

Gilford Steamer

THURSDAY, DECEMBER 17, 2020

GILFORD, N.H.

Children's Auction raises more than \$430,000

BY ERIN PLUMMER

mnews@salmonpress.news

REGION — In a year of great need with a lot of logistical challenges, the Greater Lakes Region Children's Auction went off without a hitch and brought in more than \$430,000 for kids across the Lakes Region with a lot of volunteer efforts.

The 39th Annual Children's Auction started on Dec. 9, and ended on Dec. 11 with the announcement that \$430,907 had been raised for charities around the region that help out kids and families.

Because of the pandemic, the auction looked a lot different this year. Everything was broadcast virtually with people in different locations. Members of the community also contributed their own videos. A system set up to process donations and provide contactless distribution of items.

"It took a lot of preparation to make things



COURTESY PHOTO

Zack Derby and Jamie Sousa announce the final number for this year's Greater Lakes Region Children's Auction.

a lot different than we have in years past," said Children's Auction chair Jamie Sousa.

This year's auction took place at Bank of New Hampshire Pavilion, which allowed for ample social distancing. Sousa said they took up three buildings at the pavilion for production, items, and cashing.

People collecting their items could get them delivered right to their back seats.

"We had a lot of improvements to our technology to be able to accommodate drive through pickup and things like that," Sousa said.

R.J. Harding was especially invaluable

as their "resident tech geek" helping out with their programming and technology.

Usually, the auction has around 130 volunteers, this year they had to reduce those numbers

to around 30 to keep people safe. Sousa said people were taking two or three jobs at a time.

"It just goes to show how invested everybody is in the auction and what it stands for," Sou-

sa said.

With the preparation, she said the auction itself went smoothly. She said they learned a lot of things they will use for auctions in the future.

There was an abundance of donors and bidders this year, including many taking part for the first time.

"We had a ton of items," Sousa said. "I thought we were going to be struggling to get items in, but people just really showed up. People knew there was a real need this year. We also had a bunch of new bidders as well. People are just interested in helping out if they can."

The "It's For the Kids Community Challenge" also made a big contribution this year. The socially distanced

SEE AUCTION PAGE A10

Gilford tax bills due Dec. 31

BY ERIN PLUMMER

mnews@salmonpress.news

Gilford's tax bills were sent out at the end of November, and will be due New Year's Eve/

The Town Clerk-Tax Collector's office posted a reminder on the town website about the tax bills and their due date. Bills were mailed out on Nov. 30 with a due date of Dec. 31.

Gilford's tax rate is now set and shows an 83-cent decrease from last year, though the town's value has increased over eight percent after a town wide revaluation.

The total tax rate is \$15.03 per \$1,000 in assessed valuation, an 83-cent decrease from 2019.

The municipal portion of the tax rate is \$1.84 per \$1,000 in assessed valuation, which decreased four cents, or two tenths of a percent, from last year. Local education is \$7.42 per \$1,000 in assessed valuation, dropping 69 cents or 8.5 percent from 2019. The portion to Belknap County is \$1.12 per \$1,000 in assessed valuation, a nine cent (7.4 percent) decrease. State education is \$1.84 per \$1,000 in assessed valuation, a penny less than 2019 (2.1 percent).

The tax rate for the Gunstock Acres Village Water District has more than doubled from last year. In 2020 it will be

\$1.33 per \$1,000 in assessed valuation, an increase of 70 cents or 111 percent from 2019.

Gilford recently underwent a townwide statistical revaluation, which resulted in a valuation increase. The town's valuation is now \$2,032,075,540, an 8.5 percent increase from the previous valuation.

In addition to mailing the bills to the Town Clerk-Tax Collector's office, bills can be brought to the office Monday, Tuesday, and Friday from 8 a.m.-4:30 p.m. and Thursday from 8 a.m.-6 p.m. The office will close at noon on Christmas Eve and will be closed

SEE GILFORD PAGE A10

Road repairs, survey among updates from Public Works Director

BY ERIN PLUMMER

mnews@salmonpress.news

An upcoming road survey, putting paving out to bid, and some repairs on Potter Hill Road were some of the Public Works Director's updates at a recent selectmen's meeting.

During the Dec. 2 selectmen's meeting, Public Works Director Meghan Theriault answered some selectmen's questions and gave some quick updates on different road projects.

Selectman Kevin Hayes asked about the status of the road survey. Theriault said the Lakes Region Planning Commission had sent some preliminary maps of Pavement Condition Index (PCI) ratings for the town's roads. She was in the process of communicating with someone at LRPC and emailing questions back

and forth.

She said the next step will be a final assessment where they will take the data and run a model.

The original deadline for this was Dec. 15, but she said she hasn't heard anything else. She said she would touch base with the representative she talked to later. Theriault said that data will be used to help make the road plan.

Hayes asked if that information would be available by the next selectmen's meeting. Theriault said when the board gets the information, it will be new for her too so she won't be prepared to answer questions.

Hayes also asked if she had given thought to a Request for Proposal for next year's paving contract. Currently Wolcott Construction has

the paving contract, but the board has discussed putting the service out to bid in the future. Theriault said planning for the RFP was the top thing on her list of things she wants to do. She said she wanted to get the Governor's Island bridge project started first, and then said she wanted to put together the RFP for paving.

Board chair Chan Eddy said some patch work was done on Potter Hill Road. He said he knows there was some paving that was in bad shape at the bottom of the hill and said he assumed someone would get that done.

Theriault said there is a sinkhole in that area from a failed pipe. They did a temporary repair that will get them through next year, but that culvert will have to be replaced in 2021.



COURTESY

Bolduc Park open for cross country skiing

Bolduc Park is now open for cross country skiing. Have some safe, affordable fun outdoors. Bolduc Park is on Gilford Avenue at the Laconia/Gilford Town line. The non-profit, all volunteer run Bolduc Park's mission is to offer recreation to area residents. Cross Country Lessons will be offered to youth and adults beginning on Saturday, January 2 and will continue on January 9, 16 and 23. Lessons begin at 10am and rental skis may be picked up at 9am at Piche's Ski shop. The cost for lessons is \$80 per person including rental equipment or \$40 per person if you have your own equipment. Register with the Gilford Parks and Recreation Department or at Bolduc Park. For more information call Bob or Pat at 524-2068. Pictured are Bolduc Park volunteers Bob Bolduc, Bill Kosla and Stevens Hill.

Boys' soccer All-State teams announced

BY JOSHUA SPAULDING

Sports Editor

REGION — New Hampshire's boys' soccer coaches have announced the All-State teams for the fall 2020 season.

In Division II, First Team honors went to defender Quinn Twomey of Plymouth and midfielders Carter Morrissey of Kingswood and Riley Hayes of Kennett. Second Team honors went to defender Aiden Sherlock of Kennett and midfielders Will Fogarty of Plymouth and Ethan Raifsnider of

Kingswood. Honorable Mention went to midfielder Anton Smith of Plymouth and defenders Josh Finneron of Kingswood and Jack Cryan of Kennett.

Also earning spots on the First Team were goalies Hogan Cain of Coe-Brown and Mason Bourdeau of Merrimack Valley, defenders Connor Waschmuth of Bow, Brady Moote of Stevens and Carson Filardo of West, midfielders Matt Selleck of Bow, Ethan Smith of Hollis-Brookline, Ryan Oliveria of Lebanon, Jack Davis and

Noah O'Hern of Merrimack Valley, Noah Matthews of Milford, Chase Culberson of Pembroke, Max Lussier of Sanborn and Alex Lin and Ethan Lim of Souhegan and forwards Riley Brooks of John Stark, Caden Leader of Oyster River and Alex Gagnon of Pelham.

