

Locals earn football All-State honors

REGION — The Division II East Conference football All-State teams have been announced an a number of Plymouth, Gilford-Belmont, Kennett and Kingswood athletes were on the lists.

First Team Offense went to wide receiver Jake Crowley and linemen Caden Sanborn and Eddie Camp of Plymouth and lineman Michael Macaione of Gilford-Belmont.

First Team Defense went to Kennett linebackers Evan Koroski and Tanner Bennett, linebacker Michael Kitto and defensive back Riley Marsh of Gilford-Belmont and lineman Tyler Stokowski and defensive back Brock Tanner of Plymouth.

Second Team Offense went to quarterback Isaiah Reese of Gilford-Belmont, lineman Kyle Stearns, tight end Brady Robitaille and slot receiver Isaiah Mojica of Kennett and running back Joe Peters of Plymouth.

Earning Second Team Defense were lineman Jaivon Cadore, linebacker Calvin Swanson and defensive back Kurtis Cross of Plymouth and lineman Sam Seavey of Kennett.

Honorable Mention went to running back Andrew Keniston and lineman Robert Hotchkiss of Kingswood, running back Dylan Welch of Plymouth, running back Austin Normandin of Gilford-Belmont and quarterback Camden Bailey of Kennett.

Also earning First Team Offense honors were Dominic Coppeta (QB), Dominic Pallaria (RB), Daniel Post (RB), Ethan Stewart (slot) and Malakai Colon (OL) of Timberlane, Liam Sullivan (RB), Connor Toriello (TE) and Billy Wood (OL) of St. Thomas, Alex Francouer (RB) of Pembroke, Jake Currier (OL) of Merrimack Valley and Nate Ashby (KR) of Sanborn.

First Team Defense also went to Camden Zambrowicz (LB), Evan Roeger (DL), Bryce Parker (DL), Jaden Mwangi (DB) and Harrison Bloom (K) of Timberlane, Kevin Kolodziej (LB) and Jake Comely (DL) of Sanborn and Devon Paquette (DB) of St. Thomas.

Also earning Second Team Offense were Joseph Luchsinger (OL) and Tyler Leedberg (RB) of St. Thomas, Niko Langlois (OL) and Matthew Williams (WR) of Timberlane and Cody Leclair (OL) of Pembroke.

Second Team Defense also went to Logan Drew (DL) and Aidan Miller (DB) of Merrimack Valley, Joe Pickett (DL), Samuel Grondin (LB), Spencer Lassard (DB) and Taig Healy (K) of St. Thomas, Spencer Foley (DL) of Sanborn and Aiden Weldon (LB) of Pembroke.

Also earning Honorable Mention were Charlie Ransom (WR) of Pembroke, Tristan Donigian (OL) of Sanborn and Trey Baker (DB) of Timberlane.

Cooper Kelley of Timberlane was named Player of the Year and Kevin Fitzgerald of Timberlane was named Coach of the Year.

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

Early deadlines for Christmas

To ensure that the Dec. 23 edition of the Winnisquam Echo arrives in subscribers' mail boxes on schedule, the submission deadline for any press releases and letters to the Editor intended for publication that week has been moved up from the usual Monday to Thursday, Dec. 16 at 9 a.m. Submissions can be sent by e-mail to Editor Brendan Berube at brendan@salmonpress.news.

The Winnisquam Echo thanks our readers for their cooperation with this scheduling change, and wishes one and all a safe and happy holiday season.

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Parade preparations

Members of the Tilton-Northfield Rotary Club prepare to join in the annual Holiday Parade last Saturday evening. Photo courtesy of the club's Facebook page.

Bear girls looking to build off successful 2020-21 campaign

TILTON — The Winnisquam girls' basketball team took leaps and bounds in the right direction last year, finishing the season at 7-7 under coach Mark Dawalga.

Dawalga returns to the bench this season with a stable of seven returning players, all of whom had a part in last year's turnaround and they will be looking to mix a quintet of newcomers into the mix.

"This year we will look to build off what we did last season, going 7-7," said Dawalga. "We have a good core group coming back."

Junior Mackenzie Philippy and sophomore Lauren MacDonald will be counted on to lead the way on the offensive side of things for the Bears. Both were key contributors in last year's offensive attack for Winnisquam.

Sophomores Isabella Sargent, Trinita Carter and Vanessa Power and seniors Emma Griffin and Sophia Day will be counted on to lead the way on the defensive side of things for the Bears.

"This is our second year together and the kids know what is expected in order to play the way we want," Dawalga stated. "They all work hard every day in practice and are really making strides."

For newcomers, the Bears will welcome se-

niors Madison Knopka and Alicia Pauquet, junior Delaney Skouritis and sophomores Victoria Kelly and Brianna Harlow.

"Our newcomers are still learning how we want to play and are working hard to learn how our system works," Dawalga said. "It may take a little time to get everyone on the same page."

That being said, the Winnisquam coach said that all the kids are geared up and are ready to get out on the court and play some basketball.

"There is one thing I know for sure, the kids are extremely excited to get the season going," Dawalga said.

The Bears will play two games each with Franklin and Prospect Mountain and single games against White Mountains Regional, Newfound, Somersworth, Stevens, Belmont, Fall Mountain, Raymond, Inter-Lakes, Campbell, Monadnock, Mascoma, Gilford, Berlin and Kearsarge.

Winnisquam is slated to kick off the season on Friday, Dec. 10, at home against White Mountains Regional at 7 p.m. and they continue with a trip to Bristol to take on Newfound at 6 p.m. on Tuesday, Dec. 14.

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

35th Annual Cash & Cans schedule set



Rob & Bob Bolduc of Piche's Ski & Sport Shop help jump-start this year's Mix Cash & Cans campaign with a \$500 donation.

REGION — 'Making a difference one donation at a time,' Mix 94.1 FM's 35th annual Cash and Cans Money & Food Drive for the holidays is set for Dec. 13-17. All monies and food raised stays local, benefiting

Northfield/Sanbornton Christmas Fund; Every Child Is Ours; Greater Lakes Region Santa Fund, Meredith Emergency Food Pantry, the Northfield-Tilton Congregational Church Food Pantry, St. Joseph's Belmont Food Pantry and others.

Last year was another record year for donations, with over \$52,000 in cash and more than 30,000 non-perishable food items raised.

Mix 94.1 FM's Fred Caruso, who started the program in 1987, looks forward to this week every year, commenting "We meet so many generous people during Cash and Cans week. It's a heart-warming week, from kids giving their piggy bank money to the business community donating, all we ask is people give what they can. And the best part...it all stays right here in our central New Hampshire Community."

Caruso acknowledges this will be another different year, still dealing with the pandemic, adding "We're taking all precautions but, we'll be out there. Many people are hurting right now due to job loss and sickness. Our goal is to try to help as many people as possible through the organizations that benefit from the generosity of our listeners."

Caruso and morning co-host Amy Bates will broadcast live from 18 different locations, accepting your Cash and Cans donations. All broadcasts are out-side with all safety protocols in place. Here where they'll be, and when they'll be there:

Monday, Dec. 13: 5:30-9 a.m., George's Diner; Meredith; 10 a.m.-1 p.m., Vista Foods, Laconia;

SEE SCHEDULE, PAGE A7

Roche Realty Group sells two medical office buildings in Laconia



COURTESY

Two large medical office buildings located at 724 and 734 N. Main St. in Laconia have recently changed ownership.

LACONIA — Two large medical office buildings located at 724 and 734 N. Main St. in Laconia have recently changed ownership. Concord Hospital/Laconia will

continue to operate their multi-specialty clinic, obstetrics, and gynecology practices in these two adjacent landmark buildings. Constructed in 1937, The Laconia Clinic build-

ing has served the medical needs of surrounding communities for decades. Now, with Concord Hospital operating the facility, it's certain to continue for many more.

Bruce Labranche of Roche Realty Group in Meredith represented the buyer, Yankton Property CHL, 724 and 734 LLC, in acquiring these two properties in the heart of downtown Laconia which have active leases in place with Concord Hospital. The seller of the property was Laconia Clinic Properties, Inc., represented by Laura Gamache of KW Metropolitan. The closing was held at Wescott Law in Laconia with Attorney Sarah N. Rubury.

