN: Finanzen

Did You Know?

A DEGREE IN BUSINESS CAN LEAD TO CAREERS IN FINANCE, MARKETING, OPERATIONS, MANAGEMENT, AND ACCOUNTING.

GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: CREDIT CARD MACHINE

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to being spiritual. Each number corresponds to a letter. (Hint: 25 = I)

A. 2 26 25 8 25 15 11 21 13
Clue: Relating to the human spirit

B. 24 16 13 25 16 19 2
Clue: Things one accepts as true

C. 15 17 25 4 14 25 4 12
Clue: Using rational judgement

D. 15 5 12 16 15 17 16 8
Clue: In proximity to another

Answers: A. spiritual B. belief's C. thinking D. together

SUDOKU

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

8	5				2			
								6
				3	7			8
9				4		5		
		1		8	9	7		
		6	2					
		5						
		2	5	9	1		7	
3	8					6		

Level: Intermediate

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

5	1	9	4	2	7	6	8	3
3	7	8	1	6	5	2	4	9
6	4	2	3	9	8	5	1	7
1	8	6	5	7	2	9	3	4
4	9	7	6	8	3	1	2	5
2	3	9	5	4	1	8	7	6
8	5	1	7	3	6	4	9	2
9	2	3	8	5	4	7	6	1
7	6	3	1	2	4	9	8	5

ANSWER:

The 2020 holiday season was unlike any other. The COVID-19 pandemic was still affecting daily life across the globe over the final months of 2020, prompting many families and individuals to alter holiday traditions they'd embraced for decades. That included how people shop. Many people avoided in person holiday shopping in 2020. However, the successful rollout of various COVID-19 vaccines has made in person shopping safe again. That's good news for local businesses and great news for shoppers, who may have forgotten

just how much they can benefit from shopping in person.

• In person shopping is convenient. Much is made of the convenience of online shopping. And it's undeniable that the ability to shop at all hours of the day and night is convenient. However, in person shopping, especially when shopping for others, is much more convenient than shoppers may realize. When shopping in person, shoppers can get a feel for an item, size it up and even inspect its quality prior to purchasing it. That can save shoppers from that

disappointing feeling of receiving an item in the mail only to realize it's poorly made or oddly sized and therefore unlikely to fit its eventual recipient.

• In person shopping isn't all about shipping. Shipping speed is a significant factor for online shoppers, and that may affect just which gift they give come the holiday season. According to a Dotcom report titled "How Fast Delivery and Quality Packaging Drives Customer Loyalty," 87 percent of shoppers surveyed indicated shipping was a key factor when decid-

ing whether to shop with an e-commerce brand again. That's an important consideration, as shoppers may be more inclined to buy an item from a retailer simply because of their shipping speed capabilities and not because of the quality of the item and whether or not it's what they want to give to their loved one. Shopping in person removes shipping from the equation, ensuring gift givers will give a gift they truly want to give and not just the one that will arrive on time.

- In person shopping allows for more acces-

sible browsing. Within minutes of entering a store and walking around, shoppers may see a handful of gifts that will ultimately be great for various people on their lists, even if they had no idea what to get prior to entering. That ability to browse is more difficult when shopping online, especially when buying from online retailers with massive inventories of a range of products. Such sites often require visitors to pick a category to streamline their searches. That's not always easy or enjoyable for shoppers who cher-

ish the opportunity to uncover hidden gems or more unique gifts that aren't available all over the internet.

- In person shopping gets shoppers out of the house. Since the onset of the pandemic, people have spent more time than ever within the confines of their homes. The 2021 holiday shopping season provides a great opportunity to get out of the house and disconnect from devices. Shoppers can even do so alongside friends and family members they weren't able to see last holiday season.

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(\$500/ton Rebate + Tax Credit)
to replace or supplement a fossil fuel system
- ☐ **Install Solar PV** (25% Tax Credit if in service by 12/31/2022)
to provide clean renewable electricity to my home
- ☐ **Buy a Plug-In Hybrid Electric Vehicle** (\$600 Rebate)
to spend less time at the gas pump
- ☐ **Buy a Battery Electric Vehicle** (\$1,000 Rebate)
to skip the gas pump for good
- ☐ **Install an EV Charger** (\$300 Rebate)
to charge my EV off-peak and save
- ☐ **Install a Battery Backup for my home**
rather than a gas or diesel generator
- ☐ **Consider buying an electric or battery operated lawnmower**
rather than a gas model (you may get an end of season deal)
- ☐ **Consider buying an electric or battery operated snow blower**
rather than a gas model (you may get a pre-season deal)
- ☐ **Install a Sense home energy monitor** (\$75 discount from
Sense, \$75 NHEC Rebate) to better understand your electric
use

Visit www.nhec.com for complete program details

Children's Auction kicks off on Dec. 7

By Erin Plummer
mnews@salmonpress.
news

REGION—The Greater Lakes Region Children's Auction is returning for its 40th anniversary with a week of auctions and events to raise money for area families.

The 40th annual Greater Lakes Region Children's Auction will kick off on Dec. 7, and will run through Dec. 10, raising money for organizations around the Lakes Region that help children and families.