Second Team went to goalies Cooper Moote of Stevens and Adam Podadowski of West, defenders Josh Warner of Coe-Brown, Orry Murchough of John Stark, Nathan Dolder of Bow

SEE ALL-STATE PAGE A10

ALMANAC

Notes from the Gilford Public Library

Classes & Special Events
Dec. 17 – Dec. 24

*Sign up and face masks required

Thursday, Dec. 17
Mother Goose on the Loose (Virtual), 10:30-11:30 a.m.

Join Miss Maria on Facebook Live for an interactive experience with you and your baby with rhymes, songs,

movement, and more!
*ages two and a half and under

Friday, Dec. 18
NO EVENTS

Monday, Dec. 21
NO EVENTS

Tuesday, Dec. 22
NO EVENTS

Wednesday, Dec. 23
Phone-In Check out an Expert, 10 a.m.-noon

Thursday, Dec. 24

The library will be closing at 1:30PM for Christmas. We are closed on Christmas Day and Saturday, Dec. 26. We will return to normal hours Monday, Dec. 28 from 9 a.m. – 6 p.m.

Gilford Public Library Top Ten Requests

1. "The Sentinel" by Lee Child
2. "A Time for Mercy" by John Grisham
3. "Daylight" by David Baldacci
4. "Deadly Cross" by James Patterson
5. "The Awakening" by Nora Roberts
6. "The Law of Innocence" by Michael Connelly
7. "Transcendent Kingdom" by Yaa Gyasi
8. "A Promised Land" by Barack Obama
9. "Let Him Go" by Larry Watson
10. "Fortune and Glory: Tantalizing Twenty-Seven" by Janet Evanovich

GILFORD POLICE LOG

The Gilford Police Department reported the following arrests during the week of Dec. 7-13.

Richard Allen Kendall, age 26, of Franklin was arrested on Dec. 9 for two counts of Driving After Revocation or Suspension (subsequent), Misuse of Plates, and in connection with a warrant.

Shawn K. Minor, age 50, of Gilford was arrested on Dec. 11 for Domestic Violence-Simple Assault-Bodily Injury.

Derek Nicholson, age 33, of E. Wakefield was arrested on Dec. 13 in connection with a warrant.

Shawn K. Minor, age 50, of Gilford was arrested on Dec. 13 for Breach of Bail and Violation of a Protective Order.

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Local students named to Clarkson University Dean's List

POTSDAM, N.Y. — The following local students have been named to the Dean's List for the fall 2020 semester at Clarkson University:

Micaela Paige Niskala of Gilford, a junior majoring in civil engineering.

Aria L. Stephan of Gilford, a junior majoring in chemical engineering.

Dean's List students must achieve a minimum 3.25 grade-point average and also carry at least 14 credit hours.

As a private, national research university, Clarkson is a leader in technological education and sustainable economic development through teaching, scholarship, research and innovation. We ignite personal connections across academic fields and industries to create the entrepreneurial mindset, knowledge and intellectual curiosity needed to innovate world-relevant solutions and cultivate the leaders of tomorrow. With its main campus located in Potsdam, N.Y., and additional graduate program and research facilities in the New York Capital Region, Beacon, N.Y., and New York City, Clarkson educates 4,300 students across 95 rigorous programs of study in engineering, business, the arts, education, sciences and health professions. Our alumni earn salaries that are among the top 2.5 percent in the nation and realize accelerated career growth. One in five already leads as a CEO, senior executive or owner of a company.

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A SALMON PRESS PUBLICATION
STEAMER STAFF DIRECTORY

PRESIDENT & PUBLISHER
FRANK G. CHILINSKI
(603) 677-9083
frank@salmonpress.news

BUSINESS MANAGER
RYAN CORNEAU
(603) 677-9082
ryan@salmonpress.news

OPERATIONS DIRECTOR
JIM DiNICOLA
(508) 764-4325

DISTRIBUTION MANAGER
JIM HINCKLEY
(603) 279-4516

EDITOR
BRENDAN BERUBE
(603) 677-9081
brendan@salmonpress.news

SPORTS EDITOR
JOSH SPAULDING
(603) 941-9155
josh@salmonpress.news

PRODUCTION MANAGER
JULIE CLARKE
(603) 677-9092
julie@salmonpress.news



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Community Challenge raises almost \$250,000 for Children’s Auction

BY ERIN PLUMMER
mnews@salmonpress.news

REGION — While they couldn’t gather in one bar for 24 hours this year, the Pub Maniacs still came out in force to raise nearly \$250,000 for the Children’s Auction in the first ever “It’s For the Kids Community Challenge.” This successful new endeavor will become how Pub Mania will continue in future years.

This year, Pub Mania became “It’s for the Kids Community Challenge,” where the teams raised money all year for the Greater Lakes Region Children’s Auction. The event was no longer confined to the walls of Patrick’s Pub and Eatery, which allowed 13 more teams to participate.

When the Children’s Auction drew to a close on Thursday, Allan and Jennifer Beetle from Patrick’s unveiled a check for \$249,460.

Allan Beetle said overall, the challenge was a big success and everyone seemed “really pleased” with the results. He said the amount raised was a huge victory as they didn’t know if they could break \$200,000.

“We had a really strong finish the last day, the money kept coming in,” Beetle said. “We almost did \$250,000.”

During a usual Pub Mania year, teams will still raise money throughout the year before the big event. This idea was carried over to the new Community Challenge, though the pandemic was still a significant factor.

Beetle said the current situation affected teams differently and some teams were impacted harder than others. Most of the Pub Mania teams will have yearly fundraising events they do, though this year



COURTESY PHOTO
Allan and Jennifer Beetle, with co-chairs Holly Ruggieri and Anna Terry, unveil the total raised by the “It’s For the Kids Community Challenge.”

many of those couldn’t happen because of the pandemic. A number of activities could be done in a safe way. He said a number of teams also raised a lot of money the last week of the event by connecting with friends and family members over social media.

“The teams, they ran with it; that’s how we got the 250,” Beetle said. “It’s all about the kids, and there’s going to be more need this year than previous years.”

He said a lot of people still missed that human connection at Pub Mania and everyone being together. They are planning some activities for when the pandemic subsides.

“I think universally everyone would love to be together,” Beetle said. “We have some events once social distancing rules relax, we have some really fun events to try to allow the teams to be together and network and have some fun together.”

The challenge officially ended on Thursday with a finale over Zoom. The final numbers were unveiled during the end of the auction’s broadcast.

“I feel really proud

to be part of the grp of people that can make this kind of impact in our community,” Beetle said.

With the changes this year, Pub Mania will be taking a new form. The 24-hour barstool challenge will be retired, and the focus will continue to be on fundraising throughout the year.

“I think this is the time to transition to an event now that we can actually grow beyond 31 teams and 31 barstools,” Beetle said.

Beetle said the role of event chair will now be rotated each year, though he and his wife Jennifer will still be on the committee. Holly Ruggieri, the Team Captain of Ladies of the Lake, will be the new Pub Mania chair for the next event.

“She’s just a pretty amazing woman who’s really capable to lead this committee and these teams in 2021,” Beetle said.

With the success of this first Community Challenge, hopes are high it will only grow from here.

“The first year we did Pub Mania in ‘09 we raised \$47,000,” Beetle said. “Eleven years lat-

er, we’ve accumulated over \$2.3 million. If this new event, the Community Challenge, has raised \$250,000 in its first year what’s the possibil-

ity in the next 10 years? It’s kind of exciting what we might be able to do for the community and the kids.”

Local students named Clarkson University Presidential Scholars

POTSDAM, N.Y. — Students have been named Presidential Scholars for the Fall 2020 semester at Clarkson University.