The principal of Yankton Property, John Anderson, commented, "My family is pleased to be investing in the Laconia community and in particular in a health care provider whose doctors have continuously provided crucial clinical care to the Lakes Region at these locations for decades. We are proud to be associated with Concord Hospital/Laconia and look forward

to a long relationship with them."

According to Bruce Labranche of Roche Realty Group, "The 724 N. Main Street building, where the clinic is located, includes 28,373 sf. This three-story brick medical office building has 95 exam rooms and offices. There are 12 reception and work station areas, six waiting rooms, 21 bathrooms, 900 sf. designated employee space, x-ray, lab, and pharmacy areas."

Labranche commented, "The paved parking area on 2.26 acres is huge and includes 145 parking spaces with easy entrance and exit. The building's contemporary portico and expansive glass windows present a pleasing architectural feel. The second building, 734 N. Main St., where the obstetrics and gynecology practices are located, is an attractive brick building with wood

accents, lots of windows and includes 9,538 sf. with two stories and offers an additional 15 parking spaces."

According to Frank Roche of Roche Realty Group, "This was the highest-priced commercial sale for 2021, for the 25 towns and cities throughout the Lakes Region. It's another indication of Laconia's impressive growth moving forward. There's great momentum with many changes in ownership and substantial investments being made within Laconia... the city is in a great place right now. When Concord Hospital announced the acquisition of Lakes Region General Hospital, it was very exciting and well-received news for our communities. Concord Hospital has a tremendous reputation statewide and is now a major asset for Lakes Region. We are very fortunate to have them in our backyard."

Roche Realty Group has been a leader in commercial, business sales, and development projects throughout the Lakes Region of New Hampshire. For a comprehensive list of our commercial, hospitality, business, and development achievements, please visit www.rocherealty.com.

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MVSB kicks off annual Mitten Drive to benefit children, families and nonprofits

MEREDITH — Meredith Village Savings Bank (MVSB) is looking for donations of new handmade or store-bought mittens, hats, gloves and scarves for their annual Mitten Tree drive, now through December 31. All items will be donated to local nonprofits serving children and families and for each item donated, MVSB will make a \$2 contribution that will be evenly split among Interlakes Community Caregivers, GOT LUNCH! Laconia and GOT LUNCH! Ashland.

Mitten Tree donations can be dropped off at any MVSB branch location. Nonprofits in need of mittens, hats, gloves and scarves should contact the Bank office closest to them. A complete list of offices and hours are available at mvsb.com.

“The Mitten Tree is a simple way that community members can give back to those in need this holiday season,” said

Rick Wyman, President of MVSB. “It is a holiday tradition we’ve proudly hosted since 1979 and we are excited to contribute to these local organizations helping to ensure local children and families don’t go hungry.”

A donation of \$2 for every item collected throughout the drive will be evenly divided and awarded to:

Interlakes Community Caregivers, a volunteer organization that provides supportive services and information for neighbors to assist them in their daily lives. Visit www.interlakescares.org for more information.

GOT LUNCH! Laconia, a collaboration of community partners coming together to help feed children during the summer months. Visit www.gotlunchlaconia.com for more information.

GOT LUNCH! Ashland, a collaboration

of community partners coming together to help feed children during the summer months.

Unlike a stock bank, MVSB is a mutual savings bank that operates for the benefit of its depositors, borrowers and surrounding communities. As a result, MVSB has remained steadfast in fostering the economic health and well-being of the community since it was founded in 1869. For over 150 years, Meredith Village Savings Bank (MVSB), has been serving the people, businesses, non-profits and municipalities of Central NH. MVSB and its employees are guided by the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local branch offices located in Alton, Ashland, Center Harbor, Gilford, Laconia, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 800-922-6872 or visit mvsb.com.

Send a letter to Santa at the Belknap Mill

LACONIA — Santa will be answering children’s letters dropped at the Belknap Mill until 5 p.m. Monday, Dec. 13!

Recently, new Laconia resident Kimberly Smith was reminiscing about a ‘Letters to Santa Program’ that was held by the town recreation department where she used to work. Kim shared that, “the program was phased out, which was rather sad, as it was so magical for many.” Kim decided that she wanted to bring the program to the community where she and her family are now calling home. She reached out via Facebook to the Belknap Mill and Tara Shore, Program & Operations Manager thought this was an opportunity for a wonderful collaboration.

Children are invited to visit the Mill Monday through Friday from 9 a.m.-5 p.m. and Saturday 9 a.m.-3 p.m. to write their letters at a specially designed Santa Letter Writing station in the lobby or drop off their already written letters in Santa’s mailbox.

Kim, Santa’s designated Volunteer Elf for Laconia, will pick up the letters and send them straight to Santa so that he can respond before Christmas. Once the letters have been responded to, Kim will donate the original letters to



Macy’s Believe Program, which donates \$1 to Make-A-Wish for every letter they receive.

To ensure all children who write to Santa receive a response, the child’s name and address must be attached to their letter and dropped with a pre-stamped envelope.

Kim Smith is volunteering her time for this project and is looking forward to giving back to the Laconia community! The Belknap Mill expects this program to become a permanent part of our Annual Yuletide traditions event held each November.

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of Nov. 22-29.

Shawn R. Cassavaugh, age 28, of Belmont was arrested on Nov. 22 for Driving After Revocation or Suspension and violating Driver’s License Prohibitions.

Joshua D. Hunter, age 26, current address unknown, was arrested on Nov. 24 for Resisting Arrest or Detention resulting in Serious Bodily Injury, multiple counts of Reckless Conduct with a Deadly Weapon, Conduct After an Accident causing Death or Injury, Disobeying an Officer following a Motor Vehicle Accident resulting in Serious Bodily Injury, Simple Assault result in Bodily Injury, Conduct After an Accident, multiple counts of Criminal

Mischief, and in connection with a warrant.

Mark L. Marceau, age 35, of Gilford was arrested on Nov. 24 for Driving After Revocation or Suspension.

Sherry L. Sciacca, age 59, of Belmont was arrested on Nov. 24 on multiple counts of Domestic Violence-Simple Assault-Physical Contact.

Jenna M. Hannaford, age 22, of Pittsfield was arrested on Nov. 25 for Driving After Revocation or Suspension.

Michael J. Mussey, age 47, of Belmont was arrested on Nov. 26 for Driving After Revocation or Suspension and Suspension of Vehicle Registration.

Frank E. Clement, age 48, of Winchester was arrested on Nov. 26 in connection with a warrant.

Michelle Lee Peters,

age 34, of Franklin was arrested on Nov. 27 for multiple counts of drug possession and Control of a Premises Where Controlled Drugs Were Kept.

Anthony J. Craib, age 58, of Laconia was arrested on Nov. 28 for Unlawful Activities-Litter Control, Breach of Bail Conditions, and Criminal Trespassing.

Mark A. Dexter, age 33, of Northfield was arrested on Nov. 28 for Possession of a Controlled Drug, Disobeying an Officer, Transporting Drugs in a Motor Vehicle, and Control of a Premises Where Drugs were Kept.

Mason-Wilder T. Marceau, age 26, of Meredith was arrested on Nov. 29 in connection with multiple warrants.

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From apples to oranges (in stockings): The origins of Christmas traditions

Driving about town is fantastic this time of year, as more and more homes are decorated with bright lights to welcome the holiday season. Some people go all out, and others...well, they don't, and that's OK too. The important thing to remember as we get older is that right now, as you read this, there are countless children counting down the days until Santa arrives, or just finishing up with Hanukkah.

As our Editor was dragging their family tree into the house over the weekend, they started to think about how silly this tradition was. Why cut down a tree and drag it indoors, decorate it, and vacuum up pine needles all month long? We will admit, having the tree is fun, especially at night. With that, the research into holiday traditions began.

Did you ever wonder where the tradition of the Christmas stocking came from, or why traditional Christmas colors are red, green and gold or why Kentucky Fried Chicken in Japan is so busy on Christmas? There are endless myths and fables surrounding the Christmas holiday, but there are even more interesting facts. While researching Christmas, and digging deep, we found a plethora of fun and thought-provoking facts worth sharing with our readers.