The auction will run from 10 a.m.-7 p.m., airing on LRPA TV Channel 25 and Channel 12 on Atlantic Broadband. The auction will also be broadcast on the radio at Lakes

101.5 FM and streamed at childrensauction.com, on Facebook at facebook.com/childrensauction and the Laconia Daily Sun Web site.

People can bid during the auction at 603-527-0999 and at the Children's Auction Web site.

This year's auction has a new location at the Tanger Outlets in Tilton. The auction is in the middle building in the former Nike store next to Rocky Mountain Chocolate Factory.

The auction will feature some special events and programs.

CycleMania is back for the Children's Auction and "Mad Dog" Mike Gallagher will be back on a spin bike at



FILE PHOTO

The Greater Lakes Region Children's Auction is back on Dec. 7-10 for its 40th year.

Gilford Hills Tennis and Fitness club on Dec. 7 from 9 a.m.-9 p.m. People can join in 60-minute intervals for \$20 each.

The Community Challenge is back this year

and teams have been hard at work all year raising money. The Community Challenge is an evolution from Pub Mania to an all-year fundraising event. Last year's Community Challenge raised \$249,460 for the Children's Auction.

The Children's Auction is still collecting items for auction. People can fill out a donation form that can be found on the Children's Auction Website and drop off items at any of several businesses throughout the Lakes Region. People can drop off items at Meredith Village Savings Bank branches in Alton, Ashland, Center Harbor, Gilford, Laconia, Meredith, Moultonborough, and Plymouth. Irwin Marine in Laconia and Alton, Lee's Candy Kitchen in Meredith and Plymouth, and Hiller orthodontics in Laconia

and Plymouth are also collection sites.

Other collection locations include Aubuchon Hardware in Franklin and Grevior Furniture in Franklin; Gilford Tennis and Fitness Club and Franklin Savings Bank in Gilford; Body Covers, North Water Marine, and The Wellness Complex in Laconia; Edward Jones, Meredith Insurance Agency, and The Xavier Group in Meredith; and the Tanger Outlets in Tilton at Shopper Services.

Last year, the auction distributed \$561,400 to 75 different organizations to meet the needs of children and families. The auction has different categories of need that it distributes funds for: Category A for immediate needs such as food, shelter, clothing, Christmas gifts, and hygienic needs; Category B for organizations that eliminate and

mitigate the need for basic and extended children's services; Category C for capital projects to enhance children's lives or offer better services; and Category D provide recreational and educational services that families might not have been able to afford otherwise.

The auction will celebrate its 40th with a big party on Dec. 11. Tickets are on sale for the 40th Children's Auction Celebration Party at The Summit Resort in Laconia on Dec. 11 from 6-9 p.m. for \$40 a person. The party will feature music, food, a cash bar, and much more. Tickets are available at childrensauction.com.

For more information on the Children's Auction and for forms and bidding, visit childrensauction.com

Greater Lakes Region Children's Auction ornaments now available



COURTESY

Reed and Sandie Lincoln shopped at Gilford Country Store and learned about the Children's Auction ornament sale from store owner Kathy Tognacci.

LACONIA — 'Tis the season to support the Greater Lakes Region Children's Auction, and local businesses are now selling decorative ornaments for in-store display or to take home. The ornaments cost \$1, \$5 or \$10 and help raise money for the auction, which will be held this year from Tuesday, Dec. 7 through Friday, Dec. 10 at Tanger Outlets in Tilton.

The ornaments are four-inch-round cardstock decorations that customers can write their names on for display at a business or to take home. All proceeds benefit the auction.

Ornaments are available at: Café Déjà Vu, 311 Court St., Laconia; Crazy Gringo, 306 Lakeside Ave., Laconia; Franklin Savings Bank, 11 Sawmill Rd., Gilford; Gilford Country Store, 1934 Lake Shore Rd., Gilford; Gilford Hills Tennis & Fitness Club, 314 Old Lakeshore Rd., Gilford; H. Salon, 28 Weirs Rd., Gilford; Hermit Woods Winery & Deli, 72 Main St., Meredith; Live Love Lake, 7 North Main St., Wolfeboro; Middleton Building Supply, 157 Main St., Meredith; Nahamsha Gifts, 63 Main St., Meredith; Patrick's Pub & Eatery, 18 Weirs Rd., Gilford; The Wine'ing Butcher, 28 Weirs Rd., Gilford;

The Wine'ing Butcher, 81 Route 25, Meredith; Shooter's Tavern, 190 DW Highway, Belmont; and Winnepesaukee Bay Gulls 2, 18 Weirs Rd., Gilford, and Winnepesaukee Bay Gulls, 118 Whittier Highway Moultonborough; and Laconia Village Bakery, 660 Main St., Laconia.

Gilford Country Store, 1934 Lake Shore Rd., Gilford; Nahamsha Gifts, 63 Main St., Meredith; and Live Love Lake, 7 North Main St., Wolfeboro, offer five percent off non-consignment store purchases if one buys a \$5 ornament and 10 percent off if one buys a \$10 ornament.



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