Tim S Guyer of Alton, a junior majoring in software engineering, was named a Presidential Scholar for the fall 2020 semester at Clarkson University.

Maxwell Stephan of Gilford, a freshman majoring in mechanical engineering, was named a Presidential Scholar for the fall 2020 semester at Clarkson University.

Presidential Scholars must achieve a minimum 3.80 grade-point average and carry at least 14 credit hours.

As a private, national research university, Clarkson is a leader in technological education and sustainable economic development through teaching, scholarship, research and innovation. We ignite personal connections across academic fields and industries to create the entrepreneurial mindset, knowledge and intellectual curiosity needed to innovate world-relevant solutions and cultivate the leaders of tomorrow.

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Gilford Parks and Recreation News

BY HERB GREENE
Director Gilford Parks and Recreation

Bolduc Park Cross Country Ski Program

The Gilford Parks and Recreation Department will be offering four weeks of Cross Country Ski Lessons at Bolduc Park this winter. Lessons begin on Saturday, January 2, 2021 and will continue through January 23, 2021 (in the event a day is cancelled because of poor weather, it will be made up the week(s) following January 23rd). Lessons begin at 10:00 a.m. and rental skis may be picked up at 9:00 a.m. at Piche’s Ski Shop! Registration forms are available at the Gilford Parks and Recreation Department, the department’s Web site at www.gilfordrec.com, Bolduc Park and Piche’s Ski Shop. Please mail, fax or drop off your registrations directly to Piche’s Ski Shop.

Cost: \$80 per person includes rental equipment!

\$40 per person if you have your own equipment!

If you have any questions, please contact Bob or Pat Bolduc at 524-2068.

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We all share responsibility for protecting the vulnerable

Something we’ve been hearing over the past few months with regard to COVID-19 deaths is the downplaying of elderly victims succumbing to the virus. When we look at the data and have conversations about the infection rate, and the numbers of those who actually pass away as a result, it seems to be dismissed in cases where the person is over the age of 65. “Well, they are old anyway, and in that age bracket” is often overheard.

What an awful world view.

True, when we hear about an older person passing, we can find some sort of solace knowing that they were able to live for a fairly long time and enjoy life as such. However, isn’t the point to try to live as long and healthy as possible? Many of these elderly individuals who have fallen victim to this virus, would still be alive today, had COVID not come into all of our lives.

This outlook is a dangerous viewpoint to have, especially amidst a pandemic. Of course the younger, healthier population is less at risk; however the responsibility falls on all of us to protect the vulnerable, regardless of our odds of contracting a severe case ourselves. We may be fine if we catch it, and may decide not to take precautions, telling ourselves “I’ll be fine.” However, walking around asymptotically may infect someone who might not be OK. As a society of neighbors, co-workers, family and friends, it should always be our job to look out for each other. Despite our differences, we must always put humanity first and take care of one another. Whether that looks like helping someone with a flat tire, pulling someone out of a ditch who’s car slid off the road, helping someone in need with groceries, or taking precautions during a pandemic to keep each other safe, it’s our duty as decent human beings to do the right thing, not for ourselves but for each other.

In overhearing such statements regarding the elderly, we want to remind those that need to hear it, that these long lived lives are just as important as they always have been. Being elderly shouldn’t mean we are automatically dismissed as a member of society. The golden years should be protected as best they can as we all age, and we all will.

Our elderly community are just as valuable now as they were when they were in their twenties. Remember that senior citizens still pay taxes, grocery shop, take care of family members including grandchildren. It is our grandparents that make up the highest number of child care providers, allowing their own children to continue to work, which in turn boosts the economy.

Our elderly population provides friendship and support to everyone around them. In addition, the highest number of volunteers come from the senior citizen population. Again, this in turn helps to contribute to our economy.

It doesn’t seem like any of this hits home for some individuals, until they are affected personally. If you are not close with someone who is elderly, remember that many of us are. It is important to continue to value and protect the most vulnerable among us.

In an attempt to bridge recent political division, we want to remind everyone to look out for each other, despite your differences. What matters in the end is community and how we operate in our own small circles.

We have seen refreshing occurrences of both Republicans and Democrats, locally, who have joined forces to make our communities a better place...individuals who have not lost sight of what really matters in life.

Send us your letters!

We seek your input! Tax rate got you down? Glendale too congested for your liking? Do you approve of a recent selectmen decision? Hate the paper? Love the paper? Let us know!

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We’re looking forward to hearing from you!



Lots of Toys for Tots

Marketing Director, Pat Edsall of The Lakes Region Art Association, Tanger Outlet Mall, Tilton, suite 132, is pleased to announce the LRAA Gallery’s Toys for Tots collection and its ‘Art for Giving’ exhibit has been a great success. The LRAA Gallery was open to accept more (unwrapped) toys until Saturday, Dec. 12, and its sale of art and photography for gift giving will continue until Dec. 23. The Gallery is open 10 a.m. to 6 p.m. Thursday-Sunday. The LRAA is a non-profit 501 (c)-(3) organization.

FROM OUR READERS

We need to ensure investment in our environment

To the Editor:

One of our region’s valuable assets is our natural environment. To protect this asset, which truly enhances our prosperity, we need to continue to fund conservation.

It is budget time in Belknap County, and we need to express to

members of the delegation that we support the continued funding by the county of the Belknap County Conservation District (BCCD).

Every resident and visitor to our beautiful region benefits from the work the BCCD continues to do to protect our natural resources.

These resources are priceless assets and truly contribute to the quality of life and prosperity we all enjoy.

Let’s encourage the Delegation to be pro-active and continue the funding of the BCCD. Defunding the BCCD has nothing to do with the mantra of less govern-

ment, but funding their initiatives has everything to do with investing in one of the county’s prime assets – our environment.

ELIZA LEADBEATER
GILFORD

Emotions flying high following Community Challenge

To the Editor:

Overwhelmed. Joyous. Tearful. Surprised. Grateful. Feeling so many emotions as I think about how the community came together in the middle of a historic pandemic. This year we transformed how to raise funds to address the needs of local kids... needs that are certainly more pressing than ever. The \$249,406 Community Challenge

total, included in the \$435,809 Children’s Auction tally, is something to celebrate. This exceptional achievement was reached in spite of new challenges experienced on many personal, work, business and community levels.

Dozens of Team Captains, their team members and hundreds of supporters and businesses put their hearts and souls into the “It’s

for the Kids Community Challenge”. I want to share my appreciation to everyone who supported Tagg Team... way too many to list here. Many gave whatever amount possible, asked friends and family to help, volunteered valuable time and talent, gathered auction items, sold Children’s Auction ornaments and collected food pantry items. Following the legacy of participation over decades,

the auction flowed very smoothly from beginning to the end ... hats off to everyone who made it a year to remember.

Wishing everyone a Merry Christmas and Healthy, Happy New Year.

JUDI TAGGART
TAGG TEAM CAPTAIN
GILFORD

PET OF THE WEEK

JOAN

Meet sweet Joan! Joan came all the way from Lubbock, Texas to find her forever family. She is a 2 year old boxer mix ready for adventure. Joan is currently learning quite a bit at our shelter. She is food motivated and willing to train! Currently Joan knows sit, down, is learning leash skills such as ‘with me’ aka heel, and loose leash walking. Joan would do best in an active adult only home as the only animal. If prospective adopters have another dog, we are happy to try them, however Joan has been a little over the top with her doggy friends. No cats for this sweetheart!