The first one notes that early images of St. Nicholas depict him as a strict disciplinarian rather than the overweight, jolly man in the red suit we see today. Way back when, a common Christmas eve tradition was to tell scary ghost stories by the fire, boo.

In 1914, during the Great War, a truce between the United Kingdom and Germany was held. They decorated their shelters for the holiday and exchanged gifts and even played a game of football with each other.

When a child drops a letter in the mail to Santa in America, the mail is sent to Santa Claus, Ind.

Thanks to the province of Nova Scotia, which, since 1918, has been sending the city of Boston an enormous Christmas tree as a thank you for supporting them during the Halifax explosion.

Pope Julius I proclaimed Dec. 25 as the official day to celebrate the birth of Christ in A.D. 350.

For the past 40 years, people in Japan eat Kentucky Fried Chicken for Christmas dinner and must make their orders two months in advance.

British illustrator John Callcott Horsley invented the first Christmas card in 1843.

In England from 1649-1660, Puritanical guardian of the realm Oliver Cromwell outlawed Christmas celebrations and carols, which he and his fellow Calvinists viewed as vestiges of Catholic excess.

The first artificial Christmas trees were made in Germany out of dyed goose feathers (we're still trying to picture this one).

X is the Greek letter "chi," which is an abbreviation for the word "Christ" in Greek — hence the abbreviation X-mas being used so often.

Several European countries thought that good and evil spirits were active during the Twelve Days of Christmas. These 'spirits' then became known as Santa's elves.

Have you ever wondered what a 'Yule' log actually is? We have too. It is a large log that is burned during the Twelve Days of Christmas as a symbol of health, fertility, luck and is said to ward off evil spirits.

In Bolivia, there is a celebration called the 'Mass of the Rooster' that takes place on Christmas Eve. Some folks bring roosters to the mass to symbolize the thought that a rooster was the first animal to announce the birth of Jesus.

In 2010, the Colombian government hung lights on jungle trees. When the FARC guerrillas sauntered by, the trees lit up and released banners asking the terrorists to lay down their weapons. As a result, 331 guerrillas peacefully re-entered into the community.

Here's an interesting one: the Bicycle card company created playing cards during WWII that revealed an escape route for POW's in Germany.

In the song "The Twelve Days of Christmas," the verse referring to "true love" is a reference to God. A "partridge in a pear tree" represents Christ and the "two turtledoves" represent the Old and New Testaments.

Did you ever wonder why the colors red, green and gold are affiliated with Christmas? The color green is a symbol of life and rebirth, red symbolizes the blood of Christ and gold is a symbol of light, wealth and royalty.

Christmas trees are grown for roughly 15 years before they are purchased.

In Poland, spider webs are a common decoration for trees because a spider, according to legend, wove a blanket for baby Jesus.

In 1836, Alabama was the first state in the country to officially recognize Christmas.

Mistletoe is considered sacred to the Druids because it produces fruit and remains green throughout the winter. The Druids never let the plant hit the ground and believed that it was a cure for infertility and warded off evil spirits.

President Teddy Roosevelt, widely acknowledged as one of the first environmental advocates, banned Christmas trees from the White House in 1901.

Apples were the first Christmas tree decorations. Why do we hang stockings by the chimney with care? Apparently, there were three sisters who were too poor to afford a marriage dowry and were bound to end up on the streets. Bishop Saint Nicholas filled their stockings with gold coins, and their lives were forever changed.

We hope you enjoyed these fun Christmas facts, and hope that you have a happy holiday season filled with endless laughter and memories to last a life time.

STRATEGIES FOR LIVING

BY LARRY SCOTT

[An excerpt from "The Making of a Model" by R. Larry Scott, now available through Amazon in both paperback and eBook format].

The year was 1949, and two young evangelists were about to launch a crusade in Los Angeles, California. It was an endeavor that would have a historic and deeply personal impact on them and the church.

Charles Templeton, who had been preaching on alternating nights with his best friend Billy Graham, was in the throes of a spiritual crisis.

In an interview related to his book, "The Case For Faith," Lee Strobel tells of a conversation he had with Templeton not long before Charles' death in 2001.

"Was there one thing in particular that caused you to lose your faith in God?" I asked at the outset.

He thought for a mo-

ment, "It was a photograph in Life magazine," he said finally.

"Really?" I said. "A photograph? How so?"

He narrowed his eyes a bit and looked off to the side, as if he were viewing the photo afresh and reliving the moment. "It was a picture of a black woman in Northern Africa," he explained. "They were experiencing a devastating drought. And she was holding her dead baby in her arms and looking up to heaven with the most forlorn expression. I looked at it and I thought, 'Is it possible to believe that there is a loving or caring Creator when all this woman needed was rain?'"

It was a question that would have a devastating impact on Templeton's faith in the Bible, and he made no secret of his feelings. As Graham recounts in his autobiography, "Just As I Am," Templeton challenged him. "Billy," he said, "you're fifty years out

of date. People no longer accept the Bible as being inspired the way you do. Your faith is too simple" (138). Billy Graham, who had enormous respect for his friend, could not dismiss Templeton's argument out of hand. "If I was not exactly doubtful," he recalled, "I was certainly disturbed" (p.138).

Things finally came to a head for Graham during a quiet walk in the San Bernardino mountains.

"Dropping to my knees there in the woods, I opened the Bible at random on a tree stump in front of me. I could not read it in the shadowy moonlight, so I had no idea what text lay before me. ... [I]t was an altar where I could only stutter into prayer:

"The exact wording of my prayer is beyond recall, but it must have echoed my thoughts: 'O God! There are many things in this book I do not understand. There are many problems with

it for which I have no solution.' ... I was trying to be on the level with God, but something remained unspoken. At last the Holy Spirit freed me to say it. 'Father, I am going to accept this as Thy Word—by faith! I'm going to allow faith to go beyond my intellectual questions and doubts, and I will believe this to be Your inspired Word.'"

Templeton soon withdrew from the ministry, moved to Canada, and became a writer and commentator. His final published work, "Farewell to God: My Reasons for Rejecting the Christian Faith," tells the story. For Graham, however, the Los Angeles crusade launched a ministry that was to enable hundreds of thousands of people to discover a new relationship with the God Templeton had rejected.

For more thoughts like these, follow my work in "The Making of a Model," now available through Amazon.

LETTERS TO THE EDITOR

Anti-abortion legislation seeks to return us to the 1800s

To the Editor:

The possible demise of Roe V. Wade's protections for women's lives calls me to share this from my family history.

In the 1800s, an ancestor's neighbor wanted to buy a certain milk cow. My farmer said, "I can't sell you that cow. That's my wife's cow." The neighbor said, "If you'd keep your wife in subdual the way I keep my wife, you could sell me that cow." (Subdual, subdual, down...)

My ancestress came into sight, having overheard. She said, "He couldn't keep me in subdual, and if I were your wife, you couldn't either!"

Doing away with women's health care, including abortion rights, is about keeping women in subdual. Returning to the 1800s and earlier. Women need to be sure to vote in the 2022 elections and onward. Get rid of Republican males legislating as if this is the 1800s.

Sincerely,

Lynn Rudmin Chong
Sanbornton

Comfort Keepers

What is respite care?

BY MARTHA SWATS

Owner/Administrator
Comfort Keepers

Respite care is defined as the transfer of primary caregiving responsibilities to another person, typically a professional caregiver, relative or friend, for primary caregivers to receive temporary relief from caregiving responsibilities. Respite care takes many forms – some family caregivers choose to have someone take on caregiver duties for a few hours a week or a few hours a day. Or some schedule respite care for longer periods of time to accommodate an extended break or vacation.

What You Need to Know When Caring for a Senior Loved One

In its Caregiving in the U.S. report, AARP estimates that 39.8 million family members provided unpaid care to an adult in 2014 and 2015. And the Centers for Disease Control reports that over half (53 percent) of caregivers indicated that a decline in their health compromises their ability to provide care.

Caring for a senior loved one is both reward-

ing and challenging. Family caregivers need to remember that it's important to take necessary breaks and practice self-care so they can ensure that they continue to find joy in their role.

This can be particularly important for those caring for a senior that has a severe illness. A study led by the Stanford Center on Longevity and Stanford University Psychology Department, which was conducted with assistance from Comfort Keepers and Clear Care, found that for older family caregivers:

Caring for a loved one with a mild illness generally leaves them in the same emotional state as their peers – with emotional well-being generally greater than that of younger adults.

When responsible for a loved one with a severe illness, reported emotional well-being tended to be lower than those of their peers.

The cause of a decrease in emotional well-being is attributed to caregiver's inability to pursue their social goals and friendships.

The purpose of this study was to help identi-

fy the unique challenges and stressors that family caregivers face. As a partner in this research study, we reached out to the family members and decision-makers of approximately 2,000 Comfort Keepers clients.

These results suggest that older people have higher emotional well-being than younger people but not when they have a relative with a severe illness. Not all older people with ailing relatives have low well-being; rather, it depends on the severity of the relative's ailment.

Caring for a senior loved one can be fulfilling and can strengthen bonds within a family. But it's important to recognize that being a family caregiver can come with feelings of loss, stress and physical strain. Caregivers risk their own health and wellbeing when they don't account for their own needs or take a break when necessary, and respite care provides a convenient solution for many families.

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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.

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

Back, by popular demand: It’s the Christmas Gift List!



By JOHN HARRIGAN
COLUMNIST

Here, back by popular demand, is an updated version of the cherished, traditional, last-minute Christmas Gift List, brought to you after endless hours of study by our Crack(ed) Crass Commercialism Team, after rigorous field-testing of certain items (see “Wildlife Conservation Kit”) at numerous back-country camps, featuring the likes of Herb Drake, Steve Merrill, Fenton Hardwick, Charlie Felton, and various guys named Hughes.

Kids, don’t forget to leave poor, tired old Santa some cookies, and of course a “glass of milk” (wink wink).

--Partridge Cleaner. The last time I saw Steve Merrill was at the Ronnie Hughes camp on Whipple Ridge, kneeling beside that little non-stop brook that was always running down across Ron’s lawn, the upkeep for which he invented his famed Night Mowing. Feathers from Steve’s bird were float-

ing everywhere, wafting around in the evening air. If apple aficionados could invent and perfect an apple-peeler that also cored the apple, why not a Partridge Cleaner?

--Combo hunting and fishing license. Look, the math is simple here. Divide the cost (\$56) by the numbers of hours enjoyed (unlimited). To figure this, you don’t even have to take off your shoes.

--Knife for Swaggering. This consists of, oh, maybe a Bowie Knife, or why kid around, might as well get a machete. Useless at camp, except for swaggering. Brandishing anywhere will get you a fast trip to the slammer.

--Knife with Gazillion Blades. Also known as Swiss Army Knife with a Gazillion Knockoffs. Look, Switzerland never even had an army, for Pete’s sake. Doesn’t history show us that Switzerland was always neutral? Who could get across the Alps anyway? Okay, Hannibal did it, including pachyderms. But these multi-bladed-until-they-make-you-faint knives are truly invaluable around camp. Make sure you get one with a corkscrew.

--Mousetrap, as in “Beat a path to your door if you build a better one.” Grizzled, wood-



Santa and his toy-filled sleigh, as those reindeer dash on through the moonlit night. (Courtesy icanvas.com)

chuck-like old trappers have been emerging from winter cabins for years babbling about building a better mousetrap. This is just before their partners strangle them. As for mousetraps, nothing has bested a bucket with some antifreeze in it and a little mouse-ramp, and some wire and one of those little spinner thin-gies with some bait on it, like peanut butter. Stay toward the rear of the crowd upon camp-opening in the spring. Think, “Gag me with a spoon.”

--Live-Trapped Woodpile Weasel, trapped by caring, sharing, tender, loving, not-ready-for-

prime-time players in Feelgood, Fredonia, care/of Marx Brothers, Hollywood, Cal. Get one of these babies and set it loose in your woodpile and you’ll never need mousetraps again.

--Genuine New Hampshire maps, based on the 1907 GS series, or better yet, on the 2021 Total BS series, with absolutely no field work. Hell, we stayed right in camp. Go out there in the rain with a rod and chain? Are you kidding?

--Genuine NH Maps, the real thing. Arrows show vehicles rushing south for yet another

shopping plaza ribbon-cutting, or another lane opening on Interstate 93 (to facilitate exits in Salem, Pelham, Derry, Manchester, Hooksett, Concord, and coming soon, Plymouth).

--Wildlife Conservation Kit. Why attend costly wildlife conservation school? Our special Wildlife Conservation tools have saved more wildlife than all the laws, court fines, policies, or pointy-headed wildlife biologists ever assembled in one room. Includes a deck of cards and a jug of hooch.

--Fisher (Cat) Poster

& Finger-Wagger. Put this full-sized poster up and finger-waggers will pop out of the woodwork everywhere. Comes with recorded harangues about fishers having nothing to do with cats.

--Road-Banding Machine. Comes with a year’s supply of Road Bands, just like the ones they use at the lumber yard.

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

Mix of veterans and newcomers for Belmont boys

BY JOSHUA SPAULDING
Sports Editor

BELMONT — Last year was a unique year for just about every team out there, including the Belmont boys’ hoop team. The Raiders had a schedule that featured two games a week against exclusively local teams, featuring squads from both Division III and Division II. This year, the Raiders return to a familiar Division III slate of games and will do so with a pretty condensed preseason and regular season.

“It will be really interesting,” said coach Jim Cilley. “We’ve been doing open gyms for a few weeks, so I think we’ll be competitive.” “In varsity experience, we’re a little younger than I’d like to be,” the Belmont mentor continued. “We’ll look much better in February than in a week and a half when we start.” The Raiders will be returning two starters to the lineup along with a few players who swung between varsity and JV

last year and a couple of freshmen who will likely be playing some significant minutes. Juniors Jamison Gaudette and Sam Rapoza are both back in the starting lineup for the Raiders. Gaudette was arguably the team’s best player in the playoffs last year, but will have to adjust to being “the guy” for the first time this season. Rapoza started all but two games last year and he’s looking to create some consistency. Senior Juan Montoya came in last year as a transfer and Cilley expects that he will flow nicely into the starting group as the one senior in the program. Tylor Carroll is back for his junior season and will be the team’s point guard and is expected to be one of the team’s leaders as well. Classmate Trent Deschuite-neer comes back in real-

ly good condition and is noticeably quicker and Cilley is interested to see how that translates on the court. Jacobb Bivens is also back after seeing most of his time at the JV level last year and brings good athleticism and toughness to the frontcourt for the Raiders. Hunter Stephens and Matt Krasnecki are also expected to get in the rotation for the Raiders in their junior seasons. Additionally, freshman Anakin Underhill and Keegan Martinez will also likely see plenty of time on the court in their first high school seasons, as they both bring some solid height to the table. “We’ve got a lot of guys, they’re a good group and they like each other,” Cilley said. “They’ll play together, they’ll play for each other.”

The Raiders will play two games each with Berlin, Gilford and Prospect Mountain and single games against Campbell, Winnisquam, Stevens, Laconia, Mascoma, White Mountains, Raymond, St. Thomas, Mascenic, Inter-Lakes, Somersworth and New-

The season officially kicks off on Friday, Dec. 10, at home against Berlin at 6 p.m. and continues on Tuesday, Dec. 14, at home against Gilford.

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

HIGH SCHOOL SLATE

Tuesday, Dec. 7

GILFORD
Swimming at Lebanon; 6
Wednesday, Dec. 8
WINNISQUAM
Wrestling at Bow; 6

Friday, Dec. 10

BELMONT
Boys’ Hoops vs. Berlin; 6
Girls’ Hoops at Berlin; 6:30
GILFORD
Boys’ Hoops vs. Monadnock; 6
Girls’ Hoops at Monadnock; 6:30
WINNISQUAM
Boys’ Hoops at White Mountains; 6:30
Girls’ Hoops vs. White Mountains; 7

Saturday, Dec. 11

WINNISQUAM
Wrestling Home Meet; 9
Tuesday, Dec. 14

BELMONT
Boys’ Hoops vs. Gilford; 6
Girls’ Hoops at Gilford; 6
GILFORD
Boys’ Hoops at Belmont; 6
Girls’ Hoops vs. Belmont; 6
WINNISQUAM
Boys’ Hoops vs. Newfound; 7
Girls’ Hoops at Newfound; 6

Wednesday, Dec. 15

BELMONT-GILFORD
Hockey at Laconia-Winnisquam-Inter-Lakes; 5
WINNISQUAM
Hockey vs. Belmont-Gilford; 5
Wrestling Home Meet; 6

All schedules are subject to change.