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North Country Notebook

A last-minute list induces rants, and a drunken pachyderm or two



By **JOHN HARRIGAN**
COLUMNIST

Late Christmas gift suggestions

For loyal readers who’ve been waiting with baited breath, here it is, my traditional list of last-minute gift suggestions. This year’s list is shorter on items but longer on words. This is because the usual deranged person who compiles this list is off for a months-long fly-fishing trip to the wildest parts of New Zealand. Sitting in this week is the equally deranged Fenton Hardwick, most recently of Deadwater Stream, formerly Deadwater Flowage, Clarksville.

+++ A folding knife with several dozen accessories. There is a reason for this being first on the list, which is that it has always been first on the list. Perhaps that’s because it’s the best. Either way, it is obviously a suggestion that has legs.

But really, so many people who camp, hike, hunt, fish, paddle, burn gasoline, cause fights on otherwise peaceable nights, ruin other people’s vacations, or are just plain feckless bums do not have one of those folding knives with

enough blades to do everything but break into the Denver Mint.

Oh sure, some guys make a big point of swaggering around with a sheath-knife big enough to harpoon Moby Dick. This is not one of those. It’s just a nifty little knife that is actually good for something around camp, whether it’s just a camp for the night or a real camp. You can even open bottles with it.

Now, there’s a thought---has anyone else out there noticed how some beverages are now coming in bottles that seem deliberately not to be twist-off caps? As in, trendy? Some root beers are like that, and I think it represents a sneak attack by what used to be called Yuppies, posing as hardy outdoor camping types. You watch---any day now, it’ll be Designer Coffee with turbo-props and afterburners in a discreet but oh-so-special pry-off bottle, and then you’ll sure wish you had one of those Swiss Army type thingies, you betcharoo Bub.

+++ Cutoff-proof camera. You can only give this gift to someone who is a bozo, meant in a fond sense, as in “klutz.” To determine whether your Cherished One is a bozo, look at the photographic evidence.

For example, if a Dear Person in your extended family is always cutting people’s heads off in photographs, he is a bozo, and thus an ideal candidate for this very special gift.

The camera comes with a special Bozo Trick Viewfinder, cleverly altered to dupe a klutz into thinking he is cutting Aunt Maude’s and Uncle Fudd’s heads off in a photograph, when he actually isn’t. Their feet, yes, and maybe a little hair, but only, say, a buzz-cut.

+++ Instant fermenting beer. Now you have to bear with me here, because this gift idea takes a little explaining, because it’s all aimed at frustrated headline writers and news-junkies.

See, really big newspapers (yes, they still exist) employ people whose only job is to write headlines. These headlines are supposed to fit the space, yet still tell part of the story. “Man Bites Dog” is a pretty good one. I mean, what more can you say, except why? That’s what most people would probably wonder, the why of it, which is a good reason for buying the paper.

But anyway, many people who write headlines for a living secretly long for an excuse to use “pachyderm” in a headline. So they wait for the story, which happens about every three or four years, in a remote village in India, or Pakistan, or similar nation with the necessary components, in which villagers are fermenting beer in huge vats, for a fertility rite.

There are elephants nearby, usually out there somewhere in the jungle minding their

own business, walking over saplings and such, but the problem is, their trunks contain finely tuned sensory devices way better than our own noses, and they can detect---for miles and miles, apparently---these vats of fermenting beer, the odor of which is wafting through the entire jungle.

The elephants go to the village to investigate, and sample the vats, peacefully enough this first time, although they have a habit of treading on carefully tended crops, so the villagers shoo them out. This is not an easy thing to do with elephants in daylight, never mind in the dark.

Also, it is difficult for the villagers to estimate how much of the fermenting beer the elephants sampled on this first visit, and apparently it was a challenge for the elephants, too, because it turns out to have been way too much; and the elephants, now swaying perceptibly if viewed from a safe distance, say about as far as you can drive a Titleist Pro golf ball on a crispy-clear day from the fifth tee at the Colebrook Country Club, have an increasing urge to return for more beer. So, perhaps trunk-to-tail, they make a beeline, more or less, back to the village, or more precisely, the vats of fermenting beer, but this time they don’t care as much about things in the way, at times in a wild-eyed fashion, which gets reported as “a frenzy,” and there you have it, a headline-writer’s dream:



COURTESY

At this time of year, you have just about knocked yourself silly, so you look for a silly Santa.

Drunken pachyderms frenzied by ritual beer trample jungle village

I’m not making any of this up. It does indeed happen. I’m breaching venerated newsroom protocol by even mentioning it. As Casey Stengel liked to say, you could look it up. (And now, they all ask, who was Casey Stengel?)

+++ Hunting and fishing license. This one’s for real, folks. A combination hunting and fishing license, with garnish, costs 58 dollars and 50 cents. If that sounds like a lot of money, think of it this way: you’re likely to spend more than that for dinner for two at a swank restaurant. Even better, divide the price of the license by the number of hours of enjoyment you’ll get.

It’s pretty easy, say, to envision 100 hours of fishing and 50 hours of

hunting. Therefore, you divide \$58 and change by 150 hours of fun and/or total concentration, like focusing your entire being on your nearly invisible #20 tiny little Hornberg floating out there near the shrubbery in the gloaming. To do that, take the sum of the square root of the temperature in your freezer and the temperature outside, and divide by the size of the last fish you caught subtracted from the size you told your best friend the fish was, but you have to stick your tongue out of the left side of your month just so, and can only do this twice on Sunday.

There you have it. Don’t forget the milk and cookies.

(Please address mail, with phone numbers in case of questions, to campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)

MARK ON THE MARKETS

Risk and you



BY MARK PATTERSON

Any financial advisor, broker or investment advisor will typically try to assess the amount of risk that their client is willing to accept. There are of variety of methods and questionnaires used

to attempt to accomplish the risk assessment as accurately as possible. Over time, I have found that what the client tells me in the calm of my office and how they feel during difficult markets can be very different. The typical negative reaction is two a half times greater in a bad or declining market than client’s feelings in good, or up market. Current research states that up to 80 percent of people that have investment accounts carry far more risk than their true risk tolerance levels.

Ever since March 9, 2009, apart from a short-term rise in volatility in March 2020, the fear levels of investors have

been very low which drives complacency. The benchmark S&P 500 index is used to determine” BETA” in a stock, mutual fund or exchange traded fund that primarily hold stocks. If a stock or fund has a number higher than one, it is more volatile than the benchmark S&P 500 index. If the number is lower than one it is less volatile, simple as that. Advisors like myself that designed portfolios typically using stocks, ETF’s, bonds and options will try to match the objectives of the portfolio with the client’s risk tolerance and needs. One of the most common curiosities that I see the portfolio, typically of

mutual funds, is that a client needing income from their investments is in an accumulation vehicle such as a growth stock mutual fund.

There are all kinds of risk involved with investing money. Market risk, credit risk, liquidity risk, interest rate risk and the risk that is not discussed as much as it should be which is sequence of returns risk. Sequence of returns risk is critical for those approaching retirement. Market performance is key when you start subtracting assets as income from those assets if they are not designed for sustainability. What used to be the 4 percent rule, in other words tak-

ing out 4 percent of your assets per year to live on has now become the 1.6 percent rule partly because of the low interest rate environment.

As stated earlier, most people carry much more investment risk than they were aware of. Finding that true risk tolerance and matching it up to a portfolio that fits the needs of the client’s is paramount. But you as the client also must realize that if you have your advisor set up your portfolio for limited risk, that will typically come with limited growth, conversely a lot of potential growth may come with a lot of risk.

For an honest and maybe enlightening risk

assessment go to my Web site, www.MHP-asset.com, contact us and we will perform a risk analysis using the software” Riskalyze” that will give you a risk number between one and 99, one being the least amount of risk that you are willing to accept, 99 being the most. It asks about real dollar numbers versus percentages. You may be surprised what your true risk tolerance is versus how you are invested.