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Edward Jones: Financial Focus

Retirees fear becoming a burden

It’s human nature to want to make things easier for our loved ones – and to have great concern about adding any stress to their lives. In fact, 72% of retirees say that one of their biggest fears is becoming a burden on their families, according to the Edward Jones/Age Wave Four Pillars of the New Retirement study. How can you address this fear?

First, don’t panic. In all the years leading up to your retirement, there’s a lot you can do to help maintain your financial independence and avoid burdening your grown children or other family members. Consider these suggestions:

- Increase contributions to your retirement plans and health savings account. The greater your financial resources, the greater your financial independence – and the less likely you would ever burden your family. So, contribute as much as you can afford to your IRA, your 401(k) or similar employer-sponsored retirement plan. At a minimum, put in enough to earn your employer’s matching contributions, if offered, and increase your contributions whenever your salary goes up. You may also want to contribute to a health

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savings account (HSA), if it’s available.

- Invest for growth potential. If you start investing early enough, you’ll have a long time horizon, which means you’ll have the opportunity to take advantage of investments that offer growth potential. So, in all your investment vehicles – IRA, 401(k), HSA and whatever other accounts you may have – try to devote a reasonable percentage of your portfolio to growth-oriented investments, such as stocks and stock-based funds. Of course, there are no guarantees and you will undoubtedly see market fluctuations and downturns, but you can help reduce the impact of volatility by holding a diversified portfolio for the long term and periodically rebalancing it to help ensure it is aligned with your risk tolerance and time horizon. Keep in mind, though, that diversification does not ensure a profit or protect against loss in a declining market.
- Protect yourself from long-term care costs. Even if you invest diligently for decades, your accumulated wealth could be jeopardized, and you could even become somewhat dependent on your family, if you ever need

some type of long-term care, such as an extended stay in a nursing home or the services of a home health care aide. The likelihood of your needing such assistance is not insignificant, and the care can be quite expensive. In fact, the median cost for home health services is nearly \$55,000 per year, while a private room in a nursing home can exceed \$100,000, according to Genworth, an insurance company. To help protect yourself against these steep and rising costs, you may want to contact a financial professional, who can suggest an appropriate strategy, possibly involving various insurance options.

- Create your estate plans. If you were ever to become incapacitated, you could end up imposing various burdens on your family. To guard against this possibility, you’ll want to ensure your estate plans contain key documents, such as a financial power of attorney and a health care directive.

It’s safe to say that no one ever wants to become a financial burden to their family. But putting appropriate strategies in place can go a long way toward helping avoid this outcome.

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Additional terrain, lodging in proposed plan for Gunstock



BY ERIN PLUMMER

Claire Humber of The SE Group and Tom Day from Gunstock present Gunstock Mountain Resort's proposed master plan.



PHOTOS BY ERIN PLUMMER

mnews@salmonpress.news

A phased, multiyear plan for Gunstock Mountain Resort includes proposals for new lifts, expanded trails, more hospitality and camping services, and possibly space for new hotels.

The Gunstock Area Commission held a public presentation on Saturday in Gunstock's main lodge outlining the resort's master plan and proposals for phased expansion.

Gunstock Area Commissioner Brian Gallagher said in a history of the resort that in 2018 a study committee examined whether the property should be retained by the county under the 1959 enabling act or to sell or lease it. The committee concluded that the county should retain the property and legislation was drafted that 1.75 percent of every dollar that comes into Gunstock would go back to the county. Gallagher said that was the greenlight for the Gunstock and the Gunstock Area Commission to work on a master plan for the resort's future.

Gunstock worked with The SE Group, a Vermont-based company that has worked on master plans for several ski resorts across the country. After a few years of study, the plan was introduced to the public.

"This plan is reasonable, feasible, defensible, and it differentiates us from every other ski resort in New Hampshire," Gallagher said.

Gunstock President and General Manager Tom Day said they wanted to maintain and grow Gunstock while preserving its character, architecture, and other classic aspects.

Day presented the plan with Claire Humber, Director of Resort Planning and Design for the SE Group.

Over the past five

years, Gunstock usually sees an average of 172,000 patrons. That figure did not include 2019-2020 season when the mountain closed early because of COVID. The 2020-2021 season was the mountain's most successful, bringing in around 203,000 people. Humber said the mountain's average utilization rate is about 38 percent.

Day said many ski resorts in the state are opening with major new lifts and features, including Gunstock's direct competitor Mount Sunapee.

"If you don't keep up with what's happening around you, you fall behind," Day said, later adding, "It's almost impossible to get skiers to come to your resort if they've moved on."

While the resort is sustainable, the plan identified a few things that could use improvements.

Day said utilization of the mountain is "lopsided" with more people lining up for the Panorama and Pistol lifts on the east side of the mountain and fewer people going to Ramrod on the west side. There is also a long stretch of space between both sides of the mountain.

On the guest services side, it can be difficult to find seats in the lodge. Rental services are located in the basement, which Humber said does not create a great impression especially for new skiers trying to maneuver that area on skis.

The plan includes short- and near-term improvements as well as three levels of long-term improvements. Each proposal came with a projected cost calculated in 2021 dollars.

Short term improvements include getting a second detachable chairlift that would replace the Tiger and Ramrod lifts with a lift closer to Panorama. This would give the mountain four



A map of Gunstock's proposed master plan with different sections part of a multi-phase proposal.

acres of new terrain and balance trail capacity. Humber said doing this would result in a major improvement to the skiing experience and could create a nice segue to future expansion.

A new detachable lift would cost around \$5.5 million.

Another idea is to add a new trail with more accessibility that would loop to the top of the mountain. The trail would be shorter with less gradient to give more people the opportunity to experience the mountaintop. Another idea would have another way to access the mountain than just the lift, such as a shuttle service.

Humber said campsites with utility hookups and cabins are especially in demand and the report recommended adding more of those. Another proposal was adding cabins on the mountain for "glamorous camping" (glamping) experiences.

The proposal for major expansion would be a three-phase, multiyear process focusing on different areas of the resort.

The first phase, called Eastside, would add a second summit lift and 70 more acres of terrain with 11 new trails on the east side of the mountain, possibly generating 48,100 new skier visits. This project could cost \$15.3 million.

The second phase would be Alpine Ridge on the west side. This would open the former ski area on the west side of the mountain and create a new portal to the mountain. The proposal includes a triple chairlift and opening up the area's advanced terrain. This project would have an estimated cost of \$7.4 million and could generate around 18,000 new skier visits.

The third proposal is called Backside/Weeks and would be put in on the northeast side of the mountain.

While the first two proposals take place within the boundaries of Gunstock's property, the third proposal would go beyond the property's current boundary and would involve a more advanced process to accomplish.

Another detachable chairlift would be installed, and eight more trails would be created, adding potentially around 54,100 new skier visits. The Backside project could cost around \$17.3 million.

Each different phase would also involve expansions to parking and guest services facilities.

"We're not going to go and do something we don't think we can pay for," Day said.

An additional proposal would also involve new hotels on the property.

The plan found three possible locations for hotels, which could also be doing in a phased approach. The first proposed site would be in the Eastside area by the summit road, which planners said has great views. The second would be by where the main parking lot is today. The third would be around Pistol across from where the ski jumps are now.

Humber and Day said any hotels would require Gunstock to partner with a third party who would open the hotel.

"(This is) not happening tomorrow, there have been a lot of conversations over the years around this being a possibility," Humber said.

Gunstock Area Commissioner Rusty McLear talked about the revenue his hotel properties in Meredith have generated, saying a ski area like Gunstock could generate so much more business with hotels.

"We would have a fun, exciting, look to Gunstock if we could build the right kind of hotel," McLear said.

Gunstock Area Commissioner Gary Kiedaisch said any hotel would have to be carefully reviewed and negotiations would have to be made.

Day said any project would require the support of the community.