Mark Patterson is an advisor with M HP asset management and can be reached at 447-1979 or Mark@MHP-asset.com.

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Edward Jones: Financial Focus

Are You Still Planning to Retire Early?

Have your retirement plans changed because of COVID-19? If so, you have plenty of company. Nearly 40 percent of those planning to retire say the pandemic has disrupted their intentions, according to the Edward Jones/Age Wave Four Pillars of the New Retirement study. You might have been thinking about retiring early – can you still do so?

Even without a crisis, it’s not a bad idea to review your important life goals from time to time. So, in thinking about the possibility of early retirement, consider these factors:

- Your retirement lifestyle – Your ability to retire early depends somewhat on what sort of lifestyle you’re anticipating during your retirement years. If you think you’ll be traveling extensively or pursuing expensive activities, you might not be able to afford to retire as early as someone with more modest ambitions. Of course, there’s no “right” or “wrong” way of living in retirement – we all have our own dreams and

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preferences. But be aware that different lifestyles do carry different price tags – and have different effects on when you can retire securely.

- Sources of retirement income – Obviously, a key factor in knowing whether you can retire early is the amount of retirement income you can rely on. So, you’ll have to assess all your sources: Social Security, any other pensions you might receive, and your investment portfolio, including your 401(k) and IRA. The amounts you receive from these sources will depend on a variety of factors.

For Social Security, the longer you wait until collecting, the larger your monthly payments (although they will “top out” when you reach 70, excluding cost-of-living adjustments). In regard to your investments and retirement accounts, you’ll need to establish a withdrawal rate that’s appropriate for the length of time you expect to be retired. So, by adjusting these variables – taking Social Security earlier or later,

taking more or less money from your retirement accounts – you can help determine if the retirement date you had in mind is viable.

- Your feelings about work – Your goals are not static – they can change in response to any number of reasons, both external and personal. When you first decided you wanted to retire early, you might have been motivated by, among other things, a weariness of your current job. But has that changed over time? Have you found new challenges that interest you at work? Or, if you were forced by the pandemic to work remotely, did you actually enjoy the arrangement and want to continue it? After all, many employers have found that their workers can be just as pro-

ductive working at home, so, even when we’ve gotten past COVID-19, we might see a sizable shift in the geography of the workplace. In any case, if your feelings about work have changed in some way, leading you to think you could work longer than originally planned, you’d likely gain some financial advantages. You’d make more money, for starters, but you’d also keep building your 401(k) and IRA, and you could even possibly delay taking Social Security.

The pandemic may lead to a reevaluation of many financial goals – and taking early retirement might be one of them. By thinking carefully about your situation and your options, you can come up with a course of action that’s right for you.

Jacqueline Taylor
Financial Advisor
3 Mill Street
PO Box 176
Meredith NH 03253
603-279-3161
Fax 866-532-8685
jacqueline.taylor@edwardjones.com

LRAA hosting Introduction to Drawing class

TILTON — Artist Acacia Rogers will be teaching a six-week fine art drawing course! It will be held in the LRAA Gallery, 120 Laconia Rd. (Tanger Outlets), Suite 132, Tilton, beginning Tuesday, Jan. 12, 11 a.m.-2 p.m. Dates are as follows: Jan. 12, 19, and 26 and Feb. 2, 9, and 16.

This six-week beginner-friendly class will cover in detail the principals and techniques of drawing what you see accurately with depth and realism. Including the use of various media and practices to draw both from life and pho-

tography. Covering various subjects from still life to anatomy, Acacia will teach the importance of drawing skills, how to hold your drawing tool, how to use different materials, proportion and shading, and much more, with plenty of one-on-one guidance and group critique.

This course will be a great compliment to any painting education, an excellent refresher for an intermediate artist, or a perfect start for a beginner! Join her in January to take your drawing to the next level and learn what you can real-



ly do! Students will bring their own supplies. A supply list can be found at AcaciaRogers.wix.com/FineArt under the “Workshops” tab.

Acacia Rogers is a passionate self-taught fine artist, and has been her entire life, over 10 years of which have been dedicated to various painting mediums. Her inspiration mostly comes from nature and the beauty of the natural

world, with a particular affinity for wildlife. Her first memories of artistic inspiration as a child stem largely from Disney movies and their whimsical, fluid, and creative animation style. Particularly the work of Aaron Blaise stood out to her, who worked on beloved classics such as “The Lion King,” “Mulan,” “Brother Bear,” and “Aladdin.”

She later added portraiture, still life, and landscape to her repertoire, slowly and painstakingly building up her skill through practice and research to learn

the ins and outs of painting, as she loves everything about the process of painting. She is now a full-time painter and painting instructor, and has worked alongside many accomplished artists from a colorful array of backgrounds. She currently shows her work in the LRAA gallery in Tilton.

To learn more or sign up, e-mail AcaciaRogersArt@gmail.com or visit AcaciaRogers.wix.com/FineArt.

Local businesses receive funding from MVSB via Jobs for New England recovery grants

MEREDITH — Meredith Village Savings Bank (MVSB) is proud to be able to award grant funding to ten local businesses in conjunction with the Federal Home Loan Bank of Boston’s (FHLBank Boston) 2020 Jobs for New England Recovery Grant Program. A member institution of the FHLBank Boston, MVSB applied to the program and was selected to give \$100,000 in grant funding to support small businesses and nonprofit organizations that have experienced significant losses because of COVID-19. Daniel Osetek, Vice President and Commercial Loan Officer, championed the program for MVSB by completing the application to the FHLBank Boston and working with the Bank’s marketing, compliance management and information technology department to quickly develop a complete but user friendly application for local businesses. He also chaired the multi-department committee who carefully reviewed and vetted the applications to ensure that they were able to provide funding that would best serve the needs of our local com-

munity.

Osetek maintains an office in the Bank’s Moultonborough office and has worked with businesses throughout the Mount Washington Valley and Lakes Regions. He has seen firsthand the challenges created in 2020 and has been compelled to do all he could to help.

“I am grateful to be working for an organization like MVSB which is stable and has been very supportive of employees during this unprecedented economic and health crisis,” noted Osetek. “Many MVSB employees have given so much of their time and creativity to ensure better outcomes in our community. This program continues that intent.”

Winners of grants through MVSB include: Back Bay Salon; Capelli Hair & Body; Corporate Images; Event Builders; Haughey, Philpot & Laurent; Lakes Region Tourism Association; the Law Office of Paul M Monziona; Peter Woodman Design Group; the Preserve at Chocorua and Salon Alibrio.

The FHLBank of Boston is a bank for banks, credit unions, community development financial institutions, and insurance companies. Cooperatively owned by more than 440 New England financial institutions, the Bank provides reliable access to wholesale credit for these members and other qualified borrowers. Since 2016, Jobs for New England has offered FHLBank Boston members below market-rate financing for small business loans that create and preserve jobs, expand woman, minority- and veteran-owned businesses and stimulate the economy in New England communities. The Jobs for New England Recovery Grant Program provides members with access to grants that support small businesses and nonprofit organizations experiencing significant loss because of COVID-19.

In addition to the Jobs for New England Recovery Grant Program, MVSB has been proactively working to support their customers throughout the pandemic. Nearly 200 local homeowners were given hardship forbearances on their mortgages, as were over 250 community businesses. In addition, the commercial

lending team worked many nights and weekends to ensure that local businesses and nonprofits would have access to the Paycheck Protection Program (PPP) funding available through the US Small Business Association. Through the PPP, MVSB shepherded over \$51M dollars to 650 businesses in our region.