He said this is a plan that would be executed over multiple years and done so in a fiscally responsible way.

Humber said resorts and ski areas that make sequential and disciplined capital improvements will improve, whereas resorts that do not will eventually fail against the competition.

Project principals answered different questions from community members.

Olympic skiers Penny Pitou and Heidi Preuss, both of whom said Gunstock was vital to their lives and careers, spoke in favor of the proposed expansion.

Pitou, who has a lift named after her, said Gunstock has been a key part of her life since she was a child.

"I know this has taken a lot of time and effort on your parts," Pitou said. "I think it's going to be a wonderful, wonderful plan and I hope we can institute it just as soon as possible."

Preuss said this is an exciting concept that could open up opportunities for more people to explore Gunstock.

"The concept of expansion and the concept of the opportunities I think is really good for Belknap County and I support it," Preuss said.

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Bulldogs ready to skate into new season

BY JOSHUA SPAULDING
Sports Editor

LACONIA — After a season that saw the Belmont-Gilford hockey team skate almost exclusively against teams from around the Lakes Region, the Bulldogs will be returning to a full Division III schedule.

Coach Jason Parent returns to the bench for his seventh season and will welcome back a solid stable of players to the ice at the Merrill Fay Arena in Laconia.

“The goal is to compete in every game and raise our level of skill each and every practice so we are better on the last day than we were on the first,” Parent said.

The Bulldogs will be led on the offensive side of things by junior forward Owen Guerin, who is a big offensive threat, a playmaker and the motor of the team.

On the defensive side of things, Parent notes that senior defender Zoltan Stefan is a leader on the defensive corps and is the physical presence for the team.

Parent points out that there are a few newcomers who should be key contributors in their first season. They include freshman forward Evan Guerin, who will provide immediate offense and elevates the team’s hockey IQ, freshman defender Nathan

Gerbig and a pair of goalies in freshman Carson McGreevy and sophomore Colin Logan.

The good news for Parent is that most of his players skate on other teams during the rest of the year, so they come out for Bulldog hockey ready to go.

“Many of the players skate on other teams, which gets them in peak physical shape for the season start,” Parent stated.

The Bulldogs will be playing two games with rinkmates Laconia-Winnisquam-Inter-Lakes as well as two each with Berlin-Gorham, Pembroke-Campbell, Kearsarge-Plymouth,

Sanborn-Epping, Monadnock-Fall Mountain and Kennett plus single games with Con-Val-Conant, Lebanon-Stevens, Hollis-Brookline-Derryfield and John

Stark-Hopkinton.

The season officially kicks off on Wednesday, Dec. 15, at the Merrill Fay Arena against Laconia-Winnisquam-Inter-Lakes at 5 p.m.

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

Two days left for St. Vincent Christmas Angel Program

LACONIA — There’s only three days left for The Children’s Foundation Christmas Angel Program. Applications will be taken and packages will be handed out at the St. Vincent de Paul’s Food Pantry, located at 1269 Union Ave., from 4:30 to 7 p.m. on Thursday, Dec. 9 and Tuesday, Dec. 14.

This program is available to families with children ages birth to 18 years old. An outfit of clothing, socks, underwear/diapers and per-

sonal hygiene items will be given for each child. Any additional items in the package are through the generosity of anonymous donors.

Due to the increase in COVID-19 cases, procedures will be the same as last year. Instructions will be posted outside the Food Pantry door. Parents will wait outside for their number to be called to turn in the request form and then they will wait in their vehicle for their number to be call to pick up their

items by the Food Pantry garage door. Custodial parents/grandparents/foster parents are asked to bring the appropriate paperwork if they have sole or split custody of the children.

Anyone wishing to make a donation, can stop by the St. Vincent de Paul Thrift Store, at 1269 Union Ave., Laconia (next to McDonald’s) or by mail to SVDP Children’s Foundation, PO Box 6123, Laconia, NH 03247.

Celebrate the Holidays and meet the author!

LACONIA — Books can be the best gift for the holidays! You can travel far and wide, solve a mystery, learn about history, or read a story to a child or grandchild. The Belknap Mill Page Turners Book Club invites you to attend the First Annual Meet the Author event on Saturday, Dec. 11 from 10 a.m. – 2 p.m. Authors from Laconia, the Lakes Region and throughout New England will be at the Mill making their books available for sale.

Participating authors include Larry Frates, MJ Pettengill, Christo-

pher Beyer, Cathy Waldron, Ian Raymond, Heidi Smith & Courtney Parsons, Janice Petrie, Rose-Marie Robichaud, Jane Rice, and many others. Books from the Belknap Mill’s Gift Shop will be available from local authors Martha Kruse and Bryan Halperin.

The Belknap Mill Page Turners Book Club was launched in February 2020. Meetings are facilitated by Cathy Waldron, local author and owner of Give a Salute Publishing, and Heidi Smith, Board member and Programming Chair of the Laconia Histori-

cal and Museum Society. The club meets virtually each month and is regularly visited by the current month’s author.

The community is welcome to join us in celebrating an incredible year of reading and the immense talent of the writers in New England! For more information about the Meet the Authors event, the Page Turners Book Club and all programming at the Belknap Mill visit our Web site, www.belknapmill.org, visit our Facebook page or contact the Mill at 603-524- 8813.

SCHEDULE

CONTINUED FROM PAGE A1

2-5pm, Verizon Wireless Zone/American Shaman, Laconia.

Tuesday, Dec. 14: 5:30-8 a.m., Willow Hill Food & Beverage, Franklin; 9-11 a.m., Stafford Oil Laconia; 11 a.m.-1 p.m., HK Powersports, Laconia; 2-5 p.m., Belknap Subaru, Tilton

Wednesday, Dec. 15: 5:30-10 a.m. Dunkin’ Donuts, West Main Street, Tilton. Make a minimum ten dollar donation, get a dozen

donuts free; 11 a.m.-1 p.m., Prescott’s Florist, Laconia; 1-3 p.m., Irwin Motors, Laconia; 4-7 p.m., McDonald’s Tilton

Thursday, Dec. 16: 5:30-10 a.m., Park-N-Go Market, Northfield; 11 a.m.-1 p.m., T-Bones Laconia; 2-4 p.m., Franklin Savings Bank Upper Central Street, Franklin; 4:30-7 p.m., Planet Honda, Tilton.

Friday, Dec. 17: 5:30-10 a.m., McDonald’s Franklin; 11 a.m.-2 p.m., Benson Auto, Franklin; 2:30-5:30 p.m., Grevior

Furniture, Franklin.

Donations may also be made by mail. Please make checks payable to Mix Cash and Cans and mail to Mix 94.1fm, PO Box 99, Franklin, NH 03235 or Venmo @ Mixcashandcans. For more information about the Mix Cash and Cans program, visit www.mix941fm.com or contact Fred Caruso at fred@mix941fm.com. Mix Cash and Cans is a public service of Mix 94.1 FM, a locally owned and operated Northeast Communications Corporation radio station.

Annual Candy Sled Races return to Hall Memorial Library

Race to win a real you-sized sled!

NORTHFIELD — Hall Memorial Library’s Annual Candy Sled Race is back and better than ever! Candy sled races at Hall Memorial began in 2014 and have been a crowd favorite ever since.

Contestants will assemble their sleds and then race each other in elimination rounds. The

winner of each round is the sled that travels the farthest down the race track. A real honest-to-goodness sled will go to the final lucky winner, but all contestants and their support teams can enjoy hot chocolate as well as all the excitement of this fun winter “sport.”

Pick up a candy sled kit at Hall Memorial starting Dec. 1 and return with a fully assembled sled on Dec. 9 for a 5 p.m. start and a 6 p.m. finish. Sleds must be made with only the can-

dy and tape included in the kit. No extra pieces are allowed. Make sure you are at the library in time to register, and dress warmly as the event will be outdoors.

For more information, please contact Hall Memorial Library at 603-286-8971 or hallmemoriallibrary@gmail.com. Follow us on Facebook and Instagram @ HallMemorial for news and updates about the library and sign up for our monthly newsletter at www.hallmemoriallibrary.org.