Other changes were made to make banking easier and safer for their customers, such as intense and dedicated attention to the recommended standards for in-lobby banking and a significant upgrade to online and mobile banking coupled with extended hours to answer customer questions. Significant financial and volunteer support has been given to local nonprofits, and scholarships were offered to local high school students.

In addition, MVSB offers extensive educational materials on their website and social media for all community members, not just customers. This includes information on COVID19-related and other fraud trends that customers can watch out for, as well as excellent expert information to help people with spending management, budgeting and saving.

“Many of the businesses, nonprofits and households of our local community have been adversely affected by COVID19. As a mutual bank without stockholders, we can focus on committing available resources to the people and businesses in our communities instead of Wall Street, which has been an advantage in the pandemic. We are pleased to be able to provide an additional avenue of financial support for our small local businesses that have been hurt by the pandemic,” said John Swedberg, Senior Vice President and Senior Commercial Lender. “It’s our pleasure to offer any assistance we can to alleviate the intense pressure felt by businesses. We’re also very grateful to the FHLBank Boston for offering this very timely opportunity.”

Together with their member institutions, the Federal Home Loan Bank System represents the largest collective source of home mortgage and community credit in the U.S. The System ensures that members provide stable, on-demand, low-cost funding to their communities through home mortgages and lending for small business as well as rural, agricultural and economic development. Federal Home Loan Banks were established by the Federal Home Loan Bank Act in 1932. The 11 Federal Home Loan Banks are located throughout the country in Atlanta,

Boston, Chicago, Cincinnati, Dallas, Des Moines, Indianapolis, New York, Pittsburgh, San Francisco and Topeka. The FHLBank Boston provides highly reliable wholesale funding, liquidity and a competitive return on investment to member institutions. Their strength ensures the economic health and well-being of our local communities. The FHLBank Boston is cooperatively owned by more than 440 New England financial institutions, including Meredith Village Savings Bank.

Unlike a stock bank, MVSB is a mutual savings bank that operates for the benefit of their depositors, borrowers and surrounding communities. As a result, MVSB has remained steadfast in fostering the economic health and well-being of the community since being was founded in 1869. For over 150 years, Meredith Village Savings Bank (MVSB), has been serving the people, businesses, non-profits and municipalities of the Lakes and Seacoast regions of NH. MVSB and their employees are guided by the values of accountability, mutual-ity, 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.

INVITATION TO BID

BARNSTEAD SCHOOL DISTRICT

Standby Generator Project

The Barnstead School District is seeking bids for the purchase and installation of a Standby Generator on its property located at 91 Maple Street, Ctr. Barnstead. Bid specifications may be picked up at Barnstead Elementary School or the SAU 86 office located at 1 Suncook Valley Road, Barnstead, NH 03218 or obtained by calling 435-1510. There will be a site review on Wednesday, December 23rd at 1:00 PM at the school, 91 Maple Street, Center Barnstead. All bidders MUST attend the site review or make other arrangements with Heidi Duford, Business Administrator in order to be considered a qualified bidder. Sealed bids may be mailed to PO Box 250, Center Barnstead, NH 03225 to Heidi Duford, Business Administrator, and plainly marked “Standby Generator Project” and will also be accepted at the SAU #86 office, 1 Suncook Valley Road, Barnstead no later than 3:00 PM on December 30, 2020 at which time bids will be publicly opened. The bid will be awarded at the School Board meeting on January 26, 2021. Work is scheduled to begin on or about February 1, 2021 and all work is to be completed no later than May 1, 2021.

Barnstead School District reserves the right to accept or reject any or all bids.



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AUCTION

alternative to Pub Mania brought in \$249,490. Sousa said considering that so many teams do events like parties, bingo, and gift card galas, it was amazing what they did when they couldn't do these types of events.

"The fact that they were able to pull off the numbers they did in a year where people couldn't get together is astounding," Sousa said. "The bar has kind of been reset for the Community Challenge,

I think it was inspiring."
The Children's Auction ended on Thursday, Sousa and co-host Zack Derby announced that the final total was \$430,907.

Sousa said she had no expectations for the numbers this year, but she was happy to see that total.

"There are a lot of children and families and people who run nonprofits who are very, very excited to see this number along with us,"

Sousa said during the broadcast. "We cannot thank you, everyone involved whether it's bidding, donating an item, being a sponsor. Everyone involved thank you so much for making this happen especially this year that has been so difficult for so many. We're going to be able to provide so much for the children in the Lakes Region all thanks to you."

Derby gave emotional thanks to all those who were part of this.

"With everything going on this year whatever we raised each and every year for the Children's auction, it's amazing so thank you," Derby said.

Children's Auction founder Warren Bailey made a virtual appearance during the finale, recognizing everyone's efforts in such a difficult year.

"Many years, we've gone through all sorts of different obstacles to get the auction to work each

and every year. This has been the biggest challenge of all and congratulations to everyone involved this year to make it happen," Bailey said. "No matter what the total's going to be, it's money that's going right back into the Lakes Region and fulfilling the mission that we started some 39 years ago."

Bailey recalled the first year's auction broadcasting out of the back of a van in downtown Laconia in the cold.

Someone asked what they were doing; after he explained, the man said, "How can I help?"

"From them that very first person till now in 2020 the theme has always been you explain what we're doing, the money's staying here locally, and everyone says, 'Okay, how can I help?' and it just takes my breath away," Bailey said. "It's a wonderful thing."

ALL-STARS

and James O'Connell of Sanborn, midfielders Tyler St. Martin of Lebanon, Griffin Wheeler of Merrimack Valley, Aidan Kelly of Oyster River, Drew Sacca of Pelham and Sebastian Parker-Christou of Souhegan and forwards Bryan Wright of Hollis-Brookline, Ryon Constable of Milford and Harrison Army of Pembroke.

Also earning Honorable Mention were goalies Daniel Kilyard of John Stark, Reilly Hansen of Milford, Greg Nicolls of Pelham, Nate Talarico of Sanborn and Jacob Morrisette of Souhegan, defenders Danny Kennedy of Hollis-Brookline, Alex Felix of Lebanon, Connor Baldwin of Merrimack Valley, Ethan Wilson of Oyster River, Mason Pillsbury of Pembroke and Christian Abuda of West and midfielders Sam Lapiejko of Coe-Brown and Dylan Chambers of Stevens.

In Division III, First Team honors went to goalie Shaun Goyette of Berlin, defenders Aidan Phelps of Winnisquam, Alex Berube of Gilford and Michael Perry of Prospect Mountain, midfielders Brayden White of White Mountains, Garrett King of Newfound and Anthony Aguiar of Gilford and forwards Nate Sottak of

Belmont and Max Hentz of Inter-Lakes.

Second Team went to goalie Alex Potter of Inter-Lakes, defenders Brody Labounty of White Mountains, Chance Bolduc of Gilford and Michael Mahoney of Prospect Mountain, midfielders Ayden Cushing of Winnisquam and Gavin Brooks of Newfound and forwards Tyler Rousseau of Berlin and Liam Waldron of Belmont.

Honorable Mention went to goalies Jacob Bivens of Belmont and Nick Clark of Prospect Mountain, defender Parker Valdez of White Mountains, midfielders Lucas Robdau of Winnisquam, Matthew Karkheck of Newfound and Ben Estrella of Berlin and forwards Tanner Keenan of Gilford and Luka Brown of Inter-Lakes.

Additionally, Berube and Sottak were named to the New Hampshire Lions Cup Team, which traditionally takes on Vermont the following year.

Also earning First Team honors for Division III were goalies Anthony Dizillo of Trinity, Aidan Burns of Hopkinton and Logan Clough of Hillsboro-Deering, defenders Peyton Marshall of Hopkinton and Jack Wildes of Fall

Mountain, midfielders Nathan Meeker of Trinity, Vinny Simonelli of St. Thomas, Logan Dee of Laconia, Chris Van Natta of Derryfield, Jacob Tremblay of Conant, Michael de Carli of Campbell and Evan Haas of Bishop Brady and forwards Georgios Pananas of Monadnock, Ben Seiler of Mascoma and Parker Root of Kearsarge.

Second Team honors also went to goalies Connor Thompson of Mascoma and Jackson Noury of Campbell, defenders Ryan Stultz of Trinity, Jamiah Harris of Monadnock, Dylan Dick-ey of Laconia, James Greason of Kearsarge, Ethan Vitello of Conant and Riley Jones of Hillsboro-Deering and midfielders Marcus Broon of St. Thomas, Bryce Charron of Hopkinton, Noah Gutierrez of Fall Mountain, Chris Lynch of Derryfield and Miles Lavoie of Bishop Brady.

Honorable Mention also went to goalies Lucas Bean of Laconia and Brayden Ring of Fall Mountain, defenders

Ben Stonis of St. Thomas, Isaac Rayno of Mascoma, Josh Duval of Hopkinton, Kaven Fitch of Derryfield, Ryan Latsha of Campbell and Sal Aubin of Bishop Brady, midfielders Quinn Booth of Trinity, George Hoffman of Monadnock and Tim Flanders of Kearsarge and forward Noah Mertzi of Conant.

In Division IV, First Team went to goalies Josh Finkle of Littleton and Liam Cairns of Gorham, defender Landon Bromley of Littleton, midfielders Max Ritter of Profile, Ryan Mason of Moultonborough, Nathan Superchi of Lisbon, Silas Weeden of Lin-Wood and Chris Corliss of Groveton and forward Corey Bemis of Woodsville.

Second Team honors went to goalies Ethan Larsen of Moultonborough and Kris Boris of Lin-Wood, defenders Gabe Jacobs of Profile and Ethan Houston of Woodsville, midfielder Teagan Leclerc of Gorham and forwards Parker Paradise of Littleton, Will Lopus of Lisbon and

Matt St. Cyr of Groveton.

Honorable Mention went to goalies Kilian McKim of Profile and Shayne Holmes of Groveton, midfielders Austin Marquis of Littleton and Asher Donati of Lin-Wood and forwards Cam Tenney-Burt of Woodsville, Gavin Mahoney of Moultonborough and Dylan Colby of Lisbon.

First Team honors also went to defenders Josh Heino of Sunapee, Jah Gordon of Pittsfield, Caleb Mason of Pittsburg-Canaan, Gavin Callow of Newport, Hayden Russell of Newmarket, Levi Campbell of Concord Christian and Carson Rancourt of Colebrook, midfielders Parker Reed of Sunapee and Jesse MacGlash-ing of Pittsfield and forwards Sean Brennan of Wilton-Lyndeborough, Riley Chase of Portsmouth Christian, Daniel Watts of Franklin and Mike Picard of Epping.

Also earning Second Team spots were goalie Drew Croteau of Franklin, defenders Sam Crisp of Portsmouth Chris-

tian, Colby Rodrigue of Pittsburg-Canaan and Jacob Loving of Epping, midfielders Colton Godwin of Newport, Mitchell Tilton of Newmarket and Joshua Coulombe of Concord Christian and forwards Troy Brennan of Wilton-Lyndeborough, Jackson Cooney of Sunapee, Parker Clark of Pittsfield and Maddox Godzyk of Colebrook.

Honorable Mention also went to keepers Conner Hickey of Portsmouth Christian, Decota Maura-Giddis of Pittsfield, Laned Phillips of Pittsburg-Canaan, David Hutchinson of Newport and Ben Milbury of Epping, defenders Andrew Claus of Sunapee and Asher Graves of Franklin, midfielders Sam Townsend of Wilton-Lyndeborough, Tyler Napeltano of Newmarket and Jacob de Ramon of Colebrook and forward Ethan Young of Concord Christian.

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

GILFORD

(Continued from Page A1)

Christmas Day.

The drop box is also available at town hall. People can also pay their bills online at www.gilfordnh.org for an additional fee.

"Taxpayers not able to pay the entire tax amount due are encouraged to make partial payments on their accounts," the notice read.

Lakes Region Food
Pantry grateful for
community's support

MOULTONBOROUGH — Lakes Region Food Pantry wants to thank everyone for your generosity and support, making it possible for us to continue our mission of feeding families one bag at a time.

The hardship experienced by so many due to the COVID-19 pandemic makes your giving even more significant. Throughout the year, and particularly during the holidays, when need is so greatly felt, donations have supported programs for lakes region residents that provide monthly food vouchers enabling clients to purchase healthy, fresh foods, weekly food assistance, turkeys and grocery gift cards at Thanksgiving, Christmas gifts for children and grocery gift cards through the Moultonborough Public Library Santa Fund, cooking classes in partnership with UNH and Center Harbor Congregational Church, summer lunch program and back-to-school sneaker program for students, scholarship program for graduating lakes region high school students and adult learners pursuing higher education.

LRFP and Thrift Shop is located at 977 Whittier Highway, Moultonborough; phone number: 476-5400. Please visit us Wednesday, Thursday and Friday, 11 a.m. - 4 p.m. or find out more on Facebook: Lakes Region Food Pantry & Thrift Shop or at lakes-regionfoodpantry.org.

The family of Lakes Region Food Pantry wishes you all a wonderful holiday season and a healthy, happy new year.

Happy Holidays!

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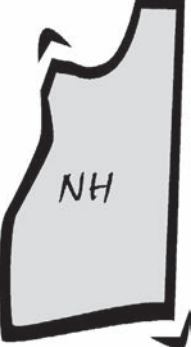
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Town of Belmont

Assistant Public Works Director

Job Posting

The Town of Belmont is seeking a highly qualified individual for the position of Assistant Public Works Director. Under the supervision of the Public Works Director this person will serve as a working supervisor overseeing all functions of the Public Works Department, assisting in supervising, directing, organizing, and planning for the operations, programs, projects, and activities of the department. Position will entail performing a variety of professional and managerial duties, as well as engaging in a variety of public works projects including the construction, maintenance, and repair of Town owned roads, bridges, water & sewer utilities, and properties, as well as winter maintenance operations and the ability operate all department equipment as necessary. The successful candidate must be available for alternating on-call coverage. The position requires a NH CDL “B” license, high school diploma or equivalent, and candidate must possess the knowledge and ability to operate heavy equipment; a minimum of ten years’ experience with Municipal roadwork, utilities, operation of heavy equipment, heavy trucks, and other construction equipment is required with at least four years in a supervisory role. The candidate chosen for this position must also possess a willingness to work with others including the general public, and experience with Microsoft Office products including ability to use word, excel and outlook is required. A pre-employment physical including drug & alcohol screening is required. Salary range from \$51,362.64 to \$74,825.67 depending upon qualifications. This is a challenging position with great benefits.

Applications and a copy of the complete job description are available at Belmont Town Hall and at www.belmontnh.org, send resume and letter of interest to DPW Director, PO Box 310, Belmont, NH 03220. Position will remain open until filled. The Town of Belmont is and EOE.



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Interlakes Community Caregivers Volunteers Persevere!

Throughout the pandemic, Interlakes Community Caregivers, Inc. (ICCI) Volunteers have continued to provide rides and deliver essentials to Neighbors in the towns of Meredith, Center Harbor, Moultonborough and Sandwich.