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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 that 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

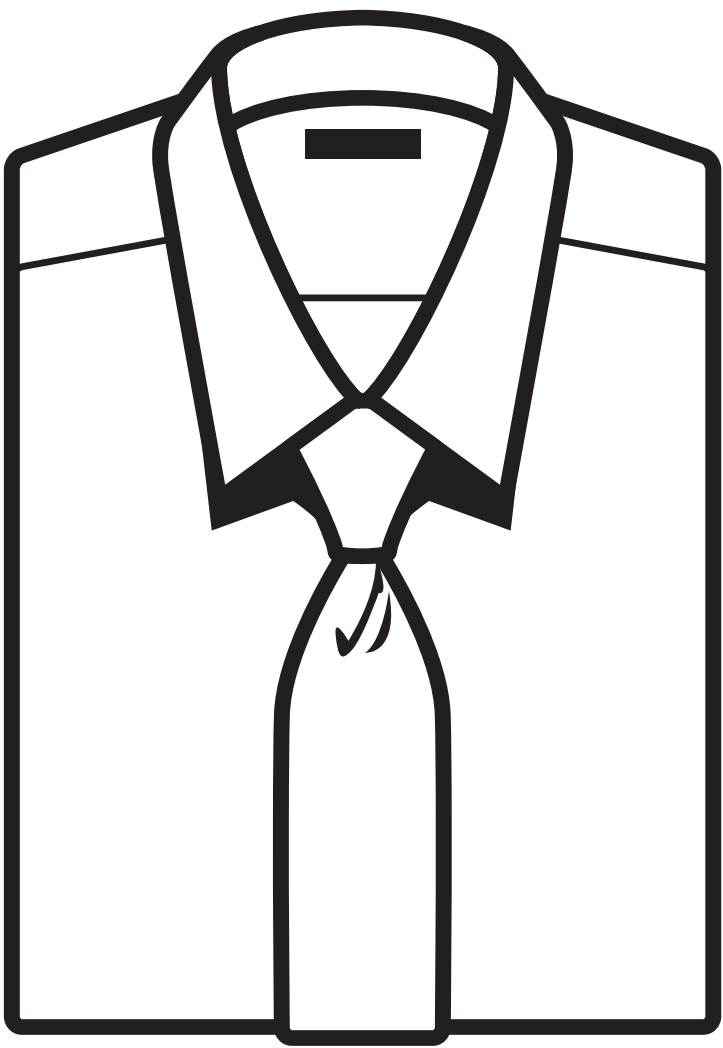
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1305 Meredith Center Rd Laconia, NH 03246 • (603) 524-9539



Creative Coloring

Celebrate the necktie.
Color in this picture to create your own masterpiece.



THIS DAY IN...



HISTORY

- **1901:** THE FIRST NOBEL PRIZE CEREMONY IS HELD IN STOCKHOLM, SWEDEN.
- **1948:** THE UNITED NATIONS GENERAL ASSEMBLY ADOPTS ITS UNIVERSAL DECLARATION ON HUMAN RIGHTS.
- **1996:** NELSON MANDELA PROMULGATES THE NEW CONSTITUTION OF SOUTH AFRICA.



THIS CLOTHING ACCESSORY IS OFTEN WORN BY MEN OR WOMEN AT FORMAL OR BUSINESS OCCASIONS.

ANSWER: NECKTIE



BLACK TIE

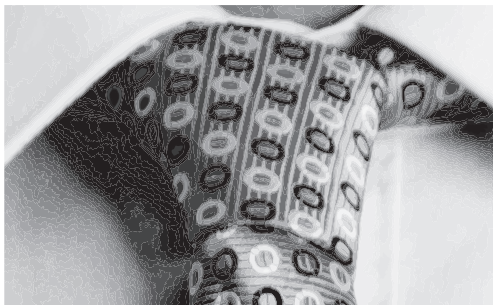
formal evening dress

How they SAY that in...

- ENGLISH:** Necktie
- SPANISH:** Corbata
- ITALIAN:** Cravatta
- FRENCH:** Cravate
- GERMAN:** Halstuch



A BOW TIE IS A TYPE OF NECKTIE THAT IS FORMED BY TYING THE TIE INTO A BOW OR KNOT.



Can you guess what the bigger picture is?

ANSWER: NECKTIE

⊙ * ☐ ⊗ ~ ① ♫ ✱ ✕ ✱ + ✱ ✱ ▲ ☾ ✱ ♂ ✱ ✱ ♀ ♀ ♀ ♂
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

CRYPTO FUN

☐ ☾ ♀ ✱ ♂ ✱ ~ ✱ +
Determine the code to reveal the answer!

Solve the code to discover words related to food service.
Each number corresponds to a letter.
(Hint: 6 = E)

A. 14 6 22 1 6 22

Clue: Waitstaff

B. 4 7 17 3 6

Clue: Dish

C. 12 6 13 23

Clue: Lists food options

D. 20 25 3 24 9 6 13

Clue: Cooking room

Answers: A. server B. plate C. menu D. kitchen

SUDOKU

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

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

ANSWER:



Equal Housing 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.

(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))

This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis.

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For The Washington DC area, please call HUD at 275-9200. The toll free telephone number for the hearing impaired is 1-800-927-9275.

You may also call The New Hampshire Commission for Human Rights at 603-271-2767 or write

The Commission at 163 Loudon Road, Concord, NH 03301

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Roche Realty Group Gets Results! Consistently a top independent real estate firm within the state, Roche Realty Group has had **\$2.5 Billion in sales volume & 8,300 transaction sides since 1997!** **Call today to have your property featured in our upcoming company magazine!**

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	 List Price: \$127,995 \$118,995	
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Part time – make your own schedule – receives benefits

Full time and excellent benefits

Weekend shift: Work 36 hours and get paid for 40 hours

Variety of shifts & pay rates - One of the highest pay rates in the North Country.

with on-the-job training

Happy Holidays from Kate & Lindsey



Maintenance Helper
Maintenance Supervisor
Mechanical Automation Engineer
Sr. Controls Engineer

MFG Engineer

EH&S Supervisor

CNC – 2nd & 3rd shifts

Warehouse Associate – 1st shift

Machine operator – 4th shift work 36 hours get paid 40 hours

Machine Operators – All shifts

Assembler – All shifts

Specialized Machine Operators – All shifts

Utility operators – all Shifts

Plating Techs – All shifts

Maintenance Operative – Automation Tech

Janitor – 1st shift M – F 7AM – 3:30PM

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Maintenance Mechanic - 3rd shift

Quality Assurance Inspector – 3rd shift

ALL POSITIONS COME WITH AN EXCELLENT BENEFIT PACKAGE: Medical & Dental Plans, Flexible Spending Accounts, Vision Insurance, Disability, Life & AD&D Insurance, Tuition Assistance, 401K Savings Plan plus company retirement contributions, Paid Holidays & Vacation Time, Wellness program and Employee Assistance program.

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UP TO \$2,000.00 SIGN ON BONUS
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Variety of shifts and Locations

Admin Assistant

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Staff Accountant

Janitor – 1st shift M – F

Sr. Controls Engineer

MFG Engineer

EH & S Supervisor

Maintenance Mechanic Helper

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Set up specialist

Plating Tech – Excellent starting wage – 2nd & 3rd shift

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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.

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▶Health Insurance▶Profit Sharing▶Store Discounts▶401k

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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.

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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!

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**SAU 68
Lin-Wood Public School**
Lincoln-Woodstock Cooperative School District
72 Linwood Drive
Lincoln, New Hampshire 03251
Telephone (603) 745-2214



The Lincoln-Woodstock Cooperative School District, recognized as one of the Best Schools in NH, and located in a year-round recreational setting in the White Mountains announces the following opening:

SCHOOL CUSTODIAN
EVENING HOURS
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Competitive Salary & Benefits

Interested parties should send a letter of interest and application to:

Sharon Holt
Lin-Wood Public School
P.O. Box 846
Lincoln, NH 03251
603-745-2051 ext. 210
sholt@lin-wood.org

Job Applications are available on the District's website at www.lin-wood.org/employment or from the Administrative Offices located in the Lin-Wood Plaza, 78 Main Street, Lincoln NH 03251.

Applications will be accepted through December 15, 2021 or until the position is filled.

The Lincoln-Woodstock Cooperative School District is an equal opportunity employer.

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Elementary Fax (603) 745-3730
SAU Fax (603) 745-2352
Accredited by New England Association of Schools and Colleges

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Plymouth, NH 03264

**Beginning Approximately
April 4 and April 11, 2022**

**2 LONG-TERM SUBSTITUTE SPECIAL
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(Must be certified)

Interested candidates should send letter of intent, resume, certification and recommendations to:

Tonia Orlando, Principal
Plymouth Elementary School
43 Old Ward Bridge Road
Plymouth, NH 03264
torlando@pemibaker.org

PLYMOUTH ELEMENTARY SCHOOL
Plymouth, NH 03264

2021-2022 School Year

Immediate Opening

Special Education Paraprofessional

Must have official college transcript of Associate's or Bachelor's degree conferred or showing a minimum of 48 college credits or a copy of passing scores for the ParaPro Assessment Praxis test or equivalent. Behavioral Management Experience a plus.

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Lori Cleary, Special Education Coordinator
Plymouth Elementary School
43 Old Ward Bridge Road
Plymouth, NH 03264
lcleary@pemibaker.org

PLYMOUTH ELEMENTARY SCHOOL
Plymouth, NH 03264

Immediate Opening


2021-2022 School Year


**Full-time 2nd Shift Custodial
Position**

Interested candidates please send letter of intent and resume to:

Jon Francis, Facilities Director
c/o SAU #48
47 Old Ward Bridge Road
Plymouth, NH 03264
jfrancis@pemibaker.org

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

For more information, please contact
Linda Elliott, Human Resources at lelliott@nchhha.org
Apply online at [Indeed.com](https://indeed.com)

*North Country Home Health & Hospice Agency is on
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Mountainside



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**Please call 603-569-4545,
or email [mtnsidelandscape@
roadrunner.com](mailto:mtnsidelandscape@roadrunner.com)**



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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

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*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 <i>2021-2022 School Year Professional & Support Staff</i>	
<u>ATHLETICS</u> 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)	<u>WHITEFIELD ELEMENTARY SCHOOL</u> Paraprofessional Substitute Teachers <u>LANCASTER ELEMENTARY SCHOOL</u> Part-Time Title I Teacher Paraprofessional Long-Term Substitute Teacher Substitute Teachers
<u>WHITE MOUNTAINS REGIONAL SCHOOL DISTRICT</u> Certified Social Worker/Clinical Social Worker	<u>WHITE MOUNTAINS REGIONAL SCHOOL DISTRICT</u> School Psychologist
<u>WHITE MOUNTAINS REGIONAL HIGH SCHOOL</u> Paraprofessional Substitute Teachers	<u>WHITE MOUNTAINS REGIONAL SCHOOL DISTRICT</u> ***Substitute teacher rate of pay is \$100 per day SAU 36 will pay for the required Criminal Background Check***
<p><i>Applicants must hold the appropriate NH credential for most positions or a Statement of Eligibility (SOE) issued by the NH Department of Education.</i></p> <p>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</p>	

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Do you have construction framing or laborer experience but don't want to be out in the cold this winter? Wallace Building Products is a 100% employee-owned business looking to hire for our Danbury NH facility. This position will work with other employees to build rough-framed walls for the construction industry in a shop environment.

We currently offer health insurance, vacation pay, and a retirement plan, monthly bonuses for good attendance and have plans to offer more benefits in the near future. We will also train those who don't yet have experience.

Apply in person at 1525 US Route 4 in Danbury NH or call 768-5900 to set up an appointment.

 **Wallace**



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BENEFITS INCLUDE

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to request us to email an application



Precision Lumber Inc.

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WWW.LUMBERNH.COM



Precision Lumber Inc.

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POSITIONS AVAILABLE**



 Precision Lumber Inc.

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SATURDAY, DEC. 4th



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*Free educational workshop offered
on supporting children in families
dealing with cancer*

LACONIA — Gilda's Club NH will host Frankly Speaking About Cancer: What Do I Tell the Kids? – a free Zoom webinar for people affected by cancer who are interested in learning about talking to their children and teens about cancer diagnosis and treatment. Many parents try to protect their kids by not sharing information about the situation. We don't often realize that even if they are not told about cancer, children of all ages can feel the impact of an illness on a family. This Workshop will help facilitate these difficult but important conversations.

Gilda's Club New Hampshire will present this Workshop on Tuesday, Dec. 14, from 4 to 5:30 p.m. as a Zoom Webinar.

To register, email- sjk@gildasclub-nh.org or call 603-387-6775.

The Workshop will be facilitated by Erin Solomon MSW, LICSW, Oncology/ Hematology Clinical Social Worker, Merrimack Valley Dana-Farber Cancer Institute.

This program is made possible through a grant from the Greater Lakes Region Children's Auction.

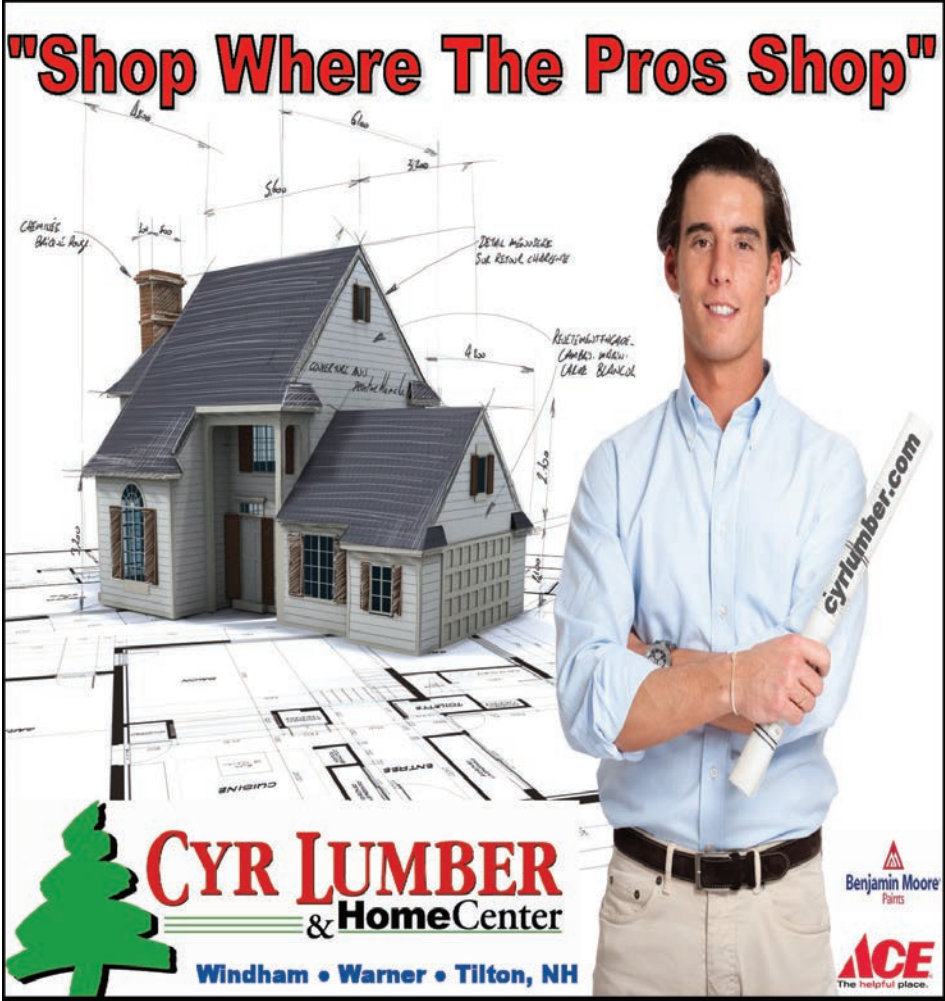
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New Hampshire Real Estate Leaders for Over 60 Years

55 Birch Hill Road New Durham, NH
\$475,000 | 3 BED 2 BATH | 1.3 Acres



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GO GREEN IN



2022

NEW HAMPSHIRE Electric Co-op

- ☐ Install a Heat Pump Water Heater (\$750 Rebate) to replace an electric or fossil fuel system
- ☐ Install a Heat Pump for Cooling & Heating (\$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