“ICCI has been a god-send,” said Ann Willett who recently registered with Interlakes Community Caregivers. “I don’t have any family close by to help me out and the volunteers have been so nice.”

While many volunteer-driver programs in northern New England limited or suspended rides, ICCI volunteer drivers have not stopped driving. Approximately 30 volunteers have provided rides to medical and dental appointments, picked up groceries, run errands and made wellness check-in phone calls to over 75 Neighbors since the outbreak of the COVID-19 pandemic.

The volunteers’ careful adherence to safety protocols and desire to support their fellow community members during this difficult time has been vital in helping to counter the feelings of isolation and loneliness that are associated with aging in place and not having easy access to transportation. The pandemic has exasperated this problem even further as many older adults have had to cancel long-standing traditions to gather with their loved ones during the holidays.

Fortunately, the benefits of ICCI’s program are not all one-sided. As many Interlakes Community Caregivers Volunteers will tell you, they benefit as well. Giving of yourself to help others has been shown, according to a University of Michigan study, to increase the life span of the giver/volunteer. Volunteering makes most people feel good and it has been proven to potentially lengthen your life.

If you or someone you know would like to become an ICCI Volunteer or needs support, please contact Interlakes Community Caregivers through their website at <https://interlakescares.org> or by phone at 603-253-9275.



Meredith resident Ann Willett received a ride from Interlakes Community Caregivers Volunteer Paul Helfinstein recently. Paul has driven 4,362 miles while responding to 157 requests from neighbors like Ms. Willett since the beginning of 2020.

Health Care Documents

BY ATTORNEY EDWARD H. ADAMSKY

We are all feeling worried about our potential health issues these days. There are several legal documents necessary to protect your health and wellbe-

ing.

The first is the Health Care Directive. Sometimes called a Power of Attorney for Health Care. This is a document that appoints an Agent to make medical decisions for you if you

cannot do so yourself. You can name a primary Agent and an Alternate Agent. The power of your Agent comes into effect when your doctor determines that you cannot make your own medical decisions. The power would end if you recovered the ability to make decisions. Without a directive in place, your family might not be able to make decisions for

you without a costly and time-consuming legal guardianship proceeding.

Although not required, some people also complete a Living Will. In New Hampshire, it is a part of your Health Care Directive and has a specific meaning under the law. It is your direction to your doctors to stop medical treatment if they determine that

you are going to die anyway. Some people call all medical directives Living Wills, so it can be confusing. A separate Living Will (not as part of your directive) can contain your wishes for future medical care. It can put in writing what you would want to happen in various situations such as your desire for life support and extreme medical measures, or your desire to avoid such things. You could also state your wishes for feeding tubes, breathing interventions such as ventilators and the like. You could also express your burial wishes.

The next necessary tool is a Medical Privacy Release or HIPAA Authorization. This is a document that allows whoever you name to get your private medical information. Federal law prohibits access to your medical information unless you release it. You would

obviously name your Health Care Agent and Alternate in this document, but you might also name a few other people that you would want to know about your medical issues, such as someone who helps you with doctor visits or who goes to the pharmacy for you. You might name your Agent under a Power of Attorney so that person could ask questions about medical bills if necessary.

If you are living with a serious medical condition, your doctor might ask you to consider completing a POLST form. This is a Physician’s Order for Life Sustaining Treatment, that can go with you from facility to facility. It contains several sections in which you and your doctor state your wishes for future medical care such as artificial nutrition and hydration, intubation, resuscitation, and a few other medical issues. The orders in this document will be followed by any medical facility in which you may be.

You should discuss all of these planning tools with your family and your legal advisor. By having the discussion and getting the tools in place, you can ease the emotional burdens on your family should you need medical care and be unable to make decisions. You and your chosen Agents should keep copies of all of these documents handy in case you need them. And we all hope that you never do.

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Soothing Seasonal Sadness

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(Plymouth)—In my years working as a clinical mental health counselor, I could always count on having a few clients who suffered with Seasonal Affective Disorder. That’s psychiatric lingo for mood disturbances worsened by seasonal changes. Appropriately, its acronym is SAD. Particularly as we lose daylight hours, especially when we turn the clocks back as the fall moves into becoming winter, some people get in a sad and funky mood. At the mental health center I worked for, we purchased a device called a light box which patients could borrow for short spaces of time. The light box radiates light which helps the patients in elevating their mood so that the sadness would not be so pervasive or overwhelming.

Currently, we are experiencing stretches of time besides this season of fall turning into winter. It is the holiday season. It is a season of caution and care as we try to safeguard ourselves against the coronavirus. It also an ongoing season of grief and mourning for those whose loved ones have died, whether from COVID19 or other causes. So, perhaps, we are enduring multiple seasons of compounded sadness in varying degrees of intensity. Sorry to say, there are no easy remedies to “the blahs” that

may befall us at the present time, though there may be some temporary relief to turn our awareness from it all so that we do not become overshadowed by a moody cloud. Here, I will suggest some short, simple practices.

First of all, fresh air and physical movement are valuable. Naturally, as the weather gets colder, we need to moderate our exposure to the outside air. A brief walk around your yard or on your porch or deck for ten or fifteen minutes, breathing normally, with some movement of your limbs will help to “clear house” and “keep the motor going”.

Secondly, the simple act of washing your face two or three times a day can be very refreshing. You can experiment with what seems to work best for you- water temperature that is hot, lukewarm, or cold and a facecloth that is thin or plush. The temperature of the water and the texture of the fabric revitalizes our pores, waking up our complexion.

Following on this, there are the practices of hand and head massages. Start by rubbing your hands together as you would if you were washing your hands at your sink. Allow each hand to move over its partner, gently rubbing over the back of the hand, then the palm, and moving through the fingers. Starting at the wrist of one hand, let your thumb and fingers of the

other hand softly massage the wrist, and then move across the back of the hand, and continue to gently massage each knuckle and joint of each finger. As you finish, use your fingertips to move in a circle in your palm. Then attend to the other hand. You may also want to lightly rub your palms together or even to softly clap your hands. To massage your head, gently let your fingertips move through your hair (or what you have left of it!). Do this a few times. Then gently tap your fingertips throughout and across your whole scalp, not forgetting the areas around your ears or at the base of your skull down to your neck. This also stimulates the movement of energy in our cranial area.

I began this sharing by mentioning the use of a light box, so I will close with a suggestion that is more meditative and reflective. The winter holidays of this time of year (Advent, Christmas, Epiphany, Hanukkah, and the Winter Solstice) all focus on the element of light, hoping for its return and emergence from the darkness. Most craft supply stores and even some pharmacies sell small LED light battery-powered candles of various sizes. Some even have flickering flames. Though there is a lot to be said for actual candles, these are a bit safer to use. For the purpose of focusing and directing your attention, only one is necessary. Use it as the daylight is ending. Sim-

ply direct your attention to the light, bringing to mind thoughts of past good times and the joy of affection shared with loved ones. The length of time you do this for does not matter too much, but respect the rhythm of your ability to concentrate easily. This isn’t supposed to be a chore or an assignment! It seems to be more profitable to do this in a quiet time without the distraction of other noise. This can be settling to the soul and bring your day to a peaceful end.

As I indicated earlier, these are not “cures” for seasonal sadness- only suggestions for momen-

tary relief that may help the next stretch be more tolerable and bearable. As always, take care of yourself, respecting both your own strengths and limits.

Regretfully, we are still unable to gather for our Bereavement groups due to COVID19 restrictions but Guy Tillson can meet with you one on one via ZOOM or in person following CDC guidelines for safety. To contact Guy please email him at gtillson@pbhha.org. Please visit our website for other monthly ZOOM meetings: Coffee with Caregivers and Fill Out Your Forms.

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